

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

Health & Wellness[®] MAGAZINE

July 2021

Collier Edition - Monthly

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FREE  

**THE IMPORTANCE
OF ANNUAL
MEDICARE
CHECK-UPS**

**TOO HOT FOR
SUMMER FUN**

**HOW TO PREVENT
SUMMER INJURIES**

**FORGETFUL
LATELY?**

**HOW YOU CAN FEED
A HEALTHY MIND**

**OBSESSIVE
COMPULSIVE
DISORDER**

**PARTICIPANTS
NEEDED**

**HAPPY FEET,
HAPPY LIFE**

**HOW FOOT PROCEDURES
CAN HELP**

EXERCISE

**REGARDLESS OF PAST ACTIVITY
TIED TO LONGEVITY**



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Using conservative, alternative methods to treat the underlying condition is always the first step for Florida Pain Center of Naples.

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

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

Arterial or Venous Circulatory Problems?

Naples Cardiac & Endovascular Center



Peripheral Artery Disease | Venous Insufficiency | Endovascular Center

Symptoms that may indicate PAD:

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

PAD pain may feel like:

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

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- * *Leg pain at rest.*
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CONTENTS

JULY 2021

- 6 Kidney Cancer: Are You at Risk?
- 7 The Importance of Annual Medicare Check-Ups
- 8 What Your Eye Doctor Wants You To Know About The 4th of July Injuries
- 9 Technology, Precision Bring Hope to Cancer Patients
- 10 Summer Travel: What You Need to Know
- 11 How to Choose the Right Specialist for Your Heart or Vascular Conditions
- 12 Reviving the Art of Medicine
- 13 The Florida Pain Center Treats Their Patients With Whole-Body Care
- 14 Peripheral Neuropathy: Alternative Treatment Options
- 15 Stop Overlooking Signs of Incontinence
- 16 Near the End of Life, a Bedside Salute Means So Much to Veterans
- 17 Too Hot for Summer Fun: How to Prevent Summer Injuries
- 18 Do You Really Need to do Self-Breast Exams?
- 19 OCD: Participants Needed
- 20 Alzheimer's Disease Affects More Women Than Men: What You Need to Know
- 22 Alzheimer's Disease, Is There Any Hope?

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1. A 2018 study that compared the Catalys with another leading laser concluded that the Catalys demonstrated superior outcomes in terms of the patient experience, completeness of capsulotomy and ease of cortex removal. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6087026/>
2. In addition to the 2018 study noted above, a 2016 study showed that when compared to another leading laser, the other laser showed significantly higher cumulative dissipated energy and phacoemulsification power needed in comparison to the Catalys group. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5077266/>

23 Happy Feet - Happy Life:
How Foot Procedures Can Help

24 Forgetful Lately?
How You Can Feed a Healthy Mind

25 After Childbirth Many Women
Have a Weakened Pelvic Floor
& Urinary Incontinence

26 Protecting Your Professional
Practice in a Divorce

27 Exercise - Regardless of Past
Activity - Tied to Longevity

28 Tax-Savvy Ways to Give Back

32 4th of July Safety Tips from
Well-Being Medical Center

34 Caring for a Disabled Spouse
Can Increase Mortality Risk 63%

36 Advanced TCA Peels

37 What You Need to Know
About Vitamin C and
Alzheimer's Disease

38 What is the Difference
Between EMSculpt and
EMSculpt Neo?

40 What You Should Know
About Medical Marijuana

42 What is CJC Ipamorelin
Peptides Treatment?

43 Combating Depression
3 Innovative Ways of Managing
Depression

44 Concerned About Cognitive
Health... Please Check Your Hearing!

45 Misir Pharmacy Compounding
Skincare Customized Specifically
For You

46 Are You Overweight?
Have You Been Diagnosed as Obese?

47 Don't Sweat It

48 What a Physical Therapist
Wants you to Know About
Deconditioning After COVID-19

49 The Power of Numbers

50 SWFL Real Estate Market
Increase in Listings and Demand!

51 Does Your Pet Freak Out
With Fireworks?

52 Flashes of Light

53 Respiratory Health Issues?
How Salt Might Be the Answer
You Need

54 Eating Heart Healthy Meals
Just Got a Whole Lot Easier

55 Do You Have A Thyroid
Disorder?

56 Health Insurance What
You Need to Know!

57 Summer Cleaning

58 Are You a Wizard?
Summer is Your Time to Shine!

59 Spiritual Wellness:
Failure is a Part of Growth

OCD Clinical Trial

DO YOU SUFFER FROM OCD?

We're studying an investigational drug to potentially help treat the symptoms of OCD.



Adults with OCD who are not satisfied with their current medication may be eligible to participate in a study with an investigational medication that would be added to their current medication.



What is OCD?

Obsessive-Compulsive Disorder is a mental health disorder that affects 1 in 100 people and occurs when a person gets caught in a cycle of obsessions and compulsions



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Why Participate?

Clinical trials represent the latest research about your condition and may offer new treatment options. People participate in clinical trials for a variety of reasons:

- Participants might want to try something new.
- Participants might be interested in receiving investigational medication, and study-related care.
- Some participants feel that by volunteering they are contributing to advancing science by helping researchers find better treatments for individuals who suffer from OCD.

See If You Qualify

You are between the ages of 18 and 65.
You think you may have symptoms of OCD or you have been diagnosed with OCD.
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KIDNEY CANCER: Are You at Risk?

By Neetu Malhotra, MD

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

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

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

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

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

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

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

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

Treatment

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

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

Associates in Nephrology

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

Chronic Kidney Disease Program

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

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

Source:

1. https://www.nfcr.org/cancer-types/kidney-cancer/?gclid=CjwKCAiAyc2BBhAaEiwA44-wW9qTM7gXblKsBU1ldxNN-rM70KwmG3i43bZni6h175MIIQCzwNsKORoCE5QQAvD_BwE

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

Services Provided

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

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

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

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THE IMPORTANCE OF ANNUAL MEDICARE CHECK-UPS

Many people can't remember the last time they had a doctor's visit. They may say they never get sick or they just don't have any risk factors. However, sometimes the problem is not always visible on the outside or perhaps has only just begun, but could be avoided all together if prevented. Annual Wellness visits with your primary care provider are made to create or update a personalized prevention plan. This plan may help prevent illness based on your current health and risk factors. It is not a head-to-toe physical.

An annual wellness visit for a Medicare patient consists of taking the vital signs, reviewing their medications, confirming their current physicians and subspecialists. Although there is no direct physical examination Physicians Regional Medical Group's providers do go over questionnaires regarding their memory recall and a neurologic questionnaire. This includes depression screening, reviewing current medical issues and clarifying any questions they may have regarding treatment plans. Lastly, the physicians review the current preventative medicine topics. For example, ensuring patients have had a yearly eye exam, a current mammogram, and a colon cancer screening done per guidelines.



One of Physicians Regional Medical Group's Internal Medicine physicians, Dr. Anthony Scola, M.D., suggests that an annual wellness visit is a good chance for both the patient and provider to review and assess health risks and as a result come up with a prevention plan to keep you healthy and moving forward.

"In order to develop a prevention plan that is personalized for you, your provider needs to determine where your personal health risks are," Dr. Scola explains, "The Health Risk Assessment is a questionnaire, and one of the main tools your provider will use to do this."



Your primary care physician can help keep you on track with your annual checkups that can help ensure that chronic diseases resulting from uncontrolled hypertension, hyperlipidemia, and diabetes can be prevented. Exams are typically recommended 12 months of the patient obtaining Medicare. They are yearly exams in addition to routine follow-up and management of the patient's chronic medical problems.



Physicians Regional Medical Group's Internal Medicine physician, Dr. Jozsef Piri, M.D., recommends that anyone above the age of 50 should be receiving annual physical exams. Below the age of 50 annual exams can be done on a 2-3 year basis depending on the patient's chronic medical conditions.

Dr. Piri also ensures that recommended routine screenings are current. This has a major impact on reducing breast cancer, cervical cancer, prostate cancer and colon cancer.

"I always ensure that when the patient has a new diagnosis that they have a clear understanding of the potential causes, treatment and what they can do to mitigate worsening symptoms. I confirm they are on a correct treatment plan," Dr. Piri states, "and I encourage them to follow-up with the subspecialist if recommended."

Anyone is a candidate for annual wellness visits and Medicare encourages patients to have an annual checkup each year. It doesn't matter how sick, or how healthy you are: An ounce of prevention is worth a pound of cure!

Dr. Piri and Dr. Scola are located at our NEW Founders Square location - 8831 Founders Square Drive, Naples, FL 34120. Dr. Scola is also located at Physicians Regional - Regional Medical Arts Building, 8340 Collier Blvd., Naples, FL 34114. To schedule an appointment with Dr. Piri or Dr. Scola call (239)-348-4221 or visit PhysiciansRegionalMedicalGroup.com.

 **PHYSICIANS REGIONAL
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What Your Eye Doctor Wants You To Know About The 4th of July Injuries:

This is Important

The fourth of July brings emotions of joy and reasons to celebrate our freedoms and time with friends and family, which are admirable and well needed in this time of our lives, but it goes without saying that fireworks are dangerous. A critical fact that not many people know is that more bystanders are injured by fireworks than those operating the explosives.

More than 65 percent of injuries due to fireworks are assumed by the innocent bystander. Children and young adults are frequent victims. Children age 15 and under accounted for 36% of the total injuries, according to the commission's report. And half of the injuries requiring an emergency room visit were to people age 20 or younger.¹ Even sparklers can be dangerous, as they burn at more than 2,000 degrees Fahrenheit. Sparklers were responsible for 1,200 of the injuries in the latest report, and a sparkler mishap caused one of the fireworks deaths reported in 2017.¹

The most recent Consumer Product Safety Commission report found that 15% of fireworks injuries were eye injuries. In the most severe cases, fireworks can rupture the globe of the eye, cause chemical and thermal burns, corneal abrasions and retinal detachment — all of which can cause permanent eye damage and vision loss.¹

According to the American Academy of Ophthalmology, follow these safety tips from the Consumer Product Safety Commission:

- Do not allow young children to play with fireworks. Sparklers, a firework often considered by many to be the ideal "safe" device for the young, burn at very high temperatures and should be handled by young children. Children may not understand the danger involved with fireworks and may not act appropriately while using the devices or in case of emergency.
- Older children should be permitted to use fireworks only under close adult supervision.

Reference:

1. American Academy of Ophthalmology, Eye Smart, Fireworks and Eye Safety, <https://www.aao.org/eye-health/tips-prevention/injuries-fireworks-eye-safety>



- Do not allow any running or horseplay.
- Set off fireworks outdoors in a clear area, away from houses, dry leaves, or grass and other flammable materials.
- Keep a bucket of water nearby for emergencies and for pouring on fireworks that fail to ignite or explode.
- Do not try to relight or handle malfunctioning or "dud" fireworks. Soak them with water and throw them away.
- Be sure other people are out of range before lighting fireworks.
- Never light fireworks in a container, especially a glass or metal container.
- Keep unused fireworks away from firing areas.
- Store fireworks in a cool, dry place.
- Check instructions for special storage directions.
- Observe local laws.

- Never have any portion of your body directly over a firework while lighting.
- Do not experiment with homemade fireworks

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

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



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About Quigley Eye Specialists

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



Technology, Precision Bring Hope to Cancer Patients

By Dr. Arie Dosoretz

Technology is in a continuous state of improvement.

As soon as a new cell phone hits the market, for example, consumers will line up to get their hands on the industry's newest, shiniest device. And who can blame them? Consumers want the best.

The same principle holds true in cancer care. Manufacturers are continuously researching and experimenting to develop new equipment that is more effective, more powerful and more precise than their predecessors. So who can blame patients for choosing doctors whose practices features the latest, most innovative technology?

Since its inception, Advocate Radiation Oncology has prioritized technology to ensure patients have access to the most sophisticated, advanced technology on the market. As a result, local physicians continue referring patients to Advocate, knowing they will receive personalized care and treatments using top-of-the-line equipment.

In radiation oncology, precision is critically important. Precision can destroy tumors without damaging surrounding tissue. The newest technology can focus beams in increments of less than a millimeter, a level of precision that helps reduce treatment times and lessens the side effects of radiation. That's why patients, and radiation oncologists, want the latest, greatest cancer-fighting equipment.

Advocate treats patients diagnosed with all types of cancers, including breast, prostate, lung, brain, neck and others. The practice has made substantial capital investments in equipment, including these three state-of-the-art Varian machines:

- **Halcyon:** Using image-guided radiotherapy, the Halcyon's intelligent automation provides for faster treatment times. Its quiet, smooth motions and soft, ambient lighting keep patients relaxed and comfortable during their treatments.

- **TrueBeam:** The Intensity-Modulated Radiation Therapy, or IMRT, linear accelerator targets and destroys tumor cells in the body using external-beam radiation.



- **Identify:** A comprehensive administrative technology system, Identify uses patient biometrics at every stage of the treatment process to ensure safe and accurate care. Identify is integrated across all machinery and devices within the practice, streamlining communication between the radiation therapists, machines and patients.

Offering the most innovative and powerful technology on the market is a difference-maker for patients, but only half of the equation. The other half is expertise from Advocate's experienced, compassionate physicians who partner with patients on every step of their cancer treatment journey. With a patient-first approach, physicians create an individualized treatment plan unique to each patient. The ultimate goal is to quickly and efficiently deliver radiation treatments that allow patients to continue living their lives with minimal disruption.

A cancer diagnosis will always initiate very serious discussions, but the prognosis isn't nearly as worrisome as it was even a decade ago. Technology has changed the conversation. In fact, doctors once discussed cancer's death rate; they now reference its survival rate. If diagnosed and treated early, a majority of cancers are survivable.

About the Author

Dr. Arie Dosoretz is a board-certified radiation oncologist and founding partner at Advocate Radiation Oncology, a locally owned and operated practice with offices in Fort Myers, Cape Coral, Port Charlotte, Bonita Springs and Tamarac. For more information, please visit AdvocateRO.com.

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SUMMER TRAVEL WHAT YOU NEED TO KNOW

By Dr. Alejandro Blanco

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

Time Matters

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

Injuries

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

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

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

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

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



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

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

Essential Steps to Take

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

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

Even if you don't have symptoms, getting a thorough diagnosis via physical examination, diagnostic testing and imaging, medical treatment and follow up are all critical to your 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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HOW TO CHOOSE THE RIGHT SPECIALIST FOR YOUR HEART OR VASCULAR CONDITIONS

Choosing a specialist is very difficult; many times, you don't know which kind of specialists you need for your health problem, and if you do know, it can still be challenging to know which physician to choose.

For instance, you have "circulation" problems because your legs are tired and cramping, skin is hardening and getting dark spots, you have a non-healing ulcer in your feet or ankle, and you have been having leg or ankle swelling.

By having these symptoms, you immediately think you should see a vascular specialist but which one? Do you see a cardiologist or a vascular surgeon?

The best way to go about this is to ask your primary care provider. They will perform an evaluation, and once your doctor has done a thorough examination, they will guide you to whom you should see.

Making sure your specialist is board certified and qualified is critical.

Different vascular specialists care for similar conditions. For example, for individuals with vascular or circulation problems of the legs, cardiovascular specialists, vascular surgeons, and interventional radiologists are all capable of treating vascular-related problems of the leg. All three specialists are highly trained individuals skilled in treating complex vascular conditions, although there are some differences among them.

Many specialists only offer invasive or surgical treatment and would refer you to other specialists for conservative or non-interventional therapy, requiring that you see another specialist.

Finding a comprehensive physician and practice is beneficial in numerous ways for patients.

The Naples Cardiac and Endovascular Center, also known as NCEC, was founded by Dr. Julian J Javier, a board certified cardiac and endovascular expert. The center is dedicated to conditions of the heart and arterio-venous disease and was created with the purpose of providing a "patient-centered care" approach for patients with heart and vascular problems in one location.

Vascular-related problems go hand to hand with heart disease and share the same risk factors: age, hypertension, high cholesterol, genes, smoking, diabetes, obesity, all risk factors that lead to cardiac and vascular problems of venous and arterial origin.



Not all conditions require invasive procedures.

The NCEC specialists offer preventive and conservative care, diagnostic testing, and the most highly sophisticated interventions at the comfort of their center. Understanding that not all heart and vascular conditions need to be treated invasively or surgically, the center offers its knowledge of conservative and preventive therapies as well.

Dr. Javier's expertise is in heart and venous disorders; he is well known and considered an expert in venous disease, including DVT, varicosities, venous ulcer, venous insufficiency. He is a well-published author and invited speaker to some of the most prestigious endovascular meetings in the US and abroad. Dr. Javier is one of the earliest cardiologists adopting the "wrist approach," which is doing heart catheterization via the wrist, starting this approach in 1996, and presenting his experience in the SCAI annual meeting in 2003 in Boston, MA. The radial approach, also called the wrist procedure, has become the recommended approach by the cardiology societies in the US for heart catheterization in the last five years.

Dr. Leandro Perez is a board-certified cardiac and endovascular specialist with extensive expertise in arterial disease and also an expert in the "wrist procedure" for heart catheterization and limb angiograms. His primary focus is limb amputation prevention and limb ischemia and leads NCEC in these efforts educating the community and health care providers in Southwest Florida on these conditions. He uses a non-surgical treatment of arterial

disease to preserve the arteries of the leg, similar to the techniques he uses to treat the arteries of the heart. He is dedicated to combatting the epidemic of limb amputation using his skills and experience in helping these patients at risk for losing a toe, feet, or limbs due to poor circulation.

Dr. Jesus Mendiola is a recently added member to NCEC, well known to Southwest Florida practicing in the area for over ten years; he is a multiple board certified cardiologist with expertise in imaging, 3-dimensional echocardiogram, transesophageal echo, cardiac CT /MRI, and cardiac critical care.

Dr. Art Labovitz is another dear member of NCEC, a board-certified cardiologist with vast experience, well known nationally for his diagnostic expertise in echocardiogram and valve disease, extensively published, and former chairman of the cardiovascular department of St Louis University and the University of South Florida. He is also a leader in cardiac research and currently a principal investigator in cardiac clinical trial research for newer therapies for heart disease.

Why Choose NCEC?

NCEC offers in the comfort of their office cardiac and vascular diagnostic tests, preventive care, chronic care, and non-surgical intervention to treat vascular and heart conditions. The center has a team of nurse practitioners that includes Zulay Zayas, Laura Severyn, and Warly Gonzales that complete a team of nurses and technicians highly specialized to care for cardiac and vascular patients.

When choosing a physician, it's essential to research their expertise. If you have vascular issues, you must see a cardiovascular specialists that has the skills, history, outcomes, and innovative abilities that will provide you with optimal results.

At NCEC, they put their patients first, take their time to discuss options, and explain procedures in full detail.

For more information call 239-300-0586 or visit www.heartvein.com.

Naples Cardiac and Endovascular Center
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Reviving the Art of Medicine

By Svetlana Kogan, M.D.

One of the most valued qualities in a doctor is an ability to listen to a patient's story. Most of the answers to the riddle of an illness are hidden therein. The art of listening was taught to us, physicians, in medical schools, but real life has turned tables on our expectation of what it would be like to work in the field of medicine. After 20 years of doctoring, I can say with confidence that never did I have as much opportunity to truly listen to my patients as when I do now in my Concierge practice. Firstly, I do not have to see thousands of patients as I used to do at the beginning of my career. I have a much smaller patient panel and it allows me to fully invest myself into each and every one of them, and to listen to what they want to tell me without having to rush.

Secondly, a concierge model of practice also allows for getting to know the patient's life stories, families, interests, pets, and all those other things that make up who you are as a person and affect how you feel both physically and emotionally. I make sure that my patients have my cell phone and email, and if they have any questions - like on this Saturday morning when I am writing this article - the answer is right at their fingertips. If they need to see me, I accommodate right away. The patient will not have to deal with a physician assistant or a nurse - they will have direct access to me, as it is my education and experience that they trusted their health to - not the middle man.

When my snowbird patients go back to their primary homes in the spring or summer, we stay in touch via teleconferencing, and I can prescribe anywhere in the United States, if necessary. In addition, when my concierge patients are hospitalized in any of the four major hospitals in Naples, I will come and see them in the hospital every day. Doctor-patient relationship is sacred and continuity of care is very important. We want our doctors to be attentive, caring, and dedicated to making us healthier and stronger. This kind of devotion develops over time and it means a great deal to both a doctor and a patient.

Everyone benefits from being a concierge patient, but especially the elderly and the chronically ill people. Let's look at why. Growing older makes us



vulnerable to more side effects from drug interactions and complications from procedures and hospitalizations. Concierge doctor takes time to meticulously review all the medications and supplements every time the patient comes to the office. Less is more and so I try to wean people off the unnecessary medications we may have "inherited" from their former primary care doctor.

The majority of health concerns can be solved with a customized "prescription" for proper nutrition, sleep, exercise, and lifestyle modifications. The same is true for the chronically ill patients. These are typically divided into those who have chronic autoimmune diseases and those who have been living with a pain syndrome and have been addicted to pain medications. The former category is patients with thyroid disease, lupus, arthritis, chronic fatigue disorder, and fibromyalgia, to name a few. Many of these patients have been prescribed protocol medications by the hurried over-worked doctors who never took the time to look into the root cause of why the body's immune system is attacking itself.

I have successfully weaned many of such patients from their debilitating prescription medications by taking the time to address the mind-body imbalance that typically provokes auto-immune illness.

We used to think that genetics was everything and if you were predisposed to a disease - you would get it sooner or later. Now we know that this is a totally false dogma. Recent studies in epigenetics prove that genetic predisposition accounts for a tiny percentage towards the risk of developing a disease. The crux of the risk lies in the way we

handle stress, our daily lifestyle and environment, and the way we eat. Being a Concierge physician allows me to scrupulously analyze all of the above and suggest a natural solution for bringing all of the parts of the equation to balance. This does not happen overnight. I assign "homework" to my patients and they become empowered and in charge of their healing.

The second group of patients chronically dependent on the doctors consists of the folks that have pain syndromes. These people are addicted to pain medications and anti-anxiety pills, commonly benzodiazepines and sometimes sleeping pills. In the non-concierge setting, these patients can only hope for getting their prescription and continue the vicious cycle of dependency. Those who choose to break free from this dependency, will stand a much better chance if they become patients in a concierge practice. Here, as they go through weaning protocols with their pain management doctors, the Concierge physician will put together a plan for the mind-body rehabilitation which is key in this challenging time.

In my practice, I like to use energy therapy, meditation and hypnotherapy, together with proper nutrition and exercise - to help such patients cross the river of change and break free from their medicated past which held them captive.

Nowadays, when the mainstream medical model has failed to address prevention and holistic approaches to healing, Concierge medical practice provides a unique positive and nurturing environment where every patient feels special, cared for, and empowered to heal from within.



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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**Phone: (239) 676-6883
www.customlongevity.com**

The Florida Pain Center Treats Their Patients With Whole-Body Care

If you suffer from chronic pain from an injury, illness, trauma, or disease, the unbearable discomfort can disrupt your entire life. Over 116 million people suffer from various types of chronic pain disorders. Chronic pain can lead to depression, addictions, anxiety, stress, isolation, and even suicide. Finding relief from pain is critical to having the quality of life you deserve.

The Florida Pain Institute treats the whole person comprehensively. We don't just try and mask your pain; we get to the root cause of it and find ways to treat the source of your pain effectively. The body works synergistically, so even though a patient may have hip pain, it can stem from the spine or even the way they walk. Pain also affects a patient's mood, and it is essential to get treatment for any psychological effects that a person may be experiencing. We work directly with other providers to offer our patients full thorough, whole-body care.

Pain Conditions We Treat:

- Discogenic Pain
- Reflex Sympathetic Dystrophy
- Neuropathic Pain
- Post Laminectomy Syndrome
- Sacroiliac Joint Pain
- Myofascial Pain
- Spinal Stenosis
- Postherpetic Neuralgia
- Neuroma Pain
- Causalgia
- Radicular Pain
- Facet Pain
- Cancer Pain
- Physiological Aspects of Pain

Pain Management Treatments

Along with traditional pain management, we provide alternative measures to get our patients out of pain. Depending on the diagnosis, we offer IntraDiscal ElectroThermal Therapy (IDET), Radiofrequency Neuro-Ablation, Discography, Indwelling



Drug Delivery Systems, Botox Injections, Epidural Steroid Injections, Facet, and Sacroiliac Blocks, and Spinal Cord Stimulation are available for the treatment of chronic pain. These procedures have significantly greater success utilizing the approach of The Florida Pain Center.

The Florida Pain Center

Personalized patient care is what sets The Florida Pain Center apart. When you visit our Naples campus, you can expect to receive professional care. Expert physician specialists and caring clinical staff provide you with an exceptional health care experience. We are a referral-only clinic. Florida Pain Center utilizes modern equipment and state of the art facilities to assist in your pain management and treatment.

We are a group of pain management physicians offering full-time interventional pain management. We believe that chronic pain is a uniquely human condition that requires us to respond with the utmost compassion and perseverance. Our treatments include non-surgical and surgical methods, as well as more non-traditional techniques, from exercise protocols to the insertion of spinal cord stimulators and spinal infusion catheters for pain and spasticity. When difficult pain problems are referred to us, we know that the physicians and

patients see us as a last resort. We accept that responsibility and will work as the patient's partner to improve his or her condition.

The Goal of the physicians and staff of The Florida Pain Center is to improve the quality of life by helping patients restore function and manage chronic pain. This is accomplished by addressing medical, physical, and psychological aspects of pain. The staff of pain management physicians have specialty training to address the complexity of chronic pain conditions. With the advanced training and knowledge of the latest research in treatment and technology of chronic pain, our team works together to tailor a personal program to help you significantly increase your quality of life.



Florida Pain Center

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PERIPHERAL NEUROPATHY: ALTERNATIVE TREATMENT OPTIONS

By Richard Hiler, DABCN



In the United States alone, neuropathy affects nearly 20 million people, and the mainstream medical community doesn't offer much advice on viable treatment options. The Latin word neuropathy means nerve disorder—this nerve damage happens because the small blood vessels, which supply blood and nutrients to the nerves, becomes impaired. When the nerves are no longer fed nutrients, they either die, or their signals to the brain become restricted and ineffective.

Neuropathy is commonly associated with diabetes, as its customary for nerve damage to have occurred in individuals with high glucose storage. Still, neuropathy can also be attributed to chemotherapy, injuries, autoimmune diseases, compressed spinal vertebrae, cholesterol medication side effects, a buildup of toxins, and vascular disease.

Symptoms of Neuropathy

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

Neuropathy Causes and Treatment

One of the main causes of neuropathy is diabetes. In this case, high blood sugar damages various organs within the body and has a severe adverse effect on nerves. This nerve damage happens when the blood supply is limited. The lack of brain signaling from the nerve endings makes it difficult for a person to feel pain in their feet, legs, and arms in some cases that are affected, so often injuries and these disorders are overlooked. This syndrome is called peripheral diabetic neuropathy.

Because of this nerve damage, there is a risk of developing ulcers on the feet, ankles, and legs. A wound may not sound overly alarming to most people, but peripheral neuropathy ulcers can be

life-threatening. When they are small, they often go undetected due to the lack of feeling. If a patient delays treatment, non-healing ulcers can lead to amputation, strokes, heart attacks, and severe infections that can spread systemically throughout the entire body.

Proactive, Groundbreaking Peripheral Neuropathy Treatment

At **Feel Amazing Institute** we offer cutting edge technology to reduce and alleviate neuropathic pain. We use Low Level Laser Light, Pulsed Electrical Frequencies, Ozone, Sound Waves, Regenerative Medicine (Growth Factors, and PRP), Peptides, and Nutritional Supplementation.

We treat stubborn neuropathy's resulting from diabetes, chemotherapy, spinal stenosis, and unknown causes. The treatment offers dramatic results that are long lasting.

This therapy helps restore blood flow, improve circulation, and reduce fluid buildup (edema) in the neuropathy-affected areas. As a result, the body's ability to regenerate is accelerated. The therapy also provides relief from nerve pain.

Treatment Benefits

- Improved blood circulation
- Accelerated wound healing process
- Restores blood flow
- Decreases fluid buildup
- Accelerates your body's ability to heal nerve damage
- Alleviates nerve pain
- Non-Invasive No Downtime

Feel Amazing Institute

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

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

We have comprehensive programs if you sustained injuries in a Auto Accident or at Work, or if you have Peripheral Neuropathy, Balance Disorders, Scoliosis, or need VAX-D Spinal Decompression Treatments. To learn more about the many health benefits of chiropractic regenerative medicine, please explore our website to learn more about us and call our office to schedule a consultation.

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

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

One of the best things about visiting our office is that we have three highly skilled chiropractors, two nurse practitioners, and a medical doctor on staff. Dr. Hiler is a chiropractic neurologist. Dr. Hiler specializes in peripheral nerve conditions, vertigo, and balance disorders, as well as focusing on orthopedic conditions.

If you are in need of a highly experienced chiropractor, or regenerative medicine 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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Stop Overlooking Signs of Incontinence

By Rolando Rivera, MD, FACS

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Advanced treatment modalities for refractory patients to conservative therapy and anticholinergics are available in the urologic armamentarium. Urological evaluation of these patients will most likely include a cystoscopy, urine cultures and urine cytology to rule out bladder pathology and bladder malignancies. As well, a detailed, computerized assessment study of bladder function called urodynamics may help the clinician in establishing the best treatment option.

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

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

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

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

Please Contact Advanced Urology Institute Today.



Jonathan Jay, M.D.



Rolando Rivera, M.D.



David Wilkinson, M.D.

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Near the End of Life, a Bedside Salute Means So Much to Veterans

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



As the family of patient José Pacheco gathered at his home for a veteran's recognition ceremony, the elderly veteran began talking about his service during World War II.

Some of Mr. Pacheco's family members had never heard his stories, including a grandson who had asked to be excused from school that day to be at his grandfather's side.

"Everybody knows how few and far between our WWII veterans are," VITAS nurse Nancy explains. "It's almost like you're witnessing something indescribable. You know each veteran's time will be short, yet here we are in the presence of an American hero. It makes everyone really emotional."

Driven by duty

VITAS Healthcare, the nation's leading provider of end-of-life care, honors veterans every day. Driven by a sense of duty and empowered by veteran-specific care, we help America's treasured servicemembers navigate their final days, weeks, and months in comfort and dignity.

With over 40 years of experience providing hospice and palliative care to the nation's veterans, VITAS has the expertise to guide dying servicemembers toward closure and peace of mind.

Bedside salutes, Veterans Day ceremonies, and individualized care plans that honor veterans' unique experiences and needs near the end of life are core components of VITAS hospice care.

VITAS also supports the families of veterans by helping them secure benefits from the Department of Veterans Affairs, arranging military funerals and burials, and recording the details of their loved ones' lives in touching Life Biographies.

Well-deserved honors

To recognize Mr. Pacheco and his family, Nancy presented the veteran with a certificate of appreciation, a pin, and a red-white-and-blue volunteer-crocheted afghan. She read lines from one of her favorite poems, "It Is the Soldier."

"It is the soldier, not the minister, who has given us freedom of religion..."

It is the soldier, not the reporter, who has given us freedom of the press...

It is the soldier, not the lawyer, who has given us the right to a fair trial...

It is the soldier, not the politician, who has given us the right to vote..."

Then she saluted her patient, gave him permission to stand down, and thanked him for his service.

"His family kept saying that no one ever honored him the way we did," Nancy says, "and that always makes me feel good."



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

VITAS.com [f](#) [in](#) [@](#) [t](#)

TOO HOT FOR SUMMER FUN: HOW TO PREVENT SUMMER INJURIES

Summer is the time of year when days are best spent outside and being active. Regardless of the warmth all year around, Florida summer seems to bring the inner athlete out in all of us. The goal of a perfect beach body drives us to more outdoor physical activities such as jogging, biking, and playing team sports like tennis or pickle ball. Unfortunately, with increased activity and an increase in the heat comes an increased risk of injury and accidents!

It is important as we age to keep in mind the impact our muscles take in our daily activities. Physicians Regional Medical Group's, Foot and Ankle Orthopedic Surgeon, Dr. Christina Kabbash, M.D., warns that summer injuries are more common than we realize especially as we age.

"Around age 50, muscle fibers begin to lose their functionality," Dr. Kabbash states, "Muscle loss doesn't usually impact daily life until around age 70. While we can't stop muscle loss, we can delay the age of onset and slow the rate. This is why it is so important to move and exercise daily."

Some of the best sports older adults can practice that are easy on muscles and joints are swimming/water aerobics, stationary biking and outdoor cycling, walking, and yoga. Staying hydrated and applying sunscreen are crucial when playing summer sports. Too often dehydration causes water loss and electrolyte imbalance, leading to injury and with the strong Florida sun, sunburns happen fast! It is important to constantly reapply sunscreen because most gets removed with a sweat towel or just drip off with the sweat on your skin resulting in sunburns or even sun poisoning.

One of the most common injuries Dr. Kabbash sees in the office are broken wrists and ankles from balance issues. This could be caused from aging of the nervous system, medications, or even something easily fixed like dehydration. Remember not all injuries come from sports! Something as simple as slipping on wet garage floors from the summer rain can lead to a broken arm.



"I recommend all active older adults wear wide-soled cushion stability shoes with arch supports that cradle the heel," Dr. Kabbash recommends, "but, if you must wear flip flops, then well fitted ones that grip to the foot and do not slide around when wet or sweaty are the best ones!"

Dr. Kabbash also recommends an adequate warm up before playing any type of bouncing or impact sport to get the blood flowing and warm up the muscles and tendons. Incorporating daily stretching routines or yoga into your day can also be beneficial for the longevity of your muscles.

Preventing injuries is key, but if an injury does occur, Rest Ice Compress and Elevate (RICE) for the first 72 hours. Medications like Advil, Aleve, ibuprofen can be helpful for treating and controlling inflammation if it is okay for you to take them without interfering with any other medications. If the swelling is not resolved within 24 hours, or you cannot use the injured hand, arm, leg, etc., then you should seek help from a medical professional.



Dr. Kabbash is located at Physicians Regional – Pine Ridge Medical Office Building at 6376 Pine Ridge Rd., Naples, FL 34119. To schedule an appointment, please call **239-348-4221** or visit **PhysiciansRegionalMedicalGroup.com**.

 **PHYSICIANS REGIONAL
MEDICAL GROUP**



Do You Really Need to do Self-Breast Exams?

By Krystal Smith, D.O.

Self-breast exams are a useful tool to help diagnosis breast cancer early. It is imperative to use self-exam tools at home coupled with traditional medical imaging and other diagnostic recommendations by your physician. If you feel a new lump, don't panic, just make an appointment with your doctor as soon as you can. Very often lumps are benign, caused by hormonal changes, but they should never be left unexamined by a medical professional. Early detection saves lives.

Self Examination Details

Step 1: Begin by looking at your breasts in the mirror with your shoulders straight and your arms on your hips.

Here's what you should look for:

- Breasts that are their usual size, shape, and color
- Breasts that are evenly shaped without visible distortion or swelling

If you see any of the following changes, bring them to your doctor's attention:

- Dimpling, puckering, or bulging of the skin
- A nipple that has changed position or an inverted nipple (pushed inward instead of sticking out)
- Redness, soreness, rash, or swelling

Step 2: Raise your arms and look for the same changes.

Step 3: While you're at the mirror, look for any signs of fluid coming out of one or both nipples (this could be a watery, milky, or yellow fluid or blood).

Step 4: Next, feel your breasts while lying down, using your right hand to feel your left breast and then your left hand to feel your right breast. Use a firm, smooth touch with the first few finger pads of your hand, keeping the fingers flat and together. Use a circular motion, about the size of a quarter.

Cover the entire breast from top to bottom, side to side — from your collarbone to the top of your abdomen, and from your armpit to your cleavage. Follow a pattern to be sure that you cover the whole breast. You can begin at the nipple, moving in larger and larger circles until you reach the outer edge of the breast. You can also move your fingers

up and down vertically, in rows, as if you were mowing a lawn. This up-and-down approach seems to work best for most women. Be sure to feel all the tissue from the front to the back of your breasts: for the skin and tissue just beneath, use light pressure; use medium pressure for tissue in the middle of your breasts; use firm pressure for the deep tissue in the back. When you've reached the deep tissue, you should be able to feel down to your ribcage.

Step 5: Finally, feel your breasts while you are standing or sitting. Many women find that the easiest way to feel their breasts is when their skin is wet and slippery, so they like to do this step in the shower. Cover your entire breast, using the same hand movements described in step 4.

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

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)

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

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.

Source: breastcancer.org


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OF NAPLES

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3555 Kraft Rd., Suite 350, Naples, FL 34105

OCD: PARTICIPANTS NEEDED

ARHI | Clinical Trial | Biohaven Pharmaceuticals

During the past year and a half due to the pandemic, people have become much more obsessed with hygiene. Many have joked about having OCD due to how many times they wash their hands each day, but for a person with OCD, it is no laughing matter. The distress that comes with the anxiety, urges and abnormal compulsions plague the majority of their day.

Obsessive-Compulsive Disorder is a mental health disorder that affects 1 in 100 people and occurs when a person gets caught in a cycle of obsessions and compulsions.

- O**- Obsession
- C**-Compulsions
- D**-Distress

There are different types of OCD

- Checking
- Contamination
- Mental Contamination
- Hoarding
- Ruminations
- Intrusive Thoughts

An example of the symptoms of OCD are checking to make sure the stove is off over and over again and worrying that when you leave the house, you have forgotten. Along with checking throughout the day, it's not uncommon for those suffering with "checking" disorders to have to come back home to check on an issue multiple times, or to get out of bed to check.

OCD can be triggered by stress, abuse, trauma, depression or crisis.

If you are between the ages of 18 and 65, there is a new clinical trial for those that think they may have or have been diagnosed with OCD.

At ARHI (Advanced Research for Health Improvement), they are studying an investigational drug to potentially help treat the symptoms of OCD. Adults with OCD who are not satisfied with their current medication may be eligible to participate in a study with an investigational medication that would be added to their current medication.



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.

At Advanced Research for Health Improvement, 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.

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



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Alzheimer's Disease Affects More Women Than Men: What You Should Know

By Lorna J. Fedelem, MD

By now, most of us have heard the horrifying statistics that nearly 6 million Americans have Alzheimer's disease or other forms of dementia, and that number is expected to triple by 2050. However, many people don't realize that out of that staggering number, most of the individuals are women. To make it resonate even further, about 3.6 million are women.

The reasons for this ratio are not concrete, but many researchers attribute it to lifestyle factors such as stress and hormonal imbalance. It is becoming better known that genetics may play a role in the disease, as well as toxins, chemical exposure, and lifestyle choices (diet and sedentary lifestyle), but there are things you can do to stave off the progression and onset of the condition.

Alzheimer's Disease is not curable with medications. Some drugs are thought to deter the progression of the disease, but now, research is showing that it might not be an optimal treatment long term as the plaque that forms may be more of a protective measure. Taking matters into your own hands and living a healthy lifestyle are essential tools, and the earlier you start, the better.

Interventional Research

A few years ago, a cognitive study incorporated an interventional methodology to take a multi-domain approach to dementia prevention. The trial called the FINGER Study was conducted over a two-year period in Finland by a team of healthcare providers.

With over 1200 participants, the randomized tests were done on a control group and a multi-domain intervention group. The control group was given regular health advice on a weekly basis, while the intervention group was given tactical exercise, diets, and performance studies three to four times per week.

The multi-domain intervention group's protocol consisted of:

- Dietary guidance
- Physical activity
- Cognitive training and socialization
- Intensive monitoring and management of metabolic and vascular risk factors

The study concluded that it is possible to prevent cognitive decline through physical exercise, diet, cognitive training and socialization, and lower metabolic risk factors.

Diet

All diets should be customized to each person's needs, but it's apparent that diets high in sugar and processed carbohydrates are contributing to neurodegenerative disease states by increasing inflammation in the brain and body. Eating a diet rich in healthy fats, fish, vegetables, and berries is optimal. Limiting alcohol consumption is also very important for brain health. It is well documented that alcohol shrinks the brain.

Balancing Hormones

It's well known that a decrease in estrogen, as women age and go through menopause, increases the odds of developing Alzheimer's or Dementia. Having your hormones regularly checked is essential, as is implementing other forms of bioidentical hormone replacement therapy. These may include oral therapies and topicals to regulate progesterone, estrogen, and testosterone. Women that have undergone chemotherapy for breast cancer must keep their hormone levels balanced and regularly checked for fluctuations.

Reduce Stress

Stress causes inflammation in the brain. Finding ways to reduce stress are critical. Taking walks, practicing meditation and prayer, taking time for yourself for a massage or even a warm bath are great ways to relieve anxiety. If you have an ongoing issue with depression or stress, it's important to seek medical advice and care.

Exercise

Moving our bodies, increasing cardiovascular uptake and oxygen levels are vital for our overall health, but researchers now know that regular cardiac output exercise increases the blood flow to the brain and helps to protect our recall, problem-solving, and memory. Getting at least 30 minutes a day of cardiovascular exercise is recommended.

Brain Training

Brain training can be a valuable asset in preserving and increasing neuroplasticity. There are many ways to do this, but it's best to train your brain with things that are not only challenging but new. This can be as easy as brushing your teeth with your opposite hand or unlocking your door with your eyes closed. Brain training should also be stimulating, like learning a new language, learning to play music, or playing strategic cognitive training games online.

Socialize

Socialization is critical for healthy aging. If you can't visit with loved ones or friends in person, try staying connected through zoom calls, FaceTime, or even talking on the phone. If you can join a group or find time to get together, that is always the optimal choice.

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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.

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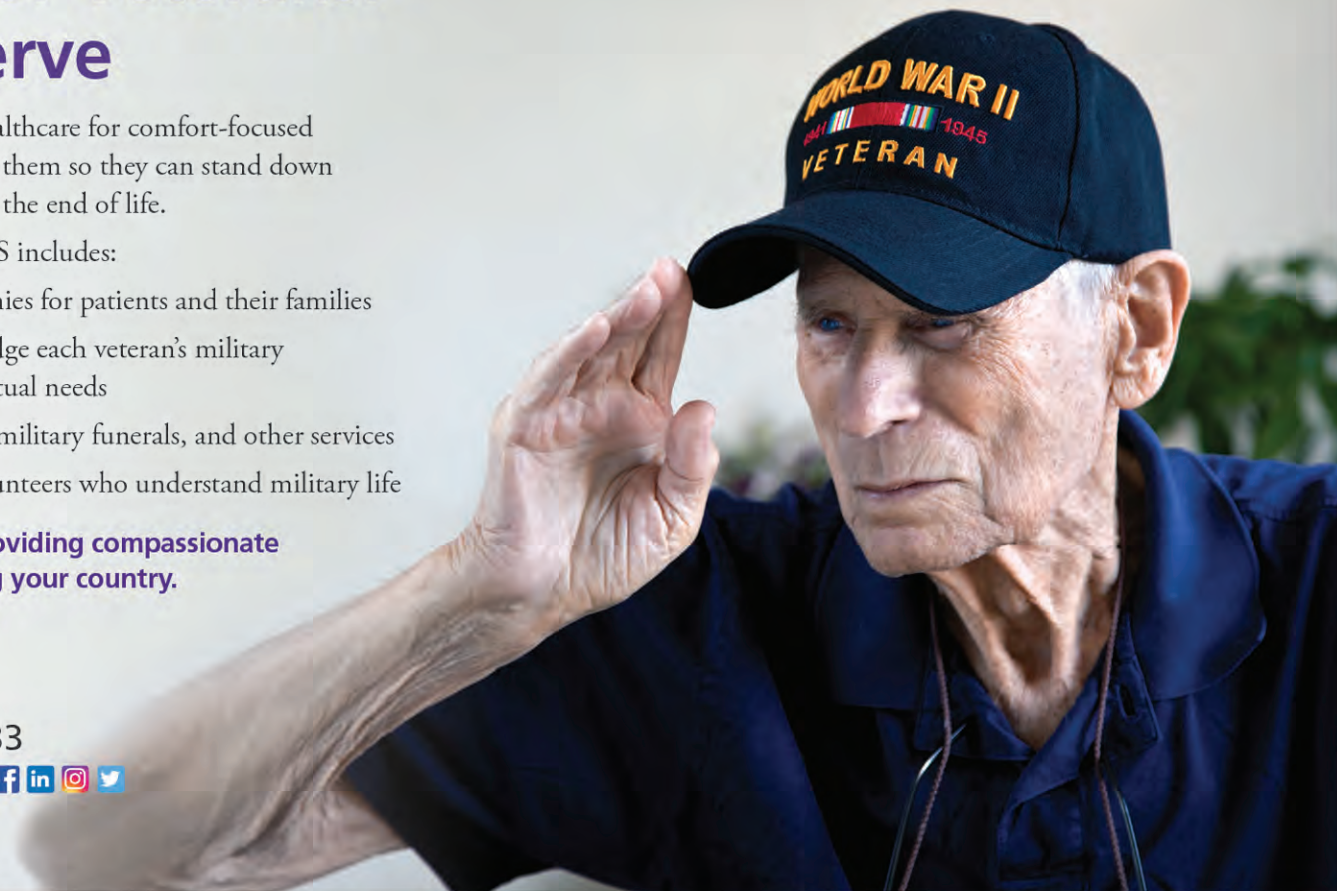
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ALZHEIMER'S DISEASE, IS THERE ANY HOPE?

BY TOM EVERTS PA-C, IFMCP

As the 5th leading cause of death of persons 65 years and older, Alzheimer's disease must be on the radar for preventative action. Last year, almost 6 million people were diagnosed with this disease, and it is estimated to triple by the year 2060. Despite these numbers, advancement in treatment has been underwhelming, to say the least. This is concerning if you have ever had a family member succumb to this disease. It is painful watching loved ones lose their memories and personality. Perhaps more painful is that signs of this disease can be present up to 10 years before the onset of symptoms.

For years the paradigm around Alzheimer's disease suggested that amyloid plaque buildup was the cause. Turns out that the plaque is actually a defensive mechanism, your brain attempting to protect itself from injury. There are no pharmaceutical options with success at maintaining long-term stability, let alone regression of this disease. As more is uncovered, the realization is that this is a multifactorial disease process, like other chronic diseases, with similar triggers and mediators.

The risk factors for Alzheimer's are many and include the usual: age, family history and genetics. However, there are others that aren't commonly known. A major one is metabolic syndrome: elevated blood pressure, blood sugar, cholesterol, and obesity. This syndrome damages the vascular system, which is crucial for normal brain function and repair. Yes, repair. The brain can grow new cells. However, during this process, if the cells do not have adequate blood supply they will not thrive. The result is decreased brain size, a finding in Alzheimer's disease. In addition, when blood sugar is not regulated appropriately one result is metabolic inflexibility, the brain's inability to utilize other sources of energy. Another result is inflammation and insulin resistance, both major contributors to many chronic diseases, including Alzheimer's.

Another fairly unknown risk factor for Alzheimer's disease includes exposure to toxins. A common toxin includes mercury, which is responsible for ~4% of overall dementia cases, translating to millions of people. This comes in many forms, but especially amalgam fillings. There are countless other toxins that we are exposed to on a daily basis,



from air pollution to micro-plastics and chemicals in the products we are using. If our body is unable to appropriately detoxify and eliminate them, then it must protect itself: enter amyloid plaque.

Chronic viral, bacterial and fungal infections have been linked to Alzheimer's dementia, as well. Pathologists have found evidence of this from brain biopsies. It was once believed that the brain is sterile, but now we know that more things than we thought are able to get past the blood-brain barrier. Bacteria responsible for periodontal disease have been discovered in the brain of persons with Alzheimer's disease, further supporting the importance of good oral hygiene.

Head injuries are another risk factor that can be fairly easily prevented by wearing your seatbelt and appropriate safety gear when doing recreational activities. The future of your brain depends on it!

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www.naplesvitality.com/consult

The approach of functional medicine is to treat the disease at the source by promoting the body's physiology to self-correct and repair. Eating strategy, sufficient nutrients, exercise, detoxification, hormones and inflammation are just some of the areas requiring attention in order to reduce risk and treat the disease. The majority of these are improved through lifestyle modifications. This is not easy to do on your own, but when these are appropriately addressed you can actually REVERSE the signs and symptoms of Alzheimer's disease. This has been demonstrated, in small studies, where people once debilitated by early to moderate dementia are returning to their normal lives. Their brain actually INCREASES in size. This is unheard of!

Reach out to a functional medicine provider to uncover the areas you need to focus on to optimize your health and reduce your risk of Alzheimer's disease.

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



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Happy Feet—Happy Life— How Foot Procedures Can Help

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

If you have pain in your feet from issues such as bunions, plantar fasciitis, hammertoes or multiple other conditions, you may have tried different at-home remedies like self-massage, soaking, taping or bracing, but these often leave individuals still in pain and dealing with stiffness, immobility and the list goes on and on.

The force we place on our feet each day with every step is two to three times your body weight. To put it in perspective, if a person weighs 150 lbs., they can potentially be putting 450 lbs. of pressure on their feet! In this intricate body part, many things can cause foot pain.

Painful feet make daily living and activities challenging. The good news is, there are viable options to correct, regenerate, and improve your condition, and many of those are noninvasive.

Muscle Spasms | Sciatic Pain | Joint Pain Leg Pain | Foot & Ankle Pain

Deep tissue laser therapy is a noninvasive, advanced technology used to accelerate your body's own natural healing process. In a process called photo-bio-stimulation the laser sends photons into damaged cells, which increases blood flow, stimulates the healing process, and reduces inflammation by penetrating throughout the layers of tissue, ligaments, and muscles.

Using this non-invasive laser therapy will reduce the amount of tissue or joint pain in just one session, and after the 6th session it usually feels better, but 90% of healing usually comes after 10 sessions. The regenerative effects are long-lasting.

Heel Pain | Plantar Fasciitis | Heel Spur Achilles Tendonitis | Achilles tendinosis

Heel pain is one foot condition that strikes with surprise. You may be totally fine one day and then all of a sudden, your heel hurts with every step you try and take. Because several conditions can lead to heel pain, it's important to be seen by an experienced podiatrist.

You will need an examination of your foot and ankle using high-definition X-rays or an ultrasound. In some cases, Dr. Petrocelli or Collier Podiatry sends patients out for an MRI to confirm a tear or fracture.

- **Plantar fasciitis and heel spur:** If you notice pain and inflammation in your heel, you might have plantar fasciitis. If the condition worsens, it might develop into an abnormal heel bone growth called a heel spur.

- **Achilles tendonitis and Achilles tendinosis:** Achilles tendonitis is a condition where you feel pain in your Achilles tendon, which is located at the back of your leg near your heel. It can turn into Achilles tendinosis, where the tendon breaks down and tears.

If you think you may have one of these conditions, contact Dr. Petrocelli to identify the source of your pain and receive the best treatment.

After examining your foot and determining the precise cause of your pain, Dr. Petrocelli might recommend the following approaches, depending on your condition:

- Laser therapy
- Custom orthotics to help your feet absorb shock as you walk
- Surgical shoe or boots are used so that the fracture will heal
- Taping of the foot
- Physical therapy or gentle stretches
- Ice application for 24 to 48 hours and then heat application

If the condition does not improve, our doctor may recommend surgery, cortisone injections for plantar fasciitis or heel spur, and corticosteroid shots for Achilles tendonitis or Achilles tendinosis.

Bunions

Bunions are a type of foot deformity, caused by the joint of your big toe protruding. It is often caused by wearing pointed or ill-fitting shoes that squeeze your toes into unnatural positions.

Bunions can be treated by wearing proper shoes, or wearing specialty splints or orthotics, but sometimes surgery is needed.

Here are signs that you need to consider surgery:

- It Is Often Times Hereditary
- Pain That Limits Your Everyday Activities, Even with Proper Shoes
- Inability to Walk More than a Few Blocks Without Pain
- Toe Deformity
- Pain Persisting Even with Anti-Inflammatory Drugs
- Bunions Not Healing Even After a Change in Shoes or Medication
- If It Is Affecting Your Quality Of Life, We Recommend Surgery

Hammer Toe

When the muscles in your toes get out of balance, they can start contracting into a claw like position. This causes the toe to bend in an upward position in the middle joint of the toe. When this happens, it can create severe pain. Hammertoe can be genetic and many times occurs in people with either a high arch or a flat foot. Various forms of arthritis can contribute to this issue as well. And unfortunately, ill-fitting footwear can also cause hammertoe, due to pushing the toes out of their normal position for long periods of time.

Treatment

- Padding the toe
- Wearing more comfortable shoes
- Outpatient surgery (This involves redirecting the lower tendons of the toe to the top of the toe to help straighten it into the correct position)

The causes of foot pain are vastly numerous and depend on your specific circumstances. Consulting with a podiatric specialist is the best decision for a proper diagnosis and a successful treatment outcome.

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 at (9239) 774-0019, or visit their website at www.collierpodiatry.com



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Forgetful Lately?

How You Can Feed a Healthy Mind

By Cederquist Medical Wellness Center

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

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

Our Best Bet? -- Exercise

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

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

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

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

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



Caffeine Candidate

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

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

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

Trim the Waistline

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

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

BP Decree

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

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

Ways to Stay Mentally Healthy

- Exercise 30-60 minutes daily
- Lose (or keep off) excess weight
- Keep blood pressure under control
- Consider drinking more coffee if it doesn't make you jittery
- Stay socially and mentally engaged
- Get enough Vitamin D
- Eat more leafy green vegetables and fish

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After Childbirth Many Women Have a Weakened Pelvic Floor & Urinary Incontinence:

How **EMSELLA™** Can Help You

By Joseph Gauta, MD, FACOG

After childbirth, the pelvic floor, which protects and supports the internal pelvic organs may become weakened, stretched, less elastic, and less resilient. The weakened pelvic floor muscles can also cause overactive bladder and incontinence issues.

35% of women experience a weakened pelvic floor after childbirth, and this also occurs in women that have had C-sections because the unborn baby's weight is stabilized on the pelvic floor muscles.

The problem of incontinence is so common among women because, until now, there has not been an effective way to treat a weakened pelvic floor. If you're noticing that you leak when you laugh, jump, cough, or sneeze due to postpartum incontinence from a weakened pelvic floor, it only gets worse without treatment. **YOU DON'T HAVE TO ACCEPT THIS AS YOUR FATE OR AS "NORMAL."**

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Urinary incontinence pads cost women upwards of \$900 per year! You no longer have to miss out on life or suffer embarrassment due to incontinence issues. EMSELLA is the answer.

References:
1. Body by BTL, A Breakthrough Treatment For Incontinence And Confidence, 2019 Btl Industries Inc.



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PROTECTING YOUR PROFESSIONAL PRACTICE IN A DIVORCE

By Chris Lombardo, Florida Family Law Attorney

Most divorces involve the equitable distribution of assets between spouses. However, in cases where one spouse owned a professional practice, such as a medical practice, law firm, accounting firm, or other business, the division of this important asset can prove legally challenging and complicated. Multiple factors will ultimately determine the amount that each spouse has a legal right to receive. As the owner of professional practice, you likely worked years to achieve success in your business. However, as the spouse of a business owner, you also have legal rights regarding the marital assets accumulated during the course of the marriage.

Professional Practices in the State of Florida

The state of Florida requires that any person that establishes a business must legally create a business entity and then pay appropriate taxes to both the state and federal government. Most owners of professional practices take a great deal of time ensuring that their legal rights are protected and that they receive the most tax benefits as they create their business. In most cases, however, these consultations with legal and tax professionals do not include adding the professional practice to any prenuptial agreements. As a result, many owners of professional practices are unsure how a divorce will ultimately impact their ability to continue their career, or how it will affect them financially. Before you make a decision about how to move forward regarding the division of your professional practice, consider visiting with an experienced family law attorney at Woodward, Pires & Lombardo, P.A. to learn how to protect your professional practice in a divorce.

Legal Process of Dividing a Professional Practice

There are several legal steps that a spouse must take during the divorce process regarding the division of a professional practice. Some of those steps may include the following:

Valuation of the Professional Practice

Your business and/or professional practice has value, both tangible and intangible. Obtaining a full valuation is a critical step to understanding the true amount that will need to be divided within the divorce. Some of the issues that may impact a valuation could include: how long the professional

practice has been in business, whether or not there are any new partners or loss of partners in recent history, as well as whether the business is profitable. Additionally, every established professional practice has goodwill, which represents that intangible aspect of the business that make the business a reputable one in their industry. These unique aspects to the valuation of a professional practice make it challenging and important to obtain a full and fair estimate of the value of your business.

Types of Valuation Standards

There are many different types of valuation options. Some of these include fair market value, going concern value, liquidation value, original cost value, replacement value, appraised value, intrinsic value, investment value, or book value. The type of valuation standard a spouse chooses to use can greatly impact the determination regarding how much they may need to pay to a spouse in a divorce. The court will require that however the valuation of your professional practice is done, it is performed by an expert that is willing to visit with the court about the process and valuation standards used to make their final conclusions and determinations.

Discovery Within a Divorce

It is important to note that whatever type of valuation standard is chosen, both spouses have a legal right to see all assets of the marriage through a process called discovery. Even if a spouse began their professional practice prior to marriage, these assets will need to be disclosed to the other spouse. If the value of a business or professional practice increases within the duration of the marriage, the spouse has a legal right to a portion of that part of the marital estate.

Options for Dividing a Professional Practice in a Divorce

While most business owners are focused on protecting their professional practice in a divorce, they will likely have to pay the other spouse a specified amount if any of the business is considered part of the marital estate. There are several legal options available to spouses that are divorcing and attempting to divide a professional practice including:

Paying the other spouse half of the valuation amount (According to the American Bar Association (ABA), this is the most common resolution regarding the division of a professional practice in a divorce.)

Selling the professional practice and then paying out the other spouse half of the valuation amount

Keeping the full amount of the professional practice and giving more to the spouse through other marital assets (family home, full repayment of debts, etc.)

According to the Internal Revenue Code Section 1041, any transfer of property between a husband and wife (or a former husband and wife due to a divorce) is considered a nontaxable transaction. If you are in the process of a divorce that includes the division of a professional practice, visiting with an experienced divorce attorney can help you understand all of the tax implications of any kind of division of marital assets within your divorce.

ABOUT THE AUTHOR



Chris Lombardo has over three decades of experience practicing law in the state of Florida. In addition to marital and family law, his practice areas include civil litigation, commercial litigation, contracts, appellate practice, securities, and personal injury.

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EXERCISE – REGARDLESS OF PAST ACTIVITY – TIED TO LONGEVITY

By Greg Pascucci

Edith Agatstein, 90, has been exercising for as long as she can remember. In addition to participating in fitness classes at her active retirement community, she enjoys taking advantage of Southwest Florida's idyllic weather by walking outdoors as much as possible.

"It's important to keep your body moving," she explained. "Whenever I see a new fitness activity added to the monthly calendar, I'm always eager to try it."

This curiosity and adventurous spirit led her to sign up for The Carlisle Naples' first annual Tour de Zest competition, a spin on the famed cycling event. The 10-day challenge, which kicked off on June 26th, inspires and motivates residents to participate in group and individual cycle-style classes and activities.

"This is a great way for me and my neighbors to be more active," said Agatstein. "Plus, cycling is perfect for all fitness levels. Everyone can get involved."

Cycling has been shown to provide a wealth of health benefits, including increased cardiovascular fitness, improved joint mobility, decreased stress levels and the prevention and management of diseases such as diabetes.

And, for older adults who haven't been as active at Agatstein, new research shows it's never too late to begin reaping the benefits of a healthier lifestyle.

A study published by researchers at the University of Cambridge in the United Kingdom found becoming more active, "regardless of past activity levels," may lengthen one's lifespan.



Agatstein says she understands the hesitation of peers who are unsure about starting to exercise in their 80s and 90s but encourages them to commit to being a healthier version of themselves.

"Try it," she said. "It doesn't hurt to try."

Below are a few tips for starting an exercise program:

- Consult with your doctor before starting an exercise program.
- Consider recruiting a workout buddy—Residents at The Carlisle Naples find having a friend or neighbor to workout with keeps them motivated and accountable.
- Join a class or program specifically designed for older adults—Agatstein says her favorite activity at The Carlisle is strength exercises and appreciates the movements are based on functional training that help participants maintain their independence.
- Find something you like—Perhaps walking doesn't appeal to you. Maybe you prefer swimming. That's completely okay. At The Carlisle, for example, 10 different activities are offered each week for

residents to stay fit. Even non-traditional activities such as golf and table tennis provide opportunities for residents to burn calories.

- Remember, a little goes a long way—Research shows just 30 minutes of exercise a day can have a long-lasting impact on health. Experts suggest walking in place during commercial breaks while watching a favorite TV show or taking the dog out for an extra walk can boost activity levels and keep the heart healthy.

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.



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Tax-Savvy Ways to Give Back

Courtesy of: Juan Ocanas, Financial Advisor at Morgan Stanley

IF YOU'RE INCLINED TO HELP OTHERS, CONSIDER THESE TAX-EFFICIENT WAYS TO MAKE YOUR GIVING GO FURTHER.

Many of us prefer to combine our support for the causes and people we care about with a desire to save on taxes. Fortunately, there are strategies to help us accomplish both. Whether you want to donate to charity or invest in a loved-one's future, consider these tax-smart ways to make your giving go further.

Give the Gift of Education

Consider giving gifts through a 529 education plan. Anyone, including grandparents, can contribute up to \$15,000 per year (\$30,000 for married couples electing to split gifts) to any individual's 529 plan, without incurring federal gift tax or using the federal lifetime gift tax exemption.

Many states offer state income tax deductions to residents who contribute to their own state's plan, while other states offer tax deductions regardless of which plan you invest in. Additionally, unique to 529 plans, the federal tax code allows you to front load up to five times the annual gift tax exclusion in a single year.¹ Single individuals are therefore able to contribute up to \$75,000 per recipient in a single year, while married couples electing to split gifts can contribute up to \$150,000 per recipient in a single year. If you have the means, you can even take advantage of six-year gift tax averaging. To do this, you can contribute one year's worth of gifts in December, followed by five years' worth of contributions in January, effectively making six years' worth of contributions in just two months.² Also note that 529 plan account owners may now take federal income tax-free 529 plan distributions for certain apprenticeship expenses and student loan repayments.³

Morgan Stanley recently launched the Morgan Stanley National Advisory 529 Plan, the first 529 plan of its kind, made available nationwide, and offered exclusively to Morgan Stanley clients. You can select from goals-based asset allocation portfolios, guided by Morgan Stanley thought leaders, that align with your unique time frame, risk profile and goals, while gaining access to institutional caliber fund managers and pricing.



Speak with your Morgan Stanley Financial Advisor or Private Wealth Advisor and your personal tax and legal advisors to determine whether this strategy might be appropriate for you.

Reduce Estate Taxes with Financial Gifts

Make financial gifts before year end to help reduce estate taxes. You can gift up to \$15,000 (\$30,000 for married couples electing to split gifts) per recipient to an unlimited number of individuals per year without incurring a federal gift tax. Note that you can't carry over unused annual exclusions from one year to the next. The transfers may help your family as a whole pay fewer taxes if you give income-earning property to family members in lower income tax brackets. The \$15,000 annual exclusion doesn't count against the federal gift tax exemption of \$11.7 million for individuals or \$23.4 million for married couples in 2021.⁴ It is noteworthy that gifts in the form of tuition payments made directly to an educational organization, as well as medical expense payments made directly to the provider, are not taxable gifts and do not count against your \$15,000 annual exclusion for gifts or reduce your federal lifetime gift tax exemption.

Donate Appreciated Investments

Appreciated investments can be donated to qualified charitable organizations. Note that donating appreciated investments that you have owned for more than a year can allow you to take a larger deduction than donating appreciated investments that have been held for one year or less.⁵

Give Through a Donor Advised Fund

A donor advised fund (DAF) is one option for gifting appreciated investments. A DAF, such as the Morgan

Stanley Global Impact Funding Trust (MS GIFT), gives taxpayers a tax-efficient way to donate stock, mutual funds or other assets and claim a tax deduction.⁶

Utilize a Grantor Retained Annuity Trust (GRAT)

A Grantor Retained Annuity Trust (GRAT) may allow you to pass the appreciation in the value of assets in the GRAT, in excess of a hurdle rate set by the IRS (known as the 7520 rate), to your beneficiaries with potentially little to no federal gift tax consequences. Given the low interest rate environment, this may be an even more attractive opportunity. Speak with your Tax and Financial Advisor to see if this strategy may make sense for you.

References:

1. An election to do so must be made on a gift tax return for the year of the gift.
2. This assumes there are no other gifts made by the donor to the beneficiary in the year of contribution to the 529 plan or in the four years after the year in which an accelerated gift is made. Any gifts made in the year of contribution to the 529 plan or in the four years after the year in which an accelerated gift is made may result in a taxable gift or use of the donor's federal lifetime gift exemption. If the donor dies within five years of making an accelerated gift, a portion of the gift may be included in the donor's estate.
3. Note, the Setting Every Community Up for Retirement Enhancement (SECURE) Act of 2019 signed into law Friday, December 20, 2019, expands the definition of qualified higher education expenses for federal income tax purposes to include certain costs associated with qualifying apprenticeship programs and up to \$10,000 (lifetime limit per individual) in amounts paid towards qualified student loans of the 529 plan designated beneficiary (or such beneficiary's sibling). Note, however, using 529 plan distributions to repay qualified student loans may impact the deductibility of student loan interest. This new provision applies to 529 plan distributions made after December 31, 2018. The state tax treatment of 529 plans (including the state tax treatment of contributions and distributions) may be different from the federal tax treatment and may vary based on the particular 529 plan in which you participate and your state of residence. If the applicable state tax law does not conform with the federal tax law, 529 plan distributions used to pay certain expenses, such as principal and interest on qualified student loans and/or qualifying apprenticeship costs, may not be considered qualified expenses for state tax purposes and may result in adverse state tax consequences to the account owner or designated beneficiary.
4. Any use of your lifetime federal gift exemption will result in a corresponding reduction in your federal estate tax exemption available at your death. A portability election must be made on a deceased spouse's estate tax return in order for the unused portion of the deceased spouse's estate tax exemption to be available to the surviving spouse.
5. If a stock is held for one year or less, the deduction a taxpayer receives for donating that stock to a qualified charitable institution is limited to the lesser of the fair market value or cost basis of the stock. If the stock is donated after it has been held for more than one year, the taxpayer may receive a deduction equal to the fair market value of the stock.
6. The maximum deduction for a cash gift to a DAF is limited to 60 percent of adjusted gross income (AGI); deductions exceeding AGI limits may be carried forward for up to five years. Grants can be made over time to any U.S. organizations that are tax-exempt public charities, U.S. religious houses of worship, U.S.-qualified foreign charitable organizations and at a reduced benefit, to certain domestic and foreign organizations that do not qualify as U.S. public charities.

Disclosures

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

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4th of July Safety Tips from Well-Being Medical Center

The 4th of July is a time to celebrate and enjoy our freedom. This year, people may be celebrating even more due to the ability to finally spend time with loved ones and friends. Being a large crowd for fireworks or an event can seem a bit overwhelming. How do you stay safe? If you haven't been vaccinated, you should avoid large crowds. People are still being diagnosed with COVID. The disease hasn't miraculously disappeared as some may think. If you are vulnerable or have underlying conditions or have not been vaccinated, do not attend large events for yours and the safety of others.

More on Fireworks

Each year, thousands of people flock to the emergency room due to firework hazards and accidents. Some are luckier than others; however, these explosives are much more dangerous than most people are aware of. If you are near or setting off fireworks, please use extreme precautions. Even sparklers, which parents think are harmless, can cause severe burns and even affect the eyes of children and adults that think they are completely safe. Use caution this 4th of July and stay safe.

It's Hot Outside—Use Precautions

Our bodies self-regulate heat by sweating and also through radiating heat back into the atmosphere. When we sweat, we perspire potassium and sodium. Both of these minerals help to control nerve function, water balance, and heart rhythm. When our bodies are hot, the skin radiates heat into the air to normalize our body temperature. However, when the air is sweltering, our bodies can no longer reduce its high temperature this way, as it has nowhere to radiate the heat into or to take in cooler air from, as the temperature is higher than your bodies.

Warm weather makes the heart pump faster, which requires more oxygen. When it's hot, and we can't cool down, or breathe efficiently, we complicate the heart's normal functioning, by putting undue



stress on its muscle contractions. Each year during the summer months, more than 8,000 children and teens and over 10,000 adults are admitted to the emergency room due to dehydration.

Make sure to drink plenty of water, seek shade or an air conditioned area and avoid exercising outside in the middle of the day.

BBQ Safety

Food safety is key. Don't leave meat or dairy products out in the heat; even onions can cause food poisoning if left out too long. The grill can be dangerous if the propane pressure is touchy, the flames are too high or too hot, and many people are unaware of the hidden dangers of wire grill brushes.

When you clean the grill with wire brushes, tiny fragments, and small bristles are left behind and commonly get embedded into the burgers, chicken, corn, potatoes, etc. When these bristles are ingested, people don't normally even notice until it's too late because they are difficult to feel in the mouth. The wires can lacerate the esophagus, stomach, intestinal tract, and rectum. It's a much better choice to clean your grill with a nylon bristle brush. Nylon bristles are much less damaging than wire and easier for the body to get rid of if they are accidentally eaten.

Stay Safe and Enjoy the 4th of July!

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.



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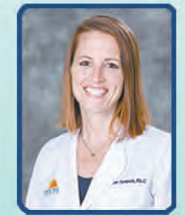
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CARING FOR A DISABLED SPOUSE CAN INCREASE MORTALITY RISK 63%

Journal of the American Medical Association



We have recently reported on the relationship between unmet needs for support with activities of daily living (ADL) and increased mortality risk for the patient. Did you know that caring for a disabled spouse is also independently associated with increased mortality risk for the family caregiver?

Doctors Schulz and Beach published a landmark study in the Journal of the American Medical Association.¹ They tracked 819 people, age 66+, who were living with their spouses. Compared to spouses without a caregiving role, spousal caregivers who experienced strain due to the caregiving role had a 4-year mortality increased by 63%. The increase in mortality risk was even higher when spousal caregivers had their own health problems. Among strained spousal caregivers with prevalent disease, the 4-year mortality risk increased more than fourfold.

Senior family caregivers without proper resources lose normal opportunities for selfcare.² They have interrupted sleep patterns. They are less likely to rest when ill. They skip doctors' appointments and have other reductions in self-reported health care behaviors. This is the suspected mechanism by which caregiver fatigue causes increased mortality among caregivers.

Statistically significant increased mortality risk only occurred among senior caregivers who reported strain from the caregiving role. Spousal

caregivers who reported no strain did not see the same increases. Similarly, seniors with a disabled spouse, but who did not provide caregiving, did not have an increase in mortality risk. The conclusion is that family caregiving can be done safely, but caregiver fatigue is a deadly condition affecting millions of seniors. Families, friends and healthcare providers can be of great service to their patients by looking for caregiver fatigue and by educating senior patients.

Of course, caregiver fatigue is deadly for more than the caregivers. Among people with dementia, when caregivers report needing help with two or more activities of daily living for the person with dementia, the mortality risk of the person with dementia goes up 37%.³ Those people are also 77% more likely to be placed in a facility. Caregiver fatigue proves deadly for both spousal caregivers and the care recipients, not to mention the effects on quality of life. A recommendation for long-term home care can initiate the support needed to correct increased mortality risk and improve quality of life.

References:

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

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

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

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

ATC is Gaining Attention

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

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

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



Aesthetic Treatment Centers

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

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

Mindy and Kathy



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

What You Need to Know About Vitamin C and Alzheimer's Disease

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

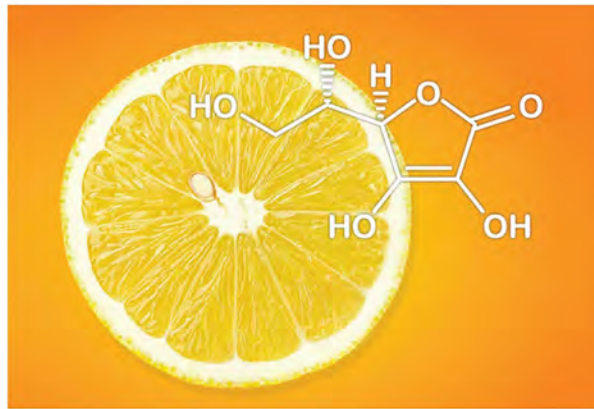
1. No significant symptoms
2. Mild: minor memory lapse, confusion, loss of words, names, and events
3. Moderate: Loss of critical thinking, growing frustration, and anxiety
4. Severe: Forgetting family/friends, lack of judgment, cannot maintain personal care, irritability, hostility, loss of speech, 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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Source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3727637/>

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, M.D.

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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WHAT YOU SHOULD KNOW ABOUT MEDICAL MARIJUANA

There are two different forms of medical treatment through cannabis. The first is the natural marijuana plant that contains both CBD and TCH, and the second is the altered version of the plant that has been through a hybrid process to lighten the TCH (tetrahydrocannabinol) level. CBD or cannabinoids can treat many different forms of diseases and disorders with no TCH. TCH is the mind-altering, euphoric component of marijuana that gives the "high" feeling. With CBD plants, the TCH levels have been extracted through a vigorous process, leaving zero to little TCH levels. CBD is a great alternative for patients that would benefit from cannabinoids alone, while other more complex medical cases require the additional advantages of TCH to be included in the leaves of the marijuana.

Our brain and nerve cells have cannabinoid receptors, so our bodies naturally react to CBD oil (cannabinoids) and TCH through merging directly with our cells. Our natural endocannabinoid system works synergistically with CBD and TCH, creating a multitude of beneficial reactions in the body.

Over 4000 years ago, Asian Emperors used cannabis for its healing properties, noting exceptional improvements in edema (fluid build-up) and also as an anesthetic. In ancient Greece, cannabis was reported in many manuscripts, describing its use for medical conditions such as eye diseases and joint inflammation. Over 300 years ago, in one of Oxford's medical professional journals, it was touted as a means to reduce depression. In the early 1900's, the United States began growing cannabis for pharmaceutical companies to formulate into medications. Since then there been multiple studies in the United States and Europe that affirm that medical marijuana is an effective alternative in the treatment of several illnesses.

The laws and regulations on Cannabis are continually updated, as federal regulatory officials better understand the advantages of medical marijuana. It is used legally in many states, including Florida since the approval of Amendment 2. In Florida the medical marijuana is allowed in the form of pen vape and cartridges, pills, oils, edibles and smokable. The possession of marijuana without an ID card is still illegal at a federal level.

ARE YOU A GOOD CANDIDATE TO TRY LOW TCH OR FULL POTENCY MEDICAL MARIJUANA?

If you have one Qualifying Condition and have tried other treatments for your respective illness without success, like for example medications or therapy you probably will benefit from marijuana. Medical marijuana will be considered the following step in the intent to improve patient quality of life. In Florida, medical marijuana can be exclusively used to treat and alleviate symptoms of the following medical conditions:

- Cancer
- Chronic Pain
- Chronic Muscle Spasms
- Seizures
- Anxiety
- Epilepsy
- Glaucoma
- Parkinson's Disease
- Multiple Sclerosis

- Crohn's Disease
- Positive HIV/ AIDS
- Posttraumatic Stress Disorder (PTSD)
- Amyotrophic Lateral Sclerosis (ALS)
- Terminal Conditions
- Other Debilitating Medical Conditions of the same kind of class or comparable conditions above, as determined by the Florida Board of Medicine



The process basically consists of first visiting a Qualified Physician, and the physician will determine if the benefits of Low THC or medical marijuana outweighs the risks depending of the current health status. If approved, the patient will apply for a Medical Marijuana Card to the Medical Marijuana Use Registry (MMUR) of the Department of Health of the State of Florida. Application process is quick and can be done online at: Knowthefactsmmj.com/patients/. Once you have the card you can reach any of the approved dispensaries to obtain the product. Dispensaries usually home deliver, have several locations and have a health educator available to advise the patient on how to use the products.

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



SOME OF THE SIGNIFICANT CHANGES ARE:

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

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

Dr. Ralph Rodriguez

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



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

Dr. Alejandro Blanco

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



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

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

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PEPTIDE TREATMENT & HEALTH BENEFITS

What is CJC Ipamorelin Peptides Treatment?

By Dr. Carolina Young Ortiz

Both CJC and Ipamorelin are common peptides that are often combined in treatments to restore your overall health and aid with various conditions. Peptide treatments are minimally invasive and are administered via subcutaneous injection with a thin needle or through topical creams.

CJC is a synthetic peptide that is compatible with the human body. This peptide is known to increase protein synthesis in the body, and it has proven to enable a greater amount of muscle tissue growth, which in turn increases overall muscle mass and muscle strength. Additionally, it helps with increasing bone density, improves cognitive function, promotes cell regeneration and aids in fat loss among other benefits.

Ipamorelin is a multi-tasking peptide that both stimulates the pituitary gland to produce more growth hormones, while also helping the body secrete those hormones into the bloodstream so they can take effect quickly. Ipamorelin, which is composed of five powerhouse amino acids, is one of the more versatile peptides and is associated with reducing the effects of the natural aging process, sometimes even diminishing these effects entirely.

Ipamorelin is involved in more regulatory body processes than other peptides, meaning it can be a huge benefit for such factors as increasing lean muscle mass, improving recovery and cell regeneration, reducing body fat, increasing energy and stamina, improving cognitive function and clarity, increasing bone strength, decreasing joint and muscle pain, strengthening the cardiovascular system, improving hair and skin health and strengthening the immune system.

Why this peptide combination is effective?

These peptides are commonly combined because Ipamorelin enhances the effects of CJC in the body. Both peptides serve similar functions and make it easier for the body to receive the full benefits from the treatments. These two peptides can be essential to preventing and treating the following conditions:

- Osteoarthritis
- Osteopenia
- Osteoporosis
- Confusion and memory loss



- Sleep disturbance
- Muscle and joint pain
- Cardiovascular health
- Age-related weight gain
- Brittle hair and hair loss
- Dry and thin skin
- Weakened immune system

Who is a good candidate for peptide treatments?

Adult patients who are seeking natural ways to improve various aspects of their health are likely good candidates for peptide treatments and other regenerative health treatments. Patients that are ideal for CJC and Ipamorelin peptide treatments include those who want to improve stamina, strength, energy, increase muscle mass, reduce fat, correct cognitive function and increase bone density.

NAD IV Therapy is a Game Changer!

NAD (Nicotinamide Adenine Dinucleotide) infusion therapy is a valuable treatment option with multiple health benefits. These benefits include increased energy, protecting cells from stress, regulating sleep cycles, decreasing inflammation, and repairing damaged DNA. NAD IV therapy is also used for improving mental clarity, alertness, concentration, memory and also athletic performance since it plays a key role in helping to generate additional energy.

NAD Promotes

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



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Radiesse is an injectable, cosmetic skin treatment used to fill specific areas of the face and hands. It stimulates your body's natural collagen, filling in wrinkles long term and helping your skin develop new collagen in the process. This treatment is intended for wrinkles and folds around the mouth and nose, and areas of fat loss in the face. It's also for the backs of hands where volume has been lost.

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Combating Depression:

3 Innovative Ways of Managing Depression

Depression 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 electro-magnetic coil to the left dorso-lateral 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.



Dura Medical

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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Concerned About Cognitive Health... Please Check Your Hearing!

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Untreated Hearing Loss DRAMATICALLY Increases Risk of Alzheimer's Disease.

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



We find that the ongoing misinformation and flawed data getting into 'your computer' begins to take its toll and lead to tragic consequences! We 'hear' with our brain, not with our ears. When we have a hearing loss, the connections in the brain that respond to sound become reorganized. Fortunately, for many people, hearing aids can provide the sound stimulation needed for the brain to restore the normal organization of connections to its 'sound center' so it can more readily react to the sounds that it had been missing and cognitively process them."

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

The increased risk of Dementia makes it critical to correct your untreated hearing loss! People with severe untreated hearing loss, the study reports, were five times more likely to develop dementia than those with normal hearing. **Even mild untreated hearing loss doubled the dementia risk.**

"That risk appeared to increase once hearing loss began to interfere with the ability to communicate — for example, in a noisy restaurant. It is therefore recommended that regularly scheduled Hearing Tests should be a part of Senior's routine medical testing," says Frank Lin, M.D., assistant professor in the Division of Otolaryngology at Johns Hopkins University School of Medicine. He continues, ***"hearing loss should be addressed as early as possible before these negative consequences begin to develop."***



John and Patricia Hoglund
LHAS, BC-HIS, ACA

How hearing loss affects cognitive function

"They say your brain is like a computer," says John Hoglund BC-HIS, ACA of **Hoglund Family Hearing and Audiology Center**. "Data gets into your computer through your five senses. The sense of smell, taste, and touch all give us information about the world around us, but most of the data getting into your computer all day, every day comes from our eyes with what we see and read... and our EARS with what we hear. There is a phrase that most people have heard from the computer field that says, 'garbage in ... garbage out!'"

FREE HEARING TESTS OFFERED FOR EVERYONE!

Due to the critical importance of insuring that people do not suffer the negative effects of untreated hearing loss, Hoglund Family Hearing and Audiology Center is offering **FREE HEARING TESTS** throughout Southwest Florida! Please Call **(239) 360-3753** to schedule your free evaluation!

Baseline Memory Tests Also Available from Neuropsychiatric Research Center!

The entire month of July, our Clinical Staff will perform these evaluations and furnish a dated copy for your medical records, as well as supplying a full report to your Primary Care Physician and your Neurologist! "I feel that everyone over the age of fifty should have both a **Baseline Hearing Test and Baseline Memory Test** in their personal medical records," John Hoglund stated. "There is just too much evidence to ignore this tie between the two conditions!"

The Clinical staff of **Neuropsychiatric Research Center** have agreed to perform these **Memory Screenings at NO CHARGE** for our Patients. We will submit a referral to them on your behalf if you request one during your appointment. **They will also share the exciting updates with the new FDA approved Alzheimer's Disease medication from BIOGEN.**

KNOWLEDGE IS POWER when it comes to your health, and you will learn a tremendous amount about Hearing and Memory during these clinical visits so please give us a call. As we always say, "All it will **COST** is a little of your **TIME**... but the **KNOWLEDGE** you receive may be **PRICELESS!**"

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Are You Overweight? Have You Been Diagnosed as Obese?

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

What you should know about your Diabetic Risk Factors & "Optimal Treatment" Options

Many people diagnosed with obesity laugh it off thinking they are just a little overweight or on the average side. Even a little weight gain is dangerous and losing weight can save your life. Aside from the individuals that need to lose a few superficial pounds to feel more confident, the critical importance of weight loss are for people that qualify as obese. Obesity is much more common, and unfortunately, much more dangerous than most of us would like to believe.

Contributing health issues and disorders are as follows:

- Arthritis
- Coronary heart disease
- Diabetes
- High cholesterol
- Hypertension (high blood pressure)
- Sleep apnea
- Stroke
- Vascular disease

Why telling someone to JUST LOSE WEIGHT will not work

Obesity is a misunderstood epidemic in our country. Many people do not understand the long term affects that visceral fat and being overweight play in our overall health. It's often confusing to consumers as to what they should eat. It's not necessarily a calories in, calories out issue that helps people lose weight. There are underlying disorders that are contributing to your dietary habits, weight gain and inability to keep weight off. These include hormonal imbalance, metabolic disorders, inflammatory issues and underlying illness.

Obesity is a major contributor to diabetes. Those individuals that are overweight, often are diagnosed with high A1C levels and fasting blood glucose levels. Mainstream physicians will tell patients to lose weight and put them on a diabetic medication to lower their insulin and glucose levels, but these drugs will never work long term without fixing the root cause of the issue.



Pre-Diabetes and Diabetes

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

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

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

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.

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.

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.



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.

Don't Sweat It

By Vivian Wong, MD, PHD

Hyperhidrosis, or excessive sweating, is increased perspiration. There are many triggers, including emotions (e.g., anxiety), physical activity, heat, and spicy food. Hyperhidrosis may involve the extremities, underarms, and face, but it may be generalized as well. Some patients have an underlying medical condition or medication that contribute to the hyperhidrosis. Hyperhidrosis occurs in both children and adults. Hyperhidrosis can cause significant anxiety and embarrassment and disrupt social and professional activities, especially those that require a dry grip. If you are suffering from hyperhidrosis, seek a board-certified dermatologist for further evaluation and treatment. The following steps may help reduce the frequency of perspiration:

- Avoid triggers if possible.
- Use antiperspirant sprays instead of deodorants.
- Wear loose-fitting or lightweight clothes made of natural fibers.
- Keep the environment cool.



In addition, there are support groups for patients suffering from hyperhidrosis such as the International Hyperhidrosis Society. We also offer several topical and oral medications for treatment. In stubborn cases, there are noninvasive (e.g. Dysport) and surgical procedures available for hyperhidrosis as well.

MEET Vivian Wong, MD, PHD

Dr. Wong is a board-certified dermatologist with a dual M.D. and Ph.D. She joins Skin Wellness Physicians after a career as a faculty member and core teaching faculty at the Department of Dermatology at Harvard Medical School in



Boston, Massachusetts. She completed her dermatology residency and served as the chief resident at Brown University. She is a renowned researcher with collaborators in North America, Europe and Asia. She has authored over 250 articles and textbook chapters to date on important topics such as eczema/atopic dermatitis, melanoma and basal cell carcinoma. She has been interviewed as a dermatology expert by the Boston Magazine, Boston25 News and QuantiaMD. She has spoken and presented at more than 50 international and domestic conferences and received more than 40 awards and research grants for her scientific and clinical endeavors. She also serves as a consultant to medical diagnostic, therapeutic and technology companies.

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

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What a Physical Therapist Wants you to Know About Deconditioning After COVID-19

By Dr. Alexander Ream, Doctor of Physical Therapy

During the lockdowns and even after things started to open back up, most people were a little or a lot less active than they had been prior to the pandemic. When we become less active or inactive, our bodies are affected on all levels, including the heart, lungs, and muscles. We lose the capacity for the activity that we once had, which will inevitably affect daily life. We might notice that we can't bend over as easily, we can't carry groceries or lift things that we used to be able to as it's more difficult now or impossible.

Now that the gyms are open again and people are starting to try and exercise or get through their daily routine, many notice that they don't have the stamina, strength, or endurance they once did. If you push too hard at first, which we often see with "weekend warriors," that's when you will most likely cause injury or trauma to occur.

Many people, especially the elderly, may find that they are having difficulty navigating their home tasks and daily activities the way they used to.

Whether you are 21 or 91, you might require extra help with strengthening, stamina, or other issues depending on your lifestyle, and Physical Therapists are trained to help you with targeted treatments and protocols depending on your specific needs.

Deconditioning is when physical change takes place in your ability to move appropriately or adequately. Periods of inactivity will cause adverse effects even on basic things like stretching. Physical therapists work to custom tailor a program that will help you regain any lost range of motion, strength, and endurance.

It's critical for individuals to start moving; however, the key is not to overdo it too quickly. Reconditioning your body to move again and in the way that it once was able to takes careful yet strategic planning.

Doctors of PT will help you regain cardiovascular performance, strength, and tolerance levels with consistent, beneficial therapy. Physical therapists guide, educate, and encourage patients to stay on track and jump-start their ability to recondition their lifestyle. PT also helps with deconditioning balance issues for fall prevention.



Never underestimate the ability to stretch. Stretching muscles to a certain length allows them to move in a certain way. The ability to move muscles requires length, and then once they are lengthened, we can work on strengthening them to be effective.

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Our main focus is to deliver the most outstanding care that is designed to get you back to your normal life again, and to help you better understand what caused your problem and the solutions available. Our treatments take place in a fully equipped gym and private treatment rooms for all manual and massage therapy.

The equipment we use is state of the art and has the backing of countless research studies to prove its effectiveness. Lightforce Cold Light Laser and Zimmer's Radial Shockwave Therapy offer the latest in improving tissue healing rates and accelerating the ability to get back to a more enjoyable life. We provide friendly care and are committed to the results we promise.

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DR. ALEXANDER REAM

Doctor of Physical Therapy

Dr. Alexander Ream relocated to Florida in 2015 from Parma Heights, Ohio. As a three sport high school athlete and collegiate football player, Dr. Ream developed an appetite for competition and a desire for teamwork and motivation. His love for therapy grew throughout college as he rehabilitated his own injuries and worked firsthand with therapists to return to the field.

Dr. Ream pursued his undergraduate education at Hiram College where he earned his Bachelor of Arts with a major in Biology and minor in Exercise Science. He then continued on to the University of Maryland School of Medicine where he achieved his Doctorate Degree in Physical Therapy. Dr. Ream has received education on proper and effective treatment of cardiopulmonary, musculoskeletal, neurologic, and sports related conditions.

After graduating from the University of Maryland, Dr. Ream moved to Fort Myers, Florida where he spent two years working in a therapist owned outpatient orthopedic facility. He then moved to Sarasota, Florida where he worked in a physician owned therapy practice for three years. He finally relocated to Naples, Florida in late 2019 to join the Naples Premier Physical Therapy team. Since graduating, Dr. Ream has primarily worked with orthopedic and sports-related conditions in efforts to return patients of all ages to their independence.

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- PHYSICAL THERAPY
- LASER TREATMENTS
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THE POWER OF NUMBERS

By Dr. Leisha Cali

The US is growing by 25 million people every decade. By 2030, the number of people over 65 will have doubled, and that means there will be a greater demand for health care services. This is cause for concern because we not only have a shortage of physicians, nurses, and allied health care professionals but we also have a lack of health care workers who can adequately speak more than one language. Communicating clearly and effectively to patients about their health situation and treatment options and doing so in a culturally competent way are essential skills today because language barriers have been reported to affect millions of health care consumers each year.

Hodges University is meeting the challenge of closing health care gaps through a variety of educational offerings and pathways, one of which is for residents who do not speak English as a first language. The multiplicity of languages and cultures in our region is just one of the characteristics that makes Southwest Florida such a vibrant place to live. We are addressing the unique complexities of our region's population dynamics and growth with our intensive English as a Second Language (ESL) certificate and bridge programs. The certificate program is designed to enhance students' abilities to communicate in English so they can pursue employment. The bridge program helps students further develop their grammar, reading, and writing skills to do college level work.



Being fluent in another language often means you can navigate and communicate more effectively within another culture. Culturally competent workers possess vital skills in today's workplace, especially the health care fields, where the expression of concern, empathy, and hope can impact a patient's suffering and/or recovery. Having a medical professional speak your first language does at least two important things: First, it assures you and your family that you are getting the proper care; second, it enables you to understand your health condition and options. That's especially important when we are facing critical health decisions. Trust is key when it comes to the relationship between a healthcare provider and their patients.

Florida Board of Governors recently reported that degree completion in healthcare fields increased by 18% at the undergraduate level and 12% at the graduate level in the State University System of Florida. At Hodges, we are doing our part in providing unique learning opportunities and pathways to help meet the higher demand for competent health care professionals in Southwest Florida. Our ESL pathways program is just one of these ways.

Dr. Leisha Cali is the Director of ESL at Hodges University.



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SWFL Real Estate Market

Increase in Listings and Demand!

By Robert Nardi, Broker/Owner

Buyers eager for more home choices were happy to see an increase in new listings during April. According to the April 2021 Market Report, released by the Naples Area Board of REALTORS® (NABOR®), which tracks home listings and sales within Collier County (excluding Marco Island), there were 1,460 new listings added to the pool of homes for sale in Naples during April.

Since January, the Naples area housing market has enjoyed a 14.3 percent increase in new listings compared to new listings during the same time in 2020. Buyer demand in April took another bite on our inventory. April had 2,037 pending sales (homes under contract) and 1,882 closed sales, which resulted in only 1,432 homes remaining for sale by the end of the month. The 8-month supply of homes in April 2020 was reduced to a 1.1-month supply of homes at the end of April 2021 based on the Southwest lifestyle of sun, sand, and weather.

The number of new listings is going up, and they are selling fast because demand is simply outpacing the inventory replenishment. Historically, new construction sales accounted for 25 percent of all home sales in Naples. But raw material shortages are forcing many local builders to press pause on future sales as it is becoming increasingly difficult for them to determine market prices a year from now. Remarkably, closed sales in the \$1 million and \$2 million and above price categories outperformed all other lower-priced home categories tracked by NABOR®.

What does this all mean?

Demand continues to outpace supply, and as far as economics go, that means that prices will continue to increase. Over the past month, I have seen multiple offers come in on a listing within 30 minutes of it going live in Multiple Listing Service (MLS). I have witnessed escalation clauses increase 10-fold (meaning if a buyer makes an offer, then the Buyer is willing to increment his/her bid to surpass any other offers by a certain amount determined by the Buyer).



An escalation amendment will only work if the offer is cash. If you had a mortgage contingency with an escalation clause, it would be weighed less of an offer compared to cash. Even if the offer with a Mortgage contingency were \$20,000 more than the cash offer, the Seller would still have to worry about the appraisal. In this rapidly escalating market, having a cash offer is having the edge in negotiations. The good news is that even though people are offering cash, they can still pursue a mortgage; however, when it comes down to the closing date, the loan must be in place by that time. If it is not and the Sellers will not give a closing extension, the Buyer may have to forfeit his/her escrow deposit. Select cash and getting a mortgage are becoming more prevalent. Many of the Buyers call their Financial Advisors, and they instruct their clients to pursue a loan instead of paying cash. Residential loan rates are anywhere from 2.75% to 3.75% (factoring in the loan amount, whether the loan is a 15- or 30-year mortgage, the Buyers' credit scores, etc.)

The difference today from when we had the great recession beginning in 2005 is that the underwriters are extremely strict. If someone is pursuing and receives mortgage approval, they can afford to purchase the home. In the great recession, they did "No Doc" loans. The mortgage company would only verbally document, and the lender required no hard copies of necessary financial documentation like W-2's, 1099's, checking account statements, etc. Yes, lenders gave loans liberally and freely. No longer is this the case.

Making a move!

The rise in homeowners' equity during this hot market means everyone who bought a home in the last five or six years is in an excellent position to make a profit if they choose to sell now. However, the rhetorical question they would have to ask themselves is, "If I sold my current property, where would I go?" Since every other property has gone up in price, what could I buy, and will I even be able to find a property with such little inventory? The good news is that if you are thinking of renting an apartment or moving into an independent living facility, this might be the perfect opportunity to make your move with the accumulated equity you may have in your property.

Rentals are in demand!

Rentals are very much in high demand. If you are thinking about renting your property in Southwest Florida seasonally (January, February, and/or March) or annually (instead of selling), now is the time to prepare and get it on the market as soon as you can. If you wish to rent it out seasonally, the property will need to be fully furnished. If it is annually, then it would need to be unfurnished. If you need help with preparation or renting, I have a large rental division that could assist you.

Lastly, if you are looking for either a seasonal or annual rental for yourself, family or friends, please visit www.BuyNaples.Net.

Happy buying, selling and renting this summer!



To find out more, please call (239) 293-3592
or visit www.BuyNaples.net

Does Your Pet Freak Out With Fireworks?

The fourth of July brings a great deal for us to be thankful and happy for as we celebrate with friends and family. However, with all of the celebrations, comes an event that many pet owners dread—FIREWORKS.

It's not easy to watch your pet shaking uncontrollably, drooling, panting, and seemingly fearful for their lives. As a pet owner, it's stressful to see them in such disarray and hysterics. It's also dangerous for the pet; just as anxiety is unhealthy for people, pets can suffer physical impairments, aggression, depression, heart attacks, and strokes from apprehension.

If you are out celebrating and you don't know your pet is scared and having an attack, you could come home to a chewed up home, or a pet this is severe distress. It's best to take measures into your own hands before the fireworks begin. These include many options such as finding your pet a secure comfortable area, turning the TV or Device on with easy listening music, or pet anti-anxiety music (yes it's a thing). Also, talking to your veterinarian about the best options for your pet is ideal.

LIKE FIREWORKS, STORMS CAN INCREASE ANXIETY IN PETS

Afternoon storms happen regularly here in Florida, and pets that exhibit anxiety with booming clashes of thunder and lightning can be a nerve-racking situation for the pet and the owner alike. The same hold true for fireworks, which scare most pets due to their loud, machine like pops and constant firing.



WHAT CAN YOU DO?

Calming supplements can ease your pet's anxiety. If a storm is approaching or fireworks are expected (hello fourth of July), giving your pet the recommended dosage of these all natural anti-anxiety meds can help your pet to feel more at ease during a storm.

PRESCRIPTION MEDS

Veterinarians also offer 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 the season gets into full swing.

The ThunderShirt® works for some animals. It's in a sense, similar to swaddling a baby, as the ThunderShirt® wraps snugly around your pet making them feel more at ease. Gently holding your pet and reassuring them that it's okay is helpful as well.

It's critical too never scold your pet for being scared. Making them as comfortable as possible is your responsibility.

AT ANIMAL OASIS VETERINARY HOSPITAL WE CARE ABOUT YOUR PETS

Here at Animal Oasis Veterinary Hospital, the well-being and health of animals is our number one priority. Our trained doctors and staff work tirelessly to ensure that all pets get the proper care that they need. Not only do our doctors really care about the health of your pets, but they take a vested interest in all aspects of their life. Whether it is an actual health problem, or just looking out for preventable problems, our staff is here for you.

We really go the extra mile here and it shows in our retention rate. Families that come in usually don't leave because our service speaks for itself. Our doctors take pride in helping our clients see all the available options, and we work collaboratively with you to make sure the right option is picked. Check out one example of a grateful family that recognizes all the hard work our doctors put in for them and their pets.

We offer the most up to date and progressive veterinary services for your pets. Ranging from Laser Surgery, Ultrasound, Dental X-Rays, Radiology, Full Pharmacy, and In House Diagnostics, Animal Oasis Veterinary Hospital provides your pets with the necessary options for treatment.

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Flashes of Light

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

Flashes of light are pinpricks or spots of light that you see in your field of vision. People often say seeing flashes of light is like seeing "shooting stars" or "lightning streaks." Flashes of light in your vision come from inside your eye. They are not caused by lights or anything else outside of your body.

Most flashes happen when the vitreous gel inside the eye shrinks or changes, pulling on the retina (the light sensitive lining of the eye). Flashes of light can also happen if you're hit in the eye or rub your eyes too hard. In both cases, the flashes are caused by physical force on the retina.

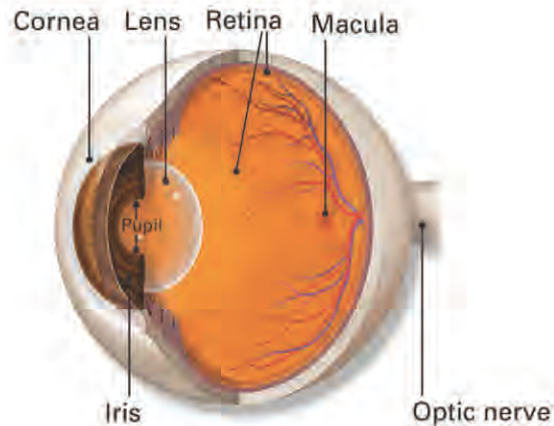
Flashes of light usually appear and then fade quickly. In contrast, bright spots, lines or patches that appear and stay in place for a period of time may be migraine aura or a symptom of another condition. Migraine aura may look like shimmering jagged lines or appear wavy, like heat waves. Migraine aura can appear even if you do not get any headache.

Light rays that you may see around lamps, headlights or streetlights may be a symptom of cataract or an effect from an intraocular lens (IOL) or refractive surgery.

Many people will see occasional flashes of light, especially as they age. These occasional flashes are usually harmless, but you should discuss them with your ophthalmologist during an eye exam. However, if you suddenly start seeing repeated flashes of light, this could be a serious problem, especially if you also have cloudy floaters or vision changes.

Call your doctor right away if:

- You suddenly start seeing flashes when you haven't before.
- You have a sudden increase in flashes of light.
- You see flashes of light along with cloudiness or dark spots in your vision.
- You see a dark area or 'curtain' across your vision.
- You see flashes of light after being hit in the eye or face.



Suddenly seeing new floaters and flashes could mean your retina has torn or detached. This is a very serious condition that your ophthalmologist must treat quickly to prevent blindness.

There is no treatment for occasional flashes of light caused by vitreous changes from aging. Occasional flashes do not cause any damage and most people get used to them after a little while. If you're seeing a lot of flashes of light, treatment of the underlying condition will usually reduce the number of flashes you see.

These conditions can cause flashes of light:

- Choroidal Neovascular Membranes
- Cytomegalovirus Retinitis
- Detached and Torn Retina
- Histoplasmosis
- HIV/AIDS
- Migraine
- Posterior Vitreous Detachment
- Stickler Syndrome
- Vitreomacular Traction

Other symptoms that may seem like flashes of light include:

- Distorted vision (with migraine)
- Halos around lights
- Starbursts around lights

Source:
<https://www.aaopt.org/eye-health/symptoms/flashes-of-light>

The symptoms and possible related eye conditions/diseases in this section are for general reference only, and do not contain all visual symptoms or all possible related conditions or diseases. If you have any unusual vision symptoms, speak with your ophthalmologist.

It's important to remember that many people do not know they have eye disease because there are often no warning signs or symptoms, or they assume that poor sight is a natural part of growing older. Early detection and treatment of eye problems is the best way to keep your healthy vision throughout your life. In many cases, blindness and vision loss are preventable.

The American Academy of Ophthalmology recommends that adults with no signs or risk factors for eye disease get a baseline eye disease screening at age 40. For individuals at any age with symptoms of or at risk for eye disease, the American Academy of Ophthalmology recommends that individuals see their ophthalmologist to determine how frequently their eye should be examined.

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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Every year through research, clinical studies, and client testimonials, we are learning more and more about the amazing benefits and long-term relief Salt Therapy can provide on the respiratory system. Salt therapy is a 100% drug-free, effective, natural therapy for allergies, asthma, sinusitis, ear infections, as well as other respiratory and skin conditions that people of all ages can safely enjoy!

What is a Salt Therapy Cave?

During each 45-minute session inside the Salt Cave, you will find yourself surrounded by 15,000 pounds of beautiful Pink Himalayan Salt that covers the walls and floor. Our Salt Room is fully equipped with a dry salt aerosol generator and monitoring salt sensor. This system is used to grind and disperse salt, in controlled particle sizes and concentration levels, into the air for inhalation. These controlled parameters allow for an optimal balance of effectiveness and safety in the delivery of ultra-fine, dry salt micro-particles. The inhalation of salt with each relaxing breath you take can penetrate to the deepest parts of the lungs, open airways, break up mucus, absorb excess moisture, calm an agitated respiratory tract, as well as destroy fungus and bacteria in the mucosal lining and on the skin, to help you breathe easier and feel better. You can take off your shoes if you like, relax in a zero-gravity lounger, and listen to serene background music while you unwind and relax in the salt Cave.



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Eating Heart Healthy Meals Just Got a Whole Lot Easier

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



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

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

What is Chefs for Seniors?

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

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

Why Chefs For Seniors?

Our Mission is to Provide Amazing Food and Proper Nutrition

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

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

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

Professionally Prepared Meals and Clean Up!

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

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

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

What if I Have a Special Diet or Dietary Concerns?

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

Do I Have to Supply the Cooking Equipment?

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

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

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

Phone: **239-776-1758**

Email: bill.springer@chefsforseniors.com



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Do You Have A Thyroid Disorder?

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

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

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

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

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

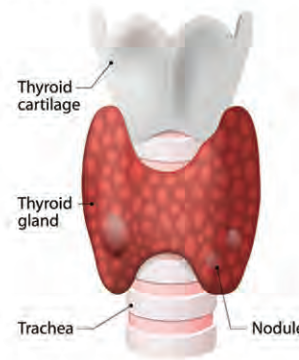
Hyperthyroidism Symptoms:

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

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

Hypothyroidism Symptoms:

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



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



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

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

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Health Insurance What you need to know!

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

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

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

Medicare – Generally when you turn 65 you are eligible for Medicare, once you have worked 40 quarters roughly 10 years there is no cost for Medicare Part “A” Part A covers Hospitals, Skilled Nursing, Home Health & Hospice. Medicare Part B you can choose to take at 65 or you can hold off if you are still working and have credible coverage. Also, if you then want Part B later there is a special enrollment Period (Jan-Mar), and the earliest effective date is July (if you did not have group coverage).



If you did not have group health insurance that is considered qualified, you would have a late enrollment penalty for each month you did not have Part B & Part D and that penalty will last monthly for the rest of your life. Part B covers, doctors, imaging, blood work, ambulance, durable medical equipment, etc. Part D is a Medicare Drug Plan and covers medications. During your initial enrollment period it is very important to understand your options! Medicare Supplements are NOT guaranteed. You can purchase them during your 1st 6-month of Medicare Part B being effective without medical underwriting. There are a lot of things you need to know. Again, work with an agent you can trust! Very important: when you move you need to know your options. Can you keep the same plan? Do you need to make a change and what does that look like in your situation?

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

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

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

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Summer Cleaning

Summer has finally arrived! Summer months in Florida mean humidity, rain to shine (and back, again) within minutes, and all of the fun that comes with being outside. The best things about summer are getting a tan while grilling, enjoying company, and breaking out those dusty pool noodles. Kicking back and relaxing is nice, but before you do... think about something else, cleaning. Cleaning is definitely not at the top of most people's list of summer activities, but it can make the rest of your summer more carefree.



Let's start with the inside. Humidity can mean many things to Floridians. The list includes, but is not limited to, swarms of mosquitos, unbearable sweat, and that overall heavy feeling in the air. Keeping the bathroom fan turned on during, and even 15-20 minutes after a shower, will reduce the humidity that mold thrives on. When removing mold and mildew, non-scrubbing products can reduce the amount of time spent stuck inside. On a cooler note, refrigerators become more active than usual in summer months while grabbing some refreshing beverages. Lemonade goes with summer like sugar goes with "sticky". Avoiding messes due to spilt liquids can be accomplished by purchasing refrigerator shelf liners is quick and easy. Removing and replacing the liners makes cleaning up a snap.

Garbage can be a uniquely smelly fixture in the home. Sludge, grime, and old food all add up to a recipe for disaster; mix in the summer heat and it can make a bad situation much worse. Many times

the reason our garbage smells so bad is not what's inside the bag, but outside and beneath it. Placing a garbage liner inside the can will reduce the risk of leakage and spills. A collection of mold and bacteria can build up inside. Take the time to address this kitchen mainstay, your nose will be happy you did.

We all love to sit on our lanais at night and enjoy the company of friends and family. Outdoor lighting is utilized more often in the summer, but after a period of non-use they can collect pollen, dust, bugs, and more. Dusting is a given, yet taking down the fixture and washing it inside and out is the proper solution. A little bleach or vinegar with water ensures that the lights stay brighter and the company stays longer.

Grilling out in summer has to be one of the great American pastimes. A few beverages, friends, and the smell of a New York Strip being cooked to perfection

makes for an ideal summer day. Before you grab the peppercorn sauce, make sure the grill has been cleaned after a long winter. No dangerous chemicals are needed to clean the grill; just take some rolled-up tin foil and dip it in white vinegar. Then scrub the grate for a few minutes and presto... you are ready to start cooking.

If you want to leave the summer cleaning to someone else, contact MaidPro at (239) 431-9080. The folks there are experts in every aspect of cleaning; whether indoors or outside. They have the supplies and know-how to prep your home for a relaxing summer. You can also visit them at www.maidpro.com/naples.

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Are You a Wizard?

Summer is Your Time to Shine!

As the seasons change, so does the type of energy that influences the earth. Chinese medicine explains the cycle of the different aspects of the universal energy, or Qi (pronounced “chee”), in terms of 5 elements. These 5 elements are Fire, Earth, Metal, Water and Wood. Each element is associated with a season and a personality-type that embodies the energy of that element.

The Elements and their associated season and archetype are:

Fire: Summer / The Wizard

Earth: Late Summer or the Transitional Time Between Seasons/ The Peacemaker

Metal: Fall / The Alchemist

Water: Winter / The Philosopher

Wood: Spring / The Pioneer

As we approach summer, the season of the fire element, notice how the energy on earth gets brighter, more expressive. It naturally gets hotter, thanks to the proximity of the great fire in the sky, and it draws people outside and together. There is a sense of vibrancy that is awakened in us during this time.

The Wizard is the embodiment of this energy: colorful, enchanting, expressive, full of enthusiasm and an appetite for life. She is a magnetic speaker. He is an enchanting leader who leads from the heart. They are teachers, visionaries, and they possess magic.

Are you a wizard? Here are some questions to help answer that...

- Do you believe in Magic?
- Do you consider yourself intuitive?
- Are you a natural leader?
- Do you love to engage an audience (or a few friends)?
- Do you wear your heart on your sleeve?
- Do you crave intimacy and passion?
- Are you energetic/playful?
- Do others sometimes have difficulty keeping up with you?



If you answered yes to any of these, you have at least a little wizard in you. We all have some features of each elemental energy, some more than others. If you answered yes to all of these, you’re a bright fiery wizard!

As it is the central philosophical foundation of Chinese Medicine, the importance of balance can never be understated. A fire can provide comfort and warmth or it can be disastrous and destructive. Signs of a fire burning too strong are excess perspiration, inability to rest, excessive talking, fast heartbeat, high blood pressure, red face, rashes, cramps, issues with blood circulation and even the actual enlargement of the heart organ itself from overexertion. If this excess fire is not kept in check, it will inevitably lead to burn-out and a complete reversal of what we know to be associated with fire. Signs of a burnt-out wizard are someone that is nervous and withdrawn, or easily startled.

The unregulated desire to share oneself can lead to a loss of boundaries, which can lead to a loss of self. The beautiful fire of creativity and expression can thus turn into ashes of desolation and voicelessness. We can think of someone like Robin Williams as an example of a wizard who experienced both extremes of the fire-type personality. He shared his powerful magic with the world but also suffered from depression and isolation.

Some general but important reminders to help keep your fire in balance:

- Celebrate your inner wizard! Allow yourself time for the pursuit of pleasure.
- Stay hydrated, avoid overindulging in spicy foods and stimulants.
- Avoid over-excitement and over-exertion, Make time for rest and solitude.
- Maintain appropriate physical, emotional and spiritual boundaries.
- Cultivate a peaceful spirit, tranquil mind, and harmonious heart. (Meditation is a great cultivation tool.)

If you are a fire element person that feels like you are burning out or at risk of burning out, acupuncture could be just the answer for you. A few summer acupuncture treatments could be all you need to harness that fiery passion to pursue your dreams and ambitions.

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Failure is a Part of Growth

By Pastor Timothy L. Neptune

The Apostle Peter was a bold man. He stepped up when others stepped back. He was often the first to speak in a group setting. Because of his faith, he was able to walk on water. And, like most risk takers, he experienced his share of failures.

Faith involves risk. Failure is a possibility. But that's okay. Step out of the boat anyway. I love a small part of a speech given by President Teddy Roosevelt back in 1910. He said,

"It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat."

I would rather die on the playing field engaged in the battle than rot in the grandstands as a spectator.

Did Peter fail when he started to sink? Yes, he failed. But I think there were 11 bigger failures sitting in the boat afraid to even try to walk on water.

We need men and women of courage today. High-impact people who are willing to take risks and trust God with the results.

Failure is an indispensable part of growth.

The greatest lessons I've learned in life are from the many mistakes I've made along the way.

If you want to be a high-impact person, you too, will make some mistakes and need God to bail you out.

Peter took his eyes off of Jesus and his faith began to waver. But give Peter some credit... he was in the middle of a really big storm, he was outside of his boat in the darkest part of the night. Can you imagine

how scary that must have been? I get nervous just standing at the back of cruise ship at night looking out at the sea!

Nevertheless, if we keep our eyes on Christ, what do we really have to fear?

As followers of Jesus Christ, we've been called to live a life of adventure that requires great risk and great faith.

Perhaps you've tried before but failed. That's okay. Admit your lack of faith and move on.

Whatever you do, don't give up, give in, or quit.

You lose more often than you win in life. There are more bad days than good days. You fail more often than you achieve. Remember that God is sovereign and always in control. Nothing can happen to you except by divine permission or divine directive.

Don't live with regrets and second guesses. Learn from your mistakes and then move on. It does no good to dwell on the past and wish you could do it over. Just keep moving forward... that's how your faith grows.

Tim Neptune is the lead pastor of Venture Church Naples, a new church located on the campus of Florida SouthWestern State College in Naples, FL. For church times and other information, visit www.venturenaples.com or call (239) 775-5323.



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