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February 2021

Collier Edition - Monthly

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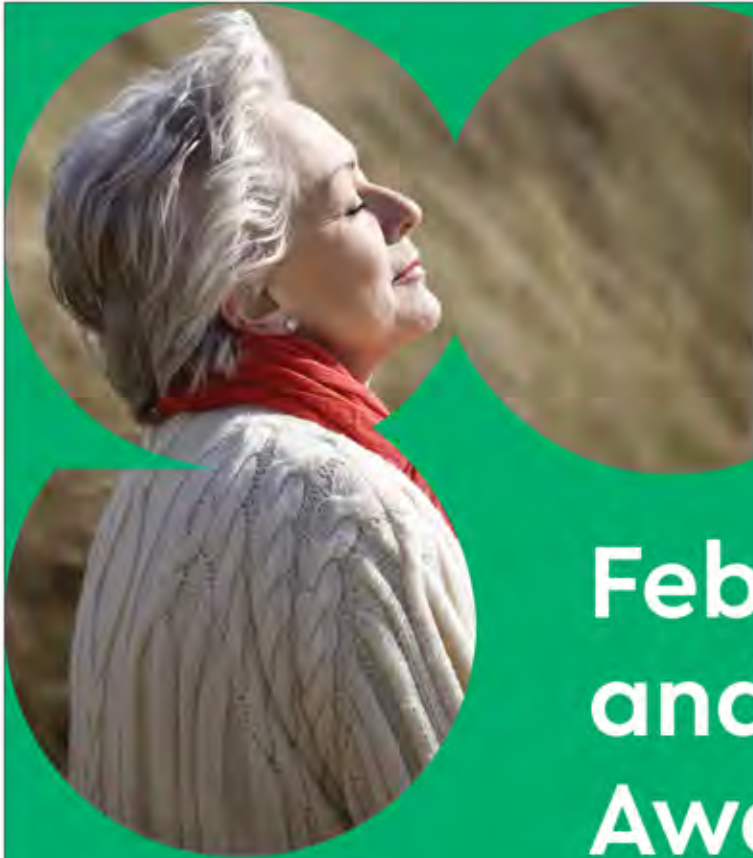
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February is Gallbladder and Bile Duct Cancer Awareness Month

Cancers of the biliary system are rare, occurring in approximately 8,000 people each year at an average age of 70.

They can occur at any point along the biliary tree from inside the liver (intrahepatic cholangiocarcinoma), along the base of the liver (hilar cholangiocarcinoma or Klatskin tumor), in the gallbladder (accounting for nearly half of all biliary cancers), or along the lower bile duct (extrahepatic cholangiocarcinoma).

Symptoms depend upon the location of the tumor. In the liver, tumors can be quite large and grow undetected for months or years. In such cases, patients may have pain on the right

side, weight loss, or feel a tumor when lying down. Tumors outside of the liver (hilar and extrahepatic), often present with jaundice (yellowing of the eyes and skin) due to blockage of the bile duct. Similarly, tumors arising from the gallbladder may block the bile duct or can be found incidentally after the gallbladder has been removed for gallstones.

The most effective treatment for biliary cancers in any location is surgery. The extent of surgery and the subsequent outcomes are dependent upon the location of the tumor and can be quite complex. Chemotherapy with or without radiation is often recommended in association with surgery to improve outcomes.

Like any cancer, the chance of cure increases when the tumor has been caught at an early stage before it has spread to nearby lymph nodes or other organs. This is why regular screenings are so important.



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Enjoy Walking Again*



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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 photoemission power needed in comparison to the Catalys group. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5077266/>



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Stress Management

By Neetu Malhotra, MD

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

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

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



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

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

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

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

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7 HEART HEALTH FACTS TO SHARE DURING AMERICAN HEART MONTH

By Jesus Mendiola, MD, FACC

Cardiovascular disease impacts nearly half of American adults these days, according to public health data. Unfortunately, heart disease impacts much our entire population. Research found it's also responsible for more healthcare costs than any other injuries or diseases.

Luckily, heart disease prevention is possible. Making healthier lifestyle choices — like quitting smoking — can reduce the chance of someone developing heart disease. Helping family members and friends understand the risks of heart disease and the symptoms of a heart attack may ultimately save their life.

Need a good fact sheet to print off and distribute? Share these **7 heart health facts** to keep their hearts healthy:

Fact #1: Heart disease kills more than 600,000 Americans every year.

Heart disease continues to be the leading cause of death for Americans. Thankfully, heart disease is often preventable and can be treated by making healthier lifestyle choices.

Fact #2: Chest discomfort or a heart attack is the first sign of heart disease.

Heart attack symptoms often include discomfort in the center of the chest that may last for a few minutes or comes and goes. It can feel like squeezing, uncomfortable pressure, fullness, or pain. Shortness of breath, breaking out in a cold sweat, lightheadedness, and nausea are also heart attack symptoms.

Fact #3: Some people are born with heart disease.

A congenital heart defect starts at birth. Doctors are still puzzled as to why a baby might have a congenital heart defect, though it tends to be hereditary. Most of these heart disease issues include leaky valves or structural issues like holes in the heart.

Fact #4: Unhealthy habits contribute to heart disease.

Not getting enough exercise, unhealthy eating, and smoking increase your chance of developing heart disease. Additionally, high blood pressure, diabetes, and high cholesterol are other factors that can increase your risk. Speak with your doctor about prevention measures.

*Have a Heart,
Spread the Word*



Fact #5: Time is of the essence when someone is having a heart attack.

Heart attack victims can have sudden loss of responsiveness or may be unable to breathe normally. **Loss of oxygen to the brain and heart can cause permanent damage**, so calling 9-1-1 immediately is critical. EMS staff can start treatment upon arrival, often up to an hour sooner than if you drove yourself to the hospital.

Fact #6: Women experience less typical heart attack symptoms.

According to experts and my own experience after over 20 year of caring for women with heart problems women are more likely than men to experience less common symptoms and signs, like neck or jaw pain prior to having a heart attack.

Fact #7: The most common heart disease is coronary artery disease.

This disease develops when your major blood vessels that supply the heart with blood, nutrients, and oxygen become diseased or damaged. Plaque build-up in your arteries, which causes inflammation, often leads to coronary artery disease. This build-up happens over a number of years and most people don't notice a problem until they have a heart attack or large blockage in the arteries that requires surgery or stents.

Jesus Mendiola, MD, FACC

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Most Accidents Are Caused by Distraction, Which Leads to Countless Health Injuries

By Dr. Alejandro Blanco

If You're in an Accident There Are Critical Steps You Must Take!

Even the most experienced driver can become distracted or have an increased need to be overly reactive due to circumstantial events. If you have faulty brakes or are startled by a car in your blind spot, swerve while looking at a text message, or are yelling at your kids in the back seat, you are a less responsive driver. Every time any driver enters the roadway, they must be aware of their surroundings, as well as use cautious discretion regarding the other automobile drivers around them.

In the United States, each year over 300,000 accidents are caused by texting while driving. Texting causes one out of every four vehicular accidents. In our country, the number one cause of death for teens is texting and driving automobile accidents.

Distracted Drivers are the leading cause of accidents. Whether someone is texting, eating, yelling at their kids, daydreaming, or changing the radio station, the one second that it takes to remove your eyes from the road, or hands from the wheel are the most perilous. If you are driving at a speed of 55 mph and you take your eyes off the road for 5 seconds, you will travel a distance of 120 yards, which is the length of an entire football field. The small distraction could be the difference between life and death, or serious injury occurring to either the driver or the victims in their pathway.

If you're in an accident, You must seek medical care in a timely manner.

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

Common Injuries After Motor Vehicle Accidents

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



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

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

Essential Steps to Take

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

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

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

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

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The Watchman Procedure at Physicians Regional Gives Patients Alternative to Blood Thinners

By Gabrielle Sellitti

Physicians Regional Healthcare System recently introduced The Watchman Procedure to their new Open Heart Center. The Watchman procedure makes it possible for patients with atrial fibrillation to permanently stop taking blood thinning (anticoagulant) drugs.

The Watchman implant fits right into the left atrial appendage. This closes off or seals the part of the heart where most clots originate, reducing the chances for stroke.

The Heart Center's first cases were performed on December 14, 2020 by cardiologist, Ronald P. Caputo, MD. Dr. Caputo has had prior experience starting a program and implanting the Watchman device, so he knew what was expected and how to help assemble a team.

"Dr. Andy Yin has worked alongside me and provided invaluable support. The staff in the catheterization laboratory at Physicians Regional have been enthusiastic, fast learners and are fantastic to work with!" Dr. Caputo explains.

Patients most likely to benefit from this procedure are those with atrial fibrillation who have bleeding problems or those who are at high risk for bleeding problems such that it makes it dangerous for them to continue taking blood thinning drugs.

However, the Watchman procedure is not for everyone. Dr. Caputo recommends patients receive a careful evaluation prior to the procedure. All heart procedures are associated with some risk and the benefit of the procedure must outweigh the risk.

Dr. Caputo reassures that recovery is fairly quick, "Although some patients stay overnight, most patients go home the day of the procedure. Strenuous physical activity is to be avoided for a few days and then normal activity is resumed."

Physicians Regional cardiologists have screened dozens of patients for the Watchman procedure and have a busy schedule ahead planned. The new Heart Center has beautiful brand-new catheterization laboratories, brand-new open heart surgery operating rooms, experienced heart surgeons with doctors Scot Schultz and Dennis Stapleton, and excellent anesthesia support- all of the necessary components for a full-service structural heart disease program.

FREE CARDIAC SCREENINGS NOW AVAILABLE

Lifestyle factors and family background can contribute to a higher risk of heart disease. Knowing your risks can help you and your doctor chart a course to optimal, long-term heart health. Take a step toward a healthier heart with a FREE cardiac screening offered by The Heart Center at Physicians Regional. A cardiac-trained, registered nurse will guide you through:

Heart Risk assessment – An online series of questions related to various risk factors provides an interesting perspective: your heart's "real" age.

Blood pressure and heart rate – High blood pressure can put strain on the heart.

Body mass index (BMI) – A measure of height and weight, a high BMI can be a risk factor for heart disease.

Biometric screening – Cholesterol and blood glucose are measured with a quick finger stick. High levels of certain types of cholesterol typically do not cause symptoms, but can be a risk factor for heart disease. High blood glucose levels may be a warning sign of diabetes, which also raises the risk of heart disease.

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Ronald P. Caputo, MD, FACC, FSCAI, specializes in cardiology and interventional cardiology at Levine Heart & Wellness and is considered an independent member of Physicians Regional Medical Staff. He is dedicated to providing comprehensive treatments, including for structural heart disease, to patients in Naples, Florida. To schedule an appointment with Dr. Caputo call **855-85- GREAT (855-854-7328)** or visit [physiciansregional.com/find-a-doctor](https://www.physiciansregional.com/find-a-doctor).

Age-Related Macular Degeneration: What Anyone Over 50 NEEDS to Know

Macular degeneration is the leading cause of vision loss and blindness in aging adults. More than 10 million Americans have some form of Aging Macular Degeneration (AMD), and unfortunately, there is still no cure for the disease. The retina becomes damaged, and vision loss occurs as the cells of the macula begin to deteriorate. Although it is a very complex disease and still not completely understood, it can be brought on by both hereditary and environmental factors.

Age-Related Macular Degeneration Risk Factors

- Age: 50's and older
- Smoking
- High blood pressure
- Family history of AMD
- Being overweight
- Excessive sun exposure
- Caucasians with light eyes and fair skin
- Diet's high in saturated fats and high glycemic carbohydrates

Types of age-related macular degeneration

There are two main types of age-related macular degeneration: Dry (atrophic) and Wet (exudative). The dry form is most common, and vision loss with this type is gradual. The wet form is more rare, responsible for 10% of AMD cases. Vision loss can occur much more rapidly with wet AMD.

What causes macular degeneration?

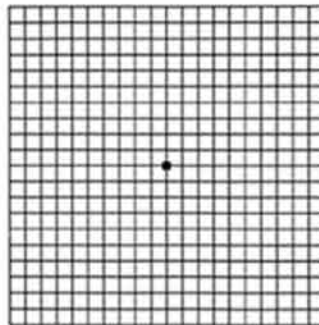
Macular degeneration can occur as a part of the natural aging process. While there are different types of macular degeneration, the most common type is age-related macular degeneration (AMD). The exact cause still remains unknown, and no treatment has been found as of yet that is 100% effective.

Symptoms

Different people can have different symptoms, and some may not experience obvious symptoms in the early stages. The most common include:

- Words appearing blurred
- An "empty" area forming in the center of one's vision
- Straight lines begin to look distorted

One of the simple ways of testing your vision at home is with an Amsler grid.



To use the Amsler grid, follow these steps once a day, every day:

1. Wearing any glasses you normally use to read, hold the grid 12 to 15 inches away from your face in good light.
2. Cover one eye.
3. Look directly at the center dot with your uncovered eye and keep your eye focused on it.
4. While looking directly at the center dot, notice in your side vision if all grid lines look straight or if any lines or areas look blurry, wavy, dark or blank.
5. Follow the same steps with the other eye.
6. If you notice any areas of the grid that appear darker, wavy, blank or blurry, contact your ophthalmologist right away. He or she will check to see what's going on with your AMD and to begin treatment if appropriate.

Doing this simple at-home eye test once a day, every day can help save your vision.

What happens if you've been diagnosed?

If you've been diagnosed with macular degeneration, your optometric physician will refer you to one of our retina specialists. Your retina specialist will evaluate your condition to determine the best treatment plan for you.

Source:

1. AAC, "Healthy Eyes," Vitamins, American Academy of Ophthalmology aao.org, 2019
<https://www.nei.nih.gov/areds2>

The National Eye Institutes AREDS & AREDS2 studies Researchers with the Age-Related Eye Disease Study (AREDS) reported in 2001 that a nutritional supplement called the AREDS formulation can reduce the risk of developing advanced age-related macular degeneration (AMD). The original AREDS formulation contains vitamin C, vitamin E, beta-carotene, zinc and copper.¹

In 2006, the same research group, which is based at NIH's National Eye Institute, began a second study called AREDS2 to determine if they could improve the AREDS formulation. They tried adding omega-3 fatty acids, as well as the antioxidants lutein and zeaxanthin, which are in the same family of nutrients as beta-carotene. The researchers also tried substituting lutein and zeaxanthin for beta-carotene, which prior studies had associated with an increased risk of lung cancer in smokers. The study found that while omega-3 fatty acids had no effect on the formulation, lutein and zeaxanthin together appeared to be a safe and effective alternative to beta-carotene.¹

Adding supplements can help, but it's always best to speak to your physician first. If you don't need eye supplements, taking them can cause other issues to arise.

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

For more information, call (855) 734-2020 or visit www.QuigleyEye.com.



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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.

PERIPHERAL NEUROPATHY: TREATING THE CAUSE OF THE CONDITION IS KEY

By Richard Hiler, DABCN

Do you have numbness or tingling in your arms, hands, legs, feet, or toes? Perhaps you are constantly dealing with inflammation, non-healing wounds, or burning sensations. If you have any of these issues, it's essential to seek medical attention as these are frequently warning signs of peripheral neuropathy. It's not uncommon; 20 million Americans have peripheral neuropathy.

Peripheral nerves run from the spinal cord to the arms, hands, legs, and feet. If the nerves are damaged due to injury or disease, it can cause some of the following symptoms:

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

Many times, peripheral neuropathy is related to cancer treatment, medications, spinal injuries, or diabetes. In the case of diabetes, there is an extremely high storage of glucose; Glucose damages many organs in the body but also has a severely adverse effect on nerves. This nerve damage happens because the small blood vessels, which supply blood and nutrients to the nerves, becomes impaired. When the nerves are no longer fed nutrients, they either die, or their signals to the brain are ineffective. Symptoms of numbness, tingling, stumbling, and foot injuries are common. The lack of brain signaling from the nerve endings makes it difficult for a person to feel pain in their foot, so often, injuries and these disorders are overlooked.

Getting regular wellness checkups and blood work is essential to stay on top of your health. A1C levels and glucose levels can change rather quickly depending on genetics, diet, and lifestyle choices.



Diabetes and cardiovascular disease are often inter-related, so again, it's imperative to get diagnosed and treated early.

If your peripheral neuropathy is determined to be the cause of injury or other circumstances, there are also viable ways to treat your condition's root cause and not just mask symptoms with pain medications, which is unfortunately what many providers will recommend.

You Don't Need Addictive Drugs—You Need to Treat the Cause of The Neuropathy

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.

Your Options

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.
- Stem Cell Allografts
- Platelet Rich Plasma
- Spinal Decompression Therapy
- Ozone Therapy
- Peptide Therapy
- Therapeutic ultrasound
- Natural supplementation to regenerate myelin sheath

Neuropathy Treatment at Feel Amazing Institute

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

the legs. Several people also experience reduced local swelling and inflammation, increased range of motion, increased blood flow to the extremities, decreased tension, and decreased muscle spasm. An important side benefit to the treatment is that it reduces the risk of falls significantly by improving balance and position awareness of the feet.

Feel Amazing Institute

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

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

When you work with us, you can be sure that we are equipped to diagnose and treat a wide range of conditions that include:

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

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



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We Are Energy

By Svetlana Kogan, M.D.

I searched for God and found only myself. I searched for myself and found only God.
Rumi

The hints that we are one with Mother Nature's energy lurk wherever you turn your inquisitive gaze. The Bible says that in the beginning there was Light. Could 'light' be a reference to the visible light or the explosion of the Big Bang, or some other form of energy of the universe? Early Buddhist writings state that in the beginning wind created *gyatams*, the first worldly forms, by a spinning movement. This movement of the wind was melodious and it was this kind of sound that combined the form and the matter of the *gyatams* to form a whole. Could it be that both the Bible and the Buddhist texts were right? That the *light* and the *wind* (energy movements) worked in unison to put together first living forms on our planet? Do we even have a form or is this an illusion? This is open to discussion, but one thing is certain – there are energies in and around us which animate our earthly bodies.

In 1892 Nicola Tesla, a Serbian-born visionary inventor, decided to reveal the presence of some of these energies. He developed a method picture taking using high frequency currents to capture the "aura" around objects and people. In a dark room, Tesla would turn on the generator of his own design. He would stand on the platform-electrode, and his body would get wrapped in the glow. His hair would stand on end, while the glowing rays of light would radiate into the space surrounding him. Nobody should be trying to repeat this dangerous experiment.

Inspired by both Tesla, in the 1930'es Russian husband and wife team Semyon and Valentina Kirlian have developed a method of picture-taking which confirmed with meticulous precision that the living things are being of energy.

This visionary couple had assembled a Tesla generator in their own tiny apartment and ran hundreds of experiments on capturing energy imprints on film. Kirlians discovered that human skin is a repository of complex bio-mechanisms which are connected via nervous system with the internal organs. Another fascinating fact discovered by the Kirlians was that the electric picture of the person's "energetic aura" depends not only on their state of health but also on their mood and emotional state.



While the Kirlians were toiling away on the visual aspects of demonstrating the energetic potential of living things, many intuitive researchers of the human energy in the West were also working

towards the same goal. Upton Sinclair, for example, a famous American writer has published a book called *Mental Radio* in the 1930. In this book his wife, Mary, intrigued by telepathy, talked about having trained herself in guessing what was portrayed in the pictures drawn by her husband or someone else in the family. Of 290 pictures obstructed from her view, she has correctly described 65. This was significant statistical result, far superior to a random chance.

Here is what the great Albert Einstein said after reading Sinclair's book: "I read the book by Upton Sinclair with great interest and I am convinced that his subject deserves careful consideration, not only from amateurs, but professional psychologists. The results of the *telepathic* experiments carefully and clearly presented in this book are far superior to the ideas that a researcher of nature considers possible. On the other hand, in case of such sincere observer as Upton Sinclair, there is no doubt in accuracy of his presentation; his faith and reliability causes no doubt." In case you are wondering how to classify the research conducted by Mary and Upton Sinclair, it is a very straightforward telepathic experiment. Telepathy is not a weird notion. Derived from the Greek *tele*, which means 'distant' and *pathe*, which means 'experience', telepathy implies transmission of information from one person to another without using any of our known sensory channels or physical interaction. Pretty cool, huh?

In 1929 German scientist Hans Berger was experimenting with weather telepathy can be explained by a certain pattern of brainwaves, he eventually wound up inventing a first EEG (electroencephalographic) machine, which measures brainwaves and traces them out on paper, just like an EKG machine.



When I was in my 20-ies most people would smirk at the mention of telepathic experiments. Not today. Experiments like Sinclair's and Berger's helped to pave the way for Brain Computer Interface Research for paralyzed stroke victims of today. Teams of computer scientists, neuroscientists, and engineers all over the world are working in teams to decode the link between thought and movement. As a result of brain-computer interface research, many people who have been completely paralyzed can now have a tiny implant in the motor cortex of their brain detect their thoughts about moving the computer cursor and thus operate a computer like an able person would. Research is under way to extend the application of the Brain Computer Interface to operating robotic arms.

We are living in exciting and disturbing times when our capacity for producing and processing energy is evident and undeniable. It would be prudent to get acquainted with this built-in potential and learn how to protect it and nourish it. By doing so we will be one step ahead of the human tendency for self-destruction. 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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Painful Bunions: Do You Need Surgery?

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

A form of arthritis can cause these painful, red, bony, growths, but uniquely, bunions can also be hereditary and run in families, especially in females, generation after generation. More women than men experience the painful bony growth on their big toe, known as a bunion, or Hallux Valgus. One of the leading causes of a bunion is from wearing shoes that are too tight, too narrow or too high. All of this causes pressure on your toe joint, which in turn starts to ache, become fluid filled and can have bony growths.

You Have Options

For a conservative approach, many individuals will start out trying to alleviate their pain by wearing more comfortable shoes, or by wearing gel toe inserts that help keep the toes in the proper alignment. Icing the foot can help to tamp down inflammations, as well as taking NSAID's (ibuprofen) as needed to lessen the discomfort.

When the conservative approach begins to stop working, which is not unusual, as most bunions fail to heal on their own, surgery is the definitive answer. Surgery can be performed using minimally invasive techniques or more aggressive surgery depending on the severity of the bone, joint, and tendon dysfunction.

Generally, bunion surgery is done under an ankle block, which means that your foot will be completely numb, but you will not need to go under general anesthesia in most cases. Surgery can include removing bony spurs, removing part of the toe bone, relieving tension on ligaments and tendons, realigning and reconnecting the joint and bones. Depending on the complexity of your surgery depends on your need and level of anesthesia.

The total recovery can take a few months, but initially, you will be in a protective boot or cast for the first two to four weeks. You will be able to get around, but you must take precautions as to not injure your surgical site, and instead, allow the foot and toe time to heal properly.



BUNIONS ARE PAINFUL! It's always best to be proactive and get them treated before they get too advanced.

A podiatrist will evaluate your symptoms and pain level, and from there create an individualized plan for your best treatment options. They will provide you with the best solution for your needs.

Collier Podiatry

It's important to be evaluated by an experienced podiatric professional if you're experiencing any type of foot pain. At Collier Podiatry, Dr. Michael Petrocelli has been practicing podiatric medicine for well over 20 years. He is an expert in his field and a leader to his peers, he and his staff see a countless number of patients with heel pain and injuries in the Naples area.

Along with bunion treatment, Collier Podiatry will provide you with personalized instructions on

the necessary amount of rest, stretching exercises and home care to get you back to doing what you love.

The caring supportive staff at Collier Podiatry 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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Heart Failure is a Serious Diagnosis. You Don't Have to Face It Alone.

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

February is Heart Month, and while many Americans learn about heart disease throughout the month, some will receive a crash course in the form of a diagnosis.

A diagnosis of congestive heart failure—or any end-stage heart disease—can be emotionally crippling, both for a patient and family. But the fact that one in four US deaths are caused by heart disease means hospice and palliative care providers have had plenty of experience tailoring end-of-life care to cardiac patients.

VITAS, the nation's leading provider of hospice care, has offered their expertise for over 40 years to patients living with advanced heart disease—the second leading diagnosis for hospice care. VITAS has developed advanced cardiac care techniques and protocols to ensure patients maintain dignity and comfort in their final months, weeks, and days.

Hospice-eligible patients who choose VITAS can expect comprehensive treatment aimed at improving quality of life, including emotional and spiritual support from an interdisciplinary team comprising a nurse, chaplain, hospice aide, doctor, social worker, and bereavement specialist. Care occurs wherever the patient calls home: in a house or apartment, nursing home, assisted living facility or, if necessary, inpatient unit.

In its final stages, heart failure is often unpredictable, making it hard to determine whether symptoms are a byproduct of the disease or another condition, such as aging. VITAS specialists in pain and symptom management can help, ensuring patients are able to enjoy life and remain in control of day-to-day decisions for as long as possible.

Hospice patients and their families often face tough choices about implantable defibrillators, resuscitation, assisted breathing, and artificial nutrition/hydration. VITAS can explain these decisions and guide patients and families through the process to document their wishes legally.

If you have a loved one who's grappling with a heart disease or end-stage heart failure diagnosis, you're not powerless to help. If your schedule permits, you could act as a family caregiver and assist hospice professionals as they care for your loved one.

VITAS offers caregiver education and training to interested family members, ensuring that they can provide care while maintaining their mental and emotional health. VITAS can also provide up to five days of respite care, enabling caregivers to take a break and tend to their own needs.

Heart failure is a serious diagnosis, but it doesn't need to be addressed alone.

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Healthcare
SINCE 1980

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



Stop Overlooking Signs of Incontinence

By Rolando Rivera, MD, FACS

Urinary incontinence is a common medical condition that affects over 40 million Americans, yet it often goes untreated or unrecognized. The reason for this trend is multifactorial, spanning from embarrassment to speak about this topic to dealing with more acute or morbid conditions that require focused attention.

Nevertheless, it is a treatable condition that frequently affects the quality of life of patients. Incontinence is classified as stress, urge, mixed and overflow.

In this article we will address some particular issues about urge incontinence.

Urinary urge incontinence (UUI) is defined as a sudden uncontrollable urge to urinate with or without frequent urination and associated leakage of urine. With urge incontinence, the bladder contracts and squeezes out urine involuntarily. Accidental urination can be triggered by

- sudden change in position or activity
- hearing or touching running water
- drinking a small amount of liquid

Patients with overactive bladder symptoms, such as urinary urgency, frequency and nocturia, may have associated incontinence over 60% of the time. Though more common in women than men overall, after the age of 70 the prevalence in both sexes is about equal.

There are two bladder abnormalities that are associated to UUI: neurogenic overactivity and detrusor overactivity (DO).

Neurogenic bladder occurs when there is interruption in the normal nerve conduction from the brain or spinal cord above the sacrum to the bladder, and results in loss of bladder sensation and motor control. Conditions associated with neurogenic bladder include the following:

- Alzheimer's disease
- Multiple sclerosis
- Parkinson's disease
- Intervertebral disk disease
- Cerebrovascular events
- Diabetes
- Traumatic brain or upper spinal cord injury
- Brain or spinal cord tumors



DO can occur due to multiple conditions, and many times as a sequelae of others; frequently, it may be idiopathic. Dysfunctions of the detrusor muscle or nerve pathways are the culprits for the bladder over-activity. Conditions that can lead to DO include:

- Bladder polyps and tumors
- Urinary tract infections
- Bladder calculi
- Bladder outlet obstruction from BPH or stricture disease

Medications, such as diuretics, increase the urgency and frequency of urination in some people, especially the elderly and bedridden. Dosage modification may ameliorate the bothersome symptoms. Dietary habits may lead to significant voiding symptoms. Caffeine (e.g., in coffee, tea, chocolate), carbonated beverages, spicy foods and tomato-based foods can irritate the bladder and cause detrusor instability, resulting in urge incontinence.

The treatment and management of urge incontinence includes nonsurgical and surgical modalities. An important factor, however, is identifying the potentially morbid or life-threatening conditions that may lead to incontinence, such as bladder cancer, recurrent UTI or neurogenic disorders.

Anticholinergics have been shown to be very effective in the treatment of both neurogenic and idiopathic cause of UUI. As a class, side effects include confusion, dry mouth, constipation, dizziness, visual changes and urinary retention to name a few. Beyond medications there are simple yet effective treatments.

Advanced treatment modalities for refractory patients to conservative therapy and anticholinergics are available in the urologic armamentarium. Urological evaluation of these patients will most likely

include a cystoscopy, urine cultures and urine cytology to rule out bladder pathology and bladder malignancies. As well, a detailed, computerized assessment study of bladder function called urodynamics may help the clinician in establishing the best treatment option.

Neuromodulation, either via sacral nerve pathways (Interstim) or peripheral nerve pathways (Urgent PC), have been shown to be very effective in the treatment of UUI in patients with refractory disease. These modalities are safe, FDA approved, minimally invasive and provide, through neural pathways, improvement in bladder function. Urgent PC is an outpatient, office-based, nonsurgical therapy that affects the sacral nerve plexus through retrograde pathways (posterior tibial nerve). Interstim utilizes the sacral nerve S3 to provide parasympathetic inhibition, thereby decreasing bladder over-activity. It is based on pacemaker technology, and effective in about 70% of refractory patients.

Injection of botulinum toxin (Botox) into the bladder muscle (intravesical injection) is an experimental treatment for refractory urge incontinence. This treatment has been shown to successfully reduce the instability that leads to urgency in both idiopathic and neurogenic patients.

Surgical urinary diversion is an invasive therapy used mostly for severe patients refractory to all other therapies.

Urinary incontinence is a common but overlooked problem. Urologic evaluation is warranted in refractory patients, or in patients in whom underlying bladder pathology or anatomic abnormalities, such as prolapsed, need to be addressed as well. Intervention beyond medications will significantly improve the quality of life of these patients.



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The Lumbar Spine Puzzle: Interventional Pain Management

Florida Pain Center of Naples solution for lumbar spine problems recognizes that the body is one interconnected machine, not a collection of individual parts and pieces. The lumbar spine is a crucial piece in our musculoskeletal puzzle. Structures such as the hip, knee, ankle, and foot are all controlled by spinal nerves in the low back, and a problem in the lumbar spine can create problems at any point in the lower-body chain. Many problems can occur in the lumbar spine. Some of the more common include arthritis, foraminal stenosis, pinched nerves, disc problems, and spondylolysis. We will review some lumbar spine problems as well as some traditional and interventional solutions.

First, let us look at the structure of the spinal column. The Spinal column, or backbone, is made up of vertebrae, stacked one on top of the other, with an intervertebral disc between each level to provide cushion and absorb shock. The cervical spine makes up the neck area and consists of seven vertebrae (C1–C7). C1 is at the very top of the spine. The cervical spine is followed by the thoracic spine (T1–T12), the lumbar spine (L1–L5), and the sacrum (S1–S5) and the coccyx (four fused vertebrae commonly known as the tailbone). The posterior (back) part of these vertebrae are the spinous processes (which you can feel if you run your fingers down your back), and on either side of these, connecting one vertebra to the next, are finger-joint-sized articulations called the facet joints. So, the five vertebrae of the lumbar spine have a total of ten facet joints. The spinal canal is a tunnel that runs down the middle of the column and houses the spinal cord, which has many nerves that transmit muscle commands and sensory information throughout the body and to the brain. The spinal column also has small holes where the nerves exit and branch off to other parts of the body. There is one at each level. One hole is called a foramen. The plural is called foramina. Any of these structures in the lumbar spine can become damaged or diseased in some way and lead to pain, discomfort, even disability.

Let us start with **foraminal stenosis**. When the spine is healthy, these nerves easily traverse the tunnel as described above, properly transmitting sensory information from each part of the body to the brain. When the spine is not healthy, however, this can disrupt the flow of information. The disc, that cushion between the spine bones, can bulge, or the spine joints can get arthritis, causing the foramen to narrow. This narrowing of the tunnel is called foraminal stenosis, and this can cause the nerves to get pinched. The pressure



from a pinched nerve can cause muscle tightness, weakness, numbness, tingling, or pain in that nerve's specific distribution. For instance, if there is foraminal stenosis in the lumbar spine level where the nerves branch into your leg and down to your toes, you could experience numbness (or one of the other sensations mentioned) all the way down in your big toe. Tingling in your fingers or tightness in the biceps muscle, for example, could be from foraminal stenosis in the level of the cervical spine where the nerves branch into your arm muscles and fingers. At times, the following methods to alleviate the symptoms and pain may be needed. However, we prefer to exhaust all other options, such as over-the-counter medications, chiropractic, physical therapy, and other available methods. Laser spine surgery can open the hole, but this surgery can have major side effects and can have serious implications, such as damage to the thoracodorsal fascia. A spinal fusion is another way to surgically treat stenosis, but the mention of a fusion should be your red flag to seek other opinions. Why?

Adjacent segment disease (ASD) can happen, which means that the levels above and below the fusion can get damaged over time. Additionally, surgery is often performed after diagnosing the problem solely based on findings on an MRI. An MRI indicating stenosis isn't enough to appropriately diagnose that stenosis as the cause of back pain, and because of this, if you have foraminal stenosis, you really shouldn't put all your trust in an MRI. Patients may or may not have back pain with foraminal stenosis, though they may have pain in another location, such as the knee or shoulder. Research also shows that physical therapy and chiropractic is as effective as surgery in relieving stenosis. The interventional pain management approach to foraminal stenosis utilizes nonsurgical solutions to treat it before it progresses. One of many solutions is injections of medications performed in-office that can reduce the swelling (inflammation) into the foramen and around the nerve can help manage the problem and keep it under control. Nerve root, and medial branch block injections can be done to determine if a

specific spinal nerve root is the source of pain. We can also perform Lumbar Transforaminal Steroid Injections, which provide relief from foraminal stenosis, along with spinal stenosis and sciatica. It works by reducing inflammation and swelling to alleviate pressure on the spinal nerve. Blocks also can be used to reduce inflammation and pain.

Spinal Instability and Degenerative Joint Disease can cause havoc to ensue when it goes unnoticed and untreated. Like with any joint, when a damaged facet joint in the spinal column is left untreated and even unidentified, instability can set in, leading to pain, swelling, and more advanced diseases, such as degenerative joint disease (DJD). This can then lead to severe foraminal stenosis (see above). The surgical approach for severe DJD might be a fusion. A spinal fusion involves installing hardware, such as plates and screws, to bolt the vertebrae together, rendering them immovable and oftentimes disrupting the normal curves throughout the entire spinal column. It's a limiting, irreversible procedure that can cause adjacent segment disease in the vertebrae above and below, and it should only be considered in the most extreme cases. Our approach would be to have you exhaust all other conservative methods available, including chiropractic and physical therapy. Our next step is to perform facet joint injections: an injection used to determine if the facet joints are the source of pain. These injections can also provide pain relief.

Facet Joint Arthritis and Other Facet Problems: The facet joints, those finger-joint-sized articulations on either side of the spinous processes on the back of the spine, can, like any other joint, become injured from trauma or develop arthritis from cartilage breakdown due to wear and tear or other issues. Facet joints allow for and limit to a certain degree, movement in the spine. When you bend backward, these joints become compressed, and when you bend forward, they open up. Rotation in the lumbar spine, however, is limited to about 12 degrees in either direction, compared to about 40 degrees in the thoracic spine 90 degrees in the cervical spine. When damage or arthritis occurs, facet joints can become chronically painful and uncomfortable, especially with movement. Facet cysts can also develop when a facet joint gets arthritic and swollen. A facet cyst is simply a fluid-filled expansion of the covering of the joint (called the capsule). The joint can balloon out in a few common places, and one of those can put pressure on the nerves in the spinal canal, causing pain in the spine or anywhere along the branch of the affected nerve (e.g., in the leg if the cyst is in the lumbar, or lower, spine). Again, one method we can perform facet joint injections: an injection used to determine if the facet joints are the source of pain. These injections can also provide pain relief. That then allows us to diagnose the issue and the next best procedure for pain relief.

Disc Problems (Herniated, Bulging, Torn, or Degenerated): There are four common types of disc problems that can occur in the lumbar spine. A herniated disc is when the outer covering of the structure breaks open, letting the inner gel herniate out. A bulging disc is when the outer covering doesn't completely break open, but the fibers are stretched and weak, leading the inner gel to cause bulging. A torn disc is when the outer covering gets a tear that doesn't result in a herniation or bulge but does cause pain due to ingrown nerves or the disc leaking nasty chemicals on the associated spinal nerve. Finally, a degenerated disc is one that has collapsed due to few living cells inside, causing a lack of production of the chemicals that usually plump up the disc. The surgical solution for lumbar disc problems depends on the disc problem. Generally, disc surgeries include either back fusions or disc replacement. In both cases, the damaged disc tissue is removed. With the fusion, the vertebrae are then bolted together with hardware to make them immobile, which can lead to adjacent segment disease (ASD) and other problems. With the disc replacement, the idea is that it should have fewer side effects than a lumbar fusion; however, research has shown that abnormal motion with the artificial-disc device can lead to ASD, and other side effects of the device include wear-and-tear ions in the blood from the breakdown of the metal or plastic device, ongoing pain, and revision surgeries. However, as a last resort and all other methods are exhausted, this may be necessary for a normal quality of life. In Interventional Pain Management, we recognize and "properly" diagnose the different disc-injury types and help guide you to determine what options are the best and in which order you should exhaust them. A pinched lumbar nerve can cause pain or numbness anywhere along the route that nerve branch supplies, including the butt, hip, and knee. Pain may or may not exist in the low back. So, a pinched nerve can cause problems in and of itself, but it's important not only to treat the pinched nerve but also whatever caused the problem (e.g., stenosis, disc bulge, etc.).

It is important to understand that chronic knee pain, for example, could be due to a pinched nerve, or other problem in the lumbar spine, especially if it's accompanied by low-back pain. However, if a pinched lumbar nerve is presenting as knee pain without back pain, it is easy for your doctor to diagnose knee pain based only on MRI findings of the knee (e.g., arthritis, meniscus tears, and so on that can just be normal wear and tear with age, not a major source of pain). Therefore, we find it so important to examine the musculoskeletal system as a whole unit rather than in parts and pieces. The surgical approach to a pinched nerve depends on the cause of the pinched nerve. If it is a disc bulge, for example, it could be a discectomy and graft and/or a lumbar fusion (see "Disc Problems" in this report). If it's foraminal stenosis, it could be a laser surgery to enlarge the foraminal opening where the nerve is being pinched (see "Foraminal Stenosis" in this report). Unfortunately, even knee replacements, for example, are a possibility if the pinched nerve is presenting as chronic knee pain and surgery is recommended based primarily on knee MRI findings rather than an examination of the full musculoskeletal system. Treatment could be precise image-guided injections, and the key is using nonsurgical methods first and to thoroughly and "accurately" diagnose the source of the pain and the why behind it. Drugs such as nonsteroidal anti-inflammatory drugs (NSAIDs) and opioids may be recommended for short term relief, but all come with their side effects and shortcomings. NSAIDs come with a long and growing list of dangerous side effects, such as sudden-death heart attacks, stroke, and GI bleeding, and addiction and overdose due to prescription opioids have reached epidemic proportions in the U.S.

We have many more options to help diagnose and treatments not listed here for your best outcome. Our goal is to treat the body as a system and to find the why behind your pain, give you as much relief and as many options as possible to help you live a happy, pain-free life.



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COVID-19: PRIVATE DUTY HOME CARE HAS LESS TRANSMISSION RATES THAN FACILITIES

Several ongoing studies are finding that higher COVID-19 risks and exposures in health care settings, such as nursing homes is most likely due to gathering and congregate areas, and the sheer fact that they are a multi-bed facility that doesn't always comply with PPE and hygiene protocols due to the numerous staff members and vendors that come and go and risk exposure to patients.

Public health officials purported, That if facilities have proper PPE, and they use it correctly, they can dramatically reduce their risk of infection. However, because these facilities are like a home setting, many residents are not properly protected. In many cases, it is difficult for the residents to where PPE 24/7. It only makes sense, since most households are obviously not requiring their family members to wear face shields in the home. With respiratory issues and cognitive decline, many of these residents are simply unable to comply with these strict PPE protocols and in numerous cases, they are not enforced.

For seniors, their risk of COVID, as we all know, is much more serious and with detrimental outcomes. Statistics show there has been very little incidence of COVID infection in the private duty world especially compared to facility transmission rates. Why is this? Private Duty Home Care workers are fully protected and in turn, protect their patients. They are in the home for shorter periods of time and present much less risk to patients than residents in a nursing facility.

If you are concerned about a loved one in a senior facility, you might want to consider bringing them home and getting private duty home care to mitigate and lessen infection risk.

McKenney Home Care was started by two sisters, Michele McKenney and Patrice Magrath. After successful international careers in healthcare and business, both Michele and Patrice relocated to Naples, Florida. During the transition, they had to worry about their mother's care while balancing the needs of their families, careers and geographic

distances. They know how difficult and stressful this can be. As a result, they agreed to use their knowledge and experience to create a professional private pay Home Health Agency, designed to bring best practices in home health care to SW Florida.

Our Distinguishing Features

• **Healthcare and Business Backgrounds** – The owners are hands on Managing Members and together with their Director of Nursing offer healthcare and business backgrounds unparalleled in the community

• **World Renown Medical Advisory Board** – McKenney Home Care relies on the input of a world renowned Medical Advisory Board; the Members have long term professional relationships with the Medical Advisory Board Members and rely on them for input on sensitive cases and to bring "best practices" to the Agency

• **W-2 Employees with Access to Healthcare** – All McKenney Home Care caregivers are W-2 employees that are bonded and insured, they have access to Healthcare through the "Healthiest You" Program and are specifically trained by the Agency to manage individual cases

• **ACHC Accreditation** – We are accredited by Accreditation Commission for Health Care (ACHC). ACHC is a third-party accrediting organization that has developed the highest national standards that providers are measured against in order to illustrate their ability to effectively and efficiently deliver quality healthcare services.

• **Collaborative Care** – We ensure collaboration and communication between client, families and physicians

• **Supervisory Visits** – Senior Staff conduct regular scheduled and unscheduled supervisory visits to the home

• **In House "Skills Lab"** – We have an in house simulated home environment and a life like mannequin that we use to assess Caregiver's skills and to

train Caregivers on new skills. Every McKenney Caregiver is required to complete a skills assessment in the "Skills Lab."

• **Real Person On Call** – We have a 24/7 on call line which is continuously staffed by one of our staff members. You will not get an answering machine or a call service when you call after hours.

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

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

For individuals with neurodegenerative disorders, McKenney Home Care delivers enriched specialized training for its caregivers working with Dementia Patients. In addition to specialized videos and manuals, McKenney educates the caregivers through the use of a Virtual Alzheimer's App. This virtual reality experience helps caregivers understand the feelings and experiences of those suffering from Alzheimer's and other forms of Dementia.

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



CALL US TODAY!

239-325-CARE (2273)

9655 Tamiami Trail North #201

Naples, FL 34108

AHCA Registration #299994144

Heart Health Awareness Month

Why You Need to LOVE Your Heart More

February is the month that we celebrate LOVE with chocolates, candlelit dinners, and bouquets of roses, but before those candies melt, or the flowers fade, it's essential to think about our beating hearts, because February is also Heart Health Awareness Month, and what better time to get serious about prevention.

Did you know that after the age of twenty, our vascular systems begin to accumulate plaque? Tiny plaque deposits can embed themselves into our delicate vascular structure throughout our entire bodies. Over time the sticky plaque can mount up and cause hardening of the arteries, block oxygen-rich blood from reaching our hearts, or cause clots to form and break off.

If we fail to put our health at the forefront, we will very likely be in danger of issues such as a stroke, heart disease, or sudden cardiac arrest. If you have high cholesterol, high blood pressure, diabetes, or a family history of vascular disorders, you are at an even higher risk level. If you smoke, drink too much alcohol, are sedentary, or regularly eat "junk food," then your risk factors are ultimately elevated.

What can you do? Notably, you should schedule an exam with your physician to check your vitals and run the appropriate lab tests. You may need to have other types of testing if your report shows signs of any issues.

Small lifestyle changes can make the most significant impact on your overall health, and since it's February and we're valuing our hearts along with our Valentine, this acronym might be just the thing to get you started on taking the appropriate steps towards a healthier heart.

L-Live a healthier you **O**-Overcome bad habits **V**-Value your vascular system
E-Exercise is essential

L-Live a healthier you:

Start to incorporate healthier foods like vegetables, fruit, and fish into your diet; avoid excess saturated fats and processed foods. Take the time to decompress and relieve any stress that you may have from your daily life.



O-Overcome bad habits:

Stop smoking! Smoking is one of the most damaging habits that contribute to the production of plaque along with many other debilitating issues. If you drink, do so in moderation. Excessive drinking leads to a breakdown of the vascular system and can lead to stroke.

V-Value your vascular system:

Make an appointment with your physician to have the proper testing done and adhere to your doctor's advice, whether it's a diet and exercise program alone, or one that's coupled with the necessary prescription medication to get your cholesterol down or your blood pressure under control.

E-Exercise is essential:

Exercise is extremely beneficial for our heart health. Even simply taking a quick paced walk is helpful for improving our cardiac condition, by supplying our blood with the oxygen it needs. Exercise can also help to lower cholesterol and blood pressure, reduce anxiety, and the added advantage is that it can help you lose a few pounds as well.

- Exercise multiple times per week
- Eat a healthy diet
- Cut down on stress levels
- Avoid excessive alcohol consumption
- Stop smoking
- Get professional help for cutting out narcotics and other drugs
- Practice relaxation methods
- Get physical examinations and regular checkups recommendations

There are specific test and screenings that your physician can provide to decipher how healthy your heart is and what the next steps should be. These include blood tests, stress tests, EKG's, Holter monitors, vascular ultrasounds (dopplers), and scans. We also offer Rapid Antigen and Antibody COVID-19 testing.

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.



239-315-7801

www.well-beingmedicalcenter.org
851 5th Ave. N. Suite 102, Naples, FL 34102

All the Rage with Celebrities, The Vampire Facelift and Facial Can Give You Your Youthful Appearance Back

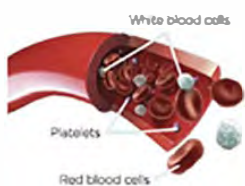
As we age skin can become dull, lose elasticity and droop. There are of course surgical options and hyaluronic acid fillers, but the procedures that are topping everyone's wish list are the Vampire facelift and the vampire facial.

Naturally found in your blood, platelets are a rich source of proteins called growth factors, which promote healing and regeneration. Platelet-rich plasma (PRP) contains a higher concentration of platelets than the amount normally found in your blood. To create PRP a sample of your blood is drawn and placed in a centrifuge, which separates out the platelets. These concentrated platelets are recombined with your blood plasma to make PRP. Platelet Rich Plasma (PRP) is then reinjected into the problem areas.

PRP injections are an alternative to Botox and fillers. Platelet Rich Plasma is taken from the patient's own blood, spun down and reintroduced into the face just like a filler to create and stimulate your body's own growth factors. PRP produces collagen, hyaluronic acid, elastin, and plumps the skin. PRP injections with the vampire facelift maintain the facial contours of the natural look of the patient.

With just four to six PRP treatments over a two to four-week period, patients are seeing results that last for up to 2 years, so over the long-term, it's very cost effective and 100% safe. You don't have to be concerned about toxins or chemicals with your own PRP.

PRP Facial Rejuvenation



Vampire Facelift

For the "facelift", the PRP is injected into various areas of the face to create a plumping effect. The procedure is safe because it's utilizing the patient's own blood and it's free of toxins. The body begins to "repair" itself and regenerates collagen, elastin and healing properties, which create a youthful appearance.

Vampire Facial

The facial works in much the same way as the "facelift", but with tiny perforations in the skin as opposed to injections. The tiny perforations allow the PRP to penetrate into the dermal layers, and the results continuously improve the glow of the skin within two to three months. Many patients report plumped skin, a brighter complexion and seeing less noticeable dark circles.

Bring out your inner beauty naturally. Your beauty will be revived with a natural face shape, increased collagen, smoother skin, increased blood flow, youthful glow, and a younger appearance.

Aesthetic Treatment Centers

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

Headquartered in Naples, FL, Aesthetic Treatment Centers is located in the Advanced Medical Building at 720 Goodlette-Frank Road, Suite 300 Naples, Florida.

Mindy and Kathy



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

Are You and Your Pelvic Floor Having a Misunderstanding?

By Joseph Gauta, MD, FACOG

It seems like many of us ignore information about the pelvic floor until we ourselves personally have an issue. It's an out of sight out of mind situation for most, but when we start to experience some of the problems associated with weakened pelvic floor muscles, it's no laughing matter (pun intended).

The pelvic floor muscles support the vagina, bladder, rectum, small bowel, and uterus. Disorders are often related to pregnancy, childbirth, hormonal imbalance, abdominal or reproductive surgery, and menopause. It's interesting, though, that many women are reporting symptoms much earlier than in the past. It might be that there are more hormonal disruptors, such as BPA from plastics, environmental or chemical toxins, or it could be that women are more educated than ever before.

Symptoms depend on which organs are affected, and the three major conditions associated with a weakened or stretched pelvic floor are organ prolapse, bladder incontinence, fecal incontinence, and pelvic discomfort. If you sneeze, cough, laugh, jump up and down, and accidentally leak urine, you need to begin a treatment protocol. Likewise, if you have bowel incontinence or can't fully empty your bowels or bladder, pain with intercourse, or pelvic pain in general, don't ignore your symptoms.

Prevention

Younger women should take the initiative to start exercising their pelvic floor muscles to strengthen them before they run into problems. However, no matter what stage or level the muscle strength is in, there are multiple treatment options.

How to Strengthen the Pelvic Floor

Options for strengthening the muscles are through exercises called Kegels, which teaches women how to contract and relax the pelvic muscles. There are also at-home devices to help women fully maximize Kegel strengthening. Some of these have technology that records your pelvic strength and confirms whether you are doing Kegel exercises effectively.



Dr. Gauta, Founder of the Florida Bladder Institute, also offers his patients a new, highly-regarded in-office treatment from EMSELLA™.

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

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

Pelvic Organ Prolapse Treatment

Pessary devices also help to support the organs within the pelvic floor. When the organs within the pelvic floor are not supported properly, they can physically droop and fall into the vagina or anus,

which creates a heavy, full feeling. Pessary devices are made out of silicone, which is flexible and comfortable. Pessary devices are placed within the vagina and offer a non-surgical option to ‘treat’ pelvic organ prolapse by physically supporting the muscles and organs.

Surgical treatments are also available for advanced cases. Surgical treatment will lift and repair the organ(s) involved or remove the organ, such as with a hysterectomy. Most of these procedures are minimally invasive.

You don't have to waste money on uncomfortable urinary pads or pullups. There are numerous options to choose from, and they offer real results.

To learn more about this technology, please go to our website at www.FloridaBladderInstitute.com. Call 239-449-7979 to schedule your consultation today.



Nicole Houser, PA



Joseph Gauta, MD



Amber Thompson, PA-C


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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.

PAIN MANAGEMENT:

How Advanced Spineworks is Succeeding Where Others Have Failed When it Comes to Pain.

Pain management is highly sought after by droves of patients, and most will say that they suffer pain in similar areas chronically. Neck and lower back pain are the most common and account for 20 percent of all medical doctor visits. Pain, unfortunately, is a necessary component of the healing process, but if the cause is never addressed, then the pain persists. When we feel pain, we have lost a considerable amount of function, in some cases up to 80 percent before we even begin to feel that pain.

Masking Pain is Erratic & Irresponsible

Many of the options in pain management are temporary and provide symptomatic relief. If you're only in the habit of relieving pain, your symptoms will come back worse until more invasive treatment is offered as the solution for the problem. That is the trend. If someone only utilizes passive options, i.e., pills, massage, acupuncture, heat, whirlpool, the symptoms of pain are bound to come back. If in pain management, you are relying on steroids as the way you resolve pain because you have no other options, you will be worsening the situation. Did you know that you are limited in the number of injections you can have in a year for the very fact that they will erode the cartilage inside the joint that you place it in for pain relief? Doesn't that seem counterintuitive that we want to improve the function of the joints, not erode them? Stem cell therapy is a newer therapy that can improve cartilage function but are cost prohibitive. If you catch the problem earlier, these more invasive therapies and their expense can be avoided.

Addressing The Root Cause of Pain is Essential

The good news is that as long as the structure is sound and the musculature can again build around the injured part, you will improve. This involves physical rehabilitation. The key is to find the right physical rehabilitation specialist. You need one that will spend the time to figure out all the factors that contribute to the problem. You also need one with experience to understand multiple types of issues and how the entire body works together. When you actively build up the surrounding musculature, the process works 95 percent of the time. Those are great odds. You see, the muscles are intended to be abused. They can tear and shred them, and they are designed to recover, which is called delayed onset muscle soreness. If the cartilage, disc, or joint tears, there is no mechanism to repair them. If this continues



to occur and is not addressed and we get to the point that the phrase "bone on bone" is used, these words are told to the patient to lead them down the road and make them believe that surgery is the only option. In my experience, the words "bone on bone" are used too frequently. You do not judge a patient by their X-ray or MRI. The experience of what they feel when performing exercises and their abilities to achieve results involving strength is how you really judge the patient. To me, it is a win-win situation when it comes to rehabilitation because when you do the targeted specific exercises, you will often avoid surgery and if you needed surgery, going into it stronger is always better. It shortens the length of time spent in post-rehabilitation. Finding the clinician with this expertise is the challenge.

Working at The Site of Pain is NOT The Answer

Issues can arise from traditional approaches because traditional medical doctors are not trained in the musculoskeletal system, and they don't understand the kinematic chain. Their focus is on the painful area. Time is often the issue as all the factors are not taken into proper account. This may lead to misdiagnosis, and in many cases, the painful area is not the problem. People often correlate pain and weakness together, but through proper testing, we often see that the painful area is stronger than its opposite side. The realization that strengthening the weaker side (non-painful side) becomes the solution. This takes more pressure off the painful side. In this way, we are succeeding where others fail because we worry about balance. I have a saying I like to use. "He who works at the site of pain is surely lost." When you understand that everything is linked together and asymmetry could be the cause, you have to put the puzzle together to get a clearer picture.

Spinework's Multidisciplinary Approach

Dr. Bryan Hunte and his team at Advanced Spinework's model is designed to get the body to function better. Joints need to move better. Improved motion feeds the cartilage in your joints with nutrition. When the

joints function better, we apply physical rehab to support the improved function. With the rehab, we focus on symmetry and utilize the state-of-the-art equipment called the multicervical unit (MCU) and the Eccentron to give us data through physical performance testing to give us direction. This provides the lasting results people are looking for, and we are the only ones in the area that have these pieces of equipment—More details on these below.

Dr. Hunte's Patients Can Expect

- A rapid return to normal activities and/or lost activities
- Custom exercise routines formulated from the physical exam
- A conservative approach to many musculoskeletal conditions
- Prevention of future episodes
- Education about injury prevention and ergonomics

If you have neck/cervical spine pain, MCU might be the answer you've been looking for.



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
- Fewer headaches or vertigo

ECCENTRON™

The Eccentron™ takes advantage of the way the body truly builds strength; through focusing on negative resistance.

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, making 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.

If you're looking for exceptional pain relief and rehabilitation in the Bonita Springs area call Advanced Spineworks today 239-221-6200.



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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HODGES UNIVERSITY

Stay Near. Go Far.

Forgetful Lately?

How You Can Feed a Healthy Mind

By Cederquist Medical Wellness Center

Remember the days when you didn't have to think twice about where the keys were, or the actor's name in your favorite movie? You never forgot why you walked into a room, or what you needed at the store. Gray matter declines as we age, and this is the tissue in the brain that is rich in nerve cells. Unfortunately this drops with every passing moment, especially as we get older.

Some new research highlights the best ways to preserve your brain and potentially ward off Alzheimer's or other dementia's.

Our Best Bet? -- Exercise

Women who walked at least 1 ½ hours per week scored better on memory tests two years later. They did better than those who walked 40 min per week or less.

Too late to start walking? Not at all! A group of researchers took participants aged 60-80 and assigned them to an exercise regimen - mostly brisk walking - three days per week for 45 minutes per day. The other option was stretching and toning exercises three times a week. After six months, they found increases in the volume of gray matter in the different regions of the brain, especially the hippocampus. This area is key to relational memory, like where you met someone, or where you sourced you information from.

That is the type of memory that goes as we get older.

Better yet, the researchers found that those who were in better shape before the study had larger gray matter to start with, and it continued to increase with their prolonged exercise routine. Even those patients who are at risk for Alzheimer's showed modest improvement when they joined an exercise program for 6 months.

Exercise can decrease your long term risk of disease - diabetes, stroke, hypertension, and coronary heart attack. And in the short term, it can also change the brain's structure and function. There is not a downside to exercise!



Caffeine Candidate

Many, many studies have reported less dementia in coffee drinkers. In the most recent one, 1,400 people were observed for 21 years, and those who drank 3-5 cups of coffee per day in middle age had a lower risk of Alzheimer's, or other dementia's, than those who drank more or less than that.

Other European studies found that coffee drinkers showed less of a decline in scores for memory tests, as well as other cognitive tests, as they aged. In mice studies, caffeine cuts off the production of beta-amyloid, which is a protein that aggregates in the brain and leads toward the development of Alzheimer's. Caffeine does this by suppressing the enzymes involved in making beta-amyloid. When the mice received the human equivalent of about 5 cups of coffee, or 500mg, they did better on memory tests, and their hippocampal areas had less protein build-up than the mice who did not receive any caffeine.

People who drink regular coffee also have a lower risk of Parkinson's and either regular or decaf coffee may help prevent diabetes. Keep in mind, Starbucks coffee has twice as much caffeine as a normal cup of Folgers, so you likely need less if you are going out for your brew.

Trim the Waistline

The spare tire around your waist is trouble for a healthy mind. Risks of dementia triples for those in middle age who let their stomachs swell a bit. It's isn't just obesity, it's specifically abdominal weight gain, which collects and deposits around vital organs like the liver. This causes higher insulin levels throughout the body, which eventually can lead to type 2 diabetes and/or dementia, which is so closely linked that researchers are beginning to consider calling it "type 3" diabetes.

If you can avoid getting diabetes, you will be helping your memory and your mind. It is well established that type 2 diabetes increases the risk of cognitive decline.

BP Decree

High blood pressure, especially in middle age, does damage to the brain that shows up later in life. Why? The simple explanation is that it causes "small strokes" as part of cerebrovascular disease inside the brain, which kills brain cells by cutting off their supply of oxygen. This makes nerve cell communication in the brain very difficult.

Another theory is that high blood pressure may weaken the barrier that separates the brain from the rest of the body. It becomes more permeable to proteins that could be toxic to the brain tissue.

Ways to Stay Mentally Healthy

- Exercise 30-60 minutes daily
- Lose (or keep off) excess weight
- Keep blood pressure under control
- Consider drinking more coffee if it doesn't make you jittery
- Stay socially and mentally engaged
- Get enough Vitamin D
- Eat more leafy green vegetables and fish
- CALL CEDERQUIST MEDICAL AND LET US SET UP YOUR PERSONAL PLAN TO STAY MENTALLY HEALTHY.

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*Julian J. Javier,
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*Leandro Perez,
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- * *Weak or tired legs.*
- * *Difficulty walking or balancing.*
- * *Some people have atypical symptoms.*

PAD pain may feel like:

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

Advanced PAD stages may cause:

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

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Giving Your Time, Talent and Resources

Courtesy of: Juan Ocanas, Financial Advisor at Morgan Stanley

What mark do you want to leave on the world? What are the values that drive you? What matters most? Whether it's your time, talent, or making a contribution, giving back can be one of life's greatest rewards.

Philanthropy is being democratized. Individual donors have never been more empowered to make a difference. With just \$25, you can make a micro-donation to a farmer in Peru, help cover upfront costs to build a girls' school in Pakistan, or invest in a diversified portfolio of nonprofits, micro-finance institutions, and social enterprises. You can also help support a cause without spending any money at all by joining a campaign or volunteering.

With so many ways to give, it's important to be strategic about your philanthropy so you can make the most of your contributions.

Here's a framework to help you determine your own approach to giving:

How You Give:

Time & Talent. One of the ways to help support causes and organizations you are passionate about is by volunteering your time and talent. A big advantage of volunteering is that it can allow you to see the direct result of your contribution.

Resources. Making a substantial contribution or donation may get a little more complicated. One of the most common strategies is donating directly to a charity, but there are plenty of other approaches to consider. A Financial Advisor can help you assess the pros and cons of each approach and how you can incorporate giving into your broader financial plan.

Here are some of the various ways you can put your charitable dollars to work:

1. Direct donation. A direct donation is a gift that is received in full by the recipient of choice. Non-profits that are 501(c)(3) public charities are tax-exempt, and therefore the government generally allows you to deduct any direct donations (subject to income limitations) from your taxable income.

2. Donor-Advised Fund (DAF). A donor-advised fund is operated by a public charity. As the donor, you recommend the organizations that are to receive grants from your DAF, but all administrative duties and taxes are handled by the charity.

3. Designating a charity as a life insurance beneficiary. Another way to share your wealth is to designate a charity as a beneficiary on your life insurance policy. This is relatively easy to do, and you have the right to revoke the gift at any time by simply changing the beneficiary of the policy. While this type of giving may provide an estate tax deduction, you will not receive any income tax deduction.

4. Charitable Trusts. There are two main types of charitable trusts: Charitable Remainder Trusts and Charitable Lead Trusts.

Charitable Remainder Trusts (CRTs): CRTs make distributions to a non-charitable beneficiary (such as yourself) and after a certain period, distribute the remainder to a charity you care about..

Charitable Lead Trusts (CLTs): CLTs operate differently than CRTs. CLTs make distributions to the charitable organization for a term of years and then distribute the remainder to a non-charitable beneficiary.

5. Charitable Gift Annuity (CGA). A CGA is a contract between you and a qualified charity in which you make a gift to the charity and, in return, the charity provides you (or other annuitant(s)) with a lifetime fixed income stream.

6. Private Foundation. A private foundation is a non-profit organization generally funded with gifts from a small number of individuals, families and/or corporations. Private foundations are required to distribute at least 5% of their net investable assets each year.

Before making a charitable commitment, make sure to do your due diligence so you can identify the right opportunities, manage expectations, and ensure accountability.

There are countless ways to use your resources—money, time, networks, expertise, and perhaps even social influence—to give back. Once you have identified the opportunities that are most aligned with your passions, the key is determining how you can allocate your time, talent or contribution to make the greatest impact on the causes you care most about. Whatever the size and scope of your giving, a Financial Advisor can help you make a plan that reflects your priorities and works within your budget.

Disclosures

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MAKING A DIFFERENCE AS A NURSE

By Dr. Charene Adams, DNP, MSN, RN-BC, CDP, Director of Nursing, Hodges University

While we're all glad to have the year 2020 behind us, the challenges it brought continue. One of many bright lights is the role nurses play in the wellbeing of the patients in their care. The demand for nurses, especially those with a bachelor's degree, continues to grow.

At Hodges University, we offer a Bachelor's of Science in Nursing (BSN) program, with its evening and weekend classes, is convenient for our students. It's accredited by the Accreditation Commission for Education in Nursing (ACEN), which means our program is of the highest standard of quality. The program is intense, but what you learn in the classroom and in our new, modern nursing labs will help you prepare for the licensing exam, along with the skills needed to make an immediate, positive impact where you work.

There are three key advantages to our BSN program.

The first is the small class sizes. You receive personal attention from professors who have nursing experience, so they share their first-hand, practical experience. They are there to help you succeed.

The second is the format of the program. Most BSN degree programs take five semesters to complete. Ours is structured so that you can graduate in four semesters. Our graduates are using their new knowledge and skills in the workforce quicker, and our community is the ultimate benefactor.

The third is the environment where our students learn and practice their skills. Our modern nursing labs include a practical skills lab, and a sophisticated simulation suite with "patients" that experience symptoms ranging from coughing, seizures and heart attacks to giving birth to babies, and the many complications that can arise from that. Our "patients" are mannequins controlled by computers, so the instructor, from another room, can have the "patient" talk back to the nurses, experience onset symptoms, and more.

This simulation suite is designed to look and function like a hospital emergency room. Each room is equipped with video and audio recording



capabilities so that each time we run a patient simulation, it's recorded. Once the scenarios are completed, the professor and students go to our debriefing room to watch the video. This is a great learning tool because it helps our students see what they did right, and to improve on things that could have been done better.

Our students also play various roles in scenarios. They may be the nurse or a family member. This gives them the added perspective of how others in their patient's lives may be feeling. As a result, our students gain a higher sense of empathy for not only their patient, but their loved ones as well.

We are hosting monthly, virtual BSN Information sessions so you can learn more about our incredible nursing programs.

Dr. Charene Adams brings more than 20 years of nursing and teaching experience. She started her nursing career as a CNA, then became a LPN, a RN-BSN, and then earning her master's degree degree in nursing and then Doctor of Nursing Practice. To learn more about Hodges' BSN program, visit: <https://pathways.hodges.edu/courses/nursing/>



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Session Registration

THE DEMAND FOR NURSES

- 50% of nurses have a BSN degree
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- Demand for nurses nationwide project to grow 12%

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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.

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CARLISLE RESIDENTS "GET MOVING" TO IMPROVE HEALTH & WELLNESS

By Greg Pascucci

As Americans continue to search for the elusive "Fountain of Youth," residents at The Carlisle Naples, a luxury active retirement community, know it's the walk to the fountain that will keep you young and feeling young at heart!

Bernita Smith enjoyed running as a form of exercise throughout her life and, though her pace has slowed now that she's in her 90s, she continues to have a love for the great outdoors.

"I walk six mornings per week, about a mile each day. Each outing is different," she said. "I can encounter my neighbors along the way and admire wading birds and the unique Florida nature. It's great to be outdoors and feel the wind blow. How lucky am I!"

According to the National Institutes of Health, walking is one of the best forms of exercise. It offers a wealth of health benefits, including lowering the risk of high blood pressure, heart disease and diabetes. It also strengthens bones and muscles and can also boost your mood.

Resident Phyllis Lazear is also an avid walker. She appreciates The Carlisle's meandering walking paths and the sense of safety she has while exercising.

"I found many of the senior communities in the area are close to the street," she explained. "The Carlisle is set back quite a bit from Airport-Pulling Road so we aren't right out in traffic."

In addition to the walking trails, Smith and Lazear participate in a wealth of fitness classes offered at the community that ranges from water aerobics to dance. The fitness programs have been reformatted to adhere to social distancing guidelines and safety precautions, such as being offered in a small group setting or virtually.

Smith attends the classes on Mondays, Wednesdays, Fridays and Saturdays, with her favorite being yoga. She's been a student of the mind and body practice that focuses on breathing, flexibility and strength since the 70s.



"The classes are so convenient, and best of all, they are geared to every fitness level," said the classically-trained singer. "I credit everything I can do to the fact that I exercise and take care of myself."

Part of taking care of herself includes healthy eating. She eats organic whenever possible and is a fan of The Carlisle's FreshZest menu. An initiative that encourages a plant-based, whole-foods diet, FreshZest is part of the expansive dining choices available in the community's restaurant, The Carlisle Room. Numerous studies show a diet primarily focused on plants, nuts and whole grains offer numerous health benefits and may even reverse some chronic ailments.

"I eat mostly fruits and vegetables and lots of chicken and fish," she said. "However, I do make an exception for Chef Marlon's delicious lamb entrées."

For Lazear, exercise played a significant role in her rehabilitation following back surgery. She went from hardly any movement in her one foot to working out 3-4 times per week.

"I told myself if I could move just a little, then I could eventually get back all the movement," she recalls. "If it weren't for exercise, I don't know what I would have done."

The longtime Carlisle resident is especially fond of the camaraderie that comes with being in a community-setting where others are committed to their health and wellness.

"It's very hard to work out alone," she said. "Even though we're socially distancing, it's much more fun to be with a group."

Both ladies believe in the "use it or lose it" adage and encourage their peers to exercise, regardless of age, with Lazear pointing out, "You need to get out and move. We need to exercise more now than when we were younger."

Located at 6945 Carlisle Court in Naples—on Airport-Pulling Road, between Pine Ridge and Immokalee Roads—The Carlisle offers spacious one- and two-bedroom residences, weekly house-keeping and flat linen services, basic cable TV, all utilities except telephone, and a complimentary full breakfast plus choice of lunch or dinner in the community's gourmet-style restaurant. For more information about the active and vibrant lifestyle offered at the community, please call 239-221-0017 or visit www.TheCarlisleNaples.com.



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Headaches

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



Lethargic

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



Back Pain

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



Numbness

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



Dizziness

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



Cervicalgia

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

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Molnupiravir COVID-19 Clinical Trials

Learn about a clinical research study evaluating an oral antiviral candidate for adults ages 18 and older who have not been hospitalized due to COVID-19.

About Molnupiravir (MK-4482)

An oral antiviral candidate for adults with COVID-19.

About Clinical Trials

A clinical trial is a research study that tries to answer questions about whether an investigational medication is safe and effective in the people who take it. These studies may help doctors find new ways to help prevent, detect, or treat health problems.

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About the Specific Clinical Trial

MK-4482-002

is a Phase 2/3 clinical trial evaluating the safety and efficacy of molnupiravir, an oral capsule taken every 12 hours for five days, in individuals ages 18 and older who have not been hospitalized with mild or moderate COVID-19.

This study is striving to recruit diverse patient populations in order to better understand the safety and efficacy of molnupiravir in the treatment of all patients with COVID-19. **Total study participation time will be approximately seven months** and study visits may happen in the hospital, clinic, at home or virtually.

To learn more, including possible risks and benefits of participation and to see if you may qualify, visit WWW.ARHIUSA.COM

You may be able to take part in this trial if you are at least 18 years of age and you:

- 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
- 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.

Why are COVID-19 Clinical Trials Important?

As of November 1, 2020, there are estimated to be more than

46 MILLION

confirmed cases of COVID-19 around the world¹

There is a critical need to bring more treatment options to patients with COVID-19, and clinical trials help researchers evaluate if investigational treatments and vaccines are potentially safe and effective for people diagnosed with the disease.

Why Participate in a COVID-19 Clinical Trial?

Participants in the MK-4482-001 clinical trial²:



Receive medical care for COVID-19 from a dedicated research team that includes doctors and other healthcare professionals



May help researchers learn more about COVID-19



Taking part in this trial is voluntary and you may stop for any reason at any time. If you decide to stop taking part, or stop taking the trial treatment, we will ask you to have a final visit for final medical tests and exams

Where Do Clinical Trials Happen?



Clinical studies can take place in many locations, including hospitals, universities, doctors' offices, a participant's home, and community clinics. You can find more info on clinical trials in your area by visiting www.clinicaltrials.gov and for more specific information on COVID-19 clinical trials close to you, visit [INSERT WEBSITE].

References:

1. World Health Organization. WHO Coronavirus Disease (COVID-19) Dashboard. <https://covid19.who.int>. Accessed November 1, 2020.
2. ClinicalTrials.gov. Learn About Clinical Studies. <https://clinicaltrials.gov/ct2/about-studies/learn>. Accessed October 5, 2020.

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February is National Cancer Prevention Month



Screening and prevention save lives and should not be ignored even during a pandemic.

During a pandemic it may seem difficult to continue health-promoting behaviors such as eating a well-balanced diet, exercise and smoking cessation. Lack of these preventive measures can have a significant impact on number of new cancer cases in years to come.

Hand in hand with prevention comes screening. Unfortunately, this past year we have witnessed a phenomenon called stage migration due to the significant decrease in screening during the Covid-19 pandemic. Stage migration is used to describe the increase in the stage of cancers at presentation due to decreased screening making the cancers more difficult to cure. Now more than ever it is crucial that we continue to offer our screening programs and we want to encourage people in the community to show up.



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The Heart Center at Physicians Regional Now Offers Coronary Artery Bypass Surgery (CABG)

By Gabrielle Sellitti

We've all heard that lifestyle changes such as eating healthy can reverse the effects of heart disease, but sometimes eating cabbage doesn't always cut it- at least not the edible cabbage.

CABG, which stands for Coronary Artery Bypass Grafting, also called "cabbage" is a type of surgery used to improve blood flow to the heart and is one of the most common cardiac surgery procedures performed in the United States.

CABG is typically used for people who have severe coronary artery heart disease (CAD) and is performed when blood through coronary arteries is blocked from plaque buildup. The idea is to route blood around or past the blockages in the native heart circulation.¹

Drs. Scot Schultz and Dennis Stapleton, cardiothoracic surgeons, perform the CABG surgery at the Heart Center at Physicians Regional here in Naples, FL.

"Typically, in surgery we use an artery from inside the chest or arm, and vein from the leg to route blood around the blockage within the native coronary heart arteries. CABG is typically reserved for patients who fail medical therapy and/or are not candidates for angioplasty due to anatomical concerns, particularly those with multiple blockages. Furthermore, CABG in some patients, particularly diabetics, has been shown to more durable than angioplasty," Dr. Schultz explains.

Dr. Stapleton adds that it is important for patients to know that they can recover to a fully independent life again after artery bypass surgery. The length of stay after surgery is typically 5-6 days. Minimal limitations should be expected once fully recovered, which takes 2-3 months.

"On average patients can return to physical activity at around 6 weeks from surgery. I often joke with the patients that 4, 6, and 8 weeks from surgery is a

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good time frame to keep in mind. This time frame would correspond to putt, chip, and drive for your game on the golf course," Stapleton jokes.

Generally the patient will follow up with the surgeons and the cardiac team in the office 2 weeks after discharge from the hospital. These visits are the most rewarding for the Heart Center's entire team as they share the joy in helping the patient gain back the quality of life and optimistic outlook that has been their ultimate goal.

"We have an extremely experienced heart team that is committed to offering the highest quality of care at every level," Schultz gushes about the dedicated team the Heart Center at Physicians Regional has created.

The cardiac doctor duo of Dr. Schultz and Dr. Stapleton are currently accepting new patients. To schedule an appointment with them today, please call 239-348-4221 or visit PhysiciansRegional.com/cardiac-care.

References

1 [https://cardiacsurgery.ucsf.edu/conditions--procedures/coronary-artery-bypass-grafting-\(cabg\).aspx#:~:text=Coronary%20artery%20bypass%20grafting%20\(CABG\)%20is%20a%20type%20of%20surgery,also%20called%20coronary%20artery%20disease.](https://cardiacsurgery.ucsf.edu/conditions--procedures/coronary-artery-bypass-grafting-(cabg).aspx#:~:text=Coronary%20artery%20bypass%20grafting%20(CABG)%20is%20a%20type%20of%20surgery,also%20called%20coronary%20artery%20disease.)

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

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MANAGING PAIN

BY DR. LINELL KING

When you think about the traditional way of managing pain, you probably think of seeing a specialist who will prescribe you medication to treat your symptoms. Sure, this may temporarily alleviate your pain, but what happens when it comes back or worsens? For most, this means more medication and going down a rabbit hole that is difficult to crawl out of. Not to mention that you are only masking the problem, not getting to the root of what is causing the problem in the first place. *There are many things you can do on your own to manage pain.*

Three times a day you have the power to choose to fuel your body either with anti-inflammatory foods that can promote healing, or foods that will promote pain. The Standard American diet is chalk full of things such as gluten, sugar, conventional dairy, processed foods, alcohol, and vegetable oils that, when consumed, are like throwing gasoline on a fire.

Crowding out these foods with antioxidant rich fruits and vegetables, nuts, seeds, wild-caught fresh-water fish, and fresh herbs will help give your body the nutrients it needs to quell the fire.

Nutraceuticals can be a viable alternative to pharmaceuticals when it comes to pain management. Curcumin, the main chemical found in turmeric, has been shown to have similar pain-relieving benefits as ibuprofen and diclofenac. Studies have shown that ginger extract (from the ginger root) can not only help to alleviate pain but possibly protect against long term negative effects of NSAIDs. Other supplements, including fish oil, boswellia, CBD, and collagen, can be worthy additions to your arsenal.

In addition to adopting a healthy eating strategy and adding supplements to your daily routine, there are some other ideas to consider.

- Are you drinking enough water? Most people require around half of their body weight in ounces per day, but fall short of that marker.
- Make sure to get in some movement and exercise daily. When you are in pain this may be the last thing



on your mind, but activities such as swimming, walking, strength training, tai chi, and yoga can have a positive impact on pain levels.

- Seek alternative therapies such as chiropractic, acupuncture, and massage. If your spine is misaligned, if you have tight, sore muscles, or if you have an injury these therapies can offer some relief.
- Establish a good self-care routine that includes stress reduction. Chronic stress can lead to chronic pain and make existing pain worse. Taking time each day for meditation, prayer, deep breathing, and sleep can help to reduce stress and pain levels.

By adopting the above strategies you will be taking positive steps to manage your pain naturally. Of equal importance, however, is to investigate the root cause of why your pain exists in the first place. Pain isn't a diagnosis; it is a symptom. At Naples Vitality we have many tools that will help uncover the

reasons for your pain through a customized approach. Reach out to our team to discuss how we can work together to optimize your health and vitality.

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.



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STEPS TO OBTAINING FLORIDA RESIDENCY

By Shay S. Raja, Florida Business and Real Estate Attorney

Whether you are splitting time between Florida and another state for pleasure, business, school, or for retirement, there are benefits to obtaining Florida Residency, and much of that is attributed to taxes. For example, if you own a home up north but have a home here in Florida to escape the cold winters, you might be better suited to stay in Florida for the majority of the year because, unlike many other states, Florida does not have an income tax and in many cases, the overall taxes are much higher in other states. By establishing Florida residency, you can potentially save money and benefit in numerous different ways as well.

Spending at least six months in Florida is Essential

You must Spend at least 183 days of the year in Florida to obtain residency. Your other state of residents can audit you to make sure you are actually spending more time out of their state than in, so be cautious about documenting your stay with receipts and other paperwork for proof.

File for Florida Homestead Property Tax Exemption

Property owners in Florida may be eligible for exemptions and additional benefits to reduce their property tax liability. The homestead exemption and Save Our Homes assessment limitation help thousands of Florida homeowners save money on their property taxes every year. Further benefits are available to property owners with disabilities, senior citizens, veterans, and active-duty military service members, disabled first responders, and properties with specialized uses.¹

Florida Statutes, Chapter 222—

(1) Any person who shall have established a domicile in this state may manifest and evidence the same by filing in the office of the clerk of the circuit court for the county in which the said person shall reside, a sworn statement showing that he or she resides in and maintains a place of abode in that county which he or she recognizes and intends to maintain as his or her permanent home.²

(2) Any person who shall have established a domicile in the State of Florida, but who shall maintain another place or places of abode in some other state or states, may manifest and evidence his or her domicile in this state by filing in the office of the clerk of the circuit court for the county in which he or she resides, a sworn statement that his or her place of abode in



Florida constitutes his or her predominant and principal home, and that he or she intends to continue it permanently as such.

(Note: This is not a complete statute. See full and complete Florida Statutes for additional information.)²

Senior Care Facilities

Those 60 years and older in a senior facility or community such as a nursing home or assisted living, can file under Florida Statutes section 400 to prove residency in Florida.

Driver's License and Vehicle Insurance

Obtain a Florida Driver's License, getting insurance, and registering them in the state of Florida is very important when obtaining residency. This can be done in person at the Department of Motor Vehicles.

File a Declaration of Domicile

Circuit Court-File, a Declaration of Domicile, declares where you reside in your principal home. This falls under Florida statute 222.17. These can be obtained at the county recorder's office.

Resident Taxes

Pay Florida resident taxes and maintain proof of filing and receipts.

Register to Vote

Register to vote in the state of Florida. This can be done online or at the Department of Motor Vehicles when you apply for your driver's license.

School

If you have children, enroll them in school in Florida, or if you are an adult student, show proof of your Florida enrollment in a college, university, or other educational program.

Woodward, Pires & Lombardo, P.A. Attorneys at Law can help assist you in obtaining Florida residency to make sure you are on track and getting the most benefit from your endeavors.

Woodward, Pires & Lombardo, P.A. Attorneys at Law For 50 years, Woodward, Pires & Lombardo 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, When Arthur V. Woodward, Esq. founded one of the first law firms on Marco Island, he 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.

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References:

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2. State of Florida, <https://www.stateoflouisiana.com/residency/>, Florida Senate, http://archive.flsenate.gov/statutes/index.cfm?App_mode=Display_Statute&Search_String=&URL=0200-0299/0222/Sections/0222.17.html



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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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HEARING LOSS...DIABETES... AND MEMORY PROBLEMS... LEARN HOW THEY ARE ALL INTERRELATED!

By Hoglund Family Hearing and Audiology Services

Diabetes and hearing loss are two of America's most widespread health concerns. Nearly 30 million people in the U.S. have diabetes, and an estimated 34.5 million have some type of hearing loss. Those are large groups of people, and it appears there is a lot of overlap between the two. A recent study found that hearing loss is twice as common in people with diabetes as it is in those who don't have the disease. Also, of the 84 million adults in the U.S. who have prediabetes, the rate of hearing loss is 30 percent higher than in those with normal blood glucose. It's possible that the high blood glucose levels associated with diabetes cause damage to the small blood vessels in the inner ear, similar to the way in which diabetes can damage the eyes and the kidneys.

Even though hearing loss is about twice as common in adults with diabetes, according to a study published in the *Annals of Internal Medicine*, hearing screenings often are **not** part of the regular regimen of care that people with diabetes receive. "We strongly encourage anyone who has been diagnosed with elevated glucose levels to immediately schedule a **Baseline Hearing Test**," states John Hoglund, BC-HIS, ACA of **Hoglund Family Hearing and Audiology Center**. You really want to establish a **BEFORE** picture the moment that you learn that you have diabetes," Mr. Hoglund continued. "This is important so you can keep track of how much your hearing is being affected by the condition. **Baseline Hearing Tests** can be scheduled at any of our Southwest Florida Clinics. There is **NO CHARGE** for the evaluation! We will work directly with your Primary Care Physician and Endocrinologist if you wish, and furnish them with an analysis of your hearing," Mr. Hoglund continues. "You always want to know where you stand!"

DIABETES AND YOUR MEMORY

Mild cognitive impairment (MCI) refers to a group of symptoms in which people struggle with their ability to think and remember what they know. They often find it tricky to remember day-to-day things, but their memory troubles aren't severe enough to cause serious problems with everyday living. The study, published in the *American Journal of Psychiatry*, reviewed 62 research studies to look for things that



could indicate the risk of MCI worsening to dementia. The researchers, led by Prof. Gill Livingston of University College London, found that in people with MCI, *Diabetes seems to make it more likely that MCI will progress to dementia.*

Hearing Loss has a direct impact on cognitive decline as well. Johns Hopkins studies have shown that *untreated hearing loss dramatically increases risk of Memory issues and Dementia.* It is not yet clear how all of these increased risk factors interact, but it shouldn't be taken lightly!

"When you look at the fact that Diabetes increases risk for hearing loss... hearing loss increases risk of memory problems and cognitive decline... and Diabetes increases risk of Mild Cognitive decline escalating to dementia... I think you'll agree that diabetics NEED to monitor their hearing very closely," Mr. Hoglund concludes. "We offer these tests on a Complimentary basis as a public service for Southwest Florida residents, so please call us at (239) 208-6827 to arrange this **Baseline Hearing Test!**"

Numerous studies have linked untreated hearing loss and diabetes to a wide range of physical and emotional conditions, including impaired memory and ability to learn new tasks, reduced alertness, increased risk to personal safety, irritability, negativism, anger, fatigue, tension, stress, depression and diminished psychological and overall health.

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

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

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

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

Results

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



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

Internal Medicine Partners of Naples

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



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Eating Heart Healthy Meals Just Got a Whole Lot Easier

Eating more plant-based foods doesn't mean you have to be vegan or vegetarian, although those options are good for some individuals. The Mediterranean diet, the MIND or Dash diet are all viable options for individuals that want to have healthy cardiovascular systems but still consume some animal products. Eating plant-based foods while consuming lean proteins like finfish, shellfish or poultry can nonetheless be very healthy. With a heart-healthy diet, the best advice is to load up on fresh produce, limit refined or processed foods, reduce alcohol and sugar, eliminate processed meats and excessive saturated fats. If being vegan or vegetarian is better suited for one's personal preference or needs, that is absolutely a remarkable way to stay healthy and protect the heart. But the one thing we know from various studies and research is that processed carbohydrates, sugars, and trans fats cause inflammation and can exacerbate cardiovascular disorders.



Speaking to a medical professional is essential to learn which foods are best for your condition.

Meal planning, grocery shopping and food preparation can be challenging for seniors. That's why Chefs for Seniors specializes in fresh, nutritious meals that are cooked right in the comfort of your home, AND there is no shopping or planning involved on your part.

What is Chefs for Seniors?

As individuals age, shopping and preparing meals can become a difficult task. With so many other issues to worry about such as being a caregiver, suffering from arthritis, or other disorders that limit mobility, cooking is one thing that many seniors wish they didn't have to do. Chefs For Seniors is a welcomed answer for many that want nutritious, flavorful foods custom-prepared right in the comfort of your home by

a licensed chef that not only provides gourmet-style meals, but also compassionate companionship. They also have specialty meals for low sodium, low fat, and other dietary needs.

Why Chefs For Seniors?

Our Mission is to Provide Amazing Food and Proper Nutrition

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

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

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

Professionally Prepared Meals and Clean Up!

Chefs for Seniors offers rotating menu options, which includes select Chef creations inspired by the region. Clients select their desired meal in advance, allowing the chef to shop and prepare the meals on the designated cooking day. Chefs prepare the meals between two to two and a half hours. And an added benefit is that after the meal is prepared and stored according to the client's preferences, the chefs clean before leaving the house.

The price of our services are region-specific and depends on your individual needs. Our goal is to provide an affordable solution that seniors can use long-term. We offer three different service packages to meet a variety of needs: Standard, Custom, and Non-Standard. Some Long Term Health Insurance Policies may cover certain in-home services like Chefs For Seniors. During a 2-hour home visit, your personal chef will prepare 4 different entrées and 10-12 individually-packaged servings of meals. The exact number of servings depending on your appetite and the types of meals ordered and serving sizes can be adjusted with your chef.

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

What if I Have a Special Diet or Dietary Concerns?

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

Do I Have to Supply the Cooking Equipment?

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

You don't have to be a senior to enjoy the professional chef prepared foods! Contact Chefs For Seniors today to find out more.

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

Phone: **239-776-1758**

Email: bill.springer@chefsforseniors.com



CHEFS FOR SENIORS

chefsforseniors.com



How is AMD Diagnosed and Treated?

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

During an eye exam, your ophthalmologist may ask you to look at an Amsler grid. This grid helps you notice any blurry, distorted, or blank spots in your field of vision. Your ophthalmologist will also look inside your eye through a special lens. He or she can see if there are changes in the retina and macula.

Your ophthalmologist will put dilating eye drops in your eye to widen your pupil. This allows him or her to look through a special lens at the inside of your eye.

Your doctor may do fluorescein angiography to see what is happening with your retina. Yellow dye (called fluorescein) is injected into a vein, usually in your arm. The dye travels through your blood vessels. A special camera takes photos of the retina as the dye travels throughout its blood vessels. This shows if abnormal new blood vessels are growing under the retina.

Optical coherence tomography (OCT) is another way to look closely at the retina. A machine scans the retina and provides very detailed images of the retina and macula.

Optical coherence tomography angiography (OCTA) is another way to look closely at the blood vessels in and under the retina. This is like fluorescein angiography but does not use a dye.

Age-Related Macular Degeneration Treatment Dry AMD treatment

Right now, there is no way to treat the dry form of AMD. However people with lots of drusen or serious vision loss might benefit from taking a certain combination of nutritional supplements. A large study (AREDS and the later AREDS 2 study) found those people may slow their dry AMD by taking these vitamins and minerals daily:

- Vitamin C (500 mg)
- Vitamin E (400 IU)
- Lutein (10 mg)
- Zeaxanthin (2 mg)
- Zinc (80 mg)
- Copper (2 mg)

Your ophthalmologist can tell you if vitamins and minerals are recommended for your dry AMD, as not all forms will benefit from the AREDS supplements. Beta carotene should not be used by smokers as it raised the risk of lung cancer.

Eye-healthy foods

Dark leafy greens, yellow fruits and vegetables, fish, and a balanced, nutrient-rich diet have been shown beneficial for people with AMD.

Wet AMD treatment

To help treat wet AMD, there are medications called anti-VEGF drugs. Anti-VEGF treatment helps reduce the number of abnormal blood vessels in

your retina. It also slows any leaking from blood vessels. This medicine is delivered to your eye through a very slender needle.

Laser surgery may also be used to treat some types of wet AMD. Your eye surgeon shines a laser light beam on the abnormal blood vessels. This reduces the number of vessels and slows their leaking.

Talk with your ophthalmologist about ways to treat your AMD.

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.** When necessary, same day appointments can often be accommodated.

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:
<https://www.aao.org/eye-health/diseases/amd-treatment>

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Common Drug May Worsen Digestive Issues and Increase Diabetes Risk

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

When acid reflux begins, the first step to relief is Tums and Rolaids. When that no longer seems to work, patients turn to medications like proton-pump inhibitors. At first, this seems like a good choice as it can relieve symptoms.

Proton-pump inhibitors (PPIs) are medications for constant acid reflux referred to as GERD (gastroesophageal reflux disease), peptic ulcer disease and non-ulcer indigestion. Over the last several decades, they have been one of the most widely prescribed drugs. However, are they truly needed and worth taking?

The range of PPIs prescribed are both over the counter and prescription:

- Omeprazole (Prilosec)
- Esomeprazole (Nexium)
- Lansoprazole (Prevacid)
- Rabeprazole (AcipHex)
- Pantoprazole (Protonix)

How do PPIs work? They reduce stomach acid, thereby, reducing acid reflux into the esophagus relieving heartburn symptoms.

It appears short-term use may not be an issue. Based on an observational study, the risk of developing diabetes using PPIs for up to two years increases by 5%. PPIs used for more than two years showed a marked increase by 26%. Stopping the medication is likely to reduce the risk of diabetes.

Long-term use of PPIs has been associated with vitamin B12 and zinc deficiency. Metformin, a widely prescribed drug for diabetes and prediabetes, is also known to inhibit the absorption of vitamin B12. Consider if the combination of drugs increases the probability of absorption issues.

Data suggests that PPI users have a 40% higher risk of magnesium deficiency. After discontinuing use of the PPIs, levels appear to normalize within a couple of weeks. However, deficiency occurred again after restarting the medication.

Long-term and/or high-dose users may be at risk of a 41% reduction in calcium absorption increasing fractures to the hip, spine, and wrist. And it was found with omeprazole users in a 2016 and 2017 study in Brazil that there was a 70.6% progression of chronic kidney disease (CKD). Couple this with the effects of diabetes and it may exacerbate kidney issues.

What is the importance of the digestive tract?

Vitamins and minerals are absorbed and processed in the digestive tract. Stomach acid is designed to break down food so nutrients can be delivered. It is a balancing act, just like everything else in your metabolism. The food we eat and the beverages we consume are a direct impact on our digestive health. When that goes awry, people can also experience stomach pain, bloating, IBS, fatigue, difficulty in losing weight, and it can also be a driving issue for joint pain, headaches, and migraines.

Stomach acid is also needed to disable bacteria and viruses. When stomach acid is dramatically reduced by PPIs, there is an associated risk for intestinal infections, community-acquired pneumonia, and dementia due to your inability to efficiently break down food.

Is medication my only option?

Digestive issues are commonplace today for those with and without diabetes. Diabetic gastroparesis is a condition that can develop where chronically high glucose levels damage blood vessels supplying nerves and organs with nutrients and oxygen. In this case, PPIs may not be your best choice. Understanding the cause of your heartburn or GERD can determine the proper medication needed, if any, or food elimination being your healthiest option.

There is a reason that PPIs are the most widely prescribed medication, it is an easy way to get short-term relief. The high use of PPIs is in line with the decades of high consumption of unhealthy food or food sensitivities. Dietary changes may not seem to be an appetizing way to get relief. In the end, it may be the most effective and the safest for your long-term health.

So, let's get that balance back in your life!

Webinar | Heal Diabetes with the Power of Food
Wed., Feb. 10, 2021 at 11:00 AM ET - Free

- Do you have a hard time deciding the food you should eat versus what you want to eat?
- Have you realized you may be out eating what your diabetes medication can do for you?

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Covid Vaccine and Facial Fillers... What's the deal?

By Daniel I. Wasserman, M.D.

It has been well-reported for several years now that after moderate to severe influenza-like illnesses, patients can experience inflammation and swelling of their filler depot in their face or elsewhere. This can happen even several years after the filler was placed. The exact mechanism for this phenomenon is uncertain and unpredictable. Certain fillers have been observed to experience this effect more often than others, but that is anecdotal and not confirmed by large studies. We believe the fillers most at risk are Vollure and Volbella, both of which we do not use in our practice for these exact reasons. Voluma could be one of these as well, but this has been reported to occur markedly less often than Vollure and Volbella. This is not classically seen with the Restylane family of fillers, which we primarily use, but it could still be experienced with any hyaluronic acid filler. Of note, we are unaware of any reports of this occurring with Sculptra.

Now when considering the vaccine and its possible effect on fillers, we are now aware that both vaccines can create a post-vaccination inflammatory reaction in the body. An individual's depot of fillers may be caught up in this



inflammatory storm as an innocent bystander and become inflamed and swollen. This should not deter anyone from receiving a vaccine. The benefits vs risks of the vaccine are unequivocally in favor of vaccination. However, patients who have had fillers in the past, and perhaps the aforementioned ones, should be vigilant about any reactions. At this time, the only treatment available for these reactions is simple over-the-counter non-steroidal anti-inflammatory drugs such as ibuprofen or naproxen, anti-histamines, and if needed, a prescription for Prednisone from

your dermatologist. While reports making the headlines are from the Moderna vaccine, the physicians at Skin Wellness Physicians believe that either vaccine could potentially cause the inflammatory reaction.

In summary, vaccinations are safe and a history of receiving a facial filler should not be a deterrent for receiving the vaccine.

Daniel I. Wasserman, MD

Fellowship-trained Laser and
Cosmetic Dermatologist

Fellowship-trained Mohs Surgeon
Board Certified Dermatologist

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

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How To MAXIMIZE Your Sexual HEALTH Before It's Too Late.

By Dr. Viviana Cuberos

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

Stress and Erectile Dysfunction: WHY IT HAPPENS

When it comes to men's health, we typically discuss conditions like heart disease and prostate cancer, but there is one issue that gets put on the back burner and chalked up to a "normal" issue more often than not. The Catch 22—Sexual dysfunction in a relationship causes men (and women) a great deal of anxiety, stress and depression, low self-esteem, and sexual self-doubt. In turn, these feelings can exacerbate erectile dysfunction.

The aging process takes a toll on men's bodies, which can lead to less than stellar pleasurable moments with their significant other. In relationships, sexual intimacy is a common issue that many couples suffer with, and they often do so silently, without much dialogue or solution, which can exacerbate other problems and cause a great deal of tension on the relationship. Sexual disorders affect their partner's psychological wellbeing, just as much as it does with the one with the disorder.

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

Why it's best you get ahead of the LOVE MAKING P-Shot (Priapus Shot)

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

Male Enhancement

Safety is a serious concern with the many different dietary supplements available for male enhancement. Surgical options exist for enhancement, but they are invasive, expensive, have long recovery times, and are often ultimately ineffective. The P-shot

is safe and natural. The injection stimulates tissue growth and dramatically increases blood flow, often resulting in a 10 to 20% increase in girth and length.

The P-Shot treatment is like turning back the clock and recapturing the sexuality of your youth.

Stem Cell Details

Older Stem Cells in people over the age of 50 might begin to have limitations. If you're stem cells are deemed unproductive, there is a maximum benefit to using a donor stem cells that are safe and FDA cleared for patient use.

Umbilical Cord Stem Cells (Wharton's Jelly)

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

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

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

IV infusions of vitamins and minerals are growing in popularity and for good reason. The gut has a difficult time absorbing most supplements that are taken orally, so administering them via and IV allows for high potency delivery of much needed supplements to boost the immune system, impact antiaging, increase overall wellness, and to combat various conditions.

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There are Viable Alternative Treatment Options that WORK.

If you or someone you know could benefit from the P-Shot procedure, please contact Orchidia Medical Group today at 239-333-8809, or visit their website at orchidiamedicalgroup.com.

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.



FEBRUARY IS GET MOVING MONTH

I really like the word “moving” rather than exercise (a 4 letter word in the minds of many – including me). Now more than ever before (due to COVID restrictions) you have to move and be active even it is just around your home or neighborhood. Sitting around watching depressing news that you have no control over, can affect you not only mentally, but physically as well. Don’t put off moving until tomorrow when you can begin today. Whether COVID-19 or another virus down the road, the best defense you have is a healthy organic machine – your body. Moving makes it stronger along with eating correctly.

Think of your body as your house and your joints as its furniture or its nooks and crannies. What happens if you don’t dust your furniture or clean around the baseboards or corners of a room? You get an accumulation of dust, dirt, and cobwebs, right? Think of your hips, knees, shoulders, and other joints as items you need to “dust.” Moving prevents the formation of “cobwebs” in your joints.

Personally, I like to put music on while I cook, and then I dance! I do deep knee bends every time I take clothes out of the dryer. I take one piece of clothing out at a time, so if there are ten pairs of socks in the dryer, that equals twenty deep knee bends.

Another easy way to get moving is grocery shopping. I know where the items are at my local grocery store, but I purposefully create my shopping in a way that requires me to go from one end of the store to the other end. I also park my car far away from the door as possible. All of those steps add up,

burning excess glucose, improving flexibility and increasing activity is a win/win. Every single time your body moves, it burns glucose (the body’s fuel), improves flexibility, your health and weight.

When you eat to protect your pancreas and move, your body must go into your storage tanks for extra fuel which leads to weight loss. Also, the added benefit of movement is the release of endorphins that aid in reducing stress, anxiety and depression, along with improving sleep and self-esteem (especially when your weight starts to drop, and your health improves).

Whether you get down on your hands and knees to wash the floor, hula hoop, clean the windows, wash your car, lift weights, dance or take a walk after dinner, any of these activities will raise your heart rate, increase your stamina and force you to utilize muscles that need to be dusted off and engaged.

I cannot emphasize enough the need to love and care for yourself. Make this a priority for 2021! Remember, your mind, body, and spirit are in a partnership. They work in unison to sustain life. Give your body something to work with – wholesome, nutritious, responsibly grown pancreatic friendly foods and engage in some form of movement/activity on a daily basis. Your health and well-being will benefit. Now - GET MOVING!

Candice Rosen is a registered nurse, social worker, healthcare counselor, researcher and author. The Pancreatic Oath and Forget Dieting! It’s All About Data Driven Fueling (Rowman & Littlefield, July 2020) are available at Barnes & Noble and Amazon.

Candice believes in the practice of self health. Her hypothesis is that all non-communicable diseases (obesity, type 2 diabetes, high blood pressure, high cholesterol, metabolic syndrome, insulin resistance, polycystic ovarian syndrome, low testosterone, renal issues and even some cancers) stem from pancreatic abuse. What is pancreatic abuse? Anytime you raise your blood glucose over 100 ninety minutes after you eat a meal or a snack, you are asking for weight gain and poor health.

*Never allow your glucose to drop below 70. Clients of Candice test their glucose using a glucometer for 2-3 months to determine what fuel/food works best for their organic machine. Always consult your physician before engaging in any new eating plan.

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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-a-Mental-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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NAVIGATING MENTAL HEALTH IN 2021

The importance of a Mental, Physical, Emotional and Spiritual Solution!

By Jamie Kliewe

We have learned so much about mental health over the years and continue to learn more and more as time goes on! Our mental health affects many areas of our lives. It can have a positive or negative impact on our self-esteem, our ability to perform, our relationships, our professions, our sense of peace, contentment and well-being, our purpose and direction in life and so much more. The state of our mental health is what might help us navigate through times of emotional challenge, change, disappointments and just everyday stress. Science has begun to realize the ability of our brains to create what we call neural patterning, either negative or positive, by repetitive subconscious programming as a result of repetitive experiences or repetitive thought patterns. If for example, we have continually experienced traumatic events one after another after another, our mental capacity to continue to handle more traumatic events becomes less and less. It may even lead to, what we call a mental break, if those traumatic experiences don't stop. Essentially, our brains become programmed for these types of thought patterns and behaviors. While most of us are mentally equipped to handle moderate day to day normal life stressors such as sadness, anxiety and disappointments, there are breaking points for all of us so we must take care to implement strategies to mitigate the damage of too many mental and emotional stressors.

The best approach involves mental, physical, emotional and spiritual interventions. A majority of mental health stress is generated by fear and feeling out of control of our lives. I like to say that most of the



time fear is "false evidence appearing real". Most of the time! There are things that happen in life that legitimately are cause to have some apprehension and fear, however, most of the time we fear things that do not ever come to fruition. So, the first mental exercise is to establish truth. Is what I am "fearing" even likely to happen?

Physically we come under some challenges because we do not have proper diet and exercise habits. When our physical foundation of diet and exercise is not in alignment the chemical and energetic components of our being cannot properly mitigate stress and often causes our rational thinking to be off as well. When we experience this physical imbalance, we often do not get enough sleep either, which can change the way we are able to process things mentally.

Emotions can be tough! Finding productive ways to manage our emotions most certainly gives way to a more positive mental health status. It is all connected! Mental affects physical, physical affects emotional and vice versa. When one is off kilter, they all can be thrown off. Which leads us to the spiritual category.

Faith in a power greater than ourselves that operates in the realm of love and goodness, that cares about us and wants to see good things happen to us and for us, often provides a sense of peace and calm when things seem to happen that are out of our control and of which we do not understand. Faith in a power greater than ourselves, that is good and loving, also provides us with hope. It is extremely important to never lose hope in the good. There is good and bad in all of us but what we focus on tends to expand in our minds and will in turn effect our mental health and well-being.

Science continues to prove that the brain has the ability to be reprogrammed, the quality of neuroplasticity, so just as negative mental, emotional, physical and spiritual experiences can create more stress and mental fatigue, positive mental, emotional, physical and spiritual experiences can create more peace, contentment and a healthy mental state. Finding the right mental, emotional, physical and spiritual experiences is an important part of the journey and worth seeking.

There are many therapies and modalities that can reduce stress and give your body a chance to properly process situations and events which can be important in handling mental stress. We thrive in community and need to feel needed and wanted. Staying connected to others is very important! Being around uplifting and positive people is extremely beneficial for a healthy mental state.

These principles are the driving force behind the strategies used by the team members of Omni Balanced Life Center to assist our clients and patients with cultivating a healthy Mind Body and Spirit!

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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](https://www.cms.gov); [medicare.gov](https://www.medicare.gov), [healthcare.gov](https://www.healthcare.gov) and [FEMA.gov](https://www.fema.gov)

WebEx SEMINARS

THURSDAY, FEBRUARY 4

10:00:00 AM

Medicare/Medicaid
Low Income Subsidy
Virtual

SATURDAY, FEBRUARY 6

10:00:00 AM

Employer Health Plan
vs. Medicare Virtual
& In Office 11:30am

TUESDAY, FEBRUARY 9

10:00:00 AM

Employer Health Coverage
vs. Medicare - Virtual

WEDNESDAY, FEBRUARY 10

10:00:00 AM

Original Medicare
vs. Advantage Plans - Virtual

THURSDAY, FEBRUARY 11

4:00:00 PM

Employer Health Plan
vs. Medicare - Virtual

WEDNESDAY, FEBRUARY 17

11:30:00 AM

Employer Health Coverage
vs. Medicare - Virtual

THURSDAY, FEBRUARY 18

4:00:00 PM

New To Medicare Steps
Virtual

TUESDAY, FEBRUARY 23

10:00:00 AM

Recently Moved how does it
effect your Medicare - Virtual

WEDNESDAY, FEBRUARY 24

4:00:00 PM

Medicare Cost, Late
Enrollment Penalties
and more - Virtual

THURSDAY, FEBRUARY 25

11:30:00 AM

Medicare/Medicaid
Low Income Subsidy
Virtual

SATURDAY, FEBRUARY 27

10:00:00 AM

Turning 65 or New to Medicare Virtual
& In Office 11:30 am

Dee Merritt

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

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

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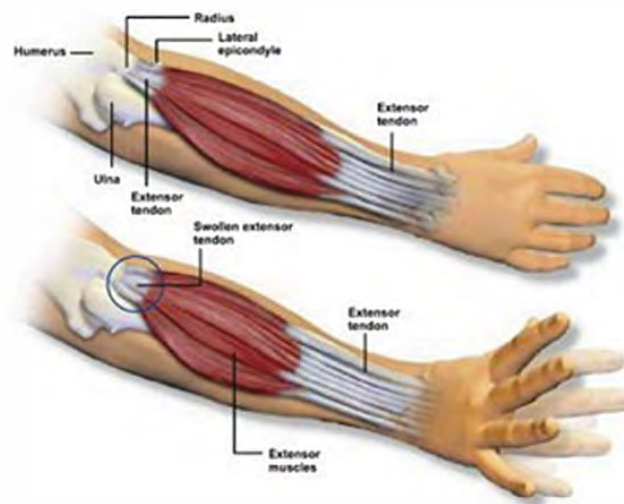
*We also do a complimentary homeowners review

Are You a Tennis Player Suffering From TENNIS ELBOW?

Tennis elbow is a fairly common, painful condition among recreational tennis players, particularly those above forty years old. At the same time other work-related activities could also produce the same problem. It typically begins with inflammation on the attachment of particular muscles of the outside of the elbow, that later progresses into pain, weakness and depending on the severity of the symptoms inability to grip or manipulate objects with the hand on the involved side.

When it comes to tennis players there is a common number of events that are typically found in the history prior to developing Tennis Elbow, here are a few examples:

1. Beginners often practice too long without paying too much attention to the racquet they use.
2. Someone returning to the sport after a period of inactivity and not coming back gradually to their usual volume of play.
3. For the ones that have played for a while, switching racquets and/or strings, racquets that have higher stiffness combined with higher tension and less forgiving string materials are a dangerous combination.
4. Working on classes or training sessions focuses on strokes like backhand, serves or overheads, they all place an increased load on the wrist extensors at some point causing increased mechanical loading on the side of the elbow.



5. Painters, plumbers, carpenters, are also prone to developing tennis elbow, since they perform repetitive movements against resistance for extended periods of time.

Keep in mind that due to the anatomy and the biomechanics of our upper extremities, the faulty movements at the wrist are the ones at the beginning of this chain reaction leading to problems at the elbow. The most commonly involved muscle group is the ECRB, that runs from the lateral side of the elbow down to the wrist.

TREATMENT OPTIONS

The first step to ensure proper treatment is to visit an MD, who will rule out any other issues and establish the best plan of care that in most cases is conservative care.

This approach might include further testing like an MRI, EMG or X-Ray and then the recommendation of medication, rest, steroid injection, a brace, PRP (platelet rich plasma) injection and Physical Therapy. Most cases of tennis elbow resolve well with a conservative approach only very few will require a surgical approach. Nevertheless, for some patients the rehabilitation process could be long and frustrating, lasting for several months.

PHYSICAL THERAPY

The main goals of the PT approach include:

1. To relieve pain by improving range of motion, stability and muscle activity in the involved area. Therapists utilize manual therapy interventions, also modalities like ultrasound combined with electrical stimulation and the most adequate exercises to ensure faster recovery.
2. To address flexibility and movement patterns not only of the wrist and elbow but the entire movement chain, which includes the neck and shoulder.
3. To provide a gradual return to full function, including specific recommendations for tennis return including type of strings and their tension, a personal plan to gradually and successfully prevent set-backs due to doing too much too soon.

The team approach has the highest odds of success when dealing with the nagging tennis elbow, a coordinated work from the Medical Doctor, Physical Therapist, Tennis Pro, Personal Trainer and others will offer the best results. In my personal experience patients that have utilized this team approach will more likely recover faster and also have less risk of reoccurrence.

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When you hear the word **PAIN** **MANAGEMENT** what do you think of?

By Sheryl Hensel

My first thought is.....I don't want to manage any kind of pain, I want to heal it.

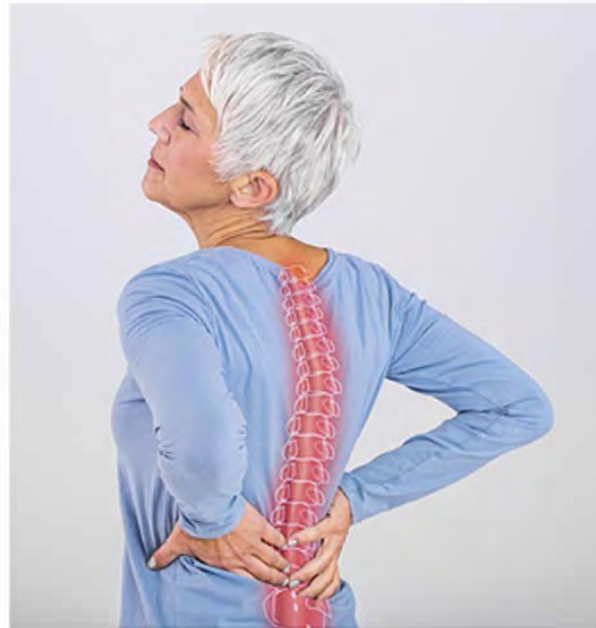
The National Academy of Science estimated the cost of pain was \$560 billion to \$635 billion per year back in 2012 which includes direct and indirect costs. Examples such as: days of work missed (\$11.6 billion to \$12.7 billion), hours of work missed (\$95.2 billion to \$96.5 billion), and lower wages (\$190.6 billion to \$226.3 billion.) It probably is no surprise to you that chronic pain is the leading cause of disability globally, affecting billions of people.

The price of pain far outreaches just the physical pain, which can be life altering. The price of pain is costly to your relationships, your time, your activity level, your work capability, and your emotional well-being. The toll pain takes on our entire being can be overwhelming. According to the CDC's, Data from the National Health and Nutrition Examination Survey, In 2015–2018, 10.7% of U.S. adults aged 20 and over used one or more prescription pain medications (opioid or nonopioid) in the past 30 days. Also, prescription opioid use was higher among women than men, and use increased with age.

Not all people are candidates for current medical approaches to pain therapy like pharmacological, surgical and physical options. Although many people can be provided with pain relief in this way, not everyone responds to, or are suitable, for these options. Some of the pharmacological and surgical therapy approaches do have risk potentials that should be taken into consideration as well.

How would it feel if you could do something, from your home, on a daily basis that would drastically improve your pain, maybe even eliminate it? Our solution does not require ingesting anything into or lathering anything onto your body. The goal at Wellness Achievers is not to help you manage pain, we'd like to see you out of pain. Nobody should have to live with pain on a daily basis.

Our PEMF (Pulsed ElectroMagnetic Field) device's magnetic fields affect pain perception in many different ways. These actions are both direct and indirect.



- **Direct effects of magnetic fields are:** neuron firing, calcium ion movement, membrane potentials, endorphin levels, nitric oxide and dopamine levels, and nerve regeneration.

- **Indirect benefits of magnetic fields on physiologic function are on:** circulation, muscle relaxation, edema, tissue oxygen, inflammation, healing, prostaglandins, cellular metabolism and cell energy levels.

PEMFs have been used extensively in many conditions and medical disciplines. They have been most effective in helping rheumatic and musculoskeletal disorders. It is estimated that Americans spend over 50 Billion dollars each year on lower back pain.

Some of our personal, greatest testimonials from users here in The Villages:

- Knee pain, looking into a knee replacement and getting injections for pain with no relief. After a month of PEMF use, his pain is gone.

- Sciatic pain, hip pain completely gone after 6 weeks of daily PEMF use. She tried massage therapy, topicals and nothing was effective until PEMF.

- Arthritic hands that ached every day. After 2 sessions with PEMF she was able to make a fist again and pain had subsided substantially.

- Migraine sufferer with sinus issues has knocked the pain down from 9 (worst pain) to a 2 when she gets a migraine, which she reports is very rare these days.

We have all experienced pain on some level but we certainly haven't experienced YOUR pain. It is such a personal experience and tolerance levels are so different. One thing we believe, our PEMF device can make a difference in your life. It has been found to have good results in a wide array of painful conditions. There is little risk when compared to the potential invasiveness of other therapies and the risk of toxicity, addiction, and complications from medications.

We are also seeing magnificent effects PEMF has on animals. Keep them in mind when considering a device for your entire family.

If you'd like to learn more about how our PEMF devices can help you eliminate, or greatly alleviate, your pain contact Sheryl at (949) 220-4900. Please leave a message and someone will return your call within 24 hours. We do have weekly presentations and will be at The Brownwood Hotel & Spa conference room March 5th and 6th all day providing presentations.

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Wellness Achievers

*For more information, or to have your own personal
presentation, leave a message for
Sheryl @ 949-220-4900.*

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

With Hyperthyroidism, an overproduction of the T3 and/orT4 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. She is a diabetic specialist treating patients 25+ years with special emphasis on preventing complications due to this disease. 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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that will promote living a healthy, well-balanced lifestyle.





New and Second Home Sales Surge in Florida

By Robert Nardi - Broker/Owner

We've collectively come to realize that things are not going to go back to 'normal' any time soon. With the effects of COVID-19 still pressing on our lifestyle choices and demands, many potential home buyers are no longer waiting for change, but instead have accepted that the 'new way' we live makes home buying more attractive than ever before and being in a warm, sunny, state like Florida is appealing for multiple reasons.

The interest rate has been extremely low, and although researchers predict an increase, that will still be nominal compared to years past. Home inventory's are also still quite low; throughout the entire country, with approximately only 500,000 homes available, but that number is expected to increase as well. Many homeowners that have been on the fence about selling are ready to do so now. The reason or motive behind selling are unique to each individual, of course, but they are typically due to making a notable profit on home sales, moving into a larger, more spacious home, or for seniors, downsizing or moving into a senior community.

Supply and demand is expected to even out more in 2021 than we saw in 2020, for the sheer fact that people realize that working and spending time at home is not going to change much. Even though we are expected to see a significant amount of people getting the vaccine by the year's end, we still have a ways to go to see real change, which could take years. Despite this optimistic look, we as a country and the world are going to see the virtual opportunities arise and the true staying power of technological advances.

Bidding wars are still presumed to grow, so if you are interested in buying, you need to be prepared to purchase. You must know your price range, and it's optimal to have preapproval for your loan or funding. If you see a home you love, you don't want to miss out.

If you are interested in buying or selling, it's imperative that you seek out a realtor that knows the area, the comps in your area of interest, and one that can leverage potential buyers with specific needs and desires.



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!

Nardi Realty

3400 Tamiami Trail N., Suite 103
Naples, FL 34103

Cell: 239.293.3592

Robert@NardiRealty.com

www.NardiRealty.com

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It's True—Chocolate is Toxic to Dogs

Two chemicals in chocolate are what makes it so dangerous and deadly for dogs when they ingest chocolate. These are theobromine and caffeine. The main problem is that dogs cannot metabolize them, so the onset and delayed ability to get rid of the toxin makes the animal extremely ill. Theobromine and caffeine have similar effects, such as dilates blood vessels, causes dehydration, and increases heart rate to name a few.

If your dog ate chocolate, they may start to pace with anxiety, pant, have an increase in thirst, show extreme excitability or lethargy, have diarrhea and vomiting. The severity of the symptoms and the life-threatening complications all depend on how much chocolate the dog ate. Any amount is dangerous, but a good rule of thumb is that one ounce of chocolate per pound of body weight should be taken into consideration. If you have a 4-pound Yorkie, and they ate a ½ of a chocolate bar. You need to call the vet or visit the animal ER immediately. If you have a 100-pound mastiff that ate a ½ of a chocolate bar, they might get sick but will have a better chance of survival than smaller dogs. However, it can be difficult to gauge how much chocolate was consumed. It's always best to seek veterinarian attention. Also, keep in mind that dark chocolate is even more dangerous than milk chocolate due to theobromine and caffeine concentration.

Your veterinarian may ask you to help the dog vomit with an at-home remedy, or they may ask you to bring them in immediately to start treatment. Once the dog vomits, the veterinarian will administer activated charcoal to help remove the toxins. Other extreme



measures may be necessary to try and save your pet's life in severe cases, such as intravenous fluids and medications to lower blood pressure or to control the dog's heart rate. It may take a few days for your dog to feel better.

On a side note, cats are also sensitive to chocolate as well, and it should be avoided, although cats are less likely to scarf it down like most dogs.

For Non-Emergency Needs, Telemedicine is Available

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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<p>ENDOCRINOLOGY - THYROID - DIABETES - METABOLISM</p>  <p>Josephine V. Jasper, MD F.A.C.E. LISTEN LIVE - HEALTH TOPICS (Sugar Hour) - Every Weekend at 10 am 98.1 FM Marco Island 88.1 FM Everglades City EMAIL YOUR HEALTH QUESTIONS 239-315-8271 info@sugarhour.com The right care makes all the difference.</p> <table border="0"> <tr> <td>Marco Island 40 Heathwood Drive Suite E Marco Island, FL 34145</td> <td>Naples 700 2nd Ave N. Suite 204 Naples, FL 34102</td> </tr> </table>	Marco Island 40 Heathwood Drive Suite E Marco Island, FL 34145	Naples 700 2nd Ave N. Suite 204 Naples, FL 34102	<p>YOUR PET'S HOME AWAY FROM HOME!</p>  <p>Animal Oasis Veterinary Hospital in Naples offers the most up to date and progressive veterinary services for your pets. Ranging from Laser Surgery, Ultrasound, Dental Xrays, Radiology, Full Pharmacy and In House Diagnostics, Animal Oasis Veterinary Hospital provides your pets with the necessary options for treatment.</p> <p>Dr. Kimberly Greene Dr. Liz Vacendak Dr. Lien d'Hespeel 239.431.9667 www.aovethospital.com</p> <p>2700 Immokalee Road, Suite 16, Naples, FL 34110</p>
Marco Island 40 Heathwood Drive Suite E Marco Island, FL 34145	Naples 700 2nd Ave N. Suite 204 Naples, FL 34102		

How Organic Acids Testing Can Help with Post-COVID Syndrome

By Toni Eatros, MS, Dipl Ac, AP

Congratulations! You survived the initial corona virus infection, but COVID continues to kick your butt. You used to run 5 miles per day before COVID, now you can barely walk 1 mile. You used to be able to swim laps around the kids, now you can barely swim the length of the pool. Some people who have had COVID, even those who only experienced mild symptoms, continue to suffer with a variety of symptoms even after their recovery and negative COVID test. This condition has been dubbed post-COVID syndrome or long COVID-19. There does not seem to be consensus about the percentage of people who will deal with lingering symptoms, but for those who do, it can be life altering.

Symptoms of post-COVID Syndrome:

- Tremendous fatigue
- Shortness of breath
- Cough
- Joint pain
- Chest pain
- Muscle pain
- Headache
- Fast or pounding heartbeat
- Memory issues
- Difficulty concentrating
- Sleep issues
- Skin rash
- Hair loss
- Loss of taste or smell

The country's focus today is getting the population vaccinated and stopping the spread of the novel coronavirus. There is not much attention on how to help people suffering with post-COVID syndrome reclaim their pre-COVID lives. This is where the functional medicine organic acids testing and Acupuncture and Natural Health Solutions come into play.

For years, I have been participating in a worldwide functional medicine practitioner group that meets weekly to discuss lab testing, treatment strategies and patient outcomes. With over 94.7 million cases of COVID worldwide, we are starting to see a lot of post COVID cases in this group and the corresponding lab data.

It is becoming clear that COVID has a detrimental effect on the mitochondria, the brain and nervous system. Sometimes, the damage can be so severe that symptoms may persist months after the acute



illness. These people go from doctor to doctor, not really getting any answers while perpetually feeling lousy and dreaming about their pre-COVID health and lifestyle. If this is you, be sure to keep reading.

The mitochondria are tiny organelles in every cell of the body that are responsible for making ATP. You can think of ATP as energy or as the fuel that drives all chemical reactions that occur in the body. When you are healthy, life is good. Your mitochondria makes energy from the food that you eat and you go about your business feeling healthy, happy and energized. When the mitochondria suffer, you start to suffer.

One major cause for the mitochondria to struggle is lack of oxygen. We all know that COVID causes lung fibrosis, difficulty breathing, cough and dangerously low oxygen levels, sometimes requiring mechanical ventilation. When deprived of oxygen for any length of time, the mitochondria numbers start to decline. If your mitochondria are not working properly, or worse, if you have diminishing numbers of mitochondria, you will not have enough energy to function properly and you may experience grand fatigue, brain fog and metabolism issues.

The good news is that there is an easy to perform, at home, urine organic acids test that tells us, in great detail, the health of your mitochondria. Based on your results, we know exactly how to treat. We can see if the mitochondria are working hard, but holding their own or if they have totally collapsed and numbers are dwindling.

Treatment consists of a variety of essential nutrients including magnesium, CoQ10, B vitamins, alpha lipoic acid and free form amino acids.

The lab results tell us exactly which nutrients are required and how much is needed. Mitochondrial regeneration programs usually take two to four months.

The organic acids test also shows markers for brain health. It looks at neurotransmitter markers such as dopamine and serotonin levels. There are also markers that show levels of brain inflammation. Based on your test results we can use a variety of nutrients to balance the neurotransmitters, thereby reducing depression and anxiety. Brain inflammation is also reduced in just a few months.

The organic acids test is one of the easiest and most informative tests that I use in my functional medicine practice. I have always recommended that my patients take this test annually to see how the body is functioning. This test is especially important, however, if you have had COVID in the past and you still just do not feel like yourself.

I have been studying with Dr Kalish learning functional medicine for six years. Dr Kalish has been studying with Dr Lord many, many hours per week for years. Dr Lord is the man who developed the organic acids test. Through my years of training I have learned many nuances of the test that only can come from the developer of the organic acids test, himself. This specialized, intensive training has allowed me to develop effective treatment protocols for restoring mitochondrial numbers and function, thereby, reducing fatigue, anxiety, sleep issues and brain fog.

If you are interested in this test, I highly recommend you schedule either an acupuncture or functional medicine appointment (telemedicine appointments are available). We will discuss your current health concerns and decide if the test is appropriate for your condition. If it is appropriate, you will be given a test at the office or drop shipped directly to your home from the lab. Results usually take 2-3 weeks to receive. Treatment usually takes 4-6 months. Call today, 239-260-4566, or schedule online at www.AcupunctureSolutionsOnline.com. I look forward to finding and addressing the root cause of your symptoms so you can become symptom free. Let me help you kick COVID's butt once and for all.



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

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

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

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

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

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

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

5. Change vacuum bags monthly or more frequently.

6. Boil toothbrushes for one minute in water and vinegar, run through a dishwasher cycle or purchase new brushes.

7. Use antibacterial wipes on your keyboard, phone and pens to protect yourself from spreading germs at work.

8. Wash telephones, cabinet handles, doorknobs, light switches and refrigerator door handles using a slightly dampened cloth with a solution of mild detergent and warm water.

9. Wash mop heads in a solution of ¼ cup bleach and one gallon water, dry thoroughly, then store. Not only will mop heads pick up germs and dirt, but they also can also grow mold and mildew if they don't dry out completely.



10. Disinfect the bathroom and kitchen, especially the faucet and toilet handles, daily. The kitchen and bathroom are the most used rooms in the home and possibly the most contaminated.

MaidPro is a residential cleaning service that uses a tried and true approach to clean each home for health, combining environmentally preferable cleaning supplies and state-of-the-art equipment to maintain the healthiest living environment possible.

If you're worried about the flu virus showing up uninvited, give MaidPro a call to schedule a cleaning.



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Having Difficulty Getting in and Out of the Bath?

Tubcut™ Bathtub Conversion Creates a Specialized Step-Through Access

As we age, slips and falls are one of the number one emergencies that cause seniors to become injured. One in four Americans over the age of 65 years old fall each year—Every 11 seconds a senior is treated in the emergency room for fall-related injuries? From balance issues, diminished eyesight, arthritis, immobility, to cognitive decline, some conditions make falling a much higher risk for seniors.

One of the most dangerous areas to fall is in the tub or shower, and unfortunately, the slippery surfaces and hard to get in and out of tubs are the leading cause.

Barti Contracting Inc. is pleased to announce the TubCut™, an adaptive tub conversion now available in your area. In about half a day it creates easier, step-thru access in the front of any existing fiberglass, steel or cast iron bathtub.

What is the TubCut™?

Intended for bathroom retrofits where increased accessibility is required, the TubCut™ provides easier access for existing tubs by creating a step-through in the front of the tub. Installed as an integral part of the tub, not a cap, the TubCut™ has a seamless, factory appearance and is installed in less than one day. Save the cut-out section and the tub can be restored to original condition. Hand-crafted from high quality, custom-fitted components, it will exactly match any tub's contour. The TubCut™ can even accept shower door applications.

The TubCut™ was developed after research showed a lack of affordable options for retrofitting bathtubs for elderly and disabled consumers. The Tubcut™ is an attractive option for retirement communities and nursing homes that want to upgrade from standard tubs to units that are more easily accessible to their residents. There is also a substantial residential market for the TubCut™. Recent data shows that more than 50% of Americans aged 50 and older will remodel their homes to accommodate their needs as they age.



Step-through not over your existing fiberglass, steel, or cast iron bathtub within a few short hours.



IF YOU OR YOUR LOVED ONE ARE HAVING DIFFICULTY GETTING IN AND OUT OF THE TUB, THE TUBCUT™ IS A REMARKABLE, EASY, AFFORDABLE SOLUTION AND IS HELPING NUMEROUS INDIVIDUALS JUST LIKE YOU LIVE A SAFER LIFE IN THE COMFORT OF THEIR HOME.

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Barti Contracting, Inc is a contracting firm out of Cape Coral, Florida. We specialize in both commercial and residential from large remodels to new home construction. Ron and Michelle, husband and wife team, started Barti with the hopes of bringing your dream home to life. Whether you need a kitchen upgrade, addition or full remodel, we do it all.

TheTubCut™ is available through Barti Contracting Inc. To find out more, please call 239-224-2740.

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"Ronnie is meticulous to details and his work is impeccable. I had my master bathroom gutted and am very happy with the results. His wife Michelle was so helpful in organizing the details and keeping me informed when the next steps were going to happen. I am extremely pleased and will have other contracting jobs by this company. They are a fun couple and dedicated to their company."—Kathy K.

"Barti Contracting is a wonderful family run company. Ron and Michelle and their employees are professional, honest and go beyond the norm to accommodate their customers. The quality of their work is of the highest order and this praise comes from a perfectionist. I was so happy with the extensive remodeling of my recently purchased condo. They also accommodated me when I had last minute requests and other projects."—Belle H.



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The Importance of Friends

By Pastor Timothy Neptune

In our crazy world, if we are not careful, the busyness of life will crowd out the time we need to develop and maintain healthy relationships. Having friends is very important!

The Bible gives us some great advice on the importance of friends and of building healthy relationships:

Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up. Also, if two lie down together, they will keep warm. But how can one keep warm alone? Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken. Eccl. 4:9-12

Everyone likes to make good investments in life. We want our stock portfolios to do well. We hope our real estate holdings to go up in value. We want all of our investments to appreciate. Our hope is that if our investments go up in value it will ultimately improve the quality of our lives.

That premise may or may not be true, but there is one investment that does pay great dividends and will improve the quality of your life, but it often gets overlooked in the grand scheme of things: our investment in people.

Building and maintaining strong friendships is a good investment of your time.

"Two are better than one, because they have a good return for their labor..." A good return in this passage is talking about the dividends that come from a wise investment.

We were not created to live life alone. We need each other.

Do not underestimate the value of friends. Friends provide:

- Encouragement
- Moral support
- Trusted counsel
- Spiritual admonition
- Accountability
- A helping hand

Solomon writes in all of his wisdom: *pity anyone who falls and has no one to help them up.* That could be you or me if we don't take the time to invest in building good friendships. Perhaps you could ignore this wisdom as long as you are certain that you will never fall or be the one in need of a helping hand.

If you do not invest time in forging strong friendships, who will be there to help you in your times of crises and need?

It is a good investment of your time build lasting friendships.

Solomon also said, *"if two lie down together, they will keep warm. But how can one keep warm alone?"*

There are certain things that you just can't do by yourself. You need a friend.

If you reflect back on your life, I'm sure you can think of a time in your life when a friend made all the difference in the world at a time when you needed it most.



A good friend knows when to talk and when to just sit with you in silence and be there as a support. Margaret Runbeck says, "Silences make the real conversations between friends. Not the saying but the never needing to say is what counts."

Sometimes just having a warm body with you is all you need to get through a particularly difficult time in your life. But, what happens to those who failed to invest in their friendships? When the tough times come... there is no one there give comfort and care.

You are likely to face some pretty big battles in life.

You may have a:

- Health issue
- Marriage difficulty
- Legal challenge
- Financial crises
- Or face the loss of a dear loved one.

When you face your biggest battles you need your closest friends. Your relationship with God and your closest friends give you the strength you need to face your biggest battles.

You can't wait until you are in a crisis to start building friends. You need to intentionally work on your friendships on a regular basis. The day will come when they need you and the day will come when you need them.

In next month's issue we will look at four steps to building and maintaining healthy friendships. Until then, start making some investments in your friends: invite them over, give them a call, send them an email, take them to dinner... you never know when they will need you and you never know when you will need them.



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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When it comes to keeping your family healthy, annual wellness visits with a health care provider are key. Routine exams and screenings can identify potential health issues early, when they are most treatable. And if you or a loved one gets sick, seeing a doctor is even more important.

We know some people are afraid to seek medical care right now. But we are taking extra precautions to provide a safe environment, including screening everyone, social distancing, requiring masks, cleaning frequently and limiting wait times.

Make your appointment today. In-person and telehealth visits are available.



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