

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

Health & Wellness[®] MAGAZINE

April 2021

Collier Edition - Monthly

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FREE

**APRIL
IS HEAD
& NECK
Cancer**

Awareness Month

**WAYS TO
MINIMIZE
Stress &
GET BETTER
SLEEP**

**Women: HOW'S
YOUR SEXUAL
WELLNESS?**

**HELPING
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LIVE WITH
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J.M. CAMPOAMOR, MD



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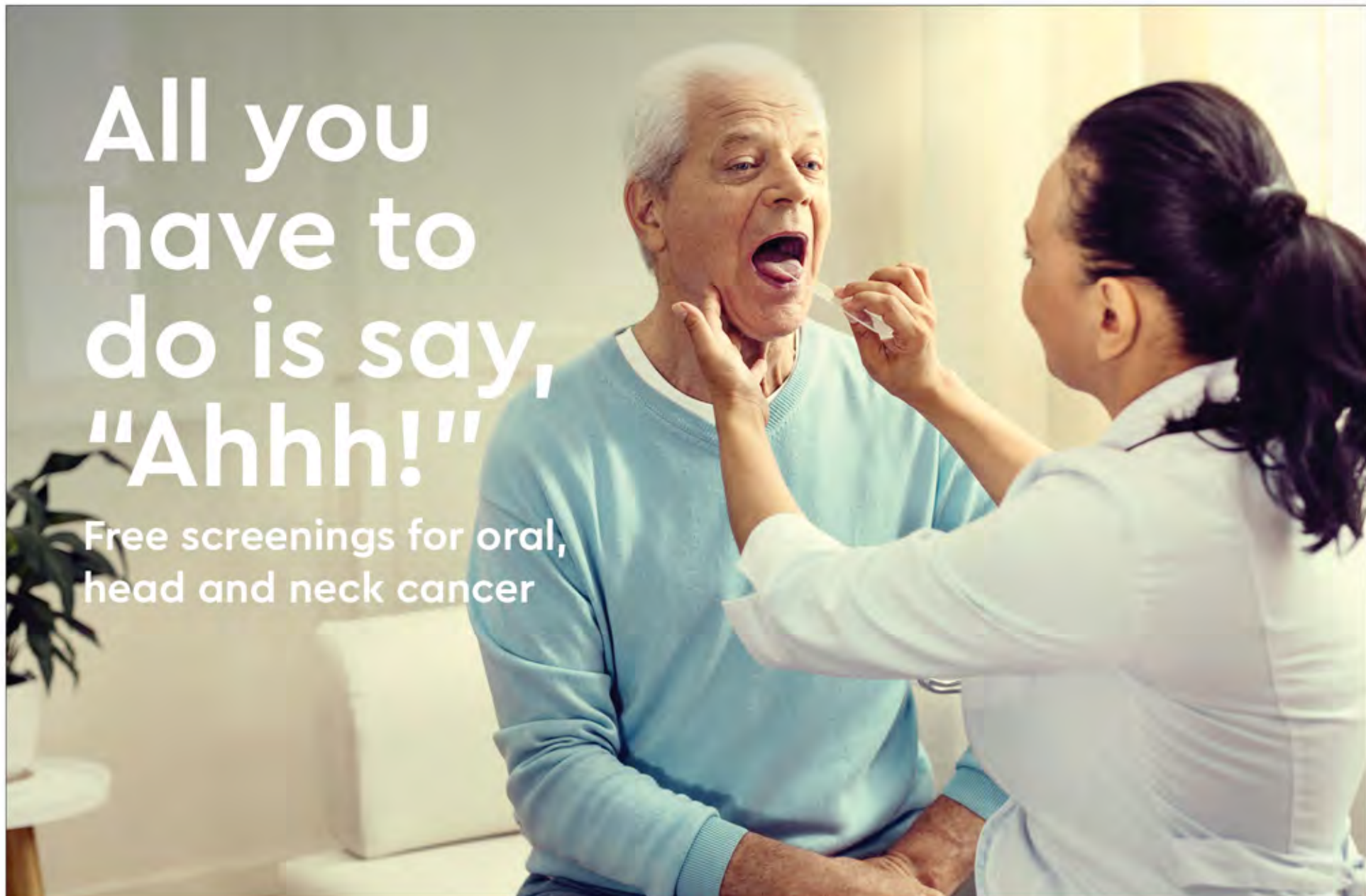
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1. A 2018 study that compared the Catalys with another leading laser concluded that the Catalys demonstrated superior outcomes in terms of the patient experience, completeness of capsulotomy and ease of cortex removal. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6087026/>

2. In addition to the 2018 study noted above, a 2016 study showed that when compared to another leading laser, the other laser showed significantly higher cumulative dissipated energy and photocoagulation power needed in comparison to the Catalys group. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5077265/>

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COVID-19: NEW CHALLENGES IN KIDNEY TRANSPLANTATION

By Neetu Malhotra, MD

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

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

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

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

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

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

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

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

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

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

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

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

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

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NEW GYNECOLOGIST OFFERING SPECIALIZED CARE FOR WOMEN AT EVERY STAGE OF LIFE

Trusting your gynecologist is one of the many factors in finding the best physician for you. Your gynecologist is a valuable asset to your healthcare plan and key to maintaining the ideal women's healthcare routine. You want to be comfortable talking openly and asking intimate questions about the array of women's health issues you may face and have no doubts about the quality of care you will receive.

Physicians Regional Medical Group's newest board-certified Obstetric and Gynecologist, Anne Rainville, M.D., could be the physician you've been looking for. Her philosophy practices giving consistent excellent care in the most personalized manner.

Dr. Rainville offers a full scope, wellness/breast exams, and mammograms. She is experienced in a full range of gynecological procedures including minimally invasive surgery, offering procedures such as hysterectomies, and operative laparoscopy, which help treat ovarian cysts and fibroids. She also treats abnormal pap smears, infertility, abnormal bleeding, fibroids, endometriosis, and vulvar conditions.

Although Dr. Rainville treats all ages, her typical demographic ranges from 35-75, pre-menopausal, menopausal, and post-menopausal. "It is of utmost importance that my patients understand their individual gynecological health care concerns and needs," Dr. Rainville explains. She takes great care in assuring that women know what a specific diagnosis or problem is, how it is treated, why it is treated, and what their options are. "Understanding is power!" She voices.

The healthcare industry is something that seemed to always interest Dr. Rainville. At just 8 years old, she knew she wanted to become a doctor. "I used to have a family medical book and I could not put it down at such a young age," She explains, "Any chance that I could get to learn about the workings of the human body, I took. All my science research projects were always about medicine! I never doubted that this was my course in life."



Dr. Rainville went on to medical school at the University of Vermont in Burlington, Vermont before moving on to her residency at George Washington University Hospital in Obstetrics and Gynecology. Even though the medical field was a given due to Dr. Rainville's natural interests, she wasn't always positive on what she wanted to specialize in. Being an OBGYN was not even on her radar until she fell in love with surgery. "I just knew after I saw my first delivery that I wanted to choose OBGYN as my specialty," She states.

Starting her new journey with Physicians Regional Medical Group, Dr. Rainville hopes to offer women the option of having a physician that they can share their concerns in such a way that will help them feel empowered and in control of their own health. When describing her approach to patient care, Dr. Rainville believes in treating her patients as a whole and developing a plan that is personal to them. She is excited to bring her expertise in gynecological procedure to Naples, FL.

Ever since Dr. Rainville and her husband visited Marco Island 15 years ago, they fell in love with the area. "I did not want to wait until retirement to live here! Every day I wake up to the beautiful sunshine, I know that I have made the right decision."

Outside of the office, Dr. Rainville enjoys boating and horseback riding. She also loves shopping and dining out and what a better place to do that than Naples, FL!

You can find Dr. Rainville at Physicians Regional Medical Group – Pebblebrooke Center, 15215 Collier Boulevard Road, Naples, FL 24119 and our Crossroads location, 6003 Pine Ridge Road, Naples, FL 34119. Request an appointment at (239) 348-4221 or PhysiciansRegionalMedicalGroup.com. Ask about same-day appointments.



CHOOSE YOUR CARDIOVASCULAR SPECIALIST WISELY

Each year millions of patients are faced with cardiovascular conditions. Whether your heart and vascular disorder require surgery or minimally invasive procedures, choosing a cardiovascular specialist should not be taken lightly. Making sure the physician you select has the credentials and experience necessary is essential, and when it comes to healing your body, and reducing future risk, finding the best surgeon is critical.

You have a choice. It's essential for patients to do their research, look at reviews and patient testimonials, and most importantly, patients should go with a physician or group with the experience level, innovation, and training necessary to improve their condition and restore function.

Dr. Javier, founder of Naples Heart & Vein, is not just a remarkable physician; he is also a world-renown thought leader and trains his peers with the knowledge and skills that he has mastered over the past two decades. His practice specializes in treating cardiovascular and vein conditions.

Dr. Javier is an Endovascular Specialist, Board Certified in Interventional Cardiology & a Vascular Specialist. He did his cardiovascular specialty at Saint Louis University and his Interventional Cardiology specialty at the University of Arkansas for Medical Science in Little Rock, Arkansas. He is board-certified in Cardiovascular Disease and in Interventional Cardiology. He is a fellow of the American College of Cardiology, the Society of Cardiac Angiography and Interventions; he is also a member of the European Society of Cardiology, American Venous Forum, and the Society of Lymphatic and Venous disease.

Dr. Javier gained extensive experience in the cardiac and vascular field while practicing at the Miami Cardiac and Vascular Institute from 1998 to 2005. The Miami Cardiac and Vascular Institute are World Known for its pioneering work in the Endovascular field. During his time here, Dr. Javier concentrated on venous disease as well as joining the research and cardiovascular team at Baptist Hospital.

Academic Background

Dr. Javier began his academic career in 1996 as a faculty member of the University of Arkansas for Medical Science and director of the Coronary care unit at the VA system in Little Rock. He is a Voluntary Assistant professor at the University of Miami School of Medicine and Adjunct Professor of Medicine at Nova Southeastern University.

Dr. Javier moved to Naples to assume the directorship of The Naples Cardiac Endovascular Center. A center dedicated to the treatment of Cardiac and Vascular disorders, and where he practices as an endovascular specialist and cardiologist.

Medical Authorship

Dr. Javier has authored 6 books chapters, and multiple peer-reviewed articles in Endovascular Disease and has been the principal investigator in many trials developing a new therapeutic technique to treat venous disorder.

Dr. Julian Javier is one of the pioneers in the radial access technique for heart catheterization using this approach since 1996, which in the last three years has become the recommended technique by cardiac societies for Left Heart Catheterization. He presented his radial technique experience via multiple abstracts at the annual meeting of the Society of Cardiac Angiography and Interventions in Boston, MA in 2003.

Dr. Javier is a frequent invited speaker in many National and International conferences on cardiac and endovascular disorders. He is co-creator of two patents in the venous world, one of the devices which is a phlebectomy hook is widely used by venous specialists in the United States. Another is a catheter that assists in venous ablation.

Clinical Research

Dr. Julian Javier is an experience and skill interventionists, with a strong belief in preventive medicine. He is an active participant in clinical research and works with some of the most prestigious academic centers and investigators in the cardiac and vascular field. He is currently the director of Advanced Research for Health Improvement studying new and advanced therapies for heart disease. Advanced Research is dedicated to bringing to Southwest Florida medical research that was formerly only available in academic and large centers.

He is also the director of Venous Hands on Course, dedicated to teaching other specialists his technique for treating venous disease.

When it comes to your cardiovascular health, Naples Heart & Vein is the elite group practice featuring Dr. Javier and Dr. Leandro Perez. Both have impeccable training and experience, and their patients attest to their remarkable outcomes and patient care.

WHAT THEIR PATIENTS HAVE TO SAY:

"The result was immediate, and the recovery time was almost inexistent. Highly satisfied with staff's skill level with how they handle the complete process/procedure and follow up." —D. Lopez

"Very clean, professional, and understanding staff. Maria is very good at what she does – very gentle, explained everything in full, and it was just an overall pleasant experience." —O. Fernandez

"No more veins – my thigh looks great! I had a great experience. The procedure was a success & the doctor is very skilled. The staff is super competent, and the environment could not be more beautiful." —A. Miller



Julian Javier, MD | Leandro Perez, MD

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

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

Naples Cardiac and Endovascular Center
www.heartvein.com

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

April is Head and Neck Cancer Awareness Month



Head and neck cancers are a collective group of cancers that usually begin in the squamous cells that line the moist, mucosal surfaces inside the head and neck. This includes the mouth or oral cavity, the nose and sinuses, throat or pharynx, voice or larynx, and the upper esophagus.

There are an estimated 60,000 cases of head and neck cancer diagnosed in the United States each year. This represents approximately 3 percent of all cancers in the United States.

Alcohol and tobacco use, including smokeless or chewing tobacco, are the two most common risk factors for head and neck cancers. Infection with cancer-causing types of human papillomavirus or HPV, is also a risk factor for some types of head and neck cancers, particularly those that involve the tonsils or the base of the tongue.

The symptoms of head and neck cancer depend on the site of the cancer but can include a lump or sore that does not heal, unusual pain or bleeding in the mouth, a sore throat that does not go away, difficulty or pain with swallowing, and a change in or hoarseness of voice.

The treatment plan for an individual patient depends on a number of factors, including the location of the tumor, the stage of the cancer, and the person's age and general health. Treatment for head and neck cancer can include surgery, radiation therapy, chemotherapy, or a combination of these treatment modalities. Early stage cancer typically can be treated with a single modality such as surgery or radiation therapy. More advanced cancers typically require treatment with multiple modalities to cure the disease. The chance of cure is better with earlier stage cancers and this is why screenings for head and neck cancer are so important.



Scott Larson, MD
Head & Neck Oncologic Surgeon

4571 Colonial Blvd, Suite 210
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Are You Experiencing DRY EYE SYNDROME?

Do your eyes ever feel dry, itchy or gritty? Do you find it difficult to naturally produce tears? Are you overly dependent on moisturizing eye drops to help you get through the workday? Perhaps, like thousands of people, you wake up in the middle of the night and cannot produce natural tears when you blink? This could be attributable to dryness or irritation. Even worse, you cannot even open your eyes without having to rub them. Dry eye syndrome is a very complex disorder usually stemming from either a blockage of tear ducts or inflammation.

Moisturizing drops might seem like a good idea, but in some cases, these can make the disorder worse. Most eye drops contain chemicals and preservatives that irritate the eyes and make them more prone to dryness.

Furthermore, some of these drops can disrupt the aqueous and lipid layer's tear and oil production. Once there is an imbalance of these, the tears will hyper accelerate and evaporate before being able to moisturize the eye naturally.

If these issues are left unaddressed, it can lead to epithelial damage and vision loss.

The following information is provided by the American Ophthalmology Association:

Diagnosis

Dry eyes can be diagnosed through a comprehensive eye examination. Testing with emphasis on the evaluation of the quantity and quality of tears produced by the eyes may include:

- Patient history to determine the patient's symptoms and to note any general health problems, medications or environmental factors that may be contributing to the dry eye problem.
- External examination of the eye, including lid structure and blink dynamics.
- Evaluation of the eyelids and cornea using bright light and magnification.
- Measurement of the quantity and quality of tears for any abnormalities. Special dyes may be put in the eyes to better observe tear flow and to highlight any changes to the outer surface of the eye caused by insufficient tears.

- With the information obtained from testing, a doctor of optometry can determine if you have dry eyes and advise you on treatment options.

Treatment

Treatments for dry eyes aim to restore or maintain the normal amount of tears in the eye to minimize dryness and related discomfort and to maintain eye health. Dry eyes can be a chronic condition, but a doctor of optometry can prescribe treatment to keep your eyes healthy and comfortable and to prevent your vision from being affected. The primary approaches used to manage and treat dry eyes include adding tears using over-the-counter artificial tear solutions, conserving tears, increasing tear production, and treating the inflammation of the eyelids or eye surface that contributes to the dry eyes.

- **Adding tears.** Mild cases of dry eyes can often be managed using over-the-counter artificial tear solutions. These can be used as often as needed to supplement natural tear production. Preservative-free artificial tear solutions are recommended because they contain fewer additives, which can further irritate the eyes. People with dry eyes that don't respond to artificial tears alone will need to take additional steps to treat their dry eyes.
- **Conserving tears.** Keeping natural tears in the eyes longer can reduce the symptoms of dry eyes. This can be done by blocking the tear ducts through which the tears normally drain. The tear ducts can be blocked with tiny silicone or gel-like plugs that can be removed if needed. Or a surgical procedure can permanently close the tear ducts. In either case, the goal is to keep the available tears in the eye longer to reduce problems related to dry eyes.
- **Increasing tear production.** A doctor of optometry can prescribe eye drops that increase tear production. Taking an omega-3 fatty acid nutritional supplement may also help.

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

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.

- Treating the contributing eyelid or ocular surface inflammation. A doctor of optometry might recommend prescription eye drops or ointments, warm compresses and lid massage, or eyelid cleaners to help decrease inflammation around the surface of the eyes.

- Prevention

You can take the following steps to reduce symptoms of dry eyes:

- Remember to blink regularly when reading or staring at a computer screen for long periods of time.
- Increase the humidity in the air at work and at home.
- Wear sunglasses outdoors, particularly those with wraparound frames, to reduce exposure to drying winds and the sun.
- Nutritional supplements containing essential fatty acids may help decrease dry eye symptoms in some people. Ask your doctor if taking dietary supplements could help your dry eye problems.
- Avoiding becoming dehydrated by drinking plenty of water (8 to 10 glasses) each day.
- Avoid air getting blown in your eyes by directing car heaters away from your face.
- Avoid environments that are drier than normal, such as deserts, airplanes, and places at high altitudes.

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



675 Piper Blvd., Naples, FL 34110
(855) 734-2020 | www.QuigleyEye.com

Advanced Treatment for OVERACTIVE BLADDER

Have you tried treatment for overactive bladder and still suffer from any of the symptoms below?

- ✓ Urgency to get to the restroom in time
- ✓ Increased frequency of urination
- ✓ Getting up at night 2 or more times to urinate
- ✓ Wearing adult protective undergarments or pads
- ✓ Inability to empty your bladder completely
- ✓ Curbing your usual activities because you must be near a restroom at all times

If you are a man or woman who said yes to any of these, then you should know about some of the advanced therapies that are available and can drastically improve your quality of life.

Commonly used therapies such as behavioral modification, bladder training and medications are a first line of therapy for overactive bladder (OAB). Unfortunately, in many patients, these do not work or don't work well enough. Some patients may even be unable to tolerate the common side effects of medications such as dry mouth, dry eyes or constipation. If you or someone you know has OAB, the use of sacral neuromodulation or Botox may be the answer. In a specialty trained urologists' hands these treatments can succeed where others have failed.

SACRAL NEUROMODULATION

Sacral neuromodulation (SNM) allows regulation of the nerves that go to the bladder. This works by sending messages back to the brain to regulate the "on-off" switch for bladder function. A simple way to think of SNM is as a pacemaker for the bladder. It can help to bring your bladder function back to normal function if it is too active or even underactive.

SNM is approved by the FDA for the treatment of refractory OAB, urge incontinence and urinary re-tention. Currently one company (Medtronic Inc., Minneapolis) produces this SNM device for international use under the name InterStim®. In Europe, it



is also used successfully to treat bowel dysfunction including severe constipation, fecal urgency, frequency and fecal soiling. This is possible because there are nerves in the pelvis that work on both the bladder and bowel.

SNM is a very appealing option to patients due to its high success rate (up to 80%) and a unique trial phase. This trial phase of 3 to 7 days is called a percutaneous nerve evaluation (PNE) and is a simple procedure that places a thin temporary lead next to the nerve that controls bladder function. This can be placed using local anesthesia or light sedation and takes minutes to perform. This gives the patient the ability to "test drive" the device without going through the full implant. It also helps patients to gain insight on just how much the InterStim could help them. At the end of the trial, the leads are removed in the office without damaging the nerve.

If the PNE is successful in reducing symptoms, it is likely that the full implant will work in these patients. The InterStim uses an implantable lead and small battery that are placed for long-term treatment of OAB or urinary retention. Once placed, the InterStim can last up to ten years depending on its use. The battery can be easily changed under local anesthesia. After implantation, the InterStim is virtually undetectable even in a bathing suit. This device can drastically improve a patient's quality of life.

BOTULINUM TOXIN (Botox)

Botox injections are another option in the treatment of OAB. The Botox is placed directly in the bladder muscle for treatment of OAB and urge incontinence.

This is done with a simple cystoscopy (small telescope) and can be done under local anesthesia or sedation. It works by binding to nerve endings allowing for relaxation of the bladder muscle. This has been shown to improve symptoms in up to 70% of patients and up to 60% of patients will have complete resolution of their OAB or urge incontinence. Botox, however, only lasts 6 to 9 months and needs to be repeated. The FDA considers this an off-label use even though it has been used successfully for years. Use of Botox in the bladder carries no greater risk to the patient than cosmetic procedures.

These are only a few of the many options that can significantly improve quality of life. A full range of treatments for OAB and any other urologic concerns are offered at Advanced Urology Institute.

Please Contact Advanced Urology Institute Today.



Jonathan Jay, M.D.



Rolando Rivera, M.D.



David Wilkinson, M.D.

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There Are Options for Debilitating Low Back Pain

In the United States at any given time, millions of people are suffering from chronic low back pain. Debilitating low back pain affects 30-40% of the population and is responsible for 52 million medical visits.

Traditionally, chronic low back pain patients are treated with conservative modalities such as physical therapy, medications, injections, or surgical options such as spinal fusion or artificial disc replacement. Practically speaking, most patients do not receive adequate improvement from conservative treatments and only a small percentage are candidates for surgical therapies.

For many decades, the primary focus among physicians treating low back pain has been on the intervertebral disc. This has been termed "discogenic pain". However, scientific research over the last few years has shown that vertebral endplates are a significant source of chronic low back pain.

MRI scanning of the lumbar spine are useful in revealing inflammation, edema, vertebral endplate changes, disruption and fissuring of the endplate, and fibrous tissue within adjacent bone marrow.

Such changes are characterized by hypointense signals and changes to the vertebral body marrow (Type I Modic changes), and hyperintense signals, indicating replacement of normal bone marrow by fat (Modic Type II changes).

Many patients with this condition of severe, advanced degenerative disc disease often experience unremitting central low back pain without leg symptoms. This pain is exacerbated by all physical activity, and results in a severe impairment of a patient's quality of life.

Most often, doctors treat such conditions with pain medicine (opioids), which may provide short-term improvement but pose risks such as decreased immunity, somnolence, respiratory depression, dependence, addiction and opioid induced hyperalgesia. When patients fail to improve, they are referred to a surgeon for fusion surgery. Unfortunately, lumbar fusion surgery, in the setting of no instability and no scoliosis, is very unpredictable.

Intrasept is an outpatient procedure that has filled a large void in treatment options for patients suffering from chronic low back pain.



Research has shown that pain from the diseased vertebral endplates is transmitted via the basivertebral nerve, which is found within the vertebral body. The Intrasept procedure developed by Relievent, is commercially available in the U.S, and is supported by level 1 randomized controlled trials as well as long-term durability data showing improvement in pain and physical function maintained beyond 5 years.

The procedure is performed through a small incision through which a specialized Intrasept probe is placed into the anterior portion of the vertebral body. Once the probe is positioned at the precise location of the basivertebral nerve, radiofrequency ablation is used to disable the nerve. This process blocks the pain signal before it has a chance to branch out to the endplates.

Since the basivertebral nerve is an unmyelinated nerve, this procedure does not have to be repeated yearly, unlike the common lumbar ablation. As stated above, multi-center research studies reveal maintenance of pain relief beyond five years.

The Intrasept procedure therefore, is a minimally invasive, outpatient option for patients who have not responded to conservative therapy. It is implant-free and preserves the structure of the spine. It provides durable relief of chronic vertebrogenic low back pain by targeting the basivertebral nerve.

This outpatient procedure is often completed in 30-45 minutes and no restrictions are placed on patients afterward. In many patients, the pain relief is almost immediate.

Contact Florida Pain Center of Naples today for more information and to schedule your next appointment at 239-659-6400.



Florida Pain Center

NAPLES

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730 Goodlette Rd North, #200, Naples, FL 34102

If You Have **Neuropathy**, There Are Alternative Treatment Options That Have Helped Numerous Patients Enjoy Life Again without Tingling And Pain

If you've been diagnosed with neuropathy, you most likely have an underlying condition that you are trying to treat as well. Most people with peripheral neuropathy, start out with some tingling sensations in the legs, but the disorder often progresses to become painful and a hindrance to daily activities. If left untreated, it can become debilitating and even life-threatening. In the United States alone, neuropathy affects nearly 20 million people. The nerve damage happens because the small blood vessels, which supply blood and nutrients to the nerves becomes impaired. When the nerves are no longer fed nutrients, they either die, or their signals to the brain become restricted and ineffective.

Neuropathy is typically associated with diabetes, as it's common for nerve damage to have occurred in individuals with high glucose storage, but neuropathy can also be attributed to chemotherapy, injuries, autoimmune diseases, compressed spinal vertebrae, cholesterol medication side effects, a build-up of toxins, and vascular disease.

Symptoms of neuropathy

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

Neuropathy Causes and Treatment

Patients that have diabetes, have high blood sugar that damages various organs within the body, but also has a severely adverse effect on nerves. When the blood supply is diminished, the lack of brain signaling from the nerve endings makes it difficult for a person to feel pain in their foot, so often injuries and these disorders are overlooked. This syndrome is called peripheral diabetic neuropathy.

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

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

Amazing Wellness and Chiropractic Peripheral Neuropathy Specialist – Naples, Florida

Dr. Walters and Dr. Long are the Southwest Florida Neuropathy Specialists and are very experienced in diagnosing and treating those suffering from this debilitating condition.

Don't let another day pass without coming in to see the Neuropathy Specialist of Naples. Dr. Walters and Dr. Long would love the opportunity to meet you, discuss your condition and get you on a path to improvement and recovery.

You don't have to succumb to addictive pain medications or antidepressants. Peripheral neuropathy is a progressive disorder, but it doesn't have to be. With alternative treatment options and getting to the root cause of the condition and implementing innovative techniques that have helped numerous patients, Dr. Walters and Dr. Long have helped many patients just like you to find answers, hope and a future without debilitating peripheral neuropathy.

About Amazing Wellness and Chiropractic in Southwest Florida

Patients throughout Southwest Florida reach out to Amazing Wellness and Chiropractic for their patient-centered care, expertise and optimal outcomes. Their 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, their 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.

At Amazing Wellness and Chiropractic, we will make sure your pain and other ailments get the attention they need with solutions to improve your well-being. For your convenience during treatment, they also have an in-office, state-of-the-art X-ray suite.

Call Amazing Wellness and Chiropractic today to schedule an appointment with their compassionate team. Please call (239) 880-CARE.

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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Energy Medicine - a road less travelled.

By Svetlana Kogan, M.D.

Part 2

In the last few months, these articles dived deeper into the topic of how human body functions on many levels including electro-chemical, neuro-hormonal, and energetic. An impeccable functioning of these pathways is fundamental for a normal healing process. When any level is disrupted due to either a lack of building blocks or a stagnation of energetic impulses, the homeostasis is disrupted. And what are we without homeostasis but a dysfunctional bag of liquid proteins? Balance of all the systems on all levels is the ultimate goal of holistic approach to health.

Last month I wrote about how my personal experience with Ondamed technology prompted me to purchase this Energy Medicine machine for my practice. Low-level pulsed electro-magnetic fields (PEMFs) have been shown since late 90'es to positively affect cellular processes and stimulate growth factors involved in cellular repair and bone formation. Every cell membrane carries an electromagnetic charge which becomes distorted by our environment such as cell phones for example. PEMFs provide a tune up/correction of these charges. This correction creates an anti-inflammatory effect and a statistically significant reduction in pain when treating acute whiplash injuries, chronic musculoskeletal pain, osteoarthritis, rheumatoid arthritis, fibromyalgia, epicondylitis, and neuropathic pain, to mention a few disorders.

While undergoing training with Ondamed I also came across research studies done in orthopedics in people suffering from non-unionized fractures (in other words, fractures which had difficulty healing). Bones have such a horrible blood supply and to have a machine which would be able to accelerate regeneration of the bone despite that innate deficiency was quite impressive. Shortly after I acquired the machine in 2007, a patient of mine sustained a severe fracture. She was a 59 year old woman who was celebrating her 40th wedding anniversary, but slipped and fell on the way to the bathroom. She sustained something called "complex butterfly proximal humerus fracture". Butterfly fragments are large, triangular fracture fragments seen commonly in comminuted long bone fractures.



The term is commonly used in orthopedic surgery, and more often than not results in surgery involving screw or plate. On the one hand, my patient was of a holistic mindset and would not hear of a surgery or medication for pain. On the other hand, she was a piano player and was rather depressed at the prospect of possibly becoming disabled at what she loved to do most. She turned to me for solutions and I immediately thought of Ondamed.

So we paired up for an aggressive treatment schedule: a combination of biofeedback-based PEMF applications and a combination of preset PEMFs geared towards healing acute bone fractures, regeneration of the tissues around the bones (periosteum), and alleviation of pain signals. We met every other day for the first three weeks, and then every two days for the next three weeks. Her pain was completely gone and she was periodically testing how she was doing by grabbing onto the surface of the table. Such was the extent of her associated peripheral nerve injury that in the beginning of the treatment when she held onto the table on the traumatized side— she would feel as though she were touching two tables. After 6 weeks, she triumphantly announced to me that she now felt one table. I took it as a very good sign and referred her back to her orthopedist who documented a healed fracture in his office with an x-ray. This was way ahead of the schedule as the typical time for such fracture to heal was about 12 weeks.

Over the years, I have had similar success with other types of fractures, including pelvic and clavicle fractures. Another area of bone health where Ondamed came incredibly handy was the mechanical wear and tear of Osteoarthritis. I have had patients with large joints, such as hips and knees who used to live in a lot of pain and were told that they had a "bone on bone" situation and that the surgery had to be done right away. While the response to pain was variable, almost always I had a successful outcome of delaying the surgery by years – the longest was 10 years from the day the patient was first told that he had to have a hip replacement right away. 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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SUMMER TRAVEL

WHAT YOU NEED TO KNOW

By Dr. Alejandro Blanco

Accidents can happen anytime, but during the summer months, they are even more prevalent. With people hustling and rushing to go on vacation, weddings and birthday parties accidents are inevitable.

Time Matters

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.

Injuries

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

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

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

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 well-being, and essential if you plan on pursuing legal damages.

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

Get Your Free Initial Consultation

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



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Hospice Patient Skydives Once More, Thanks to VITAS and Virtual Reality

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

From the cramped cabin of the aircraft, VITAS® Healthcare patient Kim peered out through the open door and took in the landscape. In the next moment, she was dropping from 10,000 feet, reminding her senses: You are alive.

Kim couldn't help but smile. She had made a habit of seeking these reminders throughout her 64 years on Earth. Now, as she neared the end of her life, the message seemed to come through with renewed clarity as her wish to fly through the atmosphere one last time came true, thanks to her VITAS hospice team.

"It takes a lot of coordination, but when you have a whole team coming together, you can make anything work," says Daily, VITAS volunteer services manager.

To Kim, cirrhosis of the liver seemed at first like a challenge waiting to be overcome. After all, she had raised a son as a single mother, worked on a farm, and been involved in community politics—she understood perseverance. But after receiving a terminal prognosis and beginning care with VITAS, Kim started to focus on what she could feasibly achieve in the time that remained.

"I'd been seeing Kim for about eight months, and one day she mentioned that she'd been skydiving in the past and wanted to do it one last time," says Tammy, Kim's nurse.

Daily suggested that virtual reality (VR) could offer a simulated version of Kim's desired experience without the risks associated with jumping from a plane. The VITAS team manager and physician agreed.

On the day of the skydive, Kim was joined by Tammy, Daily, and other members of the VITAS team in her home. One of the nurses stood ready with the fan as Kim sat down and donned an Oculus Rift VR headset. What followed was a beautiful experience for everybody.

At one point, Kim stood from her chair, ecstatic with the sheer sensation of it all. After "landing" safely on the ground, she immediately began showering the team with appreciation.

For Kim, the experience was clearly a dream come true, but not quite a replacement for the real deal: Tammy says that her patient still jokes about skydiving—and bringing her favorite nurse along for the ride.

VITAS
Healthcare

For more information about end-of-life care options, call VITAS Healthcare at 866.759.6695 or visit [VITAS.com](https://www.vitas.com) [f](#) [in](#) [v](#) [t](#) | Since 1980

WHAT TO KNOW ABOUT SURGERY DURING A PANDEMIC

The thought of having surgery for a nagging injury or lingering pain can make some patients feel uneasy. But, as many experts have said over the last few months, it is extremely important not to neglect medical needs during the pandemic.

Patients can feel confident seeking the medical care they need at Physicians Regional Healthcare System. Numerous steps have been put in place to keep patients safe during their visits, including:

- Screening all visitors for COVID-19 exposure and symptoms before they are allowed to enter.
- Visitor restrictions reduce the number of people inside to enable social distancing and keep patients and employees safe.
- Facemasks are worn by everyone inside the hospital- patients, employees and physicians. Caregivers are using appropriate personal protective equipment and washing hands before and after caring for every patient.
- Cleaning protocols have been enhanced with extra measures and increased frequency, including disinfection of frequently touched surfaces and all patient care areas.
- Furniture in waiting areas arranged to support social distancing.



Dr. Yaritza Perez-Soto

General surgeon, **Yaritza Perez-Soto, M.D.**, encourages patients to not delay care by explaining the consequences that come with it. "Delaying medical care could result in severe infections, or progression of diseases such as cancer that if treated in a timely manner could be curable," she states, "Any new symptoms, like unexplained abdominal pain, change in the color of the skin or eyes, any lumps or masses, should be checked out by a doctor in a timely manner to avoid, complications of something that could be easily managed."



Dr. Jonas Mansson

Jonas Mansson, M.D., general surgeon, believes that people are presenting with more severe cases such as cholecystitis and appendicitis due to delaying care. This ultimately makes surgery more difficult, puts a higher risk on surgery, and adds more complications and longer hospitalizations.

"During the pandemic we have seen an increasing number of patients not wanting to come to the hospital and finally come when they are really sick," Dr. Mansson states, "For example, early appendicitis can be treated with antibiotics or a quick laparoscopic surgery and then they go home the next day. We are now seeing an increasing number of perforated appendicitis and sepsis due to the delay in seeking early treatment."

Pre-surgery COVID-19 testing is required for patients undergoing procedures involving general anesthesia or aerosolizing procedures. Patients are asked to self-quarantine after receiving the test and before arriving at the hospital. Care for surgery patients is delivered in a non-COVID care zone in which all patients have tested negative for COVID and provided by a dedicated group of staff who only work in this area.

"Any patient who has an acute emergency while being treated for COVID-19 will have a special precaution taken to protect them, the other patients, and staff, such as using one designated operating room, special protective equipment, limiting staff members involvement, and limiting



Dr. Brian Smith

equipment use," **Dr. Brian Smith, M.D.**, general surgeon said, "Any patient with COVID-19 whose surgery can safely be delayed until recovery will be. For most conditions, earlier surgery means safer, quicker surgery, with a faster recover time and lower risk of complications."

To protect families and colleagues from unnecessary exposure to illness, visitation is limited to two (2) visitors per patient in the hospital and one (1) visitor per patient in the emergency room. Visitation hours for Pine Ridge and Collier are 9am-6pm.

Physicians Regional Healthcare System has two hospital campuses located at 6101 Pine Ridge Road, Naples, FL and 8300 Collier Boulevard, Naples, FL. To schedule an appointment with one of our general surgeons or another specialist, call 239-348-4221 or schedule online at PhysiciansRegionalMedicalGroup.

PHYSICIANS REGIONAL
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THE PARKINSON'S ASSOCIATION OF SWFL HELP OUR COMMUNITY MEMBERS WITH PD TO LIVE WELL

April is National Parkinson's Disease (PD) Awareness Month, a time to learn more about this progressive disorder and the resources and support that is available to the SWFL community through the Parkinson's Association of SWFL (PASWFL). Every nine minutes someone in our community is diagnosed. PD — which affects the central nervous system — is the fastest growing disorder in our Collier and Lee Counties, with advancing age being the most significant risk factor. The increasing prevalence of PD makes it likely that someone you know or love will be affected.

Fast Facts about PD

- Experts predict that PD diagnosis will soon exceed that of Alzheimer's.
- As life expectancy increases, so does the number of people living with the disease which is expected to double in the next 15 years.
- While research for a cure continues, you can live well with PD.
- Parkinson's Disease affects the central nervous system touching almost every aspect of daily living including movement, mood, speech, eating and drinking, sleep, and cognition.
- Each person is affected differently and their symptoms vary. Many exhibit symptoms years before diagnosis.
- Because treatments are available, many live for decades following diagnosis.

A diagnosis of PD can feel overwhelming, but the Parkinson's Association of Southwest Florida (PASWFL) wants you to know that they are there to help you live well with PD. In addition to answering your questions, the PAWFL is a resource to connect you to neurologists in southwest Florida and movement disorder specialists in the state of Florida.

For nearly twenty-five years, PASWFL has provided front-line advocacy through effective programs and services that improve the quality of life, educate, enrich, and empower our community members affected by PD and related neurological diseases. Each week the PAWSFL offers more than 20 programs and support groups for members with PD and their Care Partners in addition to the greater SWFL community.



"Although COVID-19 has created a number of challenges for our community, it also brought benefits which include PAWSFL's move to online programming," said Mary C. Schoeffel, PASWFL Executive Director. "This gives us more opportunities to bring information to our members and the community about significant strides made in therapies and options for those living with PD and their Care Partners. Our goal is to enhance wellness resulting in an active, engaged life moving forward and delaying the progression of the disease."

Becoming a PASWFL member is easy and because of the generosity of sponsors and individuals, there is no fee to join. Go to www.ParkinsonAssociation-SWFL.org to join. PASWFL members receive weekly updates and the necessary links to participating in wellness, speech, education, and support programs. The PAWSFL hosts educational "PD Talks," with leading researchers and experts on PD, who provide information on best practices, new studies, and treatments. The SWFL community is invited to join the talks. Topics and registration links are on the parkinsonassociationswfl.org website.

How do you know if you or a loved one has Parkinson's Disease?

Currently, there is no objective test to diagnosis PD. Typically, a Neurologist takes a careful medical history and performs a thorough neurological examination, looking in particular for two or more of the cardinal symptoms to be present. Ten of the common early warning symptoms of Parkinson Disease are:

1. Tremor or shaking
2. Small handwriting
3. Loss of smell
4. Trouble sleeping
5. Trouble moving or walking
6. Constipation
7. A soft or low voice
8. Masked or "poker" face
9. Dizziness or fainting
10. Stooped or hunched posture

What should you do if you or a loved one has or receives a diagnosis of Parkinson's Disease?

It is not unusual for someone who is diagnosed with PD to wait until there is a crisis to reach out for support. Studies show that early interventions extend the ability of persons with PD to stay active and delay the onset of some progressive symptoms. The PAWSFL wants you to know that they are there to help you start your path to living well with PD.

Parkinson's Association of Southwest Florida is here for you. For more information please visit our website www.ParkinsonAssociationSWFL.org. We are available at Office@ParkinsonAssociation-SWFL.org or 214-417-3465. PASWFL works for Collier and South Lee Counties Parkinsonians and Care Partners, independent of other PD organizations. We are able to provide our programs free of charge because of the generosity of our community partners, individual donors, and fund-raising events.



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FOR THE LOVE OF PETS: OLDER ADULTS BENEFIT FROM PET OWNERSHIP

By Greg Pascucci

One of the common questions older adults ask when considering a move to a senior living community is, “Does the community allow pets?” With research continuing to support the overwhelming benefits of pet ownership, prospective residents are thrilled to learn the answer is a resounding, “Yes!”

Studies have shown pets play a significant role in the health and wellbeing of their owners. Statistics also prove older adults who own pets cope better with stress, participate in more physical activities, and experience heightened levels of self-esteem.

Longtime Naples resident Marietta Keppler says although many of the retirement communities she visited were pet-friendly, they lacked outdoor spaces.

“Jovi, my toy poodle, has been my lifeline since losing my husband,” she explained. “Both Jovi and I loved The Carlisle Naples’ spacious grounds and walking paths.”

It’s not uncommon to see residents enjoying a stroll around the active retirement community with their dogs. For example, Al Cohen credits his Cavalier King Charles Spaniel, Obie, with keeping him active.

“We walk halfway around The Carlisle’s perimeter each day,” he said. “My doctor once told me people who have dogs tend to live longer. At 92 years old, I credit Obie with keeping me young.”

Keppler believes residents who don’t own a pet also benefit from being in a pet-friendly community. When The Carlisle hosted a Yappy Hour inviting four-legged friends to a fun, outdoor party, pet lovers – not just owners – attended the event and enjoyed seeing the dogs and their antics.

“Whether they bring back a loving memory of a former pet or bring a smile to the face of other residents, our pet population adds to the spirit of community found at The Carlisle Naples,” said Zest Director and Assistant Executive Director Mary Beth Baxter. “It’s heartwarming to see the smiles and laughter the approach of a friendly pooch brings.”

Pets have been especially meaningful to owners while social distancing, and this has been true for Carlisle residents as well.

“Jovi’s presence has been vital,” said Keppler, who has lived at the community for almost four years. “He’s been my constant companion.”

Cohen, a retired lawyer, moved to The Carlisle during the pandemic and said Obie was instrumental in helping him transition to his new home and meet new neighbors.

Both he and Keppler laughed, recalling how Obie and Jovi seemingly get to know fellow residents before they themselves have had the opportunity to do so.

“Everyone loves Jovi,” she said. “He gets really excited to see others and even knows how to read cues about when someone wants him to come over.”

The staff at senior living communities such as The Carlisle understands the important role that pets play in the lives of our residents and encourages the bond found between pets and their owners. They also realize the choice to move to a senior living community is made easier by knowing a beloved pet is welcome, too.

“The pets at The Carlisle truly enhance the lives of their owners, who in turn add to the heart of our community,” added Baxter. In fact, our recent “From the Heart” campaign included a special donation to the Humane Society Naples because residents wanted to support orphaned animals being placed into loving homes. They collected funds for the organization’s “wish list” and donated supplies, including dog and cat treats and toys. It was such a rewarding experience for everyone.”

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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HELPING PATIENTS LIVE WITH PARKINSON'S

Each year, doctors diagnose 60,000 new cases of Parkinson's disease (PD). With advances in pharmacology and surgery giving PD patients longer lives and increased motor function, interventions to prepare family caregivers, empower patients in their daily lives, and improve patient peace of mind become more involved. While many patients live more than 20 years after the diagnosis, the median survival has been measured at 12 years.¹ The speed of progression underscores the value of that time and the importance of promoting quality of life during this important time of life. It's obvious but noteworthy that Parkinson's is more than a nigrostriatal disorder. While dopaminergic therapy improves rigidity, tremor, bradykinesia, other symptoms do not respond. These include hypersomnolence, imbalance, dysphagia, dysarthria, autonomic failure and cognitive motivation. Most notably, this includes, dementia, and drug-related hallucinations. These latter symptoms create the most concern for families. In Parkinson's, these symptoms progress more rapidly with age.

Among the many recommendations doctors make for families with Parkinson's, consider long-term home care, especially that from McKenney Home Care. Intermittent skilled care such as physical therapy can modulate the progression of Parkinson's disease and comorbidities,^{2,3} but needs for more daily living assistance persist and advance insidiously. For instance, every year, approximately 71% of people living with PD experience a near fall, 59% have an accidental fall, and 20% have a fall injury.⁴ In spite of active interventions with physical therapy, walking aids, and home modifications, 35% of people living with Parkinson's have experienced a fall-related fracture.¹ Long-term home care can assist patients with transfers and mobility (especially in the bathroom where most fall injuries occur). At-home aides will also increase the likelihood of a rapid response to falls. Aide support not only works to reduce the risk of fall injury but also to increase patient confidence, so patients can participate more confidently in more activities. The same could be said for activities as basic as eating, as patients with dysphagia often worry and put off eating in the absence of a caregiver who can respond to choking.



With McKenney Home Care, the level of service can increase gradually as the need increases. For the first few years, tremors may only merit transportation assistance, so patients can get to their appointments. This can progress to personal care up to 24-hours per day according to patient needs and the family situation. Finally, with McKenney, long-term home care can progress to private-duty nursing to help with medication administration. In Parkinson's, the insidious nature of dementia makes it easy for families to underestimate the need for assistance. Some evidence suggests that dementia is under-diagnosed in Parkinson's. Researchers have commented that unless dementia is actively sought and excluded, it should not be assumed to be absent. Thorough neuropsychological assessments find dementia present in 39% of patients initially diagnosed with Parkinson's at age 40 to 69. This prevalence progresses to 83% over the next 20 years.¹ Especially when dementia is subtly present, it can interfere with driving, medication adherence, participation in medical treatment, visuospatial problems that contribute to fall risk, etc. By the 20th year of living with Parkinson's, symptom burden progresses to excessive daytime sleepiness (70%), falls (87%), freezing (81%), fractures (35%), choking (48%), and hallucinations (74%). A well-trained, professionally managed home care aide can improve safety and quality of life in the face of each of these burdens.

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

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

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

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



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The Herbal Treatment Of Sleep Apnea

Sleep apnea is one of the most common sleep disturbance problems in America. It ruins the sleep of 25 million Americans with likely millions more un-diagnosed sufferers. The condition prevents the sleeper from entering REM and Delta sleep causing them to become anxious, cantankerous and tired during the day. There are very serious health consequences of prolonged sleep disturbance and deprivation.

When diagnosed, the patient is told to lose weight, drink less alcohol and quit smoking. Beyond that, surgery is offered, though it is painful and has provided only limited success. Dental mouth-pieces can be difficult to sleep with and long-term effects on tooth alignment are questionable. Another common option is CPAP. This is a forced air mask, worn during sleep, that insures proper inhalation. Experience has shown that 60% of patients are not able to tolerate the mask and ultimately discontinue using the equipment. Some users develop respiratory infections from the mask. Finally, there is an herbal and natural approach that we can explore.

Cause of the condition:

Before we evaluate the "solutions", let's consider what is causing the condition. When we begin to fall asleep, we move from stage one (drowsiness) into stage two sleep. Stage two sleep, is the transition stage before entering REM (rapid eye movement). REM sleep is where we dream. Dreaming is critical to a good nights sleep. When we enter stage two sleep in preparation for dreaming, muscular activity is inhibited (blocked). It is called "reduction of muscle tonus". This is a function that occurs primarily to keep the dreamer from physically acting out the movements of their dreams.

The first problem is that the inhibition of signals from the brain tends (inadvertently) to reduce the signal that tells the diaphragm to breathe. In some individuals, upon entering stage 2 sleep, the breathing will actually come to a stop (Sleep Apnea means *cessation of breathing*).



As our breathing becomes shallower, the blood oxygen level drops and the carbon dioxide levels rise. In a young and healthy individual, this would elicit stronger and deeper breathing from the physiological control system that regulates these activities. In an older individual the respiration reduces in intensity and the blood oxygenation drops. This is where the safety back-up system comes in. When the blood gas levels get too far imbalanced, the brain intervenes and causes the body to make a large and immediate inhalation. This causes a large pressure differential in the pharynx and literally sucks the sagging-soft palate into the airway. This obstructs the air flow and causes a loud "SNORT" partially or fully awakening the subject. Most times, the subject is not fully awakened and thus isn't aware that this is even happening. It still disturbs their sleep enough so that they return to stage 1 sleep.

Upon awakening or returning to stage 1 sleep, the inhibition causing the reduction of muscle tonus for entry into stage two sleep is released and respiration begins again in a somewhat normal manner. As the subject starts to drift off to sleep again, they move into stage two, the muscle tonus drops, the soft palate sags, the signal to the diaphragm diminish and the cycle repeats. The resulting snorting awakenings typically occur every 1 to 5 minutes or so.

The Solution:

If your breathing was sufficiently deep enough, then you would not make a rapid inhalation, suck your soft palate into the airway and snort; disturbing your sleep.

The appropriate solution is to accentuate (increase) the ability of the brain to communicate with the diaphragm so that you breathe deeply and steadily throughout the night.

Sure it is beneficial to strengthen the muscles of the soft palate. Yes it is advantageous to reduce muscular tension in the neck. Both of these things will make a noticeable improvement in the condition. In fact some foods like wheat products and cheese should not be eaten near to bed time as they can cause congestion which aggravates the condition. However; the most dramatic impact can be made by the administration of just a few common herbs.

Lobellia, when used in small doses, acts as a respiratory stimulant. It has been used for thousands of years to treat respiratory conditions. This herb, when taken before bed, can *actually increase* the quiescent level of respiration sufficiently so as to avert the dangerous drop in blood oxygen level that occurs upon muscular inhibition. It can maintain deep steady breathing throughout the stage 2 sleep period.

Thyme has traditionally been used to enhance pleural activity. It actually improves the ability of the lungs to exchanges CO2 for oxygen and makes an excellent contribution to maintaining sufficient respiratory amplitude. To round out the combination, Chamomile aids the subject in relaxing and Cramp Bark helps the upper trapezius muscles to relax.

This combination of herbs taken before bed has been demonstrated to relieve sleep apnea in most cases.



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STRESS IS KILLING US... LITERALLY

BY TOM EVERTS PA-C, IFMCP

Remember the last time you were stuck in traffic? The feeling as you check the clock over and over again? We know this sensation as stress. But stress is more than an emotion. The domino effect that stress has on your body is an amazing evolutionary tool, and very useful in short bursts. For example, upon finding a bear in your bedroom, you run! During this fight-or-flight response ones heart rate increases, lungs expand, eyes dilate and digestion gets switched off. The problem is that your body cannot tell the difference between running from a bear, and running into traffic. The response is the same, and if left unchecked can cause considerable damage.

When you are stressed, the adrenal glands release the hormones cortisol, epinephrine and norepinephrine. These hormones enter circulation and find their way to the heart, where they increase the blood pressure and heart rate. Exposure to these hormones on the blood vessel walls contributes to atherosclerosis, increasing risk for heart attack and stroke.

When stress hits the brain the fight-or-flight response begins, this is your sympathetic nervous system. The gut is signaled to stop digestion and diverts circulation to the brain and extremities. This disrupts the rhythmic muscle contraction in the intestines, leading to irritable bowel syndrome, as well as increased sensitivity to gastric acid which leads to GERD. In addition, the gut microbiome which contributes to regulation of the immune system becomes imbalanced.

Our appetite is affected as well. Initially, epinephrine will turn off the desire to eat, prioritizing survival. If cortisol remains elevated, however, our hunger increases, especially for high-calorie junk food. The excess calories in a stressful state causes accumulation of fat surrounding the organs. This fat tissue is an organ that releases inflammatory immune molecules, cytokines, which increase the risk of chronic diseases including diabetes and heart disease.

Meanwhile, back in the brain: chronic stress is changing brain function. The amygdala, our fear center, becomes overstimulated and may increase in size. The hippocampus helps with learning, memory and stress response. Degeneration occurs here under chronic stress, making it more difficult to deal with acute stressors and increasing the risk for depression and Alzheimers disease. Not a good situation.



When our body is constantly in fight-or-flight, a lot can go wrong. Balance through the parasympathetic, or rest and digest mode, is paramount. The problem is that we don't talk about stress as a major contributor to chronic disease, and in conventional practice the resources to treat it appropriately are lacking.

Here are some practical tips to stimulate the parasympathetic nervous system:

Breathe

It seems simple enough, but we often forget. You may notice when you are feeling overwhelmed that you are not taking deep breaths.

Breathe in *through your nose* and feel your abdomen rise, *hold for several seconds*. Breathe out *through your mouth, slowly*. Repeat, as many times as you need.

Exercise

We all know that exercise has benefits, including stress reduction. However, it is often difficult to find time for exercise. For this reason, I encourage doing an activity that you enjoy. If you are stressed about going to the gym, then that is counter-productive.

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www.naplesvitality.com/consult

Exercising in groups helps build community and accountability. Join an exercise class or a recreational team, if you play sports. Taking walks in nature reduces stress, and gets your body moving as well. Yoga is a great way to link exercise and meditation.

Meditation

The data supporting meditation is striking. Most of us find it difficult to get started. How do we know we're doing it right? Here's the thing: you can't really mess it up. It is a way for you to relax. It could be as simple as getting lost in music, art or even during exercise. Nowadays there are apps that can help guide you during your meditation.

Emphasizing the impact that stress has on our overall health, longevity and risk for chronic disease is crucial. We can use the above tools to reduce the long-term effects of stress on our physiology. This is a significant piece of the puzzle to optimize our health and live our best lives.

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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Aesthetic Treatment Centers offers a medical-grade TCA Peel that will renew the layers of your skin into the soft, glowing skin of your dreams. The best part—it's non-invasive and easily achieved in a relaxing office visit. They also offer numerous take-home products to keep your look maintained and to help you achieve that brightly-toned luminosity on a daily basis.

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

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

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.

Whether you're wanting a little boost or a transformation, the tranquil, relaxing environment of the Aesthetic Treatment Centers will take your mind off of the day-to-day issues and give you time to enjoy doing something for yourself. There is a lot to be said about feeling better, being more confident and looking your best that radiates into the rest of our lives. When we feel good, we give more, do more and are generally content and happier in all circumstances.

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



Aesthetic Treatment Centers

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

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

Mindy and Kathy



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

Planning for the Unexpected: Protecting Yourself and Your Family with Estate Planning

Courtesy of: Juan Ocanas, Financial Advisor at Morgan Stanley

For many of us, estate planning is something we know we should do but often manage to postpone until some indefinite time in the future. But, putting off this part of your financial life could mean passing over an opportunity to protect the lifestyle you've worked so hard to create and to dictate your legacy on your terms.

Why You Need an Estate Plan

The primary purpose of estate planning is to ensure that you control how your assets are distributed. Estate planning is also about planning for unexpected events, such as physical and mental impairment, which may place financial strain on your family.

A well-crafted estate plan is likely to have multiple goals:

- To protect your lifestyle
- To provide for your family and others, including charitable organizations that are meaningful to you
- To control distribution of your assets
- To minimize estate taxes

Your Estate Planning Checklist

Depending on your goals, you may need to consider different tools, resources and strategies to help you develop an estate plan that reflects your priorities. Here are some important documents and services you may need to help protect you and your family in the event of disability:

- **A living will** is a legal document containing your wishes regarding medical measures that might be taken to prolong your life in case of serious illness or injury.
- **A durable power of attorney for health care**, also known as a health care proxy, appoints someone you trust to make health care decisions on your behalf if you are unable to do so.
- **A durable power of attorney for financial matters** gives someone you trust legal authority to make financial decisions on your behalf if you are unable to do so.
- **An inventory of important information** includes information about your property, bank accounts, insurance policies, employee benefit plans, mortgages and debts. It also includes your estate planning documents and beneficiary designation forms.



- **Disability insurance** replaces a portion of lost income if illness or injury prevents you from working.
- **Long-term care insurance** protects against the costs associated with disabilities caused by age and infirmity, such as nursing home care.

Other important documents help to protect your family and your legacy in the event of your death:

- **Life insurance** provides financial benefits for your loved ones if you pass away. Used strategically, life insurance can also help address your other estate planning objectives, such as reducing the impact of estate taxes.
- **A Last Will and Testament** is a state-specific legal document that sets forth your wishes regarding the distribution of your property and names the guardian(s) who will care for any of your minor children.
- **Trusts** may be beneficial for a variety of life events and situations, including tax law changes, marriage, college saving, a child with special needs, serious illness, inheritance and retirement planning.

The most difficult part of estate planning is getting started. Once you begin, you will find estate planning is a positive and constructive way to put yourself in control of your legacy.

Need help taking the first step? Working with a Financial Advisor can help you bring all the elements of your estate plan together to help ensure that you have an integrated strategy in place to protect yourself and your family.

Disclosures

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

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Pain, Dryness & Irritation:

How Women Are Rejuvenating Their Lives

By Joseph Gauta, MD, FACOG

Who doesn't want to feel better and more confident about their sexual health? Many women try to hide their condition from their partner, or suffer in silence because they believe it's "normal" for them. That couldn't be further from the truth. Whether your pain is caused by endometriosis, pelvic conditions, vulvovaginal atrophy, hormonal dysfunction, or from medications, there are answers.

Female Sexual Dissatisfaction Has Many Causes

Natural processes like aging, childbirth and menopause can have deleterious effects on a woman's sexual well-being and sensations. Since we all tend to avoid anything that doesn't feel good, a woman's sexual desires and success in achieving them are inversely related to the atrophy and scarring in the vaginal canal that these life-events can create, like tearing of the vagina during childbirth, dryness of the vaginal tissues after menopause, and the laxity of the vagina causing decreased sexual sensation. Sexual satisfaction can be negatively impacted by hormonal changes after menopause, but many women cannot take vaginal estrogens or do not find this treatment to be effective or convenient enough. This is where laser energy comes in: CO2 laser energy has been proven to regrow normal collagen (a necessary protein found in all of our organs) in the vaginal and vulvar tissues leading to improved "accommodation" and "stretchiness" of the vagina which in turn leads to greater sexual satisfaction and lubrication and a decrease in discomfort during and after sex.

CO2RE Intima

Although, hormone therapy can be used to treat vaginal vulvar atrophy and dyspareunia (painful intercourse), sometimes it isn't enough. The CO2RE Intima procedure has helped countless women enjoy life like they used to. It is noninvasive, nonsurgical and is performed in your physician's office.



You don't have to live with pain and dryness any longer. There is a better way to age well, enjoy intimacy again and regain your life.

CO2RE Intima Benefits:

- CO2RE Intima is an in-office, non-surgical laser procedure to restore vaginal health, by improving hydration and promoting healthy vaginal pH
- Each CO2RE Intima treatment relieves symptoms of vulvovaginal atrophy, rejuvenates vaginal tissue and treats exterior tissue to improve vaginal cosmetic appearance.
- 100% showed significant improvement in vaginal health (elasticity, fluid volume, pH level, epithelial integrity and moisture)
- 91% reported an improvement in dryness

CO2RE Intima might be for you if:

- You want to relieve the signs of childbearing and aging in the vaginal area.
- You desire enhancement in sexual functioning and a better sexual experience.
- You seek vaginal cosmetic improvement and you want to feel more confident about your feminine health.

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Nicole Houser, PA



Joseph Gauta, MD



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HEALTH TIPS

Ways To Minimize Stress And Get Better Sleep

Tips to Help You Reduce Stress and Improve Your Sleep

By Cederquist Medical Wellness Center

Stress and sleep are not too commonly thought about when dealing with topics involving health and well-being. The truth is sleep and stress levels can affect everything from chronic disease risk, mood, and overall energy levels. Today, we'll discuss how high levels of stress and poor sleep hygiene can greatly impact your overall well-being and give you tips on what you can do to improve.

Sleep

The CDC reports that about 1 in 3 Americans do not get enough sleep and that correlates to an increased risk of developing type 2 diabetes, heart disease, and depression.¹ Bad sleep quality can also have certain effects on your mood and cause you to make poor food choices throughout the day. So, what does effective sleep look like and how can you get the biggest snooze for your buck? Although sleep time may vary from person to person, we often recommend adults ages 25-65 years old get about 7-8 hours of uninterrupted sleep per night. The American Sleep Association also recommends that you reduce consumption of caffeinated beverages, nicotine, and limit the use of decongestants before bed, as these may cause a ripple in your sleeping patterns.²

Ways to maintain good sleeping habits include:

1. Turning off all electronics at least 30 minutes before bedtime.
2. Sleeping in a dark, quiet environment with a comfortable bedspace.
3. Participating in a relaxing activity before bed such as a warm bath or meditation session.
4. Maintaining your sleep environment at a comfortable temperature of about 70°F.

Stress

Stress can manifest through a variety of methods including environmental triggers, neurological imbalances, unpredictable life circumstances, etc. It's important to identify which triggers to avoid as well as learn the right tools to help manage stress.



Chronic stress can lead to problems with digestion, recurring headaches, irritability, and bring on long-term health issues such as high blood pressure and heart disease.

We recommend implementing exercises that help with mindfulness and stress relief such as:

1. Journaling. Doing this for 20 minutes can help you reflect upon the highlights of your day and remind you of your accomplishments.
2. Getting regular exercise. Studies have shown that exercising for at least 30 minutes a day can greatly improve symptoms of anxiety and depression.³
3. Taking a "techno-break". A study published in the International Journal of Environmental and Occupational Health states that excessive use of the Internet, wireless networks, computers, cellphones, and other devices can result in anxiety, frustration, and low job performance.⁴

Your medical care professionals at Cederquist Medical Wellness Center know how important it is to maintain good sleep hygiene and are committed to helping you achieve improved mental as well as physical health. Along with good habits and mindfulness exercises, we offer supplements that can

help enhance your sleep and help lower stress levels. All of these are available in our Cederquist store. Call our office to order.

- **GABA** - studies have indicated that GABA can help to enhance alpha wave production in the brain to promote relaxation and moderate stress, as well as support IgA levels which may support immune health.
- **Metabolic Balance** - The main ingredient l-theanine has been shown to promote relaxation without drowsiness and help to moderate stress as l-theanine is an amino acid derivative from tea.
- **Cortisol Calm** - This supplement has been known to maintain a healthy cortisol response to promote relaxation, restful sleep and positive mood.

Make sure to discuss your options with your Cederquist medical or dietary provider to help you embark on your stress-free, sleep health journey!

1 <https://www.cdc.gov/sleep/index.html>

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Katherine Stam, D.D. Amanda Schütz, PA-C Diana Victoria, RDN Neale Hartwick, RDN



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STRESS: What it's Really Doing to Your Body & Mind

With the pace of today's world, we often experience immense intervals of stress and anxiety. Many people find it difficult to stay organized, we may begin to procrastinate, or we can feel out of control. Over time, we often experience false beliefs such as, "I'm not good enough," "I'll never complete this task," "I can't stop overeating," "I need alcohol to get me through," and the list goes on and on. These thoughts are habitual negative thoughts that our limbic systems have created throughout the years due to various experiences, but they are not valid or true. However, these feelings can cause real physical issues to take place in our lives, like shallow breathing, a rapid heart rate, emotional outbursts, gastrointestinal disorders, an increase in blood pressure, headaches, etc.

If left untreated, chronic stress is detrimental to our wellbeing. It can even play a role in exacerbating heart conditions and the risk of stroke or lead to suicidal thoughts. Learning to control anxiety or to seek medical help is critical for our overall health.

There are natural ways to begin to try to tamp down stress, such as when those false beliefs or physical symptoms emerge; deep breathing is a great way to calm the body and mind. A good tactic is to breathe deeply through the nose for 7 seconds, hold the breath for 4 seconds and exhale deeply for 10 seconds. Repeating this 4 times is usually all it takes to feel a physical sense of calm.

It's also beneficial to take a walk, journal your thoughts, take a warm bath, or meditate. There are many helpful meditation guidance channels on YouTube or via other apps you can download.

Garnering control over our thoughts and circumstances is not always so easily achieved. If you need help, DON'T WAIT. Talk to your doctor about counseling, medications, or other treatment options available. Some of the most common drug classes prescribed for depression and anxiety are selective serotonin reuptake inhibitors (SSRIs), serotonin-norepinephrine reuptake inhibitors (SNRIs), tricyclic antidepressants (TCAs), and monoamine oxidase inhibitors (MAOIs). The widely known drugs, like Prozac, Zoloft, and Cymbalta play a role in how the neurotransmitters affect the mood by lessening anxiety levels and creating a sense of more peace and tranquility for patients.



Symptoms of Depression

- Increased anxiety
- Poor concentration
- Sadness
- Loss of energy
- Problems sleeping
- Loss of interest
- Feel helpless or hopeless
- Decreased self-worth
- Poor or increased appetite
- Avoiding people, even family or close friends
- Difficulty functioning at school or work
- Increased guilt
- Physical pains
- Decreased libido
- Thoughts of suicide or death
- Self-harming

If you experience four or more of these symptoms throughout most of the day for two weeks in a row, it's time to talk to your doctor about whether you are suffering from depression.

Well-Being Medical Center of Naples

Preventative Care: Our office offers all standard routine health exams for all patients. If further testing is needed, we will create a comprehensive plan to help each patient reach their optimal health.

Health Consultations: Our staff is composed of health professionals who are experts in their field. We work with our patients through one-on-one consultations to prioritize health goals and address any health concerns.

Patient Satisfaction: Our top priority is patient satisfaction. We go the extra mile to create and execute on individualized treatment plans to make sure each patient understands their health journey from start to finish.

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



Dr. Ricardo Martinez

Dr. Ricardo Martinez is an internist in Naples, FL and is affiliated with NCH Baker Hospital. He received his medical degree from Superior Institute of Medical Sciences of Santiago de Cuba and has been in practice 20 years. He also speaks multiple languages, including Spanish. He specializes in hospital medicine, ambulatory care and is experienced in hospice and palliative medicine, bariatric medicine, diabetes mellitus, food allergy, and infectious disease. As of March 16th, 2020, Dr. Martinez has founded Well-Being Medical center in Naples Florida. He is looking forward to providing Medical care within primary care settings and urgent care service throughout the Naples Florida area.



239-315-7801

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



MAKING EVERY SECOND COUNT

By Dr. Jeffrey Ziomek, DPA, EMT-P



What can you do in seven minutes (or 420 seconds)? The answer is plenty. Some examples include drinking a glass of water, updating your voicemail, emptying your dishwasher, taking out the trash and recycling, or writing a note.

For a paramedic, seven minutes is the average response time from a 9-1-1 call to arriving on the scene and starting patient care. Because they are often dealing with people in physical and/or emotional distress, there are certain personality traits that paramedics should have. First, they should be able to make decisions quickly and remain calm under pressure. They also need to have strong communication skills and resilience. These skills are likely honed during their time as an EMT.

Hodges University offers a paramedic certificate program that includes 42 University credit hours that can be completed in less than one year. Graduates of the program are then eligible to take the National Registry of Emergency Medical Technicians (NREMT) Paramedic credentialing exam that's required for the State certification and to practice in the field.



Admission requirements include a current Florida EMT license, current BLS/CPR certification, satisfactory completion of immunization and health report, and satisfactory completion of college approved criminal advisory background check.

Students focus on mastering paramedic competencies through various classes, labs, two clinical experiences, and a field internship. The core curriculum covers patient assessment, emergencies, bleeding and shock, traumatic injuries, medication

administration, communicable diseases, abnormal behavior, and transportation of patients to name a few examples. The modern Health Sciences building on our Fort Myers campus enables students to practice what they learn in settings that simulate real life scenarios they will likely face. We also have an ambulance that serves as another tool to hone student skills.

As a paramedic, one has many career options. Some include working in public and private ambulance services, fire-rescue departments, aero-medical services, hospitals, and police departments. There are also travelling paramedic opportunities.

Classes for HU Paramedic Certificate Program will start in May: make every second count!

Dr. Jeff Ziomek is the EMS Program Director at Hodges University.

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- Earn 42 University credits
- Graduate in less than one year
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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
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WHO IS LIABLE FOR DOG BITES IN FLORIDA?

By F. Scott Pauzar, Florida Personal Injury Attorney

For many dog owners, their dogs are not just pets, but more akin to family members. After the Covid-19 pandemic-related lockdowns began in early 2020, there was a tremendous upswing in people adopting dogs from their local animal shelters. Over the last decade there has been a noticeable increase in people bringing their dogs with them to public places, including retail stores, restaurants and special events. These increases in dog ownership and mobility also increase the potential that a bite incident will occur.

Under Florida law, owners of dogs are strictly liable for any injuries caused by their animals. In other words, Florida dog owners can be held liable if their dog bites someone even if the owner had no prior knowledge or warning that the dog might bite. This means that victims of dog bite injuries do not need to establish that the dog owner was somehow negligent; it is enough to simply prove ownership of the dog.

However, the law only applies to individuals who are lawfully on the property of the dog's owner or in a public place. A person who is trespassing on private property without permission will not be considered "lawfully" on that property, and the dog owner may not be held liable for a bite sustained under these circumstances.

Florida's dog bite law does contain an exception: there is no liability under the statute if the victim is six years of age or older, the incident happens on the dog owner's premises, and those premises contain a conspicuously posted sign saying either "Bad Dog" or "Beware of Dog." The sign must be displayed in a prominent place and easily readable by the public.

Florida law also provides that a landlord may be held legally responsible for dog bites occurring on its property involving dogs owned by tenants. In the case of *White v. Whitworth*, 509 So. 2d 378 (Fla. 4th DCA 1987), a child was injured by a pit bull owned by the landlord's daughter. The dog was kept in one of the apartments owned by the landlord. Further, there was evidence that the landlord had "actual knowledge" of the dog's dangerous nature. The Court ruled that the landlord had a duty to make the premises "reasonably safe" for the other tenants on the property as it was "reasonably foreseeable" that they could be injured by such a dangerous dog.



The primary elements for holding a landlord responsible for an injury to third parties on rental property in Florida include: (1) the landlord is aware of the aggressive or vicious demeanor of the dog (dog living on the premises), (2) the landlord maintains control over the property and has the right to enforce lease provisions, and (3) the landlord failed to take reasonable steps to protect third parties from the dangerous animal. In the case of *Ramirez v. M.L. Management Co., Inc.*, 920 So. 2d 36 (Fla. 4th DCA 2005), a landlord was held liable for a dog bite where it failed to enforce a rule prohibiting tenants from having pit bulls on the premises. In that case, the landlord knew a tenant was keeping a pit bull on the rental property but failed to evict the tenant for noncompliance with the lease agreement. Thereafter, the dog attacked a child at a nearby park and the landlord was held legally responsible for the injuries sustained by the child.

Dog bites can result in very serious injuries to adults and children, including permanent disability, disfigurement and even death. In the event you or your child are bitten by a dog, you should seek immediate medical attention for any injuries. You will also want to do your best to identify the dog that bit you, as well as the dog's owner, and contact the appropriate animal control and law enforcement authorities so they can determine if the animal is current

with its vaccinations. You should also take photographs of the injuries as early as possible, and at regular intervals during the healing process.

If you or your child have sustained an injury after being bitten by someone's dog, you may be entitled to seek damages for costs of medical treatment, permanent disabilities, disfigurement as well as past and future wage loss. Additionally, you can seek damages for your pain, suffering and mental anguish. The statute of limitations for dog bite claims in Florida is four years. However, if you have suffered an injury due to a dog bite, it is recommended that you contact an attorney with experience in handling dog bite claims as early as possible so that they can make efforts to preserve evidence related to the incident and advise you on your options moving forward. Attorneys at Woodward, Pires & Lombardo, P.A. have significant experience in handling personal injury claims, including dog bites, and we are available for immediate consultation on your claim.

ABOUT THE AUTHOR



F. Scott Pauzar, III, Esq. is a personal injury and litigation attorney at Woodward, Pires & Lombardo, P.A. He has a broad base of legal knowledge and jury trial experience in both state and federal courts cultivated through over 15 years as a plaintiff and defense litigator in complex litigation, including catastrophic injuries. Scott received his Juris Doctor from the University of Nevada and is a Naples native.



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

PAD pain may feel like:

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

Advanced PAD stages may cause:

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

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REGENERATIVE MEDICINE FOR KNEE PAIN

By Richard Hiler, DABCN

Knee pain is a common complaint that causes individuals to seek medical care; however, many specialists will only treat the knee, but this can be damaging for the patient's progress and outcome, as knee pain is usually much more involved systemically.

Feel Amazing Institute sees many patients that have acute or chronic knee pain. Whether it's from injury or degenerative disease, their plan of action is much more involved and gets to the root cause of the individual's pain.

Along with X-rays, MRI or other imaging, Feel Amazing Institute evaluates the patient's level of pain, degeneration, and functionality with several in-office tests, such as nerve conductivity testing, examining and testing muscle strength and misalignment. Just because you have knee pain, your issue might have presented because of decompression issues, an abnormal gait, hip misalignment and other root causes. In order to properly treat your knee pain for an optimal outcome, those issues should be considered.

Standard medicine often only masks pain and symptoms with addictive drugs and corticosteroid injections, and many times unnecessary surgery is recommended. The good news is there are ways to treat knee and joint pain without drugs.

ALTERNATIVE OPTIONS FOR KNEE AND JOINT PAIN

PRP (Platelet Rich Plasma)

PRP uses your blood's natural healing properties. The platelet-rich plasma, which is taken from your own blood, is centrifuged and injected directly into the affected joint in an effort to improve joint function, reduce pain, and slow damage to the cartilage. The centrifuge increases the concentration of healing factors from approximately 6% to 94%. In many cases PRP can also help to repair damage to muscle. As with any other arthritis treatment, the overall effectiveness of PRP varies from patient to patient. When the therapy is performed properly, decreased pain and increased function of the joint can be expected in almost all cases.

HYALURONIC ACID INJECTIONS FOR KNEE & JOINT PAIN *(Insurance will often cover)*

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

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

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

STEM CELL THERAPY/ALLOGRAFTS

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

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

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

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

Knee Treatment Protocol:

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

Feel Amazing Institute

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

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

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



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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@arhiusa.com.

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

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

Are you interested in participating in a clinical trial?

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



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The Importance of Vascularization in Diabetic Wound Healing

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

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

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

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

Because of this nerve damage, people with diabetes are at a higher risk of developing foot ulcers. A foot wound may not sound overly alarming to most people, but foot ulcers can be life-threatening. These small sores go undetected due to the lack of feeling. If a patient delays treatment, foot ulcers can lead to amputation, strokes, heart attacks and severe infections that can spread throughout the entire body.

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



Diabetic Wounds & Vascularization

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

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

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

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

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

Wound Care Treatment:

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

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

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.



COLLIER PODIATRY, P.A.
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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 a **car accident** leading to **whiplash**. Severe neck pain can also lead to headaches or dizziness.

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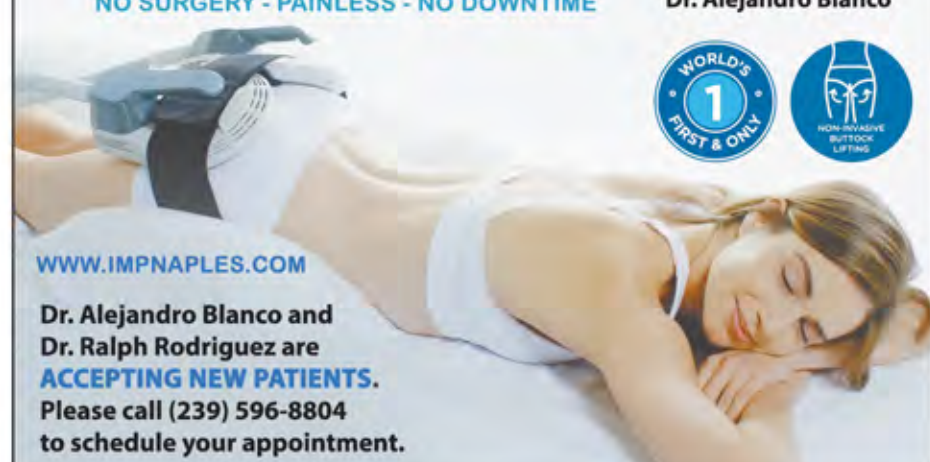


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Eating Heart Healthy Meals Just Got a Whole Lot Easier

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



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

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

What is Chefs for Seniors?

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

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

Why Chefs For Seniors?

Our Mission is to Provide Amazing Food and Proper Nutrition

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

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

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

Professionally Prepared Meals and Clean Up!

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

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

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

What if I Have a Special Diet or Dietary Concerns?

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

Do I Have to Supply the Cooking Equipment?

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

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

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

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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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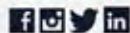
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YOU KNOW THAT LOOMING THOUGHT IN THE BACK OF YOUR MIND?

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

Yes, Your Diabetes Is Progressing, But It Doesn't Have To Be That Way: Learn The Truth About Treating and Reversing Your Diabetes Naturally

If you listen to television ads or, even well-meaning healthcare providers, you might be like the millions of people that believe diabetes is a disorder that is completely manageable with medication and a sugar-free diet. While that might be true for a select few, the truth is that the majority of individuals with diabetes are getting worse, their disease is progressing, and it is leading to other states of chronic illness such as cardiovascular disease, dementia, cancer, and stroke.

Diabetes is a worldwide epidemic, but in the United States, the statistics are quite alarming. More than 30 million people in the U.S. have diabetes, while it's expected that a large number are undiagnosed, and many are what is determined as pre-diabetic, the diagnosis can be scary, and many people feel there is no way out and that they are destined to live with the disease forever.

WHAT YOU MAY HAVE BEEN TAUGHT ABOUT YOUR DIABETES IS AN OUTDATED WAY OF THINKING, AND IT RARELY WORKS.

Diabetes is the 7th leading cause of death in the U.S. The cost to treat the disease is approximately 250 billion dollars per year. The pharmaceutical industry makes a lot of money on your condition, all the while knowing that the disease is not only manageable but, in many cases, reversible.

For years, we've been told that diabetes is genetic, when in fact, environmental and lifestyle choices primarily cause the disease.

DOES THIS SOUND FAMILIAR? "YOUR DIABETIC MEDICATION DOSAGE NEEDS TO BE INCREASED."

These medications work to lower blood sugar levels, but they stop working, and the dose will continuously need to be increased. The worst part is these drugs are not making you better, and they are not curing diabetes—There are simply masking your problem. It's like putting a bandage on a firehose to stop the flow of water. While these

drugs may be essential in the beginning diagnoses for severe cases where A1C or fasting glucose levels are extremely high, these drugs are not a long term answer. The root cause of your disorder is usually found in lifestyle choices such as diet or being sedentary.

When it comes to diet, the typical diabetic recommendations that we are all familiar with, like cutting our sugar, are important, but there are specific methods that should be implemented, and each individual will need a custom-tailored tweak to the right way of eating. After all, we are all different. If you have an unknown allergy or trouble processing something like eggs, then eating eggs will only exacerbate your issues. Nutrition is a powerful mechanism to healing the body of many disease states and it is certainly the case with diabetes.

ISN'T YOUR LIFE WORTH DOING ALL THAT YOU CAN IN ORDER TO BE THE HEALTHIEST VERSION OF YOURSELF?

Denise Pancryz understands your diabetic challenges, frustrations, and life-threatening health risks. She was once in your shoes but discovered a breakthrough and reversed her disorder. She now coaches others to help them get their lives back.

DENISE A. PANCYRZ'S STORY

National Diabetes & Holistic Lifestyle Coach - Speaker - Author

I was a diabetic who was angered being burdened with diabetes. I was tired of taking medications and four insulin shots per day that did NOT make me feel better. The food I was taught to eat as a diabetic was not bringing me to a state of optimal health. It was keeping me medicated and constantly visiting Walgreen's, Diabetes Educators and the doctors.

I wanted my life to be different and the medical community told me it was highly unlikely. In fact, I was told the amount of medication and insulin would increase as I age. However, I learned that you could improve or eliminate disease with proper nutrition, not with unnecessary medication.

Denise Pancryz's Reverse My Diabetes Client Testimonials

"My wife found Denise was giving a presentation at the Renaissance Academy and we went. She made so much sense we signed up immediately after the presentation. She provided the guidance, testing suggestions, an overhaul of food choices, cleaned out our kitchen of offending foods, taught me how to eat out again and started me on an adventure that has been incredibly satisfying. My A1C dropped to 4.8 in a few months, glucose dropped dramatically and the fear of having to be on insulin totally evaporated. Most of my doctors up north remain almost in shock at how well her strategy works when one sticks to it. More than 1 year later I am still doing well and cannot praise Denise enough for enabling this to happen to me." -Andy W.

"I eliminated neuropathy and lowered my A1c by 2 points in weeks!" I would recommend Denise! The information I have received will help me lower it even more." -Cindy S.

"Before I began to work with Denise, I had lost some weight, but my blood glucose numbers were not improving. With Denise's help and coaching within two weeks I began to see an immediate weight loss and the blood glucose numbers become much more stable. With her coaching I have gained a new lifestyle that will stay with me the rest of my life. I have recommended Denise on at least two occasions to friends." -Miguel S.

I feel better and stronger in my 50s, than I did in my 40s. I have more energy, reversed diabetes, eliminated inflammation that was leading me to heart disease, eliminated IBS and intestinal issues ~ no more stomach aches after meals, my seasonal allergies are gone and a slight skin issue on my elbow healed. I almost forgot, I lost weight in the process.

I know it sounds too good to be true that proper nutrition was able to heal me—I'm living proof. As a national coach, speaker and author, my mission is to help others to achieve optimal health through holistic lifestyle changes. Certified in holistic nutrition and homeopathy, I can bring awareness to diabetics to make lifestyle changes for a lifetime and reverse the effects of diabetes.

If you are tired of living with diabetes and are worried about your future and your health, contact Denise for personalized coaching and accountability to live your best life in optimal health.

To find out more please visit
ReverseMyDiabetes.net, call 888-848-1763 or
email Denise at Info@ReverseMyDiabetes.net.

Compounded Hormone Replacement Therapy

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

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

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

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

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



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

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

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

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

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



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Can Specific Foods Boost Eye Health and Vision?

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

There have been numerous reports and studies on the effectiveness of certain foods that may boost eye health. Dr. Taba, Ophthalmologist and Retina Specialist, recommends the following informative article published by the American Academy of Ophthalmology, titled, known vitamins, 3 of which have been proven to help your eyes, 36 Fabulous Foods to Boost Eye Health.

36 Fabulous Foods to Boost Eye Health

If you're looking for a diet that's healthy for your eyes, here's some good news: The same diet that helps your heart and the rest of your body will help your eyes. Plus, you'll enjoy many delicious choices. For 2020: The Year of the Eye, the American Academy of Ophthalmology intended to list 20 vision-healthy foods. Instead, we came up with 36. It's a diet rich in fruits, vegetables, beans and fish.

Why Is Nutrition Important for Good Vision?

"Some nutrients keep the eye healthy overall, and some have been found to reduce the risk of eye diseases," said Rebecca J. Taylor, MD, an ophthalmologist in Nashville, Tennessee.

Eating a diet low in fat and rich in fruits, vegetables and whole grains can help not only your heart but also your eyes. This isn't surprising: Your eyes rely on tiny arteries for oxygen and nutrients, just as the heart relies on much larger arteries. Keeping those arteries healthy will help your eyes.

What Should I Focus On for Eye-Healthy Eating?

Orange-colored vegetables and fruits with vitamin A

Perhaps the best-known eye-healthy nutrient is vitamin A. Your retina needs plenty of vitamin A to help turn light rays into the images we see. Also, without enough vitamin A, your eyes can't stay moist enough to prevent dry eye.

Carrots are a well-known source of vitamin A. **Sweet potatoes** provide even more vitamin A, Dr. Taylor said. "A sweet potato has more than 200% of the daily dose of vitamin A doctors recommend." Fruits, including **cantaloupe** and **apricots**, can be a good source of vitamin A.

Fruits and veggies rich in Vitamin C

Vitamin C is critical to eye health. As an antioxidant, vitamin C helps protect the body from damage caused by some things we eat, unhealthy habits and environmental factors. Fried foods, tobacco smoke and the sun's rays can produce free radicals--molecules that can damage and kill cells. Vitamin C helps repair and grow new tissue cells.

Good sources of vitamin C include citrus fruits, such as **oranges, tangerines, grapefruit and lemons**. Lots of other foods offer vitamin C, including peaches, red bell peppers, tomatoes and strawberries. Antioxidants can prevent or at least delay age-related macular degeneration (AMD) and cataracts, according to the Age-Related Eye Diseases Study (AREDS).

Vitamin E

Another important antioxidant is vitamin E, which helps keep cells healthy. Vitamin E can be found in **avocados, almonds and sunflower seeds**.

Cold-water fish with omega-3 fatty acids

Diets rich in omega-3 fatty acids from cold-water fish may help reduce the risk of developing eye disease later in life, research suggests. These fish include **salmon, tuna, sardines, halibut and trout**. "Omega-3's are good for tear function, so eating fish may help people with dry eye," Dr. Taylor said.

Leafy green vegetables rich in lutein and zeaxanthin
Lutein and zeaxanthin are antioxidants found in the pigments of leafy green vegetables and other brightly colored foods. They are key to protecting the macula, the area of the eye that gives us our central, most detailed vision. Kale and spinach have plenty of these nutrients. Other foods with useful amounts of lutein and zeaxanthin include romaine lettuce, collards, turnip greens, broccoli and peas. And while not leafy and green, eggs also are a good source of these nutrients.

Beans and zinc

The mineral zinc helps keep the retina healthy and may protect your eyes from the damaging effects of light. However, zinc can lower the amount of copper in your body, which we need to help form red blood cells. Fortunately, you can increase both

at once with all kinds of beans (legumes), including **black-eyed peas, kidney beans and lima beans**. Other foods high in zinc include oysters, lean red meat, poultry and fortified cereals.

Should I Get Eye-Healthy Nutrients Through Vitamin Supplements?

Eating the right food is the best way to get eye-healthy nutrients, Dr. Taylor said. "In general, most Americans can and should get enough nutrients through their diet without needing to take supplements."

People who have macular degeneration are an exception. "In this case, taking supplements is recommended by the Age Related Eye Disease Study 2, a follow-up to the AREDS (Age-Related Eye Disease) Study. Talk with your ophthalmologist if you or a family member has AMD," Dr. Taylor said.

No matter your age, it's not too late to start eating healthy, she said. "So many of my patients focus on a healthy diet only after they've been diagnosed with a serious health problem. Start eating well now to benefit your vision and your health for the rest of your life."

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 eye irregularities, it is imperative that you see an ophthalmologist right away. The earlier disease or disorders are detected, the better the outcome and treatment options are for you.

Personalized Retina Care of Naples provides incomparable diagnosis, medical and surgical treatment for retinal conditions and disorders. Dr. Taba is a Board-Certified Ophthalmologist and is Fellowship trained in surgical and medical retinal diseases.

There are ways to prevent the progression of low sight, regain your independence and correct your vision. To find out more, or to schedule your appointment, please call (239) 325-3970 today.

Reference:

1. American Academy of Ophthalmology, C. Vimont, 36 Fabulous Foods to Boost Eye Health, January 10, 2020, <https://www.aao.org/eye-health/tips-prevention/fabulous-foods-your-eyes>



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Hair Today, Gone Tomorrow

By Vivian Wong, MD, PHD

In the U.S. alone, 56 million people suffer from hair loss. Whether you suffer from a widened part or balding scalp, the earlier you start treatment the better. Platelet-rich plasma (PRP) therapy is a treatment that has numerous medical applications including sports medicine, regenerative medicine, dentistry, wound care, spine, and nerve surgery. There is growing interest in using PRP for hair loss as it represents a safe, natural, and effective alternative to more invasive forms of treatments such as hair transplants. PRP therapy involves withdrawing one's own blood, processing it so that only the enriched cells (platelet-rich plasma) remain, and injecting it into the scalp. This therapy contains essential proteins that stimulate natural hair growth. Due to the natural variation in quality of platelet-rich plasma, results will vary between individuals. Most patients require multiple sessions to obtain desired outcomes. With this less invasive treatment, the primary risks and discomforts are related to the blood draw where there is a slight pinch to insert the needle for collection and there is a potential for bruising at the site.



At Skin Wellness Physicians, we offer Platelet-rich Fibrin Matrix (PRFM) from Selphyl®, the next generation of PRP therapy allowing sustained release of multiple growth factors over a long period of time. PRFM, in combination with a customized medical treatment plan, could lead to remarkable and sustained hair restoration. Schedule an appointment with our board-certified dermatologists at Skin Wellness Physicians for a consultation if you are interested in hair transformation with PRFM.

MEET Vivian Wong, MD, PHD

Dr. Wong is a board-certified dermatologist with a dual M.D. and Ph.D. She joins Skin Wellness Physicians after a career as a faculty member and core teaching faculty at the Department of Dermatology at Harvard Medical School in Boston, Massachusetts. She completed her dermatology residency and served as the chief resident at Brown University. She is a renowned researcher with collaborators in North America, Europe and Asia. She has authored over 250 articles and textbook chapters to date on important topics such as eczema/atopic dermatitis, melanoma and basal cell carcinoma. She has been interviewed as a dermatology expert by the Boston Magazine, Boston25 News and QuantiaMD. She has spoken and presented at more than 50 international and domestic conferences and received more than 40 awards and research grants for her scientific and clinical endeavors. She also serves as a consultant to medical diagnostic, therapeutic and technology companies.

Dr. Wong is a leader in adult and pediatric dermatology, as well as cosmetic dermatology, offering procedures including Botox, cosmetic fillers, Kybella, chemical peels, lasers, and scalp injections for hair health. During her free time, she enjoys spending time with her family and cooking.

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SEMINARS ABOUT BALANCE, DIZZINESS, TINNITUS, HEARING LOSS AND RISK OF FALLS!

By Hoglund Family Hearing and Audiology Services

Hoglund Family Hearing and Audiology Center is proud to feature LEE HEALTH'S RENOWNED BALANCE EXPERT *Nathalie Grondin* during this Month's "Lunch and Learn" lecture series. This Seminar will answer all your questions concerning new treatments for Hearing Loss, Balance Issues, and Reducing Risks of Falls ...you will be amazed to see how closely these conditions are all tied together!

The control of balance in humans is quite complex and involves coordination of several sensory systems. These are the musculoskeletal system (proprioception), vision and the balance organs in the internal ears. These systems are linked to a center at the base of the brain - the vestibular nucleus. This, in turn, sends information to, and also receives input from your brain. Many factors can cause problems in each of these areas.

THE LECTURE WILL COVER INFORMATION CONCERNING:

- Balance Disorders
- Benign Paroxysmal Positional Vertigo (BPPV) treatment
- Meniere's Disease treatment
- The Balance Organs

Most balance problems are caused by disorders of the balance organs or the pathways of balance in the brain. Damage to the balance organs could take one of many forms. People often have severe nausea and may even vomit. There is also a sensation of spinning to the same side. This may result in falls to the same side.

Another type of disorder occurs when there is a fluctuation of function in the balance organs. In this condition, which is known as **Meniere's Disease**, the hearing organ is also affected. Hence attacks of dizziness are often accompanied by nausea, vomiting, hearing loss and tinnitus. The attacks, which may last up to 24 hours, are sometimes so severe that people may need admission to a hospital.

In other cases, dizziness could be provoked by head movements. Symptoms commonly occur during bending, looking up, extending the head or turning in bed. This condition occurs due to misplacement of crystals in the balance organ. The dizziness usually subsides after a few seconds. This is known as **Benign Paroxysmal Positional Vertigo (BPPV)**. This disorder is quite common. It usually affects one balance organ; rarely both organs could be affected.

In most cases, there will be a gradual recovery of balance function. This process may be prolonged if there is ongoing anxiety or a lack of mobility. Simple

provocation exercises are the best treatment for those with disorders of the balance organs and balance pathways. Relaxation Therapy could be helpful in relieving anxiety. This may be practiced as a part of techniques such as yoga, Pilates or Tai Chi. The Seminar will cover these topics in much greater depth.

UNTREATED HEARING LOSS CAN DRAMATICALLY INCREASE FALL RISK!

Hearing occurs in the brain. The pathway to signal transmission and comprehension is quite complex. Hearing loss due to injury, illness, excessive sound, and aging affects our brain health and puts us at increased risk of cognitive decline. It also affects our physical health with an increased risk of falls and our mental health with an increased risk of depression and social isolation.

Maybe you've tripped over a rock or slipped on a wet surface. We've all fallen, but did you know that now hearing loss may be what is causing those falls? By discovering the link between hearing loss and falls, researchers could develop new ways to prevent falls, especially in the elderly, as well as the injuries that are caused by falling.

Frank Lin, M.D., Ph.D., an assistant professor at the Johns Hopkins University School of Medicine, found that people with a 25-decibel hearing loss, classified as mild, were nearly three times more likely to have a history of falling. Every additional 10-decibels of hearing loss increased the chances of falling by 1.4-fold. He believes that the link is when people who can't hear well have a limited awareness of their overall environment, accounting for more tripping and falling. Another reason hearing loss might increase the risk of falls, Lin adds, is cognitive load, in which the brain is overwhelmed with demands on its limited resources. "Gait and balance are things most people take for granted, but they are actually very cognitively demanding," Lin was quoted as saying. "If hearing loss imposes a cognitive load, there may be fewer cognitive resources to help with maintaining balance and gait." *Treating the Hearing Problems may therefore reduce fall risk!*

These Seminars will discuss this research in much greater detail.

TUESDAY	WEDNESDAY	THURSDAY
April 20	April 21	April 22
FORT MYERS 11am AND 2pm	CAPE CORAL 11am AND 2pm	BONITA SPRINGS 11am
FAMOUS DAVE'S OF FORT MYERS 12148 S. Cleveland Ave.	BEEF O'BRADY'S OF CAPE CORAL 251A Santa Barbara Blvd.	DE ROMO'S OF BONITA SPRINGS 26811 South Bay Drive, Suites 140 and 148

John Hoglund, BC-HIS, ACA will cover topics include breakthroughs in the treatment of Nerve Deafness, and advancements in the treatment of Tinnitus or "Ringing Ears"! John will explain the comorbidities associated with hearing loss, including the risk of falls and balance problems, Learn **EXCITING NEW TREATMENTS** that have brought *dramatic relief to the majority of Tinnitus Sufferers.*



John and Patricia Hoglund LHAS, BC-HIS, ACA

SPECIAL GUEST SPEAKER - Nathalie Grondin, PT



Nathalie Grondin, PT from Lee Health will present Balance and Aging. Nathalie has worked at The Balance Clinic for Lee Health since 2001. She is the leader of the Lee Health Balance and Vestibular Rehabilitation Team of therapists which includes in-house training of therapists throughout the continuum of care in the field of vestibular rehabilitation. Her primary areas of interest include evaluating and treating balance and vestibular dysfunction. She is also the leader of the Lee Health Parkinson's Rehab Team working with People with Parkinson's to maximize their mobility skills while improving their safety and independence. Nathalie is a firm believer that "knowledge is power" and she wishes to share her experience and knowledge to help people who experience balance problems, dizziness and/or vertigo complaints find solutions to improve their quality of life and return to optimal levels of participation in meaningful roles and activities. She is also actively involved in education seminars on fall prevention throughout the community.

If you have experienced **Dizziness, Vertigo, Communication Problems, Balance Problems**, or if you've been diagnosed with Meniere's Syndrome, **DON'T MISS THIS LECTURE!** Crowds will be limited, and please bring a mask to keep a SAFE environment for learning! **PLEASE RSVP** as soon as possible to learn more about this exciting new healthcare research!

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Estero, FL 34135

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Fort Myers, FL 33912

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

The EMSculpt® Difference

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

Ideal EMSculpt Candidates

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

EMSculpt Procedure

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

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

Results

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



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

Internal Medicine Partners of Naples

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



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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>

Alleviant Health Centers of Naples

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

- **Medication Management:** Meet with our Psychiatric Nurse Practitioner to adjust, change or fill your prescriptions.
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- **Transcranial Magnetic Stimulation (TMS):** FDA approved non-invasive procedure for Treatment Resistant Depression.
- **Psychotherapy:** Meet with our Psychologist for individual, couples and family therapy. Trauma therapy using Eye Movement Desensitization and Reprocessing (EMDR).



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

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



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Ready To Sell Your Home?

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

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

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

Health Issues Can Lead to Much Needed Help

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



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

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

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

Robert L. Nardi, Licensed Broker and REALTOR®

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

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

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

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

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

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

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

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Women - How's Your Sexual Wellness?

By Dr. Viviana Cuberos

With childbirth, natural aging, weight fluctuations, lifestyle habits and menopause, women can develop what is known as vaginal laxity. This is driven by changes in collagen and elastin fibers, causes a loss of strength and flexibility within the vaginal wall, leading to intimate health issues as well as problems with incontinence. Fortunately, at Orchidia Medical Group, we offer a variety of treatments and procedures that can help our patients tremendously to resolve these issues.

For instance, Ultra Femme 360 technology is used to help women experience positive results for vaginal laxity, incontinence, lubrication, ease of reaching orgasms, and overall satisfaction with their intimate relations.

Vaginal Rejuvenation with Ultra Femme 360!

- Ultra Femme 360 is the most versatile device on the market that uses radiofrequency and ultrasound technology, and it is specially designed for women's intimate well-being.
- It works to tighten and lift the inner and outer vaginal area, reducing pain and increasing pleasure during intercourse.
- Ultra Femme 360 is a noninvasive treatment with no downtime. Patients can return to regular activities and even have intimate relations the same day.
- This is a safe, fast, and painless procedure. We usually recommend three treatments for optimal results.

Have You Experienced the Benefits of the O-Shot?

The O-Shot is a non-surgical, minimally invasive treatment that uses platelet-rich plasma (PRP), to stimulate tissue growth and reduce sexual health changes that women face as they age.

O-Shot injections are performed in the comfort of our Naples office. Treatment sessions are relatively short, and patients are able to return to their normal daily activities right away. This treatment could be a great complement to vaginal rejuvenation procedures.

O-Shot Benefits:

- Improves sexual satisfaction and ability to achieve orgasms
- Increases lubrication
- Tightens vaginal tissues
- Reduces pain associated with sexual intercourse



TAKE ADVANTAGE OF OUR APRIL SPECIAL!

Purchase 3 Ultra Femme 360 Sessions & GET \$500 OFF O-Shot Treatments

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* Offer expires 4/30/21

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Dr. Young and Dr. Cuberos are dedicated and experienced providers in the aesthetics, anti-aging and sexual wellness specialties. They look forward to helping each of our patients achieve their best version of themselves while living their best lives.

Have you heard about the Myers Cocktail?

At Orchidia Medical Group, we offer a variety of IV Vitamin Cocktails with the goal of assisting patients obtain necessary nutrients and vitamins to improve their overall health and wellness.

Myers' Cocktail is a form of intravenous nutrient therapy that injects magnesium, calcium, B12, B6, B complex, and vitamin C directly into the bloodstream to improve energy capacity and cell function. When energy levels are high and cells can function at their best, patients are more likely to recover from acute and chronic conditions.

Some of the benefits include:

- A boost of vitamins and minerals
- A reduction of inflammation
- Increased energy
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- Better concentration
- Reduced chronic pain
- Hair and nail growth
- Improved skin tone
- Reduced muscle soreness
- Reduced symptoms of depression

Purchase an IV Vitamin Amino Acid and get \$50 off Myers Cocktail to get yourself feeling and being healthy while performing at a higher level in your daily life.

*Offer expires 4/30/21

Please contact Orchidia Medical Group and our doctors with any questions or concerns you might have. We are here for YOU!

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Dr. Cuberos & Dr. Young

Do You Have A Thyroid Disorder?

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

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

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

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

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

Hyperthyroidism Symptoms:

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

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

Hypothyroidism Symptoms:

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



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



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

The right diagnosis and care makes all the difference in your outcome and healthy living. Dr. Jasper wants all of her patients to live their lives to the fullest with optimal health. She is a diabetic specialist treating patients 25+ years with special emphasis on preventing complications due to this disease. Learn how to manage your condition under the care of Dr. Josephine Jasper, a board certified endocrinologist and voted one of NJ's top practitioners. She is now serving patients in Marco Island and Naples, Florida.

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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-Mar), and the earliest effective date is July (if you did not have group coverage).



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 without medical underwriting. There are a lot of things you need to know. Again, work with an agent you can trust! 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?

We offer **Free Medicare Seminars** both online and in person, please e-mail info@logicalinsurance.com to register. Classes include Applying for Medicare; Special Enrollment Periods; Late Enrollment Penalties; Low income/Medicaid.

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.

Life Insurance – Is the only life insurance you have through your employer? Most employer group life coverage is not portable, what that means when you leave your employment you will lose your coverage. Apply for life insurance as young as possible while you still do not have health issues. Life insurance has many great benefits. Did you know that some policies grow in cash value that you can use when you need it? So, no you do not need to die to use your life insurance. There are many different types, and we can probably find an option that would work for you!

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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Easter Lilies and Your Pet's Health: What You Should Know

Cats in particular are notorious for being curious little creatures. Even if they don't jump up on countertops or tables in front of you, you can be pretty sure that they do so when you're not around. Most likely it's happening while you are sleepy peacefully in the middle of the night, since cats are nocturnal animals.

During this time of year, you might be gifted a lily or purchase one on your own. Several types of lilies including Easter Lilies are toxic to cats. The entire plant from the stem, leaves, pollen and flower are all toxic. Even if your cat licks the plant or the pollen that has fallen to the ground, they will be in extreme, life-threatening danger. If your cat gets into the plant, it's critical to get them to an animal ER or their veterinarian quickly. Minutes count in these cases. If you have a lily, it wouldn't hurt to put it in a place that the cat cannot get into day or night.

Speaking of Easter, at this time of year, most of us have a lot of candy around the house and Easter baskets are filled with chocolate bunnies, peeps and other confections. Candy can be life-threatening to both cats and dogs.

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



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

Easter candy, baskets and egg hunts are fun-filled times for kiddos, but when it comes to our pets, Easter grass in those baskets can be rather alluring. Cats and dogs may find it irresistible to play with it and to even try to eat it. This is a major health hazard to the safety of our beloved pets, as this grass very often tangles around the intestines and can be life-threatening and usually requires extensive surgery to remove.



The same issue holds true for Easter egg hunts, especially for dogs. Dogs like to find things, so if they come upon a hidden Easter egg, they will mistake it for a chew toy and the plastic can choke them, cause lacerations in the mouth, esophagus, stomach and intestines. It's not worth it. Keep your pets indoors, while your kids go on their hunts.

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

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Is it Time for a Liver Tune-Up?



In Traditional Chinese Medicine, each season is ruled by a particular organ system and spring is connected to the liver and gallbladder. What does this mean? You probably notice changes in the way you feel, both physically and mentally, as the seasons change. Many of us feel more contemplative and introspective during the winter months. Once spring hits, we may feel ready to recharge and get things done.

As with any seasonal change, we must pay close attention to our body's needs during this turbulent time of seasonal change. Moving from the indoor sleepy coldness of winter and into the warm, active spirit of spring can be tough on your system when not handled with care.

Spring is the season of the Liver and Gallbladder. Now, it is important to note, that from a Chinese Medicine perspective, when we talk about a particular organ, such as the liver or gallbladder, we are not talking about the physical organ that sits inside your body. Rather, we are talking about a complex system of energy that flows within particular pathways and has a particular physiological function.

The gallbladder governs decision-making and controls the muscles, tendons and ligaments of the body. The liver is in charge of detoxification and keeping the energy or Qi (pronounced "chee") flowing smoothly. Liver energy is strong and assertive, the type of energy you need to create plans and propel them into motion. However, if your liver is out of balance, you might notice that you are more irritable or on edge than usual. The liver tends to be a bit of a "bully" for many people, overwhelming bodily systems, so it's important to keep it healthy.

Here are a few signs that your liver is in need of an acupuncture tune-up:

1. You've noticed an increase in headaches, and these headaches seem to feel worse when you aren't active. Generally, headaches tend to manifest at the top of your head.

2. You feel constipated or bloated. Your bowel movements have become irregular, alternating between constipation and loose stools. Hard, difficult stools that appear pebbly are also a sign of liver imbalance.

3. Friends and coworkers are scared of you because you are cranky, cranky, cranky! When liver energy is out of balance, you can feel agitated, irritated, and generally out of sorts. Sometimes irritation flares into outright anger more easily than it would if this energy was flowing smoothly.

4. You may notice PMS symptoms have been worsening. Bloating, breast tenderness, sensitivity can all be exacerbated by liver imbalance. If your periods are more painful or clotted, this can also be due to a stagnation of liver energy.

5. Shoulders, neck, or jaw are uncomfortably tight. If the liver energy is out of balance, it can flow upward. This causes inflexibility, and everything in your body to "rise up": you might grind or clench your teeth, hold your shoulders up, experience symptoms of TMJ, or have headaches at the top of your head.

6. Maybe you've noticed that your allergies are in full force, complete with itchy, red, irritated, and watery eyes.

6 Ways to Rebalance Your Liver and Gallbladder

Stretch! Stretching enlivens the connective tissue, which the gallbladder system controls. Take a yoga class, or devote some extra time to stretching post-workout. In particular, try to incorporate stretches that get to the sides of your body, as this is gallbladder meridian territory.

Move. Of all the systems in the body, the gallbladder system perhaps craves movement the most. The gallbladder meridian will become cranky and painful with a lack of movement. So do your best to incorporate some sort of exercise each day.

Get outside. Spending more time outside is another easy and powerful way to strengthen the liver and gallbladder energies in the spring. For people with kids and families, getting outside is an excellent way to stay healthy and have fun together.

Eat more greens. Eating fresh leafy greens is supportive of the liver's detoxification function and can also help strengthen vision.

Avoid overstimulation. It is also recommended to avoid excessive stimulants during the spring months. Things like coffee and caffeine supplements are considered expansive and energizing, which can be somewhat helpful during the cold winter months. However, during the spring, when life is abounding, excess energy can actually become harmful to the body. Symptoms can manifest themselves as headaches, insomnia, anger, and more.

Get your seasonal tune-up. To keep the liver and gallbladder working smoothly, things like acupuncture, herbal formulas, and nutritional counseling can make a world of difference. Acupuncture can balance the body as it reacts to the changes in the weather and activity levels. Regular acupuncture treatments have also been shown to boost immunity.

Spring can also cause flare-ups associated with seasonal allergies and acupuncture treatments can help with the inflammation, sneezing, runny nose, chest congestion, and watery eyes that accompany the allergic reactions. But most of all, acupuncture can help regulate those emotional imbalances that are often common during this transitional period.



If you are suffering from any of these issues, your body is crying out for acupuncture. Please, come and talk to me! Schedule online at www.Acupuncture-SolutionsOnline.com or call (239) 260-4566. Let's get you a Spring tune-up with tried and true TCM solutions that can help right away.

Your Clean Home is Our Business



Did you know that a cleaning service company can do so much more than keep your home clean? Did you know that a service like this can actually help to reduce the amount of stress that you are suffering from? Let me explain. Cleaning takes a lot out of you. I mean, even the slightest clean to your home can take a lot of effort.

This is just going to add more stress onto you. Things become extra bad if you have had a pretty stressful day as it is. You just don't want to clean. If you don't clean the problem becomes much worse. You see, studies have shown time and time again that living in an unclean environment can actually lead to all sorts of stress and health concerns, anxiety attacks and high blood pressure which can lead to heart issues. Being unable to clean this environment how you want to is just going to make things a lot worse.

Don't sell yourself short, your time is extremely valuable. Need a dollar value? Just calculate how much you make per hour, and multiply it by the amount of time it will take to clean your place, and then multiply that by the value you place on spending that time with your family. Chances are it's much less expensive to hire a house cleaning company, than to do it yourself.

Maid Pro understands the stress that comes from worrying about a clean house. At Maid Pro, they understand that their customers are the reason they exist. That's why all of their team members follow a set of core beliefs that center around you, the customer. They know that listening to the wants and needs of their customers and delivering a personalized service makes for a more enjoyable experience for everyone.

Less Stress: a healthy organized home can reduce stress levels and ensure you're feeling your best even when not at home.

Healthy Lifestyle: airborne pollutants and allergens can irritate our immune systems and trigger respiratory issues such as asthma.

Have Friends & Family Over: a clean home is an inviting home. Don't stress about having people over because of the clutter in your home. Stay on top of it with Maid Pro's cleaning services and spend more quality time with those you love.

When you are surrounded by a mess, the hormone Cortisol is released into your system. This is a stress causing hormone that can speed up aging and increase your chances for heart disease. When your messy home is cleaned up, endorphins are released. This makes you feel great.

There are plenty of reasons to choose, and love, Maid Pro. Maybe it's because they work with you to build a cleaning plan, tailored to your needs and budget. Or because their cleaning staff are expertly trained to provide the highest quality clean. It could be because they allow you to choose when and how often they clean so that they fit perfectly into your life and schedule. No matter the reason, at the end of the day cleaning is their passion and it's what they bring to each and every home they touch.

February is dedicated to raising awareness about heart disease and increasing knowledge about prevention. Eliminate stress and worry from your life where and when you can. Your heart will thank you. Maid Pro can help reduce that unwanted stress and keep your home clean and beautiful which will allow you more quality time with your family and loved ones.



A clean house is also beneficial towards our general health. When our houses are not maintained and cleaned often, the germs, and bacteria, if not taken care of properly, can accumulate to the point that they create sickness. Our body's natural immune systems can only tolerate so much. If we let the germs and bacteria get out of hand, then not only our health, but our family's health will be at risk. When we take care of and maintain a clean home it will ensure long term good health for your family to enjoy for years to come.

Valentine's day is right around the corner give the gift of a clean healthy home give Maid Pro a call, let them know what you need and they will give you an estimate right then and there. They believe that everyone should have a clean and healthy home. That's why they make sure the products, tools and processes they use are in the best interest of the planet and every customer whose life they touch.

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When You Are At Your Wits End

Have you ever been at your wits' end? Have you ever been so confused that you didn't really know which way was up? Have you ever had the feeling, "I know I need to do something...but I don't know what'something'to do."

The Bible tells the story of a group of sailors who went out to sea and encountered a huge storm that almost killed them:

²³Others went out on the sea in ships; they were merchants on the mighty waters. ²⁴They saw the works of the LORD, his wonderful deeds in the deep. ²⁵For he spoke and stirred up a tempest that lifted high the waves. ²⁶They mounted up to the heavens and went down to the depths; in their peril their courage melted away. ²⁷They reeled and staggered like drunken men; they were at their wits' end. ²⁸Then they cried out to the LORD in their trouble, and he brought them out of their distress. ²⁹He stilled the storm to a whisper; the waves of the sea were hushed. ³⁰They were glad when it grew calm, and he guided them to their desired haven. ³¹Let them give thanks to the LORD for his unfailing love and his wonderful deeds for men.
Psalm 107:23-31

Can you relate to this group of sailors? Maybe the circumstances in your life have caused your courage to melt away. Perhaps you are going through a storm of your own. You may find yourself at your wits' end without any clear direction as to what to do next. If so, follow the example of the sailors in the Bible.

There first thing they did was cry out to the LORD in their trouble. Don't underestimate the power of prayer. An old gospel song says, "when God is all you have, you'll find He's all you need." God responded to the sailor's prayer by bringing them out of their distress. In fact, it says he stilled the storm to a whisper and the waves of the sea were hushed. God can do that in your life and in your situation as well. Call out to him. His timing is not always as quick as we may like but He knows what is best for each of us.

When the storm was over, the text says that God guided the sailors to their desired haven. They found their place of rest and peace. Storms don't last forever... and neither will yours. Keep your faith in God. Cry out to Him in your pain. Trust that He knows what's best and keep praying and seeking your desired haven... it may be just around the corner.

And then, don't forget to thank God when He does bring you through the storm. The story concludes by saying, "Let them give thanks to the LORD for his unfailing love and his wonderful deeds for men."

Storms, crises, pain and problems are an unfortunate reality of life. We grow through the pain and learn valuable lessons during these times. Don't give up, give in, or quit. When you find yourself at your wits' end...hang on, cry out to God, and look for His deliverance.

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



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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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CHECK-UPS ARE ANNUAL FOR A REASON.

There's a good reason to keep your health care on schedule. **Your family.**

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

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

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



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