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Health & Wellness[®] MAGAZINE

May 2021

Collier Edition - Monthly

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

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

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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.*
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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 desipated energy and phacoemulsification power needed in comparison to the Catalys group. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5077266/>

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KIDNEY CANCER: Are You at Risk?

By Neetu Malhotra, MD

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

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

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

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

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

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

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

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

Treatment

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

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

Associates in Nephrology

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

Chronic Kidney Disease Program

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

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

Source:

1. https://www.nftr.org/cancer-types/kidney-cancer/?gclid=CjwKCAIAyc2BBhAaEiwA44-wW9qTM7gXbIKsBU1ldxNN-rM70KwmG3j43bZni6h175MIQCzwNsKORoCE5QQAvD_Bwe

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

Services Provided

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

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

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

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COMPREHENSIVE STROKE CARE

MAY IS NATIONAL STROKE MONTH: THE IMPORTANCE OF UNDERSTANDING STROKE SYMPTOMS AND THEIR MEANINGS

“Time is Brain” is a stroke phrase that explains the importance of receiving prompt care if you are experiencing stroke symptoms. When a patient comes to the hospital with stroke symptoms, it is crucial to make a proper diagnosis quickly in order to begin treatment. Immediate treatment can help avoid or minimize the effects of stroke. Physicians Regional Healthcare System’s experienced stroke team strives to deliver timely life-saving care.



Mazen AbuAwad, M.D.
Neuro-Interventional Radiology

Nasser Razack, M.D.
Neuro-Interventional Radiology

Neurointerventional surgeons, Nasser Razack, M.D., J.D. and Mazen AbuAwad, M.D. speak on the three main factors Physicians Regional Healthcare System utilizes for stroke patients; Speed, Knowledge, and Technology.

Speed: Treatments given during the first three hours after a stroke can greatly reduce or even reverse the effects of stroke, so our stroke care professionals are ready to jump into action immediately. “Time is critical when treating a stroke because a person can lose up to 2 million nerve cells every minute they don’t receive medical treatment for stroke. Thus getting to a hospital as early as possible to restore proper blood flow to the brain is essential,” Dr. Razack states.

Knowledge: Our physicians, nurses, and emergency professionals and other stroke specialists meet a high education standard. They are specially trained to identify stroke symptoms and administer the latest treatments. Dr. Razack describes Neurointerventional Surgery as a medical subspecialty that

uses minimally invasive catheter-based technology and radiological imaging to diagnose and treat diseases of the central nervous system. To perform these procedures, the practitioner needs an extensive knowledge of the anatomy of the nervous system, vasculature and pathological conditions that affect their physiology. Typically, Neurointerventional Surgeon completes a dedicated fellowship in addition to completing a medical residency program to gain this specialized training.

Technology: Our Stroke care team utilizes advanced testing and imaging technology, allowing them to identify the type of stroke a patient is having within minutes. Dr. AbuAwad explains that there have been many technological advances in the endovascular treatment options for stroke, but the success of endovascular thrombectomy is due to the development of newer generation devices, stent retrievers and specialized aspiration catheters. Prior to these devices, the endovascular treatment of stroke had a limited success rate.

“The use of these devices served a pivotal role in improving the success and safety of endovascular procedures,” Dr. AbuAwad states, “These devices have allowed us to improve reperfusion rates to occluded regions of the brain while simultaneously reducing procedural complications. Additionally, they have the potential to reach blood clots located within more distal regions of the brain, reduce procedure time, and improve revascularization rates which ultimately leads to a better outcome for patients.”

We treat all types of strokes, however the most concerning type seen in Naples is large vessel occlusion stroke. This type of stroke needs to be treated quickly and effectively as possible because large vessel occlusion strokes account for 90% of the societal cost for ischemic stroke, 80% of poor functional outcome for ischemic stroke and all acute ischemic stroke death. Because very few hospitals treat large vessel acute ischemic stroke, it is important to deliver these patients to hospitals that can deliver life-saving treatments as quickly as possible. Stroke care begins with diagnosis and continues with therapy, including timely infusion of intravenous clot dissolving medications to treat ischemic strokes.



Face drooping.

Arm weakness.

Speech difficulty.

Time to call 911.

Our Stroke care extends through recovery. Dr. Razack and Dr. AbuAwad strongly believe that recovery time is related to the severity of stroke. However, even severe strokes, if treated quickly can result in very short recovery times. Rehabilitation care is designed to help individuals regain their independence, and includes specialized services for stroke recovery. Our multidisciplinary rehabilitation team provides caring, personalized assistance to help patients meet their goals.

Physicians Regional - Pine Ridge is a Comprehensive Stroke Center by the Agency for Healthcare Administration (AHCA). This designation is based on standards set by the AHCA that distinguishes hospital with infrastructure, staff and training to receive and treat patients with all types of strokes. Both Physicians Regional Healthcare System locations are AHCA Primary Stroke Centers. Imaging, operating room, and endovascular services are available 24/7.

To learn more about our stroke care, please visit <https://www.physiciansregional.com/stroke-care>.



Advocate Radiation Oncology to establish first proton therapy center on Florida's west coast

Innovative radiation treatment reduces side effects, improves quality of life for cancer patients

Advocate Radiation Oncology is bringing revolutionary treatment in the fight against cancer closer to home by establishing the first proton therapy center along Florida's west coast.

Advocate Radiation Oncology, in conjunction with its affiliate Southwest Florida Proton, selected IBA's (Ion Beam Applications S.A., EURONEXT) Proteus[®]ONE compact proton therapy solution for its new state-of-the-art proton therapy center. The site will serve the greater population of Southwest Florida in a centralized location between Lee and Collier County.

"Advocate Radiation Oncology is honored to bring proton therapy to Florida's west coast giving cancer patients improved access to the most advanced radiation care available," said Dr. Arie Dosoretz, the managing partner at Advocate Radiation Oncology. "I'm especially proud to bring world-class cancer care to my hometown. Given their size, complexity, and cost, there are a limited number of proton therapy centers around the country. Patients seeking proton therapy must often travel across the state, or in some cases, across the country, to receive this type of treatment. Not only does this enhance access to proton therapy, it greatly improves the quality of life for patients and their families when they can receive innovative care close to home."

An advanced form of radiation that uses proton beams to target tumors and cancer cells more precisely, proton therapy has proven effective for the treatment of many common cancers. Proton therapy uniquely spares significant dose to normal tissue, while delivering powerful treatment to areas of disease. This leads to improved outcomes in combination with reduced toxicity and side effects in patients.

"IBA's solution includes Pencil Beam Scanning, which allows our physicians to design uniquely customized treatment delivery plans for each patient that minimize radiation exposure to healthy tissue," said Dosoretz. "We are excited to combine this technology with our elite physicians who have trained at the nation's top cancer centers. The patients of Southwest Florida deserve every option in their fight against cancer."

Advocate Radiation Oncology is directed by a team of expert board-certified radiation oncologists and has several convenient locations across South Florida.



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DO I HAVE CIRCULATORY PROBLEMS OF MY LEGS?

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

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

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

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

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



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

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

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

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

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



Julian Javier, MD | Leandro Perez, MD

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

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



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HEALTHY VISION MONTH:

How You Can Protect Your Eyesight

It's important for those of all ages to protect their vision. This is especially the case for aging adults. May is National Healthy Vision Month. Do you know the steps necessary to keep your eyesight in peak condition?

If you have blurry vision, double vision, floaters, eye pain, headaches, trouble seeing up close or far away, you absolutely need to be seeing an ophthalmologist on a regular basis. Eye disorders can escalate quickly, and many times, eye problems are overlooked but can be debilitating or even cause blindness. This is the case with glaucoma and macular degeneration. Keep in mind that many eye diseases do not have any initial symptoms.

EYE EXAMS ARE ESSENTIAL

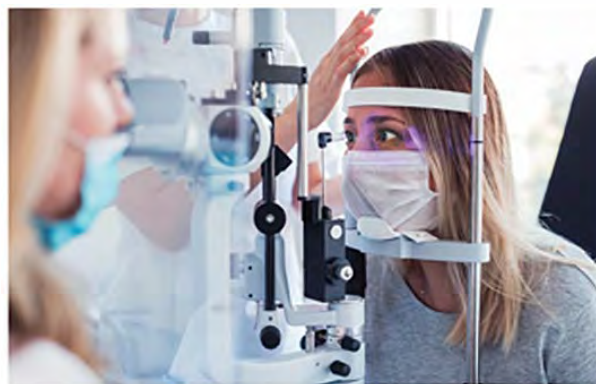
The first and most critical step is to see your ophthalmologist for dilated eye exams regularly. Dilated exams are critical for your eye doctor to determine any new or changing vision issues, or in many cases, other disorders can also be detected during an eye exam. Some patients may require eye exams more often if a warning indicator or disorder is being watched for progression.

PROTECT YOUR EYES

Sunglasses should be worn whenever outside or while driving, even on cloudy days. Just like our skin, our eyes absorb large amounts of UV rays, and over time, this can lead to age-related macular degeneration, glaucoma, cataracts, and eye melanomas. Protecting your eyes with sunglasses that have UV protection coatings is imperative.

NUTRITION

The food and supplements that are critical for heart and brain health are also important for eye health. The American Academy of Ophthalmology lists 36 foods and supplements to improve or maintain eye health, including Vitamin A, C, and E, brightly colored fruits and vegetables, Omega 3-fatty acids, and cold-water fish, leafy greens, lutein, zeaxanthin, and zinc to name a few.



KEEP DIABETES AND BLOOD PRESSURE IN CHECK

Diabetes and high blood pressure can exacerbate eye disorders and diseases like glaucoma. If you have diabetes, it is especially important to know that regular eye exams can save your sight. Many people with diabetes develop issues that can lead to blindness or very low vision.

TAKE BREAKS FROM SCREEN TIME

Excessive time in front of our devices seems inevitable, but it's important to take breaks and allow your eyes to refocus. Too much screen time leads to dry eye, irritation and vision issues.

THE NATIONAL EYE INSTITUTES AREDS & AREDS2 STUDIES

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

Reference:

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

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

Quigley Eye Specialists, founded in 1988, creates patients for life by providing the highest level of quality eye care and service to the community. Core Values include:

Technical Excellence - They always strive for excellence in everything they do.

Treat All Patients as Guests - They create patients for life with care and kindness.

Teamwork - All Quigley team members are equally important.

Productivity - They take initiative to be efficient and innovative.

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



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About Quigley Eye Specialists

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

DO YOU HAVE OVERACTIVE BLADDER?

What You Should Know

Are you constantly rushing to the bathroom, or excusing yourself from multiple situations per day to relieve your bladder? Many people start living on the sidelines of life due to the inconvenience of having the urge to urinate frequently. You don't have to continue to live this way; there are options to help you cope with and to treat your condition successfully.

In people with an overactive bladder (OAB), the layered, smooth muscle that surrounds the bladder (detrusor muscle) contracts spastically, sometimes without a known cause, which results in sustained, high bladder pressure and the urgent need to urinate (called urgency). Normally, the detrusor muscle contracts and relaxes in response to the volume of urine in the bladder and the initiation of urination.

People with OAB often experience urgency at inconvenient and unpredictable times and sometimes lose control before reaching a toilet. Thus, overactive bladder interferes with work, daily routine, intimacy and sexual function; causes embarrassment; and can diminish self-esteem and quality of life.

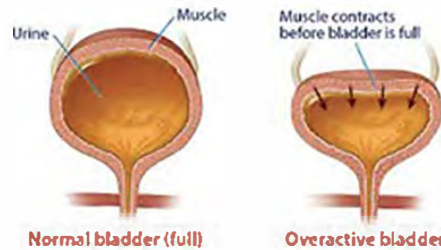
Urinary Incontinence

Urination (micturition) involves processes within the urinary tract and the brain. The slight need to urinate is sensed when urine volume reaches about one-half of the bladder's capacity. The brain suppresses this need until a person initiates urination.

Once urination has been initiated, the nervous system signals the detrusor muscle to contract into a funnel shape and expel urine. Pressure in the bladder increases and the detrusor muscle remains contracted until the bladder empties. Once empty, pressure falls, and the bladder relaxes and resumes its normal shape.

Urinary incontinence has recently gained considerable attention in the United States. It is estimated that approximately 10 to 20 million people (10-35% of the U.S. population) are suffering from urinary incontinence. Nearly 50 percent of the institutionalized elderly are incontinent.

The estimated cost of diagnosis and treatment of this group is \$15 billion per year. Though these numbers are staggering, about half of incontinent patients do not alert their physician or family members of their



problem. Unfortunately, most of these individuals assume nothing can be done for incontinence or feel that leakage is a normal part of aging.

Urinary incontinence is defined as the involuntary loss of urine from the bladder. It is important to remember that not all incontinence is the same.

There are several types of incontinence:

- Stress incontinence
- Urge incontinence
- Mixed incontinence
- Overflow incontinence
- Functional incontinence

Correct diagnosis of the type of incontinence is the first and most important step in developing an appropriate and effective treatment plan for incontinence.

Treatment Options

There are numerous treatments available for OAB and Frequent Urination. Depending on the severity of your disorder and the cause, your physician at Advanced Urology Institute will provide you with the best plan of action for your specific treatment.

Below are the most common treatment options:

- Behavioral and Medication Therapy
- Bladder Pacemaker
- Botox Injections into Bladder
- Implanted slings
- Nerve Stimulation

Advanced Urology Institute

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

AUI was developed as a single-specialty physician led organization to respond to the mounting changes in healthcare. Solo-practitioners and small groups cannot keep up with the increased governmental burdens and continue to stay focused on providing the highest level of care to their patients.

We believe that by combining our efforts, geographically disparate Urology groups can function most efficiently and effectively to deliver the highest quality medical care to our patients.

Services Offered & Conditions We Treat

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

We Value Patient-Centered, Evidence-Based Care

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

Please Contact Advanced Urology Institute Today.



Jonathan Jay, M.D.



Rolando Rivera, M.D.



David Wilkinson, M.D.



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

By Dr. Alejandro Blanco

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

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

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

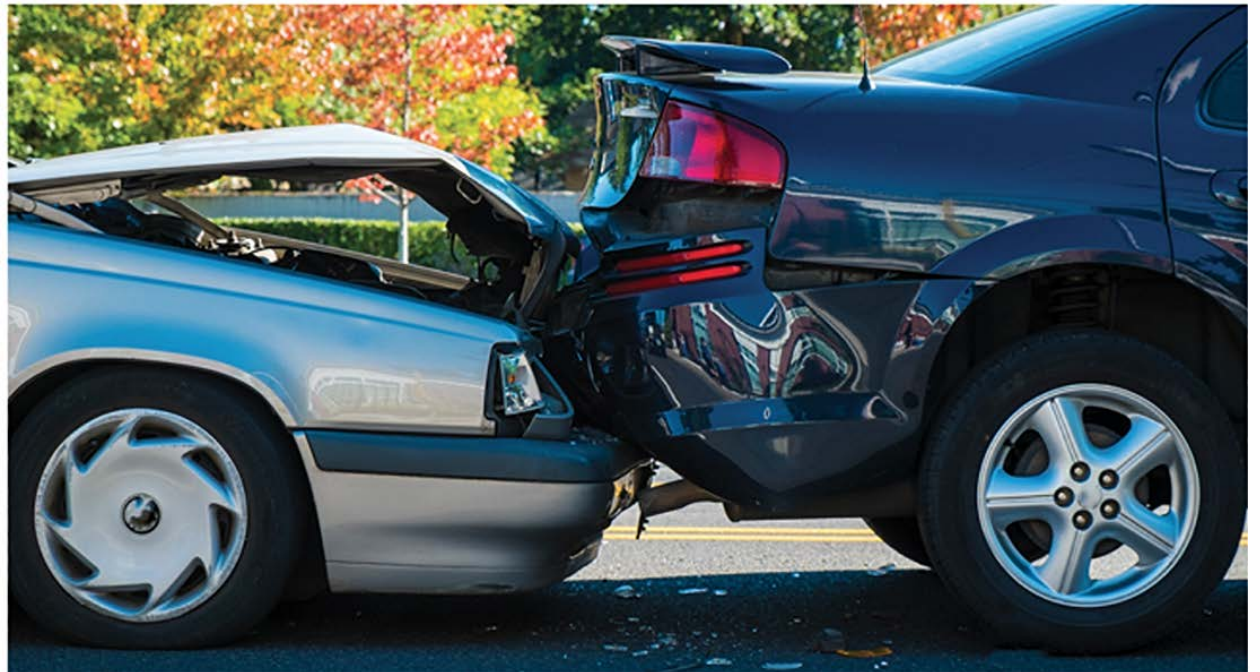
Distracted Drivers are the leading cause of accidents. Whether someone is texting, eating, yelling at their kids, daydreaming, or changing the radio station, the one second that it takes to remove your eyes from the road, or hands from the wheel are the most perilous. If you are driving at a speed of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

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

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

Common Injuries After Motor Vehicle Accidents

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



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

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

Essential Steps to Take

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

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

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

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

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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No Pills, No Surgery, No Injections: Treating the Root Cause of ED

By Dr. Scott Walters

Erectile dysfunction affects countless men and can occur as early as the 30's or 40's. In many cases, symptoms may start out sporadically, but over time, the progression makes ED unbearable for many men and their partners. Some causes of the disorder are vascular disease, which leads to narrowing of the arteries and decreases blood flow, diabetes, heart disease, high cholesterol, physiological effects, and Prostate cancer. It's crucial to see a medical professional if you are experiencing difficulty getting and maintaining an erection.

TRADITIONAL MEDICATIONS DON'T TREAT THE CAUSE

Viagra® and Cialis® temporarily mask the symptoms of erectile dysfunction (ED), keeping you dependent on them forever while causing unwanted side-effects. Did you know these can cause blurry vision, headaches and even the risk of stroke? The Phoenix Pro uses advanced acoustic waves to open up blood vessels within the penis while regenerating new blood vessels, which vastly improves erection quality.

THE REALLY GOOD NEWS

Sure, there are other acoustic devices that you can go to a doctor and have them or their staff perform the procedure on you, but with the Phoenix Pro, you have total control and can use the device in the PRIVACY OF YOUR OWN HOME.

The Phoenix Pro is the most effective at-home acoustic device in the world!

- ✓ Maximizes blood flow
- ✓ Strengthens the "package"
- ✓ Increases sensitivity
- ✓ Decreases refractory time
- ✓ Eliminates the need for pills

The Phoenix Pro has high success rates. With over 40 medical studies performed on acoustic therapy, you'll enjoy the superior and proven results.

GETTING YOUR DEVICE

You need to see a Phoenix Pro provider for an evaluation.

Find a provider

Schedule a consult with one of our certified physicians to order your device.

Track your progress

Use your device instantly, following the custom treatment protocol provided.

Repair & optimize

Conveniently provide treatment on yourself from the comfort of your home!

HOW IT WORKS

The Phoenix Pro emits 20k pulses of acoustic sound-waves into certain parts of the male member to optimize performance naturally. Combined with a specially-created custom-tailored protocol for each patient, the Phoenix Pro is able to expand blood vessels and stimulate the growth of new blood vessels in the penis. This increases the blood flow to the penis and improves sexual function. In addition, the procedure activates the growth of new nerve tissue in the penis. This process, called angiogenesis, enhances sensitivity in the penis.



BLUEPRINT VASOPRO SUPPLEMENTS

In combination with the Phoenix Pro, BluePrint Vaso Pro Plus supplements can support and boost nitric oxide production and aid in vasodilation. Nitric Oxide and vasodilation are two key components in achieving an erection. Blueprint VasoPro Plus supplements have been clinically studied and provide a breakthrough formula for vascular health. The synergistic blend of key nutrients supports healthy nervous and tissue function.

With a solution to erectile dysfunction that involves no pills, surgery, or injections, it is no surprise that Dr. Walters has helped many patients just like you find answers, hope and an amazing future. The doctors at Amazing Wellness implement innovative techniques and proven science to correct the root cause of ED. So, call today and take the first step to standing tall again.

Sources:
<https://phoenixprorx.com>
<https://blueprintnutrition.com/vasopro/>



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.



CHIROPRACTIC

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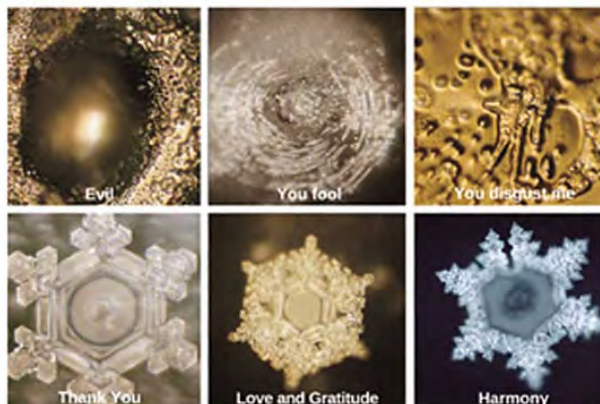
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Tired and Fatigued - A Holistic Perspective on Why We Feel this Way

By Svetlana Kogan, M.D.

No matter what your job or status in life is – a financial analyst, an attorney, a construction worker, a doctor, a retiree, or a stay-at-home parent, we have all experienced the 21st century pandemic of mental exhaustion and lack of energy. In 20 years of clinical experience I have seen different flavors of tiredness afflicting people. It is a disabling enemy to some, rendering them hypochondriac and depressed, and an uncomfortable nuisance to others, preventing them from completing projects and achieving goals. You can be skinny or overweight, Black or White, an extravert or a shy person – fatigue does not discriminate. You have already had a gamut of tests and were told that there is nothing wrong with you – go home – exercise, hydrate and meditate. You have done all of the above – and still feeling awful and now even more desperate for answers. Why is this happening to me?

The holistic outlook on what we are and how we function – helps to lift the veil preventing us from understanding ourselves. A human being has many layers, like an onion. So, let's start by taking a look at the material layer – because it is the easiest for us to understand. It is something we can detect, measure, and describe with the help of modern technology. On a microscopic level, we are made from trillions of cells, and there is a stunning quality that is common to all cells – they are made of predominantly water. For example, our brain and heart cells are 73% water, the lungs cells are 83% water, and the kidney cells are 79% water – you get the idea. Scientists have long marveled at the fact that we are mostly water, and one of them devoted his entire professional career to studying water. Born and raised in Japan, Dr. Masaru Emoto has developed a unique way to analyze frozen water crystals with electron microscope, which can achieve super- magnification of the observed material. After decades of studying the structure and shapes of water crystals, Emoto has not only come up with encyclopedia of water, but has also come up with some revolutionary results, which were reproduced over and over again. He noticed that water is affected by music.



Exposing water to pleasant classical music like Mozart and Bach, has produced beautiful symmetrical crystals, while playing cacophonous heavy metal music has wreaked havoc on water crystals, yielding ugly, distorted shapes. The scientist concluded that if the sound waves can dramatically change water, then the spoken words should be able to have a similar affect. Emoto felt that it was the energetic, vibrational nature of the water, which made it so responsive to its environment. He ran more tests and lo and behold: Exposure to good words like: "God", "Love", "Peace", and "Caring" was morphing the crystals into symmetrical structures of phenomenal beauty and perfection. However, exposing water to bad words like "Stupid", "Hate", "Evil", and "Disgusting" – was rendering water structure twisted and unsightly.

Emoto took these experiments further. He first had people say negative things to containers with water, and documented the detrimental molecular effect it had. He then exposed the same water to people speaking nice words and documented the outcome. The results were stunning! Positive words had an ability to repair molecules and restore water balance. These experiments were then repeated and modified, to observe how unspoken thoughts, good and bad have affected water structure and pH. You can probably guess the outcome. Yes, thoughts do affect water. The conclusions are many. If we are mostly water and the water constantly changes structure with exposure to words, sounds, and thoughts, then everything we have learned from our ancestors about the power of prayer, about the evil eye, and many other things considered mystical and unscientific by traditional medical standards – is starting to make sense.

We are feeling better when we are loved, cared for, and exist in a balanced peaceful environment. By the same token, we feel drained and weak if we are surrounded by hate and intolerance. I will devote a series of articles on how we can modify our lifestyle to account for this amazing energy of our water. It is by empowering ourselves with Mind-Body knowledge that we can come to heal our widespread fatigue all on our own. It is worthwhile mentioning another finding from water research. It turns out that all water on earth is interconnected. And what happens with a droplet of water in our ocean in Naples is on the energetic vibrational level connected with our own cup of tea. It follows then, that by exposing our own water to good energy, we are in fact balancing the entire world.



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 just 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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CERVICAL SPINE, NECK PAIN:

WHAT YOU SHOULD KNOW ABOUT THE CAUSE AND YOUR TREATMENT OPTIONS

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

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

Why Does My Neck Hurt and Give Me a Headache?

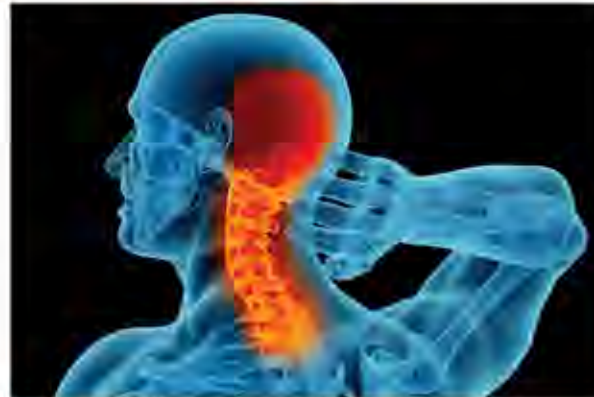
As you develop in the womb, your head and upper neck develop together, forever linking pain in one to the other. Hence, the upper neck joints, discs, muscles, and nerves can cause pain that goes into your head (headaches). When this happens it's called cervicogenic headache. Figuring out which of these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

What Are the Things that Cause Cervicogenic Headache?

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

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

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



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

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

What Does a Cervicogenic Headache Feel Like?

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

How Do You Treat a Cervicogenic Headache?

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

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

Cervical/Neck Pain

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

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

Getting You Out of Pain Without Surgery

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

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

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

Alternative Treatment

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



(239) 659-6400

info@flpaincenter.com

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

Missing Someone You Love? Try These Tips to Recover and Heal

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

Feelings of hurt, loneliness, and sadness are normal when someone you love dies. These feelings are part of the grieving process, and they are likely to surface at the beginning of the summer season with the arrival of Mother's Day, Memorial Day, and Father's Day.

Each person's grief is different, depending on how long the one you miss was in your life, the circumstances surrounding the death, and a variety of other factors. Everyone moves through grief in their own way and on their own schedule.

VITAS® Healthcare, the leading hospice provider throughout Florida and the US for more than 40 years, offers these suggestions to help you find healthy pathways through your grief.

- Think of something you want that is available and make a plan to get it.
- Think of people who bring you happiness and call one of them.
- Take walks.
- Listen to your favorite music, sing, dance, or play your favorite musical instrument.
- Get involved in a craft or art project.
- Take a shower or a long, hot bath.
- Make a list of your strengths and spend at least an hour concentrating fully on appreciating yourself.
- Spend time with a pet.

- Think of something you would enjoy doing for someone else...and then do it!
- Forgive someone or make a list of things you feel guilty about and forgive yourself. Consider how you can make amends.
- Read a good book.
- Plan a trip or an event you think you would enjoy.
- Think about enjoyable ways of relaxing. Choose one and do it!
- Make an appointment for a massage when it's safe to do so.
- Begin something you have been putting off for a long time.
- Write down the funniest jokes you can remember.
- Make a list of things you are grateful for.
- Give something away.
- Plan a surprise for someone.
- Do breathing exercises for energy and calmness.
- Make your favorite meal.
- With vivid imagination, re-live an experience in your life that made you feel extremely loved.
- Lie down and relax. Close your eyes.
- Sign up for a phone-in or Zoom grief support group at [VITAS.com/SupportGroups](https://www.vitas.com/SupportGroups).

If your sadness turns into depression, and if your symptoms and feelings seem severe or continue longer than normal, call your doctor or consult with a clergy member, local therapist, or counselor who specializes in grief.

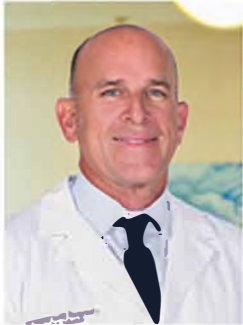
VITAS
Healthcare

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

MINIMALLY INVASIVE HEART VALVE PROCEDURE: A NEW ALTERNATIVE TO OPEN HEART SURGERY

Physicians Regional Healthcare System is giving people suffering from severe and symptomatic aortic stenosis hope with a newly offered procedure. The minimally invasive transcatheter aortic valve replacement, also known as TAVR, does not require opening up the chest for patients with aortic stenosis, the most common heart valve disease in adults.

There is good news for people suffering from, severe and symptomatic aortic stenosis who are at increased risk for complications associated with conventional open heart surgery. The minimally invasive TAVR procedure can successfully replace the valve without some of the risks associated with invasive heart surgery. During a TAVR procedure, a new aortic valve is implanted - usually through a large catheter placed in an artery in the groin. The valve is collapsed onto the tip of the catheter, which is directed under x ray guidance into the existing and diseased valve where it is then deployed.



Dr. Scot Schultz

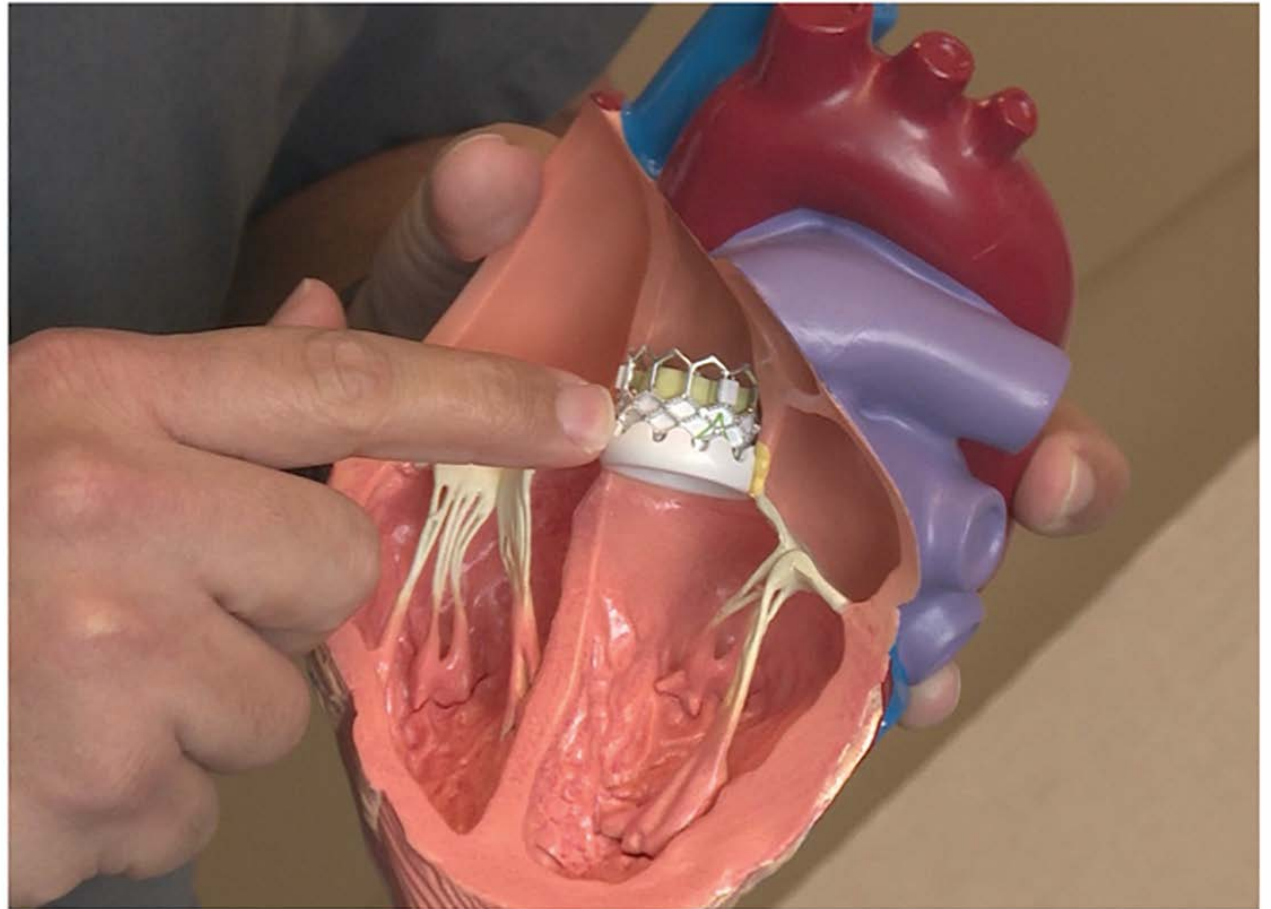
Dr. Scot Schultz, M.D., Cardiothoracic Surgeon, and **Dr. Ronald Caputo, M.D.**, Interventional Cardiologist, performed the first two TAVR procedures at the Heart Center at Physicians Regional on Thursday, April 8, 2021. While Dr. Schultz

and Dr. Caputo have completed hundreds of TAVR procedures during their careers, they were both thrilled to be the first to introduce this procedure to their PRHS home.

“Even though Dr. Caputo and I have collectively performed close to 500 TAVR procedures, the institution was required to complete a certain number of conventional procedures prior to performing the TAVR procedure. The patients are doing well now after spending just one night in the hospital after the procedure,” Dr. Schultz explains. “Both patients went home the next day. We thank them for their confidence in us,” Dr. Caputo adds.



Dr. Ronald Caputo



According to Dr. Caputo and Dr. Schultz, anyone with a narrowing of the aortic valve or aortic stenosis can be considered for this procedure but it is especially beneficial for patients for whom open heart surgery is more risky such as elderly patients or high risk patients with other serious illnesses.

“Open heart surgery is the ‘tried and true’ method for aortic valve replacement and often the preferred approach if a patient also needs bypass grafts to treat blockages in the coronary arteries or has an enlarged aorta,” Dr. Caputo states. For other patients TAVR has the advantage of a faster recovery. Patients often go home the next day and can return to normal activities within a week.

Not only does TAVR offer a speedy recovery, but an incision is rarely needed. “Over 95% of these procedures are performed by accessing the arteries in the leg without an incision. Rarely, the leg artery is used with a 2-3 inch incision. Even less common, the procedure uses an alternate artery in the arm or

neck. This may be necessary if the leg arteries are too small or too diseased with plaque,” Dr. Schultz explains.

While severe restrictions are placed on patients undergoing conventional aortic valve replacement (SAVR), also known as open heart surgery, there are much fewer restrictions for TAVR patients and for a shorter period of time. Outcomes for TAVR have been shown to be noninferior to SAVR while the shorter hospital stay and more rapid recovery strongly favors TAVR over SAVR.

The Heart Center at Physicians Regional is located at our Pine Ridge Campus – 6101 Pine Ridge Rd., Naples FL, 34119. Both Dr. Caputo and Dr. Schultz are accepting new cardiac patients. To schedule an appointment with them, please call (239) 282-4471 or visit [physiciansregional.com/find-a-doctor](https://www.physiciansregional.com/find-a-doctor).

PHYSICIANS REGIONAL
HEALTHCARE SYSTEM

We All Know That Early Diagnosis Saves Lives

Putting Off Your Breast Cancer Screenings Is Risky

By Krystal Smith, D.O.

Our world has changed. We're all aware of that now, and we feel we've somewhat mastered the art of avoidance, but it's imperative not to put off your health screenings. Medical facilities adhere to rigorous protocols to keep everyone safe (patients and staff) with stringent guidelines. The Breast Center of Naples goes above and beyond these guidelines to keep their patients healthy. The Center is a safe place for patients to feel relaxed, comfortable, and well-cared for while getting their screenings with the most advanced equipment and technology.

A recent study showed that women that get regular breast cancer screenings cut their risk of dying from breast cancer in half.¹

According to the American College of Radiology, they recommend annual mammographic screening beginning at age 40 for women of average risk. Supplemental screening with breast ultrasound or MRI is recommended in ladies with dense breast tissue. Higher-risk women should start mammographic screening earlier and may benefit from supplemental screening modalities. For women with genetics-based increased risk (and their untested first-degree relatives), with a calculated lifetime risk of 20% or more or a history of chest or mantle radiation therapy at a young age, supplemental screening with contrast-enhanced breast MRI is recommended. Breast MRI is also recommended for women with personal histories of breast cancer and dense tissue, or those diagnosed by age 50. Others with histories of breast cancer and those with atypia at biopsy should consider additional surveillance with MRI, especially if other risk factors are present. Ultrasound can be considered for those who qualify for but cannot undergo MRI. All women, especially black women and those of Ashkenazi Jewish descent, should be evaluated for breast cancer risk no later than age 30, so that those at higher risk can be identified and can benefit from supplemental screening.²

In the United States, breast cancer is the second leading cause of death after heart disease in women. And here locally, in the state of Florida, nearly 16,000 new cases of breast cancer are diagnosed each year.

Screening

A small investment of your time can help save your life. Early breast cancer diagnosis is what spares lives and offers longevity. Physicians cannot stress the importance of getting regular mammograms as well as doing self-breast examinations enough. The breast cancer survival rates in the U.S. are 80-90% if caught in the first stage due to advanced care. However, the diagnosis in later stages drastically drops the survival rate to 24%. It's essential to schedule your mammogram tests regularly, and if you feel a lump, please contact your physician immediately.



Mammograms have helped diagnose breast cancer early and eliminate metastasizing cancer and deaths; however, not all breast cancer is detected with traditional mammography. Additional symptoms of breast cancer are lumps in the breast or underarm, pain, nipple discharge, or a physical change in the appearance of the breast or nipple. If you have any of those symptoms, your doctor will order you an advanced imaging test.

Early diagnosis saves lives, and it is critical for treating any cancer effectively. Regular screenings are imperative, as are self-diagnoses. If you notice any changes, making an appointment with your physician is vital.

Breast Cancer Risk Factors

- Being Female
- Age
- Cancer Recurrence
- Overweight
- Hormone replacement therapy
- Alcohol consumption
- Environmental toxins
- Dense breast tissue
- Unhealthy lifestyle & diet
- Menstrual onset before 12 yrs.
- Menopause after 55 yrs.
- Family History (sister mother, daughter)
- Genetics (BRCA1 and BRCA2)

Breast Center of Naples

Here at Breast Center of Naples, breast imaging is all we do! Dr. Smith and her specialized staff have dedicated their lives to caring for women and the early detection of breast cancer. In contrast to other imaging centers, your care will solely be provided by fellowship trained breast radiologists and a team of specialized technologists and sonographers. Not only do we offer this specialized care—we do this in a unique setting unlike any in Collier County. Our luxurious, spa-like, atmosphere awaits you where you are treated like family as soon as you enter the office. When you first arrive, you will experience our beautiful reception area and welcoming staff. Once it is time for your imaging, you will be taken to our calming secondary waiting area with ample dressing rooms and a plush robe for your exam.

Advanced Equipment and Technology

We have only state of the art equipment which includes Hologic 3D Mammography, GE ultrasound, and Hologic bone density. We offer the area's only true screening ultrasound program for patients with dense breast tissue. All of these services are offered in one of the area's newest Class A buildings – The Kraft Center.

References:

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Treating Sinusitis Naturally and Effectively

Master Herbalist Steve Frank

If you suffer from chronic sinusitis and have been through multiple courses of antibiotics then you know the ills of the antibiotic approach. The antibiotics leave you with intestinal problems and often yeast infections while they only get rid of the sinus infection for 6 months or so. The next time it comes back, you have to try a different antibiotic and this one will cost more and make you feel worse. So why is this cycle escalating? Why aren't you winning the war when you frequently win the battles? Because the antibiotic solution does more harm than good. It shifts the fauna and flora of bacteria in your sinuses to the ones that are not so easily killed by the antibiotics and leaves you with a more formidable foe after each round. Additionally, the antibiotics are taken systemically, which means that they are coursing through your entire body when you only need them in your sinuses. This distorts all of the fauna in your body and can lead to a yeast infection. What's a sinus sufferer to do?

Glad you asked. The problem is two fold. First, you are fighting what is a symbiotic relationship of fungus and bacteria with an active agent that kills only the bacteria. Second, the active agent that you are using to kill the bacteria kills only some of the bacteria. The types that are not susceptible to your chosen antibiotic will take-over the feeding grounds of the ones that you have killed, leaving you with a fauna of germs that you cannot kill. This is really a recipe for how to take a bad neighborhood and make it worse by killing off only the weakest of criminals.

Let's explore the first point. Your sinuses are host to many fungi. They thrive on the muco-polysaccharides (mucus) that line your sinus passage and produce exotoxins that irritate the sinus membranes. Your immune system does its best to kill these invaders but this is a constant battle, for every breath that you take will contain bacteria and molds. What makes this problem worse is the fact that the fungus acts as a platform of insulation on which the bacteria can live and thrive. The bacteria can digest the conversion of the muco-polysaccharides by the fungus and live on top of them. In this manner, they are insulated from your immune system and from the drugs that you would take to reach them by distribution through your micro-capillary bed.



And so you see, approaching the problem of sinusitis with merely an antibiotic to kill the bacteria would be only half the solution. You need an anti-fungal as well to attenuate the population of molds (fungi) that inhabit your sinuses. For it is these molds that insulate the bacteria, keeping them out of reach of your immune system.

And now for the second part. It is very important to choose an anti-microbial that will kill ALL the bacteria. Antibiotics work in three discrete manners and can kill three different groups of bacteria. Each type of antibiotic will kill only a portion of the fauna leaving the survivors to take-over the sinus tissue that was abandoned by the bacteria which you killed. What you *want* is a broad-spectrum antimicrobial that kills all types of bacteria as evenly as possible so that you don't just kill the easy ones. And, an antimicrobial that will kill the fungus.

Ah, so you ask, "where can I find such an active agent that kills fungus and all types of bacteria?"

Glad you asked. Clinical studies have shown that an enhanced aqueous colloid of silver (EACS) of 35 parts per million or more, is able to terminate sinus infections in a week or less and this is far better than sinus surgery or antibiotics. What's more, it can be sprayed directly into the sinuses and so it doesn't have to be taken systemically. You apply it only where the infection is occurring; In your sinuses.

To reach the deeper sinuses, it is best to use a Neti Pot. You can fill your sinuses with the solution and then close off your nose with your fingers. Sitting this way for 10 or more minutes will kill more bacteria and fungus than a week of antibiotics.

Of course, since you have a sinus infection, the mucosal flow is pretty large. This will flush the antimicrobial from the area in less than 10 minutes. If it's not there, it's not working. *It is absolutely paramount to the success of this therapy that you spray every 20 to 30 minutes. Using the Neti Pot in the morning and evening for 10 minutes is also advised.* Bacteria and fungus can double in number every 20 minutes.

So you see, the balanced holistic approach to sinusitis rests with using the right active agent, in the right concentration, in the right place and with the right protocol. If this is done, you will attenuate the fungus and the bacteria while not shifting the fauna and flora. You will re-establish the balance of power in your sinuses. I suggest that you look for an enhanced aqueous silver colloid product that offers Sinus Relief or some Super Neti-Juice for your neti pot. Colloids that espouse concentrations of 250ppm and 500ppm are compounded (this ruins them) and in my testing have performed horribly. Look for 35ppm to 50ppm pure colloids.

Over the past 20 years, Mr. Frank has directed and participated in more than a dozen clinical studies, written numerous papers, articles and books relating to natural solutions for health. His many hours in the clinics and labs have generated patents on respiratory antiseptics and enhancement of colloids.



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STAY ON THE MOVE

By Dr. Cynthia Vaccarino

What do many athletes, kids, and adults have in common? One thing is that many will likely suffer from an injury as the result of an accident, competition, or physically overdoing daily activities. The remedy for instances like these vary from ice and an anti-inflammatory to surgery.

The next step is recovery.

Physical therapy can often be the solution so that you can regain movement. A physical therapist evaluates your movement system. This is deceptively simple, because that evaluation includes assessing your cardiovascular, pulmonary, endocrine and nervous systems, in addition to your bones, muscles and skin. Treatment of patients is customized because no two injuries are alike and the physical therapist wants to achieve the best possible results for their patients.

The ages of patients range from the very young to the young at heart.

Starting with infants and children, they may need assistance developing their motor skills, which can range from improving play, eating and sleeping. For the young at heart, a physical therapist, or physical therapist assistant, can help them maintain their health and independence. As we know, one of the major risks for seniors is falling. Physical therapy

can help them improve their bone and cardiovascular health, along with flexibility and muscle tone. This helps reduce the risk of falling and the injuries that may come with it.

Physical therapists work in a variety of settings, from hospitals and assisted living communities to their own practices. They have earned clinical doctorate degrees and focus on medical or health conditions that restrict movement and functions.

At Hodges University, we offer a two-year PTA degree program that includes class, lab and clinical work. The Commission on Accreditation in Physical Therapy Education (CAPTE) accredits our program, which is the gold standard in the industry. It is the only accreditation agency that is recognized by both the US Department of Education and the Council for Higher Education Accreditation. In the US, there are only 371 PTA programs that have earned this accreditation.

As the population ages and more people realize the benefits of living active lives, the demand for physical therapists will continue to grow. According to the Bureau of Labor Statistics, demand for physical therapist assistants is expected to grow 30 percent by the year 2026.

Our students dedicate themselves to mastering the knowledge and skills needed to be excellent physical therapist assistants when they graduate. When the pandemic hit last year, we were the first university to bring students back to campus, and they were our PTA students. In order to graduate, they must have a certain number of hands-on lab hours and in the field experience. We took all precautions and safely worked with them to complete their lab work and clinicals so they could graduate as scheduled at the end of the year.

We just celebrated the graduation of that class in December 2020. After graduation, our students are qualified to take the licensing exam, and it's a point of pride to say that all the members of the December 2020 class that took the exam passed it the first time!

They are now out in the community to make a positive impact in the quality of their patient's lives.

Dr. Cynthia Vaccarino, PT, DPT, is the Director of the Physical Therapy Assistant program at Hodges University.



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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

What is Plantar Fasciitis?

If you suffer from heel pain, you are well accompanied by over a million others that see their doctor for heel pain each year. The most common foot and heel discomfort is caused by a painful disorder known as plantar fasciitis.

The foot is comprised of many different bones, joints, tendons, and ligaments; these include the plantar fascia. The plantar fascia is a band of ligament tissue. It stretches from the heel of your foot to the middle, and it is responsible for reinforcing and supporting your arch. When this area becomes inflamed due to extreme tension on the ligament, pain erupts every time you take a step, and if left untreated, many people will even experience discomfort while at rest.

Because plantar fasciitis is one of the most common foot issues; one in ten people will experience it at some time in their life. Usually, the pain is concentrated in the heel area, and it is generally caused by small injuries that occur over an extended period of time. It's quite common for heel spurs, which are bony protrusions under the heel bone to coincide with plantar fasciitis.

There are many treatment options that you can do at home with the guidance of your podiatrist to try and alleviate the painful symptoms of plantar fasciitis. But, because of weight bearing, this area of the foot, in particular, is challenging to heal on its own, The key to getting your foot health back to normal, and you free from pain is to have medically based procedures provided by your podiatrist.

TREATMENT OPTIONS

Rest

Rest is one of the most important aspects of healing plantar fasciitis. It can take between 6 and 18 months for the issue to resolve completely. Taking it easy on the arches which you are healing is important.



Arch Supports & Orthotics

Arch taping or using orthotics can help to alleviate pressure and some of the pain associated with plantar fasciitis.

Stretching Exercises

Dynamic stretches can be very helpful to relax and create more flexibility within the tendon. Your podiatrist will give you a detailed list of exercises that you can safely do at home.

Anti-Inflammatory Medications

Ice and NSAIDs such as ibuprofen can help to reduce inflammation. These work best in conjunction with other treatments.

Ultrasound- Guided Corticosteroid Injections

This is an innovative treatment available from Collier Podiatry. It allows the podiatrist to view the precise placement of the cortisone injectable via an advanced ultrasound machine to make certain that all of the pain and tension relieving material is placed accurately.

Laser Treatment

Laser therapy is one of the top methods to reduce your pain and inflammation. Deep tissue laser therapy uses a process called photobiomodulation, which penetrates deep into the muscles tissues using photon energy. This therapy increases cellular metabolism while decreasing inflammation and pain.

Collier Podiatry sees great results in their patient's foot health with this treatment option. The best part is that there are no side effects, no harmful medications and more importantly, long lasting results.

Collier Podiatry

Dr. Michael Petrocelli has been practicing podiatric medicine for well over 20 years. He is an expert in his field and a leader to his peers. If you are experiencing any foot pain or foot conditions, please contact Collier Podiatry. Their kind and well-trained staff are ready to answer your questions and concerns and get you back on your feet again.

Contact Collier Podiatry to make your appointment. Please visit their website at www.collierpodiatry.com, or call them at (239) 775-0019



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Vision Health: What You Eat Could Hurt You

By Cederquist Medical Wellness Center

While a healthy diet can improve eye health, new research suggests that a poor diet can impact it as well.

You've probably heard that certain foods can positively impact your vision. Vegetables, like carrots, protect our sight by contributing a source of beta carotene. While a healthy diet can improve eye health, new research suggests that a poor diet can impact it as well. A sustained unhealthy eating style can cause vision problems. Keep reading to get ahead of vision loss and learn how to keep your eyes sharp.

The American Diet

The Standard American Diet (SAD), referred to as the Western Diet, describes how most Americans eat. This diet is filled with foods like white flour, meat, sugar and oil. We generally view SAD foods as unhealthy. Their consumption contributes to weight gain and certain chronic disease states, including heart disease and diabetes. New research suggests that an unhealthy diet could also result in vision problems.

Diet and Vision

As recently as 2019, public health researchers discovered a relationship between diet and development of age-related macular degeneration (AMD). AMD affects about 11 million people in the U.S. and is the leading cause of vision loss among Americans over 50. AMD is an eye disease that develops when the central portion of the retina, the macula, wears and breaks down over time. The retina consists of light-sensing tissue at the back of the eye. In part, AMD is genetic, but it can also develop from smoking, high cholesterol and heart disease.

In a new study, researchers had participants recount their usual diets using a food frequency questionnaire. They also took photographs of participants' eyes to determine if they suffered from AMD. What researchers found was a relationship between eating "Western" foods and the development of late AMD. We cannot say that unhealthy eating causes late AMD, but seemingly it doesn't help. Participants who ate a healthy diet were not at a higher risk of developing AMD.



Can I Prevent AMD?

It may not be possible to completely eliminate your risk of AMD, but you can incorporate dietary changes that support a healthy lifestyle and strong eyes! Here are some quick tips.

- 1. Get active:** Engage in regular activity, exercise and move around.
- 2. Know your numbers:** Maintain healthy blood pressure and cholesterol levels.
- 3. Incorporate good fats:** Eat healthy foods, including leafy green vegetables, fish, and beneficial fats, such as nuts, seeds, and olive oil.
- 4. Get help:** Reach out to Cederquist Medical Wellness Center. Our team of experts are ready to support your health goals.

Help is Available

If you want help breaking away from the Western Diet, we are here to help. At Cederquist Medical Wellness Center, our team of providers works with you to develop a personalized program tailored to

your dietary needs. We can help you maintain a healthy, filling diet while losing weight. If you are interested in improving your nutrition status, give us a call!

AS A SPECIAL GIFT TO HELP YOU REACH YOUR WEIGHT LOSS GOALS

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Amanda Schultz, PA-C Diana Vittorio, RDN Nicole Hartwick, RDN



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Are You and Your Pelvic Floor Having a Misunderstanding?

By Joseph Gauta, MD, FACOG

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

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

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

Prevention

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

How to Strengthen the Pelvic Floor

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



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

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

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

Pelvic Organ Prolapse Treatment

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

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

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

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

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



Nicole Houser, PA



Joseph Gauta, MD



Amber Thompson, PA-C



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info@floridabladderinstitute.com

Dr. Joseph Gauta

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

IS IT POSSIBLE TO AGE WITHOUT ACHES?

BY TOM EVERTS PA-C, IFMCP

May is Arthritis Awareness Month. It is the time to talk about the aches and pains so many of us deal with on a daily basis. Osteoarthritis affects more than one in four adults, or over 54 million people in the United States. But what if it didn't have to be that way? What if we could age gracefully without symptoms of arthritis?

Let us begin with the current paradigm, which suggests that as we age our joints are destined to ache no matter what. It is an expectation, and in many cases an afterthought. Treatments include anti-inflammatories called NSAIDs (non-steroidal anti-inflammatory drugs like ibuprofen) and exercise as tolerated. But why is it that two people with identical findings on their X-rays experience different levels of pain? One may feel debilitated while the other might not have any pain at all, and it's not simply due to excess weight as previously thought. Everyone's body works slightly different.

There are systems in our body that monitor and regulate inflammation, specifically the release of inflammatory molecules. These inflammatory molecules enter the joint space and wreak havoc on our joints, eventually leading to brittle cartilage that may crumble with minimal activity. This is the "wear and tear" that we often allude to in the conventional model.

In functional medicine we often treat the gastrointestinal tract, or gut, first. This is because of its role in our overall health. It is connected to almost all the other systems in our body from the thyroid to our heart. What does this have to do with arthritis? Well, inflammatory molecules are released into our blood stream from our gut under certain conditions. This is known as intestinal permeability, or "leaky gut." There are many causes of leaky gut, including foods that contain gluten, certain medications, imbalance of bacteria in the gut, chronic stress and exposure to toxins. These inflammatory molecules have been found in the joint fluid of persons with arthritis and contribute to degradation of cartilage.

The good news is that our body has pathways in place to protect us. There are ways to regulate inflammation so that we use it as needed (i.e. infection and injury) and not on a daily basis as a result of dysfunction. These pathways require certain ingredients to run smoothly and with efficiency.



The ingredients, called co-factors, include micronutrients, vitamins and minerals. Ironically, the very treatment offered to those suffering from arthritis, NSAIDs, directly cause leaky gut. Not only that, NSAIDs decrease absorption of key micronutrients and minerals. Thus, acute relief is provided at the expense of chronic dysfunction. I think it's time to consider an alternative...

Here are some ways to help prevent or improve arthritis:

Eating Strategy:

Minimize foods containing gluten and foods with a high glycemic index. Include colorful vegetables, omega-3s and sulfur-rich vegetables.

- Gluten-containing foods cause leaky gut
- High glycemic foods cause spikes in blood sugar, elevate cortisol and perpetuate inflammation
- Colorful vegetables are rich in phytonutrients and antioxidants
- Omega-3's are anti-inflammatory
- Sulfur-rich foods like kale, broccoli and cauliflower help build protein and collagen

Movement: Include walking and weight training regularly.

- Improves circulation and lowers risk of fractures
- Increasing muscle mass, taking some of the load off of your joints

Call **239-465-0098** to reserve a free 15 minute consultation call with our team to discuss your personalized success strategy.

www.naplesvitality.com/consult

Stress Management: Meditation and walking in nature are two examples.

- Decreases levels of inflammatory cytokines
- Meditation hits two birds with one stone

Sleep: Get 7-8 hours of sleep regularly.

- Lack of sleep triggers a number of inflammatory responses

Community: Find others like you!

- Having a supportive community is paramount while making lifestyle changes

Unfortunately, as simple as this approach sounds, changing habits is not easy. Finding a like-minded group or a guide to help you along the way can be a significant contributor to your success. Take advantage of social media groups, local meet-ups, or recruit friends and family to join you on your health journey. Arthritis does not have to limit your future. Take action today!

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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What is the Difference Between EMSCULPT and EMSCULPT NEO?

EMSCULPT has been the pioneer in body contouring due to its ability to shed unwanted fat and to increase muscle tone. The Elite Body Sculpting technology hailed by physicians and celebrities has now become even more effective. For those with more subcutaneous fat to lose, EMSCULPT NEO is available to help you shed even more fat due to its innovative technology.

What are the Technological Difference & Which is Better for Me?

EMSCULPT uses HIFEM (High-Intensity Focused Electromagnetic) energy to reduce fat and tone muscles. EMSCULPT NEO combines an electrode (unique only to EMSCULPT NEO) and combines radiofrequency (RF) to heat the body at higher amounts. Both systems warm up fat and then destroy the cells that the body naturally rids itself of. Both systems also tone muscles, but which technology you choose depends on your body type and your specific problem areas that you'd like to address.

With EMSCULPT and EMSCULPT NEO you get two targeted therapies in one session.

Ideal (Traditional) 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.

60% of women and 90% of men are interested in one or both a fat reduction and muscle toning treatment.

EMSCULPT NEO Details

EMSCULPT NEO is the first and only non-invasive body shaping procedure that provides simultaneous fat elimination and muscle building in a combined 30-minute session.

How Does EMSCULPT NEO Work?

EMSCULPT NEO is based on an applicator simultaneously emitting synchronized RF and HIFEM+ energies. Due to the radiofrequency heating, the muscle temperature quickly raises by several degrees. This prepares muscles for exposure to stress, similar to



what a warm-up activity does before any workout. In less than 4 minutes, the temperature in subcutaneous fat reaches levels that cause apoptosis, i.e. fat cells are permanently damaged and slowly removed from the body. Clinical studies showed on average a 30% reduction in subcutaneous fat.

Bypassing the brain limitations, HIFEM+ energy contracts the muscle fibers in the area at intensities that are not achievable during voluntary workout. Extreme stress forces the muscle to adapt resulting in an increase in the number and growth of muscle fibers and cells. Clinical studies showed on average a 25% growth in muscle volume. You can feel intense muscle contractions together with a heating sensation in the treated area, which is comparable to a hot stone massage.



3 MONTHS AFTER THE LAST TREATMENT. COURTESY OF RADINA DENKOVA, MD

7 New Clinical Studies

Using the most reputable scientific methods, in the studies, EMSCULPT NEO showed consistency in eliminating fat and building muscle.

Both EMSCULPT and EMSCULPT NEO treat abdomen, arms, buttocks, legs and calves.

What are the Differences in EMSCULPT and EMSCULPT NEO Results?

Fat Reduction:
EMSCULPT 19% | EMSCULPT NEO 30%

Increased Muscle Mass:
EMSCULPT 16% | EMSCULPT NEO 25%

Skin Tightening:
Both are about the same with marked results in tightening and toning the skin

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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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PARTICIPATING IN LOCAL GOVERNMENT

By Zachary W. Lombardo, Florida Government Relations Attorney

In addition to the various branches of state government, as of the date of this article, Florida has 67 counties, 67 school districts, 412 municipalities (cities, towns, villages) and 1,788 other special districts, including fire control districts and community development districts. These many local government entities are the primary agencies delivering local and regional government services in Florida.

There are 27 community development districts in Collier County alone.

Community development districts, by way of background, are independent special districts that focus on providing more localized infrastructure and services to individual discrete communities. They are established to manage and finance basic community development services, typically drainage systems, subdivision roads, access control on local/subdivision roads and landscaping of roads and buffers.

Direct Impact to Residents

Each of the above many different government bodies make important decisions that directly impact the day to day life of the residents of the state and its visitors, and, if you are reading this, most likely you too.

Each of these local and regional governments, by state law, must, with limited exceptions, have open meetings and allow public participation at those meetings. This requirement is referred to as the "Sunshine Law". In these open meetings, local and regional governments, on a daily basis make decisions that impact your quality of life, including, for example, purchasing essential equipment, such as fire trucks; making planning decisions that permit development of an industrial park or deciding how tall any one building may be; or whether to approve tax or assessment increases or decreases.

Public Participation

It is important, then, to participate in the process, not just to comment on the amount of your tax bill, but to provide your input on ways to maintain or improve your community and quality of life. It is important your concerns are heard by your local and regional government officials.

In addition to holding office or serving on a local or regional government volunteer advisory board, it is important to take advantage of the ability to attend local and regional government meetings and address your elected or appointed officials on public business



and communicate your thoughts and concerns. Florida local and regional governments go to great lengths to facilitate public participation.

I encourage you to figure out what local and regional governments impact your daily life and to actively participate.

Finding Local Governments that Affect You

One simple way for you, if you are a property owner, to obtain a general overview of the local and regional governments that affect you, is to check your tax bill. Most, local and regional governments obtain their funding by collecting taxes or assessments on your property. The names of those governments will appear on your tax bill.

Most local and regional governments have websites. In fact, special districts are mandated by law to have a website. So, once you figure out what local and regional governments impact you, you can check their websites and start participating.

Local and regional government works best when there is quality participation.

Should you have any questions about local or regional government, please feel free to contact any of the attorneys listed below:



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



Lenore T. Brakefield is a partner at Woodward, Pires & Lombardo, P.A. and a Naples native. Her Juris Doctorate is from the University of Florida Levin College of Law where she graduated cum laude. Lenore focuses her law practice in civil and commercial litigation and is experienced in construction litigation matters, as well as local government law, code enforcement violations, community association law, real estate law and transactional matters. Lenore is a Certified Financial Litigator by The American Academy for Certified Financial Litigators.



Anthony ("Tony") P. Pires, Jr. is a partner at Woodward, Pires & Lombardo, P.A. and a Board Certified Specialist by The Florida Bar in City, County & Local Government Law. He represents numerous public and governmental entities, special districts, concerned citizens and private sector clients throughout Collier and Lee Counties in Local Government Law, Land Use and Zoning Law, and Government Relations.



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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.

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.



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PERIPHERAL NEUROPATHY: THERE IS A TREATMENT!

By Richard Hiler, DABCN

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

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

Peripheral Neuropathy Symptoms

- Numbness
- Tingling
- Burning sensations
- Painful aching
- Balance issues
- Skin discoloration & texture changes
- Muscle cramps
- Feelings of stiffness or pressure
- Non-healing foot & ankle ulcers
- Cold feet
- Walking on marshmallows (sensations)

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

There are viable ways to treat your condition's root cause and not just mask symptoms with pain medications, which is unfortunately what many providers will recommend.



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

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

Your Options

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

Feel Amazing Institute's Alternative Care

- Red LED and Low Level Infrared Light Therapy help to heal and regenerate the small nerve endings that are damaged in peripheral neuropathy
- Gentle electrical stimulation therapy improves nerve function, reduces pain, and improves movement.
- Stem Cell Allografts
- Platelet Rich Plasma
- Spinal Decompression Therapy
- Ozone Therapy
- Peptide Therapy
- Acoustic Wave Therapy
- Natural supplementation to regenerate myelin sheath

Neuropathy Treatment at Feel Amazing Institute

Clinical studies show that 90% of the people who undergo the treatment experience excellent results with one or more of the following: Reduced pain and cramps, reduced tingling and numbness, ability to experience normal touch without pain, reduced cold or burning sensations, improved balance and coordination, lowered dependency on medications, improved sleep, reduced sensation of restlessness in

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

Feel Amazing Institute

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

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

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

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

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



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WHEN WAS YOUR LAST HEARING TEST?

MAY IS BETTER HEARING MONTH... Time To Find Out How You Are Hearing!

By Hoglund Family Hearing and Audiology Services

Regularly scheduled hearing tests should be part of your normal health routine but are often not included as part of an annual physical. It is recommended that people over 50 have a hearing test every five years and over 65 every two years.

If you monitor your hearing regularly, typically, you'll catch problems much sooner, when it is more easily treated. We know in other aspects of health we consider it a blessing when we catch an early stage health problem BEFORE it develops any complications and becomes more challenging to treat... it is the same way with hearing loss!

People often ask "Why do some people do so well in adapting to hearing aids... while others have such a difficult time with them?" According to John Hoglund BC-HIS, ACA of **Hoglund Family Hearing and Audiology Center**, one of the biggest keys to success is seeing a Hearing Specialist as soon as you can.



John and Patricia Hoglund
LHAS, BC-HIS, ACA

According to The Better Hearing Institute in Washington D.C. three in ten people over age 60 have hearing loss. And among Americans ages 41 to 59, about 15 percent already have hearing problems—that's one in six Baby Boomers. Younger still, 7.4 percent—or one in 14—Generation Xers, ages 29 to 40, suffer from hearing loss. What's more, at least 1.4 million children, 18 or younger, have hearing problems. And it's estimated that 3 in 1,000 infants are born with serious to profound hearing loss. John and his wife Patricia, who have had a combined 68 years experience in treating hearing loss, agree that **early intervention** is critical to happiness with hearing instruments, especially when it involves **NERVE DEAFNESS!** "If you ask any Hearing Specialist to name their 100 happiest hearing aid Patients, each of us would likely pick the 100 that started with the mildest prescription!" states John, "**SMALL change is very easy for the brain to adapt to, while BIG change is much more challenging.**"



THERE IS MORE CONCERN THAN JUST "TURNING THE T.V. LOUDER THAN OTHERS WOULD LIKE IT!"

Your hearing may have influence on many aspects of health. People with even **mild hearing loss** are three times more likely to suffer from **falls**. Johns Hopkins studies show that people with untreated hearing loss are three to five times more likely to develop **dementia** and **Alzheimer's** as well as general **memory problems**. **Diabetes** can influence hearing so anyone diagnosed with diabetic condition should be checked immediately upon diagnosis. Women with untreated hearing loss are almost three times as likely to suffer with **depression**. There is also a correlation between hearing health and **cardiovascular disease**. **Ringing ears** (Tinnitus) should also not be dismissed because it may be a sign of a much more serious health problem! Don't delay, what you don't know CAN hurt you!

TO HEAR BETTER...IS TO LIVE BETTER!

Hoglund Family Hearing and Audiology Center has been voted Southwest Florida's BEST Audiology Center, BEST Tinnitus Center, and BEST Place to Buy Hearing Aids! "We feel *extremely blessed* to have some of the finest Audiologists and Hearing Instrument Specialists in the state of Florida working in our clinics", John says," and you are able to schedule an appointment to tap into the minds of these caring and knowledgeable clinicians with **NO COST OR OBLIGATION** for hearing tests, tinnitus assessments, or programing advice and assistance with your current hearing aids, even if you purchased them from another hearing center!"

"We never wanted expense to be a barrier to learning", states Mr. Hoglund," so these consultations with our hearing care providers are completely **COMPLIMENTARY**, ...and we've always felt that the only **obligation** someone has about their hearing is to themselves and their families!" All we ever ask in return is that if you have a wonderful experience with our clinicians, and learn from them, that you'll pass our name along to others who are looking for a good Hearing Care Provider"! That is how we've tried to build our Practice since we opened our doors!



"We've always provided **FREE HEARING EVALUATIONS** for those wishing to learn more about their hearing and furnish dated copies for personal medical records." John and Patricia have always employed Clinicians who really take their time and truly educate those seeking to know more about their hearing. Patricia adds that they always say, "**All it will COST you is a little of your TIME...but the KNOWLEDGE you receive may be PRICELESS!**"

WE ARE PROUD OF OUR AWARD WINNING STAFF OF CLINICIANS!



This year we would like to THANK our Patients and friends of the Practice in acknowledging our amazing team of Clinicians and support staff by voting us THE BEST in the following "Reader's Choice" Awards:

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- BEST Audiology Practice
- BEST Place to Buy Hearing Aids
- BEST Tinnitus Treatment Center
- (Our 16th Year of Winning Bonita's Best)

BEST OF SOUTHWEST FLORIDA

- BEST Hearing and Testing Center
- BEST Tinnitus Treatment Center
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Time for Comfort-Focused Care? Hospice Keeps Your Loved One Close





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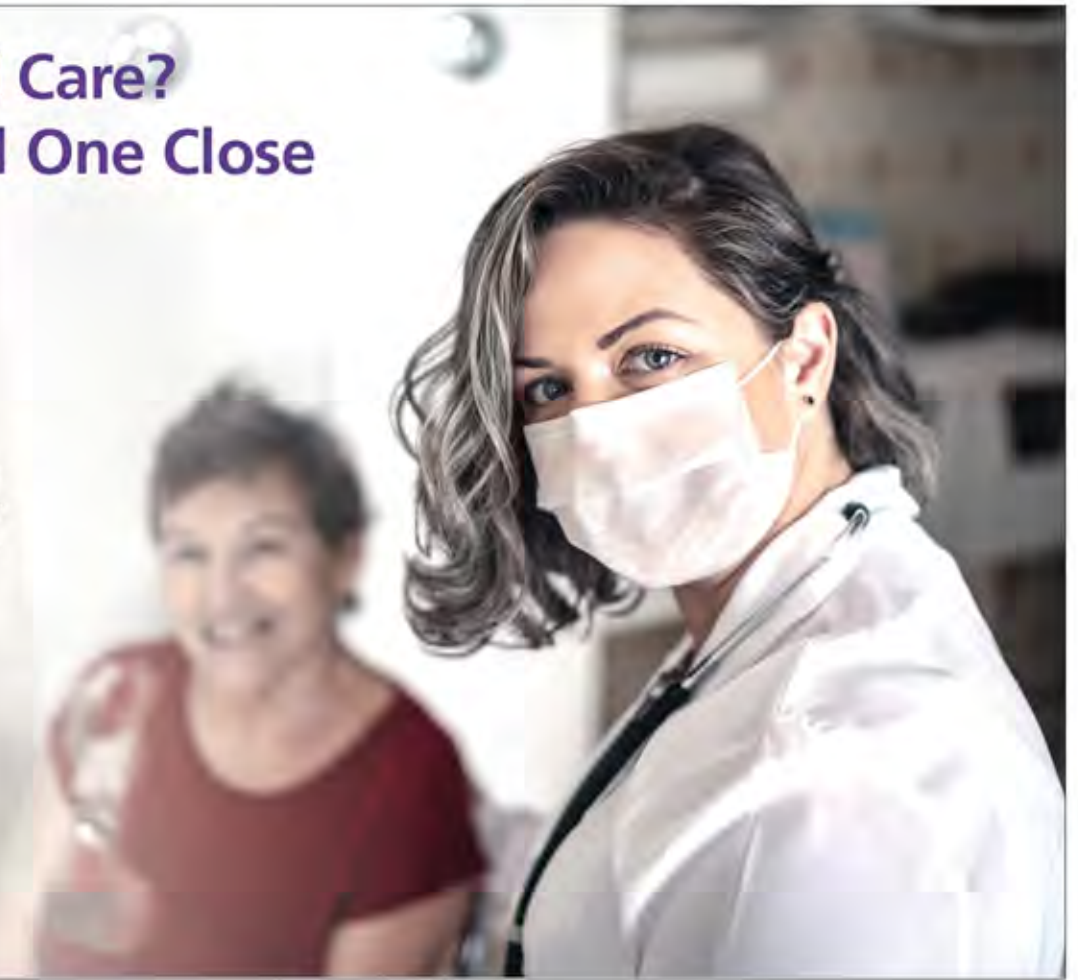
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OCD SIGNS

Some people with OCD manage to mask their behaviors so they're less obvious. For others, social situations trigger compulsions. Some things you might notice in a person with OCD:

Need To Check The Same Things Over And Over

Constant Need For Reassurance



Intense Anxiety When Things Are Not Orderly Or Symmetrical



Fear Of Shaking Hands Or Touching Things In Public



Raw Hands From Too Much Hand Washing



Having Trouble Getting To Work On Time Or Keeping To A Schedule Due To Rituals



Inability To Break Routine



Avoidance Of Certain Situations That Trigger Obsessive Thoughts



Counting For No Reason Or Repeating The Same Word, Phrase, Or Action



At Least An Hour Each Day Is Spent On Unwanted Thoughts Or Rituals



ARHI is conducting a Clinical Research Trial for patients with OCD (Obsessive Compulsive Disorder).

For more information, and to see if you qualify, please call our research team at 239-230-2021.

Hablamos Español



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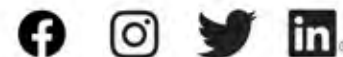
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Allergies & Asthma: What You Should Know

In Florida, we're blessed with having full blooms year long, but with those beautiful green trees, grass, and brightly colored flowers, allergy and asthma symptoms are also year-long.

Allergies

An allergy to something is an immune response. Many people are allergic to pollen, pet dander, dust, mold, ragweed, and of course, certain foods. Your body tries to fight off any harmful substances or pathogens, but sometimes, it's unable to do this on its own. Many people require allergy medications, topicals or sinus sprays. When it comes to seasonal allergies, sometimes rinsing the sinuses daily can help remove some pathogens from the sinus cavity.

As we become allergic to substances, especially in the case of food or medication allergies, it can be life-threatening to encounter those again. These types of allergies increase in the severity of the reaction each time we are exposed. If you are allergic to certain foods or medications, it's imperative to speak to your physician about an EpiPen or other ways to prevent anaphylactic shock.

Asthma

According to the Asthma and Allergy Foundation of America, 26 million people have asthma, and allergic asthma is the most common type affecting 60% of sufferers. Allergic asthma has the same symptoms as asthma but is the result of what the body is having an allergic reaction to, which causes bronchial inflammation. Allergies can trigger the body's immune response through skin absorption and contact, inhalation, ingestion, infusions or injections.

When a substance enters the body like dust mites (a common allergen), the antibodies, which are proteins bind to the allergen to defend itself. This causes an immunoglobulin E (IgE) release. The E stands for Eosinophils. If too much IgE is in the body, it will produce allergic reactions like hives, itching eyes, nasal congestion, vomiting, a swollen mouth or anaphylaxis to name a few. It can also trigger asthma, which is a narrowing of the bronchial system and inflammation of the lungs, which makes it difficult to breathe. Too many eosinophils will trigger a white blood cell response and cause asthmatic wheezing, shortness of breath, coughing, and in severe cases, the inability to breathe.



To control allergic asthma, the doctor must determine precisely what the allergens are, and treat those, along with managing the patient's asthma. A blood test can be given to determine how many eosinophils are in the blood and their trigger.

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

Building Your Child's College Savings Portfolio

Courtesy of: Juan Ocanas, Financial Advisor at Morgan Stanley

Of all the things that keep parents awake at night, their children's looming college costs are among the most daunting. For the 2019-2020 school year, the costs for a four-year private college averaged \$53,980 per year for tuition, fees, room and board, books and supplies, transportation and other expenses.¹ Assuming a college-cost inflation rate of 6%, a parent may need \$399,000 in 2029 to pay college expenses for today's 9-year-old.² And that's for just one child.

With costs so high, many students and parents are taking on significant student loan debt to pay for college. Roughly two-thirds of college seniors who graduated in 2018 did so with loans, with an average debt burden of \$29,200.³

Starting the process early to save toward the college costs of a child or grandchild can help limit how much your future student will have to borrow. Consider putting those funds into a 529 education savings plan, a tax-advantaged way to invest toward education expenses.

What is a 529 Plan and Why Consider One?

Named after Section 529 of the Internal Revenue Code, a 529 plan is a tax-advantaged savings vehicle which allows you to invest for future education expenses. A 529 plan creates an incentive for families to invest toward education costs because earnings in the plan can be tax-deferred, with withdrawals being exempt from federal and, in most cases, state income taxes if you use the funds for qualified expenses, such as tuition, fees, room and board, and supplies. Many states provide additional state tax deductions or tax credits. Additionally, assets in a 529 plan are outside of the account owner's estate for estate-tax purposes.

A 529 plan can also offer flexibility. Some investments that are used for education funding require that the assets be given to the beneficiary when they reach a certain age. If you open a 529 plan, as



the owner of the account, you continue to make all of the decisions. For example, if your daughter earns a scholarship and won't fully drawdown the money in the account, you can choose a different beneficiary within the same family, or even use the funds for your own education needs.

The definition of qualified education expenses now includes tuition for K-12 schools as a result of the Tax Cuts and Jobs Act of 2017. Note that qualified withdrawals for eligible K-12 tuition are limited to \$10,000 per beneficiary per year. Tax treatment will vary by state.⁴

Igniting a Movement to Save for Education

Still, many are unaware of 529 plans and their benefits. More than two-thirds of people surveyed nationally in 2019 said they haven't heard of 529 plans.⁵ To help raise awareness of these plans and combat rising levels of student debt, Morgan Stanley is supporting a campaign, led by the College Savings Plans Network and in partnership with Fred Rogers Productions, to educate families about the importance of planning ahead to save for college.

"Many people want to save for college, but don't know where to start," says Jennifer Tierney, Executive Director, Morgan Stanley Wealth Management Investment Solutions and 529 Plans Product Manager. "This campaign is reaching parents of young children and providing them with an opportunity to learn about their options."

Though states began creating college savings plans in the 1980s, they didn't gain federal tax relief under Section 529 of the Internal Revenue Code until 1996. As a result, those looking to help extended family members may be unaware of 529 plans.

"Many of our clients are grandparents looking to help their children handle future education expenses," Tierney says. "We encourage them to take a look at 529 plans, which may not have been on their radar the last time they were saving for college."

529 Contribution Limits

Anyone can create a 529 plan for a designated beneficiary, and those who wish to contribute to the account may do so. These plans typically have high lifetime contribution limits, beginning at \$200,000-\$300,000 and sometimes going as high as \$500,000. Annual contributions of up to \$15,000, or \$30,000 for couples filing jointly, are treated as gifts and qualify for the annual per-beneficiary gift tax exclusion. Additionally, 529 plans employ a special rule: An upfront contribution in one year of up to \$75,000, or \$150,000 for married couples—the equivalent of five years' contributions—may be made without any gift tax consequences. This five-year gifting election can give your assets more time to grow if you're able to make such a contribution, and the "accelerated gift" is excluded from the donor's estate.⁶

Investing Early for Future College Costs

When it comes to investing in a 529 plan, typically the earlier you can start putting money away, the better.

Still, it's never too late to start saving for college. Money set aside when a child is 16 will still have several years to grow, assuming you use those funds to pay for the later years of undergraduate expenses, or even graduate school.

References

- 1 Trends in College Pricing: 2019. "Tuition and Fees and Room and Board Over Time," "Student Budgets 2019-20." The College Board. <https://research.collegeboard.org/pdf/trends-college-pricing-2019-full-report.pdf>
- 2 Projected college costs in 2029 include 6% annual tuition inflation rate: <https://bigfuture.collegeboard.org/pay-for-college/college-costs/college-costs-calculator>
- 3 "REPORT: Class of 2018 Four-Year Graduates' Average Student Debt Is \$22,200," Institute for College Access & Success, September 2019. Retrieved from: <https://ticas.org/affordability-2/student-aid/student-debt-student-aid/report-class-of-2018-four-year-graduates-average-student-debt-is-29200/>
- 4 The filing of IRS form 709 is required to validate the five-year election.
- 5 Source: College Savings Plans Network. Feb. 2019: 68% of people surveyed nationally have not heard of 529 College Savings Plans
- 6 This assumes there are no frontloaded 529 contributions made by the gift giver for the benefit of the same individual during the prior four years. Any frontloaded 529 contributions made for the benefit of the same individual during the four years prior to the year of the frontloaded contribution may result in a taxable gift. Additionally, any gifts to the same individual during the year of the frontload 529 contribution or the four years after the frontloaded 529 contribution is made may result in a taxable gift. If the donor dies within five years of making the frontloaded 529 contribution, the estate will generally recapture a portion of the assets for federal estate tax purposes.

Morgan Stanley



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Your Financial Advisor can help you choose a 529 plan as part of your wealth strategy. He or she can also offer valuable guidance as it relates to regulatory changes and during times of market volatility.

"A Financial Advisor can help you project what your costs could be, provide guidance on selecting a 529 plan, recommend an asset allocation and tailor your contribution schedule based on your needs," says Marc Dextraze, Managing Director, Morgan Stanley Wealth Management Investment Solutions, and Co-Head of Product Development for Traditional Investment Products.

A 529 plan is a convenient, flexible and tax-advantaged way to invest for a child's education expenses. Morgan Stanley offers a robust platform of investment options, including the Morgan Stanley National Advisory 529 Plan—coming soon—a first-of-its-kind advisory 529 plan that enables you to benefit from fiduciary oversight of your education funding strategy within the context of your broader portfolio and life goals. If you have questions or need more information about 529 plans available through Morgan Stanley, contact your Financial Advisor or Private Wealth Advisor today.

Morgan Stanley is partnering with College Savings Plans Network, and Fred Rogers Productions—the company founded by Mister Rogers and the producers of "Daniel Tiger's Neighborhood"—on a campaign to increase awareness of 529 plans and limit college debt for future generations.

Disclosures

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

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

This material has been prepared without regard to the individual financial circumstances and objectives of persons who receive it. The strategies discussed in this material may not be appropriate for everyone.

Investors should consider many factors before deciding which 529 plan is appropriate. Some of these factors include: the Plan's investment options and the historical investment performance of these options, the Plan's flexibility and features, the reputation and expertise of the Plan's investment manager, Plan contribution limits and the federal and state tax benefits associated with an investment in the Plan. Some states, for example, offer favorable tax treatment and other benefits to their residents only if they invest in the state's own Qualified Tuition Program. Investors should determine their home state's tax treatment of 529 plans when considering whether to choose an in-state or out-of-state plan. Investors should consult with their tax or legal advisor before investing in any 529 Plan or contact their state tax division for more information. Morgan Stanley Smith Barney LLC does not provide tax and/or legal advice. Investors should review a Program Disclosure Statement, which contains more information on investment options, risk factors, fees and expenses and possible tax consequences.

If an account owner or the beneficiary resides in or pays income taxes to a state that offers its own 529 college savings or pre-paid tuition plan (an "In-State Plan"), that state may offer state or local tax benefits. These tax benefits may include deductible contributions, deferral of taxes on earnings and/or tax-free withdrawals. In addition, some states waive or discount fees or offer other benefits for state residents or taxpayers who participate in the In-State Plan. An account owner may be denied any or all state or local tax benefits or expense reductions by investing in another state's plan (an "Out-of-State Plan"). In addition, an account owner's state or locality may seek to recover the value of tax benefits (by assessing income or penalty taxes) should an account owner rollover or transfer assets from an In-State Plan to an Out-of-State Plan. While state and local tax consequences and plan expenses are not the only factors to consider when investing in a 529 Plan, they are important to an account owner's investment return and should be taken into account when selecting a 529 plan.

Tax laws are complex and are subject to change. This information is based upon current tax rules in effect at the time this was written. Morgan Stanley Smith Barney LLC and its Financial Advisors do not provide tax or legal advice. Individuals should always check with their tax or legal advisor before engaging in any transaction involving 529 Plans, Education Savings Accounts and other tax-advantaged investments.

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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.

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

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MAY IS OLDER AMERICANS MONTH

By Greg Pascucci

Each May, older adults across the country are honored for their contributions to our nation during "Older Americans Month". This year's theme is "Communities of Strength," celebrating the strength of people 65+, with special emphasis on the power of connection and engagement in building strong communities.

Although the past year has been especially challenging, older Americans have shown their resiliency and determination. Here are a few simple ways you can celebrate Older Americans Month:

Connect with Others

Being able to be with others, even as we social distance, plays a vital role in our health and well-being. Technology has played a significant role in seniors being able to stay connected with family and friends. From emails to video chatting, many have embraced this new world.

At The Carlisle Naples, a resort-style retirement community, though residents were social distancing, they were never alone thanks to the companionship of neighbors and caring, dedicated staff. And, with the overwhelming majority of residents vaccinated, there are even more opportunities for togetherness and connections.

For example, The Carlisle recently celebrated Earth Day during a socially distanced tree-planting ceremony. The community installed a magnolia tree, representing perseverance, and paused to acknowledge the contributions of local first responders. The Carlisle chorale performed and everyone enjoyed a lovely reception with themed Earth Day refreshments.

"We've been reminded how important meaningful relationships are to mental and even physical health," said Mary Beth Baxter, Zest Director and Assistant Executive Director. "Staying socially connected is key and it may require some creativity as our nation works to return to normalcy. Carlisle residents have found fun ways to interact with loved ones across the miles such as working on family art projects via Zoom or having weekly virtual gatherings.



Our bimonthly, virtual "Tech Buddys" class also provides guidance for residents who need assistance using their phones and smart devices."

Share Your Talents

No matter how small our talent may seem, we all have something to share. Giving of our time and gifts help strengthen communities. In addition to the possibility of inspiring, motivating and encouraging others, you may find you also benefit from contributing to the community at large. Research shows volunteering can boost our self-esteem and sense of well-being.

When Resident Council Co-Chairperson Sallie Rae learned The Carlisle was launching a "From the Heart" campaign to thank the heroes at the local fire station, she quickly volunteered to lend a hand. Known for specialty greetings, "Sassies by Sallie," she created an oversized card for her neighbors to fill with words of gratitude and encouragement.

"Sharing your talents can be as simple as baking a cake to cheer up a neighbor, lending a sympathetic ear or donating hand-crafted projects," added Baxter. "There are so many ways to strengthen community bonds."

Support the Next Generation

The Administration for Community Living, which spearheads Older Americans Month, suggests becoming an intergenerational pen (or keyboard) pal. The resilience seniors have developed in their lives and what has gotten them through tough times in the past can help children and young adults weather the storms of social distancing.

Churches and senior organizations have partnerships with youth programs and can help connect those wishing to be matched with a pen pal.

The Carlisle Naples has an ongoing partnership with Sabal Palm Elementary School. Pre-COVID-19, students visited the CARF-accredited community throughout the school year to celebrate holidays such as Easter and Halloween. Last year, The Carlisle donated three iPads and 800+ AirPods to ensure the children had a successful school year. Everyone's looking forward to resuming these activities once restrictions have been lifted.

"Older adults have such a wealth of knowledge to impart on the younger generation," said Baxter. "Our residents truly enjoy being grand-buddies and enjoy learning from the students."

This May and beyond, we encourage older adults to continue shattering stereotypes and strengthen their communities by sharing their wisdom, talents and invaluable life experiences.

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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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.

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ARTHRITIS AND THE AGING POPULATION



Some of the common arthritic symptoms are joint pain, stiffness, warmth, immobilization, and loss of range of motion, fatigue and inadequate blood flow. Two of the main types of arthritis are Osteoarthritis (OA) and Rheumatoid Arthritis (RA). With Osteoarthritis, wear and tear damages the cartilage in the joints and causes friction between the bones rubbing together. Injury or infection usually causes Rheumatoid Arthritis. RA is an autoimmune disease that causes the body to attack its own lining of the joints and membranes; this results in painful swelling and inflammation.

Arthritis causes significant inflammation of the joints. When arthritis affects the neck, back, hands, feet or hips, difficulties arise when trying to get through even the most menial daily tasks. The surrounding muscles begin to tighten as they try to overcompensate for the pain and protect the injured area. These tight muscles can create tension headaches, stiff joints, and impinged range of motion. Although exercising can be extremely beneficial for arthritis, the thought of movement is too much for many individuals. As time goes on, arthritis can make it difficult to maintain a normal lifestyle and perform the tasks necessary to live a high-quality of life. It also can lead to other interrelated conditions, such as hip and knee issues. If an individual needs a joint replacement procedure, learning to get around in an optimal manner, can require home health care.

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 their families, they are driven to ensure social engagement and specialty services during all stages of life.

For Individuals with arthritis, joint replacement, and other disorders that make it difficult to maintain daily tasks safely, McKenney Home Care delivers enriched specialized training for its caregivers working with these patients and their specific medical needs. In addition to specialized videos and manuals, McKenney personally educates the caregivers involved in helping their loved-one at home.

Seniors face many challenges as they age. If you or a loved one could benefit from assistance, it's important to seek help as soon as possible from a reputable home health care company.

McKenney Home Care is a trusted home health care provider. They specialize in medical care that fits your needs in the comfort of your own home. They have a highly-trained, experienced, licensed staff who are passionate about giving genuine care to their clients.

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

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 the Virtual Alzheimer's App. This virtual reality experience helps caregivers understand the feelings and experience of those suffering from Alzheimer's and other forms of Dementia.

Along with their medical expertise, McKenney Home Care is a certified Music & Memory Agency. Providing help for Dementia Patients; this specialized music therapy program is highly personalized and has been shown to reduce the need for anti-anxiety and antipsychotic drugs by up to 50%, while bringing joy to the lives of patients who have 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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Dura Medical 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 Dura Medical are available for their patients in need of ongoing therapy appointments.

Dura Medical 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
- Dura Medical's staff is available to walk you through the steps if you have any difficulty

Mental Health Awareness

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

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

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

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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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- **Nasal Ketamine:** We are a Certified SpravatoTM Healthcare Setting. FDA approved for Treatment Resistant Depression.
- **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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Illuminating Skin Cancer

By Anne Marie Tremaine, MD

May is skin cancer awareness month and it is time to review the basics. You have heard me say this all before, but repetition is key! Skin cancer is the most common cancer in the United States and the world.

We kick off the month with Melanoma Monday which spotlights the most aggressive and deadliest form of skin cancer that accounts for 4% of cases in the U.S. On average, 1 person dies from melanoma every hour!

Melanomas often resemble moles (most are black or brown) and can develop on their own or from a changing existing mole.

Approximately 95 percent of skin cancers in the U.S. are non-melanoma skin cancers: basal cell carcinomas and squamous cell carcinomas. These cancers take on various appearances and degrees of aggressiveness.

Skin cancer, when recognized early, is almost always curable. If left untreated, skin cancers can rapidly grow in size, spread to other areas of the body, and become fatal.



We end the month with Don't Fry Day (Friday before Memorial Day), a day to raise awareness about sun safety. Most skin cancers are caused by excessive intense ultra-violet sun exposure. Below are some important tips for sun safety and skin cancer prevention.

- Seek the shade, especially between the peak hours of sun exposure (10 AM and 4 PM)
- Cover up with clothing, wide brimmed hat, and UV-blocking sunglasses.
- Use a broad spectrum (UVA/UVB) sunscreen with an SPF of 30 or higher every day! For extended outdoor activity, use a water-resistant sunscreen with an SPF of 50

- Apply 1 ounce (2 tablespoons) of sunscreen to your entire body 30 minutes before going outside. Reapply every two hours or immediately after swimming or excessive sweating.
- Avoid tanning beds.
- Do a self-skin scan (and scan your partner) every month to assess for new or changing lesions
- See your dermatologist every year for a skin exam or more frequently if you have a history of skin cancer.

Anne Marie Tremaine, MD

Board Certified Dermatologist
Harvard Cosmetic and Laser Medicine Fellowship

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



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Has The Food & Medical Industry Lied To You?

What You Should Know About Managing and Reversing Diabetes Naturally

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

For years, we were told the fat was bad, and that low-fat was the best option for longevity and health, but now we know that those ideals were false and, in many cases, created or contributed to chronic disease states in numerous people.

If you think about it, low fat creates multiple problems within our bodies: firstly, we need good fats to support our brain function and whole-body cellular nourishment. Secondly, the low-fat recommendations were to create a diet based on packaged foods that were loaded with chemicals, toxins, sugar, and trans fats. All of these contribute to inflammation in the body, and inflammation causes disease. This is the case with diabetes. It's not just about sugar. It's about metabolic dysfunction.

It's more than just sugar

Sugar is the enemy in the human body, but there are also other factors that play a role in diabetes. When it comes to diet, the typical diabetic recommendations that we are all familiar with, like cutting our sugar, are important, but there is 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. Nutrition is a powerful mechanism to healing the body of many disease states, and it is certainly the case with diabetes.

What should we be eating?

Every person is unique, and not all diets suit everyone. Denise Pancryz, Diabetic and Lifestyle Coach, explains, "For years I believed the medical and food industry had me covered, but after failing to control my diabetes traditionally, I healed my diabetes and body with proper nutrition. After years of perfecting my protocols, I have the fortitude to help as many others as I can. Diabetes is not just treatable; it is reversible."

Diabetes is progressive, and it contributes to other comorbidities 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 34 million people in the U.S. have diabetes; while it's expected that a large number are undiagnosed, and 88 million 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. With Denise's help, many people have reversed their diabetic condition and increased their health overall.

Medications can be a crutch long term

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.

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.

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.



Diabetes & Holistic Lifestyle Coach
Speaker • Author

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.

MISIRx Compounding Pharmacy

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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Prevention and Treatment for Dry Age-Related Macular Degeneration

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

In adults over the age of 50, age-related macular degeneration (AMD) is the leading cause of blindness. It is estimated that more than 10 million Americans have some degree of AMD, and unfortunately, there is still no cure for the disease. But there is a great treatment for some forms of the disease.

In AMD the portion of the retina responsible for our central vision, the macula, becomes damaged leading to a loss of vision, distortion or blind spots in central vision. Although it is a very complex disease and still not completely understood, it can be brought on by both hereditary and environmental factors.

There are two main types of AMD, wet and dry. Dry macular degeneration is the most common form of the disorder. Whitish deposits (drusen) adhere to the retina, just under the macula and eventually, the drusen weaken and deteriorate the macula, that can lead to severe central vision loss and blindness. Typically, AMD starts as the dry type and may progress into the wet form of the disease in 10-15% of high-risk dry macular degeneration.

Macular degeneration has several therapies that prevent the disease from progressing. One of the main treatments is the anti-VEGF injection.

Dr. Taba, Ophthalmologist and Retina Specialist explains, "In a National Eye Institute (NEI) study, researchers concluded that before the anti-VEGF (anti-vascular endothelial growth factor) injections, 2/3 of wet macular degeneration patients went legally blind within two years of diagnosis. Now, we are able to keep vision 20/40 or better in more than half of our patients. Early detection is essential for prevention of visual loss from AMD. The earlier we can treat a newly diagnosed wet AMD lesion, the higher chance the patient has of preserving central vision.

The Following information was published by the American Academy of Ophthalmology.

The Impact of Diet

While clinicians wait for dry AMD treatments, what concrete steps can be recommended to patients today?



"Diet plays a major role in macular degeneration, and it seems to be important in all stages" of the disease, said Emily Chew, MD, Deputy Director of Division of Epidemiology and Clinical Research at NIH. Her review of data from the Age-Related Eye Disease Study 1 (AREDS1) and AREDS2 took advantage of the largest data pool available on macular degeneration with the longest follow-up ever conducted.¹ "We had 13,204 eligible eyes in 7,756 participants with a 10-year follow-up, looking at diet and progression to late AMD, GA, and neovascular AMD," Dr. Chew said.

The key takeaway? "Greater adherence to the Mediterranean diet—particularly fish intake—is associated with a lower risk of progression in eyes with different severity of AMD," she said. "We found that if you have very early AMD, progression from the early to intermediate stage could be reduced by about 25% by eating a Mediterranean diet." She added, "When we looked at patients in the intermediate group, a very high adherence to the Mediterranean diet had almost a 30% reduction in progression to late macular degeneration. It's a dose/response effect: The more you follow this diet, the greater the benefit," particularly with regard to geographic atrophy, the advanced form of dry AMD.

Impact of Genetics

Complement factor H may also play a synergistic role.² "If you have complement factor H genetic changes and eat the Mediterranean diet, you get even more of a beneficial treatment effect," Dr. Chew said.

If you make just one change. What one dietary change should ophthalmologists encourage their patients to adopt? "What really drove the results of the Mediterranean diet was eating fish," she said. "Patients should consider eating fish twice a week."

If you go full Mediterranean. The nine "eating points" from the Mediterranean diet are as follows: Decrease your intake of 1) red meat and 2) alcohol even as you increase your intake of 3) fish, 4) vegetables, 5) whole fruit, 6) whole grains, 7) nuts,

8) legumes, and 9) "good" fats. The latter, notably olive, walnut, and safflower oils, have a beneficial ratio of MUFA:SFA (monounsaturated fatty acid to saturated fatty acid).

And remember AREDS2 supplements. Dr. Chew's work has also confirmed the benefits of the AREDS2 supplements.² "They reduce the risk of developing vision-threatening late disease by about 25%," Dr. Chew said. "We hope ophthalmologists are recommending this to their patients with intermediate AMD."

Other Beneficial Ways to Prevent and Protect Vision

- Stop smoking
- Wear protective eyewear
- Wear sunglasses
- Control blood pressure
- Control blood sugar
- Exercise
- Reduce sugar and salt intake
- Eat a healthy diet that consists of omega-3 fatty acids, flaxseeds, lean protein (avoid red meat) and plenty of fruits and vegetables.

If you are experiencing any changes in your eye health, whether it is blurry vision, pain, impaired vision, or any other visual irregularities, you should see an ophthalmologist right away. The earlier a disease is detected, the better the outcome and treatment options are for you. You will find a friendly and warm environment at Personalized Retina Care of Naples. Please call (239) 325-3970 today to schedule your eye exam. When necessary same day appointments can often be accommodated.

Personalized Retina Care of Naples provides comprehensive diagnosis and treatment for retinal disorders. Dr. Taba also gives second opinions on retinal and general eye conditions. Dr. Taba is a Board-Certified Ophthalmologist and is Fellowship trained in surgical and medical retinal diseases.

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

Reference:

1 Keenan TD et al., for the AREDS1 and 2 Research Groups. *Ophthalmology*. 2020;127(11):1515-1520.

2 Chew EY. *Am J Ophthalmol*. 2020;217:335-347.



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Getting you Back to Golf

By Shane Smith, PT, DPT

Being a Physical therapist in southwest Florida I treat a lot of lumbar issues caused by or made worse by golf. Many patients I see have worked very hard their whole lives to allow them the free time of retirement for as much golf time as they want. However, when patients hit retirement age, their bodies are not always in good condition to allow for golf 4-5 days a week.

So what is the answer? Do we accept the aging process and stop playing all together, or do we try and make a change to allow for continued golf activity throughout retirement years? My opinion is lifestyle modifications. Many patients that play golf have or will experience some back pain associated with playing the game of golf. This back pain felt while playing at times is normal, and it can be improved or completely eliminated with proper body care and management.

A few questions to ask yourself if you are a golfer experiencing back pain are as followed:

1) do you stretch before and after golf or exercise?

This is one of the most common issues I come across with my golfing patients. This type of warmup routine allows the body time to loosen up and prepare for all different motions that may occur during activity such as golf without too much force. Gary Player, a hall of fame professional golfer, was the first to bring to light in the 1980's about the importance of pre-golf 10 minute stretching warmup routine. He swore by the importance of this warmup, and also attributed it to his longevity in the game. As we age elastic properties of our muscles and soft tissues diminish, thus resulting in a greater likelihood for muscle or soft tissue tears.

Because of this change occurs to tissue with age it becomes immensely important to stretch before exercise and after exercise to prevent tears from occurring.

2) Are there any activities that you perform on a regular basis other than golf?

There is a principle our bodies function on called the "SAID" principle, which stand for: Specific Adaptations to Imposed Demands". This principle states that if all you do is walk and swing a golf club that is all your body will be trained to do. If you try to lift or carry something around the home or in the community thinking your body can handle it because you can still play 18 holes of golf, you would be wrong.

If you do not lift weights or strengthen your body in other ways you will not have adequate total body strength, and thus are set up for future injury.

3) When you're not golfing what are you doing with your time?

The reason I ask this question is to determine what are patients that have spinal problems doing when they are not golfing. Most response is they are doing sitting related tasks such as working on the computer,



watching television, or reading a book. All these positions require a forward flexed spine. Over time sitting in a flexed posture will result in breakdown to the vertebral body of the spine and also set up further muscle imbalances and tightness.

The muscle groups that are most affected with prolonged sitting are tight and stressed. These muscles have a direct attachment on those important bony structures and thus can impact the alignment with the rest of the skeletal system. Tight muscles are usually weak muscles consisting of your glutes and deep abdominal musculature. When this cross pattern muscle tightness and weakness occurs. Your spine is set up for disaster, and thus needs to be corrected to minimize the continued degeneration of the spine. The image below depicts this tightness/weakness problem that occurs in our low back with too much sitting time in the improper position.

An effective Physical Therapy evaluation of your musculoskeletal problems will be paramount in correcting issues to allow you to get back to the game you love in a timely manner. If you have ever wondered "should I be doing this activity or am I making my condition worse?" Your Physical Therapist is the one to help you decide whether your physical activity is beneficial or harmful, also there may be modifications to current exercise that will allow it to be more comfortable and enjoyable. I hope this post is helpful for addressing some of the most common issues I see with active golfing patients.

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Learn What Peptides Can Do For Your Health You Might Be Surprised

By Dr. Carolina Young

Peptides are comprised of numerous short chain amino acids that are the foundation for collagen and elastin and they contribute to the primary health of our skin. Peptides can be administered for multiple reasons and they can be topical, oral or iv administered.

Peptides for the skin

For the skin, peptides can firm, reduce inflammation, smooth wrinkles and increase hydration for a youthful glow and firmer complexion.

Peptides for Libido

Peptides are well-studied and known to increase libido in both men and women. If you're looking for a more natural alternative to traditional drugs, peptides work wonder and turn back for greater intimacy and pleasure.

Peptides for Healing

Peptides are also well known for decreasing inflammation, stimulating healing properties and promoting body and brain health.

The Science of Specific Peptides That Orchidia Med Spa Offers Their Patients

Bremelanotide PT 141 – Erection and Libido Neuropeptide

Deriving from the hormone Melanotan II, bremelanotide (PT-141) can safely and effectively counteract the effects of aging on the genitalia and libido. Bremelanotide (PT 141) has been shown to have erectogenic properties thought to be caused when melanocortin receptors become intertwined within the central nervous system.

Clinical trials of this unique peptide supported the use of melanocortin to safely and effectively counteract erectile dysfunction and promote firmer, longer-lasting erections. Based on many past treatments, administration of a melanocortin agonist is well tolerated and does not risk lowering blood pressure that some ED prescription medications may. Bremelanotide PT 141 can also be used to enhance libido in women.

In the U.S., approximately 43% of women struggle with sexual dysfunction and 30 million men experience ED, with these concerns rising between the



ages of 40-70. Bremelanotide currently has no contraindications and is estimated 80% effective in men who don't respond well to certain ED medications such as Cialis or Viagra.

GHK-Cu Peptides

First discovered in human blood plasma, the GHK-Cu peptides are a naturally-occurring copper complex that serves a wide array of roles in the human body such as the promotion of wound healing, stimulation of collagen synthesis in dermal fibroblasts, anti-inflammatory properties, promoting hair growth and blood vessel growth among others. As with other peptides naturally found in the body, its concentration decreases with age and may become evident with wounds that take longer to heal, lacking hair growth, and more. Some benefits of GHK-Cu peptide therapy include:

- Healthy, natural hair restoration
- Optimized wound healing
- Minimizes inflammation for greater comfort
- Facial skin rejuvenation for healthier, youthful skin

BPC 157 Peptides

BPC-157 is an all-natural gastric juice peptide that can optimize regeneration and healing of cells within muscles as well as the nervous system. This unique

peptide is capable of healing different types of injuries such as sprains, nerve damage, ligament damage, tendon and muscle tears. This peptide is also able to decrease inflammation and stimulate collagen synthesis within the skin. Additionally, BPC 157 can effectively address gastrointestinal issues including IBS, leaky gut, and Crohn's disease while also preventing the growth of gastric ulcers. Benefits of this form of peptide therapy include:

- Stimulated collagen creation for youthful, healthier-looking skin
- Elevated healing towards muscular, tendon, or ligament injuries
- Decreased inflammation
- Reduced pain and discomfort
- Remedied symptoms of gastrointestinal conditions

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

Would you like to learn more about peptides for libido therapy here at Orchidia Medical Group in Naples? Contact us today at 239-333-8809 to schedule your consultation and take the next step towards greater health and happier living!

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Do You Have A Thyroid Disorder?

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

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

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

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

Along with cancer and Hashimoto's, thyroid nodules could suggest that 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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TOP 4 Reasons Chefs for Seniors Might Be The Right Choice For You

#1 Shopping is Challenging

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

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

#2 Cooking is Becoming Difficult or Dangerous

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

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

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

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

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

#4 You Want Nutritious Food Without the Hassle

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

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

Chefs for Seniors

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

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

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

Professionally Prepared Meals and Clean Up!

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

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

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

Cost and Insurance Coverage

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

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

Multiple Meals During Visit

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

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

Special Diets

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

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



CHEFS FOR SENIORS

chefsforseiors.com

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Email: bill.springer@chefsforseiors.com

Florida is Becoming A Popular Nesting Place:

What Are your Options For Pet Sitting, Pet Resorts and Travel

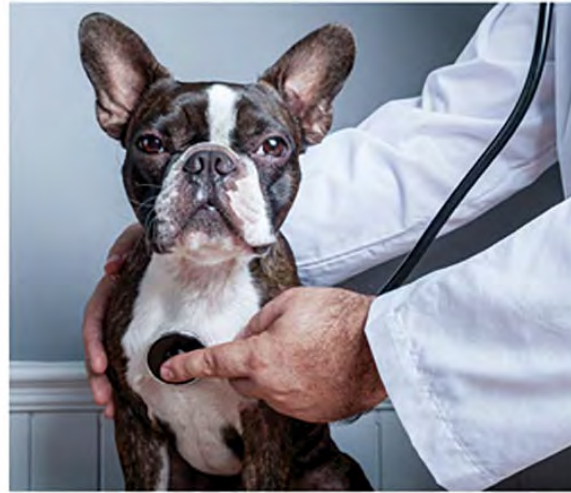
Why are so many people flocking to the Naples area? Along with the obvious white sandy beaches, warm sunny days and pristine waters, Naples is a highly-sought after town because it's clean, vibrant, safe and upscale. Naples is becoming not just a winter hotspot but also a year-round getaway.

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

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

Planning for Your Pets Care

If you need veterinary appointments, try to book them in advance if possible. Stock up on pet food, and medications, so you're not in a bind when unavailable.



When traveling with your pet, make sure you have all of their medications, food, a comfort bed or their favorite toys. It's also wise to take some calming supplements or treats to keep them comfortable during their time away from home.

Remember, not all towns and places are pet friendly, so if you need to leave your pet in the hotel or rental property while you're out, think about what they will need, or preplan ahead and make an appointment for a pet sitter or dog walker to tend to them.

If you are leaving your pet behind when you travel, it's imperative to make plans well ahead of your scheduled departure. Things are booking up

quickly. If you need boarding, a pet resort or an in home sitter, do your research now before you're left with limited or no options.

When traveling with your pet in the car, please ensure their safety. It might be cute to see your pets with their head half out of the car window, but this is dangerous. Many pets fall out of the window, which is not only it's tragic to them and their owner, but it also usually doesn't end well. Also, NEVER leave pets in the car unattended. A car can heat up much quicker than people anticipate and cause detrimental health issues for your pet.

If you need us, we are here for you!

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

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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.

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

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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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Acupuncture Provides a Safe & Effective Alternative for the Treatment of Mental Health Disorders

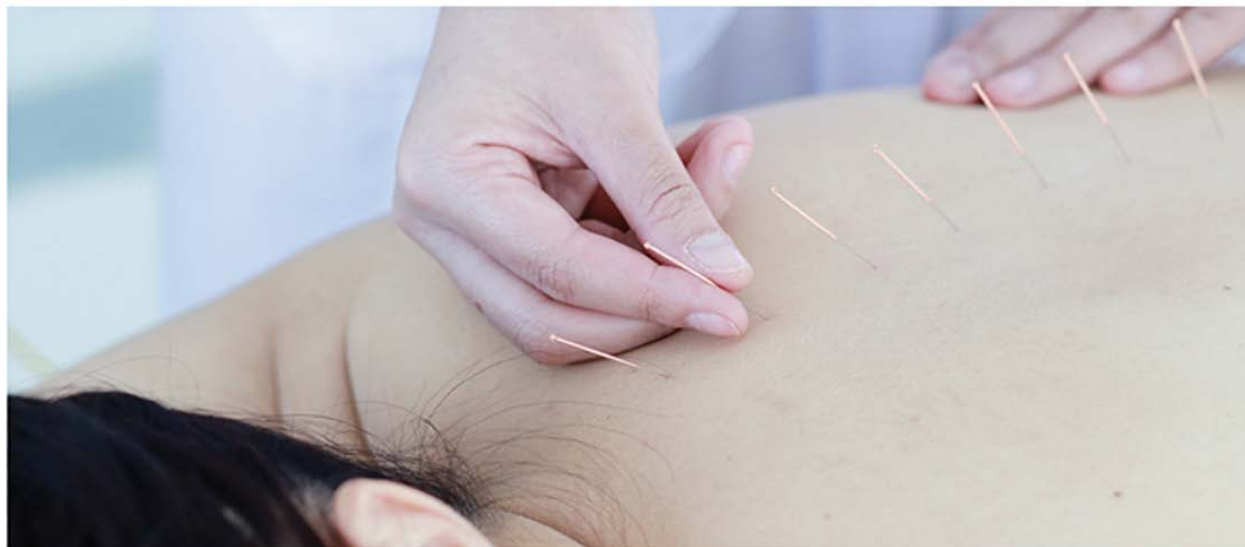
Stress is our body's natural response to the various demands that we put on it. In ancient times, our stressors usually came from life threatening situations like being confronted by a wild animal or an attack from another village. When under stress, our body begins to pump out stress chemicals including cortisol and norepinephrine, so that we are more alert, stronger, and faster. This is also known as our fight or flight response. When facing the ancient stressors, this response system was extremely beneficial and could even save our life.

In our modern world, stress is considerably higher, more frequent and more consistent than in ancient times. Unfortunately, when we encounter stress now, we are usually not able to fight or flee the situation. Rather, we need to stay and face the situation and submit to our boss or the situation at hand. This results in the body being flooded with stress chemicals which can lead to anxiety, nervousness, anger, irritability, or depression. Over time, ongoing stress and unhealthy responses to stress can be detrimental to our health.

The statistics are bleak. According to the National Center of Health Statistics, during 2011-2014, 8.6% of males and 16.5% of females, aged 12 and over, took antidepressant medication. 25% of those people had been taking these medications for 10 years or longer.

The Journal of Affective Disorders analyzed 207 clinical studies in 2010 on the effectiveness of acupuncture in treating depressive disorders. According to this analysis, the efficacy of acupuncture was comparable to antidepressants alone in improving clinical response and alleviating symptom severity of Major Depressive Disorder.

Anxiety disorders are the most common mental health disorder in the U.S, affecting 40 million adults and costing more than \$42 billion per year, according to the Anxiety Disorders Association of America. These disorders include generalized anxiety disorder (GAD), social anxiety disorder, panic disorder, and post-traumatic stress disorder (PTSD).



A clinical study conducted in China in 2010, has concluded that acupuncture is a "safe and effective" treatment for mood disorders including anxiety and depression making it a great alternative for people that have intolerable side effects to medication or choose not to take medication.

The good news is that acupuncture can significantly help the entire spectrum of mood disorders. There are three mental health patterns that I commonly see in my clinic and that respond beautifully to acupuncture therapy within a relatively short period of time.

The first pattern is the Jueyin-Yangming Pattern and is characterized by nervousness. These people are jittery, speak fast, tend to shake their legs and have a hard time settling down. They are often plagued with fear and suspicion and have a very hard time accepting compliments. Physical symptoms may include a tight chest, palpitations, allergies, insomnia, heart disease, headaches, PMS and stress induced digestive disorders. All physical symptoms are worse with stress.

The Jueyin-Shaoyang pattern is characterized by a rigid or stiff personality and they often feel rushed for time. They are so inflexible in their personality that it leads to muscle tension and stiffness in the entire body. These people think things should be a certain way and have difficulty when things don't go that way or if they feel out of control. Physical symptoms of this pattern include pain on the sides of the body including the head, jaw, shoulders,

chest, ribs and hips. Other manifestations of this pattern include insomnia, PMS, nausea, constipation, abdominal pain, hyperthyroidism, seizure, stroke, and Parkinson's Disease.

The Shaoyin-Shaoyang Pattern is characterized by physical and mental exhaustion. Their outlook on life is very negative. These people often are depressed and lack the motivation and enthusiasm to participate in activities they once enjoyed. These people usually sleep frequently.

It is my job, as an acupuncturist, to perform a thorough diagnostic evaluation and determine which pattern is at the root of your imbalance. Your unique treatment plan will restore balance, uplift mood, alleviate your physical symptoms and assist you in handling stress more effectively.

Acupuncture provides a safe, natural, drug-free and effective way to address all mental health disorders. Most people feel tranquil and relaxed after the first treatment, however acupuncture is not a "quick fix". You may need to receive weeks or months of treatment in order to see lasting results. Give yourself the time required so you can experience the maximum benefits acupuncture has to offer. Call now to schedule an appointment, 239-260-4566 or go to my website, www.AcupunctureSolutionsOnline.com for more information.



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Great Summer Cooking Begins with Proper Grill Maintenance

by **maidpro**

Heavy-duty grill cleaning is a once-a-year job best done at the start of each new grilling season. For gas grills, ensure all knobs are set to off and disconnect propane. When cleaning the main grill apparatus, focus on getting the outside shiny and appealing, but don't put too much effort into cleaning the inside; remove loose debris and ash but refrain from scrubbing away all that great cooked-on 'seasoning' that helps to control the grill's cooking heat, ultimately producing better food.

When it comes to cleaning grill grates, there are two schools of thought.

If you have loads of time on your hands and are into burning extra calories, go the cold-cleaning route. Use your sink, bathtub or a plastic tub large enough to accommodate your grill grates. Soak them for several hours in warm, soapy water. Then apply serious elbow grease to scrubbing, scraping, rinsing, and drying your grates and more effort to removing greasy particles and residues left behind in your sink or tub. Never use toxic cleaning solutions, rinse all solutions thoroughly and allow extra time for grates to heat on their first outing to ensure all residues burn off before cooking. A tip for cold cleaning without harsh chemicals is to soak grates in brewed coffee for an hour or longer before scrubbing.



Depending on your propensity to grill with sugary marinades, cheeses and other substances that ossify with intense heat over time, even the most assiduous cold cleaning may not produce pristine grates. If you are more interested in speed and efficiency, your mantra for cleaning and maintaining grill grates should be: heat and treat. If you are lucky enough to have a self-cleaning oven, simply stick your grates and other removable metal parts into the oven and run the self-cleaning cycle. The extreme high heat will burn away grill grime and muck, leaving you with clean grates and a clean oven for the summer.

If you do not have a self-cleaning oven, invest in a high-quality wire grill brush and pair of high-heat-safe gloves or mitts. When the grill is hot, brush the grates firmly with as much pressure as you can apply safely without toppling the grill. After grilling, either brush grates while still hot and, when cooled, treat lightly with cooking spray, vegetable or olive oil to protect; or, simply leave the grates dirty

as protection against the elements until the next time you grill. If you do not have a grill brush, a scrunched up piece of heavy-duty aluminum foil or half an onion used with extreme care (and high-heat-safe gloves) will also work to remove most stuck-on grime when the grill is hot.

For charcoal grills, be sure to remove cooled, spent ash after every use (and especially before it gets rained on). Gas grill briquettes should be periodically removed, shaken or brushed and gas jets cleared of grease and food debris, which can prohibit even distribution of heat. Flipping gas-grill briquettes periodically takes advantage of the grill's high interior heat to clean them with virtually zero effort.

Finally, when not in use, remember to always cover your grill. Good eating!

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Slowing the Pace of Your Life

By Pastor Timothy Neptune

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

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

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

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

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

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

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

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

The Apostle Paul said this about contentment. *11 I am not saying this because I am in need, for I have learned to be content whatever the circumstances. 12 I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. 13 I can do everything through him who gives me strength.* - Philippians 4:11-13

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

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

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

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

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

If you find yourself making statements like this:

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

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

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

• **I just want to escape.**

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