

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

Health & Wellness[®] MAGAZINE

March 2021

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Rainbow.**

Linell King, M.D.
Amazon Best-Selling Author, Physician,
International Speaker, Health Recovery
and Weight Loss Specialist



NAPLES VITALITY
DR. LINELL KING, MD

Florida Pain Center of Naples Welcomes New Physician to Team

Florida Pain Center of Naples is pleased to announce that Interventional Pain Specialist, George J. Arcos, D.O. will be joining our practice effective March 1, 2021. He specializes in caring for patients who are dealing with acute and chronic pain, whether resulting from injury, disease, or otherwise. Holistic in his approach, Dr. Arcos will create a customized and effective treatment plan for patients that may include therapy, medication management, and/or minimally invasive procedures to restore the individual's health and quality of life.

With over thirty years of experience in the field, Dr. Arcos is one of the region's most experienced interventional pain physicians. He is the winner of "The Compassionate Physician Award" and "The Patient's Choice Award" which are accolades bestowed by those patients he has served. Dr. Arcos is also listed in the "Leading Physicians of the World," which is a list limited to the top one to two percent of all physicians.

Dr. Arcos is a member of the editorial board of the internationally recognized professional journal "Pain Physician". He is recognized by his peers as a leader in the field of pain medicine, and has been elected to leadership positions in state pain societies and serves on the Board of Directors of Florida Society of Interventional Pain Physicians.

Dr. Arcos is board certified in anesthesiology with a subspecialty qualification in pain medicine by the American Osteopathic Board of Anesthesiology. He was also selected as a Fellow of the American Osteopathic College of Anesthesiologists.

Dr. Arcos completed a two-year military training program in pain medicine, and was awarded the United States Air Force Commendation Medal for contributions in the area of pain management. He has held faculty appointments at Florida State University College of Medicine, University of Florida College of Medicine, Nova Southeastern University of Health Sciences and University of Miami School of Medicine.

It was during Dr. Arcos' tenure at the University of Florida College of Medicine that he coordinated, directed and implemented all (anesthesia) resident training in pain medicine. As Chief of Anesthesiology at two institutions, he has managed allopathic colleagues in the areas of anesthesiology and interventional pain management. He is currently accepting new patients and with a great combination of compassion, understanding, and excellent diagnostic and technical skill Dr. Arcos comes highly regarded by his patients and his peers.

George J. Arcos, D.O. is the newest addition to Florida Pain Center of Naples medical staff.



About Florida Pain Center of Naples

Serving the Naples and the surrounding communities, FPCN provides integrated pain management solutions for people suffering from chronic or acute pain.

For more information, call (239) 659-6400 or visit flpaincenter.com

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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 photoemulsification power needed in comparison to the Catalys group. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC507266/>



KIDNEY CANCER: Are You at Risk?

By Neetu Malhotra, MD

The kidneys are a major part of our detoxifying system. These two small bean-shaped organs clean the blood and filter waste products and toxins from the body through the urine. Kidney cancer is one of the ten most prevalent cancers. The lifetime risk for developing kidney cancer is about 1 in 46 in men and 1 in 82 in women.¹

The symptoms of kidney cancer often go unnoticed or don't begin to show until the tumor(s) has grown. However, some of the key indicators are as follows:

- Blood in the urine
- Fatigue
- Loss of appetite
- Weight loss
- Fever or infection
- Swollen abdomen
- Lump on the side of the abdomen (with or without pain)
- Anemia
- Swollen legs and ankles
- Chronic inflammation
- High blood pressure
- Shortness of breath

If you have symptoms or your physician finds a lump during a physical examination, they will order diagnostic testing such as a renal arteriogram, MRI, CT Scan, blood and urine analysis, and a needle biopsy may be necessary.

There are some increased risk factors, which make some individuals more susceptible to renal cancer. The risks factors included:

- Being over the age of 40
- Being male
- Being black
- Smoking
- Obese
- Overuse of NSAIDs and other prescription medications
- Family History
- Chemical Exposures
- Kidney disease

Most kidney cancer appears first in the tubules of the kidneys. When the malignant cells form a tumor(s) the growth rate is typically slow, so the

likelihood of an early diagnosis is increased, and the treatment can usually be performed before the tumor has metastasized into any other organs.

Treatment

Depending on the stage and size of the tumor(s), your physician will develop a specific treatment plan tailored to your needs.

Typically, performing a nephrectomy treats kidney cancer. There are three main types of this surgical option. The first is a Partial nephrectomy, which removes the tumor and some of the surrounding tissue. The second is a Simple nephrectomy, which removes the entire kidney, and the third treatment method is a Radical nephrectomy, which removes the kidney, adrenal glands, lymph nodes, and any questionable surrounding tissue margins. These procedures can usually be done laparoscopically. Some patients may also require radiation or chemotherapy treatments.

Associates in Nephrology

Associates in Nephrology has been providing comprehensive kidney care and transplant services in Southwest Florida since 1984. Our team of nephrologists, nurse practitioners, and medical assistants are engaged in all aspects of providing the most advanced services for kidney disease and kidney transplants.

Chronic Kidney Disease Program

Chronic Kidney Disease (CKD) means that the kidneys have become damaged. The common causes of CKD are diabetes mellitus, hypertension, inherited diseases, and nephritis.

The purpose of the CKD program is to slow the progression of damage to the kidneys and treat associated complications such as hypertension, anemia, and bone disease. If we are unable to arrest the disease process and the kidney damage progresses to end stage renal disease (ESRD), our plan is to manage these complications while preparing patients for renal (kidney) replacement therapy. This therapy can consist of peritoneal dialysis, hemodialysis, home hemodialysis, or kidney transplantation.

Source:

1. https://www.nftr.org/cancer-types/kidney-cancer/?gclid=CjwKCAIAYc2BBhAaEiwA44-wW9qTM7gXbIKsBU1ldxNN-rM70KwmG3i43bZni6h175MIQCzwNsKORoCE5QQAvD_Bwe

Managing these complications and preparing patients for renal replacement therapy is a complex process of visits, treatment, and teaching sessions. Our medical team consists of nephrologists (kidney doctors), nurse practitioners, registered dietitians, nurses, and medical assistants.

Services Provided

Associates in Nephrology provides treatment for many kidney related conditions, as well as kidney transplant services.

- All forms of Dialysis – Hemodialysis and Peritoneal
- Diabetic Kidney Disorder
- Dietitian Services for Kidney Patients
- Disorders of Blood Chemistry
- Electrolyte Disorders
- Fluid Overload, Edema (swelling)
- Glomerulonephritis
- Hypertension
- Injections of Aranesp for Anemia related to Kidney Disease
- Kidney Transplant Services: Patient and Donor Evaluations, Post-Transplant Follow-up Care
- Lupus Nephritis
- Nephrotic Syndrome
- Pyelonephritis
- Polycystic Kidney Disease
- Recurring kidney stones
- Renal Failure
- Renal Insufficiency

We work collaboratively with a patient's primary care physician and specialists to slow the progression of chronic kidney disease (CKD) and prevent or manage complications such as hypertension, anemia, and bone disease. Additionally, our multidisciplinary team of professionals can assist you in arranging a wide array of supportive services and education programs for patients in all stages of CKD. For patients with end-stage renal disease (ESRD), our nephrologists can prepare them for all renal replacement therapies: in-center or home hemodialysis, peritoneal dialysis, and kidney transplant.

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WHY YOUR KNEE HURTS, AND WHAT TO DO ABOUT IT.

By Richard Hiler, DABCN

Regenerative medicine for cartilage wear or tear

Due to injuries, mechanical issues, or overuse and aging, cartilage may be damaged or lost, Resulting in pain.

Stem cell allograft. In times of injury the body recruits its own stem cells for repair and healing. As we age our own stem cells become less efficient. The addition of millions of young potent stem cells from an allograft helps to body to heal like it did when it was younger and more capable. Allograft is a tissue donation and transplant from one person to another. Connective tissue from one source containing live mesenchymal stem cells may help with inflammation and regeneration of cells in a recipient. Umbilical cord stem cells from Wharton's jelly is considered a connective tissue. The Allograft has nothing to do with the baby. It comes from the umbilical cord from a healthy birth. The umbilical tissue could either be discarded or preserved for medical benefits. The tissue contains no antigens so there is no rejection and no matching required for the recipient. The allograft is administered with a simple injection and there is no downtime after the procedure.

Placental and amniotic fluid allograft - While Wharton's jelly contains 7% by volume mesenchymal stem cells and 93% other growth factors, the placental allograft contains no live stem cells but 100% growth factors. While this application doesn't work quite as well as the live cells combined with the growth factors, if it is done more than once similar results and outcomes can be obtained.

Platelet rich plasma PRP - Platelets from your own blood draw are concentrated and injected into the site of needed repair. Your own platelets release growth factors in the area to also assist in regenerative healing. There are many different techniques for concentrating the platelets. Also, the younger and healthier the patient the healthier the platelets will be, and better outcomes can be expected.

Viscosupplementation - using hyaluronic acid molecules. There are many hyaluronic acid products available that are commonly used to cushion and lubricate the joints. The natural fluid within the knee joint space is normally high in hyaluronic acid molecules. As we age the concentration

of these molecules is less therefore the addition of these products can help the joint move better and feel better for a period of time. Examples of these products are Genvisc, Hymovis, Hyalgan, and Synvisc. These products will do nothing to regenerate or repair the joint and the results are temporary.

Mechanical issues - There are 13 muscles which cross the knee joint. These muscles must work in unison to properly move the joint. Some muscles may become too tight and other muscles may become weak over time. The imbalance of tightness or weakness accelerates wear and tear on the joint. There are very few practitioners which are skilled in diagnosing then lengthening the tight muscles and strengthening the weak muscles. To complicate matters further, there are 12 muscles that cross the ankle and 16 muscles that move the hip. When walking these muscles also play a role in the mechanics of the knee joint and must also be considered.

Four nerves from the low back innervate the muscles that move the knee. Nerve function and back function therefore must also be considered in a complete knee rehab regimen.

Alignment - Many patients with knee pain may have worn out only the inside or only the outside of the knee joint. This happens due to the muscle function and the actual alignment of the joint space. The lower bone or shinbone (tibia) may rotate inward or outward or straight back. The malalignment of the joint causes excessive stress and accelerates degeneration and damage unevenly through the joint. The key is early detection before the malalignment becomes permanent.

Even if patients have already had joint replacements, and all medical options have been tried; often correcting the muscle mechanics and alignment can give a good amount of relief.

Although our orthopedic surgeons are brilliant when it comes to joint replacements and other surgeries, they are not usually knowledgeable and would probably even be skeptical of these natural corrective procedures.



We also offer a vast array of physical therapies: light therapies, electrical therapies, laser, shock-wave/acoustic wave, as well as Ozone and Peptide therapy.

Feel Amazing Institute proudly serves the Naples area with comprehensive physical medicine, regenerative medicine, and chiropractic services since 1998. Our office strives for excellence. Whether you suffer from chronic pain, are recovering from an injury, or seeking overall improved health and performance, we have the skills and experience to help you work toward your goals.

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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DIETING DOESN'T WORK:

How Nourishing Your Body With The Right Nutrients Will Help You Thrive

BY DR. LINELL KING

Paleo, keto, Atkins, AIP, low fat, no fat — it's enough to make your head spin. If you browse the shelves of your local bookstore, there are hundreds of diet books to choose from, and almost as many differing opinions about what to eat in order to be healthy. Information that was once touted as truth by the food industry has proven to be false, so where do you even begin? You will be happy to know that the first step is to get the word "diet" out of your vocabulary. Diets do not work. It is all about finding your personal eating strategy.

HERE ARE SOME GENERAL PRINCIPLES THAT YOU SHOULD FOLLOW IN ORDER TO NOURISH YOUR BODY:

Eat the rainbow: Make your plate as colorful and full of plants as possible. The more variety you have the wider range of phytonutrients you consume. Phytonutrients are compounds made by plants that help protect them from potential dangers like bacteria, fungi, and harsh environments. These phytonutrients are important to humans because they protect us as well. Every day we face exposure to things that can potentially harm us and cause disease. Processed foods, body care products, the air we breathe, medications, and other lifestyle factors can cause the proliferation of free radicals. Studies have shown that antioxidants, which are found in these brightly colored fruits and vegetables, combat the effects of free radicals, thus protecting against disease and slowing down the aging process.

Make sure that you are getting enough fiber each day: Fiber keeps food moving through your digestive tract quickly and helps to keep it functioning optimally. There are two types of fiber: insoluble and soluble, and both are important. Insoluble fiber bulks up your stool to promote regular bowel movements, while soluble fiber helps to aid in nutrient absorption. Studies have shown that fiber is important for blood sugar regulation, weight loss, healthy cholesterol levels, and digestive health. Examples of high fiber foods include nuts, seeds, berries, legumes, green leafy vegetables, and avocados.



Fat is your friend: For many years fat was incorrectly demonized at a huge cost to the health and well-being of our society. We know that fat is a crucial component to one's health. Your body relies on fat for hormone production, brain function, and building cell walls. Not all fat is created equal, however. Trans fat and vegetable oils such as canola, sunflower, safflower, corn, and soybean oil contribute to inflammation which leads to disease. Sources of good quality fats include salmon, sardines, olive oil, avocados, nuts, seeds, coconut, and coconut oil.

Hydrate, hydrate, hydrate: Many people are walking around chronically dehydrated and don't know it. Symptoms such as brain fog, low energy, constipation, and dry skin can be attributed to not drinking enough water. Water is crucial for electrolyte balance, muscle and joint health, blood pressure regulation, and much more. Aim for half your body weight in ounces of water each day.

By incorporating just these key principles and taking into account any health challenges you have, you are on your way to finding your personal eating strategy.

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

Once you do, "dieting" will be a thing of the past. You are an individual; so why would a one size fits all approach work for your health? At Naples Vitality we work together to optimize your life through highly individualized functional medicine.

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



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



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DR. LINELL KING, MD

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March is Colorectal Cancer Awareness Month.

Colorectal cancer continues to be one of the top three most commonly diagnosed cancers and affects men and women equally according to the National Cancer Institute. One in nineteen people will have this diagnosis during their lifetime. Early detection with screening colonoscopy has been a key part of prevention which has led to a steady decline in cancer related deaths over the past 30 years.

COVID-19 has certainly had an effect on these gains due to the decline of in-person doctor visits and patients' uncertainty about maintaining their normal health screening examinations. Based on comparisons from 2019, screening efforts for colorectal cancer have declined by 86% in 2020. This is very concerning because we estimate that this decrease in screening could lead to over 4,000 unnecessary colon cancer deaths.

Colonoscopy is still the only procedure available to actually prevent colon cancer. It does this by finding and removing precancerous polyps before they grow into colon cancer. Polyps are small growths found in at least 25% of patients. You wouldn't know if you had any, because usually they don't give you any symptoms.

While the previous age of screening for average risk individuals used to be age 50, it is now advised by the American Cancer Society to begin screening at the age of 45. For patients who are considered high risk, such as those with a family history of colon cancer, screening begins at age 40 or even earlier.

If you have received a notice from your gastroenterologist or your colorectal surgeon reminding you that it is time for your colonoscopy, don't let COVID delays put you at increased risk for developing colorectal cancer. While colorectal cancer can be treated, early prevention by way of screening colonoscopy continues to be the key to success!



Left to right: Dr. Nagesh Rovipati, Dr. Jeff Neale, Dr. Valerie Dyke, Dr. Janette Gaw, Dr. Fia Yi - Board Certified Colorectal Surgeons



The Colorectal Institute
Tel: (239) 275-0728
thecolorectalinstitute.com

Radiation therapy for colorectal cancer

Radiation therapy uses high-energy x-rays to destroy cancer cells. Radiation may be used to treat many types of cancer, and this includes colorectal cancer. Colon cancer is typically treated with surgery and chemotherapy, but postoperative radiation therapy is an option in some patients if it is thought that some of the cancer had been left behind.

For patients with rectal cancer, most patients are treated with preoperative chemotherapy in conjunction with radiation therapy. The goal is for this up-front chemoradiation to reduce the size of the rectal tumor, which will enable a smaller surgery and decrease the likelihood for a permanent colostomy, and this has an obvious impact on quality of life.



Timothy Kerwin, MD
Physician, Radiation Oncologist

Another goal of radiation in these patients is to kill the cancer cells that may be in the lymph nodes within the pelvis. This strategy improves cure rates and decreases the chance for the cancer to spread or recur.

There are some patients who unfortunately have incurable colorectal cancer. In these patients who have had their cancer spread or metastasize, radiation therapy may be considered to eradicate these pockets of disease. For other patients with advanced disease who are too frail for curative treatment, radiation may be used to shrink the tumor or stop internal bleeding.

Regardless of the context in which radiation is used, your radiation oncology team will utilize state-of-the-art technology to maximize cure rates while minimizing side effects.

For more information, call (239) 593-3030 or visit genesiscare.com/USA.



CONTOUR LIGHT THERAPY: Innovative Technology for Body Contouring & Weight Loss

Do you have problem areas even though you eat right and exercise? Perhaps, you just want your skin to look tighter, or you'd like to lose a few inches from your arms, hips, back stomach or thighs. If you have stubborn love handles or a bulge of some sort here or there, that really bother you, body sculpting via LED light therapy is not a thing of the future. It's available to help both men and women achieve the results you want.

LED light therapy has been used for many years. It not only regenerates the skin on a surface level, but it actually can penetrate fat cells to make them release fat percentages. Low level red light therapy has evolved into one of the highest in-demand treatments caused by an increased public awareness of many non-surgical, non-invasive options made available by this new and growing technology. The Contour Light can be used on any part of the body; hips, waist, thighs, back, upper arms and neck.¹

LED-Based Technology – Redefined

Contour Light is the latest advancement in light emitting diode (LED) technology and is exceptionally effective on all body areas due to its unique pad design. The large, soft and flexible pads will contour to the shape of the human body, allowing the light source to be as close as possible to the skin; the optimum way to deliver photonic energy. The wavelengths of 635nm and 880nm light are emitted by the pads of the Contour Light system, combining the beneficial aspects of both frequencies to attain optimal results.¹

The Contour Light incorporates a reflective surface which traps and redirects light energy back into the tissue. Because the reflective coating is only available on the Contour Light, there is no other LED-based system available on the market that delivers and retains more mid-600nm and infrared light energy.¹

The protocol associated with the Contour Light system involves simple to follow directions but does not require a strict diet or strenuous exercise. As with any type of weight modifying program, diet and exercise will have an effect on the results, specifically if a person does not make an attempt to maintain a healthy lifestyle. A small amount of exercise and a recommended level of water consumption will help with lymphatic stimulation to optimize results. The Contour Light protocol can help to motivate a person and jumpstart a person's determination to improve their appearance, making it much easier to attain their goal of a sleeker and leaner profile.¹



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Complete Body Analysis

Our process can help get rid of stubborn areas in a safe and repeatable procedure with no downtime. This offer will not last for long!
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About Amazing Wellness and Chiropractic in Southwest Florida

Patients throughout Southwest Florida reach out to Amazing Wellness and Chiropractic for our patient-centered care. Our goal is to treat your condition at its source by providing long-term whole-body wellness. Through laser, light therapy, weight loss options, nutritional assistance, and skillful chiropractic treatments, our doctors and staff help you achieve your best self. Dr. Scott Walters and Dr. Jennifer Long both focus on natural solutions to ensure your comfort and well-being through the most researched chiropractic techniques and therapies.

To schedule your Contour Light Therapy, please call (239) 880-CARE.

Source:

1. https://contourlight.com/?gclid=CjwKCAiAhc7yBRAdEiwAplGxXSV1A_Gy4kOdPkvoNcrzFa-AH86atX3JCJaW60E5rr7-9K7D1o-h4RoCzg0QAvD_BwE

MEET OUR CHIROPRACTORS



Dr. Scott Walters

Dr. Walters grew up learning the importance of the nervous system and the body's abilities through his experiences in the cycling world. During his time obtaining his undergraduate degree at Miami University of Ohio, Dr. Walters raced internationally with the United States National Cycling Team and eventually went on to race professionally. After working in finance for a few years, Dr. Walters was given the chance to return to his roots and his appreciation for the human body when he sold his business and returned to school to pursue a medical career. He went back to school and obtained a degree in Biochemistry before attending Palmer College of Chiropractic. Due to missed opportunities in the world of cycling, Dr. Walters is passionate about maximizing the body's abilities so that his patients may live their best lives possible.



Dr. Jennifer Long

Dr. Long was born and raised in southwest Michigan. Following graduation from Western Michigan University with a Bachelor's and Master's of Science degrees (focusing on reproductive endocrinology), she moved to Florida to pursue a Doctorate in Chiropractic from Palmer College of Chiropractic. Dr. Long is passionate about pediatrics and women's health. She is a member of the International Chiropractic Pediatric Association, a DONA trained doula, and holds a certification in the Webster Technique through the ICPA.



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Naples, FL, 34110

WHY YOU SHOULD NEVER IGNORE LINGERING OR FREQUENT PAIN IN YOUR LEGS

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

Do you have pain in your legs? If so, it could be a sign of a vascular condition. Venous and arterial diseases are the leading cause of pain and discomfort in the legs. Claudication is a painful condition that causes severe pain when walking. If you feel pain in your calf or behind your knee, you need to seek medical attention as soon as possible. Vascular surgeons run several non-invasive diagnostic tests to determine the cause of your pain. It's not something that should be overlooked, as it can cause life-threatening conditions.

PAD (Peripheral Arterial Disease)

Individuals with peripheral arterial disease (PAD) have blood flow disruptions in their arteries, and it most often affects the legs, but it can also occur in the brain, arms, and heart. When the blood vessels are narrowed or damaged, the blood flow becomes obstructed, and other complications can coincide. PAD can lead to severe medical conditions.

PVD (Peripheral Venous Disease)

The symptoms of Peripheral Venous Disease are very similar to PAD. PVD is also a blood flow problem but within the blood vessels and veins. PVD usually stems from a narrowing of the blood vessels that carry blood to the legs and arms. Atherosclerosis (plaque buildup) is the primary cause of PVD; however, other contributing factors are injury, abnormal anatomy, and infections, to name a few.

PVD is linked to several other conditions such as Buerger disease, Venous Insufficiency, Venous Thrombosis, Deep Vein Thrombosis, Pulmonary Embolisms, Raynauds, Thrombophlebitis, and varicose veins.

PAD and PVD Have a Lot in Common

If the cause of the disorder is due to atherosclerosis, individuals will often have a comorbidity of both PAD and PVD, as well as other blood vessel conditions like DVT's (Deep Vein Thrombosis), varicose veins, pulmonary embolisms, and venous insufficiency, as they are interrelated.

Preventing atherosclerosis can be achieved through medications, as well. However, if the blockages are severe and life-threatening, a medical procedure will be necessary to repair the artery or vessel to allow blood to flow normally again.



PAD and PVD Complications

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

Although arterial and venous insufficiency can happen to anyone, the most common factors that put you at risk are family history, smoking, being overweight, and a sedentary lifestyle.

PAD and PVD Complications

- Stroke
- Heart attack
- Amputation
- Poor wound healing
- Pain upon standing or walking

Conservative Treatment with Lifestyle Changes

Very often, PAD and PVD are targeted with several lifestyle changes and an exercise regimen. However, if you currently smoke or use tobacco, then you

should cease and consider smoking cessation counseling. This will also help any co-morbid diseases, such as Coronary Heart Disease, Hypertension, Hypercholesterolemia, etc.

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

Treating PAD and PVD

Treatment for PAD and PVD traditionally consists of reducing and preventing symptoms. This approach is usually taken in a bevy of different ways. There are several levels of treatments. First, come lifestyle changes. If necessary, your doctor may also prescribe high cholesterol or blood pressure medications. And, should your condition continue to progress, there are several non-invasive procedures that can alleviate symptoms as well.



Julian Javier, MD | Leandro Perez, MD

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

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

Naples Cardiac and Endovascular Center
www.heartvein.com

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Save Your Vision: Tips from Quigley Eye Specialists

Most of us don't realize the importance of our vision until our eyesight seems to fade. It's not uncommon for presbyopia to overtake our nearsighted vision in our forties and beyond, but more important that diminished eyesight, there are several conditions that can lead to blindness if not caught early on. These include macular degeneration and glaucoma.

How can we protect our vision?

Eye Exams

The most important thing is to get regular eye examinations. Eye exams are not just about your vision strength, but during the exam, the ophthalmologist checks for many different eye health issues and disorders.

The retina is a layer of neural tissue in the back of the eye. Its three layers of cells contain synaptic interconnections between neurons, and it's responsible for brain communication, projecting photoreceptors, circadian rhythm regulation, light detection and neural plasticity.

The importance of the retina to a medical professional and researchers is that it's the only part of the central nervous system that can be visualized and studied directly. This is done via an ophthalmoscope. The information collected during the examination of the retinal pathway is important for helping to identify irregularities and brain function.

Sunglasses

Sunglasses don't have to cost a lot of money to provide adequate eye protection. As long as they are marked as "100 percent UV-blocking," these can be just as effective as more expensive options. Labels can sometimes be confusing. Some indicate sunglasses offer 100 percent protection from UVA/UVB radiation, others offer 100 percent UV 400 protection. Both block 100 percent of the sun's harmful radiation.¹

Quit Smoking

Smoking leads to macular degeneration and can also contribute to cataracts. Talk to your doctor about smoking cessation programs or find a way to quit. It's bad for your eyes, lungs, heart and offers no benefit to anyone.

Eat a Healthy Diet

Poor dietary habits can lead to retinal diseases and impairments. Our eyes need specific vitamins and nutrients just like the rest of our organs. These include, fruits and vegetables, leafy greens and cold-water fish. Researchers have found people on diets with higher levels of vitamins C and E, zinc, lutein, zeaxanthin, omega-3 fatty acids DHA and EPA are less likely to develop early and advanced AMD.²

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.³

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.³

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About Quigley Eye Specialists

Technology leaders in eye care, Quigley Eye Specialists is one of the nation's leading multispecialty ophthalmology practices specializing in cataracts, laser cataract surgery, glaucoma, iLASIK, dry eye, eyelid surgery, retinal issues, corneal conditions, routine eye care and facial plastic surgery. 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. For more information or a full list of locations, visit www.QuigleyEye.com.



In Conclusion...

Protect your eyes from the sun and dangerous conditions or injury, eat healthy, consider supplementation, take breaks from screen time and most importantly, get your eye exams. It can save your vision!

Quigley Eye Specialists

Founded in 1988, Quigley Eye Specialists consists of more than 100 medical professionals, including surgeons, optometrists, retina specialists, and technicians. Offices are conveniently located throughout Southwest and Southeast Florida in Bonita Springs, Cape Coral, Coral Gables, Fort Myers, Lehigh Acres, Naples, North Port, Port Charlotte, Punta Gorda and Venice.

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



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DIGESTIVE PROBLEMS?

WE HAVE A WHOLE TEAM READY TO HELP.

By Gabrielle Sellitti

Digestive problems can affect just about every aspect of your life and sometimes when you're having more than just a stomachache, it's important to know when to seek medical attention. If you are experiencing painful or inconvenient symptoms, Physicians Regional Medical Group has a fully staffed digestive health team ready to soothe your pain. Our team diagnoses and treats just about every colorectal and gastric issue in the book. Meet our digestive health team and find the physician that gives you a good gut feeling- figuratively and literally!



Susan Cera, M.D.

Dr. Susan Cera is board certified in colon and rectal surgery. She attended medical school at Georgetown University and completed her residency at Carolinas Medical Center and her fellowship at Cleveland Clinic Florida. Dr. Cera specializes in performing colonoscopies, preoperative surgeries, minimally invasive and robotic surgeries and laparoscopies. She also treats patients who suffer from colon/rectal/anal cancer, Crohn's disease, ulcerative colitis, adhesions, diverticulitis, fecal incontinence, hemorrhoids, fissures, fistulas, anal infections, constipation, colon and rectal polyps and abdominal pain.



Michael Cohen, M.D.

Dr. Michael Cohen is board certified in Gastroenterology and Internal Medicine. He is a native Chicagoan, and graduated with honors from Northwestern University Medical School, and did his Gastroenterology fellowship at the University of Miami. Dr. Cohen has over 30 years of experience in all aspects of Gastroenterology and endoscopic procedures. He has a particular interest in inflammatory bowel disease, such as Crohn's disease and ulcerative colitis. He also specializes in noninvasive treatment of hemorrhoids, colon cancer screening and prevention, acid reflux/GERD, and celiac disease/gluten intolerance. In addition, he specializes in gallbladder problems and liver diseases such as cirrhosis, hepatitis C, and fatty liver.



Alexandra Grace, D.O., MPH

Dr. Alexandra Grace is board certified in gastroenterology and internal medicine. She attended medical school at Nova Southeastern University and completed her residency at Mount Sinai Medical Center and her fellowship at St. John Maccomb-Oakland Hospital. She specializes in colon cancer screenings, as well as esophagus, stomach, and pancreaticobiliary disease. She provides treatment for hepatitis, reflux disease, Crohn's disease, GERD, cirrhosis, hemorrhoids, celiac disease and gluten intolerance, irritable bowel syndrome (IBS), pancreatitis, and ulcerative colitis.



Badar Muneer, M.D.

Dr. Badar Muneer is board certified in gastroenterology and internal medicine and is the newest member of our Digestive Health Team. He attended medical school at Nishtar Medical College and his residency at Michael Reese Hospital. Dr. Muneer also finished with three fellowships at Case Western Reserve Medical Center, Baylor University Medical Center, and Carilion Clinic- Virginia Tech. Dr. Muneer specializes in advanced gastroenterology, liver disease, and colon cancer screenings, as well as esophagus, stomach, and pancreaticobiliary diseases.



Maria Valdes, M.D.

Dr. Maria Valdes is board certified in gastroenterology and has been practicing for 22 years. She attended medical school at St. George's University School of Medicine and completed her residency at St. Vincent's Hospital and Medical Center and her fellowship at The Brooklyn Hospital Center. Dr. Valdes specializes in all areas of gastroenterology including colorectal cancer screening, reflux, irritable bowel syndrome (IBS), and inflammatory bowel disease (IBD).



Anthony Vernava, M.D.

Dr. Anthony Vernava is board certified in colorectal surgery and has been in practice for over 20 years. He completed medical school and residency at St. Louis University School of Medicine and his fellowship at the University of Minnesota. Dr. Vernava specializes in performing colonoscopies and laparoscopies, as well as preoperative, minimally invasive, and robotic surgeries. He also treats colon, rectal, and anal cancers in addition to Crohn's disease, ulcerative colitis, adhesions, diverticulitis and fecal incontinence.

Our Digestive Health team members are located at both our Pine Ridge and Collier Boulevard campuses. To schedule an appointment with a member of our team, please visit DigestiveHealthPRHS.com or call (239) 268-6766.

PHYSICIANS REGIONAL
MEDICAL GROUP

Energy Medicine - a road less travelled.

By Svetlana Kogan, M.D.

One of my first encounters with Energy Medicine took place on a cold December day in 2005 – I was scavenging through the aisles of the famous Anti-Aging Medical Conference in Las Vegas looking for something I was not sure what. My gaze plucked a couple of celebrities du jour in the crowd: actors George Hamilton and Susanne Sommers taking turns to receive a treatment with an interesting-looking machine. “Oh well, rich people’s toys”, I thought and walked right by that booth but grabbed a brochure. Once back in NYC, I was going through a suitcase of printed materials for vitamins, supplements, and age-defying technologies. In the industry completely unregulated but generating billions of dollars in revenue for the manufacturers, it takes a doctor’s discerning eye and knowledge set to weed the rare good things out of the large pile of nonsense. Disappointed and wistful for something fresh and promising I wish I had found for my holistic practice, I picked up a last brochure from my table.

It said: Ondamed: *“A better way to make you better”*. I quickly recalled the curious-looking contraption surrounded by celebs and looked up Ondamed’s website. The website talked about electromagnetic fields and human body and had a short blurb on German physicist Ralph Binder –the inventor. Intrigued by his serious credentials and a solid scientific background for the technology – I had reached out to Ondamed’s headquarters office in upstate New York and asked them to come and demonstrate the machine. I had really lucked out because they would normally never do any demonstrations others than at the trade shows and their own offices, but my practice’s high end Manhattan location was loaded with of glamour, exposure, and celebrity potential – so Ralph himself came out to my office on the Upper West Side. Ralph was a scientist not a medical practitioner so he explained the technology to me the way a physicist would – which was exactly what I was looking for.



Coincidentally, at the time, I was suffering from a bout of throat and lymph node pain and tenderness, and had already put myself through the holistic “works” as well as the conventional medical diagnostic and treatment modalities. Without any results. So, I quietly continued to suffer and go to work every day – something I am sure many of my colleagues can relate to. While demonstrating to me how Ondamed worked, Ralph took a moment to scan my body and mumbled something to the effect of: “I’m not sure what’s going on but there is a problem in your neck.” Now he had my attention. How did he know that? I did not tell him I had any health issues. Unlike the psychics, clairvoyants, and others such folk with extra sensory perception or even clever quacks trained in neuro-linguistics, Ralph was just a genuine scientist. He was pure and devoid of any way of understanding my body language or anything else. I then asked him to treat my presumed issue the way the technology called for and he did – it took him a whole lot of 8 minutes of just following the treatment protocol.

I did not feel any different and I politely thanked him for the visit and gave the standard “I will think about it” parting comment. He wrapped up his machine and left and I went back to seeing patients. About 15 minutes into my office hours, I felt a severe discomfort in my throat. Heck, this felt much worse than my original problem. I had mentally cursed Ralph and promised myself to call

him, right after seeing the patients and accuse him of all the malice of the world. In the meantime, I clenched my teeth and continued to toil away at my work. The pain in my throat intensified to the point where I felt like ripping my throat out of my body – and then....suddenly – it was gone. 100% gone. Stunned and incredulous, I had finished my work day and sat down to listen to my body. I was looking for some sort of semblance of the throat and lymph node discomfort I had felt before Ralph’s visit. It was all gone. I waited for it to reappear for another 24 hours and when it didn’t I called Ralph and told him that I was buying the machine. 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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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].

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IRB Approved at the
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Clinical studies for the
advancement of medicine &
the improvement of lives



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VITAS® Healthcare: Here For You When Life Matters Most

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



One of the biggest challenges for families caring for loved ones near the end of life is when and how to make the decision to change from active and aggressive treatment to care that focuses on comfort and quality of life.

Referred to as hospice or palliative care, this medical specialty focuses on the relief of pain and other symptoms of an advanced or critical illness. The difference between the two is that palliative care can begin while treatment of a disease is still taking place. Hospice care begins when treatment of a specific disease has stopped. In both cases, the care plan shifts to improve the quality of life.

When selecting a hospice provider, patients and their families have a choice. What makes VITAS unique in Collier County is that we have been a pioneer in hospice care since our founding in 1978.

All VITAS patients receive care from an interdisciplinary care team that includes a physician, nurse, aide, social worker, volunteer, chaplain, and bereavement specialist.

For most people, the most comfortable place to be as they near end of life is home. Whether that's a nursing home, assisted living community, or private residence, VITAS brings our care to you.

When a patient's severe symptoms can no longer be managed at home, we provide 24/7 care at the VITAS Inpatient Unit at Solaris HealthCare Imperial. If the patient improves enough to go back home and still needs hospice, the VITAS team resumes care at the home or preferred setting.

Because many families or caregivers are experiencing the death of a loved one for the first time, VITAS also supports the family in numerous ways—including bereavement support for at least 13 months following a death, as well as ongoing phone-in and video grief support groups.

Being a caregiver can be a new and challenging experience. Our programs include emotional support and education, such as how to balance your life and caregiving role or how to provide care at home. Someone always answers our 24/7 care line—including after hours, weekends, and holidays. We are here to help you be the best caregiver you can be while still preserving your own life and health.

Are you or a family member facing the challenges of an advanced illness? Are you struggling to care for yourself or an ailing loved one? If your situation is getting overwhelming, call VITAS anytime to schedule a free hospice evaluation by a trained clinician.

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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)    

EAT WELL, AGE WELL: NUTRITION KEY TO OVERALL HEALTH

By Greg Pascucci

March is National Nutrition Month and this year's theme is "Personalize Your Plate." Created by the Academy of Nutrition and Dietetics, the campaign serves as a reminder to all of us to make informed food choices and develop healthy eating and physical activity habits.

For older adults, good nutrition is especially important. As we age, our bodies process food differently. This, in turn, can affect our dietary needs, appetite and even how food tastes. Although there may be a natural decline in one's appetite during aging, maintaining a well-balanced diet is key to overall health and wellness.

Healthy eating has been proven to reduce the effects of osteoporosis, high blood pressure, heart disease, gastrointestinal ailments and chronic malnutrition.

Here are a few tips on how you can "personalize your plate":

Enhance Dishes with Herbs and Spices

According to the National Institute of Health, seniors may experience a decline in taste or smell, causing them to begin adding too much sugar or salt to food to improve the flavor. This in turn can impact their health long term.

Experts recommend first seeking the advice of a doctor to be sure the decline is not connected to an underlying issue such as an upper respiratory infection. Then, consider using herbs and spices to enhance the flavor of food without adding extra calories or sodium.

At The Carlisle Naples, an active retirement community, Executive Chef Marlon Perez uses a variety of fresh herbs and spices to naturally kick up the intensity of foods. He says, basil for example, is perfect for enhancing Italian dishes, particularly those with tomato-based sauces, while tarragon is ideal for chicken and shellfish.



Be Adventurous

Eating the same foods over a prolonged period can become routine, causing us to indulge in unhealthy food choices. To avoid the monotony, try incorporating fruits and vegetables you would typically skip over at the grocery store. Spring offers the perfect time to taste test antioxidant-rich, immune-boosting food options such as pomegranates, quinoa, kefir and lentils.

Cooking magazines, international grocers and even the internet can help guide your search to discover new healthy foods.

To please the palate and keep residents' appetite sharp, The Carlisle offers a rotating menu, incorporating everything from traditional comfort foods to delicious, yet nutritious FreshZest options, highlighting a plant-based diet.

"Our menus are well-balanced, enabling residents to 'personalize their plates' based on their preferences and lifestyle," said Chef Perez, whose background includes serving as the Banquet Chef at the prestigious Mar-a-Lago in Palm Beach. "Whether eggplant caponata with polenta, the community's signature cornucopia salad which includes mixed greens, avocado, and grilled chicken or roasted beef tenderloin with au jus sauce, residents can expect dining options that rival the five-star restaurants for which Naples is known."

Plan Ahead

Grocery shopping, cooking and cleaning up after a meal may deter older adults from maintaining a well-balanced diet. Also, having to scale down recipes to make a meal for one or two people may be too daunting, and so a more convenient—often less healthy—dinner alternative is selected.

To overcome this challenge, it is suggested that when possible, prepare larger meals and freeze the leftovers. This offers a convenient solution for those looking for nutritious options without having to cook each day. Dietitians advise against store-bought frozen dinners, which are often highly processed and high in sodium, fat and sugar. A meal delivery service is also a great alternative.

The Carlisle's maintenance-free lifestyle means residents no longer have to worry about cooking. While Chef Perez and his talented team have made adjustments to the dining program to adhere to social distancing guidelines and safety precautions—they have reimagined The Carlisle's dining experience to include offering residents freshly made, mouth-watering menu choices brought to their door with a smile.

"Though there is no one-size-fits-all guide for proper nutrition and health, we can begin making small changes such as opting for brown rice or replacing 1-2 servings of animal-based protein with legumes or nuts," explained Chef Perez. "Research shows even moderate changes in our diet can have a lasting impact on overall health."

Located at 6945 Carlisle Court in Naples, The Carlisle offers independent and assisted living lifestyles featuring spacious one-and two-bedroom residences, weekly housekeeping and flat linen services, basic cable TV, all utilities except telephone, and delicious dining with daily, chef-prepared specials. The community is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF), an important distinction that provides residents with the assurance that the highest standards of quality care, services and safeguards are maintained. For more information about the community, please call 239-221-0017 or visit www.TheCarlisleNaples.com.



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Shopping for the Best Incontinence Underwear?

There Might be a Better Solution

Do you experience accidental bladder leaks before making it to the restroom? Are you on the search for the best incontinence underwear?

Although incontinence underwear may help conceal leaks you experience or prevent leaking to your clothes, it does not treat your underlying symptoms. If you struggle with bladder control or leaks, this may be a sign that you have overactive bladder.

What is Overactive Bladder?

Overactive bladder is an umbrella term that includes the frequent and urgent need to empty your bladder. One of the most common symptoms of overactive bladder is a sudden urge to urinate, resulting in unintentional urine loss which is referred to as incontinence.

Overactive bladder can affect 1 in 3 people in the United States over the age of 40.^{1,2} Though this bladder control issue may occur more often as people get older, it is not a normal part of aging.

You may be suffering from overactive bladder if:

- **Urgency** - You experience a sudden or compelling need to urinate with inability to hold urine or control it
- **Urgency Incontinence** - You experience an urgent need to urinate and have urinary leakage accidents or trouble holding urine before making it to the restroom
- **Frequency** - You go to the restroom to urinate so often that it disrupts your life—typically 8 or more times a day
- **Nocturia** - You wake up more than 1 time per night because you need to urinate

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

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

What is Axonics Therapy?

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

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

What are the benefits of Axonics Therapy?

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

*50% or greater reduction in symptoms

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It's time to regain control!

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

“ ”

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

— Tricia M., Patient —

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

Clinically proven results:

- **93%** of treated patients achieved clinically significant improvements* at 2-years³
- **94%** of patients were satisfied with their therapy³



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TRUST YOUR DOCTORS LIKE YOU TRUST YOUR GUT

By Gabrielle Sellitti

Being in tune with your body every day is key to recognizing the signs of when something feels wrong. Everyday people are being diagnosed with Colorectal Cancer, which is claimed to be the second leading cause of cancer-related deaths in the United States and the third most common cancer in men and women.¹ So, why is the most preventable cancer rated one of the highest in fatality?

Many people simply ignore the signs their bodies are displaying such as pain in the abdomen, gastrointestinal issues like constipation or blood in their stool, or something as common as feeling fatigue. Educating yourself and listening to your digestion system is the first step to preventing colon cancer. And, trusting your gut is just as important as trusting your physician.



Dr. Badar Muneer, Board-Certified Gastroenterologist, **Badar Muneer, M.D.**, explains the importance of screenings and colonoscopies.

“The colon polyps are the precursors of the colon cancer. The concept of doing the colonoscopy is to remove the polyp, when they are small and non-cancerous. That is the reason we recommend doing colonoscopies, so we can remove that colon polyp before it becomes cancerous,” Dr. Muneer states.



Dr. Michael Cohen

Michael Cohen, M.D., Board-Certified Gastroenterologist, continues Dr. Muneer’s explanation by expressing how early detection of colon cancer makes it easier to cure.



“When you get a cold and the glands of your neck get swollen, those are actually swollen lymph nodes. There are lymph nodes that surround the colon. The first place that colon cancer generally spreads is to the adjacent lymph nodes. From there, the cancer cells may spread to other organs—most commonly the liver,” Dr. Cohen states.



Dr. Alexandra Grace

Before being able to detect the signs and symptoms of colon cancer, it is important to understand how the colon and rectum work. Board-Certified Gastroenterologist, **Alexandra Grace**, educates on the science behind it.

“The colon eliminates waste from the body while also removing water from the stool. Your colon and rectum are large transit tubes made of various muscles that help propel digested food out of your body. Polyps happen when cells are created that aren’t needed and develop into small tumors. These tumors can continue to grow if left in the colon or rectum and develop into cancer,” She explains.

Reference:

¹ <https://www.cancer.org/cancer/colon-rectal-cancer/about/what-is-colorectal-cancer.html>

Knowing how your digestive system works is crucial, so when abnormal symptoms arise, you can seek the proper medical attention. Dr. Grace encourages patients to keep an eye out for any changes in bowel habits, blood in the stool, and even low blood counts called anemia. These are all indications that you could develop colon cancer.

“However, the most important thing for patients to know is colon cancers can have NO SYMPTOMS at all! Polyps rarely ever have symptoms,” Dr. Grace clarifies.

Most people who have colon cancer do not develop symptoms until the cancer has advanced. This makes prevention techniques very important. Dr. Cohen recommends the most commonly used screening tools when detecting polyps, including colonoscopies, multi-target stool DNA testing, and fecal immunochemical testing.

Doing colonoscopies based on age, risk factors or symptoms is recommended by all three physicians. Age is the most common risk factor starting between ages 45-50. Family history of colon cancer or polyps, smoking, and patients with Crohn’s disease or Ulcerative colitis are also at high risk for colon cancer.

Both Dr. Muneer, Dr. Grace, and Dr. Cohen recommend patients to keep up with their screening tests and eat a high fiber diet with lots of fruits and vegetables. Staying away from red meat and staying hydrated are all important factors for good colon health as well. Some studies also indicate a preventative role for folic acid, vitamin b6, calcium, vitamin D, and magnesium.

Thanks to prevention, effective treatments, and screenings like a colonoscopy, more people are counting themselves as survivors. Make sure to discuss with your primary care or gastroenterologist colon cancer screening tests for early detection and treatment.

If you think you may be at risk, or would like to schedule an appointment with one of our physicians, please contact Physicians Regional Medical Group at (239) 268-6766 or visit [DigestiveHealthPRHS.com](https://www.DigestiveHealthPRHS.com) for online scheduling.

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Menopause:

The Right Nutrition and Diet Can Help

Hormonal changes during menopause can cause several adverse disorders to arise. From diminishing bone density, decreased muscle mass, hot flashes, to vulvovaginal atrophy, along with medications, there are natural ways to treat and prevent some of these issues. When women begin to experience menopause in the early stages, estrogen levels are decreasing, and once this happens, it affects metabolism; weight gain is often a primary symptom of the condition.

Eating foods that increase bone density rich in calcium, phosphorus, potassium, magnesium, and vitamins D and K are essential. These include dairy, leafy greens, sweet potatoes, and other supplements if necessary. Healthy fats are also very beneficial for relieving and alleviating hot flashes, improving brain fog, and enhancing weight loss efforts. Foods such as salmon, walnuts, flaxseeds, avocados, and olive oil are rich in healthy fats. Omega-3 fatty acids are also anti-inflammatory.

Eating more fruits and vegetables is also important. With the increased risk of breast cancer during menopause, eating cruciferous vegetables can help to deter tumor growth. Fruits and vegetables also help to maintain a proper weight and can lessen hot flashes.

It's also equally as important what you don't eat. Sugar and simple carbohydrates are especially inflammatory and should be avoided. Limiting alcohol, caffeine, and spicy foods can help with hot flashes, and avoiding processed and unhealthy fats is imperative.

Women are, by nature, beautifully complex beings. Dr. Lorna Stewart, and Associates is a concierge practice that specializes in women's comprehensive medical needs.

As women, we have special needs that unfortunately don't always get addresses in primary care or specialty practices, and if they do, they are often not understood on the level that's necessary to diagnose and treat certain conditions properly. These neglected health needs cover a range of services, including menopause, sexual health, breast cancer risk, heart health, bone health, genetics, and nutrition.

Ms.Medicine is a national practice model of women's health trained providers that are changing the healthcare landscape by innovating how women's primary and specialty care is delivered. For our patients, we raise the standard of care and address the unmet medical needs of women.

Ms.Medicine is exceptional, accessible concierge medicine. It is the healthcare women deserve today. Their comprehensive women's primary care and specialty care services include a focus on prevention and well-being. Our specialty-trained women's health doctors bring years of experience in internal medicine, heart care, weight management, sleep, urgent care, menopause management, sexual health, breast cancer risk assessment and prevention, cancer survivorship, genetics, gynecology, pelvic floor conditions, and nutrition to each patient we serve.

In Naples, Florida, Lorna Stewart, MD, and Associates is an affiliate of Ms. Medicine, a national network of primary care providers practicing evidence-based medicine. The network was formed to address many complex needs (especially for women) that are often not addressed in traditional primary care settings due to lack of time and training.

The concierge medicine at Dr. Lorna Stewart, and Associates provides the following:

- Up-to-date, evidence-based care
- Exceptional customer service
- Easy access to the practice
- More time with your provider
- Direct access to your provider
- Enhanced provider/patient relationship
- Healthcare navigation services
- Lower cost, affordable healthcare



Lorna F. Stewart, MD, a Board-Certified Family Medicine physician, announced the opening of her new office, Lorna Stewart, MD, and Associates in Naples, offering a membership medicine model for women, with a focus on geriatric and weight loss medicine.

Dr. Stewart explained, "I believe that knowledge is the key to success, and I strive to educate and empower my patients to live their best lives."

Dr. Stewart offers menopause consultations to discuss hormonal and non-hormonal treatment options based on scientific evidence. She helps her patients to manage chronic health issues, as well as focus on prevention and overall wellness. She has a special interest in cardiovascular disease prevention, osteoporosis diagnosis and treatment, cancer risk assessment, and stroke and diabetes education and management. She uses a holistic approach that focuses on lifestyle management and prevention.

"I am excited to join Ms. Medicine's effort and mission to provide the best care possible for women," said Dr. Stewart.

Concierge Medicine Details

The membership medicine model is an emerging model in primary care that works outside of traditional health insurance. Patients have a direct financial relationship with the physician and pay an annual fee and all visits are included. Patients use their health insurance for needs outside of primary care, such as for specialist visits or hospitalizations, but the enhanced relationship with their primary care physician ensures they have more time together, easier access (same-day appointments and 24/7 access via cell phone) and a focus on overall wellness.

Prior to launching her independent practice, Dr. Stewart served as a Hospitalist in Tallahassee, FL and, most recently, Orlando, FL with Orlando Regional Medical Center. There she managed a 16 bed Intermediate Critical Care Unit, where she cared for medically complex critically ill patients. She has experience managing all aspects of internal medicine including, but not limited to, cardiovascular disease, diabetes, post-stroke care, COPD, sleep apnea, obesity, and cancer treatment. She worked closely with consultants in all areas of medicine, including cardiology, pulmonology, neurology, oncology, infectious disease, gastroenterology, and radiology.

Lorna Stewart, MD, and Associates is offering \$750 off the first year of membership to the first 50 people that sign up as a Founding Member.

Lorna Stewart, MD, and Associates opened January 2021, and they are now welcoming new concierge patients. Located in North Naples.

Call and Schedule a Meet and Greet with Dr. Stewart.



9150 Galleria Ct., Suite 200, Naples, FL, 34109
www.LornaStewartMD.com
239-580-6390

Colonoscopies are Critical and Life-Saving

Colorectal cancer is the third most common type of cancer in the United States, affecting nearly 50,000 Americans each year. If caught early on, it can easily be treated. Typically, there are little to no signs or symptoms of the polyps, so it's critical to have colonoscopies on an annual basis after the age of 50. However, younger people are more commonly being diagnosed with colon cancer as it, unfortunately, seems to be on the escalating.

Colon cancer can happen at earlier stages in life if you are at high risk. Your risk factors are dependent on your genetics and lifestyle choices. These include things such as lynch syndrome, hereditary colon cancer, excessive alcohol consumption, lack of exercise and poor dietary habits. Colon polyps are a warning indicator and need to be removed in the early stages of development.

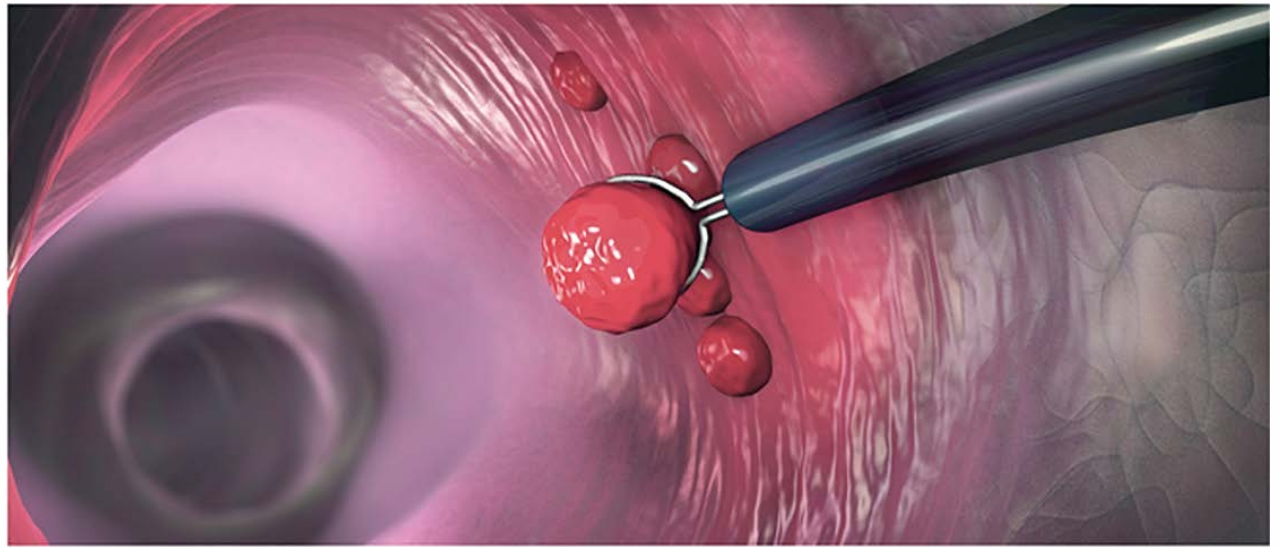
Colon polyps go unnoticed most of the time, affecting upwards of 200,000 people a year. Polyps are cell growths on the lining of the colon or large intestine. There are diagnostic tests through lab work and imaging that can detect these polyps. If you have them, it's best to have them removed.

Polyps don't turn cancerous in every case, but your risk of developing cancer increases with the number and size of colon polyps you have. When they do turn cancerous, polyp cells divide and grow very quickly within the colon and rectum.

There are specific risk factors that are often associated with colon cancer. One that is quickly resolved is your diet. If you eat a lot of red meat and saturated fats, and very little fresh fruits and vegetables, you are at a higher risk of developing colorectal cancer. Some of the other risks associated with this type of cancer are, being over the age of 50, having a family history of polyps or colon cancer, smoking, being overweight, having Crohn's disease or ulcerative colitis, and women that have had breast, uterine or ovarian cancer are at a greater risk as well.

Although the symptoms are not always prevalent in the beginning stages, some of the symptoms are as follows:

- Constipation
- Abdominal bloating
- Abdominal pain
- Excessive gas
- Diarrhea
- Narrow stools
- Weight loss
- Vomiting
- Nausea
- Fatigue



It's imperative to talk to your physician about protecting yourself and your loved ones who may be at risk for colorectal cancer. Getting a colonoscopy screening is critical for adults with risk factors or over the age of 50. A colonoscopy is an easy procedure and one that can literally save your life. If the polyps are discovered, they can be removed surgically during a colonoscopy or a sigmoidoscopy. If cancerous, chemotherapy or radiation is usually unnecessary as a secondary treatment. It's always best to be proactive in your colon health, rather than waiting and finding that the cancerous polyps have grown and spread into other organs. Schedule your colonoscopy today.

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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.



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By Susan Anderson, EdD, RDH



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We know the value of a nice smile. A nice smile is a confidence-booster, both personally and professionally. A nice smile can change a person's outlook on life. There's a way for you to help others achieve and maintain that smile. It's a rewarding start to a career in the dental field, with room to grow!

Hodges Connect, an initiative of the Professional Education & Training division at Hodges University, has launched the Foundations of Dental Assisting program designed to give you a strong basis of knowledge and practical skills. During the six weeks, students will learn dental terminology, anatomy, instrument sterilization, communication and patient privacy, appointment scheduling, financial arrangements and inventory maintenance.

Students will also learn how to properly mix and prepare dental impression trays and prepare stone models for diagnostic purposes.

A dental career is a way to help others obtain and/or maintain their smile. When you smile, it's a way to demonstrate friendliness and positive interactions with others. It's natural for people to be drawn to others who are welcoming and seem happy.

There is also a strong connection between oral health and your overall health. With good, oral care, which includes brushing and flossing your teeth daily, and regular visits to your dentist, you can keep mouth bacteria under control. A lack of good oral care can lead to oral infections like gum disease and tooth decay. Studies have shown that gum disease is linked to chronic health problems like diabetes, heart disease and stroke. Poor oral health in pregnant women has been connected to premature births and low birth weight.

Susan Anderson is the dental hygiene program director at Hodges University.



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KIDNEY AWARENESS MONTH

Did you know that 37 million adults have kidney disease and the majority of people do not know they have it? One out of 3 three people are at risk for kidney disease. The kidneys are our primary source of detoxification. These two small organs clean the blood and filter waste products and toxins from the body through the urine.

The National Kidney Foundation Explains How The Kidneys Work Below:

- Blood enters the kidneys through an artery from the heart
- Blood is cleaned by passing through millions of tiny blood filters
- Waste material passes through the ureter and is stored in the bladder as urine
- Newly cleaned blood returns to the bloodstream by way of veins
- Bladder becomes full and urine passes out of the body through the urethra.¹

The kidneys perform their life-sustaining job of filtering and returning to the bloodstream about 200 quarts of fluid every 24 hours. Approximately two quarts are eliminated from the body in the form of urine, while the remainder, about 198 quarts, is retained in the body. The urine we excrete has been stored in the bladder for approximately one to eight hours.¹

There are several key warning indicators of kidney disease. While many of these get confused with other conditions or get ignored completely, if you have any of the following symptoms, it's imperative to see your healthcare provider and to get additional testing done.

According the National Kidney Foundation, these are the 10 most common signs of kidney disease:¹

1. Fatigue—You're more tired, have less energy or are having trouble concentrating. A severe decrease in kidney function can lead to a buildup of toxins and impurities in the blood. This can cause people to feel tired, weak and can make it hard to concentrate. Another complication of kidney disease is anemia, which can cause weakness and fatigue.

2. Trouble Sleeping—When the kidneys aren't filtering properly, toxins stay in the blood rather than leaving the body through the urine. This can make it difficult to sleep. There is also a link between obesity and chronic kidney disease, and sleep apnea is more common in those with chronic kidney disease, compared with the general population.

3. Dry, Itchy Skin—Healthy kidneys do many important jobs. They remove wastes and extra fluid from your body, help make red blood cells, help keep bones strong and work to maintain the right amount of minerals in your blood. Dry and itchy skin can be a sign of the mineral and bone disease that often accompanies advanced kidney disease, when the kidneys are no longer able to keep the right balance of minerals and nutrients in your blood.

4. Frequent Urination—If you feel the need to urinate more often, especially at night, this can be a sign of kidney disease. When the kidneys filters are damaged, it can cause an increase in the urge to urinate. Sometimes this can also be a sign of a urinary infection or enlarged prostate in men.

5. Blood in Urine—Healthy kidneys typically keep the blood cells in the body when filtering wastes from the blood to create urine, but when the kidney's filters have been damaged, these blood cells can start to "leak" out into the urine. In addition to signaling kidney disease, blood in the urine can be indicative of tumors, kidney stones or an infection.

6. Foamy Urine—Excessive bubbles in the urine—especially those that require you to flush several times before they go away—indicate protein in the urine. This foam may look like the foam you see when scrambling eggs, as the common protein found in urine, albumin, is the same protein that is found in eggs.

7. Puffy Eyes—Protein in the urine is an early sign that the kidneys' filters have been damaged, allowing protein to leak into the urine. This puffiness around your eyes can be due to the fact that your kidneys are leaking a large amount of protein in the urine, rather than keeping it in the body.

8. Swollen Feet and Ankles—Decreased kidney function can lead to sodium retention, causing swelling in your feet and ankles. Swelling in the lower extremities can also be a sign of heart disease, liver disease and chronic leg vein problems.

9. Poor Appetite—This is a very general symptom, but a buildup of toxins resulting from reduced kidney function can be one of the causes.

10. Muscles Cramps—Electrolyte imbalances can result from impaired kidney function. For example, low calcium levels and poorly controlled phosphorus may contribute to muscle cramping.

Reference:

1. The National Kidney Foundation, Kidneys and Your Health, <https://www.kidney.org/phi/form?version=health>

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What is Investing with Impact?

Courtesy of: Juan Ocanas, Financial Advisor at Morgan Stanley

You can help create economic, social and environmental change through your investment portfolio without sacrificing financial performance.

Investing with Impact represents a vibrant and fast-growing approach to investing for individuals and institutions that want to have a positive impact on environmental and social issues.

Enthusiasm for this type of investing is growing. A recent Morgan Stanley study found that 85% of investors are interested in impact investing. Among Millennials, that number is even higher: 95% of next generation investors are interested in putting money into companies that are affecting social and environmental change.¹

What's New About Investing with Impact?

Each of us has individual priorities when aligning investment decisions with larger societal or environmental concerns. Some wealth management firms use different definitions and structures to support these goals.

Morgan Stanley has designed a framework that includes four different approaches: Restriction Screening; Environment, Social and Governance (ESG) Integration; Thematic Exposure; and Impact Investing. This framework provides a range of options for integrating the potential for societal and environmental impact into your portfolio:

- **Restriction Screening:** The goal is to abstain from investing in companies and industries that go against the moral or ethical values of certain investors. For example, some investors want to avoid investing in tobacco, gambling or weapons companies.
- **Environment, Social and Governance (ESG) Integration:** The goal is to proactively invest in companies with sustainable corporate practices, including efficient natural resource use, efforts to reduce greenhouse gas emissions, & employee and customer treatment and governance.
- **Thematic Exposure:** The goal is to invest in companies with products and services targeting solutions to key sustainability goals such as alleviating poverty, community development, & climate solutions, among others.

Impact Investing: The goal is to affect specific social and/or environmental change at a direct, targeted level by making investments in private enterprises. There are periodic offerings for qualified investors.

Each of these four approaches across the framework outlined above are differentiated by their process around shareholder engagement, as described below.

- **Shareholder Engagement:** The goal is to drive positive environmental, social, or governance-related change through active and continuous dialogue with corporates. Examples of engagement include proxy voting, dialogue with company executives, and participation in shareholder meetings.
- **No Need to Sacrifice Earnings:** Many people think that choosing investing with impact means accepting subpar investment earnings. However, Morgan Stanley's Institute for Sustainable Investing has found that the returns of sustainable mutual funds are no different than traditional mutual funds, while offering investors comparatively lower downside risk—as well as impact on a broad range of environmental, social and governance issues.² Looking at one specific thematic area, Morgan Stanley Research also found that the top third of companies in terms of gender diversity experienced 3% higher average relative returns than other companies in their region.³

The good news is that as more companies report on their environmental and social initiatives and as more data becomes available, the positive link between ESG factors and stock performance is getting easier to demonstrate.

A Win-Win for Investors

Companies that actively pursue strong sustainable corporate operations through their environmental, social and governance criteria can potentially mitigate their financial and social risks, and build trust among their shareholders, employees and customers. The result: A positive impact on companies' stability and earnings over time.

When you invest in companies that embrace sustainability in their corporate operations as well as the products and services that they offer, it can also help you with achieving your long term financial objectives. You can also feel good knowing you are using all your available resources to have a positive impact on causes you care about.

Footnotes:

1 Sustainable Signals, Morgan Stanley Institute for Sustainable Investing, September 2019

2 Sustainable Reality: Analyzing Risk and Returns of Sustainable Funds, Morgan Stanley Institute for Sustainable Investing, August 2019

3 Introducing HERS: Employing Diversity Pays Off, Morgan Stanley Research, August 2019

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Investing in the market entails the risk of market volatility. The value of all types of investments may increase or decrease over varying time periods.

The returns on a portfolio consisting primarily of sustainable, ESG-aware, or impact investments may be lower or higher than a portfolio that is more diversified or where decisions are based solely on investment considerations. Because sustainability, ESG-aware, or impact criteria exclude some investments, investors may not be able to take advantage of the same opportunities or market trends as investors that do not use such criteria.

Disclosures

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

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When your brain is lacking the right foods, it may have a more difficult time producing dopamine and serotonin.

Certain nutrients, found in healthy foods, can actually change your brain chemistry, and improve your mental health. Complex carbohydrates, the B vitamins, and omega-3 fats contain important nutrients that can alleviate mild depressive symptoms, as well as helping you feel more alert.

When you eat the right foods, you can actually increase the levels of circulating neurotransmitters, or chemical messengers, in your brain.

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Foods rich in tryptophan, such as lean proteins, dairy products, and whole grains, can help improve your mood because of their effect on your brain chemicals, or neurotransmitters. The nutrients found in whole grains and lean proteins help produce a class of neurotransmitters (chemical messengers within the brain) that influence behavior. One important neurotransmitter, called serotonin, helps regulate mood, sleep patterns and appetite. Tryptophan is the particular amino acid that converts to serotonin in the brain, and you can obtain tryptophan from other nutrient-rich carbohydrate choices like starchy, root vegetables (such as sweet potatoes, beets and carrots).

The Tyrosine Treatment

If dopamine levels drop, it can lead to depression, a loss of satisfaction, addictions, cravings, compulsions, low sex drive, and an inability to focus. Tyrosine is an important amino acid (a building block of protein) found in dairy products, meats, poultry and nuts. It boosts your brain's ability to release dopamine and norepinephrine. These two neurotransmitters act on the brain to perk you up, with sharper thinking and by making you more alert.



In addition to meats and dairy products, other specific tyrosine-rich foods that help increase dopamine levels, such as almonds, avocados, bananas, lima beans, pumpkin seeds and sesame seeds.

B-Vitamins for your Brain

Vitamin B6, found abundantly in leafy green vegetables, fish, poultry, and lean meats can help elevate your serotonin levels, which can improve your mood. If you don't consume enough folate-rich foods, serotonin levels in your brain can drop. In fact, folate deficiency is a common nutrient deficiency in adults living in the United States. Often, those who have been diagnosed with clinical depression have low blood levels of the active form of folate. Leafy greens, like romaine lettuce, and starchy beans, such as chickpeas, kidney and black beans, are rich in folate, but unfortunately, it is easily destroyed by cooking. Enjoy your leafy greens raw as often as possible, and add some fresh edamame (soybeans) on top.

Omega-3s in your Brain

Cold-water fish, such as tuna, herring, salmon and mackerel, are quite rich in the polyunsaturated fatty acid known as omega-3. Omega-3 fatty acids in fish help fuel the production of serotonin. These

particular foods are also high in the B vitamins, which can help your brain manufacture serotonin. A third reason to consume these healthy varieties of fish - they are rich in the trace mineral selenium. A low intake of selenium has been linked with depression. Other food sources of selenium include whole grains, nuts, seeds, and shellfish.

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Achilles Tendon Ruptures and Getting You Back in the Game

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

Achilles Ruptures are more common in men than women and the typical age group that is affected is between the ages of 30-50. Some other risk factors include race, genetics, medical conditions, musculoskeletal disease, ankle and foot alignment (pronation/hyper-pronation), obesity, sports, exercise, medication and smoking.

The Achilles tendon is the largest tendon in the body. It is connected to both the calf muscle and the heel bone and is a fibrous tissue that somewhat resembles twine. It is used when you walk, run, stand, jump and is especially stressed when you move quickly from side to side.

Although the Achilles tendon can withstand great stresses from running, twisting and jumping, it is extremely vulnerable to injury. A rupture of the tendon is a tearing and separation of the tendon fibers, so that the tendon can no longer perform its normal function.

People that are athletic and play sports or do extreme workouts are often times more frequently affected by Achilles tendon injuries. This is because they have jarring, ballistic movements. Sports like tennis, basketball and football all create these airborne movements. Also, exercises or workouts like jumping rope, or other high intensity movements can rupture the Achilles tendon. Corticosteroids and some other pain deterring injectables have been studied for their negative effect on the tendons, due to the medications actually breaking down the tissues and weakening the Achilles tendon.

When the tendon is ruptured, most notably, people remark of the popping sound they hear at the onset. It causes a tremendous amount of pain and unfortunately takes a very long time to heal.

There are several types of treatment options, both surgical and nonsurgical. The nonsurgical approach is to cast the foot in a pointed toe position and then gradually recasting to stretch the tendon back into



Achilles Tendon Rupture

place very slowly. The nonoperative repair has a much greater re-rupture rate than with surgery. We also use laser therapy in conjunction with stem cells as to repair the Achilles tendon.

The surgical repair of the Achilles rupture involves several different options. All of the options will reconnect the two ends of the tear back together by suturing them back into place. Sometimes this is done with a flap drawn down from the gastrocnemius (calf muscle), while other times its achieved with a donated graft, or simply sewn back together with a specific suturing method that ties both sides down and reconnects the sutures in the midline of the tear.

Whichever of the treatment options that your physician may choose, expect the rehabilitation to be quite long. There is no weight bearing activity allowed for several weeks, and then from there



their will be many weeks of therapy. The length of healing for the average person is usually around 4 to 6 months.

At week 8 after your treatment, your Achilles tendon will be primarily healed, but not strong enough to put undue stress on it. It must be over-protected for several months to insure that it is not reinjured. For competitive and exercise, or sports enthusiast, they can expect a good 6-9 months before being back to their normal extreme routines

At Collier Podiatry, Dr. Petrocelli is highly experienced in treating Achilles tendon ruptures both surgically and non-surgically, depending on your unique circumstances. And they offer great options and routines for the most beneficial rehabilitation and healing.

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 direct at (239) 775-0019.

Dr. Petrocelli is Board Certified in Surgical and Wound Care by the American Board of Wound Management. He is also the staff Podiatrist at Naples Community Hospital Wound Healing Center.



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CARE MANAGERS ADVOCATE FOR SENIORS – AND THEIR CAREGIVERS

In the past, extended families often shared the job of tending to their senior loved ones. These days, families may live farther apart, and the responsibility for care can fall on one overwhelmed family member.

The good news is that Care Managers can help.

These professionals, sometimes called “aging life care managers,” are usually licensed nurses or social workers trained in senior care. They act as private advocates and guides for family members who want to ensure their loved one is in the best hands, and they generally serve clients and families whose incomes are too high to qualify for publicly financed services.

“Caring for a senior can often be an overwhelming process,” says Cathryn A. Devons, assistant clinical professor of geriatrics and palliative medicine at Mount Sinai Hospital in New York City. “Geriatric care managers seek to make the process easier by serving as an advocate or counselor — taking the pressure off of family members who often have other commitments, such as parenting and workplace responsibilities.”

The number of caregivers who need help will continue to increase.

People 65 and older now make up about 16 percent of the U.S. population, according to the Washington, D.C.-based Population Reference Bureau. By 2060, that share is expected to rise to 23 percent, and the number of seniors is projected to nearly double to 95 million, in part because people are living longer.

For caregivers juggling paying jobs and their responsibilities to loved ones, Care Managers can offer a more efficient path forward, in the same way you might hire a guide to help you climb a mountain.

Many Care Managers started their careers in geriatrics, nursing, occupational therapy, physical therapy or social work and decided to become geriatric care managers later, having seen such a need for their clients, Wagner says.

What they do now is a range of assessments and coordination of care. Among the services Care Managers can provide:



- **Evaluating, arranging for and monitoring** in-home personnel and care needs.
- **Coordinating medical appointments** and arranging for transportation.
- **Identifying social services** and programs that could help the care recipient.
- **Making referrals** to financial, legal or medical professionals and suggesting ways to avert problems.
- **Explaining complex or difficult topics** with the recipient of care or family members.
- **Creating short- and long-term care plans** that could include other living arrangements.
- **Acting as a liaison** to families who may be hundreds of miles away.
- **Answering questions** and addressing emotional concerns of caregivers and their loved ones.
- **Arranging for relief** or respite care for stressed-out caregivers.

“The manager ensures that the senior’s personal and practical needs are met and can help with more mundane tasks, freeing up family members so that they can enjoy more quality, stress-free time with their loved one,” Devons says. “Very often, we see geriatric care managers become a much-valued part of the family.”

AARP May 15, 2020

If you or a loved one could benefit from Professional Care Management, please contact McKenney Home Care. We have been providing Care Management Services in Collier and Lee Counties since 2013.

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.

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

By Dr. Alejandro Blanco

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

Common Injuries After Motor Vehicle Accidents

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

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

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

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

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

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



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

Essential Steps to Take

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

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

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

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

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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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Lumbar Spinal Stenosis and the Only New Treatment in 40 Years Now Available At Florida Pain Center of Naples!

Lumbar spinal stenosis is estimated to affect 64 million Americans by the year 2025. In other words, this condition affects one person per 1,000 over age 65, and 5 per thousand over age 50. Lumbar spinal stenosis is the most common indication for spine surgery in individuals 65 years and older.

In the United States, our population is aging. The demand for new treatment modalities is paramount. Many elderly patients are not candidates for open surgical procedures due to co-morbid conditions such as heart disease, lung disease, diabetes, or renal disease.

Over the preceding forty years, there have been only two treatments for lumbar spinal stenosis; epidural steroid injections which is a short-term solution, or open lumbar decompression, a very invasive procedure with general anesthesia risks.

Neurogenic claudication is the cardinal clinical feature of lumbar spinal stenosis. It involves limitation of patient's walking ability and results in a significant decrease in quality-of-life. Intermittent neurogenic claudication is defined as unilateral or bilateral leg pain during walking or standing that is relieved by sitting or leaning forward (shopping cart sign).

Interspinous process decompression (IPD) is a minimally invasive procedure that can be performed under intravenous sedation (no general anesthesia), in an outpatient setting. This FDA approved procedure (Vertiflex BSC) has been shown to provide significant long-term relief of lumbar spinal stenosis.



Courtesy of Vertiflex®

A randomized study found the following five years post-procedure: 90% patient satisfaction, 80% decrease in leg pain, and 81% improvement in physical function.

The good news is that we now have a Medicare an FDA approved procedure which is minimally invasive for the treatment of lumbar spinal stenosis. This new procedure involves no cutting of bone or muscle, and a small one-half inch incision. Recovery from the procedure is usually 1 to 2 days of mild discomfort. Less than 25 physicians have been trained to perform his procedure in Florida.

Dr. George Arcos has been performing this procedure for five years and has one of the largest groups of successfully treated patients in the country.



George J. Arcos, D.O.

In addition to Vertiflex, there are other exciting new options for those suffering with incapacitating pain. Intracept, is a procedure for "vertebrogenic pain", or pain from the spinal vertebral column. Advanced degenerative disc disease is the primary cause, with findings on MRI of "Modic changes" or white spots within the bone. These spots correspond to bone marrow edema.

The Intracept procedure is performed totally through a needle (percutaneous) and is completed in less than 30 minutes. Patient testimonials reveal patients returning to active lifestyles without pain. For more information regarding Intracept, or if you are suffering with symptoms of intermittent claudication from lumbar spinal stenosis contact Dr. Arcos at Florida Pain Center of Naples at 239- 659-6400.



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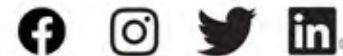
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ATC is Gaining Attention

Mindy and Dr. Marc were recently featured on Kathy Ireland's show, Worldwide Business with Kathy Ireland to discuss the connection between science and beauty. You can view the full video here, ATC.WorldwideBusinessYoutube.com.

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

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

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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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ARHI: Clinical Study on COVID-19

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

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

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

Vaccines

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



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

What You Should Know About Clinical Trials

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

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

How Clinical Trials Help

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

Diagnostics | Treatments | Vaccines

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

Current Studies

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

To find out more, please contact them today at, 239-230-2021, or email them at info@arhiosa.com.

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

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

Are you interested in participating in a clinical trial?

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



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COREFIT WELLNES OFFERS AN OPTIMAL COMBINATION FOR FAT REDUCTION

The CoreFit Wellness studio has a great combination of treatments to help individuals lose stubborn belly fat with Cryotherapy and targeted muscle toning.

The treatment consists of Cryo-Slimming, which is a fat reduction treatment from our Cryo-T-Shock machine. Cryo-Slimming safely and effectively uses thermal shock to naturally destroy fat cells without any damage to the skin. The Cryo-T-Shock breaks down fat cells by starting the treatment with heat, then a prolonged period of cold, and then heat again. This process lowers targeted fat cells' temperature to negative 4 to negative 7 degrees Celsius; this triggers a natural, controlled cell death. Then the body naturally flushes the dead fat cells through your bloodstream and then through your lymphatic system in a few weeks. It is similar to Cool Sculpting, though not as painful and more effective, and also less costly. Multiple treatments will be needed, typically five per area, and treatments are spaced out approximately two weeks apart.

Combining Cryotherapy with Muscle Strengthening and Toning Workouts

These treatments are extremely effective to see results alone; however, combined with working with a personal trainer to increase muscle density is the best combination. As we get older, we lose muscle density, which slows our BMR- Basal Metabolic Rate, which is how we burn calories without exercise. Even with exercise, without strengthening our muscles, we simply will not burn many calories. If you're like most Florida residents, you play pickleball, tennis, and golf; while effective on other levels,



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levels, these activities do not build as much muscle as we need! We are not saying you must endure heavy weight training, but instead, simply moving and utilizing resistance with balls, bands, and dumbbells can help to build muscle on the upper and lower body as well as your core. We have some outstanding personal trainers that are highly educated to help you on this journey. We also offer Pilates Reformer, one-on-one sessions, which are an excellent way to build bone density and strengthen your core and improve flexibility.

The Cryo-Slimming sessions can be done on their own and they do not have to include anything with the muscle strengthening and are still very effective, however by building the strength you will reduce your risk of osteoporosis and have a much better chance of keeping it off. We follow all guidelines for COVID including mask wearing, gloves, sanitizing all equipment, and keeping the recommended distance between patients. We have the studio sprayed by Enviro-Master that kills all bacteria and viruses including COVID!

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



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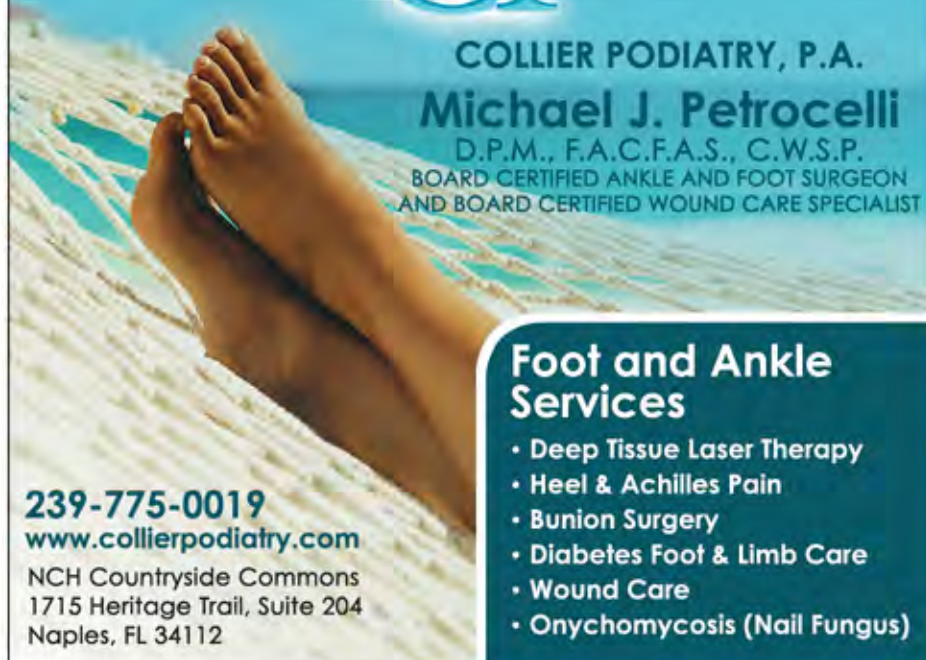
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YOU RECEIVED A NOTICE OF VIOLATION FROM CODE ENFORCEMENT, WHAT'S NEXT?

By Lenore T. Brakefield, Florida Government Relations and Community Association Law Attorney

The number one rule is: do not ignore this notice. The notice of violation provides the roadmap of what is to come. This roadmap is important because each jurisdiction has its own process for handling code enforcement issues. Even though Chapter 162, Florida Statutes, sets forth a quasi-judicial process requiring notice and a formal hearing, each jurisdiction has its own procedural rules for how these hearings are conducted. Whether you are dealing with a city or county, it is important to be responsive once you receive a notice. Typically, a notice will tell you which code section it is alleged you have violated, the offending behavior and your deadline for compliance. It is important to pay attention to the deadlines in the notice.

What should you do once you receive a notice?

You have two choices: 1) you can hire an attorney to guide you through the process or 2) you can handle it yourself. Either way, it is most important you are responsive, and you are aware of the deadlines set forth in the notice. Whether you hire an attorney or go it alone, touching base with the code enforcement officer is an important first step for several reasons. First, you want to let the department know you received the notice. Second, you want to let the department know you are taking the alleged violation seriously. Third, you are letting the department know you are working to find a resolution. Resolution can mean many things – it may mean there is a mistake with either the facts or circumstances as reported and observed by the code enforcement officer or it may mean there is an issue that needs to be resolved for you to come into compliance. Either way, it is important to keep in mind code enforcement's intent and purpose is to help you be compliant. Laying the foundation for a cooperative resolution is instrumental.

What happens if you miss the compliance deadline?

If you ignore the notice and/or you do not come into compliance by the deadline set forth therein, more than likely, your case will be set for hearing in front of a magistrate or code enforcement board for a determination of guilt and fines. While Florida's Constitution does require due process, different municipalities have different rules, requirements and procedures for conducting these hearings. For example, some jurisdictions require you to submit a defense package a week before your code enforcement hearing. It is important to know the procedure, so you do not



waive your defense or other explanation. If you decide to hire a law firm two days before your hearing, you may already be late to the game. There may not be time to submit a defense package and now your attorney has to go in and argue in front of a board or magistrate without the benefit of presenting your defense beforehand.

What happens if you miss the code hearing?

If you disregard the notice, miss the compliance deadline and fail to go to the hearing, it is almost certain that fines will be assessed against your property (or against your landlord's property if you lease or rent). You may not even know these fines have been levied until you go to sell or transfer your property and the title company discovers a lien against your property. Now you are potentially in a situation where you are unable to close on the sale of your property until these liens are satisfied or otherwise removed. At this point, your only hope is to request mitigation of fines; however, there is no guarantee. In addition, you will likely have to go back in front of the magistrate or code enforcement board to request mitigation of fines. There is never any guarantees that code enforcement fines will be reduced but what I can guarantee you is none of this will be done quickly and your closing will most likely be delayed. This is a result no one wants.

Bottom line, if you receive a notice of code enforcement violation, take it seriously. Read the notice and decide if you are going to handle the alleged violation yourself or hire an attorney. Whichever you do, decide quickly, so none of your rights are waived. One more piece of advice, if you have multiple addresses, please make sure your mailing address, as listed on the Collier County Property Appraiser's website, is correct, because this is where your notices will be mailed.

Should you need someone to represent you in a code enforcement action, please feel free to contact any of the attorneys listed below:



Lenore T. Brakefield is a Naples native and graduated cum laude from the University of Florida Levin College of Law. She focuses her law practice in civil and commercial litigation and is experienced in construction litigation matters. Lenore also handles local government law, code enforcement violations, community association law, and real estate law, as well as transactional matters. Lenore is a Certified Financial Litigator by the The American Academy for Certified Financial Litigators.



Zachary W. Lombardo is a government relations lawyer and is an associate attorney at Woodward, Pires & Lombardo, P.A. His Juris Doctorate is from the Florida State University College of Law where he graduated cum laude. Zach grew up in Naples, Florida, and focuses his land use, zoning, business, contract drafting, and litigation practice in the Southwest Florida community.



Anthony ("Tony") P. Pires, Jr. is a partner at Woodward, Pires & Lombardo, P.A. and serves clients throughout Collier County in Local Government Law, Land Use and Zoning Law, Government Relations, Real Estate Law and Community Association Law.



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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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Orchidia Medical Group Can Help Men and Women Turn Back The Clock in Multiple Ways

By Dr. Carolina Young

Why P-Shots may help you get back in the saddle. 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 stimulates new tissue growth, collagen formation and is 100% natural, so the body accepts it 100% of the time with no adverse reactions. Stem cells have the potential to differentiate into many different types of cells and can serve as an internal repair system, which can replace damaged or worn out tissue.

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

Platelet-Rich Plasma (PRP) treatments can get your collagen in the right spot.

As time goes on, have you started to experience unwanted changes in your sexual health? Have these changes had an impact in your personal and intimate relationship? Do you feel there is nothing that can be done to improve your situation? If so, please know that there are non-surgical, minimally invasive treatments available for these issues and conditions. For instance, men can be treated with P-shots, which uses platelet-rich plasma (PRP), to encourage natural body growth processes. PRP is derived from the patient's blood and it is packed with powerful growth and regenerative components. For women, the O-Shot works very well. This is also a non-surgical, minimally invasive treatment that uses platelet-rich plasma (PRP) to stimulate tissue growth and renewal. These treatments are helpful and effective in restoring individuals' sexual health.

Stem Cell and Aging

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 antiaging and erectile dysfunction (ED). Stem cells work wonders in repairing and regenerating damaged tissue, and the human body naturally accepts them without any adverse reactions.

NAD IV therapy is a game changer.

Because IV infusions don't need to pass through the digestive system, they are absorbed at an optimal level. NAD (Nicotinamide adenine dinucleotide) infusion therapy is a valuable treatment option with multiple health benefits.

NAD Promotes

- Supports immune function
- Energy
- Metabolism
- Reduces pain
- Cellular biogenesis
- Neuroprotective properties
- Anti-aging

Do you know your testosterone levels?

Knowing and getting your testosterone levels checked can help you understand how it can change the way you look and feel. It's critical to get the appropriate treatment and the safest options are natural alternatives.

Testosterone imbalance can affect the following:

- Hair loss
- Muscle tone
- Skin thinning
- Reduced sex drive
- Mood swings
- Memory and concentration
- Bone density
- Fertility issues

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BTL Treatments

BTL Exilis Ultra can lift the face and neck. BTL is performed on an outpatient basis in the comfort and convenience of our Naples office. The handheld device is used to deliver a combination of radio frequency and

ultrasound technologies to the tissues. During this controlled heating process, tissues are gently heated at a deep level to promote tighter skin, reducing the appearance of sagging skin.

There is little to no discomfort associated with the BTL Exilis Ultra treatment process as the device also features cooling technology. There is no downtime associated with the treatment process, and you will be able to resume your usual activities quickly.

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

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

If you are interested in any of these treatments and have any questions, please contact Orchidia Medical Group at 239-333-8809 or visit www.orchidiamedicalgroup.com



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The EMSCULPT® Difference

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

Ideal EMSCULPT Candidates

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

EMSCULPT Procedure

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

Each treatment in the series takes approximately 30 minutes. The series is mapped out precisely for you with your physician and EMSULPT 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 results 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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Diabetic Kidney Disease

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

According to the National Kidney Foundation, up to 40% of patients with type 2 diabetes will eventually suffer from kidney failure. Kidney disease is no joking matter that can lead to kidney dialysis due to poorly managed diabetes. The five-year survival rate for patients with diabetes that undergo long-term dialysis is approximately 25%.

Early education is essential to understand how diabetes affects your kidneys. A common problem from high glucose levels is small blood vessels become injured. When this happens, your kidneys lose the ability to properly cleanse your blood, causing you to retain water and sodium, along with many other issues.

Waste materials can build up in your blood. This build up can make it difficult to empty your bladder. The pressure that builds from a full bladder can back up and possibly injure your kidneys.

Did you know that some diabetes drugs on the market may cause or worsen kidney disease? One commonly used drug, metformin, can worsen kidney damage. Metformin can build up in your system causing a build up of lactic acid (lactic acidosis) if your kidneys are not functioning properly. Of course, always work with your physician before stopping any medication.

A sign of kidney disease is an increase of albumin in your urine. Albumin is a protein in your blood.



One of the functions of your kidneys is to stop albumin from being passed into your urine. Damaged kidneys may allow the pass-through of this protein. Additionally, morning sickness, nausea, and vomiting can be signs of kidney disease. Please be sure you discuss and understand your symptoms and test results with your physician.

If caught in the early stages, the progression of kidney disease may be stopped or slowed down, possibly improved. Once you reach late-stage kidney disease, it is not usually reversible. End stage renal failure occurs when your kidneys function at only 10 to 15 percent. Then, dialysis or a transplant is warranted. Are you shocked to learn that millions of people with diabetes are affected each year?

I have a dear client who had been told by her physician her kidneys are 'falling apart.' She had been on diabetes medication and insulin for years. It was through coaching and education when she realized how poorly managed her diabetes has been; even when her fasting levels were in or near normal range. Her metformin was eliminated, her glucose improved, and her kidney function began to improve.

Reaching and maintaining healthy glucose levels is your first step in keeping your kidneys healthy.

Denise A. Pancyrz is a national diabetes & holistic lifestyle coach, speaker, and best-selling author of *The Virgin Diabetic, Reverse the Effects of Type 2 Diabetes, Reduce Medication, and Improve Your Glucose Levels*, available on Amazon. For more information, training, or a free consultation, visit: ReverseMyDiabetes.net or call (888) 848-1763.

Wednesday, March 10, 2021
Eating on the Run with Diabetes

11:00 AM ET | Cost: Free

Healthier fast-food choices to stabilize your glucose levels, and proper foot care and wear to keep you on the move. Online Webinar | Register:

www.ReverseMyDiabetes.net/services/training

Thursday, March 11, 2021
Kidney Disease, An Effect from Diabetes

7:00 PM ET | Cost: Free

Diabetes is the leading cause of kidney disease. Learn to avoid, recognize symptoms, and what your lab tests mean. Online Webinar | Register:

www.ReverseMyDiabetes.net/services/training

For more information
and to Register:



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SEMINARS CONCERNING HEARING LOSS, DEMENTIA AND ALZHEIMER'S DISEASE COMING TO SW FLORIDA!

By Hoglund Family Hearing and Audiology Services

A series of lectures concerning hearing loss and memory problems will be presented **March 23rd, 24th, and 25th**. These seminars are completely **FREE**, and lunch will be provided. **Hoglund Family Hearing and Audiology Center** is proud to feature speakers from the renowned *Neuropsychiatric Research Center* during this return to our extremely popular "Lunch and Learn" lecture series.



John and Patricia Hoglund
LHAS, BC-HIS, ACA

Crowds will be limited, and masks will be required at the restaurants to keep a **SAFE** environment for learning, so please RSVP as soon as possible if interested. This new research will answer all your questions concerning new treatments for both hearing loss and memory loss... you will be amazed to see how closely these conditions are tied together!

Hearing Loss **DRAMATICALLY** Increases Alzheimer's Disease Risk!

Hearing loss can have much larger consequences than just the frustration of misunderstanding friends and loved ones. A number of studies have come to light showing a **link between hearing loss and dementia**. Specifically, studies out of Johns Hopkins found that hearing loss is associated with accelerated cognitive decline in older adults and that **seniors with hearing loss are significantly more likely to develop dementia** over time than those who retain their hearing. A third Johns Hopkins study revealed a link between hearing loss and accelerated brain tissue loss. The researchers found that for older adults with hearing loss, brain tissue loss happens faster than it does for those with normal hearing. **Some experts believe that interventions, like hearing aids, may delay or prevent dementia**. Brandeis University Professor of Neuroscience, Dr. Arthur Wingfield, has been studying cognitive aging and the relationship between memory and hearing acuity. He says **unaddressed hearing loss not only affects the listener's ability to "hear" the sound accurately, but it also affects higher-level cognitive function**. Specifically, it interferes with the listener's ability to accurately process the auditory information and make sense of it.

How Hearing Loss Affects Cognitive Function

"They say your brain is like a computer", says John **Hoglund of Hoglund Family Hearing and Audiology Center**, "and data gets into your computer through your five senses. The sense of smell, taste, and touch all give us information about the world around us, but most of the data getting into your computer all day every day



comes from our eyes (what we see and read) and our **EARS** (what we hear). There is a phrase that most people have heard from the computer field that says **garbage in ... garbage out!** We find that the ongoing misinformation and flawed data getting into your computer begins to take its toll and leads to tragic consequences!"

When we have a hearing loss, the connections in the brain that respond to sound become reorganized. **Fortunately, for many people, hearing aids can provide the sound stimulation needed for the brain to restore the normal organization of connections to its "sound center"** so it can more readily react to the sounds that it had been missing and cognitively process them. *We "hear" with our brain, not with our ears.*

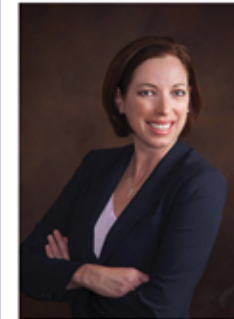
"**Even if you have just a mild hearing loss that is not being treated, cognitive load increases significantly,**" Wingfield said. "You have to put in so much effort just to perceive and understand what is being said that you divert resources away from storing what you have heard into your memory." As people move through middle age and their later years, Wingfield suggested, it is reasonable for them to get their hearing tested annually. *If there is a hearing loss, it is best to take it seriously and treat it!*

Even mild hearing loss doubled the dementia risk of memory problems. That risk appeared to increase once hearing loss began to interfere with the ability to communicate — for example, in a noisy restaurant. It is therefore recommended that regularly scheduled Hearing Tests should be a part of Senior's routine medical testing, and that hearing loss should be addressed as early as possible before these negative consequences begin to develop.

These Seminars will discuss this research in much greater detail.

TUESDAY	WEDNESDAY	THURSDAY
March 23	March 24	March 25
CAPE CORAL 11am AND 2pm	FORT MYERS 11am AND 2pm	ESTERO 11am AND 2pm
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SPECIAL GUEST SPEAKER Wendy R. Bond, M.D.



Dr. Wendy Robinson Bond is Board Certified by the American Board of Psychiatry and Neurology. For the past 13 years, Dr. Bond has been practicing General Neurology in the Fort Myers and Cape Coral Area. She is a current member of the American Academy of Neurology, AAN Fellow. Locally, she is a member of the Lee County Medical Society. Because of her personal experiences with Alzheimer's Disease, she joined the **Neuropsychiatric Research Center** of Southwest Florida founded by the renown clinical research expert Dr. Fred Schaerf. She continues, to maintain the high quality of clinical research trials here in Southwest Florida, in hopes of finding some relief for everyone suffering from this type of dementia. Dr. Bond and/or members of her clinical research staff will share clinical research in the new treatments being developed to treat Dementia and Alzheimer's Disease.

If you prefer a private consultation instead of a group lecture, please call our clinic response line (239) 360-3753 to arrange an appointment with John Hoglund or Dr. Bond.

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Get Glowing!

By Christina Tremblay

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



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

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

MEET Christina Tremblay, PA-C

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



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

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

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Alleviant Offers Virtual Visits Via Telemedicine

Mental Health Awareness



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

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

Virtual Visit Tips

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

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

Mental Health Awareness

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

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

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

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- **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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"Let Food Be Thy Medicine" - Hippocrates

By Jamie Kliewe

In today's fast paced and technological world we have access to so much data and information that can either bless or curse us depending on how we use it. One thing that we cannot fast track is our health, especially when it comes to nutrition. As much as modern medicine has offered the world in the realm of acute treatments for disease and relief of symptoms, it is quite lacking when it comes to conversation about how to prevent such diseases and illnesses. There are mountains of data proving that a healthy diet and exercise are still the key components to living a disease and illness free life. We are bombarded with many more mental, physical, spiritual and emotional toxins than our ancestors which has made things a little more complicated, however, the solid foundation still needs to be a healthy diet and exercise. I like to use the analogy of putting anything but the proper unleaded fuel in your gas tank to make your car run. We wouldn't put dirty water in the tank and expect it to run, right? The same goes for our bodies. We must fuel our bodies with the right micro and macro nutrients (vitamins, minerals, proteins, carbs, etc.) in order for all of the mechanisms to run properly.

Everything is connected. When one system or function fails or is diminished, it will then affect the next function and so on. Getting back to the basics is something that is difficult in this "instant gratification" world that we live in. Some wise teachers have said that anything worth having takes time and does not come too quickly. Though adopting a healthy lifestyle will create immediate changes, it takes time and effort to sustain and continue that lifestyle to prevent illness and disease. It CAN be



done and you CAN do it! The basics include clean, fresh fruits and vegetables – organic if possible. If you are a meat eater – grass fed grass finished, organic meat that has not been treated with antibiotics or steroids. Fresh water with the appropriate minerals still intact or added, if necessary. Eliminate any artificial or processed foods. Move, Move, Move! Exercise is the nemesis that will not go away. There is no magic wand on this one. Find some form of exercise that you can do and just do it. Consistency is key! Of course, there are many methods and dietary theories floating around that tend to confuse people more than help, so it is best to start out keeping it simple. I like to say anything that God gave us from the earth is fair game for the diet.

I know there are also many people who have declined in their health to the extent that they now have some more serious symptoms that need to be navigated and there are specialists in the area of Functional Health that can assist with those more complicated situations, however, the basics are still

the same and can be initiated by anyone at any time. In this day and age, the best defense is offense. Planning ahead and being intentional about our health is the best strategy! Get help with qualified practitioners if you need some assistance learning about sustainable lifestyle changes and implementing strategies that will create long lasting results. Omni Balanced Life Center offers a team style approach to wellness providing Functional Healthcare and Holistic Health Coaching to assist clients/patients with nutrition mentoring and much more!

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

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Study Finds an Improved AMD Supplement Formula

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

There have been numerous reports and studies on the effectiveness of certain nutrients that may prevent or delay eye disorders and disease. Dr. Taba, Ophthalmologist and Retina Specialist recommends vitamins to some of her patients depending on their current medications and specific condition. On the contrary, if you don't need to supplement, it's best to get your vitamins and nutrients from food.

According to the American Academy of Ophthalmology, the eye vitamins AREDS can help prevent advanced age-related macular degeneration when you have moderate AMD. Dr. Taba wants to share this valuable information from the published article from 2013 below.

New report from a national study on the use of supplements to reduce the risk of age-related eye diseases

More than a decade after the first Age Related Eye Disease Study (AREDS) showed that taking daily high doses of vitamins C and E, beta-carotene, zinc and copper can slow down the progression of age-related macular degeneration (AMD), a second study (AREDS 2) revealed that adding certain antioxidants to the original formula provided the same benefits and were safer than the original formula.

Advanced AMD can lead to significant vision loss, and in the United States it is the leading cause of blindness. About 2 million Americans have advanced AMD; another 8 million are at risk.

The first AREDS study was conducted by the National Eye Institute and concluded in 2001. It showed that the original AREDS formula can reduce patients' risk of the advanced form of AMD by about 25 percent. The formula helps protect people's central vision, which is needed for reading, driving, recognizing faces and other daily activities.

AREDS2, which concluded in 2011, tested several antioxidant nutrients that earlier research had suggested might protect the eyes: lutein, zeaxanthin, and omega-3 fatty acids. Omega-3 fatty acids are produced by plants and are present in oily fish such as salmon. Lutein and zeaxanthin are carotenoids, a



class of plant-derived vitamins that also includes beta-carotene, and are present in leafy green vegetables. The body uses these nutrients to maintain the health of the retina, the part of the eye that can be damaged by AMD. Participants in AREDS2 were assigned to take one of four different AREDS formulas daily for five years.

The AREDS2 research team did find that two patient subgroups benefited from taking variants of the original AREDS formula. The risk of developing advanced AMD was reduced by about 18 percent in study participants who took the variant that included lutein and zeaxanthin but no beta-carotene, compared with participants who took the variant that had beta-carotene but no lutein or zeaxanthin. And those participants whose diets were low in lutein and zeaxanthin at the start of the study, but who took a variant with lutein and zeaxanthin during the study, were about 25 percent less likely to develop advanced AMD, compared with similar participants who did not take lutein and zeaxanthin.

The researchers concluded that removing beta-carotene from the AREDS formula and adding lutein and zeaxanthin would result in a single formula that would be safer and equally effective for all AMD patients. Until then, people who were current or former smokers could only use a formula that excluded beta-carotene, because it had been linked to risk of lung cancer for these patients. About half of AREDS2 participants were former smokers.

Another recent AREDS report showed that the benefits of taking the AREDS formula appear to be long-lasting. Participants in the first AREDS study who took the original formula daily for five years continue to enjoy a 25 percent lower risk of developing advanced AMD. Most report that they are still taking the supplement.

The American Academy of Ophthalmology recommends that you discuss these research results with your ophthalmologist before changing or adding a supplement to your regimen. AREDS and AREDS2 eye vitamins are not recommended if you do not have macular degeneration or if you have early macular degeneration. Only an eye doctor can determine the stage of your macular degeneration.

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, you should see an ophthalmologist right away. The earlier a disease is 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:

1. American Academy of Ophthalmology, Study Finds an Improved AMD Supplement Formula, May. 15, 2013, <https://www.aao.org/eye-health/news/areds2-study-results-amd-supplement>



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NATIONAL NUTRITION MONTH

March is National Nutrition Month and what exactly does that mean? Well, for starters it provides an opportunity for you to assess your current nutritional intake and health. How do you care and feed/fuel your body, your amazing organic machine? Before you think about that let's start with a basic explanation of nutrition.

The Encyclopedia Britannica defines nutrition as "the assimilation by living organisms of food materials that enable them to grow, maintain themselves and reproduce."

Since attempts to find a definition on the Academy of Nutrition and Dietetics and the American Medical Association failed, I looked on MedicineNet. They define nutrition as the "process of taking in food and using it for growth, metabolism, and repair. Nutritional stages are ingestion, digestion, absorption, transport, assimilation and excretion.

Your body, your weight and your health depend on what you choose to eat and drink. Nutrition is key!

The study of nutrition has been around for centuries; however, only in the last 100 years has the role of nutrition in complex non-communicable chronic diseases (diabetes, heart, obesity, renal and cancer) been studied at length. The first vitamin was chemically defined and isolated only in 1926 (thiamine)! It was synthesized in 1931 and called vitamin B1. Vitamin C was identified in 1931, 200 hundred years after a ship's surgeon (James Lind) realized that lemons worked for the treatment of sailors with scurvy. Between 1910 and 1950 the focus centered on the identification and synthesis of essential vitamins and minerals. This knowledge led to the prevention and treatment of nutritional deficiency related diseases such as rickets, scurvy and nutritional anemias (to name a few).



The Great Depression and World War II created fears of food shortages. It was at this time that the US government along with the British Medical Association and the League of Nations generated minimum recommended daily allowances (RDA). These were announced in 1941.

From the 1950's through the 1970's the discussion of sugar versus fat was all the rage. Calories became important. The development of processing foods at a low cost fortified with minerals and vitamins led to the rise of diet related non-communicable diseases.

From 1970 through the 1990s the push for the modernization of food processing and agriculture continued. What followed was a rise in type 2 diabetes, obesity and several cancers.

It has been a scary time from the 1990s to the present. With the growth of agribusiness and the increase of manufactured foods we have no idea what the long-term health issues will be. The way crops are planted (GMO vs Non-GMO), livestock are fed and housed, grain milling, etc. we must be even more mindful of nutrition and what we should feed ourselves and our loved ones. Do we want to live to eat or eat to live.

Nutritional advances have shown that diet patterns and foods rather than nutrient (vitamins) have more of an effect on non-communicable diseases.

Whether you are a vegetarian, vegan, pescatarian, flexitarian, paleo, keto, DDF*, PNP* – the message is this: less is more. Your mouth is NOT supposed to have a party at every meal. Eat to sustain life not reduce it.

What simple change can you make that will affect your health and your weight? Make Wednesdays and Fridays VEGAN days. Avoid all animal products from meat and cheese to eggs and yogurt. Focus on avocado toast or an apple with almond butter for breakfast, a salad with quinoa and chickpeas for lunch. How about brown rice pasta with marinara sauce, along with a salad for dinner? It is not that hard. Give your organic machine a break from heavy eating. Keep it simple.

Try it for the month of March. Who knows, it just might become a healthy habit and part of your 2021 lifestyle.

*DDF – Data Driven Fueling™
*PNP – Pancreatic Nutritional Program™
*Remember to consult with your physician before beginning any new way of eating especially if you are on medication!

Candice P. Rosen, R.N., B.S., M.S.W., C.H.C. is a health counselor and creator of the PNP and DDF. She is the author of *The Pancreatic Oath and Forget Dieting!* (available on Barnes & Noble and Amazon). She lives and has a private practice in Los Angeles. www.candicerosenrn.com

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WHAT IS THE MIND DIET?

In this article we focus specifically on the impact a potentially revolutionary nutrition plan called the MIND diet can have on Alzheimer's prevention for seniors.

The possibility of losing our cognitive abilities can be even scarier than the loss of physical abilities as we age. There are an estimated 5.5 million Americans with Alzheimer's, affecting millions more people caregiving for loved ones affected by the devastating disease, with no cure at the present moment. Therefore, many seniors and their families are wondering what they can do to be proactive and prevent the onset of Alzheimer's.

For the purposes of this article, we're going to focus specifically on the impact a potentially revolutionary nutrition plan called the MIND diet can have on Alzheimer's prevention for seniors.

The name MIND diet surprisingly isn't in reference to the diet's supposed ability to improve cognitive functioning. Rather, it stands for Mediterranean-DASH Intervention for Neurodegenerative Delay. The MIND diet meal plan is essentially a combination of two popular diets, the Mediterranean and DASH, with an emphasis on brain foods shown to improve cognitive functioning.

HISTORY OF THE MIND DIET

Dr. Martha Clare Morris, an expert in nutritional epidemiology at Rush University Medical Center in Chicago, introduced the MIND diet meal plan in 2015. Her studies on the diet tested and compared the effects

of the Mediterranean, DASH, and MIND diets in adults aged 58-98 years. The study found that diligently sticking to all three diets was associated with a reduced risk for Alzheimer's disease, but only the MIND diet showed lower risk even with moderate adherence. Another study showed that participants who stuck to the MIND diet lowered their risk for Alzheimer's by 54%. In addition to the MIND diet's effect on Alzheimer's prevention, Dr. Morris and her colleagues recently studied the diet's effect on the cognitive decline of stroke survivors.

Those in the study who were highly adherent to the MIND diet had substantially slower rates of cognitive decline than people who didn't follow the diet.

Given the newness of the MIND diet meal plan and relatively few scientific studies conducted, scientists still need to do more research, but the early results are certainly very promising. Some have even coined the phrase "Alzheimer's diet" when referencing the MIND diet meal plan, and US News and World Report ranked the MIND diet #5 in its list of Best Diets in 2018.

FOODS TO EMPHASIZE

If you choose to follow the MIND diet for yourself or integrate it into the meal plan of a senior loved one, here are the brain foods you'll want to emphasize and recommended number of servings/week:

Leafy greens (spinach, mixed greens, kale): aim for at least 6 servings of leafy greens per week. In addition to cognitive benefits, leafy greens are high in vitamin K and many other essential nutrients.

Other veggies: in addition to leafy greens, try to eat one additional serving of vegetables per day.

Berries: aim for two or more servings a week. Smoothies are great for seniors to get their weekly servings of berries.

Nuts: at least five servings per week. Nuts are also a great source of protein and healthy fats.

Wholegrains: three or more servings a day. Common wholegrains include brown rice and whole-wheat pasta.

Oliveoil: replace butter with olive oil, and use it as your primary oil for cooking. Keep in mind that when sautéing, it's better to use standard olive oil than extra virgin olive oil.

Wine: a glass of wine, particularly red, a day has been proven to have cognitive benefits.

Fish: at least one serving per week. Salmon is especially beneficial and is loaded with Omega-3 fatty acids.

FOODS TO AVOID

Some foods to avoid include:

Red meat: aim for less than four servings per week, and choose leaner cuts. Think tenderloin, not rib eye.

Butter and margarine: less than a tablespoon daily.

Cheese: less than one serving per week.

Added sugar: avoid or limit unhealthy desserts, no more than five servings per week. Instead of pastries and ice cream, try dark chocolate.

Fast food: it's best to eliminate fast food altogether because it's typically loaded with sugar and sodium.

One of the big benefits of the MIND diet meal plan is that it's not a "fad diet" and doesn't require you to eliminate lots of foods from your diet. Rather, it calls for moderation of unhealthy foods and emphasizing healthy brain foods. This makes the MIND diet easier to follow for seniors than more extreme nutrition plans like the Paleo diet or Vegan diet.

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

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BERRIES AT LEAST TWICE A WEEK



Health Insurance

What you need to know!

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

2020 was certainly a trying year for all of us with COVID19 changing the way we live, work and even who we meet. Health Insurance is often looked at as a bill that is optional and not necessary. Really? Why would you not consider your health and life not the most important thing? If you become terminally ill you might not be around much longer so that new car, all the channels on your TV become less important to not at all. Some of the reasons I hear people do not get insurance is, it is too confusing, how do I know what I need, it costs too much for as little that it covers, I never hit my deductible, it cost too much, and I am healthy. Everything costs too much if there is no presumed value!

All the answers could be so simple if you work with an agent, and I always recommend that you, see them and get to know them, check them out. Why? Just because someone has a license does not always mean they are good at what they do or have your best interest at heart. Most of the time (99%) there is no charge to you for insurance professional assistance and the cost is the same as if you did it all yourself. Did you ever go online and then get bombarded with e-mails and phone calls? If you talked to any of those people that called, and you bought something from them. Would they be available if you have a question? Can you reach them directly? What if they sold you the wrong thing, now what? These are just some of the reasons you should work with a trusted professional. We do advertise but 85% of our business comes from client referrals. Our clients remain our clients.

Medicare – Generally when you turn 65 you are eligible for Medicare, once you have worked 40 quarters roughly 10 years there is no cost for Medicare Part “A” Part A covers Hospitals, Skilled Nursing, Home Health & Hospice. Medicare Part B you can choose to take at 65 or you can hold off if you are still working and have credible coverage. Also, if you then want Part B later there is a special enrollment period Jan-March, and the earliest effective date is July. If you did not have group health insurance that is considered qualified, you would have a late enrollment penalty for each month you did not have Part B & Part D and that penalty will last monthly for the rest of your life. Part B covers, doctors, imaging, blood work, ambulance, durable medical equipment, etc. Part D is a Medicare Drug Plan and covers medications. During your initial enrollment period it is very important to understand your options! Medicare Supplements are NOT guaranteed. You can purchase them during your 1st 6-month of Medicare Part B being effective. There are a lot of things you need to know. Again, work with an agent you can trust! 2021 Annual Enrollment Period was 10/15-12/07 for 1/1/2021 effective date. But did you know that Jan 1-March 31, there is an Open Enrollment Period that you can make one change and that change will be effective the 1st of the next month? Example you bought a Part C Advantage Plan HMO and do not like the referral process. You can change to another Part C Advantage Plan; you can also go back to Original Medicare and purchase a stand-alone drug plan. But before you go back to original Medicare make sure you get approved by a Medicare Supplement that works

with Original Medicare before enrolling in a drug plan. Remember I said a Medicare Supplement is NOT guaranteed enrollment. **Very important:** when you move you need to know your options. Can you keep the same plan, do you need to make a change and what does that look like in your situation?

Individual/Family Health Insurance – Being young and healthy does not mean you do not need health insurance. Do you know anyone that knew when they were going to be diagnosed with cancer, or when they were going to have a heart attack or even a serious accident? I do not, it happens, and insurance is there to help you get the care you need and limit your financial exposure. What are your insurance options, and what is best for you? Employer Group Coverage, Individual Medically Underwritten Health Insurance, Medicaid, or the Government Market Place Guaranteed Issue Health Insurance. There is a lot to know about the differences as well as the cost. The monthly premium should not be your only consideration. *You do not know what you do not know* so ask the experts that do know about all of them and can help educate and guide you thru the enrollment process. When it comes to medically underwritten plans most of them you can enroll all year long, but you can also be denied based on underwriting. The Market Place Has Opened up a Special Enrollment Period this year due to COVID February 15- May 15th, 2021. There are some carriers that have joined the Market Place this year that DO NOT have all the local hospitals in network, so be careful when making choices.

Logical Insurance Solutions is a SWFL Insurance Broker that works with most of the carriers, we are happy to help you through the maze. This is what we do daily, it is second nature to us. We offer virtual seminars, one on one WebEx, phone and in person appointments.

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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 you may suffer from hyperthyroidism or hypothyroidism. If left untreated, thyroid issues can lead to dangerous conditions like AFIB, blood disorders and heart disease.

Hyperthyroidism Symptoms:

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

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



Hypothyroidism Symptoms:

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

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

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It's Time to Spring into Your New Home

By Robert Nardi - Broker/Owner

Buying and selling a home can be confusing, and it can cause a little anxiety along the way. As a seller, you might find it difficult to increase the level of interest in your home and want to learn exactly what the valuation of your home should be, and as a buyer, financing can be a tricky road to navigate on your own. Along with these main issues, there is also the need for inspections and appraisals, and much so more.

We all know that now is a great time to list your home if you're considering selling, and it is equally as good of a time to buy. The interest rates are still quite low, and the market is somewhat lacking in inventory, but homes are continually popping up here in Florida on a regular basis.

It's typically thought that this is the best time of year to sell or buy because many people are looking to get their children settled into a new school before the summer season, and ready for the new year in the end of August, but in Florida, and in our current state of affairs, it's safe to say that all seasons here are equally as good for the market.

Don't keep waiting—Make Your Move Now—Before it's Too Late. You don't want to miss out on getting what you want.

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



Robert L. Nardi, Licensed Broker and REALTOR®

Robert has been involved with technology for over 35 years. He is originally from Cleveland, Ohio where he graduated Summa Cum Laude from Baldwin-Wallace College in Berea, Ohio where he majored in Business with an emphasis in Accounting. He worked for a major law firm, Jones Day for many years where he managed the Firm's technology help desk and was a guest speaker at numerous Customer Service & Support functions across the country.

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

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

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

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

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

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What You Need to Know About Your IMMUNE SYSTEM

By Sheryl Hensel

As long as your immune system is running smoothly, you don't even notice it's there or think about what it's doing.

What happens when it doesn't work properly? Diseases like Colorectal Cancer, Endometriosis, Kidney Disease, Vision Impairments, and Brain Disorders to name a few start to set in.

The role of an immune system is to protect your body against harmful substances, germs, bacteria, viruses, parasites, and cell changes that could make your body sick. It also recognizes and neutralizes harmful substances from the environment, like radioactive frequencies from your smart devices.

What are you doing to equip your system with the tools to fight it? We aren't living in the same world our grandparents and great grandparents lived in. They didn't have the assaults against their body that we have today. The ground was left to build minerals back before crops were planted again. The air and water wasn't riddled with toxins and pesticides. The list is long comparing the differences in just our environment alone, not to mention stress levels. They weren't surrounded by cement or driving for hours every day in a car. Being sedentary just wasn't part of their lifestyle. Times are very different and we need to be proactive in preventing our immune system from breaking down.

Imagine sitting at a table with 6 people and you're the only one whose body doesn't subside to the nasty germ roaming around. Why is it that some people exposed to the same germ get sick and some don't? They have a strong immune system and that doesn't happen by chance.

The innate immune system, which you are born with, recognizes an invader and immediately goes into action. The cells of this immune system surround and engulf the invader. The invader is killed inside the immune system cells.

The adaptive immune system, which your body develops as it is exposed to things, produces cells (antibodies) to protect your body from a specific invader. Once the body has come into contact with a



disease-causing germ for the first time, it usually stores information about the germ and how to fight it. Then, if it comes into contact with the germ again, it recognizes the germ straight away and can start fighting it faster.

How do you help your immune system be as optimal as it can be?

Are you getting 8 hours of sleep? Are you drinking water, many recommend half your weight in ounces? Is your food organic, nutritionally dense, vegetables full of color? Do you get 30 minutes of exercise a day? These are a few things that you can do to support your immune system and help build healthy cells. There are also things that decline cellular health and provide a greater opportunity for disease to develop. Are you eating processed and high sugar foods? Do you cook with a microwave? Are you in constant stress? Are you taking medication? Are you sitting for long periods of time? Are you constantly around smart devices or wifi? There are so many things in our lives today that harm our immune systems that our ancestors never had to worry about.

Are you going to do the things your body really needs to be optimally healthy? For many of us, the answer is no. As much as we know eating sugar is bad for us, we often partake in too much at times. We know smoking has been linked to cancer yet it isn't just that easy to quit. Most of us know what needs to be done to take weight off and keep it off, yet our nation's obesity rates are sky rocketing. What we know and what we do are often two different things.

That is why it's so important to support your cell health. Without cell health disease is likely to invade your body. Remember from last month's article, once a cell has lost 60% of its energy, it stops working and uses the remaining energy to survive. Magnetic resonance stimulation (MRS) may indeed come to the rescue therapeutically and/or preventatively, acting as a "whole body battery recharger". We know that cells that are oxygenated can do battle easier in your body than a depleted cell. Prevention is much less expensive and less painful than disease. Give yourself the gift of cell health this year and start 2021 off with a step in the right direction. Living a quality life with your well-earned time left is the name of the game, not sitting in doctor's offices.

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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.

Older Pets Often Get Arthritis: Prevention Tips, Treatment and at Home Care Tips

Arthritis causes joint pain, stiffness, warmth, immobilization, fatigue and inadequate blood flow. Arthritis causes wear and tear damages the cartilage in the joints and causes friction between the bones rubbing together.

Just like humans, pet's cartilage and synovial fluid can start to degenerate causing arthritis and inflammation. Many pets have arthritis in their hips and/or spinal stenosis when they age. There are preventative measures to take when they're younger like giving them a joint supplement with glucosamine, but once the arthritis sets in, you need to have your veterinarian intervene.

Arthritis causes significant inflammation of the joints. When arthritis affects the animal's joints in the neck, back or hips, difficulties can arise when trying to walk, support their weight, and maintain balance. Surrounding muscles may begin to tighten as they try to overcompensate for the pain and protect the injured area. These tight muscles can create further pain, stiff joints, and impinged range-of-motion. Although exercising can be extremely beneficial for arthritis, movement can be extremely challenging for pets. As time goes on, arthritis can make it difficult to live a high-quality of life. Along with veterinarian care, home care and safety is important.

Veterinarian Intervention

There is newer injectable medication that regenerates cartilage and helps to alleviate pain and future deterioration called Adequan. There are also several different pain medications on the market that work like an



NSAID, but it's vital to never give your pet any medications that are human grade. Pets have special needs and medications work differently in humans than in animals.

In addition to arthritis, some pets develop spinal issues like IVDD (intravertebral disc disorder), which is a debilitating disease the progresses and can cause paralysis. There are medical interventions as well as surgical options, but again, it's essential to take your pets to the veterinarian as needed in between your annual appointments. If your pet is experiencing pain or is stiff in the joints, it's critical to get a proper diagnosis by your veterinarian.

Arthritis is progressive and pet owners will need to comfort and care for their animals with much more dedication.

Home Care

Home Care is critical to alleviate your pet's pain level and to keep them comfortable and relaxed. It's important to make sure they always have access to

a cozy pet bed and one that is made for ease on the joints is a great option. These are often made from memory foam or other pressure relieving materials. Taking leisurely, slower walks is often necessary. Exercising your pet's legs and massaging them gently can also help to relieve pain and help them to relax. In severe scenarios, some pets may need help posturing to relieve themselves, and they might also need to be picked up and held to relieve pressure or to help them get to their feeding and water bowls or beds. Many animals, especially dogs are content just lounging and playing with their toys, so even if your pet gets arthritis, they can still live a happy life, but they will need additional care and attention.

Prevention


To Prevent or stave off arthritis, there are joint supplements that your veterinarian can recommend for your pet's needs. Try to alleviate any jumping off of furniture. Feeding a healthy diet and getting your pet plenty of safe exercise is also important in prevention. However, many breeds are more susceptible to arthritis, and as animals age, it's common for them to start to have degeneration.

Keep your aging pets healthy, watch for new symptoms and irregularities, and schedule your pet's physical exams today.

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Spring Cleaning Mental Prep



Spring is just around the corner! Sadly, it's also time to start thinking about how you will fit all those big, time-consuming spring cleaning jobs into your life. Consider trying out MaidPro's 49-Point Checklist for your recurring cleaning services (after you have purged and organized) and let them handle the tougher jobs listed below.

Purge and organize small storage areas (closets, junk drawers, cabinets, vanities, toy boxes, paper and digital files). These are great places to start before the weather gets too nice. Discard clothes that are worn or don't fit, food, cosmetics and medicines that are past date and be ruthless about shredding old bills and statements and deleting or archiving defunct files, emails and terrible photos from your computer.



Purge big storage areas (attic, basement, garage). Spring is a time for church and school fairs. For you, it's an opportunity to donate unwanted stuff AND get a tax deduction.

Wash walls, clean ceilings and lighting fixtures. This works wonders to brighten your home especially if you burn lots of candles or fires in the winter. It's also yucky, backbreaking work, requiring proper technique and an assortment of specialized tools (so, definitely worth outsourcing to a professional crew if you plan and budget carefully).

Clean windows, screens and treatments. This is another excellent candidate for outsourcing if you budget for it now. Otherwise, plan on dedicating at least an entire weekend and check out MaidPro's Spring Cleaning Survival Guide before turning your attention to the next several items on the list.

Heavy linens, upholstery, behind and underneath furniture. The guideline here is to take down and clean anything that lives higher up and is likely to shed dust, dander and other micro debris onto your floors in the process.

Large appliances (refrigerator, oven, dishwasher, washing machine and dryer). Appliances ought to be cleaned and, where appropriate, sanitized at least two to four times a year, so chances are at least some of these appliances are going to require your attention within the coming few months.



Deep clean carpets/treat hardwood floors. Being physically lowest, floors are the last thing you want to clean and treat before summer arrives. Be sure to wait until after spring's mud season to get the greatest long-term benefit.

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Is It A Miracle?

By Toni Eatros, MS, Dipl Ac, AP

It is not uncommon to hear patients talk to other patients about their “acupuncture miracles.”

To someone suffering with severe migraines for years on end, and who has tried every drug and medical remedy under the sun, it might seem like a miracle to get relief after just a few simple acupuncture treatments.

To the woman pronounced infertile, it certainly seems miraculous when she is able to finally conceive.

To the man with chronic lower back pain and sciatica, the relief from pain is expected, but the miracle comes in the form of better digestion and improved bowel and bladder function.

We tend to consider these events miracles because as a whole we have grown so accustomed to living life with chronic, sometimes debilitating ailments, that after a while they just become part of us and are accepted as normal.

On top of that, medicinal treatments, while offering at best symptomatic relief, do nothing to actually correct the underlying problem and bring the body back into its natural balance. Therefore, when perpetually treating a condition with medicine it is easy to become resigned to living with the vicious cycle of relief while on the drug (outside of the medicine’s



inherent side effects), and the return of the symptoms when the drug wears off. To those raised on the medical model this is as good as it gets.

So when they finally find acupuncture and discover what it means to be truly healthy and allow the body to fully express itself mentally, physically, and emotionally from the inside out, it is only natural to consider it miraculous. Especially given the torturous path that finally led them to acupuncture in the first place.

But what does it say about our general state of health that when the body is functioning as it was designed to and simply expressing life as it was meant to be, we tag it a “miracle”?

It is sobering that the majority of us have settled for way too long to live a life so far below our natural potential that we have forgotten what it feels like to be wholly healthy and well. The true miracle is that we allow ourselves to be abused by such an inefficient, often dangerous, system of medical care.

The acupuncturist works no miracles and heals nothing, but rather removes blockages and restores balance in the body, allowing the body’s wisdom to go to work and express health and life the only way it knows how. A life that more and more people are discovering is easily within their grasp.



If this sounds like a good way to address your current health concerns, come in for a treatment. You will know within just a few treatment whether or not acupuncture is a good fit for you. Schedule online at www.AcupunctureSolutionsOnline.com or call during office hours, 239-260-4566. Let's see if we can find your miracle together.

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Maintaining Healthy Friendships

By Pastor Timothy Neptune

In last month's article we talked about the importance of investing in our relationships with our friends. In this article I want to share with you four steps to building and maintaining healthy friendships.

The first step is to realize that you really do **NEED** friends.

Solomon, the wisest man that ever lived said, *"As iron sharpens iron, so one person sharpens another."* Prov. 27:17

That means that we make each other better. It seems pretty important to God that we have good friendships. The Bible is full of examples of this.

Think about the amazing friendship of Jonathan and David. Jonathan warned David that his life was in danger at the hands of Jonathan's own father, King Saul.

This warning allowed David to take action and avoid harm, and ultimately this act of true friendship allowed David to take the throne.

Friends look out for each other. They should have each other's back. Your friends are the ones who will be there for you when everything in your life is falling apart.

The second step is to be friendly and willing to meet new people. The Bible says, *"A man who has friends must himself be friendly..."* Prov. 18:24

Put a smile on your face, stick out your hand and meet new people. Opportunities abound for making new friends if you are willing to actively pursue new relationships. Get involved in a local church, join a social organization, volunteer at the local schools or another non-profit organization. These are all great ways to meet new people and do good in the community at the same time.

The third step to building relationships is to make yourself vulnerable even at the risk being rejected. The reality is that not everyone is going to like you. And, you are not going to like everyone.

Look for people with similar interests or a common background. If you don't connect with someone, just move on. You will certainly find several good friends if you keep working towards making friends.

You will find the fourth step most helpful if you make it a natural part of your life: put other's needs ahead of your own. The Bible says it like this:

³Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, ⁴not looking to your own interests but each of you to the interests of the others. Phil. 2:3-4

Have you ever met people who want you to listen to all of the details about their life but then they never bother to ask about yours? Be interested in other people. In humility, don't try to "one up" their stories. Just listen, smile, and ask genuine questions. Get to know them.

If you want to make friends, get interested in other people. Discover their story. Dale Carnegie writes, "You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you."



You might find it helpful to evaluate how you talk with other people. Are you genuinely interested in others or does every conversation revolve around you? Do you make yourself the hero of every story? Do find it necessary to talk about your successes and achievements? Are you trying to impress people or relate to people?

If you really want to make friends, get interested in other people. Learn about them. Listen to their stories and ask questions. If you listen and genuinely care about others, you'll have more friends than you can handle in a short time.

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.





*Julian J. Javier,
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*Leandro Perez,
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- * *Some people have atypical symptoms.*

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- * *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.*

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