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January 2021

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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.

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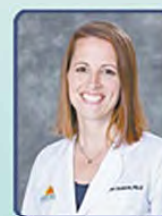
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1. A 2018 study that compared the Catalys with another leading laser concluded that the Catalys demonstrated superior outcomes in terms of the patient experience, completeness of capsulotomy and ease of cortex removal. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6087026/>
2. In addition to the 2018 study noted above, a 2016 study showed that when compared to another leading laser, the other laser showed significantly higher cumulative dissipated energy and photocoagulation power needed in comparison to the Catalys group. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5077265/>



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CERVICAL SPINE, NECK PAIN:

WHAT YOU SHOULD KNOW ABOUT THE CAUSE AND YOUR TREATMENT OPTIONS

The spine is made up of wedges of vertebral bone consisting of sacral, lumbar, thoracic, and cervical vertebrae, as well as vertebral discs, ligaments, tendons, and muscles that attach to the spine. When any part of our spine is injured or misaligned, the surrounding muscles often contract, as they tighten to try and protect the spine. This compression can cause further injuries to occur, and concerning the cervical spine, it can also cause severe headaches.

Headaches and neck pain are often linked but also often ignored by many physicians. This is called cervicogenic headache. What causes this problem and how can it be helped? Let's dig in.

Why Does My Neck Hurt and Give Me a Headache?

As you develop in the womb, your head and upper neck develop together, forever linking pain in one to the other. Hence, the upper neck joints, discs, muscles, and nerves can cause pain that goes into your head (headaches). When this happens it's called cervicogenic headache. Figuring out which of these is causing the pain and why is key to getting rid of these headaches.

What Are the Things that Cause Cervicogenic Headache?

There are a number of damaged or injured structures in your neck that may be causing a cervicogenic headache:

- Upper neck facet joints
- Irritated occipital nerves
- Pinched upper neck spinal nerves
- Upper neck discs
- Muscle trigger points
- Damaged upper neck ligaments

There are two **facet joints** in the neck at the back of each spinal level. They are about the size of your small finger joints and can be injured through trauma or become arthritic like any other joint. These joints can be injected using fluoroscopy to guide the needle into the joint. Each specific joint can be numbed to see if this reduces the headache pain. These are commonly called facet blocks or injections. The nerve that takes the pain from the (cervical level) C2-C3 joint which is called the medial branch can also be numbed, which is called a medial branch block.



When irritated by the surrounding muscles or injured, they can refer pain to specific places in the head such as behind the eye and the back of the head to see if these nerves are causing cervicogenic headaches, numbing injections using ultrasound guidance can be performed to determine if they take away the headache.

Sometimes the nerves get pinched if there is a bulging disc at the higher spinal nerve can be irritated by bone spurs and/or if the upper neck is unstable (craniocervical instability).

What Does a Cervicogenic Headache Feel Like?

This is a headache often in the back of the head, but also in the forehead or behind the eye that is associated with neck pain. The neck doesn't always have to hurt when the headache is present, but there is a clear connection between the neck issues and the headache. The upper neck is usually the area that has the most tenderness.

How Do You Treat a Cervicogenic Headache?

The treatment depends on what's causing the problem. For example, facet pain can be treated by injecting the facet joints using x-ray guidance. Platelet-rich plasma can help with facet pain as well. Radiofrequency ablation can also help but is somewhat temporary but at times necessary and destroys the nerve that takes the pain from the joint.

The occipital nerve pain and spinal nerves can be treated with nerve blocks or epidural injections. Neck disc pain can be treated with fusion surgery, but that risks causing more pain and arthritis above and below the fused levels so it should be considered a last resort treatment. Another way to treat disc pain is via platelet-rich plasma injection into the discs. Muscle trigger points can be treated with ultrasound guided injections.

Cervical/Neck Pain

Cervical disorders are often brought on by our lifestyle such as sitting at a computer for hours on end. Many people refer to a condition coined "tech neck", which is intensified by always looking down at our smart phones and devices. If the curvature of the neck is distorted and misaligned due to posture or injury, the pain can be debilitating.

Unfortunately, as we age, neck pain due to injury and degeneration tends to become progressively worse and can become chronic if left untreated.

Getting You Out of Pain Without Surgery

Our comprehensive approach to neck pain management allows long-term relief without the need for surgery. We work with you to incorporate lifestyle factors into your treatments, providing a comprehensive plan to ease neck pain. By utilizing the latest interventional treatments, we'll provide you with the highest quality of care in neck pain management.

Our interventional treatments for neck pain are minimally-invasive, outpatient procedures. We administer these treatments according to the most recent techniques and guidelines:

- Radiofrequency ablation
- Stellate ganglion block
- Trigger point injections
- Cervical epidural steroid injection
- Cervical facet neurotomy
- Occipital nerve block
- Peripheral nerve stimulation
- Peripheral nerve blocks
- Regenerative medicine injections

Alternative Treatment

Along with traditional pain management, we provide alternative measures to get our patients out of pain. Depending on the diagnosis, we offer Radiofrequency Neuro-Ablation, Indwelling Drug Delivery Systems, Botox Injections, Epidural Steroid Injections, Facet procedure, and Spinal Cord Stimulation are available for the treatment of chronic pain. These procedures have significantly greater success utilizing the approach of The Florida Pain Center.

Florida Pain Center of Naples

We are a group of pain management physicians offering full time interventional pain management. We believe that chronic pain is a unique human condition which requires us to respond with the utmost compassion and perseverance. Our treatments include nonsurgical and surgical methods, as well as more non-traditional techniques, from exercise protocols to performing spinal cord stimulator trials in-office. When difficult pain problems are referred to us, we know that the physicians and patients see us as the last resort. We accept that responsibility, and will work as the patient's partner to improve his or her condition.

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- Postherpetic Neuralgia
- Neuroma Pain
- Causalgia
- Radicular Pain
- Facet Pain
- Cancer Pain
- Physiological Aspects of Pain



The Florida Pain Center of Naples Promise to You

Personalized patient care is what sets the Florida Pain Center of Naples apart. When you visit our Naples campus, you can expect to receive professional care. Expert physician specialists and caring clinical staff provide you with an exceptional health care experience. We are accepting new patients. Florida Pain Center of Naples utilizes modern equipment and state of the art facilities to assist in your pain management and treatment.

The Goal of the physicians and staff of the Florida Pain Center of Naples is to improve the quality of life by helping patients restore function and manage chronic pain. This is accomplished by addressing medical, physical, and psychological aspects of pain. The staff of pain management physicians have specialty training to address the complexity of chronic pain conditions. With the advanced training and knowledge of the latest research in treatment and technology of chronic pain, our team works together to tailor a personal program to help you significantly increase your quality of life.



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

By Richard Hiler, DABCN



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

UNDERSTANDING PERIPHERAL NEUROPATHY

Peripheral Neuropathy is a complex condition, but nerve damage and signaling are the issue, finding the root cause is how a comprehensive plan is customized to regenerate a patient's nerves, cells and tissues. Having high blood sugar levels, along with low blood, oxygen supply, nutrient deficiency, high toxicity and inflammation damages the nerves throughout the body. This damage generally affects the long peripheral nerves that feed sensations to the legs, feet, and toes from the spinal cord, through communication with the brain. If your condition has progressed, you may feel nerve damage sensations in your upper extremities as well.

PERIPHERAL NEUROPATHY SYMPTOMS

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

STOP MASKING SYMPTOMS AND PAIN

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

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



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

FEEL AMAZING INSTITUTE'S ALTERNATIVE CARE

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

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

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

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

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

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- Arm or leg pain, or numbness
- Peripheral Neuropathy pain or numbness
- Restless Leg Syndrome
- Headaches, dizziness, vertigo, or balance problems
- Disc bulge or herniation, sciatica, or stenosis
- Auto Accident, Whiplash Injuries

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



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NEW PRIMARY CARE PHYSICIAN OFFERS PATIENT-CENTERED APPROACH

Building a relationship with a primary care physician (PCP) can help you prevent illness and disease, manage chronic conditions and maintain your desired quality of life. So, it's important to choose a PCP who shares this philosophy.

The newest PCP at Physicians Regional Medical Group is one such doctor. Board certified Internal Medicine physician Michael Ianniello, D.O., approaches patient care holistically, by focusing on treating the patient as a whole person – mind, body, and spirit.

“Empathy and a caring heart are qualities any physician should aspire to,” he says. “After that, I focus on three main points with my patients: prevention; education; and treatment.”

Disease prevention is the number one goal, he says. Many chronic conditions are preventable, and may be avoided with lifestyle modifications and possibly low-dose prophylactic medications, he explains. And of course, educating patients about their own role in staying healthy is critical.

“Education not only helps patients prevent illness but also is an important part of treatment,” he says. “I do my best to provide my patients with as much information and resources as I can so that they can understand their illness and how it is being treated.”

Dr. Ianniello also says it's important to remember that medications and procedures often do not work the same for every patient. “That's why I work to tailor individual treatments specific to each patient.”

As a primary care physician, Dr. Ianniello specializes in general medicine for men and women age 18 and older, including geriatric patients. In addition to supporting routine health maintenance, Dr. Ianniello specializes in cholesterol management and commonly deals with musculoskeletal complaints (such as back, neck and joint pain). He also offers more specialized techniques, such as lymphatic drainage, which can assist in the healing process for infectious diseases and other conditions.



Dr. Ianniello grew up in the South Miami-Dade area, and he professed his desire to be a doctor at age 5. He completed medical training at Nova Southeastern University in Fort Lauderdale. Fascinated at a young age by exercise physiology and human anatomy, Dr. Ianniello has a background in competitive bodybuilding.

When he is not helping patients live a healthier lifestyle, Dr. Ianniello enjoys doing things outside of the office. “I enjoy working out, but my #1 hobby is fishing. I am also very involved in my faith and attend church every weekend. I am a devout Catholic and am part of the Knights of Columbus.”

*You can find Dr. Ianniello at Physicians Regional Medical Group – Bonita Springs,
24231 Walden Center Drive.*

*Or, you can see him from the comfort of home via telehealth. Request an appointment at
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Ring in the New Year with 20/20 Vision

3D Mapping of the Eye to Give you Intricately Detailed iLASIK Surgery

With technological advances, today's eye treatments are far and above what they were in days past. Quigley Eye Specialists invests in the latest innovative options for their patients, and they are the only iLASIK surgery practice in the area using the iDesign® Refractive Studio by Johnson & Johnson. Everyone's eye structure is unique to them, and iDesign® Refractive Studio is a tool that uses topography-integrated, wavefront-guided technology to generate a precise map of a patient's unique optical anatomy, including a detailed mapping of the cornea to deliver a highly personalized iLASIK procedure.

With the 3D mapping capabilities, intricate areas and details of the eye are scanned. In the case of iLASIK surgery, with 3D mapping, patients can expect 20/20 to 20/10 vision in many cases. The procedure takes approximately 20 minutes to perform.

iLASIK surgery is a procedure that uses a laser to reshape the cornea and correct nearsightedness, farsightedness, and astigmatism. LASIK is the general term for laser eye surgery, but with iDesign® Refractive Studio, various techniques are available through advanced technologies. This eyesight improvement typically happens within the first three months of having iLASIK surgery. Eyesight improvement typically happens within days or weeks after having iLasik surgery.

The iDesign® platform, which received FDA in 2018, was also approved by the FDA for monovision iLASIK, which corrects vision in patients over 40 years old who are nearsighted but also have trouble seeing up close.¹

iDesign Refractive Studio provides an in-depth analysis of the patient's eyes. In a single, three-second scan, the machine "reads" both eyes, measuring everything from how light travels inside the eye to variations in the cornea's curvature and elevation. The scan produces 27 different maps of the cornea's surface, which help direct the laser during treatment.¹

Reference:
1. N Mazur, This Is What It's Like to Get LASIK: Eye Surgeons Walk You Through the Procedure, Johnson & Johnson, 2018, <https://www.jnj.com/health-and-wellness/eye-surgeons-explain-how-lasik-procedure-works>



Are you a candidate?

Once your scan is complete, an ophthalmologist with Quigley Eye Specialists will examine your eyes, dilating them to get a better picture of your general eye health. (iLASIK is contraindicated for patients with certain conditions, like glaucoma or keratoconus.) Once your ophthalmologist determines that you are a candidate for the procedure, the surgery can be scheduled.

If you wear contact lenses, which can change the shape of your eye, it is very important to stop wearing them two to four weeks prior to your pre-surgical exam and treatment, so your doctor can obtain a stable eye measurement. Patients considering monovision iLASIK should also plan to undergo a one-week contact lens trial with their monovision prescription to evaluate their vision during this period and see if they can tolerate the surgery.¹

About Quigley Eye Specialists

Technology leaders in eye care, Quigley Eye Specialists is one of the nation's leading multispecialty ophthalmology practices specializing in cataracts, laser cataract surgery, glaucoma, iLASIK, dry eye, eyelid surgery, retinal issues, corneal conditions and routine eye care. As the number one choice for cataract treatment in Southwest Florida, Quigley Eye Specialists is committed to providing the highest level of quality eye care and service to the community. The practice has served the region for more than 30 years and offers patients convenient locations throughout Southwest Florida including Bonita Springs, Cape Coral, Fort Myers, Lehigh Acres, Naples, Port Charlotte and Punta Gorda.



What to Expect During iLASIK Surgery

iLASIK Surgery is quick and concise, with remarkable results. Your eyes are numbed with a local anesthetic, so you'll only feel slight pressure but no pain. Your Ophthalmologist makes a thin flap in the cornea, and the cornea is then reshaped. If you're nearsighted, your cornea will be flattened; if you're farsighted, your cornea will be made steeper.¹

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Did you miss the Annual Enrollment Period for Medicare OR the Affordable Care Act Health insurance? You may still be able to enroll!

SEP's "Special Election Periods" might save the day.

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

Medicare AEP "Annual Enrollment Period" was October 15-December 7th for January 1st effective date. This applies to Medicare Advantage Plans and Part D Prescription Drug Plans.

If your current plan was Non-renewed –

30.4.3 - SEPs for Non-renewals or Terminations

A SEP exists for members of MA plans that will be affected by plan or contract non-renewals and plan service area reductions that are effective January 1 of the contract year. In order to provide sufficient time for members to evaluate their options, the SEP begins December 8 and ends on the last day in February of the following year. Enrollment requests received from December 8 through December 31 will have an effective date of January 1. Enrollment requests received in January will have an effective date of February 1. Enrollment requests received in February will have an effective date of March 1.

30.5 – Medicare Advantage Open Enrollment Period (MA OEP)

42 CFR 422.62(a)(3) (Rev. 2, Issued: August 12, 2020; Effective/Implementation: 01-01-2021) During the MA OEP, MA plan enrollees may enroll in another MA plan or disenroll from their MA plan and return to Original Medicare. Individuals may make only one election during the MA OEP.

MA OEP occurs: January 1st to March 31st. If you enrolled in a MA plan you may add or drop Part D coverage during the MA OEP. Individuals enrolled in either MA-PD or MA-only plans can switch to one of these 3 options:

*Medicare Advantage with Part D * Medicare Advantage with no Part D * Original Medicare (with or without a stand-alone Part D plan)

The effective date for the MA OEP is the 1st of the month following receipt of the enrollment request.

Note: The MA OEP does not provide an opportunity for an individual enrolled in Original Medicare to join a MA Plan. It does not allow for Part D changes for individuals enrolled in Original Medicare, including those enrolled in stand-alone Part D plans. The MA OEP is not available for those enrolled in Medicare Savings Accounts or other Medicare health plan types (such as cost plans or PACE).



It is very important - Dropping a Medicare Advantage Plan to go back to Original Medicare does NOT guarantee you acceptance in a Medicare Supplement Plan that works together with Original Medicare. Medicare Supplements in this situation require medical qualifications unlike the original enrollment into Part B (you have 6-months from Part B effective). You can also qualify if you lose coverage due to a plan drop, moving out of the plan service area, loss of creditable employer group coverage. During the guarantee issue period you may not be entitled to all the companies Medicare Supplement Plans.

COVID19 and Hurricane ETA is covered as an SEP

The Market Place - Since the 2021 Open Enrollment Period is over, you can now enroll in or change a Health Insurance Marketplace® plan only if you have a life event that qualifies you for a Special Enrollment Period.

Life changes that can qualify you for a Special Enrollment Period.

*Changes in household – marriage, had a baby, adopted a child, or placed a child for foster care. Divorce, legally separated and lost health insurance (must be losing coverage)

*Change in residence – Moving to a new home in a new Zip code or county, Moving to the U.S. from a foreign county or US territory, If you're a student moving to or from the place you attend school, If you're a seasonal worker, moving to or from the place you both live and work, Moving to or from a shelter or other transitional housing.

*Loss of Health Insurance - You may qualify for a Special Enrollment Period if you lose health coverage through your employer or the employer of a family member, including if you lose health coverage through a parent or guardian because you are no longer a dependent.

Losing individual health coverage for a plan or policy you bought yourself - You may qualify for a Special Enrollment Period if you lose individual health coverage if: Your plan discontinued (no longer exists), lose eligibility for a student health plan, lose eligibility for a plan because you no longer live in the plan's service area, an individual or group health plan coverage year is ending in the middle of the calendar year and you choose not to renew it, household income decreased, or you qualify for savings on a Marketplace plan.

Losing eligibility for Medicaid or CHIP -You may qualify for a Special Enrollment Period if you lose Medicaid or Children's Health Insurance Program (CHIP) coverage.

Losing coverage through a family member - You turn 26 (or the maximum dependent age allowed in your state, Florida is 30) and can no longer be on a parent's health plan- lose job-based health coverage through a family member's employer because that family member loses health coverage or coverage for dependents, lose health coverage through a spouse due to a divorce or legal separation, lose health coverage due to the death of a family member, lose health coverage through a parent or guardian because you're no longer a dependent.

***** information provided cms.gov; medicare.gov, healthcare.gov and FEMA.gov**



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The Flavors of ENERGY

By Svetlana Kogan, M.D.

If you stand in front of the mirror, you will see a complete material person as a whole. However, we all know that at the anatomical level, the whole consists of the organs, such as liver, kidneys, lungs, etc. The organs in and of themselves consist of tissues, and the tiny units that make up the tissues are called cells. According to the most recent scientific estimates, each one of us is made up of around 37 trillion cells.

Astonishingly, these cells communicate via energy highways. Let's take a look at some of the flavors of energy we encounter in this cellular world:

The first kind which is the easiest to understand is **Chemical Energy**, which is derived when different substances are reacting together. Think of all the geeky chemistry lessons in high school when your teacher was demonstrating heat and combustion by pouring reagents together into the glass flasks. Once again, this is something very visual, and even smelly, allowing our senses to grasp the concept well. The examples of common chemical transformations in your body are belching, farting, and sneezing. Chemical energy is also stored in the cells after we eat, and I described in depth how the food turns into chemical energy in one of the chapters of my book 'Diet Slave No More!' If you are curious why you really are what you eat – look my book up on Amazon Prime.

The second flavor of energy is **Electrical**. The simplest example of this one is the light-bulb lighting up your room. We can visualize this type of energy directly or indirectly, by looking at the objects it powers. In a human body, electric energy and chemical energy are closely entwined partners. The marriage of these two is called **Electro-Chemical Energy**. It is formed by chemical

gradients and when one nerve cell sends an electric impulse to another, this causes tiny little gates to open, which allows the flow of chemicals such as sodium, potassium, and calcium to flow across and "give birth" to an energy baby called "Mechanical Energy", which makes your muscles flex or extend. Aside from running your musculo-skeletal system, the electrochemical energy is also powering your heart muscles to do their work and your gut muscles to perform their job. This is why it is so important for you to periodically check your chemical blood composition because any little deviation in chemical elements like sodium, potassium, chlorine, or calcium, could result in the underperformance or even a total dysfunction of any particular organ on the cellular level. It now becomes clear why taking any supplement or vitamin blindly just because everyone else is doing it, without medical supervision, can lead to a major dysfunction on a cellular level.

While electrochemical and subsequent mechanical energies are jumpstarted by consuming food nutrients, there is another type of energy that can stimulate our body from the outside. It is called **Sound**. Sound is a cool underappreciated source of energy. A soprano singer can shatter a crystal glass by singing a high note coinciding with the natural frequency of the glass. How does the sound affect our ear? Sound waves emitted by the object, like a trumpet for example, exert a mechanical pressure on our eardrums, mobilizing little bones called ossicles to carry the energy further to the acoustic nerve. This gets transcribed by the neurons in our brain, to relay a specific message or image to the listener. Sound is also used for diagnostic purposes as an ultrasound. It can also be used therapeutically to break down tiny kidney stones and recently has been used to ablate prostate cancer.

Sound energy can also "give birth" to **Electromagnetic Energy** which has been the subject of much excitement in the last few decades. The studies of electromagnetism actually date back to the 18th century when a renowned Austrian psychiatrist Franz Anton Mesmer used magnets for healing his psychiatric patients. His clients all reported sensing unusual currents coursing through their bodies prior to the onset of healing crisis that led to a cure. Mesmer methodology was largely ignored by the scientific community until recently our American Federal Drug Administration has approved Transcranial Magnetic Brain Stimulation for treatment of severe depression. Like Mesmer's, many novel scientific ideas have been first countered by resistance from the establishment. As a German naturalist and explorer of those times, Alexander Humboldt aptly noted: "First they ignore it. Then they laugh at it. Then they say they knew it all along."

There are many electromagnetic types of radiation which are harmful, like the ones your cell phones, computers, refrigerators and microwaves are generating. In fact, there is a whole branch of environmental science which now deals with the detrimental effects of electromagnetic radiation of electric devices on the human cells. Remember: cells are made up of atoms, and atoms are always vibrating. These vibrations are very fragile and subject to influence from all of the different sources of electromagnetic radiation around you (sun, x-rays, electronics, etc). When I see patients with mysterious symptoms such as chronic fatigue syndrome or fibromyalgia which cannot be explained by conventional medical science – I often recommend rethinking the wiring in the house and changing an electric switchboard location. The influence of these powerful energies around us cannot be ignored. To be continued.



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

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

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Accidents Often Cause Whiplash, But The Long Term Effects Can Be Widespread

By Dr. Alejandro Blanco

Some may consider whiplash to be a lesser degree of injury when, in fact, the opposite is often true. Whiplash can cause immediate or delayed, and long term chronic pain and disorders. If you were in a vehicular accident and experienced whiplash, you would have typically been hit from behind. This causes the spine to push upwards into the neck region as the head goes forward and then forcefully back, causing a disruption in the normal curvature of the cervical spine, as well as the lower spine.

Whiplash can cause the following:

- Severe pain (cervicalgia)
- Concussions
- Neck stiffness, instability and range of motion limitations
- Pain (can radiate to shoulder, arm, hand, etc.)
- Tingling
- Numbness
- Weakness
- Pinched nerves
- Balance issues
- Lack of coordination
- Depression and Anxiety
- Insomnia
- Cognitive Disorders
- Behavioral changes
- Inability to live normally or complete daily tasks

Whiplash symptoms can linger for months to years and most often occur in multiple symptoms as opposed to just one. Meaning they're complex and difficult to diagnose. If you were in an accident, you must get checked by a medical professional that specializes in this field.

Accidents can happen any time and are often inevitable. We can drive as responsibly and safely as we know how, but we can't control the other drivers reactions, the weather, vehicular malfunctions or hazardous conditions.

What to do if you're in an accident

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.



See a medical specialist and report your injuries

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

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 well-being, 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.



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Coping With Loss and Grief During a Crisis

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

Grief is a natural response to loss, and feelings of loss can be compounded during a crisis like the COVID-19 pandemic. Sometimes, grief-related pain and symptoms—which can be emotional, physical, cognitive, and spiritual—can feel overwhelming, especially for people who are already mourning the death of a loved one.

Bereavement experts at VITAS Healthcare remind us that grieving during non-crisis times is a highly individual experience. The nation's leading provider of end-of-life care knows there is no right or wrong way to grieve, no “normal” timetable for grieving. Healing happens gradually and cannot be hurried.

In times of crisis, however, key factors and reactions can intensify your grief and hinder your ability to heal and recover from it. These include:

- Heightened anxiety
- Heightened sense of loss
- Increased isolation and intensified grief

If you are in mourning, the intensity of your reactions will vary, depending on the nature of the loss and its meaning in your life, the nature of your relationship with the person who has died, other life stressors, and your personality, coping style, and life experiences.

How to Care for Yourself and Get the Support You Need

Calming your anxiety begins with learning how to process grief during a crisis. Consider these self-care tips:

- Minimize watching, reading or listening to news that causes you to feel anxious or distressed. Seek information only from trusted sources.

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or visit [VITAS.com](https://www.vitas.com). [f](#) [in](#) [v](#) [t](#)



- Avoid unhelpful coping strategies and substances, such as tobacco, alcohol, or other drugs.
- Be careful with “what if” thoughts. Manage your worst-case scenario thinking.
- Engage in personal self-care activities that bring joy (e.g., phone/virtual communication with friends and family, reading, listening to podcasts, watching comedy).
- Practice relaxation, meditation and self-expression via books, apps and online videos (e.g., yoga, mindful meditation, relaxation, writing, music, art, dance).
- Stay in the present. Take one day at a time.
- Utilize spiritual faith resources.
- Consider telehealth for mental health support (online consultations, teletherapy).
- Eat sufficient and healthy food. Exercise when you can.
- Monitor yourself for prolonged sadness, difficulty sleeping, hopelessness.
- Remind yourself how you coped with past life challenges and enact those coping strategies today.
- Call 911 for any health emergencies or if you have thoughts of harming yourself or others.

VITAS offers a variety of remote bereavement support groups, free of charge. Led by VITAS bereavement specialists, these phone and Zoom groups provide resources and guidance to those experiencing grief and loss. Learn more at [VITAS.com/grief](https://www.vitas.com/grief).

New Year—Health Goals:

Why You Should Make Your Medical Appointments Now

It's the new year, and most of us want to make changes and learn to stick to our resolutions for our health and fitness goals, but what about your annual appointments? Are you putting them off or ignoring them due to fears of the pandemic? This is a common concern for many patients, but one that purports more risk to your overall health.

If you are putting off your medical wellness or physical examinations and screenings because you fear getting COVID-19, you are actually putting yourself in a high risk category. We all know early detection is best for optimal outcomes and the treatment of various conditions and disorders.

Advanced Urology Institute (AUI) takes the health of its' staff and patients to the next level. With rigorous sanitizing and disinfecting of all areas and high touch surfaces, along with physical distances to eliminate any patient to patient contact, the offices at advanced urology are strategically and stringently cleaned between all patients. With these protocols it's safer to visit their office than most public areas such as markets and drug stores.

The catch-22 of not keeping your medical appointments is that if you unfortunately are ignoring your symptoms and are not properly diagnosed on time, there is a much higher susceptibility to infection, weakened immune function, and needing surgery and/or a hospital stay.

Taking the lead on your health is always better for long term outcomes and living well. Advanced Urology Institute offers numerous treatments and diagnostics for erectile dysfunction, vasectomies, urinary, kidney, and bladder health, and prostate disorders.

Make your appointment, listen to your body and its warning indicators, be proactive and call Advanced Urology Institute for your examination.



Safety precautions in AUI practices Your safety is our No. 1 priority in our AUI practices.

- Care team members have their temperature taken and are screened before their shift begins.
- At AUI practices, we ask you to wait in your vehicle until your appointment time and only one companion if accompanying a minor, person with a disability, or serving as a translator for someone who cannot speak English. All other visitors will be asked to wait outside the facility.
- You must wear a face mask that covers your mouth and nose in all areas of the office, unless you have a medical reason for not being able to do so.
- We screen patients and visitors for symptoms of COVID-19 when you come into our office.
- Waiting rooms are used sparingly due to social distancing needs caused by COVID-19. We promote social distancing by spacing out seating in waiting areas. If someone brings you to your appointment (one person per patient), he or she can come inside if accompanying a minor, person with a disability, or serving as a translator for someone who cannot speak English. All other visitors will be asked to wait outside the facility.
- You will see our team cleaning and disinfecting all areas to ensure they are ready for you.

We continue to recommend virtual care options, like video and telephone visits for care that does not require an in-person appointment.

Advanced Urology Institute

A partnership of highly qualified, board-certified urologists practicing in the state of Florida.

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.

Please Contact Advanced Urology Institute Today.



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January is Cervical Cancer Awareness Month.

Do not forget to encourage all the women in your life to follow up for their Pap smear and cervical cancer screening.

One of the most impressive stories of cancer treatment advancement is that of cervical cancer. At the beginning of the 20th century, cervical cancer competed with breast cancer as the most common cancer in women. That changed drastically thanks to Dr. Papanicolaou who immigrated from Greece and worked in the U.S.

In 1928, he noted that changes in the cells found in the vaginal smear could detect early cervical cancer. Furthermore, abnormal cells in the vaginal smear can predict the presence of premalignant changes in the cervix years before it turns into cancer. The introduction and widespread use of the Pap smear as a screening tool led to the gradual decline in cervical cancer incidence and mortality.

Currently, cervical cancer is not even one of top ten cancers in women in the U.S. Furthermore, in 1983, German Virologist Dr. Zur Hausen discovered that the HPV virus causes cervical cancer. Once the cause was identified, a vaccine was developed and first introduced in 2006. The vaccine prevents HPV infection and thus prevents the development of cervical cancer. The vaccine is approved for women and men up to age 45. Interestingly, cervical cancer is no longer a medical disease but a social challenge.

Most women who develop this cancer in the U.S. have no health insurance and thus no access to vaccination and screening that could have prevented cancer. During January, we want to raise awareness and bring extra attention to cervical cancer. It is essential to remember and encourage the women in your life to keep up with

their cervical cancer screening. Please contact your OBGYN or primary care provider to schedule your next cervical cancer screening.

Fadi Abu Shahin, MD, FACOG, ABIHM
Florida Gynecologic
Oncology



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NEW TAKE ON AN OLD PROCEDURE: MINI PCNL

If you're someone who is familiar with kidney stones or have a loved one who suffers from them, you may know a procedure that is typically performed is called a Percutaneous Nephrolithotomy (PCNL).

The word 'percutaneous' means the surgeon will go through the skin into the kidney, and 'nephrolithotomy' means that the stone will be taken out of the kidney. The procedure begins with making a small incision in the kidney. Then, through the back reaching the kidney by using a small scope and instrument to break the kidney stone up into smaller pieces, and suction the pieces out.¹

What you may not know is that there is now a new procedure available to those afflicted, called a Minimally Invasive Percutaneous Nephrolithotomy or a Mini PCNL. Physicians Regional Healthcare System Urologist, B. Barckley Storey, is the first physician to perform this procedure in the Southwest Florida area.

"With this new procedure from Olympus we are basically able to remove large kidney stones through an incision that's a quarter of the size of previous incisions. Incisions that were the size of a thumb are now smaller than a pencil," says Dr. Storey.

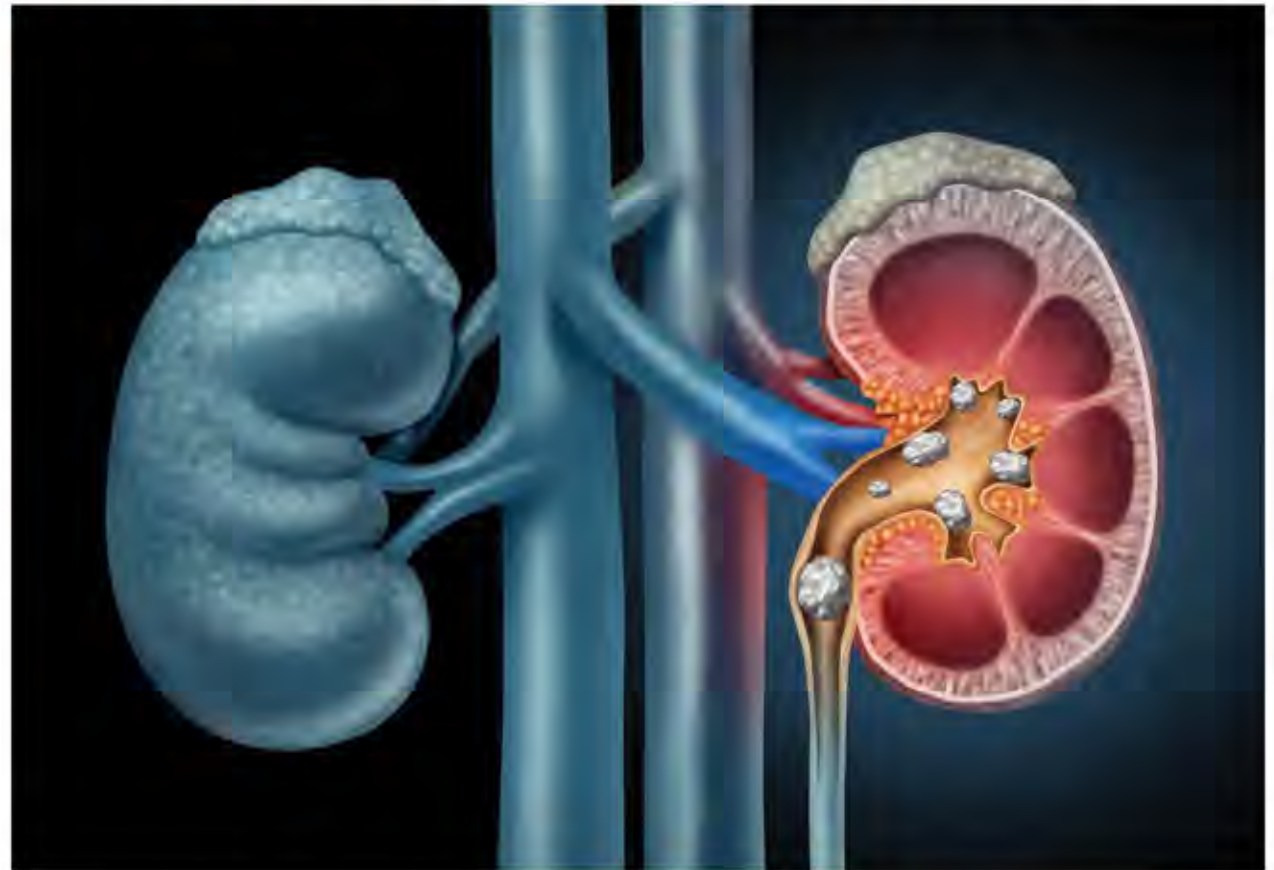
This new technique has also resulted in significantly less post-operative pain and earlier return to work and daily activities when compared to open stone surgery. The procedure also has a higher success rate for clearing all stones in one setting than other techniques such as extracorporeal shock wave lithotripsy (ESWL), which often require several attempts.¹

Dr. Storey says, "No more tubes in the back, decreased bleeding and pain, and a shorter hospital stay are the biggest and most positive differences for patients that have this new procedure."

References:

1 <https://blog.medstarwashington.org/2019/07/02/mini-pcnl-minimally-invasive-treatment-for-large-kidney-stones/>

2 <https://www.urotoday.com/conference-highlights/wce-2018/107024-wce-2018-how-i-do-it-mini-pcnl.html>



When comparing the two, mini vs. conventional PCNL, the latter has shown comparable efficacy in most cases.² Unlike traditional PCNL, Mini PCNL is performed through a smaller opening and with smaller instruments. As a result patients experience less discomfort and pain, no drainage tube in the back, and a speedier recovery.¹

"We are still in the infant stages, but very excited to be helping develop this procedure with Olympus."

Out of the three other centers in the state, Physicians Regional Healthcare System is not only the first organization to offer this procedure on this coast, but also the first in Southwest Florida.

Dr. Benjamin Barckley Storey, board certified in urology, specializes in a broad range of urologic conditions affecting men and women. His practice serves those with kidney stones, prostate disease, stress urinary incontinence and benign prostatic hyperplasia (BPH), as well as prostate and renal cancer.



Dr. Storey's offices are located in Naples at Physicians Regional - Collier Blvd, 8340 Collier Blvd. and Physicians Regional-Marco Island, 1839 San Marco Road. For more information or to schedule an appointment, please call 239-348-4221, or schedule online at PhysiciansRegionalMedicalGroup.com.

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Keeping Your Immune System in Peak Form is Essential: What Can Help?

Keeping your immune system in peak performance is critical during our current pandemic and at this time of year in general. If you are planning to travel, it's even more important to stay healthy. Dr. Martinez of Well-Being Medical Center says, "Staying healthy can't be stressed enough during your travels. No one wants to trek long distances when they are under the weather, and none of us want to put our families at risk of catching what we might have encountered along the way."

Staying Healthy & Safe

Dr. Martinez continued, "We're all tired of living with COVID-19 and the demands that it's made on our lifestyles, but do not let your guard down! Wear a mask, avoid large crowds, wash your hands and face, and keep a safe distance from others. Trying to eliminate stress, getting a good nights' sleep, and eating a healthy diet are also very important to support your immune system."

Supplementation and Vaccines

Taking vitamin C or other supplements such as vitamin D, oil of oregano, elderberry, and zinc can help. It's also important to get vaccinated! It's not too late to get the flu shot or the pneumonia vaccine if you're due. The Coronavirus vaccine will soon be available for all patients. It's important for the majority of people to get the vaccine, but it's critical to get the COVID-19 vaccine if you are at high risk, have an underlying condition, or are elderly.

Before You Travel

If you're traveling this month, or plan to in the near future, take disinfectant wipes to clean high-touch surfaces, bring hand sanitizer, extra masks, and consider wearing glasses or goggles as the coronavirus can enter through and affect the eyes. If you plan to travel by plane, make sure you are comfortable wearing a mask for long periods of time. You'll need to add in the time it takes to get through security, wait for your plane, fly, and when you'll be safe to remove the mask. For a two-hour flight, this could mean being a mask for four to six hours or more. If you're traveling with children, make sure they are comfortable wearing their mask, and help them to avoid touching it or their face.



Don't Neglect Your Medical Appointments

"Many patients are avoiding checkups and ignoring their symptoms for fear of exposure to the virus, but our office is safe. We take extra precautions to protect our staff and our patients." Said Dr. Martinez. "With stringent disinfection protocols and keeping patients away from each other via physical distancing, we believe that our office is one of the cleanest places you can visit, and it's critical to keep up with your health examinations, labs, and wellness visits. It's a much higher risk to you if you avoid your medical appointments because early diagnosis in all disorders and disease is optimal, and we can help you boost your immune system with vaccinations, treating underlying conditions and by giving you sound advice."

"COVID-19 is proving to have long-lasting side effects, and many of these are related to vascular disorders like myocarditis, strokes, and pulmonary embolisms. Try to stay healthy and as safe as you possibly can until you can get the vaccination."

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



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.



DO I HAVE CIRCULATORY PROBLEMS OF MY LEGS?

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

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

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

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

Arterial disease of the legs is most commonly seen in current or former smokers, diabetics, hypertensive, and those with high cholesterol. The most common symptoms are pain with exertion, most of the time,



the pain is in the calf, but it can be anywhere in the extremity and sometimes in the buttocks. Pain can present as cramps or sharp and usually relieved by resting—most people complain of cold or numb feet or loss of hair, and some experience weak legs.

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

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

For more advanced conditions, invasive treatment is needed. Until recently, invasive treatments were mostly surgical, very traumatic with days of recovery in hospital post-surgery; however, in the last decade,

the introduction of percutaneous non-surgical techniques procedures has shifted the treatments from surgery to catheter-based interventions that do not require blades or general anesthesia. The same techniques used to open arteries of the heart without surgeries using catheter-based therapy are now the method of choice for the treatment of venous or arterial disease of the legs. The introduction of catheter-based techniques has now caused a shift from a surgical technique to a percutaneous technique that can be done in the comfort of an office without the need of hospitalization, all done under local anesthesia as an outpatient procedure.



Julian Javier, MD | Leandro Perez, MD

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

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



www.heartvein.com

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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@arhiosa.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
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Give Your Brain a Boost with Power 9[®]

By Sebastien Saitta

As we go into the new year, so many get caught up in what they can do to improve their physical health, and to get into better shape, but this often causes brain health to be overlooked. It's important to consider ways to keep your brain functioning at its very best so you can live a long, healthy life. The Blue Zones Power 9[®], a set of principles followed by the world's longest-lived people provides an easy to follow way to give your brain the boost it needs to think, act and live well.

1. Move Naturally

Your mind and body are intimately connected and the way you move can directly affect the way you feel. The world's longest-lived people aren't necessarily in the gym for hours on end running on a treadmill or lifting weights. Instead, they do mild exercise with simple movements often without even thinking about it. This includes activities like walking, gardening, or doing house chores. In fact, a 2018 study in PNAS (Proceedings of the National Academy of Sciences) revealed that mild exercise resulted in elevated activity in regions of the brain known to support detailed memory processing.

2. Purpose

Okinawans call it *ikigai* or "reason for being" and Costa Ricans call it "plan de vida." Knowing your sense of purpose can impact your brain in a big way! A 2012 study by researchers at the Rush Alzheimer's Disease Center at Rush University Medical Center suggests that purpose in life protects against the harmful effects of plaques and tangles on memory and other thinking abilities. This can be significant in promoting healthy aging of the brain.

3. Down Shift

Just breathe. We know that long-term stress raises cortisol levels that can affect our heart health and cause inflammation leading to other health problems. Did you know that according to a 2012 Yale study, chronic stress also greatly affects thinking and memory and can even shrink your brain? This makes the need to reduce stress through down shift all that much more important. Down shift strategies include meditation, yoga, deep breathing exercises, naps and light exercise.



4. 80% Rule

"Hara hachi bu!" Okinawans use this term to remind them to stop eating when their stomachs are 80 percent full. The 20 percent gap between not being hungry and feeling full could be the difference between maintaining proper weight or gaining it. A 2018 study published in *Cureus Journal of Medical Science* suggests that a high BMI increases the risk for dementia due to bioactive hormonal compounds that are secreted by adipose tissue.

5. Plant Slant

Mom was right when she told you to "eat your veggies". Among the many health benefits of loading your plate with plant-based foods, new research published in the *American Journal of Clinical Nutrition* finds that following a diet rich in plant-based foods and low in animal products during midlife is associated with a significantly lower risk of cognitive impairment later in life.

6. Wine @ 5

That's right! There's even more reason to drink wine, in moderation of course. It can be good for your brain! A new study, which appears in the journal *Scientific Reports*, shows that low levels of alcohol consumption tamp down inflammation and helps the brain clear away toxins, including those associated with Alzheimer's disease.

7. Belong

Belonging to a faith-based community has many benefits that include a sense of peace, support and acceptance. Did you also know that studies show that spiritual practices can be good for the brain since they have considerable antidepressant effects due to the associated increase in serotonin and dopamine? Amen to that!

8. Family First

Good family relationships and keeping family first can make us feel safe, loved, and provide a sense of belonging. This in turn reduces stress and elevates the feel-good chemicals in our brain.

9. Right Tribe

Having meaningful friendships and spending time with the right people is one of the greatest joys in life. Even better, a 2017 report from AARP's Global Council on Brain Health shows that having a vibrant social life may slow cognitive decline as you age. Pick up that phone, call your friends and join them for a cup of coffee or wine @ 5!

What is Your Real Age?

Looking for a high-tech way to keep your brain young? Blue Zones Project invites the SWFL community to use the **RealAge[®]** tool by Sharecare. This 10-minute health assessment is free and will get your RealAge result: an estimate of your body's age based on more than 100 factors affecting your health, happiness, and lifespan. You get a personalized health profile, easy-to-implement health tips, and a dashboard that shows your progress toward your health goals.

Users of the RealAge tool also receive free access to the Sharecare App that includes additional well-being resources like relaxation and wellness videos, a financial health assessment tool, and the COVID-19 care center.

Access the RealAge tool today by visiting bzpsouthwestflorida.sharecare.com.

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NEW YEAR, NEW MENTAL FOCUS

BY DR. LINELL KING

The new year is a great time to reevaluate life and priorities. Historically it has been a season of changes, resolutions, and the desire to be a better version of yourself. However, after a year like 2020, this new year has everyone less than excited and even questioning the possibility of new beginnings. Maybe you have had some of the following thoughts:

Will 2021 be different?

How can I prioritize my health?

The virus changed my life so much this year, I don't think it will ever go back to "normal."

I don't think I will feel like myself again.

Mental illnesses are often overlooked because they are not as easy to see or explain as physical health concerns. Friends and family may not always be understanding, and it can be hard to admit to yourself that you may be struggling with a mental issue-especially if you have never experienced one before. Here are some mental health symptoms that you can be on the lookout for, especially if this past year has thrown you for a loop:

- Excessive worry or anxiety
- Long-lasting sadness or irritability
- Extreme mood changes
- Social withdrawal
- Changes in eating and sleeping patterns
- Difficulty concentrating
- Loss of interest in things you usually find enjoyable

You may be at a higher risk for developing a mental illness if there is a history of it in your family, but mental illness can also be triggered environmentally by things like financial problems, the loss of a loved one, or a chronic medical condition.



Everyone goes through difficult times, and feeling sad or emotional can be normal and even healthy. If you experience symptoms like the ones mentioned above, there are some practical steps you can take to help care for yourself like:

Creating structured routines around health practices including nutrition, exercise, engaging in social contact (virtual or in-person), getting regular, adequate sleep, talking to a trusted family member or friend about how you're feeling, and practicing meditation, relaxation, and mindfulness.

At Naples Vitality, we are committed to healing the whole body, mind included. With our trusted staff we can help you discover the root cause of your symptoms and create a health plan that is individually attuned to your needs.

The new year *can* be a time to celebrate and become a better, healthier you! So start making those resolutions, and put your mental health-and Naples Vitality-at the top of your list.

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

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



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

Call **239-465-0098** to reserve a free 15 minute consultation call with Dr. King to discuss your personalized success strategy.
www.naplesvitality.com/consult



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In with the Good, Out with the Bad

Naples Soap Company

2021 is here, and it's time for a fresh start! We're all accustomed to making New Year's resolutions to lose weight, exercise more, eat healthier, give up bad habits and make other lifestyle changes. But, there's one health-related resolution that never makes the list: a pledge to take better care of your skin! It's surprising that skincare is often overlooked despite the fact that your skin is the largest organ of your body, and it serves as the most important barrier to keep the bad out and the good in.

So, what you can do to resolve to take better care of your skin? Let's start with avoiding the bad, then we'll recommend some good.

For years, Naples Soap Company has maintained a list of toxic and harmful ingredients they call "Badditives." Items on this list are harmful and toxic ingredients that they won't use in formulating their products, and they urge people to avoid using products containing these ingredients. Although the "Badditives" list is quite long, we're highlighting three nasty ingredients here that you should avoid.

Triclosan

Check your medicine cabinet for anything that is labeled as antibacterial. Triclosan was commonly used in antibacterial products like hand sanitizers, antibacterial soaps, body washes and some cosmetics. However, in 2016, the FDA issued a rule stating that over-the-counter antiseptic wash products containing triclosan can no longer be marketed to consumers. Studies have shown that triclosan alters hormone regulation in animals, may contribute to antibiotic-resistant germs, and may be harmful to the immune system.

Parabens (Methyl, Butyl, Ethyl, Propyl)

Parabens are a preservative that can be found in deodorants, lotions, shampoos and other face care products. Parabens disrupt the endocrine system and have been found in breast cancer tumors and may contribute to hormonal imbalances and reproductive issues.

Phthalates

Found in fragrant lotions, nail polish, liquid body wash, hair spray and other products, phthalates are used as a lubricant or softener. They are known to be an endocrine disruptor that has been linked to breast cancer and reproductive issues. For some users, products made with phthalates can cause skin and eye irritation, nausea, dizziness, and vomiting.



Let's Focus on the Good

Selected for their many health benefits, you'll find these three natural ingredients in many of the products offered by Naples Soap Company.

Cocoa Butter

Cocoa Butter is used in over a third of the Naples Soap Company skin and hair care products. Cocoa Butter is derived from cocoa beans. It is high in fatty acids and helps hydrate the skin, create a protective barrier and improves elasticity. It works well to reduce stretch marks, smooth wrinkles and help calm skin conditions like eczema and psoriasis.

Coconut Oil

Not only is coconut oil a great alternative for cooking, but it also does wonders for the skin. Made by extracting oil from coconuts, the fatty acids in coconut oil have been found to possess antimicrobial properties, reduce inflammation and help keep skin moisturized. Naples Soap Company uses this ingredient in their natural soaps, body oil, bath bombs, sea salt scrubs and other products.

Vitamin E

In addition to eating a diet rich in vitamins, you should also look for products made with vitamins to support healthy skin. Vitamin E is a powerful antioxidant that is effective at reducing UV sun damage and free radicals. It is a fat-soluble nutrient with anti-inflammatory properties that help improve skin health and cell functions.

As we all look to put 2020 behind us, let's put the Badditives there, too. Read the labels of the products you use and focus on making better choices not only with your diet and exercise, but also with your daily skin and hair care routine. You'll see a transformation towards feeling better and looking better, too. Cheers to a new year!



DEANNA WALLIN
Naples Soap Company
Founder & CEO

In 2009, Deanna Wallin, Founder & CEO of Naples Soap Company, set out to create a line of skincare products designed for people with skin sensitivities. After personally suffering from psoriasis and eczema, she turned her experience as a former nurse and her passion for skincare into a successful business with locations throughout Florida and product distribution to hundreds of boutiques and spas across the country.



www.naplessoap.com



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

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WOODWARD, PIRES & LOMBARDO, P.A. ATTORNEYS AT LAW CELEBRATES 50 YEARS OF SERVING OUR CLIENTS, AND OUR COMMUNITY

Spanning from 1971 to 2021, Woodward, Pires & Lombardo, P.A., Attorneys at Law (WPL) is proud to have served and will continue to serve you as their top priority. At WPL, our attorneys have lived and worked in Southwest Florida for decades and possess a vast knowledge of the law and a first-hand understanding of how the law intersects with the lives of those in our community. Our attorneys have the responsibility and obligation to use their training as advisers, counselors, and strategists for the betterment of our community.

In 1971, attorney Arthur V. Woodward founded the first full law firm on Marco Island, Florida, which emphasized the importance of a superior work ethic, collegiality and respect among our peers, and a social conscience that commands participation in opportunities for the good of the public. These guiding principles formed the tradition of excellence that the attorneys and staff at WPL work hard to uphold today.

A Few Important Firsts

Since 1971, we have made FIRST a priority. As the first law firm on Marco Island, expanding to a second location in Naples in 1987, Woodward, Pires & Lombardo, P.A. is the FIRST to advise your next business decision, the FIRST to handle your estate planning matters, and the FIRST to guide you through family law, litigation and real estate deals. Why? Because putting you FIRST is our priority.

WPL Puts Community First

Throughout the past 50 years, WPL has diligently served their clients and contributed to bettering the environment and business standards, but also, we've never taken for granted the importance of our local community. That is why we have continued to support community foundations, businesses, charities, and organizations. These include various children's foundations, museums, schools, health and medical foundations, EMS services, and multiple business clubs.



At WPL, our attorneys employ a commonsense approach to the practice of law, working efficiently and effectively as a team versed in many practice areas to best serve our clients. We look forward to serving you and providing you with quality, effective, and efficient legal representation.

Our Areas of Law Include:

- Business Law
- Community Association Law
- Family Law
- Government Relations
- Litigation
- Real Estate Law
- Trusts & Estates
- Securities & Commodities arbitration, Litigation & Class Actions

ADVISE | REPRESENT | DEFEND | PROTECT

You've known us and trusted us for the past 50 years, and we will continue to defend and protect you and your loved ones for many years to come as we continue to build our future together.



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Are Bladder Leaks Disrupting Your Normal Life?

By Joseph Gauta, MD, FACOG

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



What causes bladder leaks and incontinence?

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

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

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

What is Axonics Therapy?

Axonics Therapy is an advanced treatment option that is used for treating symptoms of overactive bladder (including urinary urgency incontinence), fecal incontinence and urinary retention.¹

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

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

What are the benefits of Axonics Therapy?

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

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

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

Clinically proven results:

- 89% of treated patients achieved clinically significant improvements at 1-year³
- 93% of patients were satisfied with their therapy³

*50% or greater reduction in symptoms

References:

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

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

“Brilliant. Amazing staff. Incredible results. Totally life changing. I am going to retire and work on my bucket list instead of settling for ‘I have issues’.”
— Tricia M., Patient —



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Dr. Joseph Gauta

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

VALUE OF SENIOR LIVING COMMUNITIES: NOW & INTO THE FUTURE

By Greg Pascucci

These are undoubtedly unprecedented times that have caused many of us to re-evaluate our health, wellbeing and what is most important to us. For many, the connection that can be offered by a senior living community has become a new priority. And, with the new year, it's the perfect time to move forward with these decisions.

Among the many benefits offered at a retirement community are:

Social Connections

At senior living communities such as The Carlisle Naples, although residents are socially distancing, there are still plenty of ways to stay connected. From the smiling face of a culinary team member delivering a delicious, made-to-order breakfast to the Zest Director stopping by with a fun, themed mobile cart filled with refreshments and appetizers, there is always someone engage in a conversation.

Carlisle resident Maraline Rane says she feels as though she's "part of a big, happy family." She moved back to the luxury senior living community in August 2020, following a move to a nearby condominium.

"I'm so glad I'm here now," she said. "I have a much nicer life. I was alone much of the time, and there wasn't much to do. Even with safety precautions in place at The Carlisle, I still have opportunities to be around people and dine with friends."

Peace of Mind

An additional benefit of residing at a retirement community is peace of mind knowing staff is available 24 hours a day to assist with any emergencies that arise. There are also numerous opportunities for delicious, gourmet dining along with complimentary maintenance and laundry services. Plus, there are extensive cleanings and safeguards in place to ensure residents' wellbeing.

Those offering a continuum of care such as The Carlisle, have a comprehensive menu of specialized care services that can be reduced or increased over time.



Plus, accredited communities offer the assurance that high standards of quality care, service and safeguards are maintained.

The Carlisle, which is CARF-accredited, also holds an extended congregate care (ECC) license – held in addition to the standard assisted living licensure – that allows residents to receive additional supportive and nursing services without the need to transition to a skilled nursing facility.

"The staff at The Carlisle is exceptional," said Rane. "Our safety and welfare are what motivate them daily."

Opportunities for Mental & Physical Engagement

Staying active and engaged is a key component of healthy aging. For older adults living alone during the pandemic, this can be a challenging time. Without the hassles of day-to-day household responsibilities such as cooking and cleaning, residents at active retirement communities can pursue new interests and rediscover new hobbies.

At The Carlisle, a Zest Director is charged with appealing to the mind, body and soul. Each week, a wealth of programs are designed to encourage and motivate residents to lead a vibrant lifestyle - from virtual worship services to outdoor concerts and online college-level courses exploring history and the arts.

Rane, for example, participates in small group fitness classes four times a week and walks the grounds of the community several times per week. She's recently learned to play Rummikub and is looking forward to reconnecting with her fellow Bridge players soon.

"A senior living community has long been a great option for older adults seeking maintenance-free, fully supported lifestyle," said Executive Director Bill Diamond. "With the development of the COVID-19 vaccination, we're looking forward to our 'next normal' in 2021 while continuing to provide the exceptional care and service that has long been synonymous with The Carlisle."

The Carlisle, a luxury, resort-style senior living community in North Naples, offers both Independent and Assisted Living lifestyles. Available on a monthly fee basis, the ECC-licensed and CARF-accredited community boasts a full range of services and amenities, including 12-hour restaurant dining, housekeeping, transportation and activities. Located on Airport-Pulling Road, between Pine Ridge and Immokalee Roads, the award-winning community's lush tropical environment is highlighted with meandering walking paths around three lakes and tranquility gardens. For more information or to schedule a private, socially-distanced tour, please call Director of Marketing Greg Pascucci at 239-221-0017.



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4 Easy Ways to Regroup after Holiday Eating

By Cederquist Medical Wellness Center

Even with the best of intentions, all of us indulge a little more than we planned over the holidays. We promise ourselves not to drink so much, or eat so many desserts, but somehow it just slips right through our hands, and into our mouths!

Afterward, we are left feeling bloated, a little ill, and maybe a bit guilty for all the calories we've indulged and absorbed.

Luckily, getting back on track after holiday eating is not as hard as we sometimes think. Use these four techniques to get back on track, and regroup after holiday eating.

1 - Dump the guilt. It won't help you here. All you have control over is what is ahead of you. So what if you didn't do as well as you wanted. Pick yourself up, dust yourself off and give it another go. If you are beating yourself up, you are wasting energy. So get rid of the guilt, and use the energy doing something more productive.

2 - Ditch any extra food. Even though we all feel wrong throwing away perfectly good food, it's more important to control our weight, and our health. This is the priority. Don't save calorie-dense, unhealthy food that will tempt you at every encounter! Dump it! It's going to a better place than if you ate it – the garbage – instead of on your hips or belly.

3 - Revisit and Revise your Goals. If you've overindulged, then that can make your goals seem very out of reach. But don't be afraid to revise them, and make them something you can achieve! Success will bolster you onward, but feeling like you've failed will only set you back more. Don't ditch your diet, modify your goals to those you can reach. No one is perfect, so don't expect that from the weight loss goals you set either.

4 - Heap on the Healthy Meal and a Favorite Workout. You are only one healthy meal and one workout away from getting back on track after holiday eating. For extra motivation, cook your favorite meal that is a part of your weight loss program, and blast some awesome music while doing your best-loved workout. Bouncing back will do a world of good for your weight.

If you've overeaten and indulged a little extra with holiday eating, then in reality, the damage may be not as bad as you think. These four ways to get back on track will help you get back to the business of losing weight faster than you can say 'resolution'.

AS A SPECIAL GIFT TO HELP YOU REACH YOUR NEW YEAR'S WEIGHT LOSS GOALS

Get your **FREE** Healthy Recipe Guide from the Cederquist Kitchen by calling 239-977-5058!



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DIAL BACK YOUR RealAge®



Feel like 2020 took years off your life? Take them back and grow younger in 2021 with the RealAge tool.

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Financial Freedom:

Building Wealth to Live the Life You Love

Courtesy of: Juan Ocanas, Financial Advisor at Morgan Stanley

What does financial freedom mean to you? For some, it is synonymous with financial security. But, for others, the definition of financial freedom goes beyond money to include living with purpose, cultivating a healthy mind and spirit or being able to pursue their dreams without fear of the unknown or unexpected.

No matter how you define it, the fundamental steps of mapping a path to the opportunities that financial freedom offer are the same.

The Path to Financial Freedom

1. Define your goals.

What is your vision of a successful life? Defining your goals as specifically as possible helps you begin to establish priorities and distinguish between needs and wants. Once you have clearly identified your priorities, you can start thinking about what types of financial trade-offs or lifestyle compromises you're willing to make to achieve your version on success, on your own terms.

2. Set a budget.

Living on a budget may sound limiting, but in reality, a budget is a valuable tool for helping you do the things you really want by showing you how much money you will need to do them. Start by calculating your income and tracking your current expenses. Then, separate your needs from your wants in the context of your overall goals. Once you set your budget, the most important thing is to stick to it, monitor how you're doing and then adjust if necessary.

3. Make a habit of saving.

Saving early, automatically and often is the cornerstone of an effective wealth creation strategy as it allows you to take advantage of the power of compound interest. Prioritize saving over optional expenses and make automatic deposits to your savings, investment or retirement account, if your company enables you to do so. In addition, contributing to a flexible spending account, health savings account, retirement plan or education savings account enables you to take advantage of tax benefits. You can also trim spending by changing your habits—for example, bringing, instead of buying, lunch or unsubscribing from retailer email lists to avoid the temptation to buy things you don't really need.



4. Align your investment strategy with your goals.

If you're thinking about investing, you'll want to formulate an investment strategy that helps you achieve your goals. Begin by figuring out how much you'll need (your target), when you'll need it (your time frame) and how much risk you can live with (your risk tolerance). These inputs help to define your asset allocation—the mix of asset classes (stocks, bonds, cash equivalents and other investments) in your portfolio. Since different asset classes tend to behave differently under different market conditions, the goal is to find the mix of investments that has the highest probability of helping you reach your goals.

5. Establish good credit.

Don't underestimate the value of a high credit score. Your credit score is how people assess the level of financial risk associated with giving you a loan or conducting any kind of business with you, including renting an apartment or buying a cell phone. To improve your credit score, pay your bills on time, borrow (but don't over-borrow) and monitor your credit reports from each of the three main credit score suppliers—Equifax, Experian and TransUnion—on a regular basis.

Getting Started

No matter how old you are or where you are in life, the future you envision begins with a comprehensive plan and a Financial Advisor who cares about you and your unique definition of financial freedom.

Disclosures

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Plantar Fasciitis

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

Plantar fasciitis is the most common cause of heel pain. The plantar fascia is a flat band of tissue that connects the heel bone to the toes and stretches to support the arch of your foot which each step. Overstretching or strain causes the fascia to become thickened, swollen, inflamed and in some cases torn, especially at the heel bone attachment during walking or standing. The most commonly thought cause is due to a heel spur, but this is a misnomer. Heel spurs are present in 15-25% of the general population without symptoms and many symptomatic people do not have spurs. Even if you do have a heel spur associated with your pain, plantar fasciitis can usually be cured without removing it.

Plantar fasciitis can affect both men and women of all ages, especially those who have any of the following risk factors:

- Age (most common between 40 – 60 years old)
- High arches, flatfeet or abnormal walking pattern
- Overweight or sudden weight gain (ie. pregnancy)
- Your feet roll in too much when you stand or walk (over-pronation)
- Wearing shoes which are poor fitting with little or no support or worn out (ie, flats, heels, sandals- especially flip flops). You should not be able to fold your shoe in half and it should have a thick cushioned sole.
- Tight calf muscles or Achilles tendon
- Jobs or activities which require standing, walking or running for long periods of time, especially on hard surfaces
- Running downhill or on uneven surfaces (ie, sand or beaches)

The common complaint associated with heel pain due to plantar fasciitis is stabbing, burning or aching pain on the bottom of the heel which is worse on the first step of the day out of bed or after periods of prolonged sitting or rest. The pain slowly worsens



over time and can affect one foot or both and gets better as you “warm up” and gradually become more active. The pain may be worse standing in one place on hard surfaces, climbing stairs, or after intense exercise.

There is no one treatment for plantar fasciitis that works for everyone and the time it takes to get better depends on how long you have been in pain. Conservative treatments to try at home include rest, icing (especially by rolling the arch over a frozen bottle of water), stretching exercises and splints worn overnight to help loosen overtight muscles, and over the counter pain relievers like ibuprofen (Motrin and Advil) or naproxen (Aleve). Acetaminophen (Tylenol) may help reduce pain but does not decrease swelling and inflammation, which is a key factor in the pain causing plantar fasciitis. You should also wear shoes with good support and avoid going barefoot. Over the counter shoe inserts are commonly tried but the support they offer is highly variable depending on the material they are made of. Heel cups are also popular and may feel better initially from the added cushion they provide but rarely work long term because they don't improve your foot's arch support.

If your pain continues despite all best efforts you should see a podiatrist, who is a doctor that is specially trained in the foot and ankle. It is very important to seek medical advice before the heel pain causes damage or even worse, reveals other conditions, which may be the true cause of the pain. Your doctor can take x-rays to check for a break in the bone, a spur and better evaluate the structure of your foot. In some instances when pain continues despite proper treatment, a more detailed test like an ultrasound or an MRI may be necessary to look for a tear or rupture of the fascia. Your podiatrist can also give you a cortisone injection to help resolve the pain faster, send you for physical therapy or cast you for a pair of custom orthotics for long-term relief and proper control of your feet. With proper treatment you should see results within a few weeks and complete relief in 6-9 months. Greater than 90% of people improve with conservative treatment alone and few require surgery to release the plantar fascia. Seeing your podiatrist is the best way to keep your feet healthy, happy and pain free!

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



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It's the New Year! Isn't It Time You Finally Did Something About Your Chronic Pain?

Advanced Spineworks is Helping Numerous Patients Find Relief Without Surgery

Most of us were glad to wave good riddance to 2020, and with the New Year in full swing, isn't it time you finally did something about your chronic pain? Resolve to stop masking your symptoms with harmful drugs that are never going to treat the root cause of your condition. There are options that work naturally with your body to realign the skeletal structures and alleviate pain by treating the cause of your condition.

Do You Have Neck Pain?

Many people have neck pain, because sitting too long on our devices or for work or leisure disrupts the natural c-shaped curvature (lordotic), which acts as a shock absorber for the upper extremities. If the curvatures are damaged or deformed from injury or other health conditions, the discs and joints in the neck and cervical spine will be under an excessive amount of force. Any irregularities in the neck can lead to degenerative disc disease, spurs, fusion, and neurological disorders.

Decreased curvature puts undue stress on the thoracic and cervical spine. Pressure within a damaged disc causes severe nerve root pain, headaches, muscle pain and other adverse reactions that can permeate to the back, shoulders, hips, thighs and any other joint in the body. The musculoskeletal system works synergistically, and any misalignment or abnormality can throw off our natural balance and function.

Natural Healing is Optimal

Dr. Bryan Hunte and his team at Advanced Spineworks' mission is to help you avoid surgery, get pain relief, heal naturally, and emerge stronger than ever! Chiropractic care delivers powerful pain relief and restored function, movement, and balance, as it focuses on spinal manipulation without drugs or surgery. By properly aligning your body's musculoskeletal structure, chiropractic treatment can enable your body to heal itself. Along with chiropractic care, Dr. Bryn Hunte's practice invests in groundbreaking devices and techniques that have helped numerous patients find relief from their chronic pain, inflammation, and many other conditions.



Dr. Hunte Explained, "Chronic pain affects millions of people. Neck and Back pain and other spinal conditions are among the most common reasons patients seek medical care. Our multidisciplinary approach using chiropractic and physical rehabilitation makes us your one-stop source for effective pain relief, rehabilitation, and results.

"Our equipment is unique to us. No other specialists in the area are able to offer their patients this level of care via innovative, advanced devices like we are.

"My mission is to help patients get back to living their highest quality of life possible and to break the pain cycle to avoid future surgery. Many patients turn to me when other doctors have failed to deliver results. In a perfect world, I would prefer to see patients first before they undergo any unnecessary procedures."

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

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

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

Neck/Cervical Spine Pain

MCU

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

The MCU provides many benefits including:

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

Do you have range of motion limitations, cardiac issues, a need to build strength and muscle? ECCENTRON™ can benefit those of all fitness levels and ages with multiple goals.

ECCENTRON™

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

What are the benefits of using the Eccentron?

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

Advanced Spineworks

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

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.



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Have you tested positive
COVID-19

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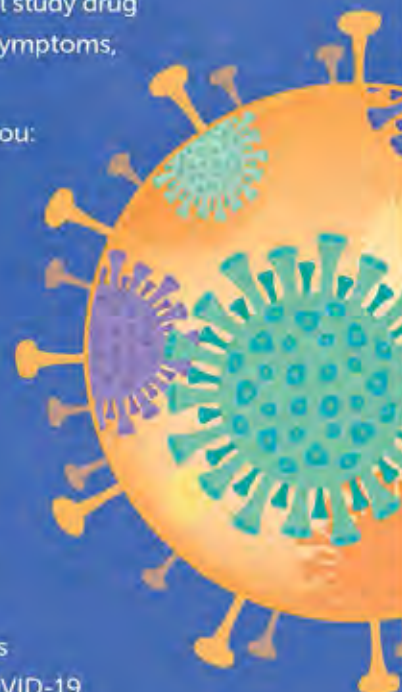
Consider this global clinical research study testing a possible treatment option.

During this clinical trial, researchers will test an antiviral study drug in people who have tested positive for COVID-19 to learn:

- How well the drug works against COVID-19
- How safe it is
- How well the body handles the antiviral study drug
- If the antiviral study drug can reduce symptoms, recovery time, and hospitalizations

You may be able to take part in this trial if you:

- Are at least 18 years of age
- Have tested positive for COVID-19 in the last 7 days
- Have had signs and symptoms of COVID-19 for less than 7 days and currently have at least one sign or symptom of COVID-19
- If male, agree not to donate sperm or father a child for at least 90 days and agree to use birth control if your partner is pregnant or breastfeeding
- If female, agree not to breastfeed or become pregnant for at least 7 months
- Have not been hospitalized due to COVID-19 or do not anticipate being hospitalized due to COVID-19 in the next 24 hours



The study doctor and staff can provide you with information about additional requirements for participation.

If you qualify, you will get the 5-day trial treatment and trial-related tests at no cost.

For more information, including the possible risks and benefits of taking part in this trial, please contact:

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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.

Gautham Mogilishetty, MD

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

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

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

He treats patients 18 years of age and older.

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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.

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



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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

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Do You Need a Little Something to Brighten Your Day?

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

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

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

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

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

ATC's Safety Protocols

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

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

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

IV Therapy

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

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

ATC is Gaining Attention

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

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

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

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

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

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

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CEO

Kathleen M. Marc, MD
Medical Director



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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:

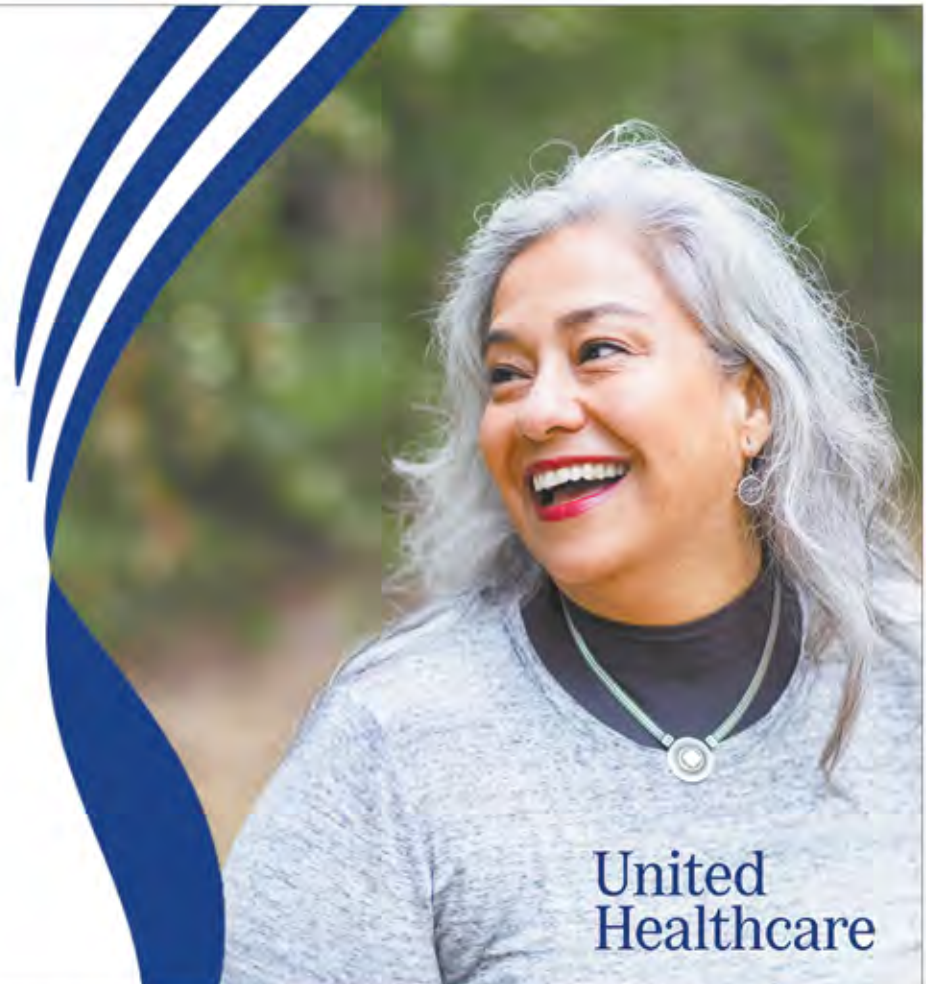
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Alleviant Offers Virtual Visits Via Telemedicine

Mental Health Awareness



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

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

Virtual Visit Tips

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

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

Mental Health Awareness

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

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

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

Alleviant Health Centers of Naples

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

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- **Transcranial Magnetic Stimulation (TMS):** FDA approved non-invasive procedure for Treatment Resistant Depression.
- **Psychotherapy:** Meet with our Psychologist for individual, couples and family therapy. Trauma therapy using Eye Movement Desensitization and Reprocessing (EMDR).



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

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



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WHAT YOU SHOULD KNOW ABOUT MEDICAL MARIJUANA

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

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

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

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

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

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

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

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



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

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



SOME OF THE SIGNIFICANT CHANGES ARE:

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

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

Dr. Ralph Rodriguez

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



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

Dr. Alejandro Blanco

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



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

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



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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 nonoperatively. 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.



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www.physicaltherapyofnaples.com

NAD IV Infusion for Immune Function and Optimal Healthy Aging

By Dr. Carolina Young Ortiz

Adaptive and innate immunity are essential to how your body protects you against foreign invaders. Your adaptive immunity is within your tissues and has memory as to how it fought off infections and illnesses from the past. Your innate immunity is how well your body fights off a new infection by utilizing antimicrobial and host defense peptides. T Cells are lymphocyte immune cells or white blood cells that originate from our bone marrow and help fight off pathogens.

These T Cells work directly with B cells to create y-shaped antibodies (immunoglobulin) that connect to the pathogen and destroy it. The problem is that many people have a weakened immune system that is not able to fight off these pathogens. The other issue is that many of us are in a hyperstate of inflammation and our own antibodies start attacking our healthy organs and tissue. This is the basis of autoimmune dysfunction.¹

Several natural ingredients such as glutathione, inositol, and nicotinamide (a precursor to NAD) can play a significant role in immune system support.² As we age, NAD is reduced significantly within the body. Nicotinamide supports the production of T-cells. Deficiency of nicotinamide has been shown to result in compromised defenses against pathogens. Nicotinamide is the primary precursor of nicotinamide adenine dinucleotide (NAD), an essential coenzyme in ATP production. Maintaining an efficient supply of NAD seems to be a crucial need for a multitude of cell functions including immune system support.²

Due to IV infusions efficacy and remarkable outcomes for various conditions like autoimmune disorders, fatigue, chronic pain, mental clarity, and increased energy or physical performance, IV infusions are on the rise. Because IV infusions don't need to pass through the digestive system, they are absorbed at an optimal level. NAD (Nicotinamide adenine dinucleotide) infusion therapy is a valuable treatment option with multiple health benefits.



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- Neuroprotective properties
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2. J Legere, Immune System Support (Part 1): Glutathione, Inositol, NAD+
Legere Pharmaceuticals, March 2020, Scottsdale, AZ

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

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

Dr. Carolina Young Ortiz

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

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

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

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



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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.



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Signs of Aging or Type 2 Diabetes?

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

Symptoms are signs that your body is reacting to something. Do you pay attention or ignore it?

Have you noticed common symptoms such as?

- Fatigue or lack of energy
- Brain fog or inability to concentrate
- Weight gain
- Sleep issues
- Loss of hearing

Too many people regard these types of symptoms as part of the aging process. Did you know that these symptoms can also be a sign of diabetes?

Fatigue

If you are reaching your senior years, it's easy to assume that your lack of energy is due to aging. It's also easy to assume during a younger stage in your life that you are tired because of your demanding schedule, not getting proper or a combination of these reasons.

This is also a very common problem with people having diabetes or prediabetes. Glucose is not effectively moving from your bloodstream to your cells so it can be stored for energy to be used at a later time. Rather than thinking of diabetes as a sugar problem consider it an energy problem.

Brain Fog/Concentration

We can confuse our lapse in memory and losing our ability to concentrate for long periods as part of the aging process. Many fear it could be the path to dementia. Over time, high glucose levels can damage blood vessels to the brain resulting in brain fog or difficulty concentrating. With damage to the blood vessels, the brain has to adjust the amount of blood it can use because it may not receive the same level of nutrients.

Weight Gain

Weight gain seems to be an age-old struggle. As we age, it seems more difficult to control our weight. In essence, weight gain is an imbalance of consuming more calories than what your body needs versus how many calories you burn.

Effectively, when insulin levels are increased, this will also cause weight gain. This is the stage where an imbalance has begun with your metabolism

faltering when processing sugar. Without stopping high insulin levels, diabetes can be your next diagnosis.

Consider weight gain as the visual sign of current or future ill health.

Sleep Issues

Are you tossing and turning all night? Can't get a full night sleep?

It could be because your mind is racing from a busy day or your sleeping patterns have changed as you age. And can be due to a sedentary lifestyle. Invariably, diabetes can also be a reason.

Diabetes is associated with higher incidence of sleep disorders, which may be due to disease itself or because of secondary complications associated with diabetes. Shorter sleep duration and erratic sleep behavior have been linked with higher incidence of type 2 diabetes which often includes obesity.

Loss of Hearing

Hearing loss can be due to a specific exposure to loud noise or aging.

Did you know hearing loss is twice as common in people with diabetes? Poorly controlled glucose can damage small blood vessels throughout the body affecting your hearing. Once those small blood vessels are damaged, they cannot recover.

Hearing loss is not the only symptom. Tinnitus, when you hear ringing or buzzing, is twice as common in people with high insulin levels and impaired glucose.

There are many more symptoms of diabetes that can go undiagnosed.

As you notice changes in your physical or mental being, take note. Discuss with your physician if your symptom is the underlying reason for something much bigger. Consider the number of times you purchased over-the-counter treatments to attempt to resolve your symptom.

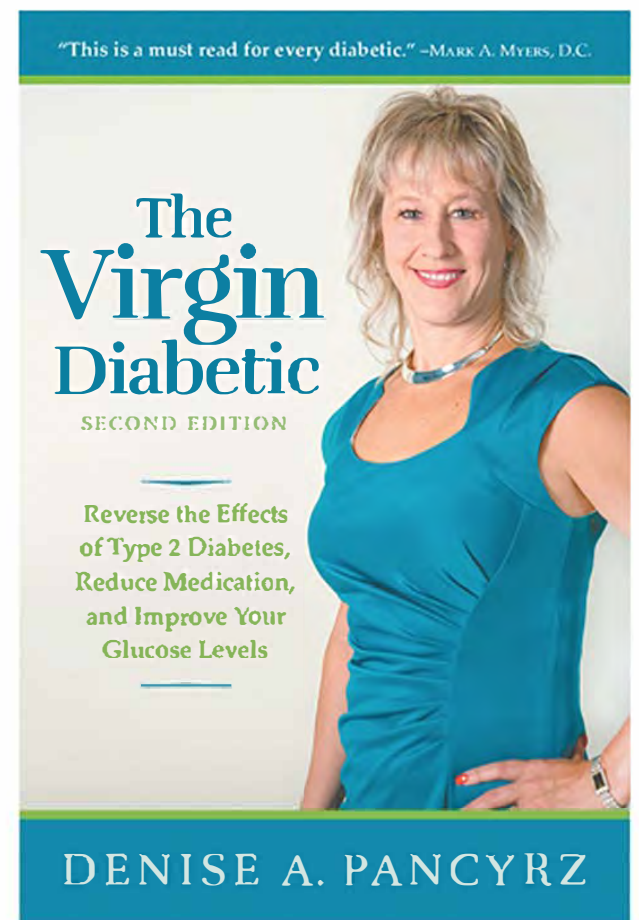
It may be appropriate to do that. It may be more appropriate to verify the underlying cause sooner rather than later.

It may seem surprising that one disease can be linked to so many symptoms. That is because diabetes is a systemic issue. Diabetes can affect you from head to toe.

Avoid masking your symptoms and identify the underlying source of your issues. If diabetes is the root of your problem, at a minimum, the effects can be greatly improved and reversed naturally. You owe it to yourself to find out.

Denise A. Pancyrz is a national diabetes reversal and holistic lifestyle coach, speaker, and best-selling author of *The Virgin Diabetic*, *Reverse the Effects of Type 2 Diabetes*, *Reduce Medication*, and *Improve Your Glucose Levels*, available on Amazon. Diagnosed with type 2 diabetes, Denise was prescribed four daily insulin shots along with oral medication for diabetes and heart disease. This protocol helped to bring her glucose levels down, however, she did not feel as healthy and vibrant as expected. After changing her protocol by learning to rest and preserve her pancreas, she was able to eliminate all medication and insulin, regaining her energy.

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Compounded Hormone Replacement Therapy

Upon aging, women will start to experience symptoms of hormonal imbalance, which can be related to perimenopause, menopause, postmenopause, giving birth or from a hysterectomy.

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

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

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

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



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

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

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

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

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Obviously, the bio-identical progesterone hormone therapy is the better option due to its ability to work with the body naturally, and due to the proven health benefits that coincide with the treatment. At MISIRx Pharmacy, they understand the importance of providing this type of hormone therapy for their patients.



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HEALTHY SKIN DURING COVID-19

By Lisa Giamarino, Licensed Clinical Aesthetician

C OVID-19 has had an interesting impact in skincare. Suddenly people who have never taken much interest in their skincare regimens are realizing that when they don't wear makeup daily, because they're staying home from work or not going out very much; their skin looks better. But, pair that with too much time watching YouTube, and scouring through the Instagram profiles of uneducated skincare "experts," then we have a problem! Compound that with having to wear a mask everywhere...well, now we have a new term – "MASKNE!"

What is so fascinating to me, is that although people are paying more attention to their skin, they seem to be relying on sources that don't offer the correct advice. Skin is the largest organ in our body, everyone sees it, yet people are willing to slap just about anything on it. Or nothing at all for that matter. Without actually taking a very close look at someone's skin, and touching it, most people get persuaded to purchase skincare products that are not advisable, too abrasive, do absolutely nothing, or contain terrible ingredients.

As a non-skincare expert, how do you decipher what to actually use for you specific skin type, and condition? My first suggestion is to find an aesthetician who knows a lot – not just about different types of treatments, but also understands ingredients, and who takes the time to do a very thorough intake. Give yourself the experience of having a facial. See what it feels like to walk out with clean skin, having used the correct products and being shown the correct products for home use.

It's important to understand that a good skincare regime does not have to take fifty steps or use the most expensive skincare. A lot of it is trial and error. As an experienced aesthetician, I'm always tweaking my routine, however, there are some constants. I never leave the house without sunblock, I use vitamin C, retinol and eye cream daily, and I drink a ton of water. All the other stuff is just an added bonus for my skin. The trick is finding the right "added bonus" for you.

Many people question the cost of regular facials. I can tell you unequivocally, that if you go once, have a professional aesthetician guide you towards the correct



products for your skin, you will, in the long-run, spend much less than if you shop blindly online or in department stores testing product after product without getting real results. If I have a client who follows my protocols, and uses the correct at home routine, they really shouldn't have to come more often than every eight to ten weeks for maintenance. Additional enhancement treatments such as micro-needling, dermaplaning, etc. are just the added bonus. The next level.

If you have a real skin condition such as acne or hyperpigmentation, there are a lot of products that can make matters worse. This population of people can easily wreak havoc on their skin when not guided properly. That havoc costs a lot of money. A qualified skincare expert can recommend the correct program and refer you to the right dermatologist, if needed.

It seems as though every celebrity, makeup line, clothing designer and influencer is coming out with a skincare brand. There is a reason for that. The skincare industry is a multi-billion dollar industry. Have I fallen into the trap? Of course! But I can tell pretty quickly what will work for my skin. I always tell my clients...let me buy the products and test them out. It's a tax write-off for me. I try all kinds of skincare products and gadgets, even ones that are not necessarily correct for my skin so that I know what to recommend to my clients. I try high-end products. I try obscure lines. I try items you can easily purchase at CVS. I have a full arsenal in my back pocket for every budget and level of commitment. It really does exist!

Something to also note is that many skincare brands that are sold in skincare practices are the enhanced, or MD lines that may not readily be sold in stores or online. They contain more potent active ingredients. That's not the case with all of them, but it is for most. As aestheticians, we are vigorously trained in product lines so that the customer gets attainable, ingredient-driven results.

And finally...how do you tackle the dreaded "maskne?" If you don't have to wear makeup, don't. Don't reuse disposable masks and wash reusable masks daily. The moment you get home, wash your face and never ever go to bed with makeup on. There is nothing better than waking up in the morning, looking in the mirror, bare-faced, and loving what you see.

ABOUT Lisa Giamarino

Licensed Clinical Esthetician, Head Neck & Face Certified Lymphatic Drainage Specialist, Professional Makeup Artist & Certified Lash Technician

Lisa was the owner of a successful Pilates and sports medicine business in New York for 12 years, but her love of skincare and all things beauty has always been her passion.

Lisa decided to move with her family from New York to Florida in early 2013. Once getting settled, she decided to pursue her passion for skin and makeup application and attended the Bonita School of Massage and Cosmetology where she took many additional courses above and beyond the scope of licensure to include derma-planing, microdermabrasion, microneedling, ultrasound, lymphatic massage, and lesion removal.

Lisa has taken her lymphatic drainage massage of the face, neck and chest to another level by offering this very targeted approach in helping clients on their journey to recovery after facial plastic surgery due to cosmetic procedures or traumatic injuries. She works closely with some of Naples's top plastic surgeons and has developed an effective protocol to aid in a quicker healing process.

Her belief that the skin is the manifestation of what is going on in the inside, allows her clients to understand that it takes more than just facials and makeup application for skin to look healthy. She therefore found a great partnership with Omni Balanced Life Center where she can refer her clients to other modalities that can take care of a person from many different angles. Her diverse background in course of studies allows her to ensure results when helping clients change the health and look of their skin. She has also created beautiful looks for headshots, weddings, and special events as her training and passion extends into the beauty industry.

Her impeccable eye for what healthy skin can look like allows her to encourage her clients to take a broader look at their health and overall wellness since the skin tells the story of what the inside is doing. Lisa is currently completing her license in electrology and laser.

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

Get Glowing!

By Christina Tremblay

Glycolic acid is a type of alpha-hydroxy acid (or AHA) derived from sugar cane. Of all the AHAs, glycolic is the smallest and simplest in structure, making it easy to penetrate the skin and be more effective. Glycolic acid works as an exfoliant to help shed dead skin cells to uncover bright and glowing skin! It also helps stimulate collagen production which contributes to smoother and plumper skin. This potent ingredient can address various skin concerns such as dullness, signs of skin aging, uneven texture, and blemishes.



Glycolic acid is best for people with normal, combination, or oily skin. People with dry or sensitive skin may experience more irritation. Since glycolic acid is an exfoliant, it is advised to start slowly and work up a tolerance. I am a huge fan of the SkinCeuticals Glycolic 10 Renew Overnight. I would recommend starting three times a week with a pea-sized amount and increasing frequency to nightly depending on your skin tolerance. If you have more sensitive skin, you could try starting with a glycolic cleanser to get your skin acclimated rather than a leave-on product. For this, I would recommend the SkinCeuticals Glycolic Renewal cleanser in the evening. Glycolic acid can cause increased sun sensitivity and sunscreen should always be applied in the daytime.

Glycolic acid can be a game-changing topical to address some of your skin concerns. Keep in mind everyone's skin responds differently to products, so be sure to consult your dermatology provider with any questions.

MEET Christina Tremblay, PA-C

Christina Tremblay, PA-C, was born and raised in Orlando. She attended University of Miami on a scholarship, studying biomedical engineering. Christina went on to graduate cum laude with her bachelor of science in biology from University of Central Florida. Prior to PA school, she acquired experience in pediatric and adult emergency medicine at NCH North Naples and Downtown hospitals.



Christina attended PA school at Nova Southeastern University in Fort Lauderdale. During her graduate studies, she authored and presented research on melanoma and the importance of patient education and screening. Christina was twice awarded the Chancellor's Scholarship and graduated with honors in master of medical science, physician assistant.

Personally trained by Dr. Daniel Wasserman, Christina specializes in general dermatology for all age groups. She emphasizes educating her patients and listening to their individual needs to provide personalized treatment. Christina is passionate about treating skin cancer, acne, rosacea, rashes, and psoriasis. Due to her previous struggle with skin conditions, Christina is particularly dedicated to enhancing how her patients look and feel about themselves. In her free time, Christina enjoys weightlifting, traveling, playing piano, and spending time with her family.

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Macular Degeneration: Genetics Role in the Disease

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

When there is damage to the retina due to specific issues, degeneration can occur, and it is a serious disorder that should never be overlooked. In adults over the age of 50, age-related macular degeneration (AMD) is the leading cause of blindness. It is estimated that more than 10 million Americans have some degree of AMD.

Dr. Taba of Personalized Retina Care of Naples wants to alert individuals about the signs and seriousness of this disorder. Recently the AAO (American Academy of Ophthalmology) published an article detailing the condition.

Age-related macular degeneration (AMD) is the leading cause of irreversible vision loss in the United States in elderly adults. It is estimated that nearly two million Americans have the advanced form of AMD. This number is projected to more than double over the next two decades.

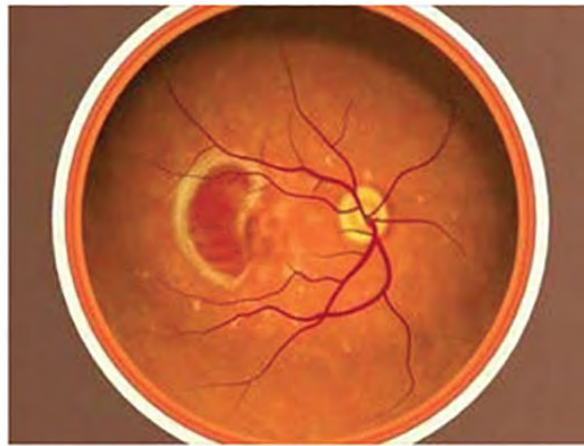
Risk factors include being over 50 years of age and smoking. Anyone can develop AMD, but lifestyle and diet are major factors in an individual's risk. And it is clear that genetic factors have a lot of influence on when AMD might start and how it progresses.

Many Genes Influence AMD Risk, But Two Stand Out

Large genome-wide association studies have identified over 30 genes associated with the risk of developing AMD. These kinds of studies look for genes that are more common in people with certain conditions. If a lot of people have a particular variation of a gene and also have a particular condition—while other people without the variation don't have the condition—that gene is said to be associated with the condition. Variants in all 30-plus of these genes contribute different levels of risk of developing AMD.

Variations in two genes have been more closely connected to both developing AMD and whether it progresses to the advanced stages of the disease. These are:

- The complement cascade (group of genes) on chromosome 1; and
- The ARMS2/HTRA genes on chromosome 10.



The presence of these genetic variants doesn't mean that someone will definitely develop AMD. These variants mean that one may have a higher risk of AMD or developing advanced disease in the future.

The complement cascade is an essential part of the body's immune system. It controls a series of proteins that protect against invading pathogens like bacteria and viruses. Complement can sometimes incorrectly target the body's healthy cells, including cells in the retina.

Some researchers believe that inflammation and immune mechanisms are part of what causes AMD. The connection between complement gene variants and AMD supports this theory. There are several variants of the complement genes, and they create different levels of AMD risk.

While scientists are intensively researching ARMS2/HTRA1, the role of these genes in AMD is not yet understood. It appears there is a strong connection, but we don't yet know what these genes do.

Other genes associated with increased AMD risk are involved in cholesterol and lipid (fat) metabolism, collagen production, DNA repair, protein binding, and cell signaling. Research on these genes and their role in disease onset and progression is still underway.

In addition, certain gene variants can have a protective effect against AMD, reducing an individual's risk of developing the disease. These include variants in other parts of the complement and immune gene groups, and other genes that affect lipids.

Genetic Testing and The Future of AMD

Genetic testing is available for some of the AMD risk genes. However, the *American Academy of Ophthalmology* does not currently recommend genetic testing for AMD. Gene therapy is not available for prevention or management of the disease, so there is no benefit of identifying which genes are involved in any individual's case of macular degeneration.

As future studies shed more light on AMD and individual genotypes—and if treatment tailored to individuals become available—genetic testing for AMD may become helpful. We may one day have targeted therapies for AMD based on the individual's genes and lifestyle.

In the meantime, anyone with a family history of AMD *should have their eyes examined* as recommended by an ophthalmologist, get enough exercise, eat a well-balanced diet and quit smoking. If you have AMD, existing treatments, including vitamin supplements and medications, can be very effective.

Personalized Retina Care of Naples

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. You will find a friendly and warm environment at Personalized Retina Care of Naples. Please call (239) 325-3970 today to schedule your eye exam. Same-day appointments are still available.

Personalized Retina Care of Naples provides comprehensive diagnosis and treatment for retinal disorders. Dr. Taba also gives second opinions on retinal and general eye conditions. 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:

1. R. Mukamal, Genetics and Age-Related Macular Degeneration, AAO, American Academy of Ophthalmologists, April 9, 2009, <https://www.aao.org/eye-health/diseases/age-related-macular-degeneration-amd-genetics>



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STRESS AND WEIGHT GAIN

Weight gain is not just about food choices, activity level and portion control. Stress plays a significant role in the obesity epidemic. Traumatic events such as a death, divorce or even COVID can have a dramatic impact on weight. But more frequently chronic stress, can impact health and affect the body's ability to lose weight.

Let's say a car stops abruptly in front of you and you almost get into an accident or you tune into the 10 o'clock news and hear one negative story after another. As stress rises, your body starts to respond to a threat or demand (think "fight or flight") by calling on the adrenal glands (located on top of your kidneys) to release a flood of stress hormones, in particular adrenaline and cortisol to protect you from the "threat." These hormones affect your blood pressure, pulse, digestion, thinking, immune system and breathing. They also control the release of excess sugar (glucose) into your blood stream via the liver and muscle. This dump of glucose can lead to weight gain.

The "threat" will be over in a matter of seconds or minutes and your body chemistry and physical sensations will return to normal. However, if you are in a constant state of anxiety, ruminating on a problem or situation such as job issues, caring for a sick loved one, financial problems, even exercise (which can be counterproductive if you stress about doing it) then the adrenal glands will respond with a continuous drip of cortisol. "Chronic elevated cortisol levels can lead to serious issues," states Dr. Amit Sood of the Mayo Clinic and "contribute to obesity."

This constant drip along with an unhealthy diet can cause the body to incorrectly process food and store fat. I call this situation Adrenobesity™. Adrenaline and Cortisol stimulates the liver and muscles to release glycogen (glucose) for instant energy. Because there is no "fight or flight" issue, the pancreas responds to the increase by pumping out extra insulin. Insulin acts as a key, unlocking the cell for glucose entry. If your cells are full, insulin is rendered ineffective and the excess glucose is sent to fat cells for storage. Not good! The excess of glucose and insulin create an inflammatory state, which makes losing weight difficult, even if you are watching every calorie.

What can you do to improve the situation?

1. Get enough sleep (8 hours at least)
2. Eat to protect your pancreas (the goal: keep your glucose between 70 and 100)
3. Deep breathing
Inhale through your nose (to the count of 1,2,3,4; hold your breath for 4 counts and then exhale through your mouth 4,3,2,1)
4. Increase activity. I don't believe in strenuous exercise. Yard work, weights, yoga, tennis, walking, hiking, swimming, even taking clothes out of the dryer (squat – take one piece out, squat – second piece). Before you know it, you've done 20 squats.



Candice Rosen,
Health Counseling

2020 has been an incredibly challenging year. The one thing we have learned is the best chance you have against any virus is to make sure that your body is in tip top shape. Reducing stress, along with a pancreatic friendly lifestyle and physical activity will help you take on 2021 in the healthiest way possible even if another 2020 happens...

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New Year's Resolutions:

How can getting my hearing tested make 2021 a better year for me?

By Hoglund Family Hearing and Audiology Services

If you want to make a New Year's resolution that will really boost your life and well-being throughout all of 2021, then get your hearing tested!

"Addressing hearing loss can add to quality of life in many ways", states **John Hoglund ACA, BC-HIS** of Hoglund Family Hearing and Audiology Center." Our lives are influenced in so many ways by our ability to communicate with others!" Here's a short-list of what getting a hearing test and using professionally fitted hearing aids, if recommended by your hearing care professional, may do for you:



John and Patricia Hoglund
LMAS, BC-HIS, ACA

- **Strengthen ties with family and friends.** Healthy relationships rest largely on good communication. In one Better Hearing Institute (BHI) study, more than half the respondents said using hearing aids improved their relationships at home, their social lives, and their ability to join in groups. Many even saw improvements in their romance.

- **Raise your spirits.** People with untreated hearing loss often feel angry, frustrated, anxious, isolated, and depressed. But research shows that when they use hearing aids, many become more socially engaged, feel a greater sense of safety and independence, and see a general improvement in their overall quality of life.

- **Lead you to feel better about yourself.** An important perk of using hearing aids can be enhanced emotional well-being. Research shows that when people with hearing loss use hearing aids, many feel more in control of their lives and less self-critical. One BHI study found that the majority of people with mild and severe hearing loss felt better about themselves and life overall as a result of using hearing aids.

- **Keep your mind sharp.** Studies out of Johns Hopkins linked hearing loss with accelerated cognitive decline in older adults and found that seniors with hearing loss are significantly more likely to develop memory problems over time. BHI studies found that many people with hearing loss report improvements in their cognitive skills with the use of hearing aids.

- **Unleash your earning potential.** Hearing your best at work helps you do your best. One study found that using hearing aids reduced the risk of income loss by 90 to 100 percent for those with milder hearing loss,

and from 65 to 77 percent for those with severe to moderate hearing loss. And people with hearing loss who use hearing aids are more likely to be employed than their peers who don't.

- **Reduce your risk of falling.** A Johns Hopkins study showed that people in middle age (40-69) with even just mild hearing loss were nearly three times more likely to have a history of falling. The intensive listening effort demanded by unaddressed hearing loss may take cognitive resources away from what is needed for balance and gait, experts have suggested.

"Hearing loss can be isolating, frustrating, and embarrassing. In addition to taking away daily pleasures, it can also threaten your independence" remarked **John Hoglund ACA, BC-HIS**. "Patient's families very often remark how much more lucid, outgoing, and invigorated their family member became when they could understand voices more clearly!" "It can be a lifechanging event for people!" **TO HEAR BETTER... IS TO LIVE BETTER!**

Age-related hearing loss affects one in three of us by age 65. That shouldn't be surprising. We've punished our ears with a lifetime of noise — from lawnmowers and hair dryers to car horns and loud music. But even as technology may have accelerated hearing loss, it is also offering unprecedented help. New hearing aids — some as small as a jelly bean — are producing greater amplification with less distortion. In fact, new technologies have made it easier to manage hearing loss and stay engaged in life.

Today's hearing aids help people with hearing loss better hear sounds and people from all directions, and they filter out noise. Many sit discreetly and comfortably inside the ear canal and out of sight; and many are wireless, so they can interface easily with other high-tech devices like smartphones, home entertainment systems, conference-room speakerphones, and hearing loops. Some are even waterproof; and others are rechargeable. "Our ability to help those with even the most complex pathology, has improved dramatically by these technological improvements. The sound quality, comfort, and technical performance especially in environments with background noise, is better than at any time in history" John continues,



"We have an agreement with every manufacturer we work with to give our Patients a **SIXTY-DAY TRIAL PERIOD**, so you will be certain that you are satisfied with the performance of these *virtually invisible* hearing solutions!"

So, start the New Year, with a Resolution to improve your quality of life by improving your hearing!

Hoglund Family Hearing and Audiology Center also offers **FREE HEARING TESTS** to let you know the exact amount of hearing loss you may have, and furnish you with a dated copy of this evaluation for your personal medical records! "We never wanted *expense* to be a barrier to *education*", John states, "so these consultations and evaluations are done on a *complimentary* basis!"

All it will **COST**, is a little of your **TIME**... but the **KNOWLEDGE** you receive may be **PRICELESS!**

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(Towers Professional Building, Next to Downtowner Car Wash)

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Will The Real Estate Market Continue to Surge in 2021?

As we ring in the New Year, it's loud and clear that this is a seller's market, and the interest rates are also very low. What does that mean for you? If you are considering a move, whether you are moving into a new home, downsizing into a condo or townhome, or perhaps you're contemplating retiring to a senior community, now is a great time to make money on your existing home sale. Having the luxury of making a profit on your home is a great incentive to transition and do so comfortably.

Out-of-Towners are Interested in Your Property

The influx of buyers interested in living in Florida has escalated to an all-time high. Many people have been given an opportunity to work from home, while in other situations, entire companies are moving to the Sunshine State. Many people are growing tired of the civil unrest in certain areas of the country and weary of all of the shut-downs, while others just want to enjoy the warm sunny days. Houses are not staying on the market long once listed. Many are selling within a few days, and it's not uncommon to have multiple bidders offering higher than what the home was listed for initially.

Buyers

We have not counted out the benefits for buyers here. The great news is that sellers are becoming more and more interested in selling their homes



for multiple reasons at all price levels. If you need or want to move, Nardi Realty can find you the perfect opportunity for your new home that suits your specific needs. The most crucial tip these days is to be prepared to buy. Know what you're approved for and have funds available for your deposit.

We don't know how long this boom will last, but Nardi Realty is here for you to help you make these decisions now before there is a change in the market.

Call Nardi Realty at 239-293-3592 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!

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5 Acupoints TO HELP YOU *navigate* YOUR *stress* THIS WINTER



How Acupuncture Reduces Stress - Research Update

A study published in the *Annals of Yoga and Physical Therapy* looked at how acupuncture treatments affect stress levels in administrative workers at a local hospital. The study included 58 participants who reported high levels of stress associated with their jobs. The participants were treated with eight weeks of auricular (ear) acupuncture. After the eight sessions, the workers reported their stress levels had decreased from high levels to moderate levels.

The study hypothesizes that reduced stress levels are associated with regular acupuncture treatments due to the release of neurotransmitters (feel good chemicals) in the body. This study and many others are providing evidence that acupuncture can indeed decrease stress levels and improve overall health.

Stress is defined as either pressure or tension exerted on an object or a state of mental or emotional strain resulting from adverse or demanding circumstances.

Facts from the Global Organization for Stress:

- Americans report higher levels of stress than most countries around the globe.
- Surveys show that nearly 1 in 75 people worldwide experience panic attacks.
- Stress in American teenagers is now one of the top health concerns and it is being found that teenagers experiencing stress are more likely to develop long-term health problems.
- We all experience stress in our lives, but learning how to deal with it can be crucial for a happy, healthy life.

One way to deal with stress involves the use of a 3,000 year old medical system, known as Traditional Chinese Medicine or TCM. TCM uses many different modalities or tools to treat the mind and body.

The most commonly used modality is acupuncture and while acupuncture is still not widely accepted in the United States, it is gaining ground.

Studies show acupuncture can reduce stress when used regularly. The *Journal of Endocrinology* published a study showing stress hormones, like cortisol, were lower in rats that received electroacupuncture. The use of electroacupuncture actually blocked the chronic stress hormones in the rats. It does the exact same thing for humans.

Stress Reducing Acupuncture Points:

1. Yin Tang (Du 24.5) (3rd Eye Chakra) - This point is located about one finger above the point between the eyebrows and will be almost directly in the middle of the forehead. Working this point is said to calm the mind, clarify ideas and intuition as well as strengthen mental projection. It can be used to alleviate dizziness, stress, vertigo, sinusitis and headaches.

2. Hegu (LI 4) - The LI 4 point moves qi (the energy of the body). When we are stressed, the qi gets stuck leading to negative feelings. When we get the stuck energy moving, you feel an emotional release. LI4 is also known to treat swelling and pain of the eye, nasal obstruction, toothache, facial swelling, deafness, sore throat and much more. In TCM, it's said to dispel exterior wind, stimulate the dispersing function of the lungs, removes pain, and harmonizing descending and ascending functions. This point is located on the back of the hand at the apex of the webbed triangle between the thumb and the index finger.

3. Zhong Fu (Lu 1) - The lung meridian has to do with unresolved grief. If your stress is related to grief, Lung 1 can be helpful. This point has other properties as well and is often used to treat vomiting, stops coughing, disperses fullness in the chest, stops pain and regulates Lung Qi. It's located in the upper chest in the space below the first rib, in the crease where the arm attaches to the body.

4. Zu San Li (St36) - This acupoint is often used when stress affects digestion. If nausea and vomiting are symptoms that you experience when you are stressed, St36 can be a great point to use. This point is located along the outside of your shin bone about 4 finger widths below the knee cap. You will know you're in the right location because a muscle will pop out as you move your foot up and down. In TCM, this point is stimulated frequently to promote health and longevity.

5. Yongquan (Kid 1) - Kidney 1 is located on the bottom of the foot, at the junction of anterior one third and posterior two thirds of the line connecting the base of the second and third toes and the heel. This point is VERY sensitive, but it has amazing properties. Kidney 1, is not used very often because of its location, however, it can work wonders for decreasing stress. Kidney 1 can sedate and calm the mind, while also regulating blood flow to the brain.

It is important to understand that acupuncture is not the only form of treatment and having a healthy diet, exercise regime, a meditation practice and balanced lifestyle will also decrease the chances of stress being a factor in your life.

2020 was filled with many unforeseen challenges. If you feel overwhelmed with stress, acupuncture can help you reduce anxiety and irritability. We all know that stress that is ignored will turn into some sort of physical ailment that will worsen until you pay attention. I encourage you to seek treatment now, and prevent a decline in your health and emotions.



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You can schedule anytime on our website, www.AcupunctureSolutionsOnline.com, or call during office hours, 239-260-4566. I look forward to assisting you in regaining a sense of peace and calm during these challenging times.

KEEPING OUR CLIENTS SAFE AT HOME DURING COVID-19

Dear Chef For Seniors Community,

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

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

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

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

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



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

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

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

Phone: **239-776-1758**

Email: bill.springer@chefsforseniors.com



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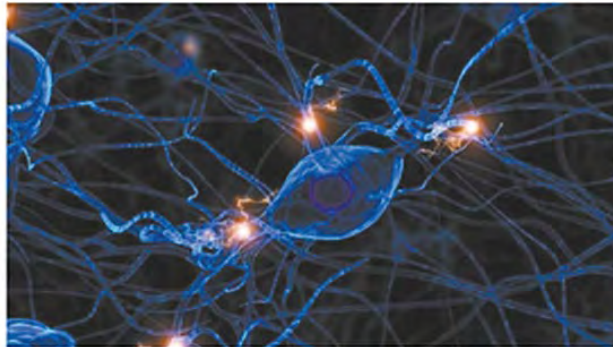
By Sheryl Hensel

Most fluids in the body are electrolytes, which are ions (charged particles) dissolved in liquids. Therefore, it's easy to compare the human body to a large battery that generates electricity and needs to be charged from time to time.

Did you know the body consists of approximately 75 trillion + cells? They all understand each other and function via electromagnetic impulses.

Each cell is a sophisticated miniature power plant by itself. Therefore, all we truly are is ENERGY. Whenever one of these power plants shut down, trouble begins. Once a cell has lost 60% of its energy, it stops working and uses the remaining energy to survive. Immediately, healthy cells are taking over to do the job. This has an impact on our health.

Illness begins when more and more cells are affected by energy loss, and this often results in being prescribed medication from a doctor. Medication all too often covers up symptoms but doesn't cure the problem. There is a time and place where medicine is life-saving, but it won't recharge a weakened cell. It also won't resolve the root cause of the disease that is setting in. The energy-deprived cell does not crave a chemical; it simply needs to regain lost energy. It's good to know that cells can be "recharged" to health by exposing them to pulsed electromagnetic fields (PEMF) and that functions that were lost can recover.



PEMF has been proven to enhance circulation, improve blood supply, increase oxygen usage, improve hand-eye coordination, aids in quicker bone and wound healing, absorb nutrients, improve ATP production, and detoxify to the cellular level.

The Biology of Energy

In biology, energy is often stored by cells in biomolecules, like carbohydrates (sugars) and lipids. The energy is released when these molecules have been oxidized during cellular respiration. The energy released from them when they are oxidized during cellular respiration is carried and transported by an energy-carrier molecule called ATP.

Research and Findings, You Can Trust

You may not know that Nikola Tesla discovered PEMF technology over 100 years ago, and NASA holds the patent. They used PEMF therapy to maintain the astronaut's health when they left earth's frequency, Schumann's Resonance. This technology has been around for a long time, and the company we work with has found a way to utilize that technology for home-usage.

Wellness Achievers works with a 25+-year-old company that has manufactured a device that helps your body get oxygen into the cells. We have a team of LifeStyle Consultants around the country but have made The Villages our home base. We do weekly presentations and training classes, so our customers have a complete understanding of how to best use the system. It is also possible to have a presentation in your home with friends and neighbors. The mat is also beneficial for your four legged friend from horses to dogs to cats. They love PEMF healing.

What makes Wellness Achievers stand out is our impeccable customer service. We pride ourselves in not only making sure you have the easiest setup experience but also get the best usage from your unit. You may find other companies and devices online, but they won't give you the personalized service that Wellness Achievers will provide.

Our goal is to:

- * Help you move towards optimal health
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- * Get you out participating in the activities you have worked so hard to have the free time to do
- * Increase your stamina and quicken your recovery time
- * Spend your quality time playing with your grandchildren and loved ones
- * Help you live a longer life with less pain and medication



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Someone will get back to you within 24 hours.

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.

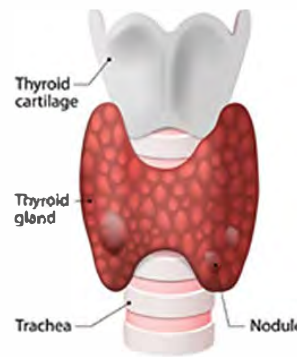
Hyperthyroidism Symptoms:

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

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

Hypothyroidism Symptoms:

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



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



Josephine V. Jasper, MD F.A.C.E.
Endocrinology, Thyroid, Diabetes 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.

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Your Cleaning Service May Be Sweeping More Than Just Dirt Under The Rug

Pop quiz: How much do you really know about the people you hire to work in and around your home? Through casual conversations you may know where they live, their children's names and ages. You might know someone for whom they've done work or have a friend or acquaintance in common (that's probably how you found out about them in the first place).

But, what do you really know about your landscaper, electrician, painter, plumber, the cable guy, the guy who fixes your appliances, or the person who cleans your home each week (and to whom you have given a key!)? Are they financially responsible? Have they ever fallen into legal trouble or veered over the line into petty criminal behavior? And what do you really know about the people your service providers employ or how they go about hiring them?

Statistically speaking, there is a high probability that all of the service providers who come into your home are upstanding, law-abiding citizens. They work, right? And perhaps everyone should be forgiven the minor transgressions of their teenage years. But, while you don't need to be paranoid, you can at least be sensible. As a homeowner and customer, it is always your right to inquire about your service provider's hiring and other business practices that-if not executed properly and consistently-can create financial liability, even danger, for you and your family.

Five critical sets of questions to ask:

- **Hiring practices.** How and where do you source new employees? Do you check personal references? Do you conduct criminal background checks? Do you verify your employees are legal to work in the U.S.? And do you use credible sources for background checks?
- **Tax practices.** Do you have a federal employer's tax ID number? Are all of your employees of the W-2 variety? Do you pay all FICA, social security, unemployment insurance, and other required tax withholding for yourself and for your employees?
- **Bonding and insurance practices.** Are your employees bonded and insured to cover any damage to or theft of my property? Are you and your employees covered by workers' compensation insurance in the event someone gets injured while working on my property?
- **Certification and training practices.** Do your employees have all the required professional training and certifications to conduct the work I am hiring them to do? And if there is no required certification, do you offer employees training to ensure the protection of my assets?
- **Security practices** (for instances where service providers require unsupervised access to your home). How will you store my key? Who will know that you have it and where it is kept? How will my key be marked? And how susceptible will it be to loss, duplication, or theft?

Do not be afraid to ask these questions! If a home service provider is not paying their taxes or insuring their employees properly, you can be financially liable for back taxes, penalties, interest, and for loss or damage to your own property. Also, when you show you are savvy in the hiring process, your service provider is more likely to treat you with respect in other areas, for example, in assessing the work you need done or in quoting you fair rates.

Something else to consider: Best business and employment practices cost business owners money. In order to cut costs, many independent businesses or individuals skip the necessary precautionary measures of running criminal and personal background checks on their employees, thus attracting less than reputable employees to these smaller shop businesses. The benefits and job security provided by a more reputable company tend to attract and retain reputable employees that are keen to their stature in the employment screening process. If a home service provider quotes you a rate that is substantially below market or below their competitors, the difference is likely to be in their operating costs. So, don't just take 'yes' for an answer to the above questions. Ask for documentation! If a potential service provider gets offended or tells you it is none of your business, they could be getting ready to sweep THEIR dirt under YOUR rug.



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It's Season! What Does That Mean For Your Pet's Health & Safety?

Naples has become a popular winter destination for multiple reasons. The days are warm and full of sunshine, the city is clean and well-maintained by even the highest of standards, and there is so much to do here. Whether you want to go to the beach, kayak, take a leisurely stroll, eat at 5-star restaurants or enjoy the numerous other activities available, Naples is becoming not just a winter hotspot but also a year-round getaway.

With all of the extra occupants, things like traffic and scheduling appointments can be delayed somewhat. When it comes to your pets, safety, and health is our top priority, and we understand that getting an appointment is of the utmost importance. If you are visiting Naples or are one of our welcomed residents that we share our community with, Animal Oasis' goal is to keep your pets in peak form throughout the season and beyond.

Animal Oasis offers wellness visits, vaccinations, as well as urgent care and surgery depending on your pet's needs. With a full imaging center, highly experienced technicians and doctors, and a well-staffed office to serve you, your pet can be taken care of comprehensively in the comfort of our office.

Ways to keep your pets safe during the busy season

- If the dog park is overly crowded, it might be best to walk your dog and return at another time.
- Don't let your pets stay out in the sun too long as they can get overheated quickly, and sunburn is also a concern.



- If you are staying in a new place for your vacation, find a safe place to enclose your pet, but make sure they are comfortable and have plenty of cool freshwater.
- If you are going on the boat or beach with your pet, don't let them drink salt water. This can lead to them becoming very ill and even dying from salt-water intoxication.
- Don't let them lick or eat reptiles, as many of these are severely toxic.
- It might be cute to see your pets with their head half out of the car window, but this is dangerous. Many pets fall out of the window and it's tragic to them and their owner.
- Exercise your animals in the cool of the morning and evening
- See a veterinarian if anything is out of the ordinary with your pet or if they experienced an injury.
- Don't leave pets in the car unattended.
- If you'll be gone for long periods of time, consider hiring a pet sitter or dog walker. We can recommend a few.

If you need us, we are here for you!

For out-of-towners, enjoy your stay in our beautiful town. For our local residents, enjoy meeting new people and pets, and always know we are here for you for all of your veterinary needs.

Telemedicine

We now offer telemedicine consultations for select non-emergency services for clients impacted by COVID19. Through telemedicine consultation, you and your veterinarian will discuss your reason for scheduling the appointment and go over any questions/concerns you may have. As telemedicine consults are video calls, your doctor will be able to view and observe your pet for a better understanding of your pet's health. Telemedicine is an excellent extension of hospital capabilities which we are excited to offer to our pet parents in need.

**Please call to schedule a telemedicine appointment. Please note not every type of appointment is eligible to be handled via telemedicine.*

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

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Slowing the Pace of Your Life

By Pastor Timothy Neptune

Remember the old merry-go-rounds on the playground when you were a kid? You would spin in circles until you felt like you were going to fly off. That's how life can feel if you don't make some necessary changes.

You live a much faster lifestyle than your parents did. Your children will live an even faster lifestyle than you did. As we enter a new year, perhaps it is a good time to evaluate the pace of your life and make some necessary adjustments. The Psalmist tells us:

2In vain you rise early and stay up late, toiling for food to eat—for he grants sleep to those he loves.
Psalm 127:2

If you are getting up early and staying up late but still don't feel like you can get everything done... you are probably trying to do too much.

Living at a hectic pace comes at a price. You end up feeling more stressed because you are trying to cram too many things into your day. You end up having no margin in your life. As the margins get tighter the stress goes higher.

You have to take time to recharge your batteries. Here's a lesson I learned years ago: You have just enough time to do the will of God. If you can't get everything done on your "to do" list, maybe there are things on the list you shouldn't be doing.

I want to share with you two simple strategies to help you slow down the pace of your life so that you can enjoy life.

The first strategy is to learn to be content. If you're serious about slowing down, you don't start with your schedule—you start with your heart.

The Apostle Paul said this about contentment. *"I am not saying this because I am in need, for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do everything through him who gives me strength.*

Philippians 4:11-13

If you're going to slow down your life, you have to learn contentment. Paul also said this about contentment: *"But godliness with contentment is great gain. For we brought nothing into the world, and we can take nothing out of it.* 1 Tim. 6:6-7

What he is saying in these passages is that we need to understand that life isn't about things. Contentment means this: I don't need more in order to be happy.

I'm not waiting for *more* in order to be happy. I'm happy right now. I have dreams and I have goals but I don't need *more* in order to be happy. That's contentment.

Contentment will come easier when you realize two things: life is not a competition with other people and having *more* will not make you happier. This is not the message promoted by our culture, but it is true.

Jesus said it like this, *"Then he said to them, 'Watch out! Be on your guard against all kinds of greed; a man's life does not consist in the abundance of his possessions.'*" Luke 12:15

If you find yourself making statements like this:



- My life is a rat race.
- I don't know how I'm going to get it all done.
- I am just so exhausted.
- I don't know how much more of this I can take.
- I just want to escape.

These phrases are all warning signs that you are on the road to burn out. You need to slow down the pace. Perhaps as we begin this new year, taking an honest evaluation of your life and determine if some changes are necessary. Are you content in your life right now?

As the merry-go-round spins faster it is only a matter of time before you either get sick, or fall off. Or, better yet, just slow down, be content, and enjoy the ride.



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

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