

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

# Health & Wellness<sup>®</sup> MAGAZINE

June 2021

Collier Edition - Monthly

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**FREE**  

NEWEST INTERNAL  
MEDICINE PHYSICIAN,  
DR. JOZSEF PIRI  
SPEAKS ON

**MEN'S  
HEALTH  
MONTH**

 **PHYSICIANS REGIONAL  
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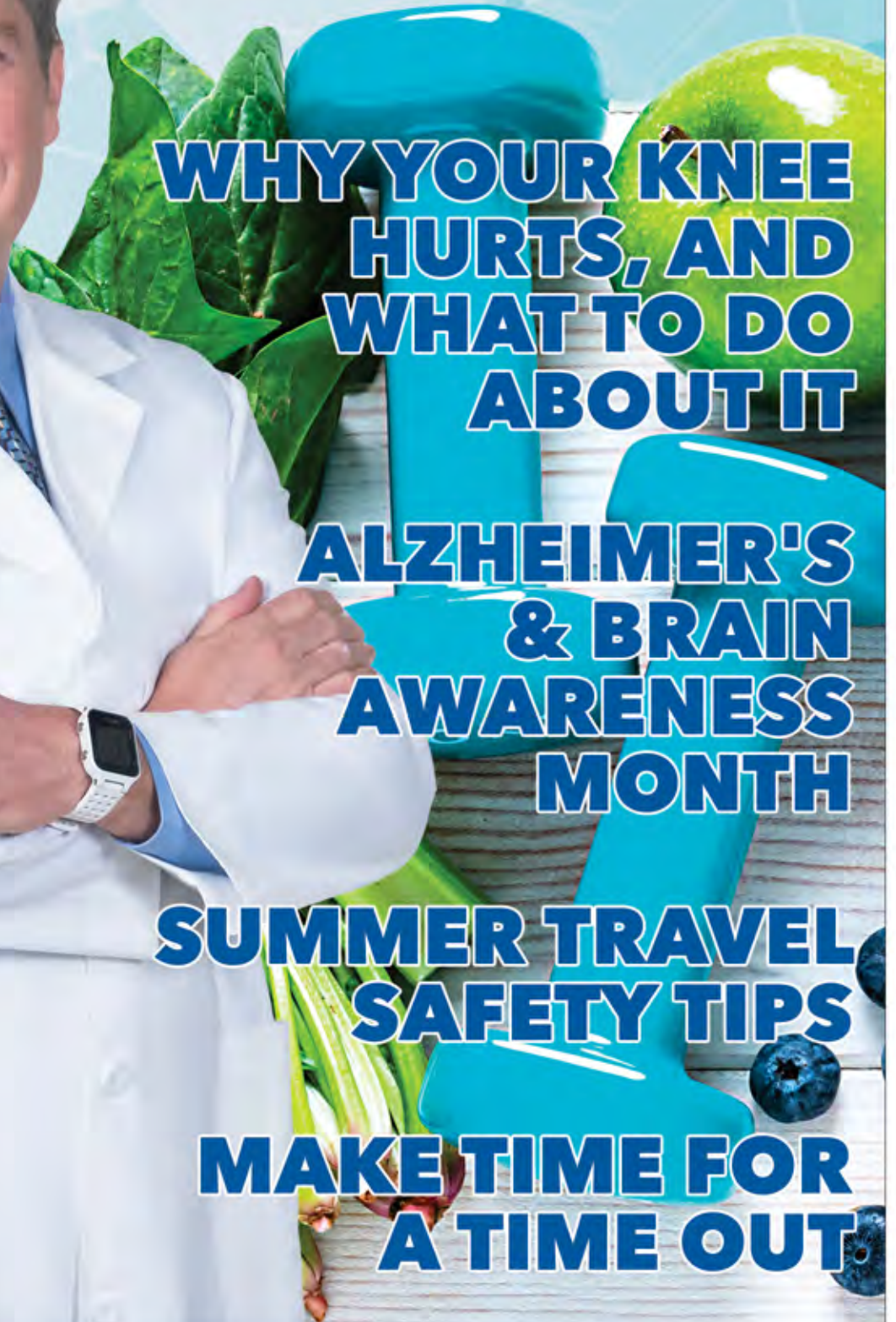
**Jozsef Piri, M.D.**  
Board-Certified  
Internal Medicine Physician

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

**ALZHEIMER'S  
& BRAIN  
AWARENESS  
MONTH**

**SUMMER TRAVEL  
SAFETY TIPS**

**MAKE TIME FOR  
A TIME OUT**



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

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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



Inability To Break Routine



Intense Anxiety When Things Are Not Orderly Or Symmetrical



Avoidance Of Certain Situations That Trigger Obsessive Thoughts



Fear Of Shaking Hands Or Touching Things In Public



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



Raw Hands From Too Much Hand Washing



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



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

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# Stress Management

By Neetu Malhotra, MD

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

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

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



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

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

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

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

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## MEN'S HEALTH MONTH

# NEWEST INTERNAL MEDICINE PHYSICIAN, DR. JOZSEF PIRI SPEAKS ON MEN'S HEALTH MONTH

June is Men's Health Month, a national observance used to raise awareness about health care for men and focus on encouraging boys, men and their families to practice and implement healthy living decisions.

Physicians Regional Medical Group's newest board certified internal medicine physician, Dr. Jozsef Piri encourages men to take control of their health not only this month, but all year around. "Men tend to have a lower life expectancy secondary to genetics and multiple environmental factors such as career choices with an increased risk of morbidity and mortality, Piri explains, "It is important for them to have a healthy lifestyle given their shorter life expectancy compared to women."

Dr. Piri specializes in all aspects of primary care for adults and geriatrics. His preventative care services include physical exams, pre-operative, and wellness visits. Dr. Piri's treatment for common ailments include diabetes, hypertension, thyroid disorders, obesity, kidney disease, depression, arthritic disorders, and cholesterol.

Recommended health screenings as outlined by the United States Preventative Services Task Force are offered at Dr. Piri's office. These include vision screenings, prostate evaluation, and discussion of colon cancer screening. Routine blood work such as cholesterol and diabetes screening is performed as well. Colon cancer screening can include either a screening colonoscopy or an alternative stool test depending on a person's overall risk factors.

Men can increase their overall longevity by avoiding tobacco use, exercising on a regular basis, following a low carbohydrate diet and seeing their primary care physician on a yearly basis to ensure any loop holes in their overall health are closed. It is important to discuss family history of disease during visits with your physician as well to ensure that all the necessary screenings are performed.



By sticking to a healthy lifestyle, men can prevent health problems and encourage early detection and treatment of diseases including cancer, heart disease, and depression. Dr. Piri recommends exercise irrespective of age at least 5 times a week for 45 minutes to an hour. Just by following a simple exercise routine, men and women can reduce the risk of cardiovascular disease, diabetes and obesity.

"Obesity is an incredibly problematic health concern for the United States given the fact that 40% of the population has a BMI above 30. I think this issue gets lost in the current climate given COVID-19. Given the increased sedentary lifestyle over the last year with lock downs affecting most of the country, obesity rates have increased," Dr. Piri informs.

Dr. Piri also educates his patients on the importance of sunscreen, especially here in sunny Naples, FL. "We do have a lot of visitors who may not be used to the intense UV exposure that is present in Florida." The Skin Cancer Foundation recommends that patients see a dermatologist once a year, or more often. If you are at a higher risk of skin cancer, for a full body professional skin exam.



Dr. Piri is located at our Pebblebrooke location: 15215 Collier Blvd, Naples, FL 34119, but will be moving across the street after our grand opening this summer to our new Founders Square location: 8831 Founders Square Drive, Naples, FL 34120. To schedule an appointment with Dr. Piri, please call **239-348-4221** or visit **PhysiciansRegionalMedicalGroup.com**.

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

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

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

## PAD (Peripheral Arterial Disease)

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

## PVD (Peripheral Venous Disease)

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

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

## PAD and PVD Have a Lot in Common

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

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



## PAD and PVD Complications

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

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

## PAD and PVD Complications

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

## Conservative Treatment with Lifestyle Changes

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

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

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

## Treating PAD and PVD

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



Julian Javier, MD | Leandro Perez, MD

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

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

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# 7 Questions Cancer Patients Should Ask their Doctor Before Starting Radiation Treatments

By Dr. Arie Dosoretz

**W**hen a doctor confirms that you have cancer, all sorts of thoughts and questions are bound to run through your head.

*Was it discovered early enough? What is the survival rate? Will health insurance cover treatment costs? What happens if the cancer spreads?*

Cancer is one of the scariest diagnoses imaginable, but a vast majority of cases can be treated effectively through surgery, chemotherapy, radiation, bone marrow transplants and other therapies. Throughout your cancer journey, a trusted physician and his or her team of medical professionals will become your biggest allies.

Radiation therapy, which uses high-energy beams or radiation to kill or shrink cancer cells, has become a preferred treatment option for oncologists and patients alike. It is proven effective on many types of cancers, including breast, prostate, brain, bone, colon, liver, lung and others.

**Before starting radiation treatments, be sure to ask the following questions:**

## How do you deliver radiation treatments?

Today's technology delivers far superior treatments compared to the turn of the century, or even a few years ago. The new Halcyon machine at Advocate Radiation Oncology, for example, delivers radiation treatments so precise that healthy tissue just a millimeter away is not damaged. Advocate's TrueBeam linear accelerator uses image-guided stereotactic radiosurgery and radiotherapy to treat tumors and lesions. A skilled oncologist should provide a complete radiation therapy plan that maps out the entire treatment timeline.

## Are treatments painful?

Radiation treatments themselves are relatively painless, but traditionally cancer patients have felt the most discomfort in the days and weeks after treatments. Because of the aforementioned precision of modern-day radiation treatments, side effects aren't nearly as severe as a generation ago because radiation beams focus only on dangerous cancer cells. And with fewer symptoms, many patients will enjoy an improved quality of life.



## How long do treatments take?

The Halcyon machine, which is considered the most advanced radiation therapy system on the market, delivers image-guided radiation therapy up to four times faster than standard technology. This means patients spend less time undergoing treatments and more time at home focusing on their recovery. In fact, treatments often take less time than a routine annual physical. Depending on the treatment plan a radiation oncologist prescribes, treatments could last for as little as three to five days, or up to five days a week for a longer period.

## Is it safe to seek treatment now?

Oncologists have always encouraged the practice of social distancing, especially as COVID-19 remains a threat to those with compromised immune systems. Compared to homes, supermarkets and restaurants, medical offices are by far the cleanest, sterile environment, so safety concerns about visiting a doctor's office should be minimal. Your chances for a full recovery are much better if treated right away.

## What is the cost?

Most major insurance companies provide strong coverage for cancer treatments. Like any type of medical treatment, cancer patients should expect to see copays and deductibles. Cancer patients can reach the "out-of-pocket maximum" through their insurance plan, at which time the insurance company covers 100% of costs. An oncologist's billing department should handle all of the paperwork so patients can focus on their recovery, regardless of their financial situation.

## Should I change my diet?

Radiation takes a toll on the human body. The negative health impacts can be minimized by consuming a healthy diet with plenty of water and foods that contain vitamins, minerals, lean protein and carbohydrates. Avoid foods high in sodium, added sugars and saturated fats.

## Will exercise aid or impede recovery?

Fatigue is a common side effect of radiation treatments, but moderate exercise can offset the impact. Just 20 to 30 minutes of moderate-intensity aerobic exercise each day can help improve a patient's health, psychological outlook and quality of life.

## About Advocate Radiation Oncology

Advocate Radiation Oncology is a locally owned practice with five convenient locations in South Florida. The practice's mission is to provide compassionate health care expertise to cancer patients. Advocate Radiation Oncology is directed by a team of world-class, board-certified radiation oncologists. For more information, please visit [AdvocateRO.com](http://AdvocateRO.com).

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# ARHI: Clinical Study on COVID-19

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

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

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

## Vaccines

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



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

## What You Should Know About Clinical Trials

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

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

## How Clinical Trials Help

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

## Diagnostics | Treatments | Vaccines

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

## Current Studies

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

To find out more, please contact them today at, 239-230-2021, or email them at [info@arhiosa.com](mailto:info@arhiosa.com).

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

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

### Are you interested in participating in a clinical trial?

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



### Advanced Research for Health Improvement, LLC

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*Hablamos español*



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

By Richard Hiler, DABCN

## REGENERATIVE MEDICINE FOR CARTILAGE WEAR OR TEAR

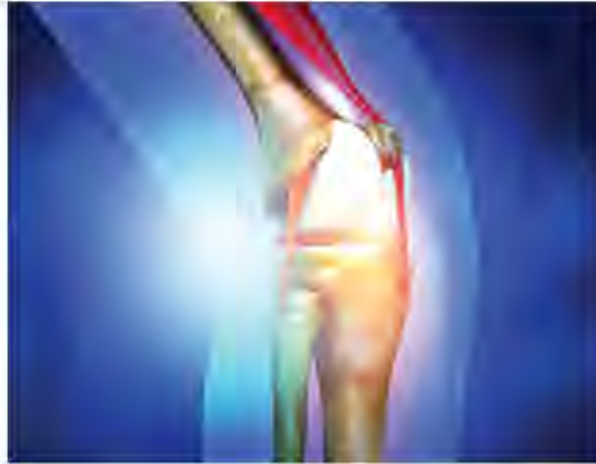
**D**ue to injuries, mechanical issues, or overuse and aging, cartilage may be damaged or lost, Resulting in pain.

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

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

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

**Prolozone Therapy** - a proliferative mix of vitamins, natural sugars, and ozone are combined to cause a reduction in inflammation and stimulate tissue repair.



**Viscosupplementation** - using hyaluronic acid molecules. There are many hyaluronic acid products available that are commonly used to cushion and lubricate the joints. The natural fluid within the knee joint space is normally high in hyaluronic acid molecules. As we age the concentration of these molecules is less therefore the addition of these products can help the joint move better and feel better for a period of time. Examples of these products are Genvisc, Hymovis, Hyalgan, and Synvisc. These products will do nothing to regenerate or repair the joint and the results are temporary.

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

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

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

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

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

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

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

If you are in need of a clinic highly experienced Regenerative Medicine or Chiropractic 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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# Age-Related Macular Degeneration: What Anyone Over 50 NEEDS to Know

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

## Age-Related Macular Degeneration Risk Factors

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

## Types of age-related macular degeneration

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

## What causes macular degeneration?

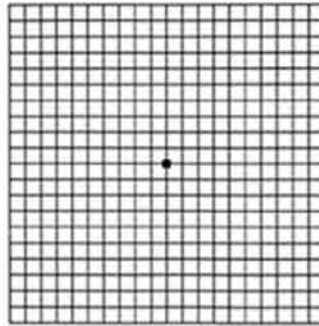
Macular degeneration can occur as a part of the natural aging process. While there are different types of macular degeneration, the most common type is age-related macular degeneration (AMD). The exact cause still remains unknown, and no treatment has been found as of yet that is 100% effective.

## Symptoms

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

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

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



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

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

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

## What happens if you've been diagnosed?

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

### Source:

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

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

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.<sup>1</sup>

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

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

For more information, call (239) 466-2020 or visit [www.QuigleyEye.com](http://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.



# RELIEF AND WELL-BEING WITH CHIROPRACTIC CARE

By Dr. Scott Walters

**A**t the core of chiropractic care is the nervous system and the spine. Every cell, tissue, organ and cell in your body is controlled by the nervous system. It causes your heart to beat, your lungs to breathe, and your eyes to blink, often without you even being conscious of doing so. Proper spinal alignment is key in the promotion of optimal nerve supply to maintain the function of your central nervous system because your spinal cord and spinal nerves are contained in your spinal column. When the vertebrae of your spine are misaligned, called a spinal subluxation, the nerve supply and communication channels from your brain to the rest of your body are diminished. These subluxations cause an imbalance in your nervous system which weakens your body's response to illnesses and stressors you encounter every day. In turn, this makes you more susceptible to pain and illness.

Amazing Wellness and Chiropractic treats patients at our Southwest Florida location to relieve discomfort and issues caused by spinal subluxations or spinal misalignment. We want you to enjoy your life to the fullest, which means eliminating unnecessary problems with your body's nerve supply. By correcting your spine with a gentle and effective adjustment, your body's systems can communicate and integrate naturally and without interference, allowing the body to heal on its own without the help of a pill, potion, or lotion. To help ensure availability to all who need chiropractic care, we also offer prenatal and pediatric care in our office with specially trained doctors from the International Pediatric Chiropractic Association (ICPA).

## Benefits of Chiropractic Treatment

The impact of chiropractic treatment on your body is highly advantageous for relieving many pain and functional issues, as well as preventing problems in the future. With proper alignment of the spine, we seek to maximize your body's nerve supply. By maintaining nervous system function through chiropractic adjustments, you unlock the body's natural potential for faster healing, improved physical ability, and optimal health. When you correct the abnormalities that stress or injury causes, you clear the pathways throughout your body so that it can heal naturally. Amazing Wellness and Chiropractic is ready to help relieve you of the damage that hinders your body's natural communication and function.



Amazing Wellness and Chiropractic is your local Chiropractor proudly serving the Naples and Bonita Springs areas of Southwest Florida. Our Chiropractors have a variety of treatment options for patient-centered care, no matter what your needs may be. In addition to chiropractic care, we offer natural-solutions to neuropathy, erectile dysfunction, weight loss, as well as whole body light contouring.

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. Call us today to schedule an appointment with our compassionate team.

Call Amazing Wellness and Chiropractic Care for Quality Care: (239) 880-CARE.

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# Holistic Medical Doctor Tips for Common Health Concerns

By Svetlana Kogan, M.D.

**Patient asked:** Over the past month, I have been experiencing severe lower back pain while lying in bed. I have no idea what's causing it since I have not done any heavy lifting or unusual activity. Some nights the pain is so sharp that I can't even fall asleep. Why is this happening to me?

**Dr.Kogan's opinion:** Back pain – which affects 80 percent of Americans at some point in their lives – is one of the top complaints in primary care practice. Make sure to have your primary care doctor check this out with an X-ray or MRI first. Assuming the outcome of the above is all good, you can then approach this issue holistically. Since your pain is worse when you lie down and you have not overexerted yourself, you could be suffering from muscle spasms, which are often brought on by a magnesium or calcium deficiency. You may be feeling bad now because warmer weather raises the risk of a magnesium shortfall. To restore the proper flow of nutrients to muscle cells and ease your pain, try taking 200 mg of magnesium citrate twice a day and at least 500 mg of calcium citrate once a day. You may also want to include magnesium-rich foods like wheat-bran cereal (if you are not gluten-sensitive) into your diet. If you are gluten sensitive, pumpkin seeds, bananas, avocados, and spinach are excellent sources of magnesium. It can take three to four weeks to correct the deficiency, so in the meantime, consider rubbing a bit of magnesium oil on your back before going to bed. The oil penetrates the skin and gets to the muscle layer, and could help improve the discomfort in about a week. I would also recommend Mind-Body techniques such as Progressive Muscle Relaxation, in which you can relax different parts of your body, one muscle group at a time. Another great holistic modality is Ondamed (pulsed low frequency electromagnetic fields) – a painless treatment in which the vibrational frequencies of the muscle groups receive a tune up. For acute pain, a series often 30-minute treatments are typically sufficient. For more information on Ondamed, check out my website [www.customlongevity.com](http://www.customlongevity.com) or [ondamed.net](http://ondamed.net)

**Patient asked:** I have read a lot about the dangers of acid reflux medications. Are there any natural fixes that will help?

**Dr.Kogan's opinion:** You are right to be leery of proton pump inhibitors and H2 blockers. Their chronic use has been linked to bone fractures and increased risk of infections. These pharmaceuticals



can also decrease calcium absorption and wipe out stomach acid, which is needed for breaking down any and all food proteins. If your GI doctor agrees with you trying to wean off of your meds, try sleeping with 2 pillows – this will help to prevent acid from accumulating in your esophagus and throat. Also, try not to eat after 7 pm and go to sleep no later than 10pm to avoid unnecessary acid production in the late evening. There are some foods that increase acid production which you should try to avoid: caffeine, alcohol, tomatoes, chocolate, and spicy foods. There are also several simple natural remedies that will improve your reflux. My favorites is Rhizinate Chewable supplement by Integrative Therapeutics. The main ingredient - deglycyrrhizinated licorice stimulates and accelerates the natural protective factors in the digestive tract which help relieve occasional heartburn. In Rhizinate, the glycyrrhizin compound--associated with high blood pressure--has been removed. It's chewable because saliva enhances the effect of Rhizinate's natural compounds, and it tastes great. Alternatively, you can try slipper elm bark and mastic gum - based supplement called Pylori-Plex by Douglas Labs. Mastic gum, a resin obtained from the tree, Pistacia lentiscus, is used traditionally in the Mediterranean as both a food ingredient and a traditional healing plant for the gastrointestinal system. Several animal and human studies indicate that it may have the ability to reduce the H. Pylori bacteria, commonly related to many cases of heartburn and acid reflux. This in turn can play an important role in supporting the body's exposure to H. pylori and maintaining the body's natural defenses against ulcer formation. Either supplement can be ordered here: <https://us.fullscript.com/welcome/skogan>

**Patient Asked:** Every time I fly, I get very gassy. I've tried avoiding fiber and gassy foods, but it does not work. Our vacation is coming up. Is there anything I can do?

**Dr.Kogan's Opinion:** This is actually a very common problem and here is why: The gases in the digestive system expand when the aircraft descends, meaning that even the slightest bit of turbulence can lead to bloat and gas. Many people describe holding in bowel movements to avoid using the plane's cramped restroom, but that can make things even worse. My advice is: Always use the facilities when you need to (especially on long flights), and avoid carbonated beverages, beans, legumes, broccoli, cauliflower and cabbage on the day of your trip. Also smart: When the "fasten seat belt" sign dims, get up every half hour and walk up and down the aisle for 5 minutes. This movement will uncrunch your abdomen, relieving additional pressure on your intestines. If all else fails, keep the following natural remedies in your bag: you can try Gasalia by Boiron – a homeopathic remedy, which you can use as directed on the box or if you prefer herbal remedies – try Gas and Bloating Herbal capsules by Gaia available here: <https://us.fullscript.com/welcome/skogan>

This fennel seed and chamomile based supplement helps promote the absorption and elimination of gas, while a unique blend of synergistic herbs and essential oils improves digestive function and provides natural relief to the intestine.

Here is to your Health!



*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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# Importance of PROSTATE EXAMS

**P**rostate cancer is a fairly serious blip on the male health radar as the third most common cancer in men over 70. Prostate cancer – and other prostate issues – can cause considerable discomfort, pain and even death, if they are left undiagnosed and untreated.

No man looks forward to dropping his pants for the annual check-up; but if you're smart, you'll bite the bullet and go anyway. Regular screenings cannot only save you a lot of pain and discomfort – they may just save your life.

## What is the prostate – and why does it need to be examined?

The prostate gland is a doughnut-shaped organ that is part of the male reproductive system. A healthy prostate in a younger man is only about the size of a walnut. The prostate sits just under the bladder and is wrapped around the beginning of the urethra. It is surrounded by nerves that control erections and its primary function is to produce a liquid that enriches and protects sperm.

Unfortunately, as men get older this little organ tends to act up. At times, some of the symptoms are simply a sign of aging; however, in many cases prostate trouble is an indication of a more serious problem. Prostate cancer is a primary concern, but other prostate disorders can be just as uncomfortable and a serious concern for male health.

So if you are experiencing symptoms like difficulty or discomfort while urinating, blood in your urine or semen, or painful ejaculation, it's important to have your prostate checked out. Even if you aren't experiencing any symptoms, it's still wise to be screened from time to time, as you can pre-empt and prevent problems before they crop up.

## What should I expect during a prostate screening exam?

A prostate screening exam can be done fairly quickly and easily. It might be a little awkward and uncomfortable, but it should be pain-free and over in just a few minutes.



The doctor will likely discuss the procedure with you before getting started. He will answer any questions you might have and he'll make sure you understand what's going to happen. As uncomfortable as you might be, the very best thing to do is to relax and remember it will only take a few minutes. Remember, the doctor is a professional and he very likely does prostate exams on a daily basis. Relaxing and discussing the process openly with your doctor can take a lot of the discomfort out of the procedure.

Regular screenings ensure that problems are caught quickly. Catching a prostate problem right at the start, means that it can be treated and cleared up with far less difficulty.

So men, don't wait around till you run into trouble. A little momentary discomfort is a worthwhile trade for a long, happy, healthy life surrounded by your family and friends. Do yourself a favor and get your prostate checked out.

*Please Contact Advanced Urology Institute Today.*



Jonathan Jay, M.D.



Rolando Rivera, M.D.



David Wilkinson, M.D.

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## Get the Checklist: Choosing a Hospice Provider

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



Choosing a hospice provider is one of the most important decisions you will make for yourself, a loved one, and your family. By law, every hospice program must offer the same basic services. How can you be sure you're choosing the best program?

Keep these factors in mind to ensure you receive the professional, compassionate end-of-life care you and your family deserve.

**Evaluate the provider's reputation.** How long has the provider been in business? Does it hire its own employees or contract with other agencies? What do other patients/families say about this provider?

**Check the provider's certification, licensing, and payment policies.** Is it Medicare-certified, licensed, and accredited in your state? Is it certified by the Department of Veterans Affairs (VA) as a We Honor Veterans program? Does it accept Medicare, Medicaid, VA benefits, and most private plans? Provide charity care?

**Obtain details about depth of care.** Does the program provide individualized care? Does each team include: nurse, physician, aide, social worker, chaplain, bereavement specialist, and volunteer? How frequently do team members visit? Do they educate caregivers?

**Ensure it provides all four levels of hospice care:** Routine home care (wherever you call home); continuous care up to 24 hours per day (per Medicare guidelines); inpatient hospice care (when symptoms can no longer be managed at home); and respite care (up to 5 days) for caregivers.

**Ask about timing and emergencies.** How quickly can hospice care start? Are patients admitted 24/7? Does the provider offer a 24-hour hotline to answer questions and respond to crises?

**Assess the provider's expertise.** Can it care for patients who require complex modalities or have more than one chronic disease? Does care honor the cultures, traditions, beliefs, and needs of specific populations (e.g. veterans, LGBTQ, Black, Latino, Haitian, Asian, Jewish, etc.)?

**Explore supportive services.** Does the program help with advance care planning and provide integrated services (e.g., music therapy, massage therapy, pet visits, etc.)?

**Pay attention to impressions.** Were the representatives empathetic? Good communicators? Did they answer all your questions?

Learning about end-of-life care options can transform a difficult time into a "good death." Ask the right questions to make sure you choose the best hospice provider for your family so that your experiences and memories will be positive and heart-warming for years to come.

**For more information about end-of-life care options, call VITAS Healthcare at 866.759.6695.**

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# Pain, Dryness & Irritation: How Women Are Rejuvenating Their Lives

By Joseph Gauta, MD, FACOG

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

## Female Sexual Dissatisfaction Has Many Causes

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

## CO2RE Intima

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



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

## CO2RE Intima Benefits:

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

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## CO2RE Intima might be for you if:

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

**10 Minute, Hormone Free,  
In-Office Procedure**

Ask us today if CO2RE Intima is right for you

**To discuss CO2RE Intima or any other options that are best for you, please call 239-449-7979**



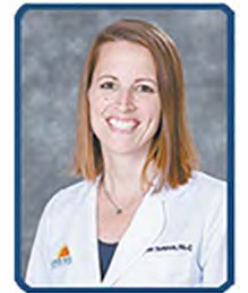
JOSEPH GAUTA, MD



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AMBER THOMPSON, PA-C

## Joseph Gauta MD

*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 of 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, not employed by a hospital or insurance companies.*

# NATIONAL MEN'S HEALTH MONTH

BY TOM EVERTS PA-C, IFMCP

**J**une is Men's Health Month, and throughout my time in clinic I've noticed that it's rare for a man to present for a routine workup. Men don't like going to the doctor. It's cliché, but true. It is usually when things really start to go wrong that we go in. This makes it difficult to get ahead of the disease process and prevent unnecessary suffering.

When we think about men's health, what may come to mind is prostate cancer, which is no joke. Though because many prostate cancers will not present with symptoms until later stages, if at all, it's not a main driver of getting men into the clinic. Erectile dysfunction, on the other hand, gets the attention of men much sooner. Erectile dysfunction is a multidimensional condition associated with metabolic syndrome, diabetes and cardiovascular disease. You hear that guys? If it's not working like it used to, a workup must be done!

In addition, many men are beginning to experience symptoms of low testosterone much sooner than in previous decades. These symptoms include fatigue, decreased sex drive, loss of muscle mass and depression. It's not just that men are experiencing these symptoms, testosterone rates nationwide appear to be dropping by about 1% per year. Though it is likely multifactorial, a clear association is the increasing rate of obesity.

There are other chronic conditions that disproportionately afflict men, some of which are life-threatening, including heart disease, diabetes and hypertension. These may present with symptoms earlier in the disease process, including headaches, shortness of breath, tingling in the feet or frequent urination. This is your body telling you that something is out of balance, and it's time to listen.

Our lifestyle plays a huge role in either promoting or preventing the chronic diseases discussed above from taking over our life. The food we eat, the way we move our body, our level of stress, the amount of sleep we get and our community are all contributing factors to our overall health. Let's take a look at some ways to prevent chronic disease...



## Eating Strategy:

*Eating a variety of vegetables, especially colorful vegetables, increases the amount of antioxidants and phytonutrients in our system. This helps reduce inflammation, a contributing factor to most chronic diseases. Limiting or avoiding high glycemic index foods is important to reduce the risk of elevated sugars and diabetes, which is directly linked to several men-specific conditions.*

## Movement:

*Resistance training is a great way to send signals of vitality throughout our system, and key in promoting increased testosterone levels. High-Intensity interval training is an efficient way to promote muscle growth and work our cardiovascular system.*

## Stress Management:

*This can take many different forms, the most recognizable being meditation. However, my suspicion is that most men aren't going to jump into a routine meditation practice, though it would be a good idea. Here are some other things that help with stress: listening to music, walks in nature, art, deep breathing and exercise.*

## Sleep:

*Crucially important to regulating key hormones and inflammation, sleep is non-negotiable in the discussion around chronic disease prevention. Get your 7-8 hours. Make it happen.*

## Community:

*Find a group that you enjoy being around that shares a common interest. Maybe you're currently fighting one of the chronic diseases listed above. There's a group for that! Find the support you need to make lifestyle changes easier.*

It's time to take control of your health guys! Don't let chronic disease take away your quality of life. Go in for that check-up, get regular labs and implement the lifestyle changes shown to reduce your risks. There are communities out there to help you along this journey. You're not alone.

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



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

Call **239-465-0098** to reserve a free 15 minute consultation call with our team to discuss your personalized success strategy.  
[www.naplesvitality.com/consult](http://www.naplesvitality.com/consult)



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# PREVENTATIVE SCREENINGS: WHY YOU SHOULD SCHEDULE YOURS TODAY

It's normal to be nervous about your annual screenings, but having a sense of relief when hearing your results can put your mind at ease. Screenings in general are a great preventative tool that patients often neglect which can lead to an abnormality actually becoming cancer. Some screening tests can be done in an office setting and are associated with minimal discomfort while others may take place in a surgery center and use slight sedation such as a colonoscopy.

## HEALTH SCREENINGS FOR MEN

In men, the American Cancer Society recommends that if you have family history, genetic disorders, or other underlying risk factors, to begin screening between the ages of 21 to 29. If risk factors and family history do not apply, the average age to start screenings is 45-50.<sup>1</sup>

Alexandre Rosen, M.D., Board Certified Urologist with Physicians Regional Medical Group, believes that the earlier the screened, the better. "A frequent debate in the past 5-10 years has led to patient and physician confusion as to who should be screened. The urology community strongly believes that screening for prostate cancer is important and saves lives by making an early diagnosis."

Before making any decisions on screenings, men should consult with their doctor about the benefits and harms of screening for prostate cancer, including the risk factors that come with testing and treatment. It is best to consult with your physician before deciding you are in need of a screening. Benjamin Barkley Storey, M.D., a Board Certified Urologist with Physicians Regional Medical Group agrees stating, "I'm a strong believer that we, as physicians, should collect all the information we need, and make an educated decision on possible treatment options going forward."

## HEALTH SCREENINGS FOR WOMEN

Cancer screenings such as an annual pap smear can start as early as age 21 in women. Depending on your family history and potential risk factors, some women may need routine screenings for breast cancer, cervical cancer, and colon cancer.



Anne M. Rainville, M.D., Physician Regional's Newest Gynecologist, stresses that patients understand a screening test is NOT a diagnostic test. "Just because a pap smear comes back with something that needs to be further evaluated or a mammogram needs additional views done, does not mean that a dangerous condition actually exists."

Dr. Rainville emphasizes to her patients who have pap smear abnormalities that in most instances these abnormalities don't even need to be treated. Abnormal pap smears are caused by the body reacting to the Human Papillomavirus (HPV) and usually the body is able to heal and clear the abnormality on its own.

Another factor to keep in mind is that all screening tests carry a risk of "false positive" and "false negative" results. Nothing is ever 100% which is why it is important to meet with your physician and discuss the options available after receiving your screening results. Physicians Regional Medical Group offers breast cancer screenings with mammograms/ultrasounds and MRI, Cervical Cancer (pap smears), colon cancer (colonoscopy/at home kits), skin surveys for skin cancer, prostate cancer screenings. Ask your provider about which screening is right for you!

### References:

1 <https://www.cancer.org/healthy/find-cancer-early/screening-recommendations-by-age.html#21-29>

2 <https://www.cancer.org/cancer/prostate-cancer/about/key-statistics.html>



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# Nutrition for Men's Health

By Cederquist Medical Wellness Center

**C**ederquist Medical Wellness Center specializes in nutritional approaches to weight loss. We see many women who are concerned about wellness and take immediate action when they see a gain of a few pounds. Some men are interested in prevention as well, but typically they only become concerned about lifestyle issues after a medical event. Unfortunately it requires a diagnosis of diabetes or heart disease before men grasp what their status of health really is.

Many men ignore self care such as regular exercise or following a healthy diet as they climb the corporate ladder or other wise push themselves for success in their occupation, and sadly many times they do this at the expense of their health. We have encountered many men in our practice who retired young (early 50s) due to medical conditions that developed over the years from less-than-optimal self care.

**Retirement: Time to enjoy the best life has to offer, or time to devote much needed care for his health?**

Men who are used to a full-throttle life, going at 100 mph most days often enter retirement without any real activity plan. Who can blame them? It's time to rest and relax. Unfortunately, like many of us, they may find enjoying rich food and wine is a good way to pass the time. Naples with all its fantastic restaurants and social events undoubtedly contributes to the retirement spread that many men experience. Middles and belts are loosened. It is more common for men to carry excess weight in the abdomen more than any other part of their body. Weight gain in this area is associated with the start of metabolic syndrome, a pre-diabetic condition with increased risks of heart disease, stroke, Alzheimer's, high cholesterol, and blood pressure.

**What's the solution?**

Eating well and developing a sustainable exercise regimen is one of the best ways for working men to continue to function at a peak level and for retired men to enjoy their time spent in good health and vitality. I feel there is great medical evidence to show that the body functions optimally when people follow a more



structured meal plan which consists of three moderately sized meals a day and a few high quality nutritional snacks.

Many men have gotten used to a breakfast of only coffee and maybe a pastry of refined flour and sugar, or high fat eggs and sausage. However, men need adequate lean protein in the diet to maintain lean muscle mass. That 12-ounce steak dinner doesn't cut it, unfortunately. The body can only use approximately 4-6 ounces of protein at a time. Ideally, protein should be eaten throughout the day instead of all at once, or else it will be stored as fat.

Lean protein choices include fish, chicken, lean pork, turkey, and reduced fat red meat. Also important for men's health is obtain phytonutrients from a variety of veggies and fruits. Lycopene, which is found in tomatoes, has been linked to reduced rates of prostate cancer. Variety is the spice of life, so making sure to glean health choices from all of the food groups is quite important.

The most important food group to discuss is carbohydrates. Men (and women)'s tolerance for carbohydrates decreases with age and lower activity levels. The food guide pyramid stresses carbs as the foundation, but it was created based on information gleaned from active military men,

who expend enormous amounts of energy daily. It's a good idea to make sure carbs are reigned in and sourced from good quality whole grain foods which contain more fiber.

**Wine is Good for Your loved One, in Moderation.** Health benefits of wine intake include decreasing heart disease risk and lowering blood sugar with moderate use. However, we must be clear about what moderate actually means – two 3oz glasses of wine per day or preferably 10 glasses of wine or equivalent per week – no more. If he opts for three per day, he is easily doubling what is recommended and thus begins the adverse health effects of too much alcohol use, such as liver disease and stroke.

**Supplements Supply Health Benefits Too**

I am a fan of a good quality multi-vitamin for men as well as an EPA/DHA fish oil supplement. In my practice, I have tested many patients who live in Florida for adequate vitamin D levels, and have found deficiency in the vitamin quite common. It may be a good idea to consider checking this level and begin with supplementation if it is low. Adequate Vitamin D levels have been linked to cancer prevention and better immune system function.

*To learn more, please call our office at 239-977-5058.*

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# Bunions Are Quite Painful

**Podiatric Treatments Work to Relieve Your Discomfort & Help You Enjoy Life Again**

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



**F**ashion and trends in shoe wear are often the cause of women's discomfort and issues with their feet. One condition in particular that has been plaguing women for years is bunions. Like other inflammatory arthritic conditions, bunions can be hereditary. It's not uncommon for patients to tell their podiatrist that their mother, sister, or aunt had bunions. After the age of 40, many women begin to notice that their big toe joint hurts, and in moderate to severe cases, it may even begin to protrude and rub on the inside of their shoes. Once this happens painful sores can form, and the joint may begin to swell, causing even more discomfort.

#### What Can You Do?

Many women will try and work through the pain, but bunions are progressive and once they become inflamed, many people succumb to wearing more comfortable shoes, or using gel toe inserts that help keep the toes in the proper alignment. Icing the foot can help to tamp down inflammations, as well as taking NSAID's (ibuprofen) as needed to lessen the discomfort.

**When the conservative approach begins to stop working, which is NOT unusual as most bunions fail to heal on their own, surgery is the definitive answer.**

#### Collier Podiatry Offers Advanced Surgical Options

In bunion surgery, the toe bone is cut in half, and part of the bone is removed. In many cases, there is a need to relieve tension on surrounding ligaments and tendons to try and realign the joint and bones. Generally, bunion surgery is done under an ankle block, which means that your foot will be completely numb, but you will not need to go under general anesthesia in most cases. Surgery can include removing boney spurs, removing part of the toe bone, relieving tension on ligaments and tendons, realigning and reconnecting the joint and

bones. Depending on the complexity of your surgery depends on your need and level of anesthesia.

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

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

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

#### Collier Podiatry

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](http://www.collierpodiatry.com), or call them at (239) 775-0019*



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# Dense Breast Tissue:

## What Your Mammogram May be Missing

By Krystal Smith, D.O.



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. Women with dense breast tissue have a higher risk of developing breast cancer.

### A woman's breast has three kinds of tissue<sup>1</sup>

- **Fibrous tissue** holds the breast tissue in place.
- **Glandular tissue** is the part of the breast that makes milk, called the lobule, and the tubes that carry milk to the nipple, called ducts. Together, fibrous and glandular tissue are called fibroglandular tissue.
- **Fatty tissue** fills the space between the fibrous tissue, lobule, and ducts. It gives the breasts their size and shape.

As women age, more dense tissue can develop. Half of women over the age of 40, have dense tissue. With mammograms, dense breast tissue can hide tumor detection because fibrous glandular tissue can be confused with tumors and vice versa.

In addition to mammography, the Breast Center of Naples recommends supplemental screening with a breast ultrasound for women with dense breast tissue because it can detect tumors and cancer on a higher level. A breast ultrasound is a machine that uses sound waves to make detailed pictures, called *sonograms*, of areas inside the breast. At Breast Center of Naples they go a step further for their patients and offer this supplemental screening procedure via a handheld device. This allows the radiology practitioner to better control and accurately perform the scan which is customized to each patient's anatomy and needs. These procedures are also only performed by sonographers specialized in breast ultrasound.

A recent study showed that women that get regular breast cancer screenings cut their risk of dying from breast cancer in half.<sup>2</sup>

### Breast Cancer 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 and breast ultrasounds 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:

1. CDC, Centers for Disease Control and Prevention, What Does It Mean to Have Dense Breasts?, [https://www.cdc.gov/cancer/breast/basic\\_info/dense-breast.htm](https://www.cdc.gov/cancer/breast/basic_info/dense-breast.htm)
2. Tobar L, Vitak B, Chen TH, et al. Swedish two-county trial: impact of mammographic screening on breast cancer mortality during 3 decades. *Radiology* 2011;260:698-63.

CONTACT THE BREAST CENTER OF NAPLES TODAY.

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### KRYSTAL SMITH, D.O.

Board Certified Diagnostic Radiologist with specialty fellowship training in Breast Imaging. She is the founder of the Breast Center of Naples. She has dedicated her career to women's health, patient-centered care, and the early detection of breast cancer.



It's important not to put off your breast cancer screenings.

# Alzheimer's & Brain Awareness Month: What You Need to Know About Vitamin C

It's hard to believe that over the past 115 years since its discovery, there are still no treatments or drugs to cure Alzheimer's disease. Over 5.6 million Americans are currently living with Alzheimer's, and that number is expected to triple by 2050. Alzheimer's and other dementias are thought to start 10 to 20 years before any symptoms appear.

## Alzheimer's Stages

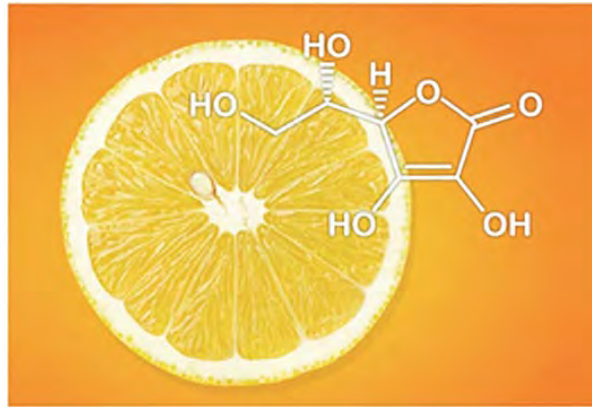
1. No significant symptoms
2. Mild: minor memory lapse, confusion, loss of words, names, and events
3. Moderate: Loss of critical thinking, growing frustration, and anxiety
4. Severe: Forgetting family/friends, lack of judgment, cannot maintain personal care, irritability, hostility, loss of speech, and incontinence
5. End-Stage: Death is imminent due to complications such as inability to swallow food, chronic infections, or stroke, to name a few.

Due to numerous issues like diabetes, the standard American "low fat" diet, toxins, and chronic illness, Alzheimer's and dementia can affect almost anyone. Patients usually have some form of vascular issues and plaque that builds up in the brain. Traditional medications that are prescribed are thought to slow the progression of the disease; however, many experts now believe that plaque is the body's way of protecting the brain from the disease.

Plaque is known as Atherosclerosis, and while it may offer protective measures against the initial stages of Alzheimer's, it is the primary cause of stroke and other vascular issues. One sign that this is occurring in your body is the diagnosis of high blood pressure or high cholesterol.

## The Benefits of Vitamin C

There have been multiple studies on patients with various diseases, including Alzheimer's, that received high doses of IV (intravenous) vitamin C, and the promising results of these patients improving is remarkable.



In testing the brain and blood of Alzheimer's patients, it has been well documented that they have severe vitamin C deficiencies. Vitamin C can dissolve toxic protein aggregates in the brains of Alzheimer's patients. Having sufficient vitamin C is one of the critical components to staving off or combating this progressive disease. It would behoove patients if the specialists treating Alzheimer's patients looked more closely at vitamin C therapy because it is thought to be a significant treatment breakthrough for patients with neurodegenerative diseases. High doses of vitamin C have also been studied in the favorable improvement of the myelin sheath that protects the nerves. The myelin sheath plays a crucial role in patients with neurological issues.

## IV Therapy Advantages

Vitamin C can be absorbed in relatively large quantities by the body, but even more so by IV therapy. When given intravenously, larger amounts are absorbed and not excreted than by taking a supplement or by eating fruits and vegetables alone.

While eating a healthy diet and taking vitamins is very beneficial, the IV-induced vitamin C is able to enter the bloodstream, infiltrate tissues and pass through the blood-brain barrier easier than with traditional supplementation.

Vidaful offers numerous IV therapy treatments. Intravenous Nutrient Therapy is a method of feeding vitamins, minerals, and other natural therapeutic substances directly into the bloodstream and cells, bypassing the digestive tract where many

nutrients may be partially or fully lost due to higher than normal blood levels of specified nutrients, which have been shown by the scientific literature to be effective in the treatment of many conditions and disease processes.

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Vidaful is a life enhancing alternative medicine office in Naples, FL. Vidaful seeks to improve health through IV therapy, Stem Cell therapy, Hyperbaric Chambers, Ozone Therapy, Colonics and other alternative medicine without the use of drugs. We love finding new ways to advance and develop the lives of the people we meet in whatever state they are when we meet. This is why we have sought to implement the latest developments in life enhancing alternative natural medicine to the whole of our patients lives. We're committed to blending the best of traditional medicine with the fundamentals of naturopathic principles. To this end, we have formed compelling therapies designed to prevent undue aging and circumvent disease while promoting the patient experience of balanced health.

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To find out more, or to schedule your appointment, please call (484) 588-5355 or visit [www.vidaful.com](http://www.vidaful.com).

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Source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3727637/>

# Adjusting to Retirement: Your Mind's Impact on Your Future

Courtesy of: Juan Ocanas, Financial Advisor at Morgan Stanley

**R**etirement, as it's broadly defined, is a goal. Most people have become comfortable with the idea that they need to save and plan for their retirement. But retirement is so much more than a financial portfolio...it's one of the biggest transitions in your life. Here are a few ways to understand and nurture your emotional portfolio as you consider retirement.

## MAKING EMOTIONAL WELLBEING A PRIORITY

There are many ways that you can make emotional wellbeing a priority in retirement. Let's talk through a few options and map out ways you can tangibly bring that to your everyday life.



Structure your days. Create a new routine that provides anchor points to your day.

Set small goals. Map out the things you want to accomplish over the next 6-12 months. Set achievable goals that you're excited about, while also stretching you outside of your comfort zone.

Own your emotions. Find healthy coping mechanisms, and don't forget to be patient with yourself. The key to your retirement success lies in your emotional wellbeing. So, go for a walk. Talk to your partner or a trusted friend. Seek counseling. Journal. Meditate. There are lots of ways that you can own your emotions...the key is to simply start.

Find an encore job, hobby or volunteerism opportunity. Fun jobs, hobbies and volunteerism keep you active and engaged. They also help you use and grow skills that enhance your life, as well as the lives of people in your community.



Focus on relationships and your support network. Your relationships and social support network are key to your emotional and physical well-being in retirement. Have courageous conversations where you share your unique interests and concerns about this new life stage. Whether it's a spouse, friend, sibling, child or professional counselor, find someone to have these big conversations with.

Refresh your marriage goals. Set new goals – a new vision – for your relationship in retirement. Retirement is the perfect time to talk about those dreams you've kept on the back burner. Sharing meaningful activities that you both enjoy reduces tension and increases your pleasure in spending

time together. Think about any new activities you wish to try on your own or with others. Be sure to allow time for each partner to pursue personal interests.

Communicate these goals with your family and financial professional. You know what they say...teamwork makes the dream work. Share your goals with the people you trust and care for. Ask them for their support as you bring these goals to life. Be sure to also sit down and share these goals with your financial professional, so that they can make sure your financial portfolio and plan help you best bring that vision to life.

## Disclosures

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

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# Summer Travel Safety Tips

**D**uring the summer months here in Florida, numerous people are looking forward to finally getting together with small groups of friends and family for beach outings, vacations, relaxing poolside, and enjoying BBQs, but with all of this activity, it's important to stay safe during these long, hot, sun-filled days. When the times comes for our travel or fun to begin, there are often injuries that can coincide.

## Should You or Shouldn't You Wear a Mask?

The CDC has stated that wearing masks is optional for those that have been fully vaccinated from COVID-19, but it's still wise to choose what is best for you specifically. If you have underlying health issues, wearing a mask, practicing good hygiene and staying away from large crowds might be important for a while longer.

## Planes, Trains and Automobiles

When traveling for long distances, whether by car, plane, or other means, we can become somewhat cramped up in small spaces. It's wise to take breaks, get up and stretch or move and to get the muscles moving and the blood circulating to prevent injuries. Moving throughout the trip can help limit stress on the spine, shoulders, neck, back, and hips.

It's also essential to think about the heavy luggage that you'll need to lift in and out of the car or place in the overhead bin. Is it too heavy, and do you know how to lift it correctly? Lifting from the waist is not a good idea as it can put extreme stress on your back. Bending your legs is the proper way to lift heavier objects. Try to pack as lightly as possible and ask for help if you've got several bags.

## Hottest Times of the Day

The summer months can be unbearably hot. With weather approaching the upper 90's and on some days, triple digits, the heat can be unbearable at times and downright dangerous, this is particularly the case when we factor in high levels of humidity. Along with the risk of heat stroke and cardiovascular issues, being outside in the summer heat can cause muscles to cramp and tear. It's best to limit or alleviate any activities outside when the is too hot. Going out in the early morning or evening may



be best as it's usually cooler. Staying inside, in the airconditioned areas are best. Remember to stay hydrated, avoid caffeinated and sugary drinks, and be smart about the heat.

## Ways to stay cool and avoid the heat-related health issues

- Drink extra water
- Talk to your physician about reducing your diuretic pills
- DO NOT exercise, garden, or walk around in the heat
- Avoid the hottest times of the day (10:00 am to 4:00 pm)
- Eat plenty of cooling foods like vegetables and fruit
- Stay in an air-conditioned room
- Avoid caffeinated and sugary drinks

This Summer, the best advice is to enjoy your time with family, relax, but be extra cautious and proactive about your health during this time of year.

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

# MRTA AND HOAS – ARE YOU AT RISK?

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



**H**omeowner's associations have become more and more prevalent in Florida over the years. For those that have existed for quite some time, there is a real risk of not being able to collect HOA dues or enforce their covenants and restrictions. So, what may cause this risk you ask? That would be the Marketable Record Title Act, or MRTA. MRTA is a Florida law passed in 1963 to simplify land sales by rendering property free and clear of stale claims of record. MRTA's purpose was to strip restrictions and encumbrances from ownership of a property after thirty years if those encumbrances did not fall within a class of statutory exceptions.

## Covenants Approaching the 30-Year Mark

For example, covenants and restrictions that are disclosed by official record book and page in a deed or other "muniment" of title are exempt. The problem though for many HOA covenants that are pushing that thirty-year period is that they are often not referred to by official record book and page or by sufficient plat reference in deeds. As property ownership in a community did not begin at the same

time for all owners, once the restrictions start being stripped from properties within a community after thirty years, properties within an HOA cease to be bound by the governing documents one by one, creating a community where assessments cannot be collected, and restriction cannot be enforced against all owners within the community.

## Revitalization and Preservation Procedures

Traditionally, HOAs had two avenues by which to deal with MRTA issues. One method was to record a notice in the public records to extend their restrictions prior to the expiration of the thirty-year deadline. The second more complicated method was to revive stale or expired covenants through a revitalization process requiring the creation of a committee, an update to the documents, and a vote of the members, among numerous other specific requirements. However, in 2018, various changes were made to MRTA to simplify the revitalization and preservation procedures for HOAs. Additionally, changes were made to incorporate other types of associations being governed by MRTA as well.

The most important change made to MRTA rules in 2018 was it requires boards of communities to annually discuss the preservation of the covenants and restrictions. Hence, the board of directors needs to openly review and discuss its governing documents to determine if action is required to preserve them.

## Reviewing Governing Documents is Essential

Clearly, associations approaching the thirty-year period need to make a conscious effort to review their governing documents to be sure they will not run afoul of MRTA. However, with the changes made in 2018, the process by which action can be taken to prevent or rectify any MRTA issues has been simplified and associations must take advantage of this to assure their association continues to be governed by their association documents.

## ABOUT THE AUTHOR



Shay Raja joined Woodward, Pires & Lombardo, P.A. as an associate attorney in 2020 serving clients with real estate law and business law matters. He is resident in the Firm's Marco Island, Florida location. Shay returns to the Firm after having

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# SENIOR HOUSING OPTIONS: LEASE VS. BUY-IN

## THE CARLISLE NAPLES OFFERS FLEXIBILITY AND ASSET PRESERVATION

By Greg Pascucci

Selecting a senior living community can involve a myriad of choices. In addition to finding the right mix of services, amenities and lifestyle choices, it is essential to understand the different fee structures available—from continuing care retirement communities (CCRCs) requiring large upfront entry fees to rental retirement communities offering similar services available on a monthly fee basis.

Although renting does offer financial flexibility that a CCRC might not, there are other factors that may be important to consider. Some find a CCRC “life care” plan offers them the comfort of a long-term commitment to their future care needs. By “pre-paying” for health care services (as part of the upfront entry fee), skilled nursing care may be included, should it be required. However, to qualify for residency at a CCRC, seniors must meet both medical and financial criteria prior to move-in. (According to the National Institute of Health, less than 5 percent of older adults need to live in a skilled nursing environment. [www.ncbi.nlm.nih.gov](http://www.ncbi.nlm.nih.gov)).

For many, the rental style is an attractive alternative because there is no large up-front fee or complex medical and financial eligibility criteria that potential residents must meet. This is especially true for seniors who have pre-existing conditions or for those who simply prefer not having to pre-pay for care they may never need. Such flexibility is also beneficial if a spouse passes away and the widow or widower is interested in relocating to be closer to other family members.

After researching rental and life care retirement communities, many residents at The Carlisle Naples, a luxury senior living community, have found paying for a large upfront fee would take away their freedom to invest the proceeds from the sale of a home or other assets. The satisfaction of knowing they are enjoying a maintenance-free lifestyle while preserving their assets for loved ones can be a deciding factor.



Virginia and Jerry Davis, for example, thoroughly researched their options before moving to The Carlisle Naples.

“We had already purchased three homes during our lifetime and wanted the flexibility that came with a monthly fee option,” said Mr. Davis, who, along with his wife, retired from educational institutions. “We looked at a “buy-in” community but realized you don’t always get back your entire entrance fee. We didn’t want to wipe out all our savings and not have anything for family commitments.”

The couple lived in Ave Maria for seven years before moving to Naples to be closer to their doctors.

“We asked our doctor’s office about their patients who lived at The Carlisle, and they said they had heard positive feedback and people were quite satisfied. This solidified our decision to move. There were also no health screenings and we were easily accepted by the community.”

The award-winning, CARF-accredited community offers both independent living and assisted living. Plus, the extended congregate care (ECC) license allows The Carlisle to provide additional supportive and nursing services to residents who might otherwise need to transition to a skilled nursing facility.

The Davises believe the amenities, activities and dining opportunities offered at The Carlisle are ideal for older adults seeking peace of mind for the future

and a vibrant lifestyle – all without the financial commitment of a CCRC. Each week, the Zest Director—charged with appealing to residents’ mind, body and soul—offers a comprehensive calendar of events filled with adventurous outings, stimulating lectures, invigorating fitness activities and a wealth of opportunities for socialization. Plus, The Carlisle offers 12-hour restaurant dining and has added plant-based options to its extensive menu through its FreshZest initiative.

“We’re very pleased with our life at The Carlisle,” said Mr. Davis. “It’s very satisfying knowing we are enjoying a wonderful maintenance-free lifestyle while preserving our assets for loved ones.”

Located at 6945 Carlisle Court in Naples, The Carlisle offers independent and assisted living lifestyle 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](http://www.TheCarlisleNaples.com).



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Angel Duncan has partnered with McKenney Home Care to provide In Home Memory Screening. Angel is a Ph.D. Candidate working towards her doctorate in Psychology with a focus in Gerontology. She has an extensive background in marriage and family therapy, art therapy, teaching and research. Angel has been involved in clinical research trials in Alzheimer's disease, medical and psychiatric disorders coming from Stanford University and the University of California-San Francisco.

If You or Your loved one has Dementia or other neurodegenerative issues, we have Certified Dementia Practitioners on Staff to meet with your family or your loved one. Our Caregivers receive enriched specialized training for working with Alzheimer's and Dementia Patients.

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Angel C. Duncan is a Ph.D. Candidate working towards her doctorate in Psychology with a focus in Gerontology. She has an extensive background in marriage and family therapy, art therapy, teaching and research.

Angel has been involved in clinical research trials in Alzheimer's disease, medical and psychiatric disorders coming from Stanford University and the University of California- San Francisco. She was the Programs Director and Supervisor for the Alzheimer's Association of Northern California- Northern Nevada chapter, later serving as the Research Associate and Director of Education at the Neuropsychiatric Research Center of Southwest Florida.

Angel has worked with leading organizations in brain health initiatives nationally and internationally, such as GE Healthcare, Eli Lilly, Oxford Brain Diagnostics, Gerontological Society of America, among others. She resides on the Medical Advisory Boards for the Cognitive Dynamics Foundation, a national nonprofit in dementia research, education and therapeutic programming, and Lorenzo's House, a Chicago based nonprofit foundation providing resource and support programs for families living with Young-Onset Alzheimer's disease. She has secured and supported large grants for various organizations on state and federal levels, including the Center for Medicare and Medicaid Services. Angel is part-time faculty at the University of Tampa and guest teaches throughout the country. She founded and co-directs a monthly museum program, *Arts in Mind* at the Yale University Art Gallery.

Angel served on the Research Committee for the American Art Therapy Association and was a journal peer reviewer for the *Journal of the American Art Therapy Association* for eight years. She currently is a journal peer reviewer for *Frontiers in Psychology*. She founded and hosts the podcast *N2Creative Aging* on Spotify, RadioPublic, Google Podcast and other platforms- highlighting the importance of creativity on brain health, aging empowerment, research efforts and lifestyle factors in health and wellness. Angel is a widely published author, and recognized speaker featured in diverse media for her work in mental health and dementia forms.



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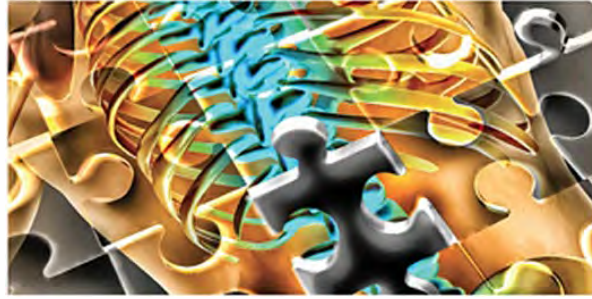
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# The Lumbar Spine Puzzle: Interventional Pain Management

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

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

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



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

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

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

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

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

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

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

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



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

By Dr. Alejandro Blanco

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

## Common Injuries After Motor Vehicle Accidents

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

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

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

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

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

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



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

## Essential Steps to Take

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

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

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

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

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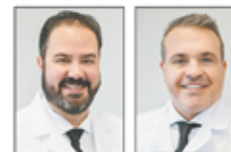
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# Menopause:

## The Right Nutrition and Diet Can Help

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

Dr. Fedelem 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. Fedelem 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. Fedelem.*

### 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. Fedelem 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 Fedelem MD, and Associates opened January 2021, and they are now welcoming new concierge patients. Located in North Naples at the Galleria.

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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

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

### Internal Medicine Partners of Naples

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



*Dr. Alejandro Blanco and Dr. Ralph Rodriguez are Accepting New Patients. Please Text or Call (239) 596-8804 to Schedule Your Appointment and Free Consultation Today.*  
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# ADVANCED TCA PEELS AT AESTHETIC TREATMENT CENTERS OF NAPLES

**D**o you feel like your skin is dull, lifeless, and you've lost your coloring and tone? Are you tired of trying to hide large pores with primers or acne scars with heavy concealer? You don't always have to undergo plastic surgery or invasive procedures to get glowing skin. There are advanced alternative aesthetic treatment options that work.

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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- Scarring
- Enlarged Pores
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*ILLUMELIFT is safe for all skin tones and types. Start your series, today!*

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](http://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](http://atcnaples.com).

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# WHAT YOU SHOULD KNOW ABOUT MEDICAL MARIJUANA

**T**here 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/](http://Knowthefactsmmj.com/patients/). Once you have the card you can reach any of the approved dispensaries to obtain the product. Dispensaries usually home deliver, have several locations and have a health educator available to advise the patient on how to use the products.

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



### SOME OF THE SIGNIFICANT CHANGES ARE:

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

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

### Dr. Ralph Rodriguez

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



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

### Dr. Alejandro Blanco

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



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

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



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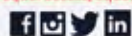
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# MAKE TIME FOR A TIME OUT

By Dr. Kelly Bush  y

“Calgon, take me away!” Most of you remember the TV commercial where the woman closes her eyes, and all the stress in her busy life fade while she soaks her worries away in a bathtub. While the commercial’s purpose is to sell soap, it’s accomplished in a relatable way. We all have busy lives, and that comes with a certain amount of stress.

Do you remember being put in “time out” or putting your kids in “time out?” As a kid that was a form of punishment, but as an adult, is it? A time out from this past year wouldn’t have been such a bad thing for many of us.

The two scenarios mentioned above may seem unrelated, but they do have a common theme. Both are a chance to pay attention to your mental health. Would you be comfortable reaching out for help? Would you know when to reach out for help? In the past several years, it has become more acceptable to ask for help. As a matter of fact, it’s encouraged as a part of taking care of your overall health and wellbeing. That includes all of us in the health professions.

One of the challenges we may face is that period of time when we need to take a step back and take care of our mental health. For many families and cultures, that is made even more difficult because of negative stigmas. Studies show that some of the more common mental health conditions are anxiety, major depression, and post-traumatic stress disorder (PTSD).

Psychology is the study of human behavior with a science-based approach. Earning a psychology degree opens the doors to just about any career path you would want to take. How many other degrees can you think of that offer you the skills you need to help others, and yourself?

There are many career paths you can take with a bachelor’s degree in applied psychology. Some of those paths range from case management and substance abuse counseling to working in hospitals and community agencies. You could be working with and helping children, adolescents, military veterans and the elderly.



Our bachelor’s degree in applied psychology includes classes that cover psychology in its many forms, including general, educational, social, cognitive, abnormal, organizational and developmental. The learning process is engaging with class discussions and engagement. Students learn about their strengths and weaknesses, which become tools to help them in their lives and careers.

As a professor, one of the rewarding parts of teaching is being a part of the personal journey each student takes, leading to that “a-ha” moment when they discover the specific career path they want to take after graduation. Along the way, students learn the skills of written and oral communication.

The ability to understand yourself and recognize the behavior of others are skills that can be applied in just about any career. Think about how understanding interpersonal and intrapersonal relationships helps in careers like EMTs, law enforcement, health and legal studies.

**An example I share with my students is this:** think of all the thought and planning that goes into a wedding, but how many people really plan for the marriage itself? By knowing and understanding who you are, you are already ahead of most people. By fully understanding yourself, you can help others.

Ultimately, it’s personal and professional empowerment.

*Dr. Kelly Bush  y, PhD, NCC, LMHC, BC-TMH, is the Associate Professor of Applied Psychology at Hodges University. Additional information about the program is found here:*

*<https://pathways.hodges.edu/courses/applied-psychology/>*



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# Combating Depression:

## 3 Innovative Ways of Managing Depression

**D**epression is a common but serious mood disorder that affects nearly 15 million people in the United States. Depression often either goes untreated or is managed with different kinds of oral medications such as, selective serotonin reuptake inhibitors (SSRIs), serotonin-norepinephrine reuptake inhibitors (SNRIs), tricyclic antidepressants (TCAs), and monoamine oxidase inhibitors (MAOIs). Most of these medications take several weeks before a therapeutic level is reached. However, a large percentage of these patients do not respond well to them. Sometimes they just don't work and other times the side effects are so unpleasant that people stop taking them altogether.

The good news is that there are three innovative ways of managing depression that are highly effective and patients can experience results in hours instead of weeks.

### TREATMENT #1

#### Ketamine Infusion Therapy

Ketamine is a safe, fast-acting anesthetic with a wonderful variety of applications to treat mental health and chronic pain. It was first synthesized in 1963 as a rapid anesthetic that supported the cardiopulmonary system and had a reduced recovery period, limiting the possibility and severity of adverse side-effects. It was so safe that it became known as a "buddy drug" during the Vietnam War since non-medical personnel could administer it on the battlefield.

In 1970, ketamine's antidepressant properties were discovered, leading to a cascade of positive studies published on its treatment of unipolar depression. Further studies have shown its efficacy for the treatment of PTSD, OCD, Bipolar Depression, Severe Anxiety, Fibromyalgia, Complex Regional Pain Syndrome, and other pain syndromes.

Approximately 70% of patients experience a significant reduction in symptoms – many during their first infusion. Now, Ketamine is widely used by psychiatrists and anesthesia providers to heal mood disorders, eliminate suicidal ideations, and alleviate chronic pain.

### TREATMENT #2

#### Spravato™ Esketamine Nasal Spray

SPRAVATO™ is the trade name for the prescription medicine Esketamine. Unlike regular Ketamine that is usually administered Intravenously (IV), SPRAVATO™ is administered intra-nasally. SPRAVATO™ was FDA approved in March of 2019 for Treatment-Resistant Depression. It is used in conjunction with an antidepressant taken by mouth and may only be administered in a certified healthcare setting. Because it is FDA approved, many health insurance carriers will cover a portion of the cost.

SPRAVATO™ targets the N-methyl-D-aspartate (NMDA) receptor and is believed to work differently than currently available oral antidepressants. Because of the risks for sedation, dissociation, and abuse and misuse, SPRAVATO™ is only available through a restricted program called the SPRAVATO™ Risk Evaluation and Mitigation Strategy (REMS) program. Therefore, SPRAVATO™ can only be administered in a healthcare setting that is certified in the SPRAVATO™ REMS Program and to patients enrolled in the program.

### TREATMENT #3

#### Transcranial Magnetic Stimulation (TMS)

TMS is a non-invasive procedure for treatment-resistant depression that delivers magnetic pulses through an electromagnet coil to the left dorsolateral prefrontal cortex, the region of the brain associated with mood control.

In the late 18th century, Luigi Galvani and Alessandro Volta first discovered that nerves carry electrical energy within the nervous system. TMS functions by electrically stimulating dormant brain cells, enabling them to function well again.

TMS was developed in 1985 as the first noninvasive treatment capable of targeting precise regions of the brain without general anesthesia or pain.

Since then, numerous studies have been performed to demonstrate that TMS is safe and effective in the treatment of major depression. TMS was approved by the FDA in 2008 and first covered by insurance in 2013.



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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.
- **Ketamine Infusion Therapy:** 70% of patients experience a significant reduction in symptoms; many during the first infusion.
- **Nasal Ketamine:** We are a Certified Spravato™ 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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# Southwest Florida House Market is on Fire!

**M**arch 2021 Market Report was record-breaking. This report is released by the Naples Area Board of REALTORS® (NABOR®), which tracks home listings and sales within Collier County (excluding Marco Island). According to the report, March's historic activity included 1,851 closed sales, \$1,582,474,997 in total sales volume, and 60,147 showing appointments. Therefore, March 2021 is the highest performing month on record over the last 13 years (the period NABOR® has tracked vital metrics reflecting the area's housing market activity). March was also the first month in several years where there were more reported price increases than decreases.

Median closed prices in March increased 12.2 percent to \$415,000 (the highest median price increase month/month on record since 2008) from \$370,000 in March 2020. In March 2021, there were just 1,819 homes in inventory (the lowest it has been since 2014), which was a 73.2 percent decrease from 6,795 homes in inventory in March 2020.

Pending sales (homes under contract) activity in March also broke records, as seen in the 152.7 percent spike to 2,469 pending listings from 977 pending listings in March 2020. However, broker analysts were quick to remind each other that a high number of sales during the second half of the month last year were lost as we were in a pandemic lockdown. Despite last March's COVID-19-related market anomaly, this March's pending sales still eclipsed pending sales activity reported in March over the previous eight years.

### What does this all mean?

It means that the housing supply is low and demand is very high, which erodes our inventory. Also, because of shortages, new construction is slowing down. Builders cannot meet the current demand, so many of them stopped selling until they are confident of the availability of products and delivery times. Hence, the reason the re-sale market is huge now.

It truly is like going into battle when you are representing a Buyer in this current market.

### Buyers have to have their arsenal of weapons like:

- A solid pre-approval letter or proof of funds,
- Make a competitive offer or in some cases, just a flat out full-price offer,
- Shorten inspection and mortgage contingencies,
- Be willing to make up the difference between appraised value and selling price if getting mortgage and
- Be prepared to put down a larger amount of money in escrow.

I have seen it all this year, including multiple offers within two hours of the listing going live in MLS, Sellers being in the driver seat, and demanding all contingencies be waived (which I frown upon). Still, if the Buyer wants the house, the Sellers' demands need to be met. If they are not, the Seller moves on to the next Buyer who is willing to succumb to their demands.

I recently had remote Buyers and found a small condo off of Park Shore Dr., West of 41.

He and his wife flew in to see it and realized that it would not accommodate their family of five. It was an "AS IS" contract, and so they terminated the contract. As soon as they released it, the listing REALTOR® was thrilled because she put it on the market for \$25,000 more. And you know what, she may get it!

### Rentals

For 2022, rentals are going like hotcakes, and most people are signing up for three months, January through the end of March. I highly advise if you are thinking about renting next year during the season, you should try to book as soon as possible. You can go to [www.BuyNaples.net](http://www.BuyNaples.net) to view our rentals and other rentals online.

By the way, if you own a furnished property in Naples, you might consider renting it for the season or even out of season. It appears that the demand for rentals has significantly gone up along with its pricing.

Right now, the good news is that it is perfect time to sell your home. Hence, if you are thinking about downsizing and going into an independent living facility or moving in with family, opportunity is knocking and knocking loud!

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# Understanding the TRUTH About Your Diabetes Treatment

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

## This Information Might Surprise You

**D**iabetes is a growing issue in our country. If it's left untreated or mistreated, it can contribute to life-threatening and serious morbidities such as heart disease, stroke, and loss of vision.

High blood glucose contributes to what's known as metabolic syndrome. Metabolic syndrome is a condition in which the high insulin and leptin levels are resistant causing high blood pressure, high cholesterol, high triglycerides, and visceral fat to become significant risk factors for heart disease and coronary disorders. When the vessels are circulating high-glucose blood, atherosclerosis occurs at a greater intensity. Atherosclerosis is a build-up of plaque and causes hardening of the arteries.

For years, we've been told that diabetes is genetic, when in fact, environmental and lifestyle choices primarily cause the disease. After diagnosing Type II diabetes, most primary care physicians put their patients on medications. These medications work to lower blood sugar levels; however, after a short period, they stop working, and the dose will continuously need to be increased. Drugs have a lot of unwanted side effects, and just because you're medicating a symptom, doesn't mean it's curing your disease. In fact, with diabetes medications, they only treat the "symptom" of high blood glucose and insulin resistance, but they do not get to the root cause of "why" you have diabetes. Finding out the reason your body is insulin resistant is critical. Diabetes can be reversed!

### Medications

Diabetic 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.

### Dietary Changes Are Critical

Cleaning up your diet is one of the best ways to lower your A1C and to improve your insulin resistance issues. A healthy diet can improve a great deal of dysfunction that has been increasing in the body for years. Not one specific diet is suitable for all people; a diet that is customized to your needs, and genetics is essential to healing your insulin sensitivity.

The most important aspect is to avoid all sugars. This is especially important in the beginning stages as your body is overloaded with insulin and glucose. Sugar causes a great deal of inflammation in the body. Eliminating refined sugars and long-chain sugars like grains, pasta, and white potatoes can quickly improve diabetic conditions. Although healthy, for the initial stages, it is important to limit or eliminate fruit intake, as that is a natural source of sugar. But again, not one diet is going to work for every person.

*Denise Pancyrz 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.

# It's Not Just For The Ladies!

By Anne Marie Tremaine, MD

**T**he male aesthetic market continues to grow and expand year over year. Male patients are undergoing cosmetic procedures with the goal of a natural, but rejuvenated, face and skin. Motivation for such procedures is a mixture of social and work-related pressures to look young and fit.

Each year, prestigious medical societies poll physicians to determine the number and type of treatments provided to patients. Statistics from the American Society of Plastic Surgeons reported that male patients most commonly received the following non-invasive cosmetics procedures:

## #1 Injectable neurotoxins: Botox® and Dysport®

- Treats wrinkles of movement on the face and neck.
- Used to smooth forehead furrows, frown lines, crow's feet, dimpling of the chin, lift the corners of the mouth, and correct a gummy smile.

## #2 Injectable fillers: Juvederm® and Restylane®

- Used to replace areas of volume loss and fill fine lines.
- Commonly used to smooth the nasolabial folds and marionette lines.

## #3 Chemical peels/ Facials

- Our medical aesthetician, Doris Butchin, can customize a treatment that reinvigorates the skin and is also a relaxing getaway.

## #4 Laser treatments for brown spots, sun damage, wrinkles, broken blood vessels, and laser hair removal



- We have multiple laser treatments at Skin Wellness Physicians depending on what you are looking to treat, and how much down time you can afford.
- Our most popular laser treatment for men is the Pulsed Dye Laser which treats redness and broken blood vessels on the face. This laser has little down time (some redness and swelling) and is repeated 2-4 times at four-week intervals.
- The Broad Based Light treatment (BBL) is another favorite. It is beneficial in that it treats both redness and brown spots and has little downtime. This is also a series of several treatments.
- Halo™ is an ablative laser treatment that packs a little more punch. It does have more downtime than the previous two, but it is very effective for improving skin texture and tone, and removing brown spots and fine lines.
- Fractionated Co2 is the gold standard for wrinkles. Men may choose to treat their entire face or spot treat. For example, those trying to put off a surgical procedure to tighten the skin around the eye, will often turn to this laser first.

## #5 Platelet-rich plasma (PRP) therapy is a rapidly growing treatment for hair loss, specifically male pattern hair loss.

- Hair loss often needs a multifaceted approach with topicals, oral supplements, oral prescription medications and PRP.
- PRP is injection of a patient's own platelets back into the body. A small amount of blood is taken and spun down to extract the concentrated plasma. This concentrate is then injected into the scalp to stimulate new hair growth.

I've covered a lot of options and I know it can be overwhelming to know what might be right for you. That's why it is always best to come in for a cosmetic consultation where a one-on-one evaluation will allow us to create a treatment plan specifically tailored for you!

### 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](http://www.skinwellnessflorida.com)



COACHING



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# Arthritic Conditions Need Movement and Stimulation for Improvement

By Dr. Alexander Ream, Doctor of Physical Therapy

One of the most common complaints we, as physical therapists (PTs), hear from patients are issues with arthritis. Arthritis, by definition, is inflammation of a joint. This can occur in any joint of our body regardless of size or location and can span from very minor to extremely limiting. Although many types of arthritis occur within the body, osteoarthritis (OA) is the most common form of arthritis seen by PTs.

OA refers to damage that occurs in the joints over time. This is the traditional “wear and tear” damage that people refer to as they age. Over time, the tissues within a joint, whether cartilage, ligaments, etc., break down and become eliminated as a support structure for the joint. The common “bone on bone” expression comes from the occurring. In the knee, for example, the meniscus acts as a shock absorber for the joint. When this wears away, the distance between the bones of the joint narrows, causing more friction/inflammation to occur, ultimately leading to breakdown of the joint. In other words, a normal joint has two bones moving evenly on one another. As one or both bones deteriorate, the areas that move upon one another become jagged rather than smooth. This change in the bone is what causes the “wear and tear” described above.

Although this is quite common in patients, care for the condition may vary depending on the site of the OA. Because of the variety of potential locations of OA (i.e., upper extremity vs. lower extremity), care can be provided differently. A basic principle that is always applicable when dealing with OA is to remember “motion is lotion.” This refers to the stiffness and pain that can be associated with OA. Moving the joint regularly and consistently diminishes these sensations and allows for improved mobility. This can be what contributes to the “morning stiffness” associated with OA due to the lack of mobility while sleeping. The best treatment for OA is to physically move your joints.

Stretching, strengthening, and mobility all play a key role in management of pain and symptoms related to arthritis. As stated above, simply moving is the best way to alleviate these issues. While it will not cure the condition, it may allow more tolerance to desired activities.



The following is a brief introduction to a few common OA conditions and the basic mobility exercises that can be performed daily to manage symptoms.

- **Cervical (neck) mobility** - Start in an upright posture with the shoulders relaxed. Move the head in a “yes” manner, looking up to the ceiling then down to the floor. Then, move the head in a “no” manner, turning the head to the right then to the left. Finally, tilt the head to one side, bringing the ear towards the shoulder on the same side. Then move to the other side. All of these motions should be done without changing the sitting or standing positioning which you start in. This can be repeated 10-20 times and should be done in a slow and controlled manner.
- **Shoulder mobility** - Start in an upright posture with the shoulders relaxed. With the arms straight and in a neutral position (thumb up toward the ceiling), raise the arms straight in front of you as high as tolerable, then slowly return to the starting position. Then, perform the same motion to the side. This can be repeated 10-20 times and should be done in a slow and controlled manner.
- **Lumbar (low back) mobility** - Start in a seated position on a supported surface. While maintaining core stability, lean the trunk forwards to a comfortable position. Then, return to the start position. This can be repeated 10-20 times and should be done in a slow and controlled manner. This can also be performed by moving backward, leaning to one side, and rotating the trunk to one side. It is important only to perform motion in one direction at a time. You do not want to move through the full range of motion together.

- **Knee mobility** - Start by lying on your back on a stable surface. One at a time, place your foot flat on the surface and slowly slide the heel towards the buttocks until a stretch is felt. This can be held for 5-10 seconds, then slide the foot back to the starting position. Then, repeat on the other leg. Another way to complete it is to sit in a supported chair with the feet flat on the ground. Once at a time, slowly slide the heel back towards the chair until a stretch is felt.

This can be held for 5-10 seconds, then slide the foot back to the starting position. Then, repeat on the other leg. This can be repeated 10-20 times in each position and should be done in a slow and controlled manner.

The bulleted list above is a brief introduction to joint mobility that may benefit those diagnosed with osteoarthritis. While this is certainly not an all-encompassing list, there are many other exercises that could have been included that would also be beneficial for patients with the OA diagnosis. If these mobility exercises do not change the condition or worsen any issues, stop immediately. I want to welcome anybody dealing with arthritic issues to seek medical intervention for treatment and recommend considering physical therapy as PTs are considered the “movement experts” in the health-care field. Upon evaluation of the condition, a licensed PT will be able to recommend a plan of care designed specifically to meet your needs and goals to help return you to the level of independence you desire.

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# Men's Health Month: How to Keep Your Man Happy & Healthy For The Future

By Dr. Viviana Cuberos

If you are experiencing problems with ED and sexual performance, you might find it reassuring to learn that 3 out of 5 men experience sexual disorders in the US. Although it's common, it's, of course, NOT ideal. You may think your options are limited; however, that's not true. You don't have to take synthetic drugs that have severe side effects, and you don't have to suffer alone—hiding your issue behind closed doors.

There are viable alternatives that work. One of those treatment options is known as the P-Shot, which is a PRP (Platelet rich plasma treatment).

## PRP

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

The P-Shot also helps men with Peyronie's disease by stimulating circulation and lessening the scar tissue associated with the disorder. No longer do



men have to rely on the tiny blue pill that causes so many adverse side effects. Now, there is a safe, natural alternative to help so many men with ED and Peyronie's disease.

## GAINSWave

GAINSWave helps men to feel like themselves again and to enjoy their lives. GAINSWave utilizes high frequency, low-intensity soundwaves to improve blood flow to the penis, remove micro-plaque, and stimulates the growth of new blood vessels. GAINSWave uses a specific protocol designed to optimize efficacy, safety, and results. Over 80% of Erectile Dysfunction (ED) issues are caused by reduced blood flow. GAINSWave has developed a protocol to treat ED and Peyronie's disease (scar tissue) as well as enhance sexual performance.

## Amino Acids

Amino acids are critical for muscle strength, energy, tissue growth and regeneration. Essential amino acids are not self-produced in the body, so getting them from food or supplementation is ideal. This is especially true as age. Amino acids start to deteriorate from the body progressively with aging. As with many supplements and food, our bodies have a difficult time absorbing the nutrients. IV Therapy is an innovative way to create high bioavailability to transport nutrients into the bloodstream and throughout the body.

Amino acid IV therapy is comprised of multiple amino acids to optimize your bodies needs and produce optimal results. To name a few, L-Arginine is a powerful amino acid that improves circulation; L-Citrulline is known to increase energy and performance, and L-Glutamine works in much the same way to produce endurance.

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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](mailto: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 extended the Special Enrollment Period this year due to COVID-19 to August 15, 2021.** There are some carriers that have joined the Market Place this year that DO NOT have all the local hospitals in network, so be careful when making choices.

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

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

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# Compounded Hormone Replacement Therapy

**U**pon 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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## We're all Looking for Ways Age Well: Why That Must Also Include Eye Health

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

**R**ecently, the American Academy of Ophthalmology presented an article entitled, "Fighting the Signs of Aging? Don't Forget the Eyes," by Reena Mukamal. I wanted to share it due to its critical points on many eye symptoms that individuals often ignore. Ignoring these symptoms can intensify treatable disorders and exacerbate disease. It can even lead to low vision or vision loss.

### Common eye concerns for adults 40 and older

It's a fact of life for adults. Just like wrinkles, slowing metabolism and graying hair, your eyes are eventually affected by age. It's important to understand how your eyes change with age and what you can do to keep them in the best health possible.

Here is a summary of common eye conditions and diseases experienced at different stages of adulthood. Some of these changes are normal, age-related developments. Others may be signs of a vision-threatening disease or condition. But all of these are reasons why the American Academy of Ophthalmology recommends that everyone start seeing an ophthalmologist at age 40 to ensure early diagnosis and treatment that may save your sight.

### Presbyopia

Beginning in the late 30s and early 40s, the lens in your eye loses flexibility, making it difficult to read up close. This condition is called presbyopia (which literally means "aging eye") and is commonly treated with over-the-counter reading glasses, though other treatments are also available.

### Dry eye

Dry eye develops with age and is a common problem for women during pregnancy and menopause. These hormonal changes cause changes in the eye's tear production. Certain medications can also cause dry eye. If you have dry eye, you may be prone to an eyelid irritation called blepharitis, a common cause of irritation or swelling of the eyelids. In addition to seeing an ophthalmologist, there are many simple things you can do at home to keep your eyes moist.

### Diabetic retinopathy

People in their 50s, 60s and 70s with diabetes are most at risk for this disease. Diabetic retinopathy occurs when the small blood vessels inside the retina

swell, leak fluid or close off completely due to elevated blood sugar levels. But you can take steps to prevent diabetic retinopathy with tight control of blood sugar and blood pressure levels. It is also critical to see your ophthalmologist regularly for diabetic retinopathy screening exams.

### Cataracts

Cataracts are very common in older people. As you age, proteins in your lens begin to clump together. These clumps, known as cataracts, make the lens less transparent and cause blurry, cloudy or dim vision and increased glare. Many people with the condition describe it as similar to looking out of a dirty windshield. Cataracts can interfere with daily activities like driving at night and distinguishing colors. Treatment can include glasses for early stages of cataracts and surgery to remove them.

### Glaucoma

Glaucoma damages the optic nerve, which transmits visual information to the brain. This damage often leads to loss of side vision. Left untreated, this can lead to complete blindness. Glaucoma is most common in people age 55 and older. One of the problems with glaucoma, especially open-angle glaucoma, is that there are typically no symptoms in the early stages. Many people who have the disease do not know they have it. This is why it is important, especially as you get older, to have regular medical eye exams.

### Floaters and Flashes

As people grow older, the fluid that fills the inside their eye starts to shrink, forming clumps or strands. These can appear as "floaters" (small specks or lines moving in your field of vision). This fluid can also pull away from the back wall of the eye, causing you to see "flashes" (flashing lights or lightning streaks in your vision). This is normally harmless, but in some cases, it can lead to retinal detachment and cause blindness. If you experience new floaters and flashes, it's important to see your ophthalmologist as soon as possible, especially if you are over age 45, are nearsighted or have had eye injuries in the past.

Source: <https://www.aao.org/eye-health/news/fighting-signs-of-aging-don-t-forget-eyes>

### Age-related macular degeneration (AMD)

AMD affects the central vision, limiting a person's ability to read and recognize faces. This can be caused by a thinning of the macula (the light-sensitive part of the retina) or by a growth of abnormal blood vessels under the retina. AMD can lead to blindness if not treated and it is the leading cause of blindness in Americans over 65. But early and regular visits to the ophthalmologists can reduce vision loss and, in many cases, recover vision.

### So what's the best defense for aging eyes?

You can keep your eyes in the best shape possible by being proactive. Don't wait to develop symptoms before seeing an ophthalmologist. The Academy recommends that all healthy adults, even those without symptoms, have a comprehensive eye exam by age 40, as this is when age-related changes begin to happen to our eyes.

### After the baseline exam, adults should have comprehensive exams:

- Every two to four years until age 54
- Every one to three years until age 65
- By age 65, every one to two years, or as recommended by your ophthalmologist.

Some adults may need more frequent eye exams if they have a disease or condition that may impact their eyes, such as diabetes.

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.



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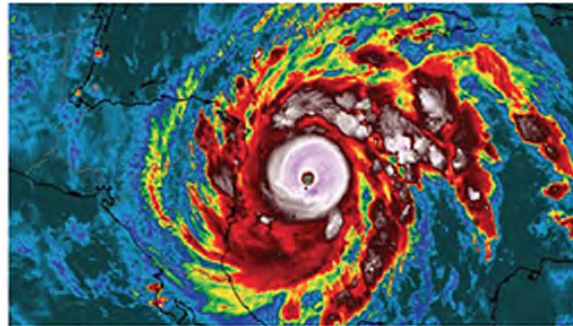
# Make Plans for Your Pets Before Hurricane Season Hits

**A**s we make plans to prepare for tropical storms and hurricanes, it's imperative to have a plan set in place not only for us and our families safety, but also for our pets. After all, they are family too! Officially, hurricane season starts June 1st and ends November 30th; however, the experts are already predicting an early and very active hurricane season.

Waiting until a storm hits to make arrangements is not a valid option because you will ultimately be overwhelmed with home preparations, getting gas in your car, finding a hotel or shelter, and the list goes on and on. Being proactive now is best. Start by making a list of what your pet will need on a daily and weekly basis, and then pack a bag for them now, and store it away in case you need to grab it and go in a hurry. Pack the bag with enough supplies to last at least 2-weeks.

## Hurricane Preparedness Pet Check List

1. List of shelters and hotels that accept pets
2. Animal first aid kit
3. Face mask for you and your human family for shelters and hotels
4. Several gallons of water
5. Two weeks supply of pet food
6. Extra medication (flea and heartworm prevention, prescription medications)
7. ID tags



8. Leash/lead/harness
9. Disposable litter box or training pads
10. Cat litter
11. Eating & drinking bowls
12. Travel bag or crate
13. Recent pictures of your pet (in case they get lost)
14. Disposable clean-up bags
15. Chew toys & treats
16. Blankets
17. Medical Records in a waterproof bag or on your device or USB
18. Antianxiety/calming medications or treats
19. Make certain your pet's vaccinations are up to date and that you have proof to show the shelter

Never abandon or leave your pet behind. Designate a caregiver or two that you can rely on if you are out of town during a storm, or you cannot take your pet with you for some reason.

Pets get nervous too, and they can sense their human parent's anxiety. Just as anxiety is unhealthy for people, pets can suffer physical impairments, aggression, depression, heart attacks, and strokes from apprehension.

During this upcoming storm season, calming supplements can ease your pet's anxiety. If a storm is approaching, giving your pet the recommended dosage of these all-natural anti-anxiety medications can help your pet feel more at ease during a storm.

Oasis Animal Hospital also offers stronger anti-anxiety medications by prescription, depending on the severity of your pet's disorder. It's important to speak to your veterinarian about these medications before hurricane season gets into full swing.

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# What Are Those NOISES in My Head??

By Hoglund Family Hearing and Audiology Services

**D**o you hear unusual noise in your head? You are NOT alone! Between 25 and 50 million Americans are plagued with a condition that is imperceptible to other people. They look normal, but they are suffering. In some cases, their agony drives them to consider suicide. Tinnitus is frequently described as ringing in the ears. The sounds are described in many ways: hissing, chirping like crickets, electronic whines, static, rushing water, buzzing, whooshing, or humming. Loudness varies, but it can get so intrusive it is hard to think, hear or sleep. Imagine trying to function with a radio stuck between stations at top volume. You can't turn it down and you can't turn it off. No one else can hear what the victim hears, but the sounds are not imaginary. Some people report it as a mild "nuisance", but for many people it can be a debilitating condition. It is now speculated that Vincent Van Gogh, was suffering with severe Tinnitus when he went mad and severed off his own ear! Stress fuels Tinnitus, and the stress of the Pandemic, has been especially hard on Tinnitus Sufferers!

**Texas Roadhouse CEO's suicide: Family says Tinnitus contributed to death!**

Many people have heard the recent story about Texas Roadhouse CEO Kent Taylor's suicide. Taylor's family said in a statement to the Associated Press that the business executive "took his own life" after "a battle with post-Covid related symptoms, including severe tinnitus." Kent battled and fought hard like the former track champion that he was, but the suffering that greatly intensified in recent days became unbearable," the statement said. Though tinnitus seems to be a rare symptom of COVID-19, some people have reported dealing with it, or with hearing loss, after their illness.



For decades doctors told sufferers there was nothing that could be done to quell the internal noise. Patients were often told to learn to live with it. Some were given drugs like Valium or Xanax to ease the stress brought on by constant ringing, hissing, or buzzing. Such solutions are unsatisfactory for millions of Patients. Living with constant intrusive noise can ruin the quality of life. The American Tinnitus Association (ATA.org) has always offered education and HOPE to

## COMMON DIFFICULTIES ASSOCIATED WITH TINNITUS

Tinnitus is often accompanied by a series of frustrating issues:

- Sleeping problems
- Annoyance, irritation,
- Difficulty relaxing
- Despair and frustration
- Problems focusing on speech
- Concentration difficulties

people with Tinnitus. Hoglund Family Hearing and Audiology Center is a proud supporter of ATA. Recently, members of this amazing organization have published letters to Tinnitus Sufferers.

*"Meaningful Support is Available and Can Change Lives", writes Dr. Jill Meltzer, AuD.* My message is don't give up hope. I have met so many people who have gone from extreme lows brought on by tinnitus to living with tinnitus without feeling particularly burdened by it. Things can and do get better with help!" Dr. Torryn Brazell add this message," The ATA Will Never Tell You to Just Get Used to Tinnitus! When the ATA says we're here to help you that means we will share credible information on treatments and tools for tinnitus management and point you in the right direction for utilizing healthcare resources in your local community. Help is more readily available today than ever before!"

For more information about this amazing organization please email to [tinnitus@ata.org](mailto:tinnitus@ata.org) or call 800-634-8978.

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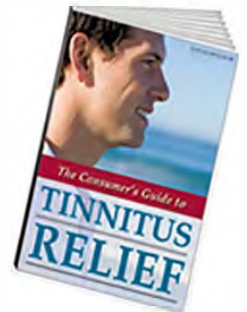
John Hoglund BC-HIS, ACA and his wife Patricia have worked with Tinnitus Patients throughout Southwest Florida for many years. "My wife Patricia and I have been in the field for over thirty five years" John states,



John and Patricia Hoglund  
LHAS, BC-HIS, ACA

"and we have been focused on helping Tinnitus Sufferers since 2011 when we opened Southwest Florida Tinnitus and Hearing Center, the first Tinnitus Center in the area. We have been blessed to work with some of the finest Audiologists in the field. We were voted Southwest Florida's Best Audiologists, Best Tinnitus Center, and Best Hearing and Testing Center!" I feel far too many people have been told that NOTHING can be done to help Tinnitus Sufferers", John laments, "This takes away HOPE, and we feel strongly that this only deepens the psychological trauma!" "We never wanted expense to be a barrier to knowledge, so there is **NO COST OR OBLIGATION for our Hearing evaluations and Tinnitus Assessments!**

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# Do You Have A Thyroid Disorder?

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

**D**uring 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.

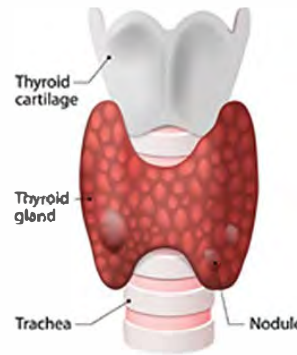
### Hyperthyroidism Symptoms:

- 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.



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# A Functional Medicine Approach to Cognitive Decline

In my opinion, there is nothing more disconcerting than realizing you or a loved one is experiencing cognitive decline. It starts innocently enough, occasionally forgetting where you put your keys. However, year after year, you notice that you are becoming more and more forgetful. Simple calculations that you could easily perform become more difficult. Routine tasks that you used to do on autopilot, now need to be planned out, step-by-step. Friends and loved ones may be telling you that you are repeating yourself. Dates, names and places become more difficult to recall.

Almost everyone knows someone who has struggled with this issue. I do not need to tell you that watching your loved one slowly forget you is one of the most difficult things that any family can endure. Many feel helpless and hopeless as the decline worsens. Alzheimer's, dementia and generalized cognitive decline are becoming more and more widespread and are striking at younger and younger ages. The medical community does not have much to offer except for pharmaceuticals that may or may not slow the decline, and generally do not reverse this process. So what other options are there?

Functional medicine has a very interesting approach to testing for and treating cognitive decline. The earlier intervention occurs, the easier it is to correct imbalances before they become permanent. For the majority of people, the first insult to the brain comes when they go through a prolonged period of chronic stress. This looks different for every person, but basically, when you are in the non-stop fight-or-flight mode for weeks, months or even years, the brain becomes negatively impacted. Stress hormones flood the brain. The brain chemicals become imbalanced and forgetfulness, brain fog, anxiety and/or depression start to be an issue.

At the same time the brain is becoming impacted, the digestive system also becomes impacted from chronic stress. The protective lining of the gut starts to erode leaving you open to bacterial, viral, fungal or parasitic infections. Most of you have heard of the gut/brain connection. An infection in the digestive tract can have major negative consequences on the brain, including brain inflammation. If the stress and gut infection are allowed to continue, the symptoms of cognitive decline start to progress.



In the functional medicine approach to cognitive decline, we do some testing to determine exactly how the body is functioning and where the breakdown is occurring. The first test is a salivary adrenal test that you perform at home over the course of one day. This test looks at how your body is handling stress. We can tell if you have a normal stress response, or if you had prolonged stress that has led to adrenal fatigue or exhaustion.

The second test looks at your gut health. You send a stool sample into the lab and we get a wonderfully detailed report telling us if you have any chronic infections that are potentially leading to brain inflammation. This is a PCR test that looks at the DNA of 4 pages of "critters". This test helps us to find the source of hidden inflammation that can lead to a multitude of concerning brain symptoms. The third test is an at home urine test that measures organic acid levels. This is one of my favorite tests because it looks at the levels of the four things that eventually will kill us; inflammation, catabolic physiology, insulin resistance and oxidative stress. For the purpose of this article, we will focus on the gut, brain and liver sections of this test. There are markers that look at how the gut is affecting the brain. We also get to see the neurotransmitter levels of epinephrine, norepinephrine, dopamine and serotonin. Other markers show us the extent of inflammation in the brain and the amount of oxidative damage that could be affecting the brain cells.

We will also be able to see how the liver is functioning. Many of us have high pesticide and heavy metal levels which very quickly can kill brain cells. Once this information is compiled we have a clear picture where the major insult to the brain is coming from.

The treatment plan is based on these test results and is customized to every person. I am very happy to tell you, that treatment consists of vitamins and minerals. Our goal is to get in, correct how the body is functioning, and then get out. We do not use toxic drugs that you need to be on for the rest of your life or that may damage your liver or kidneys or cause unwanted side effects.

It is so gratifying to see the look of surprise and happiness when someone comes in after a few months of treatment and says their memory and mood has improved. The brain fog has lifted. That they can perform tasks without having to think about every single step. I know it is hard to believe that stress and digestive tract infections can have such a huge impact on our brain, but it is true.

What could be more important than your brain? I know you don't want to become a burden to your family or forget them and the wonderful life you have had together. There is no time to wait. As with anything, the longer you wait, the harder it becomes to reverse damage that may have had time to become permanent.

If you want to figure out WHY you are experiencing cognitive decline, I encourage you to make a functional medicine appointment today. If you want to treat using essential nutrients instead of chemicals, I encourage you to make an appointment today.



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Let's figure out exactly where your body is breaking down and correct it. Once the body is functioning properly, unwanted symptoms slowly disappear and cognitive function improves.



# 5 Tips for Minimizing Toy Chaos in Your Home

by **maidpro**

**R**emember those days (before kids) when it was safe to walk barefoot across a room without risk of stepping on a Lego? When your visual field wasn't constantly being assaulted by assorted plastics in bright primary colors? When a tidy room might actually stay tidy for something longer than 3 minutes?

Right, us neither. If you have kids in the zero to preteen range (and that includes fur babies!), then toy chaos is a fact of life. You need to accept it, but don't have to succumb entirely. Here are 5 tips for minimizing toy chaos in your home.

Dedicate excess storage capacity for toys. Let's say, for example, you have 3 bins designated for daily toy storage. If those bins are stuffed full at the end of the day, you can pretty much count on them being dumped loudly and thoroughly at the start of the next day's play. Double bin capacity and fill each one only halfway, making it much easier for kids to rummage through and find what they are looking for. Sorting and labeling bins by major toy types, by kid toy ownership, and so forth further minimizes the likelihood of dumping.

Schedule playdates wisely. Some kids are just natural born scatterers. Like, you are quite sure they stand in the middle of a room, flinging things around when you're not looking. Figure out who **THOSE** kids are and keep a closer-than-usual watch when they come over to play. Also, be honest.



If your kid is the scatterer, make sure they do at least their fair share of post-play tidying. If you are consistent with this, both dumping and scattering behaviors should abate over time.

Move toys in and out of heavy rotation. Keep a secret, well-out-of-reach space available for stowing away some portion of your kids' toys. Every so often, when your kids are either out or asleep for the night, remove and stow a few items from daily bins. If you notice your child looking for something, you can surreptitiously return it to daily rotation. Or you can magically find stowed items on bad-weather days, when kids' boredom levels are peaking. If a few weeks or months go by and a stowed item is never mentioned, you can be sure it's safe to move along. That goes for brand new stuff as well. So, for example, let's say you host a birthday party for your child's entire class of 25 kids. Few children will remember all 25 gifts they opened (especially if they unwrap the gifts during their exciting party). Pay close attention to how they react when opening each gift. When they're not looking, grab and stow the ones that receive the least-excited reactions. Add sticky notes to remind you who gave what and you can get away with re-gifting at other birthday parties or holidays.

Recruit kids for big toy cleanouts at least twice a year. Time these cleanouts for just prior to birthdays or big gift-giving holidays, so you can rationalize as "making space for all the new stuff you are going to get." Other good strategies for convincing kids to part with their beloved old toys include appealing to their sense of:

Growing up and maturing – "Let's give some of these old baby toys to your new cousin!"

Kindness and social justice – "Let's donate some of these toys to kids who are less fortunate than you."

Community – "Let's help raise money for your school by donating some of these toys to the spring fair."

Money and saving – "Let's see if we can sell some of these toys on Facebook marketplace; you can use the earnings to start your own savings account at the bank."

Special occasion – "Let's make this fun; when we're done, we can enjoy [fill in something fun or typically disallowed]."

As always, before donating toys, ensure they are safe, intact, in good repair, and as clean as you would want them to be for your own child.

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# WHAT IS THE MIND DIET?

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

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

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

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

## HISTORY OF THE MIND DIET

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

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

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

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

## FOODS TO EMPHASIZE

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

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

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

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

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

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

## FOODS TO AVOID

Some foods to avoid include:

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

**Butter and margarine:** less than a tablespoon daily.

**Cheese:** less than one serving per week.

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

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

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

**AT LEAST THREE SERVINGS OF WHOLE GRAINS EACH DAY**

**AT LEAST ONE DARK GREEN SALAD AND ONE OTHER VEGETABLE EACH DAY**

**BEANS OR LEGUMES AT LEAST EVERY OTHER DAY**

**POULTRY AT LEAST TWICE A WEEK**

**FISH AT LEAST ONCE A WEEK** *If you don't drink alcohol, purple grape juice provides many of the same benefits.*

**A FIVE-OUNCE GLASS OF RED WINE EACH DAY**

**NO MORE THAN ONE TABLESPOON A DAY OF BUTTER OR MARGARINE; CHOOSE OLIVE OIL INSTEAD**

**CHEESE, FRIED FOOD AND FAST FOOD NO MORE THAN ONCE A WEEK**

**PASTRIES AND SWEETS LESS THAN FIVE TIMES A WEEK**

**BERRIES AT LEAST TWICE A WEEK**

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

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

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

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

Phone: 239-776-1758

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## When You Are At Your Wits End

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

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

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

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

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

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

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

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

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

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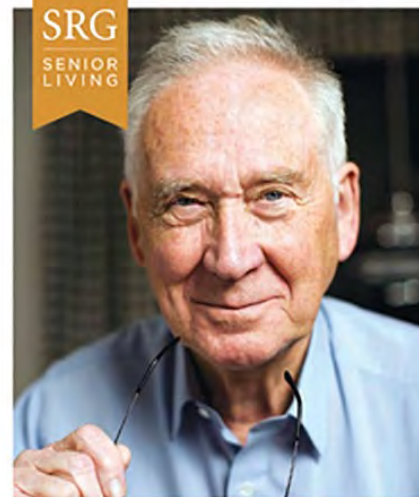
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