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Health & Wellness[®] MAGAZINE

August 2021

Collier Edition - Monthly

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RESULTS OF
SHOCK WAVE
THERAPY**

**TREATMENT FOR
BLOCKED ARTERIES**

**WAYS TO
MINIMIZE
STRESS
AND GET
BETTER
SLEEP**


**BACK TO
SCHOOL**

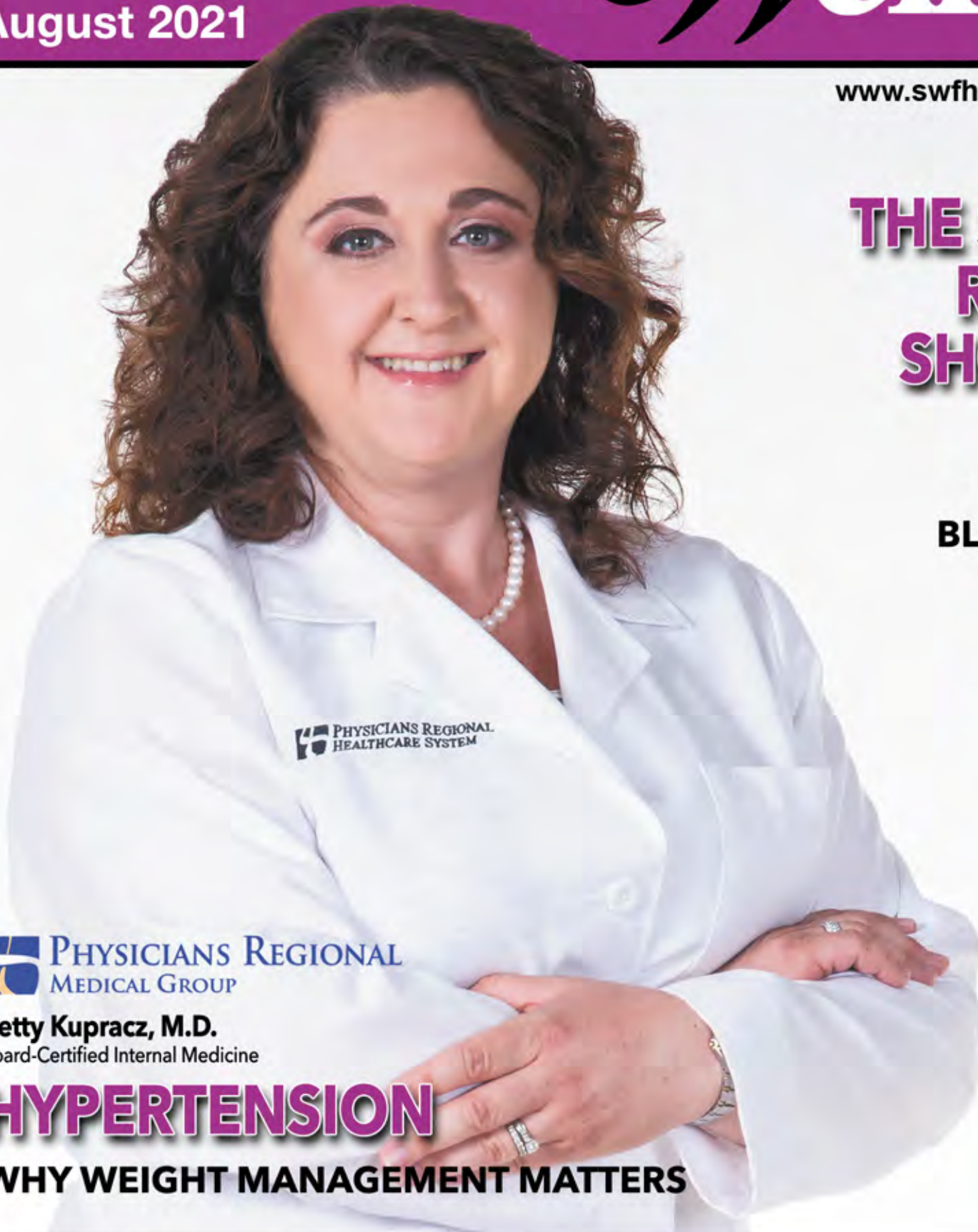
 **PHYSICIANS REGIONAL
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Betty Kupracz, M.D.
Board-Certified Internal Medicine

HYPERTENSION

WHY WEIGHT MANAGEMENT MATTERS

 **PHYSICIANS REGIONAL
HEALTHCARE SYSTEM**





*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.*

Advanced PAD stages may cause:

- * *Leg pain at rest.*
- * *Skin ulcerations.*
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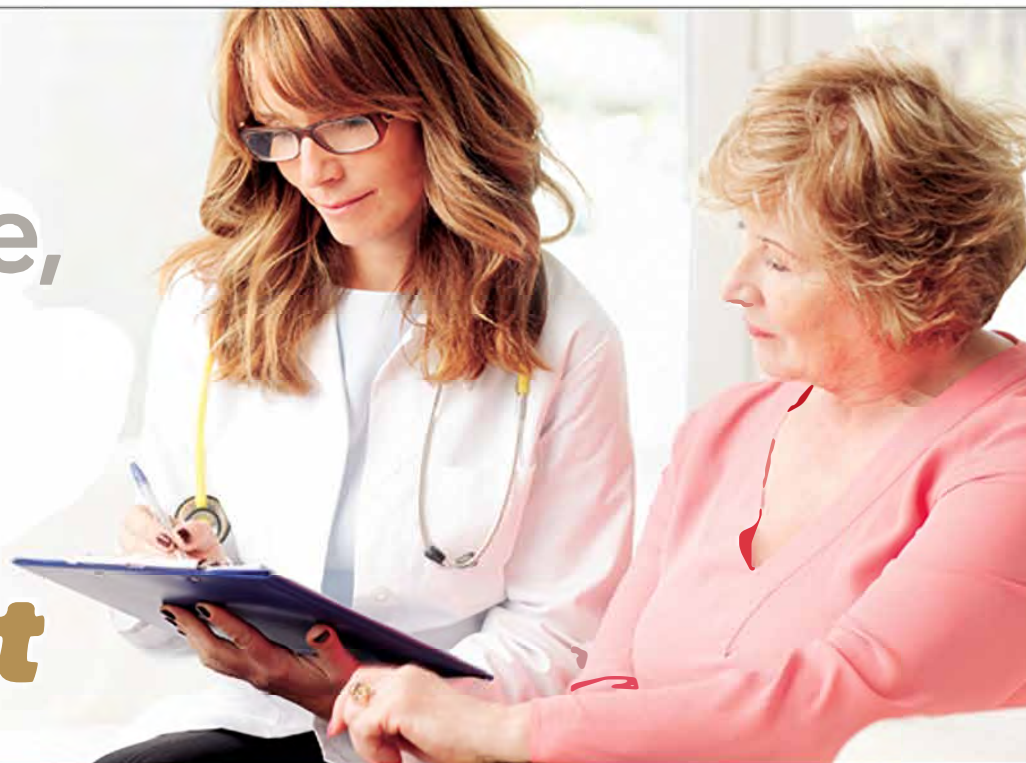
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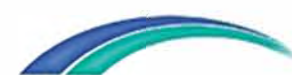
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Southwest Florida's Health & Wellness Magazine can be found in over 1,000 Southwest Florida medical facilities including, hospitals', doctors', chiropractors' and dentist offices. Find a copy of your FREE Southwest Florida's Health&Wellness Magazine in most grocery and convenience stores as well.

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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 dispipated energy and thermal stabilization power needed in comparison to the Catalys group. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5077265/>

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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



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.

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BACK TO SCHOOL

By Neetu Malhotra, MD



Most parents after the long summer break cannot wait to send their kids back to school. But, of course things are much different now in 2021 during this pandemic that has turned our world upside down.

President Donald Trump has been urging all state and local officials to reopen schools this fall, despite the coronavirus infections surging nationwide. However, most experts have clearly stated that without in-person classes, many students will either fall behind or fall into depression.

I do not think that online learning works well for children, especially for young children. Children have been having significant social and emotional concerns from online learning over the past several months. Children have been falling behind as well.

It appears that children are not as susceptible as adults to COVID-19, disease caused by coronavirus. In the U.S., children make about 22 percent of the population but kids actually account only for 2 percent of coronavirus cases thus far, according for the Centers of Disease Control and Prevention.

Those that are infected, relatively few require hospitalization or develop serious complications.

However, this does not mean that classrooms should not follow social distancing and other safety precautions. Honestly, it really is imperative for kids to get back to school which can be done safely.

There are certain immunocompromised conditions, which I do think may be exceptions. I do not think that in person school is a good option for of course those children. I would have a honest and open discussion with one's pediatrician to decide what option is the best.

I think it is important for all parents to discuss the importance of hand washing frequently with their kids. I also think kids must learn to wear masks and social distancing must be encouraged as much as possible. I think also schools have to assess the risk by age as well. Elementary school children are at a much lower risk than say high schoolers or even college students. I think schools will have to become creative in laying out classrooms and conduct school safely.

Of course, nothing will ever come back to "normal" until we have a vaccine. These are extremely difficult times we are living in and I think schools can reopen but safely. Life has changed but we must adapt to the times. I think kids must go back to school.

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HYPERTENSION

WHY WEIGHT MANAGEMENT MATTERS

High blood pressure, also called Hypertension, is more common than one may think. Many people who have hypertension may not even know that they have a problem until seeing their physician for an annual checkup. Hypertension is a very common medical problem which most patients can learn to manage with some healthy lifestyle changes along with medications if needed.

High blood pressure readings over 140/90, taken on 3 different occasions is typically how physicians diagnose hypertension. A patient's age and underlying medical problems such as diabetes and chronic kidney disease also play a factor in the diagnosis. Physicians Regional Medical Group's newest board-certified internal medicine physician, Betty Kupracz, M.D., commonly sees patients with hypertension. Dr. Kupracz offers preventative medicine including complete physical exams and wellness visits. She also treats many conditions, one of which is high blood pressure.

"Many of my patients have hypertension and don't even realize it as it can be silent," Dr. Kupracz states, "Most will say 'But, I feel fine, doc!' However, it's important to recognize that eventually hypertension can lead to much bigger issues."

Complications of hypertension include stroke, heart attacks as well as kidney damage, vision loss, memory loss and erectile dysfunction. This is why it's important to see your primary care physician at least once a year for a physical or a wellness visit. The most common causes of high blood pressure which we can control, unlike family history and genetics, are behaviors to modify as part of a healthy lifestyle.

These causes are usually a lack of exercise leading to being overweight or obese, dietary indiscretions with salty and fatty foods, as well as overindulgent alcohol intake. Smoking is also a big factor causing hypertension, along with many other diseases such as lung disease/cancer, vascular disease and osteoporosis.



"Two very important causes of hypertension which many seem to overlook are daily stress and sleep apnea," Dr. Kupracz warns. Being more mindful and aware of your daily habits can ultimately have a huge impact on your overall health.

To start your road to good health and prevention of hypertension, here are some tips Dr. Kupracz recommends:

- Try a DASH diet: eat foods rich in potassium, magnesium with increased dietary fruits/vegetables/nuts; reduce or remove salt, refined sugar and fatty foods from your diet
- Eat lean protein such as fish and poultry, minimize red meats to once a week
- Increase your physical activity as tolerated, building up to moderate exercise 3 to 4 times a week, for 30-40 minutes.
- Decrease or stop alcohol intake
- Decrease daily caffeine
- Stop smoking

"As a physician, and a mother, I try to follow these recommendations realizing that I should be a role model for healthy living," Dr. Kupracz states, "I try to cook healthier meals from fresh ingredients and minimize frozen foods. Our family goes out biking

in the cooler evenings as a great way to exercise during hot Florida summers. We spend time laughing and enjoying one another, knowing that this is a wonderful way to relieve stress. I encourage everyone to make a few changes and see what an impact it can have on their health!"



You can find **Dr. Kupracz** at Physicians Regional Medical Group – Pine Ridge Medical Office Building, 6376 Pine Ridge Rd, Naples, FL 34119. Request an appointment at **(239) 348-4221** or **PhysiciansRegionalMedicalGroup.com**. Ask about same-day appointments.

 **PHYSICIANS REGIONAL
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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.

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The Benefits of Patient-Centered Care

By Dr. Arie Dosoretz

In 2020, an estimated 1.8 million people in the U.S. received a cancer diagnosis. This experience can be difficult and naturally comes along with feelings of shock, sadness and fear for the road ahead.

The majority of patients with a cancer diagnosis receive radiation therapy, which uses high-energy beams to target and destroy harmful cancer cells.

Modern radiation therapy techniques offer safe and effective treatment options that are aimed at maximizing treatment efficacy while minimizing side effects. A typical treatment plan is combined with chemotherapy and surgery in order to provide the best chance of controlling the disease.

A well-organized and focused radiation oncology team should work closely with each patient, their caregivers, and the other physicians involved in a patient's fight against cancer.

Putting Patients First

Patients are always the top priority at Advocate Radiation Oncology. Our goal is to develop a highly personalized treatment plan that caters to each individual's needs. This process begins by first learning the important details about each patient and their given circumstances.

A patient-first approach requires that the physician and surrounding staff thoroughly commit themselves to understanding a patient's goals and providing a compassionate and comfortable experience throughout the treatment process.

Patients deserve to feel that their care team is a source of strength and support from the moment they walk through the door.

Patient-Centered Care

Radiation therapy is a proven cancer treatment that has been used for many decades. Radiation technology has continuously evolved and can be deliver efficient treatment that allows you to live your life with minimal disruption.

While outlining a patient's treatment plan, Advocate Radiation Oncology's expert team uses the most



up-to-date data to ensure that every patient receives the most evidence-based cancer care.

Lastly, we review that plan with you so that you and your loved ones know what to expect and are comfortable moving forward together. As your advocates, a devoted team stays by your side throughout your treatment journey, every step of the way.

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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Eyeglasses and Sunglasses:

Both Important—Both Somewhat Challenging to Jostle Between

Getting regular eye exams is very important to make sure that you do not develop any new chronic conditions. Wearing your glasses is something that we take more advantage of as we age, as the majority of adults require glasses for reading, for driving or for seeing at a distance.

In Florida, we are overly exposed to the sun on a daily basis. Protecting your vision with sunglasses is critical. If you have glasses, juggling between your regular glasses and your sunglasses can be challenging.

Transition lenses have come a long way in the past decade.

Today's photochromic glasses are available in a rainbow of lens colors and are made with various materials. These lenses contain proprietary dyes that undergo chemical changes and darken when exposed to UV light. Photochromic technology has come a long way since the very first transition lenses, which darkened when silver chloride or silver halide in the glass lens reacted with UV light.¹

Pros of transition lenses¹

- They are convenient. You can use these glasses under most circumstances, whether indoors or outside.
- They offer continuous UV protection. You will no longer forget your sunglasses or not bother to put them on for a trip outside.
- They won't get lost as easily. You and your children are less likely to lose glasses when you don't have two pairs to keep track of.
- They are available in many styles and colors and can meet the prescription needs of most people. If you need shatter-resistant lenses, bifocals, progressives or have other specific needs, there's almost certainly a photochromic lens for you.
- They can save you money. You may not need to buy prescription eyeglasses and prescription sunglasses as well.

More on Eye Melanoma and Protecting Your Vision

It's a rare diagnosis, but if your eyes are constantly exposed to UV radiation, your chances of getting a melanoma in the eye are greatly increased. Ocular melanoma tumor cases are uncommon,



but about 2,000 new cases are diagnosed each year. Living in Florida, we need to be especially conscientious about preventing this form of cancer, due to our excessive exposure to the sun.

Ocular Melanoma (eye tumor/cancer)

Your eye is made up of three stratum, the outer, inner and middle layers. The middle layer is where most melanomas form. They typically occur in the uveal tract, which houses the iris, pupil, muscle fibers and layer of blood vessels that provides nutrients to reach the retina. This layer of blood vessels is called the choroid and is where most intraocular melanomas are found.

During your regular dilated eye exam, an ophthalmologist can usually detect the tumors if they are present. Some of the symptoms of ocular melanoma are a dark spot on the iris (color portioned eye), blurry vision, changes in the size of pupils or their shape, pain, redness, or consistent irritation.

Reference:

1. The American Academy of Ophthalmology, Sunglasses with Transition Lenses: Pros and Cons, <https://www.aao.org/eye-health/glasses-contacts/pros-cons-of-transitions-lenses>

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.

EYE EXAMS ARE ESSENTIAL

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

If you or a loved one have any eye symptoms or are in need of your yearly eye exam, please schedule an appointment with an ophthalmologist immediately. Problems with sight, such as macular degeneration, retinal disorders or melanoma need to be addressed and treated as soon as possible. Although the treatment options for ocular melanoma are limited, if caught early on, a resection (removal) of the tumor is the standard of care.

A comprehensive dilated eye exam is critical for all patients. In high-risk patients, they may need the dilated exam several times per year. Don't delay! The first step is to schedule the examination because early diagnosis can reduce vision loss significantly.

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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Male Infertility

A Brief Overview

Approximately 1 in 6 couples will experience difficulty in conceiving 1 year after unprotected intercourse. About 7 million couples seek fertility evaluation in the U.S. annually. A male factor is solely responsible in 20% of the time. It is contributory in 30-40% of the cases. Because couples are delaying pregnancy to a later age is now recommended that if fertility is ever question that both male and female be evaluated.

The goals of male infertility evaluation include:

- Identify potentially correctable conditions
- Diagnosis irreversible conditions that can be treated with assisted reproductive techniques using sperm of the male partner
- Diagnosis irreversible conditions that will require donor sperm for conception
- Identify life or health threatening conditions that affect fertility and require medical treatment
- Detect transferable genetic abnormalities if assisted reproductive techniques are used

The initial fertility evaluation consists of a complete medical and reproductive history, a physical exam, and 2 semen analysis. The reproductive history should include the timing infrequency of intercourse related to the menstrual cycle, prior fertility of both partners, duration of past or present infertility, childhood illnesses, developmental history, systemic medical conditions such as diabetes mellitus or chronic respiratory illnesses, prior surgeries, gonadal toxin exposures, sexual history including sexual transmitted disease history, and family fertility history. The physical exam will include examination of the male genitalia to determine abnormalities of the penis, urethra, testes, epididymides, vas deferens, and spermatic cords.

The semen analysis will show the following:

- Presence or absence
- Sperm count and concentration
- The motility of the sperm
- The morphology or shape of the sperm

Based on the results of the initial evaluation, additional testing may be ordered. This may include blood work, imaging with ultrasound, genetic screening, post ejaculatory urinalysis, or sperm integrity testing.

The following her common male infertility conditions that her correctable:

- **Scrotal varicose sees or varicocele.** This is a condition of abnormal varicose veins of the spermatic cord. This can affect both sperm production and maturation. The treatment consists of an outpatient surgery culture varicocelectomy.
- **Obstructive azoospermia.** This is a condition where there is normal production of sperm but they were unable to reach the ejaculatory duct. This is most commonly caused from a previous vasectomy. This can be treated with a phase sec to me reversal or with testicular sperm extraction which can be used for assisted reproductive techniques.
- **Hypogonadism.** This condition relates to inadequate signal into the testicles to produce sperm. This can often be treated with medication.

This particle gives a very brief overview of male infertility evaluation and treatment. Evaluation is important not only to diagnosis underlying malignancies (6% of male infertility patients) but also to identify potential genetic abnormalities that can be transferred with assisted reproduction. Because some conditions are irreversible, it is essential for couples and no that they will need to consider donor sperm or adoption.



Jonathan Jay, M.D.



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Naples in the Summer: Holistic Pearls for Everyday Maladies

By Svetlana Kogan, M.D.

Hot summer is here in full swing. The specifics of our local climate dictate the way we plan out our daily schedules and time outdoors. Smart Floridians know how to avoid the heat strokes and the sunburns, but there are some less well known summer health concerns which I tend to see more of this time of the year – and I wanted to share some of them with you today. In the heat of the summer, people often ask me about the skin issues, like underarm pimples in their armpits. Some of them get red and pretty painful, and bathing does not really make them go away. In many cases, these pimples can actually be boils, which crop up when staphylococcus bacteria infects hair follicles and skin tissue. The underarm area is susceptible to infection due to friction, shaving (which can break skin to allow bacterial entry) and sweat (which encourages bacteria to breed). While boils are more common in people with suppressed immune systems, the painful bumps can also occur in healthy people – especially in the summer, when staph bacteria thrive. The good news is that most boils disappear with home treatment. Just soak a washcloth in warm salt water (add 1 teaspoon of salt to 1 quart of water) and apply to the affected area for 10 minutes three times daily. The boils should rupture and drain within a week, after which you can apply a thin film of antibiotic ointment two to three times daily for several days.

To prevent future boils, wear loose cotton or linen clothing, air condition your workplace, and avoid eating hot spicy foods in the summer. This is especially true for people with rosacea and redness in their skin tone. In fact, for those who are prone to pimples and redness, I recommend drinking less caffeine in the summer, and increasing the use of cooling foods and herbs, such as cucumbers, watermelons, coriander and mint. Also, using a natural antiperspirant without aluminum, parabens or artificial fragrances will help prevent clogging the pores, which will in turn help ward off infections. And keep in mind that sweating is the body's way to cool off and to get rid of some of the toxins, so you do not want to block this important body's self-regulation system altogether.



Another common summer complaint I encounter in my medical practice is the searing foot pain in one heel, especially when people step out of bed. The cause of such pain may be plantar fasciitis, inflammation of the thick band of connective tissue on the bottom of your foot that attaches your toes to your heel. The pain is worse in the morning because standing up after resting acutely stretches the inflamed area. Your heels may be part of the problem since they put excess strain on the inflamed tissue. Wearing beach flip-flops and bare foot walking on the beach in the heat exacerbates the problem by increasing the abovementioned heel pressure.

To relieve the pain, consider wearing walking shoes with good arch support or dressier summer shoes with a little heel if you are a guy and slightly higher heel if you are a lady. This will take some of the pressure off the fascia. Icing the area for 15 minutes four times a day can also help, as can simple foot stretches: Gently pull your toes towards your shin until you feel a stretch in your arch. Hold for 10 seconds, then slowly release. Do 10 repetitions three times a day. Another useful exercise is to press and roll your affected foot slowly over the cold water bottle - to massage the painful fascia for 10-15 minutes 2-3 times a day.

An ancient ayurvedic tradition suggests immersing feet into 2 liters of cold sour buttermilk for 20 minutes once a day. To add sourness, add some lemon juice. For prevention, avoid standing in the same spot for prolonged periods of time. Also, as with skin boils, avoid excess intake of hot and spicy foods or junk food. In resistant cases, I recommend using low frequency pulsed electromagnetic fields (PEMF) therapy with biofeedback.

Yet another common summertime malady is a sensitive stomach. People with upset digestive system tend to feel more bloated and have more loose stools in the hotter months of the year. This often has to do with the surge in the serotonin levels as these negatively impact intestinal movement, especially in those people who are predisposed to irritable bowel syndrome (IBS).

To decrease your risk for these symptoms, wear light colors and lightweight fabric as well as a broad-brimmed hat to avoid inappropriate serotonin increase from overheating. Wearing white color helps by reflecting the sunlight and limiting intake of hot beverages and spicy foods will help avoiding the serotonin surge. To alleviate the bloatedness and gassiness, try a good probiotic which has at least 10 different strains and the potency of at least 40 billion colony forming units, once daily for 2-3 weeks. Keep in mind that raw salads which dominate our diet in the summer – can contain gas-producing vegetables, and if you are the type that is sensitive to cabbage or cauliflower – modify your salads accordingly. Here is too a cool and healthy summer season!



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. In 2019, she moved her practice from Manhattan, NYC to Naples, where her focus is on fusing traditional medicine with holistic approach to illness and prevention.

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CERVICAL SPINE, NECK PAIN:

WHAT YOU SHOULD KNOW ABOUT THE CAUSE AND YOUR TREATMENT OPTIONS

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

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

Why Does My Neck Hurt and Give Me a Headache?

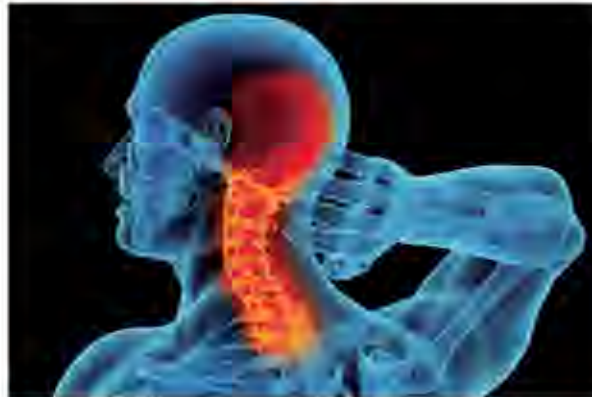
As you develop in the womb, your head and upper neck develop together, forever linking pain in one to the other. Hence, the upper neck joints, discs, muscles, and nerves can cause pain that goes into your head (headaches). When this happens it's called cervicogenic headache. Figuring out which of these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

What Are the Things that Cause Cervicogenic Headache?

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

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

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



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

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

What Does a Cervicogenic Headache Feel Like?

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

How Do You Treat a Cervicogenic Headache?

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

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

Cervical/Neck Pain

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

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

Getting You Out of Pain Without Surgery

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

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

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

Alternative Treatment

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



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Diabetes Adversely Affects Foot and Leg Health

Dr. Michael J. Petrocelli, Board Certified in Ankle and Foot Surgeries

Diabetic neuropathy is a progressive disease that affects nearly 200,000 new patients per year. Roughly, 29 million Americans have diabetes. Many of these cases are undiagnosed, but for those individuals that struggle with the disease, symptoms of diabetic neuropathy can be debilitating.

People with diabetes have an extremely high storage of glucose; Glucose damages many organs in the body but also has a severely adverse effect on nerves. This nerve damage happens because the small blood vessels, which supply blood and nutrients to the nerves becomes impaired. When the nerves are no longer fed nutrients, they either die, or their signals to the brain are ineffective.

Individuals with diabetes are at a higher risk of developing foot ulcers. These are not just simple wounds that are to be overlooked. When a diabetic person develops these foot ulcers, it can be life threatening.

Understanding the disease state is complex, but in short, having high blood sugar levels, along with low blood and oxygen supply, damages the nerves throughout the body. This damage affects the long peripheral nerves that feed sensations to the legs, feet, and toes from the spinal cord, through communication with the brain. If your condition has progressed, along with nerve damage, you may develop lingering sores on your feet and toes that are resistant to healing.

Diabetic Foot Neuropathy Symptoms

- Numbness
- Tingling
- Burning sensations
- Painful aching
- Joint inflammation
- Joint damage
- Balance issues
- Skin discoloration & texture changes
- Muscle cramps
- Feelings of stiffness
- Non-healing foot & ankle ulcers



Once the peripheral nerves are damaged, there is no cure. Along with medications and drug therapies, there are proven methods to lessen the symptoms of diabetic foot neuropathy.

Foot Ulcers

Because of the nerve damage, the feet will most likely not secrete oils or sweat properly and can develop cracks and deep slits from dry skin. Calluses can also split, and once these issues start to take place, bleeding, infections and non-healing wounds form on the bottom of the foot and toes. The lack of blood supply and the nerve issues, do not allow the wound to heal properly on its own. Along with this disorder, the individual will continue to put pressure on the foot; this rubbing action is similar to wearing a hole in your sock or shoe.

It's critical to keep your glucose levels regulated.

Diabetic Foot Ulcer Treatment

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

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

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. Podiatrists treat the entire knee down area of the leg, so if you are experiencing diabetic leg, ankle, or foot wounds, rest assured that Collier Podiatry's podiatric care is your best option.

Their kind and well-trained staff are ready to answer your questions and concerns and get you back on your feet again. Collier Podiatry is available to answer your questions and make your appointment. Please call them at (239) 775-0019.



COLLIER PODIATRY, P.A.
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 D.P.M., F.A.C.A.S., C.W.S.P.

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ADVANCED TCA PEELS AT AESTHETIC TREATMENT CENTERS OF NAPLES

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

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

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

ATC is Gaining Attention

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

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

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



Aesthetic Treatment Centers

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

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

Mindy and Kathy



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

Volunteer-Crafted Twiddle Muffs and Fidget Blankets Keep VITAS Patients Engaged

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



Anyone who has ever witnessed the agitated and nervous behavior of a patient with dementia or Alzheimer's, or seen nursing home residents in wheelchairs seemingly staring into space for hours on end:

Meet twiddle muffs—and meet 65-year-old Wanda, a VITAS Healthcare volunteer who makes them.

The twiddle muff does exactly what its odd name implies: It's a glove-like sleeve for the hands, similar to old-fashioned hand-warming muffs. Each colorful muff features crocheted-in knots and bunches of yarn that encourage patients to keep their hands and minds occupied by “twiddling away” with the muff's sensory, whimsical features.

“These twiddle muffs have tactile elements that keep our patients constantly engaged,” says the VITAS business manager who discovered them while visiting a local church's knitting-crocheting group. “The first day I encountered them, I took them straight to my team, telling them how phenomenal they would be for all of our memory care patients.”

‘Something to Make Them a Little Happier’

The average twiddle muff takes about 12 hours to create, according to Wanda, and is about the size of an oversized glove that fits over a patient's hand. A variety of textures encourage touching,

feeling, and twiddling, such as a string of different-sized knots, long thick appendages, or tightly packed balls or bumps.

Wanda's volunteer crafts group donates blankets, afghans, hats, mittens, and a variety of comfort items to VITAS patients and seniors in other healthcare settings.

“I really wanted to make the twiddle muffs to give patients and nursing home residents something to do, something to keep them busy and maybe make them a little happier,” Wanda says. “I try to make anything they can play with.”

Engaging, Tactile, and Utilitarian

Similar creativity is at work at the Veterans Affairs Medical Center where VITAS donated 10 volunteer-sewn “fidget blankets” for veteran patients.



The quilts feature interactive elements—zippers, beads, buttons, pockets, neckties, watches, and shoestrings—to encourage attention and manipulation. The blankets are wonderful tools for veterans struggling with dementia and neurological symptoms.

‘So Many People You Can Help...’

Wanda, who learned to crochet at age 12 from her grandmother, is thrilled that her creative pastime brings joy to others.

“There are so many places and so many people you can help,” she says.

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THE SHOCKING RESULTS OF SHOCK WAVE THERAPY: TREATMENT FOR BLOCKED ARTERIES

Cardiovascular disease including coronary artery disease is the leading cause of death in adults. The coronary arteries are the arteries that supply blood and oxygen to the heart. At Physicians Regional Healthcare System narrowing of the coronary arteries can be treated with open heart surgery (bypass surgery), angioplasty, stenting, and atherectomy.

Coronary shock wave lithotripsy is a new treatment for calcified blockages that is available at Physicians Regional. Heavily calcified narrowing of the coronary arteries is commonly seen. These calcified blockages of the coronary arteries are difficult to treat. They frequently do not expand with balloon angioplasty even when the balloon is inflated to very high pressures. Coronary lithotripsy is now FDA approved for the treatment of calcified coronary arteries. It is performed prior to stenting in the cardiac catheterization suite.

Coronary lithotripsy was approved based on four studies (the Disrupt CAD studies). These studies included a total of 628 patients and showed a high success rate – 92.4%, and a low complication rate – 2.1%. It is performed using a special balloon catheter which is positioned in a coronary artery at the site of a calcified blockage. Inside the balloon catheter is an emitter. The emitter releases electrical discharges that generates a sonic pressure wave inside the artery. The sonic pressure wave breaks up



Photo 1: This is the left anterior descending coronary artery and diagonal branches before the treatment.

Photo 2: This is a 2.5mm balloon inflated in the diagonal branch at 20 times atmospheric pressure. There is still a restriction in the middle of the balloon due to a calcified blockage.



calcium in the wall of the artery. This facilitates expansion of the vessel with balloon inflations at low pressure and allows full stent expansion.

Coronary shockwave lithotripsy is performed through an IV by interventional cardiologists at Physicians Regional Healthcare System at the time of cardiac catheterization.

Dr. Joseph Califano M.D., Interventional Cardiologist, recently encountered a 71 year old male who suffered a heart attack from a complete blockage in the right coronary artery. The right coronary was treated with emergency balloon angioplasty and stenting with an excellent result.

“At the time of his heart attack we also found blockage in his left anterior descending and diagonal arteries,” Dr. Califano explains, “Therefore he was brought back to the cardiac catheterization laboratory at Physicians Regional two days after his heart attack for treatment of these blockages which are shown in photo 1.”

A balloon was inflated to 20 times atmospheric pressure when treating the patient’s blockages. Despite this, the vessels remained severely narrowed and the calcium in the artery prevented the balloon from expanding, as seen in photo 2. Because of this, Dr. Califano then treated both the left anterior descending and the diagonal branch with shockwave lithotripsy.



Photo 3: This balloon was inflated in the diagonal artery after Coronary Lithotripsy. It fully expands at lower pressure (8atm).

After coronary lithotripsy both the left anterior descending and the diagonal artery expanded with low pressure balloon inflations. Full stent expansion was achieved with an excellent result in both vessels. (Photos 3 and 4)

The final picture after stenting shows both the main vessels and side branches wide open. In this patient the entire procedure was performed through an IV in his wrist and he was discharged that evening. He has made a full recovery and has resumed all activity including exercise.



Photo 4: This is the final results of treatment in the left anterior descending and the diagonal artery. This is after Lithotripsy and then stenting.

Dr. Califano is located at our Pine Ridge Campus – 6101 Pine Ridge Rd., Naples FL, 34119. To schedule an appointment with one of our cardiologists, please call **855-85-GREAT (855-854-7328)** or visit physiciansregional.com/find-a-doctor.

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5 Tips for Healthy Aging

In today's educated world, most individuals are aware of the importance of being health conscious, but how do you know you are taking the right steps? And the even more important question is how do you stay the course? When life gets busy and we fall back into our unhealthy habits, that's when disease and chronic illness takes aim.

Fundamentals that have a profound effect on our health are genetics, underlying illness, environmental toxins, chemical and heavy metal exposures, and behavioral lifestyle choices.

We can't turn the clock back, but we can mitigate and reverse damage to increase our longevity and help us live well. No matter our age, it's never too late to get started.

#1 Clean Up Your Diet

In the US, we have an obesity epidemic. Insulin resistance and metabolic syndrome are causing chronic disease to soar to record highs. It's critical for individuals to stop eating processed, prepackaged foods, and unhealthy restaurant meals that are full of saturated fat, sugar, sodium and chemicals.

Eating organic, if possible, is ideal as it eliminates toxins and chemicals such as pesticides. Eating plenty of vegetables, berries, nuts, seeds, healthy fats like avocado, olive oil and walnuts is the optimal choice for most individuals. Lean proteins such as pasture raised eggs and poultry, cold-water fish, and shellfish provide the nutrients our bodies need when it comes to amino acids and fatty acids. If you are a vegan or vegetarian, plenty of plant-based protein options provide similar benefits. Tempeh, pressure cooked beans, nuts, and seeds are a few such alternatives. Vegetables also contain protein in smaller amounts, so loading up on leafy greens and cruciferous veggies is ideal. Eating a plant-rich diet will provide essential nutrients that our bodies and brains need to thrive.

#2 Exercise

JAMA published a study in 2018 that found that those who do not exercise have an increased risk of premature death, overeating, diabetes, cardiovascular disease, and even cancer-related conditions. In addition to all of the primary health benefits, regular cardiovascular exercise is also



known to increase brain-derived neurotrophic factor (BDNF), which is a protein that protects the brain and improves cognitive function. You should always talk to your physician about the right exercise plan for you.

Exercising on a daily basis is best, but 3-5 times per week is also favorable. Most people can benefit from taking a brisk 30-minute walk or a 30-minute swim. Exercise increases circulation, improves nutrients and oxygen-rich blood flow, helps build strength, promotes weight loss and can help you maintain a healthy weight. If you can work out at the maximum level, it's incredibly beneficial for cardiovascular health and many other conditions.

Incorporating a mix of light weight strength training, stretching, and balance exercises can help you maintain strength and improve stamina. The more your body can handle, the better your chances for remaining independent as you age.

#3 Brain Training

Staying active and social is also a useful method for maintaining optimal brain health. Along with socialization, staying physically active is imperative in the production of oxygen-rich blood flow and can decrease your risk of Alzheimer's and dementia. It is possible to prevent cognitive decline through physical exercise, diet, cognitive training, and socialization, and by lowering metabolic risk factors (conditions that increase the risk of heart disease, stroke, and diabetes).

Exercise is critical for brain health. Just a few minutes a day shows marked increases in oxygen uptake in the brain as well as an increase in blood flow. As we age, we should continue to exercise and increase our cardiovascular endurance.



Eating a healthy diet such as the Mediterranean or Dash diet has also been proven to increase cognitive function. These are similar to what was mentioned in the diet section above with a large emphasis on cold-water fish, vegetables, berries and healthy fats.

#4 Socialization and Community

It's important to have a strong social network of people to enjoy life with you. Our personal communities should be our safe haven, where we engage and support one another. If you don't have a strong social network, it helps to join a club, yoga class, art class, attend town meetings or volunteer. Zoom and facetime, or even a phone call, are great ways to incorporate socialization if you can't meet face to face.

#5 The Importance of Sleep

Getting a good night's sleep is critical for optimal health. The side effects and complications associated with sleep disorders include irritability, fatigue, high blood pressure, cardiovascular disorders, chronic disease, diabetes, depression, behavioral issues, stroke, and brain function impairment. If not rectified, over time, sleep deprivation can lead to heart attacks, stroke, diabetes, and other serious complications. There can be multiple reasons that an individual's sleep is disrupted. Finding the root cause is critical to overall health.

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To schedule your complimentary consultation, please call 239-451-5105 or visit www.WellcomeMD.com.

Can a High-Tech Chair Cure Incontinence

By Joseph Gauta, MD, FACOG

Do you wear urinary pads or diapers? Do you leak when you exercise or sneeze? Aging, childbirth, and menopause can all lead to incontinence. There are many treatments such as surgical procedures, pessary devices, and medications to help cure or reduce incontinence.

There is a new device by BTL called Emsella that makes incontinence treatment as simple as sitting in a chair! The Emsella is a unique chair that patients can simply sit and relax in (fully clothed) and have their pelvic floor significantly strengthened during a 28 minute treatment.

The Emsella chair is being touted as the Kegel throne. Each treatment provides the equivalent of doing over 10,000 kegel exercises. It produces high-frequency vibrations with thousands of contractions per session that tighten the pelvic floor muscles and the bladder. Results can often be noticed as quickly as the first treatment. Most women and men will undergo just six sessions in a full three-week program to restore their pelvic muscle strength. The best part is, 67% of treated patients totally eliminated or decreased the use of hygienic pads, and 95% of treated patients improved quality of life.

Who Is The Right Candidate For BTL Emsella?

BTL EMSELLA™ is a great option for patients of any age who desire solution for urinary incontinence and improvement in their quality of life.

How Long Is The Treatment?

How Many Sessions Do I Need?

Your provider will tailor a treatment plan for you. A typical treatment takes 28 minutes and you will need about 6 sessions, scheduled twice a week.

What Does The Procedure Feel Like?

Is It Painful?

You will experience tingling and pelvic floor muscle contractions during the procedure. The treatment is painless and you may resume daily activities immediately after the treatment.



The following patients should not seek Emsella treatment.

1. Subject is pregnant, planning to get pregnant or within 3 months postpartum;
2. Subject has a pacemaker;
3. Subject has an implant or IUD containing metal (e.g. copper 7);
4. Subject has piercing between the waist and knees and is not willing to remove it before each treatment

How Fast Will I See Results?

You may observe improvement after a single session. The results will typically continue to improve over the next few weeks.¹

This progressive treatment is helping numerous men and women find their freedom, confidence, and get their life back without having to worry about urinary incontinence. Emsella has been featured on the Doctors and in various news and media outlets.

References:

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



Some comments from local users:

- I don't have to worry about peeing when I sneeze anymore
- My husband definitely notices the difference
- I just feel lighter down there.

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



JOSEPH GAUTA, MD



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HOW WELL DOES MEDICAL MARIJUANA HELP WITH CHRONIC PAIN?

Chronic Pain can lead to depression, addictions, anxiety, stress, isolation, and even suicide. Finding relief from pain is critical to having the quality life you deserve. Traditional pain medications only mask the pain, and they are addictive in nature and often stop working with extended use. For those who truly suffer from chronic pain, which is millions of Americans, many of them would do almost anything to find relieve.

Over 116 million people suffer from various types of chronic pain disorders ranging from fibromyalgia, osteoarthritis, neuropathy, back, hip and neck pain just to name a few. Whether trauma or degenerative diseases have caused your pain, the consensus is usually the same; people want their pain to go away.

The most common treatment for chronic pain is to mask it with narcotic prescription pain medications. Narcotics like Opioids are highly addictive, and our state is currently leading the country in abusing the drug and overdose episodes. The CDC reports that nearly half of all opioid-related deaths are due to the narcotic being prescribed for pain related circumstances such as lower back pain, nerve, and joint disorders, arthritis, and spinal injury.

Is Medical Marijuana a Valid Option for Chronic Pain?

Medical Marijuana has significantly helped countless individuals with chronic pain.

Our brain and nerve cells have cannabinoid receptors, so our bodies naturally react to cannabis (medical marijuana). The structure of cannabis interacts directly with our cells. Our natural endocannabinoid system works synergistically with medical marijuana (MM), creating a multitude of beneficial reactions in the body. The endocannabinoid cells have tiny receptors that take in chemicals and produce responses. This natural system in our bodies regulates things like pain-reception, mood, sleeping, immunity, pleasure, memory and much more.



Medical marijuana is made up of THC, CBD, and terpenes. The CBD is known to bind to receptors and is thought to regenerate cells and brain function, while THC helps to relax and alleviate the physical symptoms of pain and apprehension, and terpenes have healthy healing properties. There are different levels of MM, some with higher THC, some with very low THC depending on the disease being treated.

The advantage of Medical Marijuana in treating a wide array of conditions from multiple disorders is hard to dispute. Many patients who have suffered for years with chronic pain and have become dependent on narcotics have not only had improvement in their pain but have also been able to stop narcotic use altogether. Many states where medical marijuana was legalized, report significantly fewer pain medications being prescribed each year.

You must visit a physician that is licensed to recommend Medical Marijuana.

Internal Medicine Partners of Naples

Along with comprehensive medicine and wellness, Internal Medicine Partners also specializes in antiaging. 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. 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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I'LL SLEEP WHEN I'M DEAD...

BY TOM EVERTS PA-C, IFMCP

The mantra of the ultra-productive, "I'll sleep when I'm dead" is out of date. This is in part due to the continuous flow of research on the importance of sleep. Additionally, some of the most successful tech giants in Silicon Valley are stating that their sleep routines are key to performing at the highest level. And hey, if the billionaires are doing it, it must be important.

Countless people struggle with falling or staying asleep, or both! What can you do to train your body to get better quality sleep? Let's get down to the basics...

BEDTIME ROUTINE

It's not just for your toddler. Bedtime routines help train your brain and body to expect that sleep is on the way. Go to bed and wake up around the same time every day, factoring in 8 hours of sleep time.

LIGHTS, CAMERA...SLEEPING

Sunlight regulates your circadian rhythm, where artificial blue light can be a problem. A normal circadian rhythm is critical for good sleep, and helps manage key hormones, including melatonin. Expose yourself to sunlight first thing in the morning (at least 10 minutes, longer if it's cloudy) to set the tone for your circadian rhythm. Bonus points if you can go out in the evening around sunset! Blue light exposure, on the other hand, disrupts our circadian rhythm. We are exposed to blue light from phones, TVs and computers, which confuses the pineal gland into not releasing melatonin. Dimming the lights and avoiding screens 1-2 hours before bedtime will improve the quality of your sleep.

CHILL OUT!

Your body expects a slight drop in temperature at night, and this helps signal that it's time for sleep. To help with this, program your AC to about 65 degrees Fahrenheit in the evening. Counterintuitively, taking a hot shower or bath before bed can help! When you get out of the hot bath or shower, water evaporates off your skin. This causes rapid cooling which helps reduce your core body temperature, making it easier for you to go to sleep.

NOT MY COFFEE...

Everyone is different in how they metabolize caffeine. If you are someone who gets jittery with a decaf coffee, you probably want to avoid caffeine in



general. If you feel little to no effect after drinking coffee in the evening, then you're probably a fast metabolizer. Regardless, it is best to limit caffeine to before noon if you struggle with sleep.

ALCOHOL

It should be known that even modest amounts of alcohol will impact sleep quality. Alcohol is a central nervous system depressant that causes increased sleep disruptions and decreased quantity of sleep. In addition, the amount of REM sleep is reduced significantly. If you have trouble sleeping, it is best to avoid this substance.

RELAXATION TECHNIQUES

Occasionally we just can't turn off the chatter in our mind. To help stop this cycle, get out a journal and write down what's on your mind, what you're grateful for or tomorrow's to-do list. Meditation has also been shown to help with falling asleep and there are many apps out there to help get you started.

EXERCISE

Moderate to vigorous exercise helps with sleep quality, but make sure to get it in the first part of the day. This prevents increased heart rate at night, which impacts your ability to fall asleep.

SLEEP AIDS

"But wait!" you say. "I take an over-the-counter sleep aid and I'm out like a rock!" Awesome! Except there's a big difference between being sedated and

getting quality restorative sleep. Sleep is a very active process that cleans up our system and triggers the secretion of important hormones. Over the counter medications interfere with the normal sleep cycle and decrease the quality of sleep. Use with caution! Get the above recommendations established for the best results.

For anyone suffering with poor sleep, the above-mentioned recommendations can seem overwhelming. Do not try and do it all at once! Set small goals and gradually build on your wins. It takes some time to adjust sleep patterns, so patience and consistency are key.

If you are doing the above but continue to have sleep issues, reach out to a functional medicine practitioner. Occasionally there are other factors that need to be addressed, and we are here to help. Best of luck, and sleep tight!

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



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



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Ways To Minimize Stress And Get Better Sleep

Tips to Help You Reduce Stress and Improve Your Sleep

By Cederquist Medical Wellness Center

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

Sleep

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

Ways to maintain good sleeping habits include:

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

Stress

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



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

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

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

Your medical care professionals at Cederquist Medical Wellness Center know how important it is to maintain good sleep hygiene and are committed to helping you achieve improved mental as well as physical health. Along with good habits and mindfulness exercises, we offer supplements that can help enhance your sleep and help lower stress levels. All of these are available in our Cederquist store. Call our office to order.

- **GABA** - studies have indicated that GABA can help to enhance alpha wave production in the brain to promote relaxation and moderate stress, as well as support IgA levels which may support immune health.

- **Metabolic Balance** - The main ingredient l-theanine has been shown to promote relaxation without drowsiness and help to moderate stress as l-theanine is an amino acid derivative from tea.

- **Cortisol Calm** - This supplement has been known to maintain a healthy cortisol response to promote relaxation, restful sleep and positive mood.

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

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

[2] <https://www.sleepassociation.org/aboutsleep/whatis-sleep/>

[3] Sharma, A., Madaan, V., & Petty, F. D. (2006). Exercise for mental health. *Primary care companion to the Journal of clinical psychiatry*, 8(2), 106. <https://doi.org/10.4088/pcc.v08n0208a>

[4] Berg-Beckhoff, G., Nielsen, G., & Ladekjær Larsen, E. (2017). Use of information communication technology and stress, burnout, and mental health in older, middle-aged, and younger workers - results from a systematic review. *International journal of occupational and environmental health*, 23(2), 160-171. <https://doi.org/10.1080/10773525.2018.1436015>

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Do You Have Acid Reflux?

Whether you call it heartburn, reflux, GERD or gastroparesis, these different names are all for one condition—burning acid in the throat and mouth.

Acid reflux causes a delayed emptying of the stomach acids and food, which creates numerous symptoms including acid reflux. Along with a great deal of discomfort and systemic health-related factors, what many people don't realize is that acid reflux can adversely affect your lifestyle and coping abilities due to its chronic bodily distress.

Symptoms of Acid Reflux

- Nausea
- Overly full feeling
- Abdominal pain & bloating
- Nausea
- Belching
- Bloating
- Burning sensations in the throat
- Heartburn
- Indigestion
- Regurgitation
- Oral ulcers
- Vomiting
- Bad breath
- Decaying or Eroded teeth

Treatment

Acid Reflux is treatable. There are several different classes of drugs that work by helping to move food through the stomach and intestines more quickly and also by controlling the amount of acid in the stomach, which consequently alleviates the acid in the throat and mouth.

If you have acid reflux, you will need to take a comprehensive approach to your overall health and oral health by lifestyle approaches to reduce acid intake, acid-reducing medications or other preventive and healing strategies that your physician recommends.

What you can do to Lessen Flare-ups

Your diet plays a huge role in the control of your acid reflux. Lemon water actually tamps down acid by reducing the PH levels in the stomach. The same holds true for apple cider vinegar diluted in water,



but you must be certain to dilute the ratio in water to avoid excessive erosion and other acid-related issues.

The IFFGD (International Foundation for Functional Gastrointestinal Disorders) states the following dietary recommendations:

- Eat smaller, more frequent meals
- Avoid excessively fatty foods
- Avoid fiber
- Avoid foods that cannot be chewed well
- Puree foods if necessary
- Avoid excessive spice

What Happens if Acid Reflux is Left Untreated?

Esophagus damage, stomach ulcers, mouth ulcers, tooth decay, and chronic pain are associated with untreated reflux. This also happens to patients that treat their acid reflux with over-the-counter medications like Milk of Magnesia or TUMS. If reflux is chronic and not medically treated, it often leads to esophageal cancer or oral cancer.

Treatment Side Effects

Acid reflux is typically treated in standard medicine through several different classes of drugs that work by helping to move food through the stomach and intestines more quickly, and also by controlling the amount of acid in the stomach, which consequently alleviates the acid in the throat and mouth. However, these common medications have a catch 22. For patients that take them regularly, the acid level in their stomachs is so depleted that they are unable to digest their foods properly.

Additionally, the issue of chronic pain associated with reflux often gets undertreated or overtreated. Painful inflammation of nerves and soft tissue in the abdomen, esophagus, and mouth affect up to 90% of patients with reflux. Many of these individuals become depressed due to the ongoing discomfort and side effects of their condition, which can lead to unnecessary pain medication use and addictions to arise.

If you have acid reflux, do not let it go untreated. Speak to your practitioner about what treatment and dietary changes are best for you.

Well-Being Medical Center

Well-Being Medical Center offers preventative care, innovative treatment options, and most importantly we put our patients needs and concerns first. Our office offers all standard routine health exams for all patients. If further testing is needed, we will create a comprehensive plan to help each patient reach their optimal health.

We provide in-depth health consultations. Our staff is composed of health professionals who are experts in their field. We work with our patients through one-on-one consultations to prioritize health goals and address any health concerns. Our top priority is patient satisfaction. We go the extra mile to create and execute on individualize treatment plans to make sure each patient understands their health journey from start to finish

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



Dr. Ricardo Martinez

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



239-315-7801

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

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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MAKING A DIFFERENCE AS A NURSE

While we're all glad to have the year 2020 behind us, the challenges it brought continue. One of many bright lights is the role nurses play in the wellbeing of the patients in their care. The demand for nurses, especially those with a bachelor's degree, continues to grow.

At Hodges University, we offer a Bachelor's of Science in Nursing (BSN) program, with its evening and weekend classes, is convenient for our students. It's accredited by the Accreditation Commission for Education in Nursing (ACEN), which means our program is of the highest standard of quality. The program is intense, but what you learn in the classroom and in our new, modern nursing labs will help you prepare for the licensing exam, along with the skills needed to make an immediate, positive impact where you work.

There are three key advantages to our BSN program.

The first is the small class sizes. You receive personal attention from professors who have nursing experience, so they share their first-hand, practical experience. They are there to help you succeed.

The second is the format of the program. Most BSN degree programs take five semesters to complete. Ours is structured so that you can graduate in four semesters. Our graduates are using their new knowledge and skills in the workforce quicker, and our community is the ultimate benefactor.

The third is the environment where our students learn and practice their skills. Our modern nursing labs include a practical skills lab, and a sophisticated simulation suite with "patients" that experience symptoms ranging from coughing, seizures and heart attacks to giving birth to babies, and the many complications that can arise from that. Our "patients" are mannequins controlled by computers, so the instructor, from another room, can have the "patient" talk back to the nurses, experience onset symptoms, and more.



This simulation suite is designed to look and function like a hospital emergency room. Each room is equipped with video and audio recording capabilities so that each time we run a patient simulation, it's recorded. Once the scenarios are completed, the professor and students go to our debriefing room to watch the video. This is a great learning tool because it helps our students see what they did right, and to improve on things that could have been done better.

Our students also play various roles in scenarios. They may be the nurse or a family member. This gives them the added perspective of how others in their patient's lives may be feeling. As a result, our students gain a higher sense of empathy for not only their patient, but their loved ones as well.

The next cohorts begin in September 2021 and again in January 2022.



SCAN ME

I Am a Nurse video

THE DEMAND FOR NURSES

- 50% of nurses have a BSN degree
- Demand for nurses in Florida projected to grow 21%
- Demand for nurses nationwide project to grow 12%

**According to CareerOneStop.org*



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LEARN HOW YOU CAN FIND RELIEF FROM THE DEBILITATING PAIN OF PERIPHERAL NEUROPATHY WITHOUT ADDICTIVE DRUGS

By Richard Hiler, DABCN

Over 116 million people suffer from various types of chronic pain disorders, and 20 million of those individuals have peripheral neuropathy; that number is speculated to be much higher due to patients not getting a proper diagnosis. Peripheral nerves run from the spinal cord to the arms, hands, legs and feet.

UNDERSTANDING PERIPHERAL NEUROPATHY

Peripheral Neuropathy is a complex condition, but nerve damage and signaling are the issue, finding the root cause is how a comprehensive plan is customized to regenerate a patients nerves, cells and tissues. Having high blood sugar levels, along with low blood, oxygen supply, nutrient deficiency, high toxicity and inflammation damages the nerves throughout the body. This damage generally affects the long peripheral nerves that feed sensations to the legs, feet, and toes from the spinal cord, through communication with the brain. If your condition has progressed, you may feel nerve damage sensations in your upper extremities as well.

PERIPHERAL NEUROPATHY SYMPTOMS

- Numbness
- Tingling
- Burning sensations
- Painful aching
- Joint inflammation
- Joint damage
- Balance issues
- Skin discoloration & texture changes
- Muscle cramps
- Feelings of stiffness
- Non-healing foot & ankle ulcers

STOP MASKING SYMPTOMS AND PAIN

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

There are better alternatives to Peripheral Neuropathy that do not include addictive drugs.



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

FEEL AMAZING INSTITUTE'S ALTERNATIVE CARE

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

WHAT KINDS OF EFFECTS CAN BE ACHIEVED THROUGH THE NEUROPATHY TREATMENT AT FEEL AMAZING INSTITUTE?

Clinical studies show that 88% of the people who undergo the treatment experience excellent results with one or more of the following: Reduced pain and cramps, reduced tingling and numbness, ability to experience normal touch without pain, reduced cold or burning sensations, improved balance and coordination, lowered dependency on medications, improved sleep, reduced sensation of restlessness in

the legs. Several people also experience reduced local swelling and inflammation, increased range of motion, increased blood flow to the extremities, decreased tension, and decreased muscle spasm.

An important side benefit to the treatment is that it reduces the risk of falls significantly by improving balance and position awareness of the feet.

FEEL AMAZING INSTITUTE

We proudly serve the Naples area with comprehensive Chiropractic, 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, knee, shoulder or hip pain, sciatica, or neuropathy (numbness and/or burning and pain in feet and hands), you have found the right place for your health care needs.

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- Arm or leg pain, or numbness
- Peripheral Neuropathy pain or numbness
- Restless Leg Syndrome
- Headaches, dizziness, vertigo, or balance problems
- Disc bulge or herniation, sciatica, or stenosis
- Auto Accident, Whiplash Injuries

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



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DIGITAL ASSETS IN ESTATE PLANNING

By Anthony J. Dimora, Florida Estate Planning Attorney

Estate planning is the practice of managing an individual's assets if they pass away or become incapacitated. Oftentimes, estate planning includes arranging the transfer of the late individual's assets to their family and loved ones. Traditionally, estate planning simply includes the transfer of assets, business interests, and essentially everything owned by a particular person before or at the time of their death that holds a monetary value.

However, with the evolution of technology and the continuous rise in technological developments, digital assets have become an important aspect of estate planning. Therefore, it is extremely important to understand what a digital asset is and how it can be incorporated into estate plans.

What Are Digital Assets?

Digital assets include a wide range of digital documents stored online through electronic devices such as mobiles, tablets, laptops, and computers.

These range from important business documents, bank statements, and income-generating blogs and websites to more personal things such as family photos, social media accounts and any other item uploaded onto the internet. It is important to note that digital assets can now include different forms of cryptocurrency as well, such as Bitcoin. From a legal perspective, digital assets are considered the same as any other type of tangible property as they can be transferred to and from one another through estate planning. In short, digital assets are defined as assets that are online and should be considered as an important aspect of estate planning.

What Does Not Qualify as a Digital Asset?

An important distinction needs to be made between assets classified as digital assets and those that are not. For example, most financial assets will include electronic bank statements. However, while the bank document itself is a digital asset, the actual funds held within the bank account are not. Here, the funds are treated as any other tangible asset.

The same applies to cryptocurrency. Although the platforms used to access, buy and sell cryptocurrency are considered digital assets, the assets themselves such as Bitcoin and Dogecoin are not. These digital assets are simply considered part of the estate and are regulated completely differently.



The Importance of Digital Estate Planning

As technology takes over our day-to-day life, it is essential to have an estate plan that covers digital assets. If an individual has passed away or is now incapacitated, without a digital estate plan it will be difficult for their family and loved ones to access their digital assets.

Accessing digital assets without an estate plan can be an extremely cumbersome process, which may require family to engage in court proceedings that can be both time-consuming and costly. Additionally, without an estate plan that addresses digital assets, the question of who exactly gets ownership of an individual's assets in the event of their death or incapacity arises.

Also, there may be many challenges faced by the family of an individual who recently passed away in gaining access to what has been left behind for them. These challenges, which can be avoided through careful estate planning, include identifying all digital assets, determining passwords, navigating data encryption, and dealing with the avoidance of violating data protection laws.

Most importantly, careful planning, allocating and incorporating digital assets into estate plans can help protect an individual's digital assets from fraud, identity theft, and hacking.

Passwords

Without a written record of all passwords, the family of an individual who has recently passed away will not be able to access their personal information stored online. Make sure to create a complete and

comprehensive list of all your digital assets that include your username and password, and keep it in a secured place, such as a safe or with your estate planning attorney.

Encryption

Data stored electronically can also be encrypted, making it nearly impossible for anyone to access the data stored online. While it is critical to encrypt certain data and digital content, it is important to ensure that others can access these digital assets after the owner passes away.

Data Protection Laws

Lastly, data protection laws protect people from unauthorized access to electronic devices and access to personal data without the owner's consent. Working with an experienced estate planning attorney can ensure that you follow all data protection laws while still allowing your beneficiaries and heirs to access your digital assets.

Creating a Digital Estate Plan Can Overcome These Challenges

The issues mentioned earlier can be easily avoided by incorporating digital assets into estate plans. By doing so, an individual can transfer the complete access of their digital assets to their family and loved ones and avoid additional legal challenges. Some of the ways that a person can begin to create a foundation for their estate plan that incorporates digital assets includes the following:

Having a Written Record of All Digital Assets

Firstly, it is important to make a clear list, inventory, or any other written record of your digital assets. The list should include details on where one's family members and loved ones can find the digital assets and how they can access them through details of all emails, passwords, and answers to security questions of online accounts being provided.

Additionally, it needs to be clear that the owner of these digital assets is the deceased person. Therefore, at the time of making a list, there should be no confusion regarding who the digital asset owner is in terms of whether the digital asset has been bought or simply a license to use it has been bought. The individual should also inform the family members and loved ones how to access the list if they pass away or become incapacitated.

Backing Up All Electronically Stored Data and Allocating Access to Others

It is also important to regularly back up digital assets stored on the cloud to storage devices so they can be easily accessed by the appropriate people. If individuals have digital assets that generate income, they may want to leave it behind with their children or partner. Deciding who should be allocated digital assets after an individual's death is difficult and should be done carefully.

Appointing a Digital Executor

If individuals have a significant number of digital assets or generate most of their income through digital assets, they may want to consider appointing a digital executor. A digital executor is an experienced individual who has access to all online accounts and log-in details and is left responsible for how the data is to be transferred, allocated, and erased.

Depending on the nature of the digital assets, whether personal or business-related, the individual can consider appointing an experienced attorney or even a friend or family member. Although appointing a digital executor is not a legal requirement, it is an important step to take in making estate plans secure.

If you have digital assets you would like to be included in the estate planning process, consider visiting with the experienced estate planning attorneys at Woodward, Pires & Lombardo, P.A. at (239) 394-5161 to learn more.



ABOUT THE AUTHOR

Anthony Dimora is a partner in the Marco Island office of Woodward, Pires & Lombardo, P.A. He represents clients in his law practice in the areas of estate planning, probate, real estate and corporate matters. Assisting clients throughout Southwest Florida, Anthony's legal services include probate and trust administration, preparing focused and unique estate plans to include, but not limited to, revocable and irrevocable trusts, Last Will and Testaments, Health Care Surrogate Designations, Powers of Attorney and Living Wills, as well as representing buyers and sellers in commercial and residential real estate closings.

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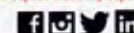
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HEALTHY LIFESTYLE TIED TO BRAIN HEALTH

By Greg Pascucci

A new study by the National Institutes of Health found a combination of healthy lifestyle traits may substantially reduce the risk for developing Alzheimer's disease. Published in "Neurology," the medical journal of the American Academy of Neurology, the data showed study participants who adhered to specified health behaviors lowered their risk for the memory-related disorder by up to 60 percent.

Researchers focused on the following five behaviors:

1. Exercise

Experts advise at least 150 minutes per week of moderate- to vigorous-intensity physical activity.

At The Carlisle Naples, an active retirement community, residents have numerous opportunities to meet the 2.5 hours recommendation. From meandering walking paths to a state-of-the-art fitness center, residents are able to work out at their own pace and intensity. For those who prefer an instructor-led activity, weekly classes such as Tai Chi and Yoga are a bit hit.

Jerry Martin, who moved to The Carlisle almost two years ago, enjoys the wealth of onsite fitness classes. He also credits the community's maintenance-free lifestyle with enabling him to spend each day as he wishes, including playing a few rounds at the Quail Run Golf Club twice a week.

"I was tired of having to cook, clean and shop," he said. "Here, everything is taken care of so I can focus on things I want to do such as working out, playing golf and meeting new friends."

2. Not smoking

Research shows that no matter how old you are or how long you've been smoking, quitting smoking can positively impact one's health.

The Carlisle motivates and inspires residents to lead an active and healthy lifestyle. They often find being in a community with their peers often encourages them to develop healthier habits.

Longtime resident *Dory Hayden*, for example, signed up for a recent cycling event – Tour de Zest – because of the potential to earn bragging rights. She said knowing her neighbors were pedaling to accumulate the most miles brought out her competitive spirit.



In addition to reaping the many health benefits of engaging in friendly competition, cycling can increase muscle strength and improve joint mobility and flexibility.

3. Light to moderate alcohol consumption

Studies have found excessive amounts of alcohol may cause health problems and affect safety.

The Carlisle recognizes the dangers of excessive drinking. Therefore, the senior living community often hosts educational programs and activities that highlight the many benefits of drinking in moderation as part of an overall healthy lifestyle.

4. A high-quality diet

The Mediterranean Intervention for Neurodegenerative Delay (MIND) diet, which combines the Mediterranean diet and Dietary Approaches to Stop Hypertension (DASH) diet, has been linked to dementia prevention.

At The Carlisle, residents can savor the flavors of fresh, mouthwatering food choices year-round. Under the leadership of Executive Chef Marlon Perez, the community provides an exceptional dining experience featuring a wide selection of heart-healthy options—from chef-inspired entrees to the catch of the day.

The MIND diet focuses on plant-based foods, and The Carlisle's *FreshZest* option is ideal for residents wishing to reap the many benefits of incorporating whole-foods and whole grain into their diet. FreshZest is offered in addition to The Carlisle's extensive menu.

5. Engagement in late-life cognitive activities.

Ongoing research supports the theory that those who keep their minds active by staying intellectually engaged can boost brain health.

The Carlisle's Zest Director – charged with catering to residents' mind, body and soul – plans a variety of educational programs throughout the month to pique residents' interests and curiosity. In July, for example, residents delved into the life and work of Albert Einstein and studied the musical works of Ludwig van Beethoven, Frederick Chopin and George Gershwin during college-level courses offered weekly through the community's partnership with One Day University.

Learning new skills has also been associated with improving one's thinking ability. Opportunities abound at The Carlisle to try a new skill or hobby – from joining an investment club to mastering an iPhone and crafting.

"There's just so much to do here," added Martin, 88. "I'm glad I moved to The Carlisle while I'm still able to take advantage of it all."

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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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

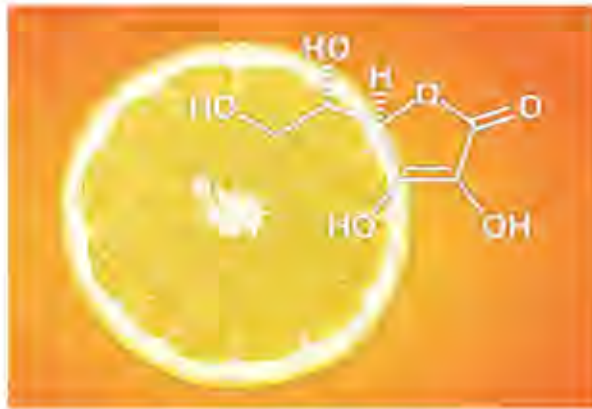
1. No significant symptoms
2. Mild: minor memory lapse, confusion, loss of words, names, and events
3. Moderate: Loss of critical thinking, growing frustration, and anxiety
4. Severe: Forgetting family/friends, lack of judgment, cannot maintain personal care, irritability, hostility, loss of speech, 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.

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

Financial Freedom: Building Wealth to Live the Life You Love

Courtesy of: Juan Ocanas, Financial Advisor at Morgan Stanley

What does financial freedom mean to you? For some, it is synonymous with financial security. But, for others, the definition of financial freedom goes beyond money to include living with purpose, cultivating a healthy mind and spirit or being able to pursue their dreams without fear of the unknown or unexpected.

No matter how you define it, the fundamental steps of mapping a path to the opportunities that financial freedom offer are the same.

The Path to Financial Freedom

1. Define your goals.

What is your vision of a successful life? Defining your goals as specifically as possible helps you begin to establish priorities and distinguish between needs and wants. Once you have clearly identified your priorities, you can start thinking about what types of financial tradeoffs or lifestyle compromises you're willing to make to achieve your version on success, on your own terms.

2. Set a budget.

Living on a budget may sound limiting, but in reality, a budget is a valuable tool for helping you do the things you really want by showing you how much money you will need to do them. Start by calculating your income and tracking your current expenses. Then, separate your needs from your wants in the context of your overall goals. Once you set your budget, the most important thing is to stick to it, monitor how you're doing and then adjust if necessary.

3. Make a habit of saving.

Saving early, automatically and often is the cornerstone of an effective wealth creation strategy as it allows you to take advantage of the power of compound interest. Prioritize saving over optional expenses and make automatic deposits to your savings, investment or retirement account, if your company enables you to do so. In addition, contributing to a flexible spending account, health savings account, retirement plan or education savings account enables you to take advantage of tax benefits. You can also trim spending by changing your habits—for example, bringing, instead of buying, lunch or unsubscribing from retailer email lists to avoid the temptation to buy things you don't really need.



4. Align your investment strategy with your goals.

If you're thinking about investing, you'll want to formulate an investment strategy that helps you achieve your goals. Begin by figuring out how much you'll need (your target), when you'll need it (your time frame) and how much risk you can live with (your risk tolerance). These inputs help to define your asset allocation—the mix of asset classes (stocks, bonds, cash equivalents and other investments) in your portfolio. Since different asset classes tend to behave differently under different market conditions, the goal is to find the mix of investments that has the highest probability of helping you reach your goals.

5. Establish good credit.

Don't underestimate the value of a high credit score. Your credit score is how people assess the level of financial risk associated with giving you a loan or conducting any kind of business with you, including renting an apartment or buying a cell phone. To improve your credit score, pay your bills on time, borrow (but don't over-borrow) and monitor your credit reports from each of the three main credit score suppliers—Equifax, Experian and TransUnion—on a regular basis.

Getting Started

No matter how old you are or where you are in life, the future you envision begins with a comprehensive plan and a Financial Advisor who cares about you and your unique definition of financial freedom.

Disclosures

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

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

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By Dr. Alejandro Blanco

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

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

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

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

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

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

Common Injuries After Motor Vehicle Accidents

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



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

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

Essential Steps to Take

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

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

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

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

Get Your Free Initial Consultation

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



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TOP 4 Reasons Chefs for Seniors Might Be The Right Choice For You

#1 Shopping is Challenging

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

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

#2 Cooking is Becoming Difficult or Dangerous

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

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

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

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

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

#4 You Want Nutritious Food Without the Hassle

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

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

Chefs for Seniors

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

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

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

Professionally Prepared Meals and Clean Up!

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

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

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

Cost and Insurance Coverage

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

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

Multiple Meals During Visit

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

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

Special Diets

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

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



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Southwest Florida's Health & Wellness Magazine is the most effective and affordable way to reach customers. More than 30,000 copies are distributed every month at hospitals, health and wellness centers, shopping plazas, grocery stores and many other locations.

The screenshot shows the website interface for Health & Wellness Magazine. At the top, there's a navigation bar with links for Charlotte Edition, Collier Edition, Lee Edition, Advertise with Us, H&W Archives, and Contact Us. The main content area features a large image of a woman wearing a protective face shield, with the headline "Skincancer". Below this, there's a section for "Read Our Flip Book Version" with three thumbnails for different editions: Charlotte County Edition, Collier County, and Lee County. A "Featured Article" section highlights "The Other Side of Parkinson's Disease" by Dr. Ramon A. Di. To the right, there's a sidebar with "In This Issue" containing various article titles like "Living with Diabetes?", "Why Wellness Works", and "Is It My MEDICINE... or is it My MEDICAL?". At the bottom right, there's a "SIGN UP FOR OUR NEWSLETTER" form with fields for Name and Email.



Can a Healthy Lifestyle Decrease Your Risk of Breast Cancer?

By Krystal Smith, D.O.

Studies indicate that a mostly plant-based diet is optimal for overall health including staving off numerous types of cancer, including breast cancer. Therefore, a diet rich in vegetables, berries, whole grains, seafood, nuts, and seeds is ideal for a healthy lifestyle. Limiting amounts of meat, sugar, chemical and processed foods may factor in lowering breast cancer risks. Transitioning to a Mediterranean style diet or Vegan if you prefer not to include any animal protein is a great way to increase wellness on multiple levels. These lifestyle choices can also help prevent or lower the risk of other cancers, heart disease, osteoporosis, and diabetes, to name a few.

Along with diet, there are multiple other ways to decrease your risk of breast cancer.

Alcohol: Drinking has been more commonplace in our society than ever, and it's not out of the ordinary to hear women talk about wine Wednesdays, mommy juice and needing a glass of wine or a cocktail to unwind. The issue is that drinking can quickly spiral out of control and more than one serving of alcohol per day can increase a woman's risk of breast cancer significantly. Alcohol increases hormone levels and thereby increase hormone-receptor-positive breast cancer.

Tobacco: Smoking also increases cancer risks.

Plastic: Plastic has numerous chemicals and toxins that are leached into bottles, storage containers, plastic wrap, and other internal and external means. Reducing the amount of plastic you use and making sure to never microwave food in plastic is essential.

Toxins and Chemicals: Avoiding excessive chemicals in lotions, deodorant, cosmetics, shampoo, and soap can help your body by having less chemicals to try and process and detox through the liver. The fewer chemicals that are floating through the bloodstream and tissue, the healthier you will be.

Exercise: Staying physically active is very beneficial for living a healthy lifestyle and reducing most chronic illnesses including breast cancer. Try to get in 30 minutes a day at least 3 to 5 times per week.

Walking is a great way to get in your exercise and also reduce stress. There are a lot of benefits that occur by walking outside, as this increases vitamin D and also oxygen levels.

Reducing Stress: Finding different ways to relax to ward off anxiety is also very important, as stress can increase your risk of cancer and cellular degeneration.

Take the Initial Steps: Not everyone is going to have the perfect lifestyle chock full of clean living but making steps to living healthier every day is important for wellness and longevity. Once you start feeling the benefits of being healthier, introducing more beneficial lifestyle choices is easy.

Screenings SAVE Lives: Screening for breast cancer is something that you need to stay on top of. It's easy to miss appointments and forget to reschedule due to our busy lives, but if you are due or overdue for your mammogram, don't delay scheduling it any longer. Many breast cancers can spread quickly. Early diagnosis is key for survival rates and optimal outcomes.

ACR Guidelines

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



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.

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John and Patricia Hoglund
LHAS, BC-HIS, ACA

will help you understand how the human hearing system works in great detail and give you insights concerning the many treatment options available to you with today's modern hearing technology. We will give you information about balance and dizziness and updates in the treatment of Tinnitus or "Ringing Ears."

Hearing Testing is NOT Offered During Most Annual Physicals

Ever notice how during a physical exam your doctor seems to ask you about virtually every aspect of your health, but never mentions your hearing? You're not alone. According to a survey by the Better Hearing Institute (BHI), fewer than 15 percent of those who received a physical exam in the last year said they received a hearing screening by their physician or nurse during that exam. "More Americans than ever before are suffering with hearing loss," says Sergei Kochkin, executive director of BHI. "Yet we treat hearing loss like a neglected orphan in today's health care system. We still don't have a universal hearing loss screening program for children or adults. And the historical incidence of physician screening for hearing loss has been low—despite the fact that more than 95 percent of those with hearing loss could benefit from hearing aids." There has also been recent research published by Johns Hopkins that shows that untreated hearing loss can greatly increase the instance of memory loss and cognitive problems, which makes it even more important to monitor your hearing acuity on a regular basis!



Find Clinicians with Expertise in All Aspects of Hearing Healthcare!

"When it comes to taking care of hearing loss, experience really matters!" states John Hoglund. "Most people do not fully understand how complicated hearing loss can be. There are so many factors involved, including the type of loss, how long the loss has been present, sensitivity to loud noises, balance and vertigo issues, as well as "ringing ears" and other head noises. Hearing loss has many causes, and impacts Patient's lives in many ways. Clear data to the brain is critical for keeping strong cognitive ability ... and untreated hearing loss dramatically influences the Patient's memory and increases the risk of suffering falls. You need somebody with experience and knowledge that keeps you, the Patient, completely informed of the entire process and will work with you to find the best solution for your lifestyle and budget."

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.

Artificial Intelligence Has Dramatically Improved Hearing Instruments!

Starkey Hearing Technologies, for example, now offers a device called a "**Hearable**"! The Livio AI actually tracks brain and body health, monitoring

daily functions like your heart rate, the number of steps you take each day and how much you have been engaged in conversation with others. This is done through monitors and sensors in your ear, which is the most accurate location for tracking brain and body activity. They also include a **fall detection system** that will alert up to three family members if a Patient suffers a fall, and a GPS feature will inform them where the fall has occurred.

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We provide all of these services and education completely free of charge to our Patients! "I never wanted expense to be a barrier to education," states Mr. Hoglund. "So we always do our evaluations completely free of charge as a public service to Southwest Florida residents. The only obligation a Patient has is to themselves and to their families, but I want them to know everything they need to know about their hearing issues! Our little slogan we've used for 20 years is... **'All it will COST is a little of your TIME... but the KNOWLEDGE you receive may be PRICELESS!'**"

Please call us today to schedule an evaluation, if you have any questions about any topic concerning your hearing!

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ORCHIDIA MEDICAL GROUP OFFERS A CUTTING-EDGE PEPTIDE THAT IS PROVING TO BOOST IMMUNITY

By Dr. Viviana Cuberos

Thymosin Alpha-1 (Ta1) has been known as an excellent immune modulator. Thymosin is a small protein produced naturally by the thymus gland which stimulates the development of disease-fighting T cells. The thymus is an integral part of your immune system, where individual T-cells are made to respond to the millions of bacteria, fungi, or viruses that could invade your body.

Commonly prescribed for the treatment for chronic viral diseases, Thymosin Alpha-1 has also been shown to increase innate immunity factors and help fight against harmful autoimmune processes. It is given to help control inflammation associated with chronic diseases, which can cause excess fatigue.

Ta1 Benefits May Include

- Modulates immune function and inflammation
- Improved chronic fatigue
- Suppresses tumor growth
- Improved autoimmune function
- Anti-fungal, anti-viral and anti-bacterial properties
- Protects against oxidative damage
- Increases vaccine effectiveness
- Helps eliminate unhealthy cells and stop infection or cancer growth

Study on Thymosin Alpha1 and Patients with COVID-19

According to a recent 2020 COVID-19 study utilizing Thymosin Alpha 1, the following information, directly correlates to the findings on Ta1 and its function in fighting the novel coronavirus.

We previously reported that lymphocytopenia and T cell exhaustion is notable in acute COVID19 patients, especially in aged and severe cases. Thymosin alpha 1 (Ta1) had been used in the treatment of viral infections as an immune response modifier for many years... We retrospectively reviewed the clinical outcomes of 76 severe cases with COVID-19 admitted into two hospitals in Wuhan from December 2019 to March 2020. The thymus output in peripheral blood mononuclear cells (PBMCs) from COVID-19 patients was measured by T cell receptor



excision circles (TREC). The levels of T cell exhaustion markers PD-1 and Tim-3 on CD8+ T cells were detected by flow cytometry.¹

Ta1 supplement significantly reduce mortality of severe COVID-19 patients. COVID-19 patients with the counts of CD8+ T cells or CD4+ T cells in circulation lower than 400/ μ L or 650/ μ L, respectively, gain more benefits from Ta1. Ta1 reverses T cell exhaustion and recovers immune reconstitution through promoting thymus output during SARS-CoV-2 infection.¹

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Our mission is to utilize the latest in medical science and apply this with the simple understanding that you want to look, feel, and live better. Let us help you realize your potential well-being and become the individual that you have long desired. Your well-being is worth it!

Call us today at 239-330-9855 or visit us online at OrchidiaMedicalGroup.com.

Reference:

Yueping Liu Thymosin alpha 1 (Ta1) reduces the mortality of severe COVID-19 by restoration of lymphocytopenia and reversion of exhausted T cells, 2020, Published by Oxford University Press for the Infectious Diseases Society of America, <https://pubmed.ncbi.nlm.nih.gov/32442287/> DOI: 10.1093/cid/ciaa630

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Exercise for Quality Sleep

By Shane Smith, PT, DPT

Sleep is one of the most important physically and mentally revitalizing activities we can do for ourselves each night. If you are one of the millions of Americans suffering from inadequate sleep or feelings of fatigue and exhaustion you are not alone. CDC data shows between 35-45% of adult Americans do not get the adequate seven hours of sleep required for optimal body function. Many factors go into poor sleep quality such as stress, depression, lifestyle choices (excessive caffeine, alcohol consumption, etc.), or sedentary lifestyles. Common treatment plans for improving sleep such as melatonin, valerian root, and other pharmacological agents may not work for you, but do not feel that you are stuck to a life of fatigue and restless sleep. One of the easiest solutions that every individual can attempt is exercise. Exercise is endorsed by the American Sleep Disorder Association. It is a confirmed nonpharmaceutical intervention to improve sleep. Much of the research was performed on normal sleepers not insomnia patients or others with psychological disorders, however future research may show these individuals benefiting more from exercise than normal sleepers. Objective data does show in studies that fit individuals sleep longer, they have a shorter sleep onset latency and have higher levels of deep sleep than unfit individuals. One disorder group that has been studied with sleep and exercise are depressed individuals. A study performed on depressed adult male and females over 60-years-old showed weightlifting one hour, three times a week for 10 weeks improved sleep quality compared to control groups that did not exercise.



If resisted training is not something that interests you other studies showing aerobic exercise such as walking, biking, and swimming also had very favorable outcome measures for improving sleep quality and duration. Typically, exercising for 30 minutes to one hour showed the best results of overall improved sleep quality. Overtraining, such as two or more hours a day of exercise caused a worsening in sleep for individuals. This fact goes to the old statement too much of a good thing is a bad thing.

When looking at how exercise improves sleep there are three theories at play. **1) Thermogenic affect:** Evening decline in body temperature, which is primarily precipitated by increased peripheral skin blood flow. Sleep onset is associated with peripheral heat dissipation through vasodilation and increase sweating, together with a reduction in metabolic rate and core body temperature during sleep.

Reference:
1) https://www.researchgate.net/profile/Helen-Driver-3/publication/10948102_Exercise_and_sleep/links/5f578fca6fdcc9879d67d41/Exercise-and-sleep.pdf

This theory allows exercise to play a major role. By increasing your body temperature, exercising causes increased metabolic activity as well as vasodilation to your extremities, which helps to speed up the thermogenic affect allowing you to get sleep quicker. Research also shows that exercise does not need to be performed right before sleep; it is most beneficial to do it 5-6 hours before bedtime. **2) Body restoration:** sleep is used for the reduction of energy expenditure below the level attainable by rest alone, sleep sets a limit on metabolic expenditure and are bodies will promote sleep once energy expenditures get too low levels and the need to slow down that expenditure process. Our lowest metabolic rate are seen while sleeping. **3) Energy conservation:** This theory predicts that conditions for anabolic activity during sleep will be favored following high catabolic exercise activities during awaking periods. Sleep then should be improved as a very cooperation activity from regular "wear and tear" of life. If energy use during the day is very low, sleep facilitation will not be as needed, and thus results in our body not sleeping thoroughly throughout the entire night. If you happen to be suffering from chronic fatigue during the day or poor sleep quality at night and do not know how to start exercise interventions due to your current health issues, please contact us for a free consultation to discuss how we can get your activity level up without fear of injury aggravation.

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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 electromagnet coil to the left dorsolateral prefrontal cortex, the region of the brain associated with mood control.

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

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

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



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- **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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Psoriasis: A Chronic Disease

By Anne Marie Tremaine, MD

Psoriasis is a chronic, immune-mediated condition that affects 7.5 million Americans. There is no cure for this condition, thus long-term management by your dermatologist is necessary. Psoriasis causes red, raised, scaly patches to appear on the skin, and any portion of the skin can be involved, however, the elbows, knees, scalp, nails, palms, and soles are most commonly affected. Twenty to thirty percent of patients with psoriasis will also have psoriatic arthritis, which is a destructive arthritis that needs aggressive treatment to prevent permanent damage to the joints.

Psoriasis research has been flourishing and we have a multitude of treatment options, many of which are new within the last 15 years. Treatment options include topical creams (steroids, vitamin D analogues, coal tar), light therapy, oral medications (apremilast, acitretin, methotrexate), and targeted immune modifiers (injectable biologics). The biologics have really been a game changer for psoriasis and psoriatic arthritis in terms of efficacy and ease of treatment. There are several different commercially available biologics that target various parts of the inflammatory process of psoriasis. Some of the



injectables are only administered once every three months allowing control of the disease with just four injections each year. Each treatment carries a different side effect profile, and the appropriate treatment will be patient dependent.

Finally, I think it is important to think of psoriasis in the same way as you would high blood pressure or diabetes. These are all chronic, systemic diseases, requiring continued treatment. And importantly, all three conditions can improve with lifestyle modifications, such as weight loss, smoking cessation, and reduction of alcohol intake.

Anne Marie Tremaine, MD

Board Certified Dermatologist
Harvard Cosmetic and Laser Medicine Fellowship

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



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Home Prices Climb in May 2021

By Robert Nardi, Broker/Owner

Naples properties sold at 99.1 percent of the list price in May. A tight inventory and buyer demand continued to push prices upward in May, which resulted in an overall median closed price increase of 29.4 percent to \$433,500 from \$335,000 in May 2020. Broker analysts reviewing the Naples Area Board of REALTORS report predict continued price increases in 2021 but noted monthly showing and sales activity is beginning to show signs of deceleration from the remarkable market experienced during the first quarter of 2021. Interestingly, the May Market Report showed the same number of list price increases for May (247) as decreases (247).

Cash sales in May accounted for 58.4 percent of the closed sales transactions. The cash buyers continued to create challenges for competing buyers who required financing. It took an average of 90 days for a home to go from list to contract in May 2020, but in May 2021, it reduced the average to 43 days, a 52.2 percent decrease. Surprisingly enough, cash sales were not the only contributing factor to the drop in days on the market. Another factor was a 45 percent increase in showings for May (42,380 up from 29,319 in May 2020). The increased showings ultimately resulted in a 46.5 percent increase in pending sales for May to 1,710 from 1,167 in May 2020.

The May Market Report showed that overall closed sales increased 164.4 percent to 1,618 from 612 in May 2020 (a month when all the world was in COVID-19 lockdown). For perspective, closed sales increased 36 percent in May 2021 compared to May 2019 (a non-pandemic lockdown month). Nevertheless, closed sales activity in May 2021 outperformed any other May in the history of NABOR's market statistics reports.

The NABOR®, May 2021 Market Report compares single-family home and condominium sales (via the Southwest Florida MLS), price ranges, and geographic segmentation and includes an overall market summary. NABOR® sales statistics are presented in chart format. If you wish to be sent this report, please e-mail me at Robert@NardiRealty.com.



What does this all mean?

All I can say is, "Wow!" May 2021 was a spectacular month for real estate in Southwest Florida! If you purchased a home two years ago here, most likely in this market, it has gone up 30%. Demand continues to be strong; inventory continues to be low, and in economics, with the demand high and supply low, prices have gone up and will continue to go up.

However, my thought is by the end of the year, prices will stabilize, and I believe we will be in a regular housing market here. Will prices go down? I do not think they will. I believe Southwest Florida has always been undervalued since the great recession starting at the end of 2005. Prices have slowly gone up over the years, but the psychological implications of the pandemic and the ability to work from home have accelerated the correction.

How many times have you put off making a move over the years? With the pandemic rearing its ugly head at people, they took on an "It's either now or never" attitude, creating this strong demand. Therefore, as a Buyer or Seller, you should get all your ducks in a row before selling or purchasing.

The "do's" of navigating in this current housing market!

When searching for a property in Southwest Florida, make sure you have a pre-qualification or pre-approval letter as the Buyer. Cash continues to be king and if so, make sure you have proof of funds. The market right now is so tight that truly every minute counts with submitting an offer.

If you present an out-of-date pre-qualification or pre-approval letter with your offer, it will put you in the back of the "offer" train. Think caboose! Instead, you want to be the engine that pulls the train! Also, I recommend that you shorten the acceptance time that the Seller must respond. Time is of the essence. As a Buyer, you want to put together and present the most attractive offer you can. I would shorten the inspection period as well. I would also recommend creating an "As Is" contract. You have the right to inspect, but if you find anything wrong with the property, you can cancel the contract and receive your escrow monies back.

If you are the Seller, I would require an up-to-date pre-qualification/pre-approval letter or proof of funds letter, or a cash account showing the amount of the offer. An "As Is" contract is also attractive because the Buyer indicates that you would not have to fix anything or provide a credit at closing to fix items. I would also think about shortening the closing period if it works better for you to do so. Lastly, if you as the Seller were in a multiple offer situation, I would always direct your REALTOR® to request "highest & best" generally the next day by noon.

Downsizing?

If you consider downsizing into an independent living facility or an apartment, you may want to think about holding on to your currently owned property. Rental income is at an all-time high. Furnished properties make for a great seasonal rental, and if it were unfurnished, it would make for the perfect annual rental.

If you wish to see where you would land either via selling, buying, or renting, please feel free to access www.BuyNaples.net and search like properties. It is a great place to start!



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ORAL HEALTH: ARE YOU OVERDUE FOR YOUR EXAM?

Regular Dental Visits Are Important

Dental health and proactive measures are essential. Staying on top of your dental health through cleanings, x-rays, and dental examinations are critical to avoid in-depth procedures and to maintain a healthy mouth that's free of decay, bacteria, and oral cancer.

Are you overdue for a dental cleaning and exam?

Periodontal disease is caused by bacteria that harbors deep within the pockets of the teeth. If you notice bleeding when you floss or brush your teeth, you might have underlying bacteria that is causing inflammation in your gingival tissue. Never ignore pain, odor, teeth that move easily or any other dental or oral health changes. These issues can intensify quickly. It's never too late, but as with any health condition, early treatment is always best.

Aging Restorative Treatment

As we age, teeth can begin to break down with wear and tear or inadequate hygiene. When children get fillings or root canals, those will most likely need to be replaced as they age. Almost all restorative dental treatment has limitations. If the old fillings in your teeth have any dark margins, you may have microleakage around the restoration, which can lead to decay and the need for root canals or extractions. Antibiotics will only work on abscesses caused by trauma or bacteria for a short period of time before the infection returns. A long-term restorative option will be necessary.

X-rays and examinations provide in-depth detail on the health of your teeth, gums, soft tissue, and bone structure.

Missing Teeth and Extractions

There are multiple treatment options; however, if you need to replace missing teeth, getting dental implants is the best solution for overall health. When an extraction is necessary, it's because the structure of the tooth is too weak to support a crown or restoration, or it may be due to the bone loss and periodontal disease within the supporting gingival tissue (gum line).

If a tooth is removed and not replaced with an implant, denture or bridge, several adverse reactions begin to take place. The first is that the facial structures can change. As individuals age, the facial contours that once supported the lips and cheeks can change with muscle atrophy and the effects of gravity, but when there is added tooth loss, the facial structures change drastically. The outcomes are an increased aging effect with noticeable sagging and gaunt like features.

This may seem superficial, but there is an underlying cause that increases health risks and disorders. The underlying cause is bone loss. When a tooth is extracted, the alveolar sac (bone socket) begins to degenerate, and the surrounding jaw structure will as well.

Degeneration of bone is caused by lack of contact of the teeth. When healthy teeth are correctly abutting against each other, it creates pressure and friction on the teeth and surrounding bone. This pressure from biting helps to regenerate bone on a daily basis, keeping teeth and the jawbone firmly sustained.

Dental implants can be used to replace one or multiple teeth. Implants are also a remarkable solution for holding in a permanent bridge or as an anchor(s) for dentures.

If there is significant bone loss, bone grafts can help to regenerate the bone that's been compromised and assure that the implants are securely supported.

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Better Sleep is Critical, Especially as We Age

By Lorna J. Fedelem, MD

It is recommended that we get 7 to 9 hours of sleep per night. As individuals age, their sleep patterns change. During the night, many adults sleep much more lightly than when they were younger. This can cause abnormal amounts of drowsiness during the day and the reason for these sleep pattern changes can vary.

The Importance of REM

During the night, we go in and out of sleep stages, and deep sleep, known as REM (rapid eye movement), is the final stage. If we do not get into REM, we are susceptible to cellular degeneration, because during deep sleep, our brain and body repairs itself, blood circulation increases, and immune function is increased, as are our energy levels.

Disruptions in sleep can cause serious chronic diseases and conditions to take place such as stroke, dementia, heart disease, and behavioral changes, to name a few.

What Disrupts Sleeping Patterns the Most?

Many things can disrupt our sleep such as drinking caffeine in the evening, stressful thoughts, aches and pains, heavy meals, blue light from a cell phone or computer screen, bladder issues, certain medications, or a restless spouse that moves around during the night.

Trying to cut back on sugar, alcohol, caffeine and finding ways to relax and unwind before bedtime can help immensely. Many people find turning off the TV and unplugging from devices decreases blue light disruption. You can also wear blue light filtering glasses or put a blue light filter app on your devices. Blue light interferes with our circadian rhythm, which tells us when it's time to be awake or go to sleep. It's also helpful to dim the lights a few hours before sleep and meditating, praying, or reading will help the body relax.



Supplements

Some people find that taking supplements such as melatonin or magnesium before bed helps them to get better restful sleep. Drinking chamomile or a bedtime tea can also be helpful, just don't consume it too close to bedtime to avoid multiple bathroom breaks and disruptions.

Sleep Apnea

Sleep apnea affects more than 25 million people in the United States. It is a progressive condition that interrupts breathing patterns throughout a person's sleep. People that suffer from Obstructive Sleep Apnea (OSA) may have episodes of stopping breathing up to hundreds of times per night for 10 seconds or longer, and along with this disruption comes many adverse side effects and morbidities due to the lack of oxygen to your body.

What are the Side Effects and Complications Associated with Sleep Apnea?

- High blood pressure
- Cardiovascular disorders
- Chronic disease
- Diabetes
- Dementia
- Depression
- Behavioral issues
- Stroke
- Brain health impairment

Ways to Help Improve Sleep

- Ask your provider about natural supplements or prescription sleep medications
- Block all blue light and stimuli 90 minutes before bed
- Get plenty of sunlight in the daytime to balance your circadian rhythm
- Sleep in cool temperatures (67 degrees is preferable)
- Keep Blue Light out of your room and make sure it's dark (block outside lights too)
- Make sure you have comfortable bedding
- Keep your sleeping area quiet
- Exercise early in the day (not before bed)
- Read or meditate before you go to sleep
- Get tested for sleep apnea to see if you qualify for a CPAP machine

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Dr. Fedelem also 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 comprehensive approach that focuses on lifestyle management and prevention.

Call and Schedule a Complimentary Meet and Greet with Dr. Fedelem.



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Compounded Hormone Replacement Therapy

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

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

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

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

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



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

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

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

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

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



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Protect Your Vision Now, Before It's Too Late

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

The American Academy of Ophthalmology published the following article on Being Pro-active about your vision.

As populations age and expand, we will see a significant number of vision problems increase.

Here are 10 ways to care for your eyes today so that you can enjoy healthy vision for years to come.

1. Know your family history: It plays a big role in your vision.

- Many eye conditions are inherited. You have a much higher chance of developing macular degeneration if a close family member is affected by this condition. Your risk of glaucoma is four to nine times higher than average if a family member has it.
- Ask family members about their eye conditions. This can help you and your ophthalmologist watch for conditions before they appear. Early diagnosis and treatment can help prevent vision loss.

2. Watch children's eyes carefully as they grow.

- In childhood, eyes grow and change quickly. Watch for problems like misaligned eyes – these can signal a serious eye condition.
- Keep young children away from cleaning products and sharp objects to prevent permanent eye damage.
- Balance screen time with time outdoors. Too much screen time can cause dry eye and eyestrain.

3. Eat well and exercise.

- Many studies have shown that exercise and a diet rich in a variety of fruits and vegetables can protect against blinding eye diseases, such as macular degeneration and glaucoma.
- Eating a diet rich in plant-based foods and low in saturated or animal fats is best for healthy eyes.
- Exercising moderately for 30 minutes a day, five times a week can help protect you from the same eye conditions.

4. Stop smoking.

- Smoking increases the risk for eye diseases such as cataracts and macular degeneration. Tobacco smoke, including second-hand smoke, also makes dry eye.



- Smoking also raises the risk for cardiovascular diseases which can indirectly influence your eye health.

5. Keep other health conditions under control.

- Chronic health conditions like diabetes and high blood pressure, if left untreated, can affect your vision. For example, diabetic eye disease is one of the most common causes of blindness.
- Follow your doctor's guidance carefully and attend all regular medical appointments. Do everything you can to remain in control of your health.

6. Wear sunglasses outdoors.

- Long-term exposure to UV radiation can damage the cornea and the lens and eventually lead to cataracts and eye cancers.
- Choose sunglasses that block 99 to 100% of both UVA and UVB radiation and wear them even when it's cloudy outside.

7. Minimize eyestrain at work.

- If you work in an office, sit at least an arm's length away from the computer and use the 20-20-20 rule throughout the day to give your eyes a break.
- Wear protective goggles if you work in construction or with chemicals or enjoy home improvement projects. More than 90% of eye injuries can be avoided by wearing proper eye protection.

8. Care for your contact lenses.

- Make sure you are washing your hands, storing contacts properly, and using cleaning solution for disinfection.

Source:
<https://www.aaopt.org/eye-health/tips-prevention/healthy-lifestyle-now-good-vision-later>

- Sleeping, showering, and swimming in contact lenses increases your risk for a potentially blinding eye infection.

- If you develop redness, changes in vision or pain, stop wearing your lenses and reach out to your ophthalmologist immediately.

9. If you're 65 or older, pay close attention to vision changes.

- Starting at around age 40, you may notice blurry close-up vision. This is called presbyopia and it's fairly common. You may require reading glasses.
- Blurry vision sometimes signals a more serious eye condition such as macular degeneration. Pay close attention to worsening symptoms and get regular eye screenings by an ophthalmologist.

- If you take medications, such as prescription eye drops, be sure to follow the directions as instructed. Talk to your doctor if you are having trouble doing so.

10. Regular eye exams can help you catch problems before it's too late.

- An ophthalmologist is able to spot eye diseases early—when treatment is most effective—simply by looking into your eye.

Personalized Retina Care of Naples

If you are experiencing any changes in your eye health, whether it is blurry vision, pain, impaired vision, or any other visual irregularities, you should see an ophthalmologist right away. The earlier a disease is detected, the better the outcome and treatment options are for you. You will find a friendly and warm environment at Personalized Retina Care of Naples.

Please call (239) 325-3970 today to schedule your eye exam. When necessary same day appointments can often be accommodated.

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



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speeds cellular renewal. This allows post traumatic and surgical healing processes to occur much faster. The BioMat provides negative ion therapy, which stimulates serotonin, allowing the body and mind to go into a state of deep relaxation, assisting in therapeutic sleep. Negative ions are generated within the BioMat and enter the body through conduction.

The BioMat also provides the benefits of amethyst crystal healing. During a BioMat session you are lying on a bed of gemstone quality amethyst crystals in addition to the FIR & Negative Ion Therapy. The BioMat is a unique delivery system for infrared therapy because the FIR is modulated by the amethyst crystals which optimizes and increases the bioavailability of the infrared.

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The Truth About Gluten-Free

If You Are Diabetic, You Need This Information

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

There are many misconceptions when it comes to going “gluten-free.” Many people believe that replacing their bread, pasta and cookies with gluten-free options made from rice or other gluten-free grains is a good idea, when in fact, it’s NOT.

Being gluten-free is critical for combating insulin resistance and staving off numerous other health conditions but depending on other grains to fill the void is a terrible mistake made by many due to a broad range of marketing that benefits these gluten-free companies and their sneaky ingredients that spike insulin.

If you want to be gluten free and still enjoy baked goods, there are much better alternatives that won’t cause the inflammatory response that most grains do. After all, white potatoes are gluten free, but it’s not recommended to eat potato chips or French fries if you are health conscious.

Making wise choices is essential, but having the right information is even more critical.

Best Alternatives:

Snacks

- Vegetables for snacking (celery, cucumber, radishes, olives)
- Pair with nut butters, hummus, guacamole, or Greek yogurt dips
- Seed crackers such as Flackers (made with chia and flax seed)
- Almond flour crackers from Simple Mills
- Grain free tortilla chips made with cassava such as Siete brand.

Pasta

Replace Pasta with Miracle noodles (made from konjac root fiber), or spiralized vegetables such as zucchini, butternut squash or spaghetti squash. These can often be found pre-spiralized in the produce section (spaghetti squash is naturally formed angel hair like fibers).

You can purchase a spiralizer for home use or use your vegetable peeler to make fettucine-style “pasta”. There is also a newer product made from hearts of palm that is a delicious alternative to pasta, as well as one in the freezer section made from almond flour and tapioca from Cappello’s Brand.



Rice

Replace rice with finely chopped cauliflower or broccoli (found pre-done in produce section, freezer section or use a food processor).

Bread is a tough one for most people. Who doesn’t love bread? There are great gluten free recipes online that are made from cassava, coconut or almond flour and there are now really good alternatives in the freezer section such as Base Culture.

Pizza and Wraps

Please note: Avoid crusts with rice flour as they can spike your glucose.

Pizza crust can be easily made with cauliflower rice, egg and parmesan cheese. Bake first and then add sauce and ingredients to then bake again for an additional few minute (numerous recipes available online). There are some high protein pizza brands like Quest that are gluten and grain free, and very convenient for those weekend cravings.

Wrapping a sandwich or burger in lettuce is great alternative, but if you want something more grain-like there are now available in the freezer section brands like Siete that provide that chewy texture we love. Many recipes are available online to make flaxseed wraps or almond flour wraps at home as well.

If you start researching online, you can find fantastic alternatives to many of your favorite foods that are totally gluten-free and lower in carbs. However, keep in mind all alternatives do not work for everyone, and quantity can also make a difference even with these alternatives.

Staying insulin resistant and reducing inflammation is absolutely crucial for overall health, especially for those that have diabetes.

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**.

Back to School & The Office Could Spell Trouble for Your Pet

5 Tips to Help Them Cope

Our pets have gotten quite used to us working from home and they also absolutely enjoy having the kids home for the summer, or in some cases, since the pandemic hit. Why? They are no longer alone all day for hours on end. This is especially true for dogs, as they are typically much more needy and attached to their owners than other animals.

If your kids are preparing to go back the classroom, or you are heading back to the office and waving so long to remote work, Animal Oasis has a few tips to help your pets transition into long periods of being alone.

Tip #1 Get Their Energy Out Before You Leave

If you have a healthy pet that can benefit from some daily activity, get them moving. Taking them for extra long walks (be careful they are not overheated) or playing fetch or even playing with them in the house for a while before you leave for the day will help them tolerate being alone better. They will enjoy the bonding time with you and, they will be tired and probably find it easy to sleep during most of the day.

If you or your kids are gone for long hours, having a pet sitter, dog walker, or friend stop by and visit with them or exercise them again mid-day is very helpful, especially for animals with separation anxiety or those that need extra exercise.



If you and your family do not return until it's dark outside, make sure to leave a night light or some form of light on for your pets. Most pets can see in the dark, but light will make them more comfortable and may make them think that it is still daylight and that you haven't been gone so long.

Tip #2 Background Noise

It can be helpful to leave the television on low or a music channel. There is even music made especially for animals to relieve anxiety. You can search for those online or on your smart TV.

Tip #3 Water and a Comfortable Resting Area

Make sure your pets have plenty of fresh water, food, and toys available to provide nutrients for their bodies and adequate hydration. It's also critical to provide a comfortable bed, mat, or soft area for them to sleep and rest. Leaving a few toys out for them to play with is also helpful. Many toys are interactive nowadays and keep pets occupied for longer periods.

Tip #4 Security Cameras

If you are using a webcam to keep an eye on your pets, please remember not to use the microphone to speak to them if they are not used to this. Otherwise, it will confuse them and cause distress. You can try and get your pet used to you speaking to them through the microphone while you are in another area of your home and for short periods of time at first.

Tip #5 Calming Pills and Treats

Calming supplements can ease your pet's anxiety. Before you leave the house, give your pet the recommended dosage of these all-natural, anti-anxiety medications, as this can help your pet feel more at ease during times alone.

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

Animal Oasis Veterinary Hospital in Naples offers 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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Why People REALLY Go to the Doctor and Why Acupuncture is a Surprising Alternative

The most common reasons that people in the U.S. go to the doctor may surprise you. You may also be surprised that Acupuncture is the most common reasons that people in the U.S. go to the doctor may surprise you. You may also be surprised that Acupuncture offers a great complementary or alternative treatment approach to every one of these disorders.

1. Skin disorders: Acne, eczema, and sebaceous cysts topped the list and brought the most men and women to their doctor. It is always a good idea to get any suspicious skin lesion checked out by a dermatologist, but many people are not aware that acupuncture and herbs effectively treat skin disorders by addressing the root cause instead of merely suppressing the symptoms.

2. Osteoarthritis and joint disorders, aka “joint pain” comes in a close second. Acupuncture effectively treats chronic and acute injury joint pain in a relatively short period of time. I have seen severe cases of golfers and tennis elbow improve 95% after the first treatment.

3. Back problems: Back pain is not only incredibly common but the eighth most costly chronic condition in patients aged 18 to 40. Back pain is one area where acupuncture really shines. Patients find that flexibility and range of motion is greatly enhanced and pain is decreased or eliminated completely during the treatment.

4. Lipid/Cholesterol problems come in fourth place. Acupuncture, herbs, and nutritional supplements effectively reduce “bad” cholesterol levels while supporting the liver instead of potentially damaging the liver with statin medications.

5. Cough, runny nose and sore throat are common and affect all age groups which brings it to a fifth place finish. Runny nose from allergies (allergic rhinitis) accounted for over half of the people in this category. Turns out 40 million Americans have allergic rhinitis and seek treatment for it. Many people are very surprised to find out that acupuncture and herbs can keep a cold/flu or bronchitis from worsening and will significantly reduce “down time” associated with this type of illness. The trick is to get in for an appointment at the first sign of a

scratchy throat, fever, and chills. If you get frequent colds and flus, acupuncture will definitely benefit you. It is a good idea to build your immune system during the summer months, before the cold/flu season strikes. Allergies also respond well to acupuncture and herbs.

6. Anxiety, depression, and bipolar disorders: Mood disorders are a common cause of disability in people. Acupuncture is a terrific drug free way to reduce stress and stabilize the emotions. Children, teens, and young adults respond exceptionally well, especially when caught in the early stages. For more about mood disorders and acupuncture see my article in the May issue of SW Florida’s Health & Wellness Magazine. <https://www.swfhealthandwellness.com/acupuncture-provides-a-safe-effective-alternative-for-the-treatment-of-mental-health-disorders-05>

7. Chronic neurologic disorders: Dementia and Parkinson’s have become more common with our aging population and bring many people to the doctor. Acupuncture can slow down the progression of these debilitating diseases. The earlier treatment is started the better. This type of disorder usually requires maintenance treatments on a regular basis to make the most impact on decreasing neurological symptoms.

8. High blood pressure comes in eighth place. Hypertension can be regulated without pharmaceuticals with a combination of acupuncture and herbal medicine.

9. Headaches, including migraines come in ninth. Acupuncture is a superior way to manage and eliminate chronic headaches and migraines. Acupuncture can stop a headache or migraine in its tracks. You do not have to suffer with migraines that last days, you can be pain free within an hour.

10. Adult onset diabetes is so much more common with our obesity epidemic yet comes in far behind skin and joint pain for bringing people to the doctor. Regular acupuncture treatments and the use of herbs can stabilize glucose levels and reduce diabetes related ailments, such as neuropathy.



Our medical community is fantastic at diagnosing disease. Unfortunately, treatment options are limited and usually consists of taking a “wait and see” approach, expensive pharmaceuticals that come with a laundry list of side effects, painful cortisone injections or invasive surgery with a long recovery period.

One of the main benefits of going to an acupuncturist for these conditions is that you will get a diagnosis and a treatment the very first visit. A series of 3-12 treatments will make a significant impact on every one of the health complaints listed above, even the chronic disorders such as diabetes, high cholesterol and high blood pressure. The majority of people with pain complaints find that the pain dramatically decreases or goes away completely during the first visit.

If you are unhappy with the choice of treatment or the results you are getting with your medical doctor, you owe it to yourself to give acupuncture a try. I am happy to work with your medical doctors to tailor a treatment unique to you. Check with your insurance company to see if you have acupuncture coverage.

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appointment online.



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 Important Dates!

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

Obama Care/Affordable Care Act – August 15, 2021 deadline for new policies issued. The Government extended your ability to enroll in health insurance on the Market Place due to COVID. This special enrollment period will end this month! The website is HealthCare.gov, your local insurance agent can help you through the maze and there is no charge generally for their services. The government also increased how much money you can earn and qualify for subsidy to help lower your cost for insurance. Many people are not aware that they do not need to forgo having health insurance and there are affordable options for them. Insurance is not just about the price of the premium but very important the network of doctors, hospital, etc. that you can have access to. This year a carrier can on board in Lee County and folks that enrolled were not aware that Lee Memorial was NOT in that carrier's network. This is a big deal! So, in their case to be treated as in network they would need to call the carrier and get approval to have the charges covered as a Medical Emergency out of Network.

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.



Medicare – Annual Enrollment Period October 15-December 7th, 2021, for January 1st, 2022, effective. 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.

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!

Whole Life Policies for children make wonderful gifts and leaves a legacy. As an example, I buy my grandchildren each a \$100,000 life insurance policy that will be paid in full in 10 years. The policy grows in cash value, the premium is set for 10 years and then it is Paid in Full. My 5-month-old granddaughter's policy cost me \$748.00 for the year and I could have chosen to make monthly payments. Whole Life policies have so many wonderful benefits.

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

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How to Enjoy Having Your Home Professionally Cleaned

Your house is a mess. You have no free time. You hate to clean. If this sounds familiar, you're not alone. Over 100 million people in the US and Canada feel the same way. As you plan to hire house cleaning services, here are some tips that will make your experience even better.

Remember that you're hiring human beings

If you plan on every speck of dust being gone after your clean, you're most likely setting yourself up for disappointment. You'll enjoy your service more if you are realistic about what you're getting. While professional house cleaners are exceptional at what they do, they are not super human. They can't clean your master bathroom in 5 minutes. Humans also make mistakes. If something isn't done well, relax, call the house cleaning service at the office, and let them know. Depending on the type of issue, most professional house cleaning companies will send someone out to re-clean the area and make sure to correct the situation.

Leave your home while it's being cleaned

Do you like when someone looks over your shoulder while you work? Neither do housecleaners. Relax. Professional house cleaning services screen their employees, conduct background checks, and are bonded and insured. Get the most out of your cleaning service by getting out of your house during the cleaning process. Not only will you enjoy the great feeling of walking into a clean

home, but the cleaning staff will be better able to focus on their job. While leaving isn't a requirement, you just might find out how great it feels to abandon all thoughts of cleaning!

Leave a tip

Tipping service professionals is nothing new. Everyone tips their server at a restaurant, the bellboy, the valet. Tipping your cleaning professional is a good thing. Think about this; a professional cleaner is in your home, touching virtually all of your possessions. Cleaning is a physically demanding job. House cleaners are constantly bending down, scrubbing, walking up and down stairs, reaching up high, and moving heavy things around. And if hard work isn't enough, remember that they're dealing with all your dirty stuff! It's well worth a few extra dollars to say thank you. And who doesn't love a tip? Remember, a happy cleaner is a great cleaner.

To clean or not to clean

It's a question most people grapple with. Should I clean my house before the cleaning person comes? This is really up to you and there is no right answer. If you have hired a cleaning person for a set amount of time, the cleaner will be able to provide a deeper clean if your home is very tidy before their arrival. But, some people don't like even tidying up. If that's you, then letting the house cleaner do that might be well worth it. In the end, you have to decide how you want the house cleaner spending their time.

I clean my home in 1 hour... they should too

People always think a professional house cleaner should be able to clean their home faster than they clean it themselves. This is a misconception. When most homeowners clean their homes, they clean very differently than someone they hire. Homeowners know what areas they can skip and usually don't clean all the areas that professionals do. For example, many homeowners may skip the toilet when cleaning the bathrooms, only wiping down the counter and mirror. And even if they do tackle the toilet, they usually don't get the floor behind it. Professional home cleaners must clean everything, which, in the end, usually takes longer.

If you're realistic about your house cleaning service, you'll be much happier. And if there is something you're not happy with, simply call the office. You'll be much better off working through a few small issues than constantly jumping from one cleaning service to the next. Once you and the professional company get it right, having your home professionally cleaned is on.



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A Story of Hope for Adult Children and Their Parents

Before the COVID-19 pandemic hit our lives like a runaway train, you probably worried about your aging parents living alone, wondering, "Are they healthy? Taking care of themselves? Eating enough? Taking their medication on schedule?" What about the guilt of not visiting them as often as you probably should?

Today, with sheltering in place, your parents may be lonelier than you realize. If you felt you didn't visit them enough in the past, the situation is likely worse now because you can't visit them for fear of COVID-19 exposure. Don't be hard on yourself—you can take steps to heighten your parents' sense of purpose and provide them with something to look forward to every day.

Prevent the loneliness of isolation from damaging the already fragile health that comes naturally with age. Consider in-home care from a professional home care agency that practices CDC-recommended safety measures to help prevent exposure to and transmission of COVID-19.

Prevent your isolated parents from succumbing to loneliness

You may live a block away, an hour away or 2,000 miles from your parents. Even if you live near them,



COVID-19 restrictions prevent visiting face-to-face today or in the near future. You're concerned about their well-being, but what can you do?

Consider in-home care

In-home care is a robust and dependable solution to reduce or eliminate loneliness for your parents, providing peace of mind for you. In addition to caring for your parents' daily needs such as dressing, preparing meals, running errands and light housekeeping, in-home caregivers do much more. Our SYNERGY HomeCare caregivers engage older adults in meaningful activities like arts and crafts, reading, listening to music, setting up video calls with friends and writing letters.

In addition to the activities mentioned above, there are scores of things seniors can do with their caregivers to feel more connected to others. With in-home care, each day seniors have something to look forward to doing with their caregiver, and that provides hope while reducing loneliness.

As social creatures who thrive on social connections, the prolonged disconnection from friends and family has been difficult. Professional caregivers understand the relationship between socialization and good health. They focus on activities that deliver interaction with the people your parents care about—video coffee chats with friends, FaceTime with the grandchildren, coordinating window visits and sending little gifts to the family that has special significance.

Connect through a project

Additionally, you can give your parents a project to do while they're physically isolated. Ask them to be the family historian by journaling about the struggles your family, the country and the world are enduring as we navigate the pandemic. Or request they put a photo album together using the old box of prints in the garage. Call them daily to check on their progress, discuss and be a part of a shared project. The idea is to give them a purpose that makes them feel connected to family and special for being the one chosen to manage the project.

In-home care provides peace of mind

As an adult child, the peace of mind you experience from your parents' home care stems from the daily communication provided by the caregiver. Knowing how your parents are doing, how their emotional and physical health is will be what you look forward to each day. It's this level of contentment and the variety of services offered in their home that make a profound impact on the quality of their lives.

Home care is in demand today, particularly by adult children like yourself. Doing whatever it takes to ensure your parents are in a good place emotionally, distanced from potential COVID-19 exposure and well cared for within their own home by compassionate, friendly caregivers is your goal. SYNERGY HomeCare's caregivers are committed to getting your parents through isolation with smiles on their faces, good health and warmth in their hearts.

The peace of mind you will experience is priceless.

"As the coronavirus continues to spread throughout the world, adult children of aging parents worry about their parents' safety as well as the repercussions of isolation. With 16.9 percent of the U.S. population aged 65 and older, it is a concern many face."

COVID-19 Isolation hits senior hard: Lonely, depressed & declining health. Research has linked social isolation and loneliness to higher risks for a variety of physical and mental health conditions, such as high blood pressure, heart disease, obesity, a weakened immune system, anxiety, depression, cognitive decline, Alzheimer's disease and even death.

The coronavirus has left many seniors unusually isolated, separated from friends and family they once depended upon for socialization, rides to the grocery store or trips to the doctor. These are the seniors who are at the highest risk for loneliness, depression and susceptibility to disease and illness.



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Dealing With Life's Painful Situations

By Pastor Timothy Neptune

On Father's Day in 2005 my dad came to my office to visit and talk about how things were going. In the course of our discussion he mentioned that he experienced a terrible night's sleep because his back was causing him so much pain.

I told him that it was time to go to the ER and get checked out to find out what was causing all of his pain. He did, and that started a two-year battle with pancreatic cancer. My dad fought an incredible fight with this terrible cancer but passed away in August of 2007.

Many people have faced the pain of having to bury a loved one. The question is, "How do I deal with the pain?" We may have confidence that our loved one is in a better place, but do we do with the pain that we still feel?

As you read this, maybe your pain is not in the loss associated with death, but rather you have faced the end of a relationship, or perhaps have received bad news regarding your own health. The question still remains, "what are we to do with these painful situations?"

As we turn through the pages of Scripture, we find that the thoughts and writings of the Psalmist David bring comfort and hope to those in pain. David understood painful situations for he faced many of them in his own life. He too, buried many loved ones and faced enormous family problems. How did he get through these challenges? He turned to God for help.

David tells us in the book of Psalms, ¹⁸ *The LORD is close to the brokenhearted and saves those who are crushed in spirit. Psalms 34:18*

You are never closer to God than when you are hurting. David knew that from personal experience. David took his pain and his problems to the Lord and asked for His help. In Psalm 142:1-2 David wrote, *"I cry aloud to the LORD; I lift up my voice to the LORD for mercy. I pour out my complaint before him; before him I tell my trouble."*

Our natural tendency is to suffer in silence. We put on a smile and pretend that everything is fine in our lives. Yet in reality, we know that ignoring our pain does not bring relief. We hope that time will heal all wounds but we know it does not. In fact, time often makes matters even worse.

Pain is our body's way of letting us know that we need to deal with something. Whether it is physical, emotional, or relational, pain should not be ignored. And yet still, we try to run from it.

It is human nature to run from painful situations. By law, all doors in public buildings swing out. When people panic, they run. They try to escape. When we face pain, loss and hurt, we look for ways to escape. We dream of running away from reality in hopes of finding peace and comfort over the next rainbow. Sometimes people try to escape by turning to alcohol, drugs, food, or even inappropriate relationships. Running from your problems never brings resolution.

David went on to say in Psalm 142:3 that ³ *"When my spirit grows faint within me, it is you who knows my way..."* God knows the pain we feel and He wants us to run to Him with our troubles.

As you read his Psalms, you will quickly notice that David was very open about what he was going through. And yet, through it all, he learned to trust and depend on God.

When dealing with the pressures and strains of life and the emotional challenges we face, we can learn much from David's example. Stop pretending that you can handle everything in your own strength and turn to God who loves you and cares about you. He specializes in mending broken hearts.

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.

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