

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

Health & Wellness[®] MAGAZINE

September 2021

Collier Edition - Monthly

www.swfhealthandwellness.com

FREE  

**WEIGHT LOSS
LATER IN LIFE**

**NOT ALL FAT
IS CREATED
EQUAL**

**IMPORTANCE
OF PROSTATE
EXAMS**

**LOWERING
CHOLESTEROL
NATURALLY**

**SEPTEMBER IS
HEALTHY AGING
MONTH**

**TIPS ON HOW TO
AGE HEALTHY**

 **PHYSICIANS REGIONAL
MEDICAL GROUP**

Catalina Niculae, M.D.
Board-Certified Family Medicine

Comprehensive, Whole-Body, **Pain Management**



Florida Pain Center of Naples

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



▶ **Injections Treatment**

Tired of looking for effective remedy to get rid of pain in back, neck, knees, hips, and other chronic pain related issues? Contact us to get the best Injections Treatment.

▶ **Medications Treatment**

As part of a comprehensive approach to pain, we provide full Medications Treatment and management for Chronic Pain.

▶ **Physical Therapy**

Physical Therapy has a very important role in the long-term management of musculoskeletal pain problems, especially low back and neck problems.

▶ **Massage Therapy**

Massage Therapy is considered to be very helpful in chronic pain conditions for example low back pain, fibromyalgia, neck pain, headaches.

Florida Pain Center of Naples treats all types of pain throughout the body, such as neck and back, joint, pain from shingles, migraines, fibromyalgia, and they do it all with a comprehensive approach to your overall wellness needs.

Located at 730 Goodlette Rd North, #200, Naples FL 34102
For more information visit us online at www.flpaincenter.com


Florida Pain Center
NAPLES

239.659.6400



*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.*
- * *Gangrene.*

We are able to evaluate and treat lower extremity arterial and deep venous disorders using minimally invasive (catheter-based) procedures without surgical incisions. Many of these procedures can be performed in our state-of-the-art Office-Based Endovascular Suite. This results in improved patient convenience and satisfaction.

For more information call us at:

239-300-0586

1168 Goodlette N., Naples, FL 34102
9400 Bonita Beach Rd., Suite 203, Bonita Springs, FL 34135

www.heartvein.com

CONTENTS

SEPTEMBER

- 6 Stress Management
- 7 September is Healthy Aging Month: Tips on How to Age Healthy
- 8 Chronic Limb Ischemia: Educating Patients on This Disease is Critical
- 9 What Men Should Know About Prostate Cancer and Radiation Therapy
- 10 Dry Eye is an Inflammatory Disease That Should Not be Overlooked
- 11 Weight Loss Later in Life
- 12 How Well Does Medical Marijuana Help with Chronic Pain?
- 13 Importance of Prostate Exams
- 14 Did You Know Not All Primary Care Doctors Treat Auto Accidents?
- 15 Holistic Answers to Commonly Asked Medical Questions
- 16 VITAS Team Makes a Hospice Patient's Bucket-list Wish Come True
- 17 Meet Our Primary Care Team at Our New Founders Square Location - Now Open
- 18 Lowering Cholesterol Naturally
- 19 A New Procedure Available at ATC Can Help Patients Avoid Pricey Cosmetic Surgery - ClearLift™
- 20 Many Hospitals are Shutting Their Doors to Elective Surgeries - What are Your Options to Take Care of Your Health?

Introducing

A SUPERIOR LASER FOR CATARACT SURGERY¹

Technology Leaders in Eye Care, Quigley Eye Specialists is proud to be the first and only private practice in Southwest Florida to offer patients the next generation laser for cataract surgery. Introducing the Catalys® Laser System. When compared to another leading laser, the Catalys was found to use less energy and demonstrated superior patient outcomes. (Khodabakhsh & Hobauer, 2018)²

Built from the ground up specifically for cataract surgery, the Catalys is more gentle on the eye and opens the door to laser cataract surgery for patients with glaucoma. If you suffer from cataracts or any other eye condition, **call Quigley Eye Specialists today.**

Our exceptional medical team specializes in

- Dry Eye
- Glaucoma
- Cornea
- LASIK
- Retina
- Laser Cataract Surgery
- Bladeless Eyelid Surgery
- Routine Eye care



Duane A. Wiggins, MD
Board Certified Ophthalmologist
Cataract & Refractive Surgery

Quigley Eye
SPECIALISTS
YOUR EYES, OUR PASSION!

Schedule your cataract evaluation today!

239-360-9633

Visit QuigleyEye.com or any of our 8 Convenient Locations

BONITA SPRINGS | CAPE CORAL | FORT MYERS | LEHIGH
NAPLES | PORT CHARLOTTE | PUNTA GORDA | SUMMERLIN

1. A 2018 study that compared the Catalys with another leading laser concluded that the Catalys demonstrated superior outcomes in terms of the patient experience, completeness of capsulotomy and ease of cortex removal. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6087026/>
2. In addition to the 2018 study noted above, a 2016 study showed that when compared to another leading laser, the other laser showed significantly higher cumulative dispensed energy and phacoemulsification power needed in comparison to the Catalys group. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5077355/>

CONTACT US

OWNER / ACCOUNT EXECUTIVE

Cristan Gensing
cristan@gwhizmarketing.com

OWNER / CREATIVE DIRECTOR

Sonny Gensing
sonny@gwhizmarketing.com

EDITOR

Lisa Minic



Publishing • Advertising • Web Design • Graphic Design

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.

To get your article published and for ad rates, call 239.588.1200
Cristan@gwhizmarketing.com

G WHIZ Marketing, LLC | 1630 Caxambas Court | Marco Island, Florida 34145

©Copyright SOUTHWEST FLORIDA'S HEALTH & WELLNESS Magazine 2021. All rights reserved. Any reproduction of the material in this magazine in whole or in part without written prior consent is prohibited. Articles and other material in this Magazine are not necessarily the views of SWFL Health & Wellness Magazine. SWFL Health & Wellness Magazine reserves the right to publish and edit, or not publish any material that is sent. SWFL Health & Wellness Magazine will not knowingly publish any advertisement which is illegal or misleading to its readers. The information in SWFL Health & Wellness Magazine should not be construed as a substitute for medical examination, diagnosis, or treatment.

21 Cholesterol, An Innocent Bystander?

22 Five Tips for Healthy Aging

23 How to Know When It's Time to Move Your Parents to Senior Living

24 OCD: Participants Needed

25 Cholesterol Numbers & The Truth About Optimal Treatment

26 Why There is Growing Interest in Hyperbaric Oxygen Therapy

27 AA For A Healthy Career

28 Can Anyone Please Help My Painful Feet?

30 Your Pain Disorder: Customized Treatment Should be Based on Finding the Root Cause

32 Understanding the Pros and Cons of Alternative Investments

35 Why Your Knee Hurts, and What to Do About It

36 Evictions During COVID-19 Pandemic

40 Are You Still Putting Off Your Mammogram Due to COVID?

41 If You Have Missing Teeth, Your Health Can be Affected

42 Improve Your Sexual Health With Amino Acids, TRT and Shockwave Therapy

43 Misir Pharmacy Compounding Skincare Customized Specifically For You

44 A Free Tinnitus Assessment Can Help You Understand the Newest Treatment Options

45 Oncology-Approved Skincare

46 Are Sunglasses a Critical Investment to Save Sight? What You Need to Know

47 Exercise Overload: Tips for Avoiding Stress Fractures

48 Not All Fat is Created Equal

49 Healthy Aging Month: 5 Tips for a Healthy Aging Face

50 15 Questions For Choosing A Home Care Provider

51 The Demand For Real Estate is High, But The Inventory is Low: Now is The Time to Sell

52 Health Insurance: Important Dates

53 Do You Have A Thyroid Disorder?

54 Combating Depression: 3 Innovative Ways of Managing Depression

55 Make Hurricane Preparations for Your Pets

56 A Comparison of Eastern and Western Medicine in Treating Headaches

57 Keeping Our Clients Safe At Home During COVID-19

58 Your Cleaning Service May Be Sweeping More Than Just Dirt Under The Rug

59 Spiritual Wellness: Hope and Optimism

That's an
Impressive Drive!

High handicap in
the bedroom?

Concerned about your
putter not performing
the way it used to?



Suncoast Regenerative
Medical Clinic

IMMEDIATELY text **"Putter"** to **239-350-1908**

to learn more about how to **get back in the game**
WITHOUT relying on pills, surgery or clunky devices.

1575 Pine Ridge Rd. #19, Naples, FL 34109



www.swfhealthandwellness.com



Stress Management

By Neetu Malhotra, MD

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

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

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



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

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

it be in your personal or professional life. Taking on too much is indeed a recipe for disaster and the root of stress for most people.

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

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

ASSOCIATES IN NEPHROLOGY
 239-939-0999
www.associatesnephrology.com
BONITA SPRINGS
 9550 Bonita Beach Rd, 108
 Bonita Springs, FL 34134
FORT MYERS **CAPE CORAL**
 7981 Gladiolus Dr 1320 SE 8th St
 Fort Myers, FL 33908 Cape Coral, FL 33990

SEPTEMBER IS HEALTHY AGING MONTH: TIPS ON HOW TO AGE HEALTHY

Healthy aging includes more than just one's physical wellness. It also encompasses a healthy mental, physical, and social state. The month of September is recognized as Healthy Aging Month, an annual occurrence to raise awareness about the positive aspects of growing older.

It's important to keep in mind that as you age you are at higher risk for chronic diseases such as cardiovascular disease, cancer, diabetes, chronic obstructive pulmonary disease, hearing loss, cataracts, osteoarthritis, osteoporosis, depression and dementia. This lengthy list should be a reminder that keeping up with your visits to your primary care physician is super important as you age.

Physicians Regional Medical Group's newest primary care physician, Dr. Catalina Niculae, M.D., is Board Certified in Family Medicine. Dr. Niculae specializes in wellness exams for men and women of all ages from newborn to geriatric. She recognizes that creating a plan with your primary care physician is crucial to healthy aging.

"Regular checkups and annual wellness visits are a great opportunity for addressing chronic health conditions and help create a healthy lifestyle that will promote longevity," Dr. Niculae states.

What we eat and how we live really matters when it comes to our health. No pill will ever replace real food, sunlight, exercise, good sleep and a healthy mindset. Dr. Niculae believes that diet, exercise, and social activity are key to keeping a healthy lifestyle as you age.

DIET

Food has one of the biggest impact on our health. Real, healthy food balances our hormones and brain chemistry, supports our immune system and



detoxes to improve the function of our circulatory and lymphatic systems. Food also provides the raw materials for every cell in our body, so eating a highly processed diet low in nutrients will always catch up with us in some way or another. Try to eliminate refined oils, sugar and starches or significantly cut down on them. Focus on non-starchy plant foods, high-quality protein and fats and eliminate food sensitivities.

EXERCISE

Exercise reduces stress, improves brain health, leads to better insulin sensitivity, reduces risks for chronic disease and ultimately slows down the aging process. However, as you age certain exercises can begin to take a toll on your body. Endurance, or aerobic, activities increase your breathing and heart rate. Brisk walking or swimming are great examples of endurance exercises that are easier on the joints. Yoga is another beneficial exercise. Stretching help keeps your muscles limber and balancing helps prevent falls.

SOCIAL ACTIVITY

And of course, if we are thinking about longevity and improving our quality of life, we have to think beyond diet and exercise. We also have to take care of our minds and nurture our relationships. Pay attention to your thoughts and words because every

cell in your body is also listening. Self-compassion and grace are key to staying connected to your community and loved ones.



Dr. Niculae is now accepting new patients. She is currently located at Physicians Regional - Pine Ridge 6101 Pine Ridge Rd. She will be located at our NEW building across the street after the opening this month at Physicians Regional - Pine Ridge Medical Office Building 6376 Pine Ridge Rd, Naples, FL 34119.

Call **239-348-4221** to make an appointment, or visit **PhysiciansRegionalMedicalGroup.com**.

PHYSICIANS REGIONAL
MEDICAL GROUP



Chronic Limb Ischemia: Educating Patients on This Disease is Critical

By Leandro Perez, MD, FACC, FSCAI, RPVI

Peripheral artery disease (PAD) is an epidemic that causes blood flow to diminish and puts patients at high risk for heart attacks and other cardiovascular events due to narrowing of the arteries, atherosclerosis (buildup of plaque), and the risk of plaque sloughing off and creating clots. The advanced stages of PAD, which occludes blood flow, especially in the tibia and foot arteries, causing ulcerations, gangrene, and tissue loss, is known as Chronic Limb Ischemia (CLI). CLI is an occlusive disease state that doesn't provide adequate perfusion to complete the metabolic demands of the body. The Global Burden of Disease study reported that 202 million adults worldwide have PAD and with that staggering number, CLI is increasing escalating. Few other diseases have as high of a mortality rate as CLI.

Approximately 2 million people in the U.S. have CLI, but that number is probably much higher as it often goes undiagnosed until the disease is severely advanced.

Many physicians resort to amputation to try and save their patient's lives, but it's unfortunately often performed unnecessarily, and it puts patients at a higher risk of death. Amputation severely reduces a person's survival rate. Because CLI is increasing in record numbers, patients' survival rates are much worse than that of many deadly cancers, yet there is no clear strategic protocol in place by the government to help patients survive and better prepare and mandate their physician's treatment plans.

In south Florida, we are seeing record numbers of people that were recommended amputation. In most of these cases, it is unfounded.

Patients with CLI almost always have comorbidities such as diabetes, hypertension, high cholesterol, kidney disease, and extensive atherosclerosis throughout their bodies. Angiography is a critical tool to understand the patient's vascular health overall. Sadly, many patients with CLI are never offered any in-depth imaging studies. With the proper testing, physicians can decide how to best treat the patient and avoid amputation through revascularization procedures. Patients who undergo amputation have double the risk within the year of death.



Making sure we educate the public on their options with PAD and CLI is critical.

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

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

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

For more advanced conditions, invasive treatment is needed. Until recently, invasive treatments were mostly surgical, very traumatic with days of recovery in hospital post-surgery; however, in the last decade, the introduction of percutaneous non-surgical techniques procedures has shifted the treatments from surgery to catheter-based interventions that do not require blades or general anesthesia. The same techniques used to open arteries of the heart without surgeries using catheter-based therapy are now the method of choice for the treatment of venous or arterial disease of the legs.

The introduction of catheter-based techniques has now caused a shift from a surgical technique to a percutaneous technique that can be done in the comfort of an office without the need of hospitalization, all done under local anesthesia as an out-patient procedure.

You have options. Being educated on vascular conditions and the available treatment is to your advantage. We hope to spread the word on CLI and help patients avoid unnecessary amputation.

At the Naples Cardiac & Endovascular Center we deliver comprehensive heart and vascular care tailored to you.

Leandro Perez, MD, FACC, FSCAI, RPVI

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.

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



(239) 300-0586 | www.heartvein.com

1168 Goodlette-Frank Rd N Naples, FL 34102

9400 Bonita Beach rd. S.E. Suite 203.
Bonita Springs FL 34135



What Men Should Know About Prostate Cancer and Radiation Therapy

By Dr. Kevin Kozak

Every September, National Prostate Cancer Awareness Month presents an opportunity to increase awareness and discussion on prostate cancer, the second most common type of cancer among men in the U.S.

Nearly one in eight men will be diagnosed with prostate cancer during their lifetimes. The American Cancer Society estimates there will be 248,530 new cases diagnosed in 2021, and 34,130 deaths will be attributed to prostate cancer.

While these statistics may come as an unsettling shock, the disease is survivable. In fact, more than 3.1 million men in the U.S. who have been diagnosed with prostate cancer are still alive today.

Early detection, effective treatments and continued research are our best allies in the battle against prostate cancer.

Risk factors

Prostate cancer is more likely to develop among older men. That means the older a man is, the greater the chance of getting prostate cancer. Approximately six in every ten cases of prostate cancer are diagnosed in men 65 and older, and the average age at diagnosis is around 66.

Family history, race and diet are also risk factors associated with the disease. Men have a higher chance of getting or dying from the disease if they have family history of prostate cancer.

Detecting cancer early

Prostate cancer can be found early by testing for prostate-specific antigen (PSA) levels in a man's blood or with a digital rectal exam. Rectal exams are performed by a doctor who feels for any bumps or hard areas on the prostate that might be cancerous. The procedure can be uncomfortable but only requires a short amount of time.

Screening tests remain the most effective way to detect prostate cancer at an early stage, which allows patients to have more treatment options and higher survival rates.

Treatment & radiation therapy

When it comes to treating prostate cancer, it's not a question of which treatment is better but rather which option best fits the patient's specific needs. There are many factors to consider when recommending treatment, some of which include:

- The wishes of the patient.
- The stage of cancer.
- The patient's age and health.
- The recurrence of prostate cancer.

Most men with prostate cancer are diagnosed early, when the cancer hasn't spread beyond the prostate gland. In this case, more management options are available, some of the most common include radiation therapy and surgery. In fact, some patients require no treatment and can be carefully monitored.

Fortunately, if radiation therapy is recommended, advances in technology have dramatically improved. Radiation therapy serves as safe and effective treatment for prostate cancer and uses high-energy rays to precisely target and destroy cancer cells.

Radiation techniques have greatly improved in minimizing the side effects of treatment so that patients can return to their daily lives following



each treatment. Using industry-leading machines, patients can complete a full course of radiation with little inconvenience due to more highly effective methods of prostate cancer treatment.

You might find it helpful to discuss your decision with family, friends or more than one medical opinion. At Advocate Radiation Oncology, we continue to stand proudly with our patients in their fight against prostate cancer.

About the Author

Dr. Kevin Kozak is a board-certified radiation oncologist 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.

Cape Coral Office
909 Del Prado Blvd. S
Cape Coral, FL 33990
(239) 217-8070

Fort Myers Office
15681 New Hampshire Ct.
Fort Myers, FL 33908
(239) 437-1977

Bonita Springs Office
25243 Elementary Way
Bonita Springs, FL 34135
(239) 317-2772

Port Charlotte Office
3080 Harbor Blvd.
Port Charlotte, FL 33952
(941) 883-2199

Spanish-fluent doctors
and care staff



Dry Eye is an Inflammatory Disease That Should Not be Overlooked

If you wake up and your eyes are barely lubricated, find it hard to blink enough tears, have a gritty sensation in your eyes throughout the day, or are feeling that your eyes are simply irritated, you might be suffering from “dry eye”. It occurs when the quantity or quality of tears diminishes and can no longer lubricate the eye adequately. Quigley Eye Center wants to educate the community on the importance of getting a proper diagnosis and understanding the issues that coincide with Dry Eye by sharing the following publication from the AAO (American Academy of Ophthalmology) concerning dry eye.

American Academy of Ophthalmology—Understanding Dry Eye:

Dry Eye Syndrome is one of the most common problems affecting the general population and can cause problems that range in severity from mildly irritating to debilitating. Dry eye syndrome is a general term that describes the state of the front of the eye in response to a breakdown in the natural layer of tears that coats the front of the eye, called the tear film. Normally, this layer of tears is a stable, homogenous layer that not only provides the cornea and conjunctiva a healthy buffer from damage were it constantly exposed to the air, but this interface between the tear film and the air is also responsible for a significant amount of the focusing power of the eye. When the tear film becomes unhealthy, it breaks down in different places on the cornea and conjunctiva, leading not only to symptoms of irritation, but also to unstable and intermittently changing vision.¹

While there are numerous different symptoms one can experience, prominent amongst these symptoms is tearing; naturally, a patient may wonder why their eye can be “dry” despite producing plenty of tears. This is because the unhealthy tear film and the irritation that comes from it stimulates the brain to produce a wave or reflex of tears to help counteract the irritation. However, this reflex tearing is simply insufficient to correct the overall problem. For this reason, dry eye syndrome could more appropriately be termed “Tear Film Dysfunction.”¹

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.

Other symptoms of dry eye syndrome or tear film dysfunction include:¹

- Burning
- Stinging
- Itching
- Tearing
- Sandy or gritty feeling
- Scratchy or foreign-body sensation
- Discharge
- Frequent blinking
- Mattering or caking of the eyelashes (usually worse upon waking)
- Redness
- Blurry or fluctuating vision (made worse when reading, computer, watching television, driving, or playing video games)
- Light-sensitivity
- Eye pain and/or headache
- Heavy eye lids
- Eye fatigue¹

Epidemiology

Dry eye is a common ocular condition and a major reason for visits to ophthalmologists. Its prevalence varies widely among epidemiological studies depending on how the disease is defined and diagnosed, and which population is surveyed. It is estimated to be 7.4%–33.7%.¹

Moreover, the definition of dry eye is still under continual revision, and the lack of a single diagnostic tool challenges ophthalmologists worldwide. The 2007 Report of International Dry Eye Workshop recommended to combine subjective symptoms with objective clinical tests to confirm dry eye diagnosis.¹

Causes

- Allergies
- Decreased hormones associated with aging
- pregnancy
- Thyroid eye conditions
- Eyelid inflammation (blepharitis)
- Medication/supplement use, including psychiatric medicines, OTC cold medicines, anti-histamines, beta-blockers, pain relievers, sleeping pills, diuretics, Hormones replacement, and oral contraceptives
- Sjogren's syndrome (dry mucus membranes throughout body)

- Other autoimmune disorders including Lupus and/or Rheumatoid Arthritis
- Chemical splashes / injuries to the eyes
- Eye surgery
- Infrequent blinking, associated with staring at computer or video screens, and Parkinson's
- Environmental (dusty, windy, hot/dry)
- Contact lens use
- Neurologic conditions, including stroke, Bell's palsy, Parkinson's, trigeminal nerve problem,
- Exposure keratitis, in which the eyelids do not close completely during sleep
- Post refractive surgery (LASIK or PRK), it may generally last three to six months, or longer
- Inflammatory eye conditions, including Herpes virus infections and uveitis / iritis
- Diabetes
- Vitamin A deficiency (rare in US)¹

Management

Depending on the causes, there are numerous treatments for dry eye syndrome / tear film dysfunction, but the more common treatment modalities include:

- Artificial tears (preferably ones without a redness-reliever component in them)
- Longer acting agents such as artificial tear gel and ointments and lacrisert
- Tear conserving interventions such as punctal plugs
- Warm compresses
- Eyelash scrubs
- Prescription medicines such as Restasis (increase tear-production) or Xiidra (mechanism unclear)
- Topical ophthalmic steroids are helpful in controlling the inflammatory aspect of the disease.
- Oral flaxseed oil or fish oil supplements 2000mg/day has also been found to be useful in alleviating symptoms and decreasing the frequency of topical agents.¹

Reference:

1. D. Bustos, MD, AAO, EyeWiki, "Dry Eye Syndrome," November 8, 2018 eyewikiaao.org



675 Piper Blvd., Naples, FL 34110
(239) 466-2020 | www.QuigleyEye.com

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.

Weight Loss Later in Life

By Cederquist Medical Wellness Center



Research suggests that weight-loss after age 50 could mean additional health benefits. That is if you can keep it off. But why? What makes bodyweight so important, and what is a healthy goal weight for you? Let's explore.

Bodyweight: The True Meaning

Weight comes up a lot - at the doctor, on supplement commercials, in magazine articles. As frequently as it comes up, many people still don't understand why weight matters. Well, it means much more than just a number on a scale. Bodyweight is determined by the amount of fat, lean mass, like muscle and bone, and water you carry. Each component makes up a certain percent of your weight. The percentages vary by person, gender and even age. Women generally carry more fat and less muscle than men. Older adults tend to have more fat and less muscle than younger adults. Excess bodyweight (usually in the form of fat mass) is associated with several harmful diseases, including heart disease and diabetes. As we get older, muscle can easily waste away. It also becomes easier to gain fat. Older adults should focus on building muscle and losing body fat.

Ideal bodyweight

Before starting any weight-loss plan, it's good to set a healthy weight goal. So, what should you aim for? The short answer: it depends on the person. A healthy bodyweight depends on your height and personal preference. The taller a person grows, the more he or she should weigh. Taller people should weigh more than shorter people. Adults should weigh more than children. The weight you feel most comfortable at plays a role too. The National Institutes of Health suggest that a healthy weight for a 5'5" person is between 114 and 149 pounds. You may prefer a more curvy physique. In that case, a heavier weight within the 114 to 149 range may suit you, and that's ok! A lighter frame closer to 114 is fine too. So long as your weight falls between those two numbers, your disease risk decreases.

Health Benefits of Weight Loss

Getting down to your goal weight would certainly feel amazing. (Talk about a confidence boost!) New research suggests that losing weight after 50 can not only impact your self-esteem but your risk of developing cancer as well.

A recent study found that postmenopausal women over 50 had a decreased risk of cancer if they maintained weight loss over three years or more. Women who did not take hormones and lost more than four pounds were less likely to develop breast cancer later in life. This is compared to women who maintained a stable weight over the study period. The more weight women lost the lower their cancer risk.

In the U.S., about 12% of all women will develop invasive breast cancer. This number has remained fairly steady over the past decade, with more and more women becoming breast cancer survivors. Survivorship gives hope to those who develop the disease. Still, we must do all we can to help prevent cancer altogether. Weight loss may be a strong line of defense against breast cancer.

What Can You Do?

Before starting a weight loss plan, women should first identify a healthy goal weight. Use a height and weight chart to determine your ideal bodyweight. Then, consult with a doctor to confirm that your estimate is suitable for you. Don't have a doctor? Consider Cederquist Medical Wellness Center. Our dedicated team of physicians and dietitians specialize in weight management. They are here to help with losing weight and keeping the weight off. Give us a call! We can develop a plan just for you, ensuring success and health for years to come.

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

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

Get your **FREE** Healthy Recipe Guide from the
Cederquist Kitchen by calling 239-977-5058!



**TO GET IMMEDIATE
HELP CALL
239-977-5058**

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.



1726 MEDICAL BLVD SUITE #201
NAPLES, FL 34110

(239) 596-8804 OR 8806

QUESTIONS: ADMIN@IMP NAPLES.COM

Importance of PROSTATE EXAMS

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

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

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

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

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

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

What should I expect during a prostate screening exam?

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



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

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

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



239.465.4157

www.advancedurologyinstitute.com

1035 Piper Blvd., Suite 101, Naples, FL 34110



Jonathan Jay, M.D.
Board Certified Urologist
Dr. Jonathan Jay is Board Certified in both Female Pelvic Medicine & Reconstructive Surgery (FPMRS) and Urology, a Diplomat of the American Board of Urology and a Fellow of the American College of Surgeons.



Spencer Land, M.D.
Board Certified Urologist
Dr. Spencer Land is a Board Certified Diplomat of the American Board of Urology and is an active member of the American Urological Association, and American Society of Reproductive Medicine.



Rolando Rivera, M.D.
Board Certified Urologist
Dr. Rolando Rivera leads the way with utilizing the latest technology for both urinary incontinence and vaginal prolapse. Improving the QOL for his patients with overactive bladders and pelvic floor disorder.



David Wilkinson, M.D.
Board Certified Urologist
Dr. David Wilkinson is Board Certified, by the American Board of Urology. Dr. Wilkinson's areas of special interest include laparoscopic surgery, robotic surgery, and minimally invasive treatment of prostatic diseases.



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

By Dr. Alejandro Blanco

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

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

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

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



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

Essential Steps to Take

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

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

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

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

Get Your Free Initial Consultation



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



**ACCIDENT DOCTOR
NAPLES**

239-596-8804
www.accidentdrnaples.com

Holistic Answers to Commonly Asked Medical Questions

By Svetlana Kogan, M.D.

Website question: My allergies are worse than ever this month. What can I do for relief?

Dr.Kogan answered: Scientists are reporting that higher-than-average seasonal temperatures and heightened carbon dioxide levels are creating longer ragweed seasons and more concentrated pollen counts. In addition, the red tide is here in Naples on and off this fall, and as a result more people may be reporting allergic symptoms. To get immediate relief, try irrigating your nasal passages with saline. To do: mix 1/2 teaspoon of sea salt with a pint of lukewarm water and add to a Neti Pot. I like the one by Himalayan Institute available at my online link:

<https://us.fullscript.com/welcome/skogan>

Tilt your head to one side, then pour a small amount of the solution into one nostril and let it drain out of the other nostril. Repeat the routine on the opposite side, and alternate for a total of three rinses on each side. This is best done in the morning and at night. The salt will act as a natural antibacterial agent, while the water will wash away any impurities and mucus. Another synergistic remedy for allergies is homeopathic sublingual tablets Allergy Relief by Hevert (available at the same online link as above). Use as directed on the box and enjoy allergy relief within an hour of the first dose.

Keep balancing and strengthening your immune system by eating healthy organic foods, and avoiding greasy fried fast foods. Hydrate, get good sleep, and decrease the amount of alcohol intake as it depresses your immune system and activates histamine release which is already at an all time high with allergies. Cardiovascular exercise and improved endurance also contribute to the decrease of incidence of allergic reactions. Think about it this way: if the body is strong and wholesome all around, it will have a better fighting chance when allergens surround it. This accounts for the fact that you can have two people of the same age, gender, and working conditions - and the one with better overall health will have a smaller chance of developing allergies.

Website question: My Mom has battled with osteoporosis for a long time, so I've always taken calcium and vitamin D supplements. But I read an article that said these supplements can actually have dangerous side effects. Could I possibly be taking too much calcium and vitamin D?

Dr.Kogan answers: Calcium and vitamin D are helpful for prevention of osteoporosis, but the dose depends on your age, medical history and current blood test levels. In some cases, excessive use of supplements can lead to dangerously high levels of calcium in the blood. This in turn, may trigger high blood pressure and kidney failure. Headlines on this subject stem from a report in the Journal of American Nephrology, which found that postmenopausal women, pregnant women, transplant recipients, and those on dialysis, are at the highest risk for this kind of overdose. If you have experienced abdominal pain, excessive thirst, constipation and muscle weakness, see your doctor right away.

Otherwise, rest assured that if you are eating a diet rich in calcium, you will likely have good preventive levels. Calcium rich foods are: yogurt, kefir, cheese, eggs, cruciferous vegetables such as kale, collard greens, and broccoli, spinach, okra, and sardines to mention a few. If you do not have any osteopenia (early osteoporosis) - chances are you currently do not even need to take any calcium pills - just eat calcium rich diet. In fact, multivitamins, joint-support supplements and many antacids can also contain calcium and contribute to excessive intake. As far as the vitamin D goes, it is extremely difficult to get it from the diet - only fatty fish flesh possesses some significant levels. So we truly have to manufacture it in our skin with the aid of the sun's ultraviolet light or take it as a supplement.

Due to our proximity to the equator here in Florida, it is easier to get enough sunlight to help manufacture that vitamin D all year round. If you are fair skinned - it is enough to spend 5-10 total daily minutes outside in the midday. If you are dark-skinned the time required in the sun doubles.



Because of the damaging effects of the midday sun-rays, this exposure may be too much for some people at risk for malignant melanoma. So you may want to just measure your vitamin D 25 (OH) levels with your doctor and if the levels are low - just take a daily supplement of vitamin D3 (the dose depends on your level of deficiency, age and needs - speak to your doc). Vitamin D blood levels should be especially carefully monitored in folks with heart failure, cancers, or hormonal diseases. Overall, I applaud your decision not to take supplements blindly. Everyone's circumstances and needs are different and it is good to team up with your medical doctor to figure out what is best for you.



Svetlana Kogan, M.D. is a Board Certified Medical Doctor with 20 years of experience. She has appeared as a health expert on FOX, ABC, CBS, and NBC prime time TV, and has authored hundreds of publications for internet and print. She moved her Concierge Internal

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

720 Fifth Ave S, Unit 209
Naples, FL 34102
Phone: (239) 676-6883
www.customlongevity.com

VITAS Team Makes a Hospice Patient's Bucket-list Wish Come True

By Bob Johnson, RN, general manager for VITAS® Healthcare in Collier County



From the front porch where Chaplain Rich sits and chats with hospice patient John, the background noise for their friendly conversations is often the hum of small airplanes taking off from a nearby airport.

Never in his 81 years did John think that he would one day be sitting in the cockpit of a Cessna 172, sharing the controls with a pilot he'd just met.

Thanks to the committed efforts of his VITAS Healthcare hospice care team and several local volunteers, John finally found the answer to a question his daughter said he asked frequently as he watched planes take off: "I wonder what it's like up there?"

A Chaplain's Chat Seeds the Idea

Rich says the seeds for the flight were planted when John mentioned that in all his years of living next to an airport, he'd never been up in the air. The chaplain

turned to his patient and said, "Let me think about that, John. We might be able to make this happen."

In less than a week, all the pieces fell in place, thanks to coordination by VITAS team members and local volunteers. The pilot, whose mother is also in VITAS' care, volunteered his time, expertise, the plane, and fuel to make the flight happen.

Into the Wild Blue Yonder...

And so it was that on a slightly overcast day, John climbed into the co-pilot's seat next to the pilot and was soon looking down in awe as the plane circled the lakes, fields, and landmarks of the landscape.

At one point, the pilot radioed the tower at the nearby airfield and received permission to circle his passenger's house and surrounding neighborhood.

"It was so good to see John come out of that plane with his thumbs up," says Rich. "He was so happy after that flight, and it was all he talked about." It was a journey made possible thanks to the VITAS Difference.

On a follow-up home visit weeks later, Rich found an even more energetic, appreciative patient.

"(John) literally came alive after that flight," he says. "He told me, 'Chaplain, I feel so good. I want to love my wife more. I want to live my life more. I just thank you, because you created this happiness for me.'"

VITAS
Healthcare

Learn more about end-of-life care options, find meaningful volunteer opportunities, or apply for a fulfilling career with the nation's leading hospice provider at [VITAS.com](https://www.vitas.com) or call 866.759.6695

[VITAS.com](https://www.vitas.com) [f](#) [in](#) [@](#) [t](#) | Since 1980

MEET OUR PRIMARY CARE TEAM AT OUR NEW FOUNDERS SQUARE LOCATION NOW OPEN

Your healthcare just got even more convenient. Physicians Regional Healthcare System's newest location at Founders Square opened late last month bringing a whole new walk-in clinic and primary care options to the area. Physicians Regional - Founders Square also includes outpatient lab services, rehabilitation and gynecology.

Our primary care team is ready to serve you and your entire family in this brand new facility. Founders Square consists of both Primary Care and Internal Medicine physicians on the medical team. Scott Lowe, Market CEO of Physicians Regional Healthcare System, was thrilled to announce the opening of this new facility. "We are very excited to bring our Founders Square location to Collier County and to help community members receive the highest quality care possible. With our brand new walk-in clinic, we are committed to create a more convenient option to those who live in the North East side of Naples."



MEET OUR PRIMARY CARE TEAM



Dr. Shirlynn Althea Chu, M.D.

Dr. Shirlynn Althea Chu, Board Certified in Family Medicine, specializes in newborn/pediatric care, well baby, well child, and well exams for men and women of all ages, including annual PAP. In addition she specializes in preventative care for men and women of all ages from newborn to geriatric.



Dr. Nicole Costello, M.D.

Dr. Nicole Costello, Board Certified in Family Medicine, specializes in newborn/pediatric care, wellness exams for babies, children, and men and women of all ages, including annual PAP. In addition she specializes in cryotherapy, hypertension, diabetes, preventative medicine, annual physicals, and chronic disease management.



Dr. Eduardo Cabrera, M.D.

Dr. Eduardo Cabrera, M.D. is Board Certified in Family Medicine, and offers treatment for a wide range of conditions to include diabetes, hypertension, asthma, COPD, thyroid disease, infectious disease, congestive heart failure, and coronary artery disease. He also offers procedures that include skin biopsy, laceration repair, removal of lipomas and sebaceous cysts, and IUD placement and removal.



Dr. Jozsef Piri, M.D.

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



To schedule an appointment with one of our Primary Care Physicians, call (239)-348-4221 or schedule an appointment online at PhysiciansRegionalMedicalGroup.com. Our Pebblebrooke office location is now CLOSED. The new Physicians Regional - Founders Square is located across the street at 8831 Founders Square Drive, Naples, FL 34120.

Lowering Cholesterol Naturally

Excessive Cholesterol, along with triglycerides in the blood, can form atherosclerosis, which is the plaque that builds up in the arteries. Atherosclerosis can increase the chances of a coronary heart attack, heart disease, stroke, and other related issues. Triglycerides are the fat that is stored in the bloodstream from the excess fat in our diets. Triglycerides combine with the high LDL level and create harmful plaque buildup.

Lifestyle Choices

Because high levels of LDL and triglycerides are both associated with food intake and the body's inability to burn fat, adopting healthier habits can help lower cholesterol naturally.

- Eat a healthy diet
- Quit smoking (contributes to atherosclerosis)
- Start a regular exercise program
- Cut back on alcohol and processed foods

Schedule an annual exam with your physician to check your cholesterol levels on a regular basis. If you have high cholesterol, your doctor may prescribe medication to help lower the overall cholesterol levels. In addition to medication, a change in diet can help to decrease LDL and Triglycerides, as well as raise your HDL to optimum levels.

Incorporate Healthy Foods and Nutrients into Your Diet

A significant contributor to successfully lowering LDL is the addition of soluble fiber, omega-3 fatty acids, mono-saturated fatty acids (MUFAs), powerful antioxidants and lutein, to your diet. However, in order to see the benefit of ultimately lowering bad cholesterol, an overall healthy diet must be maintained. This includes decreasing, and in some cases, eliminating processed foods from your diet. Cholesterol lowering foods can drop your bad cholesterol levels by 5-10% within a few weeks; your cardiologist can speak with you about a personalized dietary plan.

More Details on Cholesterol Lowering Foods

Garlic can limit plaque buildup in the arteries and should be consumed raw if possible. You can achieve this by adding a few minced cloves at the very end of your cooking or add it to your salsa, salad dressings, or hummus spread.



Soluble fibers are found in foods like beans, apples, pears, prunes, and oats. When bile acids are removed from your blood, the liver must use cholesterol to produce more bile. This is where soluble fiber comes into play. It binds to the bile acid and therefore lowers the cholesterol in the body.

Oats contain a compound called beta-gluten. When digested, beta-gluten essentially absorbs LDL in the bloodstream. People that eat oatmeal or oat bran several times a week can see a significant improvement in their cholesterol level.

Fatty fish contain omega 3 fatty acids, which also aid in lowering LDL. They are a healthy alternative to saturated fats that are found in other animal protein and lard.

Red wine is thought to help to lower cholesterol through the polyphenol antioxidants. It's best to drink in moderation, as too much wine has a counter effect on the heart.

Spinach and other leafy greens contain an antioxidant called lutein. Lutein is a powerful anti-fat lipid element that when eaten on a regular basis can reduce your cholesterol considerably.

Black tea has been shown to reduce LDL by up to 10% in as little as a month in some patients. Drinking it iced or hot, you can't go wrong, but keep the sugar to a minimum, as sugar counteracts the effectiveness of the compounds in the tea.

Avocado and olive oil are excellent forms of MUFAs or monosaturated fatty acids. These MUFAs lower LDL by replacing saturated fats like butter or margarine. Avocado is also an outstanding source of fiber.

Medications

The most common cholesterol lowering drugs are statins. In recent years there have been other medication developments that may help to lower your total cholesterol levels.

It's best to speak with your physician before changing your diet or exercise program. Your doctor will develop a strategy to suit your specific needs, along with a coordinated medication and lifestyle strategy.

WellcomeMD Concierge Medicine - Membership Medicine That Makes you a Priority Whole-Patient Care That Focuses on Health, Wellness, Prevention and Lifestyle Approaches Coupled with Advanced Medicine.

Discover the power of a personal relationship with your primary care physician while never compromising on preventative medical advances and technology.

- Consider the cost of avoiding a preventable disease, the value of early detection of serious health problems, and ready access to a doctor who knows you.
- WellcomeMD's Dr. Holly Dagney limits the number of patients she sees, which means that we always have time for you.
- Our members benefit from individualized care with a comprehensive, proactive approach to personal health
- Appointments are focused on your needs and preferences – not a billing code.
- Connect with Dr. Dagney through unhurried, 30-minute visits, video conference appointments, or even just a quick call or text – you choose what works for you.

If you are ready to optimize your health and have options and programs custom-tailored to your specific needs, contact WellcomeMD today.

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

 **WELLCOMEMD**
Your premier concierge medical practice for individualized, quality health care

A New Procedure Available at ATC can Help Patients Avoid Pricey Cosmetic Surgery

It's evident that that lotions and potions are never going to correct the underlying weakening of the facial, neck and décolletage muscles and collagen fibers. When sagging skin, dullness and lack of elastin are taking a toll on maturing faces, Alma Lasers ClearLift™ is the answer many people have been waiting for.

The Virtually Painless Alternative to Skin Resurfacing

ClearLift™ is a non-ablative approach to laser skin resurfacing. ClearLift providers are able to offer patients skin resurfacing treatments that are fast and virtually painless with visible results and no downtime.

The innovative technology delivers a controlled dermal wound deep beneath the skin, (up to 3mm in depth). The outer layer of the skin is left undamaged. All stages of healing and skin repair occur under the intact epidermis.

ClearLift Offers Numerous Advantages:

- **Fast Treatment Time** - no topical numbing is required and treatments can take as little as 20 minutes.
- **Virtually Painless** - patients report a comfortable, skin resurfacing experience.
- **No Downtime** - after a ClearLift treatment, patients can immediately return to their daily life.

Alma Lasers introduced ClearLift to serve the thousands of patients who desired the results of skin resurfacing without the usual post treatment recovery time and pain associated with traditional skin resurfacing.

ClearLift patients report visible improvement in their skin's appearance in as little as one treatment.¹

References

1. Alma Lasers, Clearlift, The Virtually Painless Alternative to Skin Resurfacing, Buffalo Grove, ILL. 2017 almalasers.com

ClearLift™



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.



Main Office

720 Goodlette-Frank Road, Suite 300
Naples FL 34102

Fifth Avenue Location

800 Fifth Avenue South, in Salons by JC, Suite 5
Naples FL 34102

Hours

Monday - Friday 9-5
Saturday: By appointment

(239) 322-3790 | atcnaples.com

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

Mindy DiPietro
CEO

Kathleen M. Marc, MD
Medical Director



Many Hospitals are Shutting Their Doors to Elective Surgeries - What are Your Options to Take Care of Your Health?

You have most likely heard incidents of people neglecting their health during the last COVID shut down which had grave consequences. People were scared to go to the hospital for fear of contracting COVID. After all, that's where all of the COVID patients go. Many people thought that their health concern may have not been an emergency and

suffered at home. This resulted in unnecessary discomfort, depression, delay of important diagnoses and even death. At Surgery Center of Naples, we will keep our doors open to take care of your surgical health needs. Following, is a list of doctors and their specialties that have privileges at Surgery Center of Naples. Don't let your health concerns go untreated.



Surgery Center of Naples to assist in your care
Surgery Center of Naples is specifically designed to perform same day procedures – those requiring more care than those that can be offered in your doctor's office, but which do not require an overnight hospital stay. Your care will be provided by the same highly skilled personnel with the same quality care and safety found at larger facilities. And, because we perform only same-day surgeries, we can provide services at reasonable costs and savings to you, your insurance carrier, and your employer. Surgery takes less time from your family and work schedule, and, in many instances, you may resume your routine schedule the next day. With our quality facility and staff dedicated to providing treatment with warm compassion in a personalized environment for you and your family, we will make every effort to assure your surgical visit with us is as pleasant and convenient as possible.

CARDIOLOGY

Andrew Yin, MD	(239) 263-0849	www.naplesheartrhythm.com
Kenneth Plunkitt, MD	(239) 263-0849	www.naplesheartrhythm.com

GENERAL SURGERY

Mark Liberman, MD	(239) 348-4123	www.libermanadvancedsurgical.com
--------------------------	----------------	--

GYNECOLOGY/UROGYNECOLOGY

Joseph Gauta, MD	(239) 592-1388	www.floridabladderinstitute.com
-------------------------	----------------	--

NEUROSURGERY

Mark Gerber, MD	(239) 649-1662	www.nasamri.com
------------------------	----------------	--

OTOLARYNGOLOGY

Patrick Reidy, MD	(239) 514-2225	www.floridagulfcoastent.com
Samuel Hill, MD	(239) 514-2225	www.floridagulfcoastent.com

ORTHOPEDIC SURGERY

James Guerra, MD	(239) 593-3500	www.colliersportsmedicine.com
-------------------------	----------------	--

UROLOGY

Marc Guitman, DO	(239) 434-8565	www.urologyofnaples.com
Arturo Balandra, MD	(239) 434-8564	www.urologyofnaples.com
Joanna Chon, MD	(239) 949-6813	www.urologyofnaples.com

For a full list of physicians with privileges at Surgery Center of Naples please go to:
<https://surgerycenterofnaples.com/physicians/>



11161 HEALTH PARK BLVD
NAPLES FLORIDA 34110
239-234-2620

CHOLESTEROL, AN INNOCENT BYSTANDER?

BY TOM EVERTS PA-C, IFMCP

Ok, so maybe it's not that simple. Cholesterol has had a target on its back since its discovery in arterial plaque over one hundred years ago. Imagine the arteries in your heart getting clogged by thick sticky goo. This is a terrifying notion that has been illustrated repeatedly by pharmaceutical campaigns promoting cholesterol-reducing medications. I don't want to be misunderstood, as cholesterol certainly has a role to play in the risk of cardiovascular disease. I do, however, want to explore the nuances behind cholesterol as a causative agent.

When most of us think about cholesterol in regards to diet, images of eggs and bacon or a cheeseburger generally populate in our mind. There is ongoing debate on the dietary intake of cholesterol and its effect on cholesterol production. However, in 2015 restrictions on dietary intake of cholesterol and eggs were dismissed by the majority of health-promoting organizations around the world and in the 2015-2020 Dietary Guidelines for America the limitation of 300mg per day of dietary cholesterol was removed.

Cholesterol is required for life. In fact, there are rare genetic conditions where cholesterol is not synthesized at a high enough rate, and the result is inevitably terminal. Cholesterol is essential in the production of sex hormones, including testosterone and estrogen. Cholesterol is incorporated into the cell membrane of every single cell in your body. This ensures stability and fluidity of the cells. Cholesterol is also required to convert sunlight into vitamin D and create bile acids so we can digest fats.

We can monitor the levels of cholesterol through standard blood work. There are also advanced lipid panels that track the size and number of specific cholesterol particles (not all practitioners will be experienced in interpreting advanced lipid panels, so ask first). These tests are typically done yearly, but more often if there are any concerns. In conventional medicine, when cholesterol is elevated a medication is prescribed to lower it. But what if we asked why cholesterol is elevated in the first place?



There are several well-known causes of elevated cholesterol, including smoking, alcohol, obesity and lack of exercise. However, there are a number of conditions out there that you may not currently associate with an increase in cholesterol:

- Elevated cortisol from chronic stress
- Insufficient sleep
- Acute and chronic infections
- Poor oral hygiene (periodontal disease)
- Certain medications
- High fructose corn syrup
- And more...

In many cases cholesterol is elevated for a reason. It helps to dampen the inflammatory response or provides protection to a degree. Regardless, we end up blaming the fireman for starting the fire: your cholesterol is elevated, here's your medication.

At this point it goes without saying that a healthy eating strategy and lifestyle is essential to reducing risks associated with elevated cholesterol. This looks different for everyone based on genetics and environment. If you are concerned about elevated cholesterol

and prefer a more nuanced approach, reach out to a functional medicine practitioner that can help find the root cause. We are here to help guide you towards optimal health, whatever that means to you. Best of luck!

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.



NAPLES VITALITY

DR. LINELL KING, MD

239-465-0098

WWW.NAPLESVITALITY.COM

3411 TAMiami TRAIL N. SUITE 200
NAPLES, FL 34103

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

www.naplesvitality.com/consult

FIVE TIPS FOR HEALTHY AGING

By Greg Pascucci

September is Healthy Aging Month, designed to highlight the positive aspects of growing older. The campaign encourages older adults to focus on all aspects of their physical and mental health – from diet and nutrition to social connections – all of which contribute to successful aging.

Here are five tips for healthy aging:

1. Eat Well, Be Well

For older adults, good nutrition is essential. Although there may be a natural decline in one's appetite during aging, maintaining a well-balanced diet is key to overall health and wellness. Experts recommend eating a variety of fresh fruits and vegetables, lean meats and legumes while avoiding processed and sugary foods.

At The Carlisle Naples, an active retirement community, Executive Chef Marlon Perez is charged with creating healthy and nutritious offerings for residents.

"I love blending ingredients to create bold, delicious flavors," said Chef Perez, who was recently awarded the prestigious Culinary Creation Award by the Florida Assisted Living Association. "Our FreshZest menu, for example, is offered in addition to our extensive selections and focuses on plant-based options like our Bulgur Wheat and Marinated Tofu Salad. Residents rave about the crispiness of the radishes and scallions, mouth-watering protein from the marinated tofu, earthiness of the roasted red peppers, freshness from superfood avocados and of course, the nutritional value."

2. Get Moving

The National Institutes of Health recommends physical fitness, regardless of age. There are plenty of ways to stay active while taking precautions and practicing social distancing. Walking outdoors is perfect for maintaining an active lifestyle and boosting vitamin D levels. For those who prefer the comfort and safety of their homes, online videos offer everything from yoga to strength training.

At The Carlisle, there are at least 10 weekly opportunities for physical health and wellness. And, best of all, there is something for every fitness level. Classes range from low-impact exercises such as water fitness and tai chi to high-energy activities such as cycling and a Latin-themed dance class.



3. Get Regular Screenings

The CDC encourages older adults to visit their doctors for preventative services, not just when feeling sick. This can prevent disease or find it early when treatment is more effective.

Carlisle residents have onsite access to My Care Clinic, in addition to their doctors and specialists. The personalized medical concierge program offers urgent, primary and wellness care and is staffed by a physician assistant and other medical service personnel.

"We both had some health problems, and if things went wrong, we felt more comfortable with someone taking care of us vs. having to handle our health ourselves," said Jerry and Virginia Davis, who moved to the independent and assisted living community from their home in Ave Maria. "There's added peace of mind being at The Carlisle."

4. Stay Connected

Even as we social distance, being with others plays a vital role in our health and well-being. Technology has played a significant role in seniors staying connected with family and friends as well.

The Carlisle Naples' "The Power of WE" is a testament to the connectedness found at the North Naples community. Residents and staff come together as an extended family, working together to support each other – from the friendly smile of a neighbor to a staff member going above and beyond to exceed expectations.

5. Keep Mentally Sharp

Just like a fitness program for your body, your brain needs to be stimulated with challenging workouts. Scientific research shows taking a class in just about any subject can improve one's cognitive abilities and rejuvenate memory.

The Carlisle's maintenance-free lifestyle provides residents more leisure time to pursue new interests or rediscover a hobby. An ongoing partnership with One Day University, for example, offers college-level courses exploring a variety of topics. In September, residents can explore "The Cinematic Genius of Steven Spielberg" and "Women in Comedy: A Subversive History." Additionally, a monthly book club offers the perfect forum to explore new authors and titles. This month, residents will discuss Christina Baker Kline's "The Exiles," which follows the lives of three women bound together in nineteenth-century Australia.

"At The Carlisle Naples, healthy aging is a way of life," said Executive Director Bill Diamond. "All the tools and resources needed for successful aging are within steps of residents' front doors."

Located at 6945 Carlisle Court in Naples, The Carlisle offers independent and assisted living lifestyles featuring spacious one-and two-bedroom residences, weekly housekeeping and flat linen services, basic cable TV, all utilities except telephone, and delicious dining with daily, chef-prepared specials. The community is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF), an important distinction that provides residents with the assurance that the highest standards of quality care, services and safeguards are maintained. For more information, please call 239-221-0017 or visit www.TheCarlisleNaples.com.



Luxury Rental Retirement Living
6945 Carlisle Court, Naples, FL 34109
239-221-0017 • www.TheCarlisleNaples.com



SRG
Senior Retirement Group

Distressed Retirement Living since 1988

How to Know When It's Time to Move Your Parents to Senior Living

Unfortunately, in our society, people often don't want to address the challenges of aging until they absolutely have to. This is not the best approach. The best advice is to be proactive, not reactive. It's a good idea to take the time and make an effort to become educated about the available senior care options, preferably well before they actually need them. A CSA, certified senior advisor, can help you navigate the system, which can be complicated and overwhelming.

So how do you know when it's time to actually do something? If you live near Mom and Dad, it's much easier to know than if you live at a distance and only see them occasionally for a short period of time. Aging seniors tend to wear their pride on their sleeves and often cover up their frailties during a visit. Sometimes they are in total denial about their challenges. Be aware and alert when you talk to them or visit.

Here are some signs that it's time to consider bringing in-home health care or looking at senior living communities:

- **Isolation:** Isolation causes loneliness and leads to depression, in many cases. Studies have shown that socialization and mental stimulation are essential to healthy aging. Moving to a senior living community is usually the best solution. This enables them to make friends, socialize during meals, participate in activities with little effort, and meet new neighbors in the community.
- **Loss of driver's license:** We all probably wait too long to address this with aging parents. It is one of the most difficult subjects to approach—even when we know our loved one is endangering not only him or herself but also the other drivers on the road. It is much easier to ask them to stop driving if you can offer a viable solution—a caregiver who can drive them or moving to a senior living community that provides transportation.
- **Frequent falls:** Is your loved one “furniture walking”? This is holding onto the furniture as they walk? Furniture walking is a gateway to falls, with



falls continuing to be the number one cause of injury and death for individuals 65 and older. If your loved one is having balance issues and refuses to use a walker or cane, you need to know they are an accident waiting to happen. When an older person falls, it can be the beginning of a decline in physical and/or mental health status. It is imperative to obtain assistance in the home or move them to a senior living community before that really bad fall happens. It's definitely time to do something if they've been calling 911 due to falling!

- **Drastic weight loss:** Sometimes an elderly person isn't eating enough because they can no longer shop or prepare meals adequately.
- **Medication Management:** Inconsistency or lack of compliance in taking medications.
- **Increased forgetfulness or confusion:** This is when it is critical to have a caregiver looking out for your loved one, either in the home or at a senior living community.
- **Caregiver:** You are spending a significant amount of your time caring for your loved one. Maybe you're going to their home to help them to the toilet, take a bath, or dress.

It's stressful to have to give up so much of your own time, and it puts your loved ones in a situation that is often uncomfortable since now the parent/child roles are reversing. It would be healthier to have a hired caregiver, either in the home or at a senior living community performing these duties. This will allow you to resume your role as the child or other caring relative. You don't have to go it alone. There are plenty of local resources, including a network of Certified Senior Advisors (CSAs) such as Sandy Moffett, Certified Senior Living Advisor of Lower SW Florida, who is here to help with no charge to seniors or their families.

Sandy Moffett, Certified Senior Living Advisor



(239) 218-7739

www.OasisSeniorAdvisors.com/
Lower-SW-Florida

3739 Milano Lakes Circle #408
Naples, FL 34114

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.



Advanced Research for Health Improvement, LLC

1172 Goodlette Frank Road North, Suite# 201
Naples, FL 34102

239-230-2021
Hablamos español

Cholesterol Numbers & The Truth About Optimal Treatment

Cholesterol is a natural substance that the body produces through the liver. It's waxy and circulates through the bloodstream, feeding the heart and brain. But when cholesterol is derived from foods like saturated fats and trans fats, the body overproduces LDL, which is the "bad" cholesterol.

HDL is the "good" cholesterol our bodies crave. Without HDL, our brains would not function properly, and we would suffer from other bodily disorders, like heart attacks and strokes. Higher levels of HDL helps to remove the bad cholesterol (LDL) from the body. Consequently, High levels of LDL may also adversely affect overall health by causing atherosclerosis (plaque in the arteries), cardiovascular disease, and other disorders.

Cholesterol Numbers

Your total cholesterol is made up of both LDL and HDL numbers. The healthiest combination of both types of cholesterol measures HDL, good cholesterol) around 40, and LDL, bad cholesterol) around 100. Other contributing numbers within total cholesterol are essential to your overall number and used as biomarkers.

Risk Factors

Cholesterol, along with triglycerides in the blood, can form atherosclerosis, which as previously mentioned is the plaque that builds up in the arteries. Excessive plaque can increase the chances of a coronary heart attack, heart disease, stroke, and other related issues. Triglycerides are the fat that is stored in the bloodstream from the excess fat in our diets. Triglycerides combine with the high LDL level and create harmful plaque build-up.

Treatment

Statins are by far the most common lipid lowering drugs prescribed and they are well needed in many cases to lower the triglycerides and LDL levels in those that cannot be controlled with diet and exercise.

In addition to medications like statins, a change in diet can help to decrease LDL and Triglycerides, as well as raise your HDL to optimum levels.



Diet & Exercise

Healthier habits can help lower cholesterol naturally.

- Eat a healthy diet (such as the Mediterranean, Vegan or Dash)
- Quit smoking (contributes to atherosclerosis)
- Limit saturated fats and processed foods
- Get regular exercise
- Cut back or eliminate alcohol
- Be cautious about ketogenic diets

Optimal Diets

The ketogenic diet is the most popular diet; however, if done improperly, it can cause a great deal of harm. Eating bacon, butter and burgers may sound like a dream come true, and while it might make you skinny, it can also exponentially raise your cholesterol levels. Healthy Keto is a better option, which includes eating vegetables, healthy fats and smaller portions of healthy animal protein.

Diets like the Mediterranean or the Dash diet are viable options for individuals that want to have healthy cardiovascular systems but still consume some animal products. These diets are based on eating mostly plant-based foods while consuming smaller amounts of lean proteins like finfish, shellfish, lean beef, or poultry. With a heart-healthy diet, the best advice is to load up on fresh organic produce, limit refined or processed foods, limit dairy, reduce alcohol and sugar intake, eliminate processed meats and excessive saturated fats.

If being vegan or vegetarian is better suited for one's personal preference or needs, that is absolutely a remarkable way to stay healthy and protect the heart. But the one thing we know from various studies and

research is that processed carbohydrates, sugars, and trans fats cause inflammation and can exacerbate disorders, such as cholesterol, diabetes, neurodegenerative, and cardiovascular conditions.

It's always best to speak to your physician about your diet and exercise plans.

Well-Being Medical Center

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

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

Patient Satisfaction: Our top priority is patient satisfaction. We go the extra mile to create and execute on 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

Why There is Growing Interest in Hyperbaric Oxygen Therapy

Although oxygen therapy has been around since the late 1700's it's an increasingly sought-after therapy for multiple reasons. Hyperbaric oxygen therapy (HBOT) is a medical therapy that delivers two to three times the amount of oxygen of atmospheric pressure at sea level. Oxygen is administered at 100% saturation directly to the patient in a chamber.

When high saturation levels of life-sustaining oxygen are delivered to the tissues and organs, this increases the partial pressure of oxygen at the cellular level and accelerates the regenerative effects and amplifies recovery from numerous conditions.

With hyperbaric oxygen, enough molecular oxygen can be dissolved into a patient's blood stream and tissues to fulfill all metabolic necessities. Breathing 100% oxygen at 1, 2 or 3 atmospheres results in 2, 4 and 6 ml of oxygen in solution per 100 ml of blood, respectively. Patients are usually treated with 1.2 to 3.0 times atmospheric pressure for 30 to 90 minutes, which is equivalent to the pressure that a diver is exposed to at a depth of between 5 and 20 meters underwater.¹

If you start to research the effects of HBOT, you will discover story after story of patients that have been successfully treated, patients with disorders that have improved, as well as patients' conditions that have completely reversed. Many are suggesting it as a highly recommended therapy.

There are several FDA approved conditions for HBOT, but at a physician request, it can be used for multiple off-label disorders.

Patients that want to explore the alternative methods of HBOT for conditions such as stroke, traumatic brain injury, autism, and Lyme disease, to name a few, have the right to do so. Numerous individuals all over the world have benefited from the regenerative effects of HBOT.



Currently, There Are 15 FDA Approved HBOT Conditions:

- Air or Gas Embolism
- Carbon Monoxide Poisoning
- Compromised Skin Grafts or Flaps
- Crush Injury, Compartment Syndrome
- Decompression Sickness (Bends)
- Diabetic & Other Non-healing Wounds
- Enhancement of Healing in Selected Problem Wounds
- Exceptional Anemia: Resulting of Bleeding
- Gas Gangrene
- Intracranial Abscess
- Osteomyelitis
- Radiation Injury
- Refractory Osteomyelitis
- Thermal Burns
- Idiopathic Sudden Sensorineural Hearing Loss

**HBOT is used "off-label" for various disease states and disorders and HBOT may be ordered by a physician for off-label indications.*

A black rectangular box containing the Vidaful Medicine logo, which features a stylized green leaf. Below the logo, the text reads: "To find out more, or to schedule your appointment, please call (484) 588-5355 or visit www.vidaful.com. 7955 Airport-Pulling Rd, Suite 101 Naples, FL 34109".

VIDAFUL
MEDICINE

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

7955 Airport-Pulling Rd, Suite 101
Naples, FL 34109

Common Off-Label Indications:

- Autism
- Brain Injury
- Bell's Palsy
- Cerebral Palsy
- Cosmetic Surgery
- Dementia
- Infections
- Inflammations
- Lyme Disease
- Multiple Sclerosis
- Nerve Injuries
- Oral Disease
- Parkinson's Disease
- Peripheral Neuropathy
- Rheumatoid Arthritis
- Scleroderma
- Shingles
- Severe Migraines
- Sports Injury
- Stroke
- Tendon Injuries
- Ulcerative Colitis
- Venomous snake and spider bites

Naturally Heal & Replenish Your Body

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

Reference:

1. DJ Wallace. "Use of hyperbaric oxygen in rheumatic diseases: case report and critical analysis," UCLA, aamhqi.com/wp-content/uploads/bibliografia-cientifica/use-of-hyperbaric-oxygen-in-rheumatic-diseases-case-report-and-critical-analysis.pdf



AA FOR A HEALTHY CAREER

By Dr. Diana Schultz

They say the shortest distance from a starting point to a goal is a straight path. At Hodges University, there is one common starting point: the Associate in Arts in Health Sciences degree. From there, you have your choice of several career paths. If your interest is in the area of healthcare, our AA degree is the pathway that leads directly to Physical Therapist Assistant, Nursing, and Dental.

Our AA in Health Sciences provides foundational knowledge for careers in healthcare, and our modern labs provide the ideal environment. You will learn sterile techniques in microbiology and biology labs. You will learn about the structure and function of the human body in Anatomy and Physiology classes. You'll perform experiments to understand the concepts you're taught in class, like extracting DNA from fungi, testing your own DNA, and making bacteria glow. Your lab instruments and equipment include scalpels and forceps, extraction columns, centrifuges, electrophoresis instruments, and PCR machines.

Additionally, this degree also leads to a Bachelor's degree in Health Sciences, which gives you the knowledge you need for graduate school to pursue careers that range from physician, physician assistant, and medical scientists. This degree is also ideal for healthcare positions in the areas of wellness, supervisory roles, administrative, communications or health education. From the AA you will move to more advanced courses to build a solid Bachelor's degree, with the choice to select courses in Health Sciences that best fit your career goals.

With this well-rounded degree, you have the foundational knowledge and skills needed to continue your career path, many of which continue to be in high demand. According to the Bureau of Labor Statistics (BLS), the projected outlook of job growth is described as by percentages. For example, little or no change would be one percent; slow growth is two to four percent;

average is five to eight percent; faster than average is nine to 13 percent; and much faster than average is 14 percent or more. As you can see, the majority of paths in healthcare careers are faster and much faster than average.

THE BUREAU OF LABOR STATISTICS JOB OUTLOOK THROUGH THE YEAR 2029 FOR THESE CAREER PATHS:

- Physical Therapist Assistant: 29%
- Nurse (RN-BSN): 7%
- Paramedic: 6%
- Health Educator: 1.6%
- Medical Scientist: 6%
- Physician: 4%
- Physician Assistant: 31%
- Health Administrator: 32%

The demands for careers in the healthcare sector will continue to rise faster and much faster than the average, which is an attractive aspect of choosing this path. Additionally, these careers can be exceptionally rewarding, which is perhaps the best of all.

Dr. Diana Schultz is the Director of Health Sciences Programs at Hodges University.

For more information, visit Hodges.edu.



239-482-0019 | Hodges.edu



Can Anyone Please Help My Painful Feet?

Michael J. Petrocelli, D.P.M., F.A.C.F.A.S., C.W.S.P.
Board Certified Ankle and Foot Surgeon and Board Certified Wound Care Specialist

Every year more than a million patients visit their doctor due to heel pain! The most common foot and heel discomfort is caused by an excruciating disorder known as plantar fasciitis.

What is plantar fasciitis?

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

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

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

What are my options?

Laser Treatment

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



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

Stabilization

The second of the two mentioned treatment options is Stabilization. This option is achieved through a device such as a brace or foot support, which technically is an ankle-foot-orthosis or AFO.

Ultrasound- Guided Corticosteroid Injections

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

Surgery

There is, of course, a more permanent stabilization option, which includes surgery of the foot and ankle, but not all patients need this. If your symptoms and pain are unbearable and not responded to traditional therapies within the specified amount of time, surgery is the most logical choice to get you back on your feet again.



The procedure is minimally invasive and requires cutting of the ligament to release the tension in the plantar fasciitis. It can be performed endoscopically with two small incisions on either side of the heel bone.

At Home Care

There are many medical ancillary options that your podiatrists can prescribe, such as ankle braces, high top orthotic shoes, lace up supports and shoes made with a medial-lateral supportive base. It's important to be examined by an experienced podiatric professional if you're experiencing any foot pain.

Along with these treatment options, Collier Podiatry will provide you with personalized instructions on the necessary amount of rest, stretching exercises and home care to get you back to doing what you love.

Dr. Michael Petrocelli is available to answer your questions and make your appointment. Please visit their website at www.collierpodiatry.com, or call them at (239) 775-0019.



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

239-775-0019
www.collierpodiatry.com

NCH Countryside Commons
1715 Heritage Trail, Suite 204
Naples, FL 34112
Phone: (239) 775-0019
Fax: (239) 775-0219

FREE AND PERSONALIZED SERVICE

To Help Find the Right Senior Living Community

Serving Lower SW Florida and Surrounding Areas

CALL TODAY!

We go above and beyond for our clients by offering:

- Personalized guidance
- Compassionate services
- Community-based assistance
- Local advisors in your area
- Free senior housing services
- OasisIQ™ software
- One-on-one, face-to-face assistance
- Answers to all your questions

oasis
SENIOR ADVISORS®

Sandy Moffett
Certified Senior Living Advisor
(239) 218-7739

www.OasisSeniorAdvisors.com/
Lower-SW-Florida

3739 Milano Lakes Circle #408
Naples, FL 34114

Does your doctor make you a priority?

Discover WellcomeMD's approach to concierge medicine and the power of personalized, proactive care

Call Tara Greenberg to learn more about how to start optimizing your health today
(239) 451-5105

WELLCOMEMD
11181 Health Park Blvd, Ste 2260, Naples, FL 34110
Located in the medical office complex by NCH North
www.WellcomeMD.com

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



biohaven
pharmaceuticals

Why Participate?

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

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

See If You Qualify

You are between the ages of 18 and 65.
You think you may have symptoms of OCD or you have been diagnosed with OCD.
You are not taking Fluvoxamine (Luvox)

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

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

Call Today! 239-230-2021

1172 Goodlette Frank Road North
Suite # 201
Naples, Florida, 34102.

info@arhiusa.com



Hablamos Español

WWW.ARHIUSA.COM • [@ARHIUSA](https://www.instagram.com/ARHIUSA) • [239.230.2021](tel:239.230.2021)

Your Pain Disorder: Customized Treatment Should be Based on Finding the Root Cause

Part one of a series

Pain is often progressive and over time, it can become unbearable and debilitating for many individuals. Understanding pain and its root cause is essential for optimal treatment. The four areas of pain are stability, articulation (joint), neuromuscular, and symmetry. If you have chronic spinal pain of almost any type, from spinal arthritis to nerve pain and sciatica, you will be forever at its mercy if you don't understand its four parts.

PART ONE: STABILITY

Stability: Your spine is made up of individual segments that stack on top of each other like kids' building blocks. This is by its very nature an unstable mess. You have all sorts of systems designed to keep it all from falling apart and being sloppy. The spine joints may have a small amount of extra motion that is literally slowly destroying them. The real shocker is that many highly trained physicians and surgeons will likely never tell you about this instability, nor do many understand it themselves as they selectively focus in on their specialty. More concerning is that it can generally be fixed with a few simple injections or exercises.

Take this short quiz to see if this section applies to you. If you answer any question with a yes, you may have a spinal stability problem.

1. My back or neck gets very sore or swollen after I exercise. **Y N**
2. I hear cracking/popping in my back or neck when I do certain activities. **Y N**
3. My back or neck feels like it's loose or moves too much. **Y N**
4. My head gets heavy by the end of the day. **Y N**
5. My arms or legs tingle or get numb when I'm active or when I sleep. **Y N**

What does it mean to be stable? Stable in a mechanical sense means resistance to falling apart or falling down. For your body, joint stability is a very big deal, yet you likely haven't been told the whole story. You see, you've only been told about a very unstable joint that requires surgery to fix a completely torn and retracted ligament. Yet it's the



instability you don't know about that's slowly frying your spine, one movement at a time. Discovering which areas have this kind of instability, called sub failure, may save you from spine surgery.

What is sub-failure instability, and how do you know if you have it? Sub failure instability means that the levels of the spine aren't kept in exact proper alignment during movement. Important? When the individual spine bones uncontrollably crash into one another or even just can't be kept in alignment, the nerves can get pinched and the discs and facets joints wear down much faster. An unstable part of the spine literally experiences many times the wear and tear of a stable spine, and bone spurs form. Since stability in many joints is the number one determinant of whether that joint will have a long happy life or become "old" before its time, it's a wonder more time isn't spent assessing this component of joint health.

Let's breakdown spine stability by separating the type you've heard of and that is usually easily diagnosed, from the type that will slowly destroy your joints and will likely never get diagnosed. There are two major types of instability: surgical and sub failure. Surgical instability is less common than its more prevalent cousin—sub failure instability. However, surgical instability is usually the only type that the orthopedic-spine surgery establishment

treats. This means that a spinal level is very unstable and unable to hold itself together at all. In these cases, surgery is often needed to stabilize the joint.

Examples would be severely damaged ligaments in the spine, where a spinal cord injury is feared if the spine isn't surgically stabilized. A true surgically unstable spine may need a fusion where the bones (vertebrae) are fused together with additional bone

Sub failure means that the ligament hasn't completely failed (torn apart like a rubber band), but instead it's only partially torn, degenerated, or just loose. This much more common type of instability often doesn't require surgery and is characterized by small extra motions in the spine just beyond the normal range. In fact, if you have this type of instability, you likely aren't aware you have this problem, so while we have some diagnostic tests to detect this type of instability, our understanding of what is normal and abnormal is only now coming into focus. However, this type of instability is quite real, and it's a clear and long-term insidious drag on spine health.

More on Sub failure:

It's All About Your Ligaments and Your Muscles
There are two types of sub failure instability: ligament and muscular. Passive ligament stability keeps our spine bones from getting badly misaligned. Think of ligaments as the living duct tape

that holds the spine together. Without these ligaments, every step would cause the spine bones to experience a potentially damaging shift. On the other hand, active muscular stability is made up of the firing of deep multifidus muscles that keep the spine bones aligned as we move and represent the stability fine-tuning system. The spine building blocks tend to want to slip slightly out of alignment as the spine bends, twists, or slides, even with intact ligaments. As this happens, signals are sent to selective muscles that surround each level of the spine (multifidus) so that they adjust and correct the alignment. Without this active system, the spine would be "sloppy." This muscle firing is a muscular symphony, with microsecond precision being the difference between the poetry of beautiful movement and an asynchronous chorus of potentially damaging spine bones colliding against one another.

So what do the muscles do again? The muscles provide the fine-tuning. They act as constant stabilizers for the joint, keeping it in good alignment while we move. This small area where the joint must stay to prevent damage as we move is called the "neutral zone." So in summary, stability is about

both muscles and ligaments. Your deep multifidus muscles provide constant input to the joint to keep the spine bone alignment fine-tuned as we move. When the spine bones move too much, the ligaments act as the last defense to prevent joint damage from excessive motion.

The Spine is a Marvel of Stability Engineering The spine is advanced engineering. The spinal column is a series of blocks that stack one upon the other and provide a base of support for the extremities and protect the spinal cord and nerve roots. These interlocking blocks (vertebrae) use the same stability model as described above— muscles and ligaments. Now let's look at how the spine stays stable. What happens when you place a bunch of blocks one on top of the other? This tower of blocks gets less stable as the pile gets higher. One way to stabilize this high tower of blocks would be to tape the blocks together. This would make the blocks more stable but wouldn't allow much motion. You could use more flexible tape than duct tape or Scotch tape, but again you'd either end up providing too little stability (highly elastic rubbery tape that gives a lot when you stretch it) or too much (duct tape or

Scotch tape that's more rigid). The right kind of tape (ligament) would likely allow this motion, but the individual blocks would still start to shift against each other. This shifting could result in disaster, as the spinal cord runs through a hole (spinal canal) inside the blocks, and the spinal nerves exit between the blocks through a special bony doorway (foramen). As a result, too much movement between the blocks means nerve damage or, worse, a spinal cord injury. This is the dilemma of the spine—how to stack lots of blocks (about 25 high in most people) while keeping the whole thing stable and flexible as you move and at the same time protecting the nerves. Is there a solution? **YES>>>** *Please read the remainder in next month's series*



Florida Pain Center

NAPLES

(239) 659-6400

info@flpaincenter.com

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

ASSOCIATES IN NEPHROLOGY

PROVIDING COMPREHENSIVE KIDNEY CARE AND TRANSPLANT SERVICES IN SOUTHWEST FLORIDA FOR OVER 40 YEARS



Neetu Malhotra, MD

Our multidisciplinary team provides treatment for kidney disease with follow up care, as well as kidney transplant services. We work collaboratively with a patient's primary care physician and specialists to slow the progression of chronic kidney disease (CKD) and prevent or manage complications.

Now Accepting New Patients (ages 18 and older)

239.939.0999
associatesnephrology.com
Most major insurances accepted.

CAPE CORAL
1320 SE 8th St
Cape Coral, FL 33990

FORT MYERS
7981 Gladiolus Dr
Fort Myers, FL 33908

BONITA SPRINGS
9550 Bonita Beach Rd, 108
Bonita Springs, FL 34134

Providing comprehensive kidney care & transplant services since 1984.

FREE 15-Minute Consult Call

To discuss

The "Scary Times" Success Strategy

Highest Risk Factors for Having a Compromised Immune System Include:

- Stress
- Lack of Exercise
- Obesity
- Poor Diet
- Diabetes
- Autoimmune Disorders
- Cardiovascular Disease
- Smoking
- Respiratory Disease

You don't have to live in fear over COVID-19. You can do something about it!



Personal Consultation with Wellness & Functional Medicine Expert, Dr. Linell King, MD



NAPLES VITALITY
WELLNESS & FUNCTIONAL MEDICINE

Call 239-465-0098 to reserve your FREE Consult Call & GAIN ACCESS to Our Immune Boosting Webinar!
www.naplesvitality.com

There are a limited number of spots on Dr. King's calendar so call now to reserve yours. STOP LIVING IN FEAR!

Understanding the Pros and Cons of Alternative Investments

Courtesy of: Juan Ocanas, Financial Advisor at Morgan Stanley

In today's dynamic market environment, some investors may be looking beyond stocks and bonds for other options for investing their money. This search for other options may lead to alternative investments.

Alternative investments are investments outside the stock and bond markets, and may include currencies (including cryptocurrencies such as Bitcoin), commodities, real estate, private equity, hedge funds, precious metals and art or collectibles. These types of investments tend not to be correlated to the performance of stocks and bonds, and may offer the potential for higher returns, but typically with higher risk.

Here is an overview of what you need to know before investing.

Potential Upsides of Alternative Investments

Potential reduction in overall volatility. Since their performance is not correlated with the stock and bond markets, alternative investments may help to reduce overall volatility within a portfolio of traditional investments.

Diversification. Alternative investments typically help provide diversification across different markets, strategies, managers and investment styles.

Potential for increased performance. Like any investment, the rate of return for alternative investments is not guaranteed. However, according to a study called "The Rate of Return on Everything, 1870-2015," which looked at performance across 16 advanced economies over a period of 145 years, residential real estate provided the best returns.¹

Potential Downsides of Alternative Investments

Illiquidity. Alternative investments tend to be private, rather than public, and they are generally illiquid, so they may be difficult to exit and your money may be tied up for an extended period of time.

Lack of regulation. Alternative investments are not regulated and are not subject to reporting requirements. In addition, the underlying assets of alternative investments are often difficult to value, which leads to challenges in pricing and price transparency.



High minimum investments. Many alternative investments carry high minimum investments, and may not be available to all investors. In addition, alternative investments generally carry higher fees.

Complexity. Alternative investments are often complex instruments and may require a higher level of due diligence. If you are considering alternative investments, you also want to be sure that you research and understand the potential tax implications associated with them.

In the past, alternative investments were reserved for the domains of institutional and high-net-worth investors. However, in recent years, alternative investments have grown in popularity and are making their way into the portfolios of individual investors. Like all investments, alternative investments come with both benefits and risk. Before taking the leap into this sector, consult a Financial Advisor with experience in alternative investments who can help you determine whether this type of investment is right for you.

Footnotes

1 Jordà, O., et al. The Rate of Return on Everything, 1870-2015. Published June 2017. Available at http://conference.nber.org/confer/2017/SI2017/EFGs17/Jorda_Knoll_Kuvshinov_Schularick_Taylor.pdf.

Disclosures

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

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

This article has been prepared for informational purposes only. The information and data in the article has been obtained from sources outside of Morgan Stanley. Morgan Stanley makes no representations or guarantees as to the accuracy or completeness of the information or data from sources outside of Morgan Stanley. It does not provide individually tailored investment advice and has been prepared without regard to the individual financial circumstances and objectives of persons who receive it. The strategies and/or investments discussed in this article may not be appropriate for all investors. Morgan Stanley recommends that investors independently evaluate particular investments and strategies, and encourages investors to seek the advice of a Financial Advisor. The appropriateness of a particular investment or strategy will depend on an investor's individual circumstances and objectives.

Morgan Stanley Smith Barney LLC ("Morgan Stanley"), its affiliates and Morgan Stanley Financial Advisors or Private Wealth Advisors do not provide tax or legal advice. Clients should consult their tax advisor for matters involving taxation and tax planning and their attorney for legal matters. Alternative investments often are speculative and include a high degree of risk. Investors could lose all or a substantial amount of their investment. Alternative investments are appropriate only for eligible, long-term investors who are willing to forgo liquidity and put capital at risk for an indefinite period of time. They may be highly illiquid and can engage in leverage and other speculative practices that may increase the volatility and risk of loss. Alternative investments typically have higher fees than traditional investments. Investors should carefully review and consider potential risks before investing.

Diversification does not guarantee a profit or protect against loss in a declining financial market.

Juan Ocanas may only transact business, follow-up with individualized responses, or render personalized investment advice for compensation, in states where he is registered or excluded or exempted from registration, <https://advisor.morganstanley.com/the-calleja-group>

© 2021 Morgan Stanley Smith Barney LLC. Member SIPC. CRC 2877726 12/2020

Morgan Stanley



Juan Ocanas
First Vice President
Senior Portfolio Manager
Family Wealth Advisor
Financial Planning Specialist
Financial Advisor

Morgan Stanley Naples Branch
(239) 449-7853

advisor.morganstanley.com/the-calleja-group

NEED TO REACH OUR OFFICES BUT HAVE CONCERNS ABOUT SOCIAL DISTANCING?

Don't be,
Telemedicine is available for
New and Existing Patients.

CALL 239-465-4157



ROLANDO
RIVERA, M.D.

DAVID
WILKINSON, M.D.

JONATHAN
JAY, M.D.

www.advancedurologyinstitute.com/au-naples-office/

A LIFE ENHANCING ALTERNATIVE MEDICINE OFFICE

VIDAFUL

MEDICINE

NATURALLY HEAL & REPLENISH YOUR BODY

HYPERBARIC CHAMBER | OZONE 10 PASS | COLONICS | HOCATT



SERVICES INCLUDE:

- + IV THERAPY
- + OZONE THERAPY
- + HYPERBARIC CHAMBER
- + COLON HYDROTHERAPY
- + HORMONE THERAPY
- + STEM CELL THERAPY
- + BLOOD ANALYSIS

LEARN MORE ABOUT OZONE THERAPY,
HOW OZONE THERAPY IS BENEFICIAL TO YOUR HEALTH,
IT'S USES, WHAT IT HELPS TREAT, AND MORE.

(484) 588-5355 | www.vidaful.com

7955 Airport-Pulling Rd, Suite 101, Naples, FL 34109



MISIR PHARMACY IS AN INDEPENDENTLY OWNED RETAIL PHARMACY. OUR STAFF PHARMACIST HAVE MORE THAN 75 YEARS OF TOTAL EXPERIENCE.

OUR COMPOUNDING ABILITIES ENABLE US TO HELP OUR PATIENTS ACHIEVE THEIR GREATEST THERAPEUTIC OUTCOMES BY PROVIDING PHARMACEUTICAL COMPOUNDING SERVICES WHICH TAILORS MEDICATIONS SPECIFICALLY CUSTOM TO EACH INDIVIDUALS NEED.

- DERMATOLOGY COMPOUNDING
- PAIN MANAGEMENT
- VETERINARIAN COMPOUNDING
- FLAVORING OF MEDICATIONS
- SPECIALIZED CHILDREN'S FORMULATIONS

FREE DELIVERY

WE ACCEPT MOST MEDICARE, MEDICAID,
PRIVATE INSURANCE, DISCOUNT PROGRAMS

**"Our pharmacists do more than fill your prescriptions,
they take an active role in your health care"**

At Misir Pharmacy, we have a singular focus on service, collaborating with our clients to develop products and services that help them provide quality care, control costs, and remain compliant with ever-changing regulations.

MISIR PHARMACY
8795 TAMiami TRAIL EAST, NAPLES, FL 34113
239-403-0060

HOSPITALS ARE SHUTTING THEIR DOORS TO ELECTIVE SURGERIES, WHAT ARE YOUR OPTIONS TO TAKE CARE OF YOUR HEALTH?



You have most likely heard incidents of people neglecting their health during the last COVID shut down which had grave consequences. People were scared to go to the hospital for fear of contracting COVID. After all, that's where all of the COVID patients go. Many people thought that their health concern may have not been an emergency and suffered at home. This resulted in unnecessary discomfort, depression, delay of important diagnoses and even death. At Surgery Center of Naples we vow to keep our doors open to take care of your surgical health needs.

To the right, is a list of doctors and their specialties that have privileges at Surgery Center of Naples.

Don't let your health concerns go untreated.

Cardiology
Andrew Yin, MD | (239) 263-0849
Kenneth Plunkitt, MD | (239) 263-0849
www.napleshearthythm.com

General Surgery
Mark Liberman, MD | (239) 348-4123
www.libermanadvancedsurgical.com

Gynecology/Urogynecology
Joseph Gauta, MD | (239) 592-1388
www.floridabladderinstitute.com

Neurosurgery
Mark Gerber, MD | (239) 649-1662
www.nasamri.com

Otolaryngology
Patrick Reidy, MD | (239) 514-2225
Samuel Hill, MD | (239) 514-2225
www.floridagulfcoastent.com

Orthopedic Surgery
James Guerra, MD | (239) 593-3500
www.colliersportsmedicine.com

Urology
Marc Guttman, DO | (239) 434-8565
Arturo Balandra, MD | (239) 434-8564
Joanna Chon, MD | (239) 949-6813
www.urologyofnaples.com

For a full list of physicians with privileges at Surgery Center of Naples please go to:
<https://surgerycenterofnaples.com/physicians/>



Our assisted living is accredited for two reasons. You. And your family.

Because having the confidence and peace of mind of accreditation is important.

We think you'll find that our accreditation is only one of the many reasons to take a look at The Carlisle.

Call 239.249.3247 to schedule a personalized tour.



INDEPENDENT & ASSISTED LIVING RESIDENCES • ECC LICENSED

6945 Carlisle Court • Naples, FL • 239.249.3247

TheCarlisleNaples.com

ASSISTED LIVING FACILITY #9408

Morgan Stanley

One Size Doesn't Fit All

You don't want off-the-shelf advice for your personal wealth plan. Not all advice is the same. As Morgan Stanley Financial Advisors, we can help tailor a strategy that fits you. We can work with you to align your goals with your plan, adjust it as the markets change and measure your progress over time.

Call us at 239-449-7892 to learn more.

More than 20 years of experience serving local, national, and international clients.



The Calleja Group at Morgan Stanley

Jorge Calleja
Senior Vice President
Portfolio Management Director
Wealth Advisor
International Client Advisor

8889 Pelican Bay Boulevard N
Suite 300
Naples, FL 34108
jorge.calleja@morganstanley.com
<https://advisor.morganstanley.com/the-calleja-group>

© 2020 Morgan Stanley Smith Barney LLC. Member SIPC.
FAS012 CRC 3293541 10/20 CS 9921843 10/20

YOUR HEALTH COMES FIRST



Ricardo Martinez, MD

Our Services Include:

- Routine Exams
- Health Consultations
- Addiction Medicine
- Urgent Care Services

We are a team of specialized health professionals who work to achieve the optimal health of all of our patients.

239-315-7801

www.well-beingmedicalcenter.org

851 5th Ave. N. Suite 102 Naples, FL 34102



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

By Richard Hiler, DABCN

REGENERATIVE MEDICINE FOR CARTILAGE WEAR OR TEAR

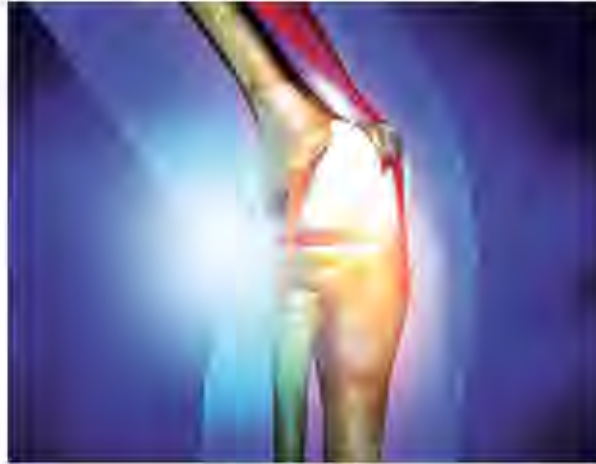
Due to injuries, mechanical issues, or overuse and aging, cartilage may be damaged or lost. Resulting in pain.

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

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

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

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



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

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

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

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

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

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

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

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

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



**FEEL AMAZING
INSTITUTE**

239.330.1000

3031 Airport Pulling Rd N
Naples, FL 34105

FEELAMAZING.COM

EVICTIIONS DURING COVID-19 PANDEMIC

By Cameron G. Woodward, Florida Evictions Attorney

As most landlords are no doubt aware, the Biden administration has revised/extended the Covid-19 eviction moratorium in an attempt to delay the eviction of tenants who have failed to pay rent. As things stand currently, it is difficult to anticipate whether any court would issue a Final Judgment of Eviction on failure to pay rent alone. The Supreme Court has ruled such an extension would require an act of Congress and the Biden Administration countering with a revised eviction moratorium. However, what is not in dispute is a landlord's ability to evict based on a breach of lease for something other than nonpayment of rent. Such an eviction can occur under one of two scenarios, either the tenant commits a "non-curable breach" or a "curable breach."

What is A Non-Curable Breach?

In the first scenario, the tenant would have committed a breach that is "non-curable" under Fla. Stat. 83.51(2)(a) "[e]xamples of noncompliance which are of a nature that the tenant should not be given an opportunity to cure include, but are not limited to, destruction, damage, or misuse of the landlord's or other tenants' property by intentional act or a subsequent or continued unreasonable disturbance." In this scenario, eviction is relatively straightforward. The tenant breaches the lease in a non-curable manner, and the landlord sues for eviction after filing the requisite notice.

What is A Curable Breach?

In the second scenario, the tenant would have committed a breach that is "curable" under Fla. Stat. 83.51(2)(b) "[e]xamples of such noncompliance include, but are not limited to, activities in contravention of the lease or this part such as having or permitting unauthorized pets, guests, or vehicles; parking in an unauthorized manner or permitting



such parking; or failing to keep the premises clean and sanitary." If, after the landlord provides notice of such breach, the tenant either: 1) fails to rectify the breach within seven (7) days after written notice as received by the tenant; or 2) if the non-compliance reoccurs within 12 months, the landlord may terminate the lease and sue for eviction.

In Conclusion

In either of the two scenarios listed above, such an eviction action would not be subject to the Biden Administration's eviction moratorium revision/extension. Further, a landlord may still be able to attach damages for a tenant's failure to pay rent, making such action worthwhile in the event the tenant has violated the lease as described above.

If you or someone you know is currently involved in a landlord-tenant dispute, it is important to contact an attorney to assist you and keep you informed of the updates in the law.

ABOUT THE AUTHOR



Cameron G. Woodward is a Naples native who graduated from Naples High School before attending Stetson University in Deland, Florida, and then Ave Maria School of Law. Cameron proudly joins his father, Mark J. Woodward, Esq. and his uncle Craig R. Woodward, Esq. at the law firm focusing his practice on real estate law, evictions, condominium and community association law, and government relations law.



NAPLES OFFICE:
3200 TAMiami TRAIL N. STE 200
NAPLES, FL 34103
239-649-6555

MARCO ISLAND OFFICE:
606 BALD EAGLE DR, STE 500
MARCO ISLAND, FL 34145
239-394-5161

WWW.WPL-LEGAL.COM

AA FOR A *Healthy Career!*



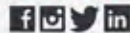
To get to a career as a Physical Therapist Assistant, Nurse, Dental or Health Sciences, start with the AA degree at Hodges University.

- Modern classrooms and labs
- Exceptional professors
- Flexible schedule
- Graduate faster

TO GET THERE, START HERE!



CONTACT US AT (239)-938-7744 | ADMISSIONS@HODGES.EDU | HODGES.EDU
Hodges University is an equal access, equal opportunity organization.



AESTHETIC TREATMENT CENTERS
REVIVE. RENEW. REJUVENATE.



BODY
FAT REDUCTION SKIN TIGHTENING
LASER HAIR REMOVAL THERMIVA

SKIN
INJECTABLES & FILLERS ADVANCED SKIN
REJUVENATION FACIALS

IV HYDRATION
TREATING



- Extreme fatigue
- Headache
- Nausea
- Dry skin
- Dizziness
- Constipation

Convenient
Financing
Options

Call Today
for Your
**FREE
FACIAL**

720 Goodlette-Frank Rd. Suite 300, Naples, FL 34102
Phone: (239) 322-3790
aestheticreatmentcenters.com

For Life After

Naples Best Medical Care After Motor Vehicle Accidents



**YOU HAVE 14 DAYS AFTER A CAR ACCIDENT
FOR INSURANCE TO COVER YOU, BUT YOU NEED
TO SEE A DOCTOR THAT DEALS WITH CAR ACCIDENT.**



**ACCIDENT DOCTOR
NAPLES**

FREE CONSULTATION
239-596-8804
www.accidentdrnaples.com

Naples First Choice Physician



Dr. Alejandro Blanco

INTERNAL MEDICINE
PARTNERS

1726 MEDICAL BLVD SUITE #201
NAPLES, FL 34110



**Stay safe
and healthy
at home**



- Personal Care
- Medication Reminders
- Companionship
- Errands & Transportation
- Meal Preparation
- Memory Care

Hourly to 24-Hour Care. Call today for your FREE Home Assessment.

239.990.2935

synergyhomecare.com

For your safety, all of our caregivers are background checked, trained, bonded, and insured.

From Last Wish to Dream Come True

VITAS® Healthcare goes above and beyond to help hospice patients live more fully.

Living with advanced illness doesn't mean giving up on life.

With comfort-focused support from VITAS, you or your loved one can rediscover the joys of a life free from overwhelming symptoms and crippling pain.


VITAS team members—specialists in clinical, psychosocial, and spiritual care—routinely visit patients at home to manage complex symptoms, provide comfort, and enhance quality of life for patients and their families. We do whatever it takes to fulfill patients' wishes, whether going on one last trip to the beach, spending time with a beloved animal, or flying high in a private airplane.

Near the end of life, choose quality of life.

Choose VITAS—available 24/7/365 in Collier County.

VITAS
Healthcare

866.759.6695 | VITAS.com

 | Since 1980



Regenerative, Physical, & Preventative Medicine

FEEL AMAZING SPINE & JOINT INSTITUTE

"Comprehensive programs for spine, joints, neuropathy, and wellness."



- Platelet Rich Plasma
- Prolozone
- Ozone
- Peptides
- Chiropractic
- Nutritional IVs
- Massage
- Float

239.330.1000

3031 AIRPORT PULLING RD. N.
NAPLES, FL 34105

FEELAMAZING.COM

BUSINESS LAW • COMMUNITY ASSOCIATION LAW
ESTATE PLANNING • FAMILY LAW • LAND USE & ZONING • LITIGATION
LOCAL GOVERNMENT LAW • REAL ESTATE LAW • SECURITIES



1971 - 2021
**WOODWARD, PIRES
& LOMBARDO, P.A.**
ATTORNEYS AT LAW



CELEBRATING 50 YEARS

ADVISE • REPRESENT • DEFEND • PROTECT



3200 Tamiami Trail North, Ste 200
Naples, Florida 34103
(239) 649-6555



606 Bald Eagle Drive, Ste 500
Marco Island, Florida 34145
(239) 394-5161

WPL-LEGAL.COM



Caring for cancer patients is our privilege.

WE PUT OUR PATIENTS FIRST

Advocate Radiation Oncology is Southwest Florida's local partner in the fight against cancer, bringing world-class radiation treatment closer to home. **We are the region's leading locally-owned and operated radiation oncology practice.** Our team of board-certified radiation oncologists has decades of experience and is dedicated to working with each patient to develop a compassionate, personalized treatment plan.

Cape Coral Office
909 Del Prado Blvd. S
Cape Coral, FL 33990
(239) 217-8070

Fort Myers Office
15681 New Hampshire Ct.
Fort Myers, FL 33908
(239) 437-1977

Bonita Springs Office
25243 Elementary Way
Bonita Springs, FL 34135
(239) 317-2772

Port Charlotte Office
3080 Harbor Blvd.
Port Charlotte, FL 33952
(941) 883-2199

Spanish-fluent doctors
and care staff



*Care for Your Feet, Relieve Discomfort
and Enjoy Walking Again*



COLLIER PODIATRY, P.A.

Michael J. Petrocelli
D.P.M., F.A.C.F.A.S., C.W.S.P.
BOARD CERTIFIED ANKLE AND FOOT SURGEON
AND BOARD CERTIFIED WOUND CARE SPECIALIST

Foot and Ankle Services

- Deep Tissue Laser Therapy
- Heel & Achilles Pain
- Bunion Surgery
- Diabetes Foot & Limb Care
- Wound Care
- Onychomycosis (Nail Fungus)

239-775-0019

www.collierpodiatry.com

NCH Countryside Commons
1715 Heritage Trail, Suite 204
Naples, FL 34112

DISCRETE • SIMPLE • PROFESSIONAL • LEGAL



INTERNAL MEDICAL PARTNERS

Have you or anyone you know experienced an illness which you believe low THC or Medical Marijuana could provide relief?

Chronic Pain • Cancer • Epilepsy • Glaucoma • Positive Status for Human Immunodeficiency
HIV/AIDS • Post-traumatic Stress Disorder (PTSD) • ALS • Crohn's Disease
Parkinson's Disease • Multiple Sclerosis • Chronic Seizures • Chronic Muscle Spasms
Anxiety and Any Terminal Condition

GET ANSWERS NOW! CALL 239-596-8804 TODAY!

In the state of Florida law THC or Medical Marijuana is legal to use in form of oil, pills or vapes for qualified medical condition. If you have one of these medical conditions and have tried other treatments without success, our physicians are happy to help you.



Accepting New Patients



**Dr. Ralph Rodriguez
& Dr. Alejandro Blanco**
239-596-8804 or 239-596-8806
1726 Medical Blvd., Suite 201
Naples, FL 34110



Hours of Operation:
Monday - Friday: 9-5pm

email: admin@imnaples.com
www.imnaples.com



Are You Still Putting Off Your Mammogram Due to COVID?

By Krystal Smith, D.O.

Mammograms help diagnose breast cancer at an earlier stage and save lives, eliminating metastasizing cancer and deaths in many cases. Even if you are fearful of going into a medical facility because of the DELTA variant, you should know that it's much more harmful to avoid getting a mammogram.

We are here to help you and early detection means better survival rates and optimal outcomes. Our priority is to keep you and our staff safe. At Breast Center of Naples, we are taking all necessary precautions and utilizing rigorous protocols. Additionally, the risk of not getting your breast screening is a precarious decision.

The following information is provided by American Cancer Society:

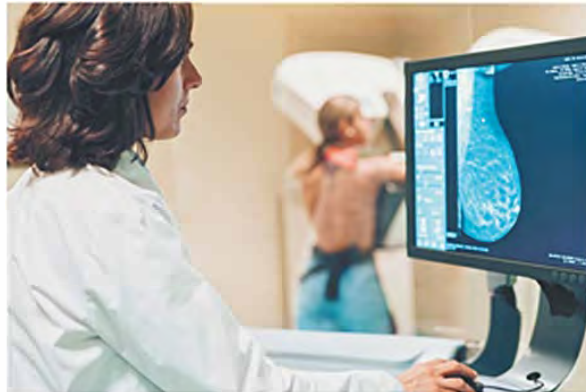
How has the occurrence of breast cancer changed over time?

Incidence rates of DCIS and invasive breast cancer rose rapidly during the 1980s and 1990s, particularly among women 50 years of age and older, largely due to increases in the prevalence of mammography screening, which increased from 29% in 1987 to 70% in 2000. For example, DCIS rates among women 50 and older, increased more than 11-fold from 1980 (7 cases per 100,000) to 2008 (83 cases per 100,000).

The incidence rate for invasive breast cancer has been slowly increasing since 2004. A recent study concluded that increases in body mass index (BMI) and declines in the average number of births per woman (both breast cancer risk factors) have likely contributed to the recent increase in incidence.

The number of women that survive breast cancer is growing and that is largely due to education and early diagnosis. However, we don't want those numbers to start trending in the wrong direction. It's imperative that you continue to get your health screenings. If you are due for your mammogram, schedule it now. If you have any breast problems or symptoms, schedule a mammogram and an appointment with your provider immediately.

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



OVER 280,000 WOMEN WILL BE DIAGNOSED WITH BREAST CANCER THIS YEAR.

Screening

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

Diagnostic

Some symptoms of breast cancer are lumps in the breast or underarm, pain, nipple discharge, or a physical change in the appearance of the breast or nipple. If you have any of those symptoms, your doctor will order a diagnostic imaging test that will likely include mammogram and ultrasound.

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

BREAST CANCER RISK FACTORS

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

Source: <https://www.cancer.net/cancer-types/breast-cancer/statistics>

Breast Center of Naples

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

Advanced Equipment and Technology

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


BREAST CENTER
 OF NAPLES
 CONTACT THE BREAST CENTER OF
 NAPLES TODAY.

239-238-1210

BREASTCENTEROFNAPLES.COM

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

IF YOU HAVE MISSING TEETH, YOUR HEALTH CAN BE AFFECTED: WHAT YOU SHOULD KNOW

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. Bacteria often goes unnoticed under crowns, bridges or within root canaled teeth, unless x-rays are taken. When the bacteria harbors for long enough, it will literally eat away at the bone structure.

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.

The 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 and occluding teeth helps to regenerate bone daily, keeping teeth and the jawbone healthy.

A missing tooth will affect the dentition

When teeth are missing, and there is nothing for the other teeth to bite against, this is when bone loss takes place, and it can happen quite rapidly in both the upper (maxillary) and lower (mandibular) jawbone. Consequently, the occluding teeth will either drop down or lift out of the bone, to try and adequately occlude with their natural bite. If this happens, a patient could potentially lose multiple teeth, because they will become loose and be subjected to bacteria deep within the gumline.



Dental Implants

Dental implants are the ideal resolution; it's optimal to have an implant (titanium post and porcelain crown) placed. In addition to preventing bone loss and facial contour changes, if you leave an open space between teeth, the proximal teeth will shift, trying to fill in the interproximal space.

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.

Periodontal Disease

A six-year study, followed patients who had lost more than one tooth, and evaluated their prevalence of periodontal disease. The study, titled "Periodontitis in US Adults" was published in JADA (Journal of the American Dental Association) and the ada.org.

The results were as follows, 42% of the individuals developed periodontal disease. 7.8% had severe periodontitis. These patients also had deep probing measurements of 4 mm or greater and tissue attachment loss.

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. There are multiple treatment options; however, if you need to replace missing teeth, getting dental implants is the best solution for overall health.

Caring Dentistry of Naples

At Caring Dentistry of Naples, we are a genuine team of dental professionals that always strive to treat our patients with love and kindness. Dr. Dianelis Blanco values excellent communication, which helps guide you to the right treatments to meet your individual needs. We are committed to helping you feel at home and do everything possible to help you have an excellent dental experience.

We provide general dentistry, cosmetic, surgical, restorative, and advanced technology, and software to offer the best solutions and treatment outcomes for our patients.

We welcome you to our dental office and look forward to helping you learn to love your smile. You are welcome to browse through our website to learn more about our services for dental care in Naples, Florida, and we invite you to feel free to call us with any questions. Schedule an appointment with our dentist today and let us be the reason you smile!



Please call Caring Dentistry of Naples at (239) 455-1044.

IMPROVE YOUR SEXUAL HEALTH WITH AMINO ACIDS, TRT AND SHOCKWAVE THERAPY

By Dr. Carolina Young Ortiz

IV Therapy pumps vital nutrients directly into the bloodstream, bypassing the stomach, which often interferes with proper absorption. Amino Acids make up the majority of the body's proteins, which are involved in growth and development, healing and repair, digestion, and supplying energy to your body.

Amino acids IV therapy is made up of several amino acids that help to improve athletic performance, mental clarity, and better muscle growth. It also aids in muscle and tissue repair.

Amino acids are referred to as essential building blocks. These proteins are naturally found in plants and animals. They affect your body's normal processes and play an active role in many body functions. Some of these include:

- The formation and development of muscles, ligaments, and skin
- Maintaining good skin, hair, and nails
- Strengthening of muscles and tissues
- Regulating moods affected by hormones

Performance

Amino acids are not only essential for building muscle. Amino acids can also minimize the loss of muscle that occurs with aging. Amino acid supplementation is the best way to sustain everyday exercise routines and replenish any lost muscle mass.

Muscle Growth

Amino acids can promote the recovery of protein synthesis after exercise. With IV therapy, your muscles can acquire the much-needed amino acids needed for your next workout. This can result in improved muscle growth with the right exercise and nutrition.

Enhance Endurance

Glycogen depletion is a severe problem for many athletes, particularly those who rely on short bursts of power. Amino acids regulate the way your body uses fats and carbohydrates for better endurance.

Mental Clarity

Higher levels of amino acids will enhance your ability to remember and act quickly. It can be your secret to success when competing in sports.



Amino Acid IV Therapy is for both Men and Women. For men, it is an exceptional add on therapy for GAINSWave.

Any man that is showing signs of erectile dysfunction should seek alternative and thorough medical assistance from a physician that not only understands the disorder but one that also offers the most advanced treatment to address your overall health.

GAINSWave for Men

There is a better way than the standard of care by actually treating erectile dysfunction at its core. The GAINSWave is a revolutionary, non-invasive treatment that addresses the underlying causes of ED. GAINSWave uses scientifically proven technology through sound waves to stimulate blood circulation, tissue regeneration, and removes plaque build-up. Traditional treatments for ED, such as pills or injections, lose effectiveness over time and have to be used every time a man wants to engage in sexual activity. GAINSWave helps men to feel like themselves again and to enjoy their lives.

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

Low Testosterone

We hear so much more about female hormonal imbalance than male hormonal issues, but as we age, both men and women will start to experience symptoms of disproportioned hormones. For men, this is called andropause. The symptoms for males and females are very similar, but for most men, as they age and their hormonal testosterone levels begin

to decline, they will experience a lack of energy, low libido, loss of muscle, weight gain, decreased mental focus, hair loss and low metabolism.

Benefits Of Testosterone Replacement Therapy (TRT)

Men with low testosterone may experience many benefits after starting an appropriate replacement therapy. Some of these benefits include:

- Improved sexual drive
- Improved ability to achieve and maintain an erection
- Increased muscle mass and body composition
- Increased strength

Coupling TRT, Amino Acid IV and GAINSWave has helped many men turn back the clock.

Orchidia Medical Group

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.

SEPTEMBER SPECIALS

\$50.00 off all IV Therapy and an IV consultation for a ONE-TIME Cost of \$120

See Our Website for Daily Last Minute SALES.

Visit www.OrchidiaMedicalGroup.com for more information or to schedule your appointment online.

Offer Expires: 9/30/21

Orchidia
Medical Group

2590 Golden Gate Parkway, Suite 104
Naples FL 34105

Board Certified Physicians
Dr. Cuberos & Dr. Young



Misir Pharmacy Compounding **SKINCARE** Customized Specifically For You

Noticing that your skin is starting to look dull, blotchy, or discolored? Do you have acne, scarring or noticeable wrinkles? Sure, there are many over-the-counter products touting their anti-aging benefits, but the truth is—they're not going to cut it! To see a noticeable difference in your skin's appearance, you'll need to see a medical professional for medical grade products that work. Misir Pharmacy Compounding Pharmacy works directly with your dermatologist or practitioner to create perfectly balanced skincare that is tailored to your needs. Having medical-grade, compounded skincare products allows for optimal cellular turnover and the regenerative effects needed to improve texture, color, brightness, reduce scarring, heal acne and reduce wrinkles.

Misir Pharmacy's Compounded Personalized Skincare & Medications

The art of preparing medications dates back to the origins of pharmacy. At Misir Pharmacy, they still practice the time proven art of compounding. This is done with modern variations of the "mortar and pestle" to prepare unique and individualized medications. By working with your physician, compounding allows their pharmacists to customize the strength and dosage form of a product, salve or

medication according to individual needs. This may include preparing a drug that is no longer commercially available, changing a medication from pill to penetrating skin cream, adding flavors, or preparing a dye-free or preservative-free medication. The possibilities are endless. Their pharmacists can formulate almost any kind of medicine and specifically design it just for you, including children's dosage forms and flavors, capsules and suppositories, hospice formulations, skin preparations, lip balms, medicated lozenges. Ask Misir Pharmacy how compounded medications may help you.

When you partner with Misir Pharmacy's independently owned and operated pharmacy, you get the personal touch of a neighborhood pharmacy and the strength, resources, an array of services.



St. Andrews Square - 8795 Tamiami Trail East
Naples, FL 34113

(239) 403-0060 | FREE DELIVERY
www.misirpharmacy.com

Misir Pharmacy has a singular focus on service, collaborating with their patients and their physicians to develop products and services that will help us provide the best quality of care, control cost, and remain compliant with the ever-changing healthcare.

- ACNE
- ALOPECIA
- ATHLETE'S FOOT
- CHEMICAL PEELS
- DIAPER RASH/INCONTINENCE
- HEAD LICE AND SCABIES
- MOLLUSCUM CONTAGIOSUM
- NAIL INFECTION
- PIGMENTATION ABNORMALITIES
- PLANTAR WARTS/WARTS
- ROSACEA
- SCARRING AND KELOIDS
- TOPICAL ANESTHETICS
- SUN PROTECTION/PHOTOAGED SKIN/WRINKLES
- PRURITUS
- PSORIASIS

OUR TREATMENTS

- Botox & Fillers
- Facial Rejuvenation
- Vaginal Rejuvenation
- Erectile Dysfunction (GAINSWave)
- Hair Removal
- Acne Treatments
- Body Sculpting
- Lipotropic Injections
- Medical Weight Management
- Hair Restoration for Male & Females
- Health for Men
- IV Vitamin Infusion Tx.
- Nonsurgical Facelift with Silhouette Instalift
- P-Shot and O-Shot Available
- Testosterone Testing Available - Results in Minutes

239-333-8809 | www.orchidiamedicalgroup.com | HABLAMOS ESPAÑOL!
2590 Golden Gate Parkway • Naples, FL 34105 • Suite 103 & 104

ENDOCRINOLOGY - THYROID - DIABETES - METABOLISM

Josephine V. Jasper, MD F.A.C.E.
LISTEN LIVE - HEALTH TOPICS
(Sugar Hour) - Every Weekend at 10 am
98.1 FM Marco Island
88.1 FM Everglades City
EMAIL YOUR HEALTH QUESTIONS
239-315-8271 | info@sugarhour.com
The right care makes all the difference.

Marco Island 40 Heathwood Drive Suite E Marco Island, FL 34145	Naples 700 2nd Ave N. Suite 204 Naples, FL 34102
--	--

A FREE TINNITUS ASSESSMENT CAN HELP YOU UNDERSTAND THE NEWEST TREATMENT OPTIONS FOR THOSE SUFFERING WITH TINNITUS (RINGING EARS)

By Høglund Family Hearing and Audiology Services

Tinnitus is the perception of a sound that has no external source. Some of the more common sounds reported are: ringing, humming, buzzing, and cricket-like. It can also be a combination of sounds, and for many, the sound of their tinnitus actually changes. It can be constant or intermittent and is heard in one ear, both ears or in the head. Tinnitus is almost always accompanied by hearing loss. *If you have tinnitus, you should have your hearing tested by a hearing health professional.* Some 30 million adults suffer from persistent tinnitus (it can also affect children). For 12 million, the problem is severe enough that it impacts their everyday life. "Since tinnitus can be a symptom of a more serious disorder, it is important to have an appropriate health evaluation", states John Høglund,



John and Patricia Høglund
LHAS, BC-HIS, ACA

owner of **The Audiology Centers of Høglund Family Hearing.** "Our Doctors of Audiology have found many health conditions requiring intervention with Ear, Nose and Throat Doctors that helped prevent more serious medical consequences! The initial Tinnitus Assessment and Consultation is completely **Free of Charge** at any of our conveniently located Audiology Centers throughout Southwest Florida!" John and his wife Patricia have spent over 60 years in the hearing healthcare field! "We never wanted expense to be a barrier to knowledge," states Patricia. "So, we offer these complimentary hearing and tinnitus assessments for anyone who needs our guidance and support!"

WE CAN HELP!

There is help available! You can do something about it. "Curious patients have some basic concerns and inquire about therapies. Concerned patients are bothered by their tinnitus, and want detailed information and strategies for reducing the impact of their tinnitus. Distressed patients are very bothered. They require professional help to reduce their stress and improve their coping abilities". **None of these responses are wrong.** Everyone's tinnitus is a bit different, and we are all different people with different life experiences, weaknesses and strengths.



Some people do not appear to be too bothered by their tinnitus, but most would wish it would go away. **Tinnitus can have a direct influence on: Thoughts and emotions, hearing, sleep, and concentration.**

Hearing

Some people with tinnitus (39%) say that the sound of the tinnitus competes with or masks things they are trying to hear. Most people with tinnitus also have a hearing loss, and it is not always easy to tell whether hearing difficulties are due to the hearing loss or to the tinnitus. There are many things you can do to improve your listening strategies, and hearing aids often improve hearing and tinnitus! **We offer complimentary Tinnitus Assessments at the Audiology Centers of Høglund Family Hearing!**

Sleep

Many tinnitus sufferers (20%) report that when they are in their quiet bedroom, their tinnitus interferes with them getting to sleep. It can also make it more difficult to get back to sleep when we wake up in the middle of the night. Some even report that their tinnitus is worse after waking up in the morning, or even after a brief afternoon nap. There are many things you can do to nurture your sleep experience, and most individuals with tinnitus benefit from sound therapy while falling asleep. **Sleep deprivation can dramatically increase stress... and stress can increase tinnitus, creating a nasty circle that negatively impacts the tinnitus sufferers' quality of life!**

My tinnitus began while I was filming the Star Trek episode "Arena." I was standing too close to a special effects explosion and it resulted in tinnitus.



There were days when I didn't know how I would survive the agony. I was so tormented by the screeching in my head I really thought I would not be able to go on. But then a ray of light burst into my life - the American Tinnitus Association. The help they gave me literally saved my life. The harsh reality of tinnitus has robbed silence from the lives of nearly 50 million Americans. Whether you hear it in your ears or in your head tinnitus means the same thing: noise that does not go away. You do not suffer alone.

- William Shatner

Managing tinnitus

There are many things you can do to help yourself manage your tinnitus. Finding a good tinnitus care provider can greatly improve your quality of life! If you have tinnitus, you likely have a hearing loss as well. The poorer your hearing, the more difficulty you will have communicating. In addition to your hearing loss, your tinnitus can also interfere with your hearing. Counseling and sound therapy, including the use of hearing aids, can be very helpful. **The Audiology Centers of Høglund Family Hearing specialize in tinnitus testing and treatment protocols! Please call (239)494-8651 to schedule a FREE Hearing Test and Complimentary Tinnitus consultation!** Clinics are conveniently located in Bonita Springs, Estero, Fort Myers and Cape Coral.

In 2020 our practice was voted Best Tinnitus Care Provider and Best Audiology Center in Cape Coral, Bonita Springs/Estero and Fort Myers in the Readers' Choice Poll.

HØGLUND FAMILY HEARING AND AUDIOLOGY CENTER
Fifteen 8th Street, Suite B (Next to Royal Scoop Ice Cream)
Bonita Springs, FL 31434
239-494-8651

SOUTHWEST FLORIDA TINNITUS AND HEARING CENTER
10020 Coconut Rd. Ste.120 (Next to LabCorp)
Estero, FL 34135
239-494-8652

AUDIOLOGY CENTERS OF HØGLUND FAMILY HEARING
13710 Metropolis Ave. Suite 101
(One block west of Gulf Coast Hospital)
Fort Myers, FL 33912
239-208-6827



HØGLUND FAMILY HEARING AND AUDIOLOGY CENTER
2209 Santa Barbara Blvd., Ste. 102
(Shops at Santa Barbara, next to IL Primo Pizza)
Cape Coral, FL 33991
239-558-3095

PROUD SPONSOR:



TINNITUS Care Provider
Member of the International Tinnitus Foundation

Oncology-Approved Skincare:

Why Everyone Should be Aware of What They Put on Their Skin

What you put on your skin is just as important as what you put in your body. A healthy diet, exercise, and quality sleep are essential to overall health and using products that do not have chemicals, toxins or environmentally unstable ingredients is equally as important. Anything you put on your skin is absorbed into your tissues, organs, and lymph nodes.

For patients that have undergone or are going through oncology treatments, using clean, high-quality natural products is critical, as the lymph nodes are often removed or affected by cancer treatment. Keeping products clean of parabens, phthalates, dyes, synthetic fragrance, and other undesirable ingredients is critical as these can adversely affect the immune system in numerous ways.

Hempira

Stacy Roberts is the founder and CEO of Hempira in Naples, and she is also a Licensed Esthetician in Florida and Colorado. She has made it her top priority to provide the highest-quality CBD and natural products for her clients. Stacy has been working with a remarkable brand for many years that focuses on all the holistic benefits Stacy wants for her clients. It is also oncology-approved, and professional grade called Color Up Therapeutics.

Color Up Skincare

Rooted in Science, Created with Intention. Made with Love.



Created to balance the mind, body, and spirit, Color Up's award-winning CBD products are formulated with the finest botanical extracts, plant oils, and clinically proven active ingredients. Color Up cultivates balance, harmony, and ease by evoking the power of self-healing. Due to their commitment to creating clean, natural, and pure products, the professional lines have been approved to be used on Oncology patients and those with compromised immune systems. These are available through licensed, professional distributors.

Hempira Subscription Boxes

Stacy Roberts, Founder & CEO

A CBD subscription box is a retail service that charges you a monthly fee to receive a variety of CBD products of your choice to your liking delivered to your door. As you may have noticed, CBD boxes are the latest trend in self-pampering.

Our CBD subscription boxes are ideal for those looking for the highest-quality CBD products customized to their needs delivered to their doorstep monthly. There's a wide selection of boxes to fit your needs, some come monthly with 3 full-sized

products, and some come seasonally with 6 full-sized products curated to bring relevant and useful products every time. Plus, at any time you can pause or cancel your subscription so there's no need to worry about the lengthy agreements.

CBD boxes are a radical change in your lifestyle since they are about trying products from brands you may not have previously heard of, allowing you to find quality products for a constant regimen so that you can really feel the benefits of CBD in the long term without the negatives of lower quality items. If you're worried about trying products you may not like and wasting them, Hempira even offers a monthly sample CBD subscription box with 6 sample-sized products to test new and unique products at a fraction of the cost!

Plus, if you're ever feeling overwhelmed with selecting products for your CBD subscription box or are unsure of anything to do with CBD Hempira has Hemptenders standing by to assist you with any questions you may have or suggestions you may need! From creams and rubs for pain, discomfort, and skin conditions to tinctures and edibles to relax and focus on your day to day, Hempira offers you the best quality of CBD products on the market. Hempira subscription boxes offer customization, savings, quality, and access to CBD products, and a longer-term solution for your CBD needs.

To find out more about Color Up Therapeutics or to Learn about our Subscription boxes, please visit, Hempira.com.

In-person consultations are also available; please call or email at 239-778-8738 or email Info@Hempira.com.

239.778.8738 | Hempira.com

HOGLUND FAMILY Hearing & Audiology Center



Hearing Loss?
Ringing Ears?

WE CAN HELP!



JOHN AND PATRICIA
HOGLUND LHAS, BC-HIS, ACA

Nationally Board Certified in
Hearing Instrument Sciences
American Conference of Audioprosthetists

TINNITUS Care Provider

FREE SCREENINGS for Hearing or Tinnitus and Help with your Hearing Aids!

<p>HOGLUND FAMILY HEARING AND AUDIOLOGY CENTER Fifteen 8th Street, Suite B (Next to Royal Scoop Ice Cream) Bonita Springs, FL 34134 239-494-8651</p>	<p>SOUTHWEST FLORIDA TINNITUS AND HEARING CENTER 10020 Coconut Rd. Ste. 120 (Next to LabCorp) Estero, FL 34135 239-494-8652</p>	<p>AUDIOLOGY CENTERS OF HOGLUND FAMILY HEARING 13710 Metropolis Ave. Suite 101 (One block west of Gulf Coast Hospital) Fort Myers, FL 33912 239-208-6827</p>
---	--	---

WE'VE MOVED! HOGLUND FAMILY HEARING AND AUDIOLOGY CENTER - NEW LOCATION!
2209 Santa Barbara Blvd., Ste. 102
(Shops at Santa Barbara, next to Il Primo Pizzeria)
Cape Coral, FL 33991
239-558-3095

HEMP PRODUCTS PICKED JUST FOR YOU



HEMPRA



Stacy Roberts
Founder & CEO,
Licensed Esthetician

Your personalized CBD subscription box starts here

Get a box full of premium hemp-derived CBD products starting at just \$19.95, delivered to your door.

hempira.com

Just Some of The Amazing Brands You Can Expect in Your Box





Are Sunglasses a Critical Investment to Save Sight? What You Need to Know

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

The American Academy of Ophthalmology published an article, *Seven Myths About Sunglasses That Could Damage Your Vision*.¹ Below is the following information that Dr. Taba of Personalized Retina Care of Naples believes every patient should know to protect vision and ensure eye health during the sunny Florida days.

Did you know that too much sun on unprotected eyes increases the risk of eye disease? The good news is that prevention is simple: Wear sunglasses that block 99 to 100 percent of UVA and UVB radiation. But there are a lot of common myths about sunglasses and eye health. That's why the AAO is working to debunk the myths and offer tips to promote smart eye health choices.

Myth #1: Sunglasses are only for sunny days

False. UV light gets through clouds and haze. Regardless of the season, sun exposure can increase the risk of developing cataracts, growths on the eye surface and even eye cancer. Sun reflecting off ice and snow can also lead to photokeratitis, a painful eye condition sometimes referred to as snow blindness.

Myth #2: Babies and children don't need to wear sunglasses

False. Children are just as susceptible to the sun's harmful rays as adults. Start them on healthy habits early.

Myth #3: Cheap sunglasses don't offer protection

False. Sunglasses don't have to cost a lot of money to provide adequate eye protection. Less expensive pairs marked as 100 percent UV-blocking can be just as effective as more expensive options. Labels can sometimes be confusing. Some indicate sunglasses offer 100 percent protection from UVA/UVB radiation, others offer 100 percent UV 400 protection. Both block 100 percent of the sun's harmful radiation.

Myth #4: Size doesn't matter

False. The more coverage sunglasses provides, the less sun damage inflicts on the eyes. Consider oversized sunglasses or wrap around-style glasses, which can help cut down on UV light entering the eye from the side of the glasses. Wrap around glasses may also protect against dry eyes from the wind.



Myth #5: Polarized lenses offer more protection from the sun

False. Polarized lenses do not block more radiation; however, they can cut down on glare reflecting off cars, water or pavement, which can make activities such as driving or boating more enjoyable.

Myth #6: Darker lenses offer more protection from the sun

False. The darkness of the lens isn't indicative of protection. Make sure the label on the lens says 100% UV-blocking.

Myth #7: Tinted lenses offer more protection from the sun

False. Amber, green and grey lenses do not block more of the sun's harmful rays. However, tinted lenses do offer increased contrast for those who play sports, making a softball or a golf ball easier to see.



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.

References:
AAO. American Academy of Ophthalmology, Seven Myths About Sunglasses That Could Damage Your Vision

July 24, 2020, <https://www.aao.org/newsroom/news-releases/detail/seven-myths-about-sunglasses-could-damage-vision>



PERSONALIZED
RETINA CARE
of naples

www.retinanaples.com | 239-325-3970
3467 Pine Ridge Rd., Suite 103, Naples 34109

Exercise Overload:

Tips for Avoiding Stress Fractures

There is nothing worse than an injury keeping you from participating in an athletic activity you love. One of the most common sports injuries is a stress fracture, which is a small crack in the bone that is typically caused by overuse. Stress fractures occur in the weight bearing bones of the body, such as the hips, shins and feet, with more than 50 percent of injuries occurring in the lower leg bones. Muscles can become fatigued and unable to absorb the added shock to the body and eventually the overload of physical stress gets transferred to the bone, which causes it to crack.

Stress fractures are common injuries in people of all ages, and symptoms of stress fractures include pain associated with activity, swelling and bruising. In all cases, the most important treatment for stress fractures is rest. Shoe inserts and braces may also be used to promote healing. It is essential to allow your body proper time to heal before resuming the activity that caused the stress fracture. If you become active too quickly, you may put yourself at risk of developing a larger, harder-to-heal stress fracture or chronic injury.

Overuse injuries like stress fractures can be avoided. The American Academy of Orthopaedic Surgeons has provided a few precautionary tips to help circumvent the occurrence of stress fractures:

- When participating in any new sports activity, set incremental goals. For example, do not immediately set out to run five miles a day; instead, gradually build up your mileage on a weekly basis.
- **Cross-training** -- alternating activities that accomplish the same fitness goals -- can help to prevent injuries like stress fractures. Instead of running every day to meet cardiovascular goals, run on even days and bike on odd days. Add some strength training and flexibility exercises to the mix for the most benefit.
- **Maintain a healthy diet.** Make sure you incorporate calcium- and Vitamin D-rich foods in your meals.
- Use the proper equipment.
- Do not wear old or worn running shoes.
- If pain or swelling occurs, immediately stop the activity and rest for a few days. If continued pain persists, see an orthopedic surgeon.
- It is important to remember that if you recognize the symptoms early and treat them appropriately, you can return to sports at your normal playing level.



If you are unsure if you have a stress fracture, it is important to see a doctor for diagnosis and care options. Most injuries are diagnosed by X-ray, however a computed topography (CT) scan or magnetic resonance imaging (MRI) is sometimes necessary for proper evaluation.

If you have several stress fractures, a DEXA Scan to identify bone loss should be performed. For women with a stress fracture, it could be related to a medication that you are taking that is supposed to prevent stress injuries.

If you have concerns about your bone health or other orthopedic concerns, schedule an appointment to speak to a medical professional. Dr. Edward R. Dupay, Jr. and his staff are ready to answer your questions.



Edward R. Dupay, Jr, DO
Board Certified

Dr. Dupay graduated from Xavier University in Cincinnati, Ohio. He received his Doctor of Osteopathy at the University of Health Sciences, College of Osteopathic Medicine in Kansas City, Missouri.

Dr. Dupay completed his Internship and Orthopedic Surgery Residency at Flint Osteopathic Hospital in Flint, Michigan. Dr. Dupay has been in the Fort Myers / Cape Coral area since 1987. Dr. Dupay enjoys seeing the "Weekend Warrior" athlete, as well as all patients suffering from crippling osteoarthritis.

To schedule your appointment, please call Orthopedic Associates of Southwest Florida at 239-768-2272, visit our website at www.ifixbones.com, or ask your physician for a referral.

**PERSONALIZED
RETINA CARE**
of naples

Dr. Katia E. Taba, M.D., Ph.D.
3467 Pine Ridge Rd #103
Naples, Florida 34109

Retinal Conditions and Diseases We Treat

Retinal diseases are often silent. There is usually no pain, no redness and no tearing associated with most retinal diseases. The paucity of symptoms can delay diagnosis and threaten your vision. Early detection is the key to preserve vision.

- Macular Degeneration
- Retina Detachment, Holes & Tears
- Flashes and Floaters
- Diabetic Retinopathy
- Macular Holes and Puckers

239-325-3970 | retinaples.com

BREAST CENTER
OF NAPLES

WE OFFER THE AREA'S MOST COMFORTABLE MAMMOGRAM

breast imaging is all we do!

239-238-1210
BREASTCENTEROFNAPLES.COM
3555 Kraft Rd., Suite 350, Naples, FL 34105
If you are 40 or older, we do not require a doctor's order for your screening mammogram.

KRYSTAL SMITH, D.O.



Not All Fat is Created Equal

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

Diets lower in carbs are well known to benefit those with diabetes, because it helps to control blood sugar and inflammation. However, many people are eating very unhealthy fats that over time, will cause other chronic illnesses to occur.

If you've been eating butter, bacon, salami, processed and frozen foods, you will want to read on as to why these might be harming your health.

Healthy fats are the key to optimal wellness. Our bodies need fat to survive, and our brain needs fat to function properly. Saturated fats, processed fats and seed oils can increase inflammation in the body creating a slew of problems.

Saturated Fats

Too many saturated fats can cause atherosclerosis (plaque in the arteries). Saturated fats are in heavy cream, ice cream, pizza, most baked goods, pepperoni, salami, cheese, butter, etc. Some saturated fat can be healthy like egg yolks or coconut oil, but these must be eaten with other healthy foods like leafy greens as opposed to grains and sugar. When we combine grains or sugar with saturated fat, it creates a multitude of issues to take place. If you are consuming saturated fats, do so with caution. Too much and when combined with the wrong foods, cause detrimental effects to our health.

If you want to enjoy eggs, eat them with a side of roasted tomatoes or greens, and leave out the toast and hash browns.

Processed Meats

Hotdogs, salami and pepperoni are cured meats that contain nitrates, which are known carcinogens. There is strong evidence that these types of meats cause cancer of the bowel, stomach, rectum and colon. It's not just the nitrates, there is also a link between eating too much red meat, showing that it also causes the risk of colorectal and other cancers to intensify.

It's okay to enjoy a filet mignon or skirt steak once in a while, just not too often.



Trans Fat

The most common form of trans fats is found in processed foods. It's also called partially hydrogenated oil. These fats have one of the worst impacts on our health. They cause high LDL, high triglycerides, greatly increase stroke and heart attack risk and they also raise blood sugars and inflammation leading to type II diabetes.

Fatty Acids

We know that Omega-3 fatty acids are incredibly beneficial for us, but there is an increasingly high amount of Omega 6 oils in many people's diets. If you are consuming foods with sunflower and corn oil, omega 6 can begin to cause adverse conditions such as an increase in blood pressure, inflammation, water retention blood clots, heart attack and stroke. Omega-3 Fatty acids will have the opposite effect and increase overall health in the body and brain.

MUFAs & PUFAs

Monounsaturated fats (MUFAs) and polyunsaturated fat (PUFAs) are nutritious fats that help to lower LDL cholesterol, triglycerides, regulate blood sugar, and tamp down inflammation. These are found in foods like walnut, flax seeds, avocados, and olive oil. Eating higher amounts of these fats will help to promote better health.

If you are on a low carb or ketogenic diet, these are wonderful ways to control diabetes, and increase overall health, but doing these the healthy way is best. Think about eating whole foods such as non-starchy vegetables, berries, nuts, salmon, sardines, olives, avocados, chicken and eggs.

It's okay to splurge and have bacon or pepperoni and cheese every now and then, but we shouldn't be eating this way every day.

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.



Healthy Aging Month: 5 Tips for a Healthy Aging Face

By Daniel I. Wasserman, M.D.

September is Healthy Aging Month and while this topic alone could fill a large textbook, here are five tips to help us move through time more slowly and healthfully.

1. Sunscreen: The most important intervention one can do for the health of the largest organ of the body would be to use sunscreen. UV radiation (UVR) can accelerate the loss of collagen and elastic fibers in the skin, stimulate the overproduction of pigment, dilate superficial capillaries, mutate the DNA, and inhibit the skin's immune function which can lead to cancer.

2. Topical antioxidants: Not all the sun is blocked by sunscreen and some of it will make it through and over time will cause substantial damage. Topical antioxidants can help as a second line of defense to inactivate UVR damage as it is occurring.

3. Topical retinoids: Briefly, these products can help stimulate the production of collagen and slow the loss of collagen and elastic fibers. Over time, these products are powerful tools to slow time for the skin.



4. Pulsed-dye laser (PDL): PDL is the gold standard for the treatment of redness and dilated capillaries on the face used by dermatologists. Studies have shown that the single greatest factor contributing to an unhealthy appearance are red tones. PDL will reduce if not eliminate these tones leading to an overall healthier appearance.

5. Fillers: As we age, we atrophy bone and fat in the face. Additionally, muscles of the face may shift or become more or less active or tone at rest. Depending on the nature of one's process through this inevitable, but dreaded experience, proud cheeks could become saggy cheeks, dark circles may seem darker, and jowls may form. Fillers are an excellent tool when used in the right hands for the right patients to provide just a little help

with picking up some of these areas so that many of your friends may notice a more refreshed, rested look.

These 5 tips should be a useful start toward a dialogue with your physician about the ways you may want to consider ensuring a healthy aging process.

Daniel I. Wasserman, MD

Fellowship-trained Laser and
Cosmetic Dermatologist
Fellowship-trained Mohs Surgeon
Board Certified Dermatologist

Dr. Wasserman is a board certified dermatologist with fellowship training at Harvard Medical School in laser and cosmetic surgery, as well as fellowship training in Mohs skin cancer surgery. He has contributed as a dermatology expert for online and print magazines. In addition, he frequently lectures to professional societies and organizations on his diverse research. For more information about skin care visit the Skin Wellness Physicians website at www.skinwellnessflorida.com

239.732.0044

www.SkinWellnessFlorida.com

COACHING



Reverse My Diabetes

Denise A. Pancyrz

Diabetes & Holistic Lifestyle Coach
Speaker • Author

***Start to reverse your diabetes today...
see results in weeks.***

A One-of-a-Kind Online Diabetes Coaching Program!
Affordable • Practical Learning • Great Food • Motivating • Results

REGISTER: REVERSEMYDIABETES.NET/SERVICES/TRAINING
Call: (888) 848-1763 | eMail: Denise@ReverseMyDiabetes.net



WEBINAR

VIRTUAL GROUP
COACHING WEEKLY SERIES.
VISIT US ONLINE
TO LEARN MORE.



**SKIN WELLNESS
PHYSICIANS**
Denializing Rejection

THE GOAL IS
TO IMPROVE THE
HARMONY AND
BALANCE OF
YOUR SKIN.



DOWNTOWN NAPLES
1300 Goodlette Rd. N., Ste. 101
Naples, FL 34102

EAST NAPLES
Main Office
8625 Collier Blvd.

MARCO ISLAND
Marco Island Medical Center
531 Bald Eagle Dr.

 Visit us on Facebook

239.732.0044 • www.SkinWellnessFlorida.com

15 QUESTIONS FOR CHOOSING A HOME CARE PROVIDER

By Helen Bach

Opting for in-home care over assisted living and rehabilitation facilities is a growing trend that shows no sign of slowing down. The U.S. Bureau of Labor Statistics predicts that home health and personal care aid jobs will grow 34% from 2019 to 2029, a growth rate they classify as “much faster than other occupations.” And as more seniors choose home care over assisted living facilities due to COVID-19, there’s a good chance this industry will grow even more quickly than predicted.

Home care allows adults to live independently longer. It provides security and choice for the individual receiving care and peace of mind for their family members. From occasional respite care to a few hours a day to around-the-clock care, home care allows for flexibility.

Home caregivers can provide a wide range of services from help with personal care and daily living activities to rehabilitation assistance after surgery. When looking for a quality home care agency, evaluate each one you are considering with a thorough interview. The following questions will help you find a trustworthy, compassionate and professional provider.

Questions to ask

Are you licensed and insured? Licensing requirements vary by state. Request a copy of an agency’s “insurance declaration page” as proof of coverage. You can also ask whether they hold any special certifications or accreditations.

How long has your agency been in business? Ask who owns and operates them.

How do you select your caregivers? Look for an agency that checks references. Verify the level of experience caregivers have before they are hired. Ask about background checks — a good agency will conduct background checks on all its caregivers.

Are your caregivers bonded? Look for a caregiver who is bonded against theft and ask the value at which they are covered.



What to look for when seeking a trustworthy, compassionate and professional caregiver:

How do you train your caregivers? Ask whether the agency provides ongoing training after caregivers are hired.

Do you assign your caregivers a supervisor to oversee the quality of care your clients receive? If the answer is yes, ask how often the supervisor will visit the client’s home.

How much do you charge? When discussing cost, ask whether there are different rates for holidays and weekends. Verify how often you are billed, whether rates vary depending on services and training level of the caregiver, and whether they require a deposit. Ask if they accept credit cards, and if it applies to you, ask whether they accept long-term care insurance.

What hours are you available? Confirm whether they are available 24 hours a day, seven days a week, including weekends and holidays. Ask whether they are available for emergencies and if so, ask whether there is an additional charge for this.

Do I have to sign a contract that locks me into services? Look for a provider that offers flexibility in case your needs change. Ask about the process for submitting requests for changes.

Source: <https://synergyhomecare.com/blog/pasts/2020/november/15-questions-for-choosing-a-home-care-provider/>

Do you write a personalized care plan for each of your clients? If so, ask what it includes and how often it is updated. Ask whether they include family members’ input.

How often and by what means do you communicate with family members? Ask whether they provide electronic communication, verbal communication or regular reports. Ask whether there is an additional fee for this.

How do you handle problems and complaints? Find out who you can call and how the agency follows up on and resolves complaints.

How do you ensure the confidentiality of your clients?

Do you have back-up care if my caregiver becomes ill?

Can you provide references? Reference might include doctors, clients and family members?



239.990.2935

synergyhomecare.com

The Demand For Real Estate is High, But The Inventory is Low: **Now is The Time to Sell**

By Robert Nardi, Broker/Owner

With less than one month of inventory available, the Naples area housing market experienced a 14.5 percent decrease in overall pending sales. Low inventory levels in June also contributed to a 7 percent decrease in showings for the month. It appears that the wild housing market frenzy that began about a year ago, peaking in March, is now decelerating due to low inventory. A new level of activity reflects improved market equity for sellers and sustained buyer interest from people seeking permanent residency.

When the buying frenzy began a year ago in June, Naples had a 7.3-month supply of homes. As a result of the impressive year-long sales activity, our area now has a .9-month (less than 30 days) supply of homes. But the tight inventory isn't squelching demand quite yet. Closed sales in June increased 67.8 percent to 1,505 closed sales from 897 closed sales in June 2020. Due to the current inventory shortage, the overall percentage of the current list price received was 99.4 percent in June.

What does this mean?

In June, the inventory was so low that sales lessened, but demand was still there. If you are a Seller and have a newer pool home with at least three bedrooms and two baths, this is like having a "Golden Ticket." I put a single-family pool home up for sale recently (it was over 2000 sq. ft and had three bedrooms & a den with a list price of \$549,900), and I had over 40 showings in a 10-hour period, which garnered 22 offers. I meticulously cataloged

each offer, read the purchase terms, and then informed my Sellers accordingly. My Sellers directed me to ask for the highest & best by 6:00 pm on the 2nd day. By 6:30 pm, they chose an offer that fit with their move-out plans. It was a cash offer, closing in less than 19 days with a sales price of \$608,000 (that was over \$58,100 over the listing price!) It was astounding. My Sellers chose the cash offer over two financing offers that were even higher because they took a job in Nebraska and had to leave town within two weeks. They could not risk the financing offers to fall through since they were already purchasing another home.

My best advice for any Buyers out there in this market is to limit the number of contingencies you have when making an offer. The fewer contingencies you have with a sales contract, the more likely the Sellers will accept it.

Cash vs. Financing

When presenting an offer, the best offer would be a cash offer. If there is a financing contingency, there are many factors that could affect the outcome of the loan. First, in an accelerating market is the appraisal. Based on the current market, appraisals are not keeping up pace with the purchase price. For example, a home's sales price could be at \$450,000; however, the appraisal comes in at \$425,000. Even though it is lower, other homes that could substantiate a \$450,000 may not have closed yet. An appraiser generally looks at all closed sales of like properties within the past four months within a 2-3-mile radius of the purchased property. The loan will be denied if

the property does not appraise. The only way it would not is if the Seller would lower the price to \$425,000 (but that will never happen in an accelerating market), or the Buyer would have to add \$25,000 more to their down payment to fill in the gap of the appraisal price to come up to the purchase price. Some Buyers would not have this amount of money, and therefore would be denied the loan. The other factors could be the Buyer's debt to income ratio, employment, savings, etc.

Those who have cash but would prefer to finance the property have an option when presenting an offer to select "Cash or Financing." However, since "Cash" is selected, it means there is no financing contingency. If the Buyers were not approved for their mortgage on closing day, they would have to pay cash. Hopefully, they would have the money on hand to pay for the purchase, but if they did not, they most likely would have to forfeit their escrow deposits to the Seller, which would be a loss of thousands of dollars.

Annual rental market on fire!

Many Sellers are "cashing in" and then renting due to this accelerating market. However, the annual rental market here in Southwest Florida is very tight. Why? Not only is there a demand from Sellers in Southwest Florida that wish to rent, but many people living outside of Florida want to sell their homes and move south. Lastly, many Tenants who are currently renting are requested to vacate after their lease is up because the Landlord wishes to sell the property. If you are thinking about selling to downsize and then renting, please visit BuyNaples.Net. Nardi Realty has a large rental department and has a team specializing in rentals.

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

Board Certified M.D. with 20+ Years of Experience in Concierge Holistic Internal Medicine



- Moved practice from NYC to Naples
- A Cornell University graduate - authored hundreds of print & online publications and has appeared as a medical expert on FOX, CBS, ABC, and NBC.
- Author of 'Diet Slave No More!' book, phone app, & weight management program.
- A luxury concierge-style private practice with direct access to the doctor herself & instant feedback to your questions & needs
- Holistic Primary Care with meticulous attention to lifestyle, nutrition, and Mind-Body balance. Will help you manage your most important asset - your health.

Svetlana Kogan, M.D.

720 Fifth Ave S, Unit 209, Naples, FL 34102
(239) 676-6883 | www.customlongevity.com



NARDI REALTY

Robert Nardi Broker/Owner

Sales & Rentals
239-293-3592

Robert@NardiRealty.com
www.BuyNaples.net



"We treat every customer like our only customer!"

3400 Tamiami Trail N. Ste 103
Naples, FL 34103





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.

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

Logical Insurance Solutions for all your insurance needs - Dee Merritt
info@logicalinsurance.com
www.Logicalinsurance.com 239-362-0855

239-362-0855 **Logical Insurance**
www.Logicalinsurance.com info@logicalinsurance.com Solutions USA

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.

To schedule an appointment please call,
239-315-8271

Marco Island
40 Heathwood Drive, Suite E
Marco Island, FL 34145-5029

Naples
700 2nd Ave N., Suite 204
Naples, FL 34102-5701

Medical Insurance how does it work? What do I need? What do I qualify for? Where do I go? Confused? We can help!

The Answer:
Logical Insurance Solutions: We have a proven track record with the leading insurance companies in the industry. We educate consumers on their options and guiding them through the process of plan selection. This allows peace of mind to make the most educated and informed decision. Medicare is our specialty we can walk you through the government maze with ease.

Call for your personal consultation.
We also handle:

- Medicare Supplement/Medicare Advantage Plans
- Individual/Family Health Insurance
- Employer Group Plans
- Employer Plan vs. Medicare
- Life • Disability • Annuities • Long Term Care • Home Owners Insurance

239-362-0855 **Logical Insurance**
www.Logicalinsurance.com
info@logicalinsurance.com

Southwest Florida's
Health & Wellness Magazine

On the Web | On Facebook | On Twitter | In Your Inbox

Providing information
that will promote living a healthy, well-balanced lifestyle.

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 dorso-lateral prefrontal cortex, the region of the brain associated with mood control.

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

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

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



Dura Medical

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

- **Medication Management:** Meet with our Psychiatric Nurse Practitioner to adjust, change or fill your prescriptions.
- **Ketamine Infusion Therapy:** 70% of patients experience a significant reduction in symptoms; many during the first infusion.
- **Nasal Ketamine:** We are a Certified Spravato™ Healthcare Setting. FDA approved for Treatment Resistant Depression.
- **Transcranial Magnetic Stimulation (TMS):** FDA approved non-invasive procedure for Treatment Resistant Depression.
- **Psychotherapy:** Meet with our Psychologist for individual, couples and family therapy. Trauma therapy using Eye Movement Desensitization and Reprocessing (EMDR).



Stephen Durand moved to Naples 15 years ago to attend Wolford College where he received his training as a Certified Registered Nurse Anesthetist (CRNA) and earned a Master's degree from Florida Gulf Coast University. Stephen and his wife Liz, who is also a Registered Nurse (RN) love working side by side. "We experience great joy and satisfaction from helping people feel better."



1575 Pine Ridge Rd., Suite 16
Naples, FL 34109
239-734-3481 | www.duramedical.us

Make Hurricane Preparations for Your Pets

During any storm or disaster, it's too late to make a practical plan, so doing so now will alleviate stress for you and your pets and also help you to smoothly handle the situation. We often make plans for ourselves in advance, and while this is essential, making sure you have a place to go that is pet-friendly is critical. You absolutely cannot leave your pets behind.

The following information was provided by the CDC (Centers for Disease Control & Prevention) for Evacuation and Pet Preparedness:

Before an Emergency

To get started, familiarize yourself with the types of disasters that could affect your area and consider your options for providing care for your pet(s).

Disasters can happen without warning, so be prepared.

- Make sure your pet(s) wear collars and tags with up-to-date contact information and other identification.
- Microchip your pet(s) – this is one of the best ways to ensure that you and your pet are reunited if you are separated. Always be sure to register the microchip with the manufacturer and keep your contact information up to date with the microchip company.
- Keep a leash and/or carrier near the exit.
- Make sure you have proper equipment for pets to ride in the car (carriers, harnesses, pet seatbelts).
- Prepare a Pet Disaster Kit so evacuation will go smoothly for your entire family. Ask your veterinarian for help in putting together your pet's veterinary records.

Find Pet-Friendly Hotels

bringfido.com or call 877-411-FIDO
dogfriendly.com or call 888-281-5170
pet-friendly-hotels.net or call 866-966-3046
petswelcome.com
tripswithpets.com

Make a Plan.

- Plan where you and your pet will stay in case you need to evacuate your home. Pets may not be allowed in local shelters, unless they are service animals. Many disaster evacuation centers (such as Red Cross evacuation centers) do not accept pets and other animals.
- Identify shelters or out-of-town friends or relatives where your pets and other animals can stay.
- Locate boarding facilities or animal hospitals near your evacuation shelter and in the case you are unable to return home right away.
- Create a buddy system in case you're not home during an emergency. Ask a trusted neighbor who can check on your animals and can evacuate your animals if necessary.
- Locate a veterinarian or animal hospital in the area where you may be seeking temporary shelter and add the veterinarian's contact information to your emergency kit.
- Pet Disaster Checklist
- Pet Disaster Kit Checklist
- Create an emergency kit for your pet

Source: <https://www.cdc.gov/healthypets/emergencies/index.html>

Prepare an emergency kit for your pet ahead of time.

- Purchase a pet carrier for each of your pets (write your pet's name, your name, and contact information on each carrier).
- Food and water for at least 2 weeks for each pet
- For cats: litter box and litter
- For dogs: plastic bags for poop
- Medications for at least 2 weeks
- Medical records, including record of vaccination for rabies and other diseases, prescription medications, and medical history.
- Sturdy leashes or harnesses
- Microchip number
- Contact information (cell phone, work phone, home phone) of owner and close relative or friends

Animal Oasis Veterinary Hospital is here for you to help you prepare for storms or other issues that might arise. If you need pet calming products, medicine, records, or other important information, they are here to assist you.

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.

Contact Animal Oasis Veterinary Hospital to schedule vaccinations, pick up paperwork, and extra medications for your pets today!

239-431-9667

www.aovethospital.com

NOW OFFERING KETAMINE INFUSION THERAPY

No more 30 day wait. No more ER.

We help people suffering from mood disorders and chronic pain using innovative holistic treatments.

**Medication Management | Ketamine Infusion Therapy
Transcranial Magnetic Stimulation (TMS) | GeneSight® Testing**

We see people with the following health conditions:

Depression | Postpartum Depression | PTSD
Anxiety | Bipolar Disorder | OCD | Fibromyalgia
Migraine Headaches | CRPS | Rheumatoid Arthritis
Peripheral Neuropathy | Sciatica

D DURA
MEDICAL

(239) 734-3481

www.duramedical.us

**YOUR PET'S HOME
AWAY FROM HOME!**



**ANIMAL
OASIS
Veterinary Hospital**

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 Xrays, Radiology, Full Pharmacy and In House Diagnostics, Animal Oasis Veterinary Hospital provides your pets with the necessary options for treatment.

**Dr. Kimberly Greene
Dr. Liz Vacendak
Dr. Lien d'Hespeel**

239.431.9667

www.aovethospital.com

2700 Immokalee Road, Suite 16, Naples, FL 34110

A Comparison of Eastern and Western Medicine in Treating Headaches

According to Eastern Medicine thought, there are many paths up a mountain. In this article we will be discussing headaches and how both Eastern and Western medicine view headaches. The Western (aka biomedical) approach is reductionist and relies on empirical observation and symptom differential. The Eastern approach is dynamic, holistic, personalized and also relies on a symptom differential. However, that process looks quite different from the conventional approach. Here we discuss both approaches and how they differ.

How Does a Western Medicine Clinician View, Evaluate and Treat Headaches?

According to conventional western medicine, a headache is quite simply defined as the experience of pain in the upper neck, head or face. According to Western Medicine, the most common types of headaches are vascular (think migraines), or involve muscle tension and stress.

Primary and Secondary Type Headaches

According to the Mayo Clinic, there are two classifications of headaches, primary and secondary. In primary headaches, there is no identifiable underlying disease process that is the cause. Primary headaches are most common and are categorized as migraines, migraines with aura, tension and cluster headaches. Here we will briefly discuss the two most common primary headaches, tension and migraine.

Primary headaches are mainly due to lifestyle factors that trigger the headache. Examples include stressful events, poor sleep, poor posture, specific foods, skipping meals, alcohol, hormonal fluctuations, certain smells or bright lights.

Tension headaches are the most common type of headache. These account for 90% of all headaches and are usually felt on both sides of the head and can affect the eyes, scalp, neck as well as the head. Tension headaches are most commonly caused by chronic stress or a stressful event.

Secondary headaches are caused by an underlying disease process or illness. The list of causes is extensive but includes such things as sinus infections, influenza, infections, dental problems, glaucoma, hangovers, etc....

A western doctor will classify your headache as primary or secondary by assessing your symptoms and by doing a medical exam. If necessary, you may



need blood tests or an image of the head or neck. However, primary-type headaches are most common and usually do not require more than an in-office exam.

Western Treatment of Headaches

Treatment is determined based on your diagnosis. However, most people with primary headaches will be given over-the-counter pain relievers like Tylenol or NSAIDs like Ibuprofen.

If the headache is a migraine, treatment may include a prescription medication used specifically for migraines. The most likely scenario is that you will leave your clinician's office with some advice to rest and a prescription of some kind.

How does an Eastern Medicine Doctor View, Evaluate and Treat Headaches?

According to Eastern Medicine Clinicians, a headache is a manifestation of a symptom, in this case pain, caused by an internal imbalance, known as the root cause. Just like in Western medicine where headaches are categorized as primary or secondary, in Eastern thought, the cause is also categorized but in a very different way. The clinician will assess whether the pain is due to an internal imbalance or due to an external influence like an infection.

Most patients who have headaches due to an internal balance will be assessed for the type of imbalance by checking the patient's pulse, respiratory rate, color and quality of their complexion, their tongue color and coat. The patient will also be asked about the onset, time, location and character of the pain.

Through this lens, the clinician looks for a pattern unique to the individual to assess what type of imbalance is causing the headache. This differentiation establishes whether the person has imbalance

from a state of excess or a state of deficiency somewhere in the body. This means the patient may have an accumulation of too much energy stuck in their body or it could mean they are low in energy and need some kind of tonifying treatment to relieve their headache.

Excess headaches include symptoms like sharp or throbbing pain in the temples or behind the eyes, a feeling of cotton or wool inside the head, sharp pain or feeling of heat in the head or face, feelings of nausea or chest oppression. Deficiency headaches are usually dull rather than sharp, involve the whole head, and are relieved by rest or eating.

In a nutshell, the Eastern clinician is looking for patterns unique to the individual. After a pattern has been established, a diagnosis can be made and that is how treatment is decided.

What are your treatment options in Eastern Medicine?

There are several options for treatment in the Eastern Medicine clinician's toolbox. This may range from acupuncture, herbs, homeopathy, nutrition advice, stretching, stress-reducing techniques, meditation or simple exercises.

The patient's stress levels and environment will be assessed along with treatment of the underlying internal imbalance. The patient will have their history and current lifestyle considered in context with their symptoms.

The primary tools used inside the Eastern clinician's office are high-quality traditional botanical medicines, acupuncture or acupressure. In many instances, a simple trip for an acupuncture treatment can eliminate a tension headache or migraine in one session. Other times, it takes a few treatments as the underlying pattern is addressed. Patients will often come in for preventative treatment so that they can remain headache-free.

Do not suffer with headaches for another day. If you want to rid yourself of headaches, once and for all, call and schedule an acupuncture treatment. You can schedule online at anytime, www.AcupunctureSolutionsOnline.com or call during regular business hours at (239) 260-4566. In the majority of cases, acupuncture treatment can dramatically reduce and even eliminate a headache by the end of the visit.



KEEPING OUR CLIENTS SAFE AT HOME DURING COVID-19

Dear Chef For Seniors Community,

With the ever-changing COVID-19 situation we want to assure you that Chefs For Seniors is committed to the health and safety of our clients, franchise owners, employees, and local communities.

At Chefs For Seniors, we continue to reinforce the highest standards of safe food handling practices as well as guidelines set forth by the CDC.

Our priority has been and continues to be, the health and safety of our chefs and clients. If a chef feels that they are putting a client at risk by servicing them, they have been instructed to notify their home location so that alternate arrangements can be made.

We ask that you notify your local Chefs For Seniors office if you have a scheduled appointment and are feeling ill so that we can protect our chef employees. Good communication is key during this time.

We are reinforcing existing operating procedures to ensure that your meals are prepared using the guidelines from the health department and that our chefs are following procedures for safe food handling.



We would like to also assure you that all of our franchise owners and chefs are licensed with their ServSafe certification. Our operating procedures for cleanliness and sanitation include:

- Checking temperature before going to the home
- Social distancing while in the home
- Wearing face masks
- Thorough hand washing throughout the service
- Cleaning the kitchen before and after the service
- Wiping down groceries prior to use

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



CHEFS FOR SENIORS®

chefsforseiors.com

Phone: **239-776-1758**

Email: bill.springer@chefsforseiors.com

Acupuncture & Natural Health Solutions

2355 Vanderbilt Beach Rd, Suite 146, Naples, FL 34109

Functional Medicine Addresses:

- Immune Dysfunction • Pain • Anxiety • Depression • Fatigue • Digestive Issues
- Hormone Imbalance • Brain Fog • Insomnia • and much more...

Toni Eatros, Functional Medicine Specialist

19 Years of experience and expansive medical knowledge.

Call NOW To Schedule An Appointment

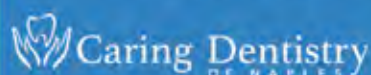
239-260-4566

www.AcupunctureSolutionsOnline.com

Offering Services In:

- Telemedicine
- Functional Medicine
- Acupuncture & Chinese Medicine
- Practical Homeopathy
- Herbs
- Nutritional Supplements

WE CARE ABOUT YOUR SMILE DR. BLANCO CARES ABOUT YOU!



4983 GOLDEN GATE PKWY.
NAPLES, FL 34116

(239) 455-1044

PATIENT SPECIALS!

WE ARE PLEASED TO OFFER SEASONAL PATIENT PROMOTIONS! CHECK OUT OUR SPECIALS TODAY!



WWW.CARINGDENTISTRYOFNAPLES.COM

Your Cleaning Service May Be Sweeping More Than Just Dirt Under The Rug

Pop quiz: How much do you really know about the people you hire to work in and around your home? Through casual conversations you may know where they live, their children's names and ages. You might know someone for whom they've done work or have a friend or acquaintance in common (that's probably how you found out about them in the first place).

But, what do you really know about your landscaper, electrician, painter, plumber, the cable guy, the guy who fixes your appliances, or the person who cleans your home each week (and to whom you have given a key!)? Are they financially responsible? Have they ever fallen into legal trouble or veered over the line into petty criminal behavior? And what do you really know about the people your service providers employ or how they go about hiring them?

Statistically speaking, there is a high probability that all of the service providers who come into your home are upstanding, law-abiding citizens. They work, right? And perhaps everyone should be forgiven the minor transgressions of their teenage years. But, while you don't need to be paranoid, you can at least be sensible. As a homeowner and customer, it is always your right to inquire about your service provider's hiring and other business practices that-if not executed properly and consistently-can create financial liability, even danger, for you and your family.

Five critical sets of questions to ask:

- **Hiring practices.** How and where do you source new employees? Do you check personal references? Do you conduct criminal background checks? Do you verify your employees are legal to work in the U.S.? And do you use credible sources for background checks?
- **Tax practices.** Do you have a federal employer's tax ID number? Are all of your employees of the W-2 variety? Do you pay all FICA, social security, unemployment insurance, and other required tax withholding for yourself and for your employees?
- **Bonding and insurance practices.** Are your employees bonded and insured to cover any damage to or theft of my property? Are you and your employees covered by workers' compensation insurance in the event someone gets injured while working on my property?
- **Certification and training practices.** Do your employees have all the required professional training and certifications to conduct the work I am hiring them to do? And if there is no required certification, do you offer employees training to ensure the protection of my assets?
- **Security practices (for instances where service providers require unsupervised access to your home).** How will you store my key? Who will know that you have it and where it is kept? How will my key be marked? And how susceptible will it be to loss, duplication, or theft?

Do not be afraid to ask these questions! If a home service provider is not paying their taxes or insuring their employees properly, you can be financially liable for back taxes, penalties, interest, and for loss or damage to your own property. Also, when you show you are savvy in the hiring process, your service provider is more likely to treat you with respect in other areas, for example, in assessing the work you need done or in quoting you fair rates.

Something else to consider: Best business and employment practices cost business owners money. In order to cut costs, many independent businesses or individuals skip the necessary precautionary measures of running criminal and personal background checks on their employees, thus attracting less than reputable employees to these smaller shop businesses. The benefits and job security provided by a more reputable company tend to attract and retain reputable employees that are keen to their stature in the employment screening process. If a home service provider quotes you a rate that is substantially below market or below their competitors, the difference is likely to be in their operating costs. So, don't just take 'yes' for an answer to the above questions. Ask for documentation! If a potential service provider gets offended or tells you it is none of your business, they could be getting ready to sweep THEIR dirt under YOUR rug.



239.596.5200 maidpro.com/naples
 239.437.5527 maidpro.com/fortmyers
 239.206.2881 maidpro.com/marcolisland

CHEF-MADE MEALS FOR SENIORS

Our chefs shop, cook meals for the week, and clean up. Cost similar to meal delivery. Customized to your diet.



CHEFS FOR SENIORS
 239-776-1758

chefsforseiors.com

Email: bill.springer@chefsforseiors.com

BOOK YOUR CHEF

Schedule weekly or bi-weekly visits with your chef. There are no long-term contracts to worry about.

WE COOK FOR YOU

Our professional chefs bring fresh ingredients and cook delicious, homemade meals in your kitchen.

ENJOY YOUR MEALS

You're set for the week! We leave you with customized, nutritious meals that can be eaten when you need them.

We've taken cleaning to a whole new level...

SERVICES AVAILABLE



NOT YOUR STANDARD CLEANERS

- Damage and theft protection
- Employee backgrounds
- Knowledgeable cleaners
- Satisfaction Guaranteed



NOW OFFERING! MaidPro MUSCLE Services

- Immediately Dry & Green Carpet Cleaning
- Upholstery • Tile & Grout
- Pressure Washing
- Window Cleaning



\$75 off CLEANING SERVICES

\$25 OFF YOUR 1ST, 3RD & 5TH CLEANING plus up to

\$125 off \$25 OFF EACH INDIVIDUAL MAIDPRO MUSCLE SERVICE

MAIDPRO MUSCLE SERVICES OFFER CANNOT BE COMBINED WITH OTHER OFFERS.



maidpro.com
 239.596.5200



Servicing Marco Island, Naples, Bonita Springs and Fort Myers Area

Hope and Optimism

By Pastor Timothy L. Neptune

Hope is confidence in God...not wishful thinking. To have hope is to trust in God to meet our needs...even in the midst of difficult times. When we do go through tough times our confidence in God can get a little rattled, as the Old Testament figure Job experienced. In the midst of his pain and heartache he cried out, *"Where then is my hope? Who can see any hope for me?"* (Job. 17:15)

Ultimately, hope comes from God. The Scriptures say, *"May the God of hope fill you all with joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit."* (Romans 15:13) Hope is an essential element of the Christian's life. In 1 Corinthians 13 the Apostle Paul included hope as one of the top three qualities of a person's life: *"And now these three remain: faith, hope and love. But the greatest of these is love."* (1 Cor. 13:13)

As followers of Christ, we are called to be dispensers of hope. We should exude a confidence and trust in God that demonstrates that we have hope. Yet I pose the question, "Can a person be filled with hope without being filled with optimism?" According to the encyclopedia, optimism is "to anticipate the best possible outcome." Can we demonstrate hope in God without anticipating the best possible outcomes of the situations we face?

I believe we can. In fact, I think hope is best exemplified when it is demonstrated in the face of negative circumstances. There are many times when hope and optimism go hand in hand. David had both when he faced Goliath. He had confidence in God and he expected the best possible outcomes...Goliath's defeat and an Israelite victory over the Philistines. And yet, there are many examples of people who had hope in God but did not anticipate the best possible outcomes.

Simon Peter is a good example. He and the disciples had been fishing all night and had caught nothing. They had worked so hard and yet still had nothing to show for their labors. And then Jesus tells them to cast out the net one more time. Simon did not expect to catch any fish. He was pessimistic. But, he had confidence in Jesus, so he cast the net. Though the circumstances did not look promising, his hope in God made up for his lack of optimism.

Esther is another good example. She had confidence that God would ultimately provide deliverance for the Jews but as she prepared to go before the King she said, *"...I will go to the king, which is against the law; and if I perish, I perish!"* (Esther 4:16) She demonstrated hope but not necessarily optimism.

The point is this: hope and optimism are not the same thing. You can still be hopeful even if you are not optimistic. You can still be a dispenser of hope even if you think you are going to face hard times ahead because you know that God will meet your needs.

Jesus didn't sound very optimistic when he said, *"These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation (a rather pessimistic view); but be of good cheer (maintain your hope), I have overcome the world (which is the basis of our hope)."* (John 16:33)

Hope doesn't mean that the best possible situations will always occur, but it does mean that in some way God will bring something good or useful out of the situation. As we look into the future, we may not always be filled with optimism, but we must always be filled with hope...God is still in control!



VENTURECHURCH
Naples

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

PRIMARY CARE AND SPECIALISTS NOW OPEN AT PINE RIDGE MEDICAL OFFICE BUILDING

You and your family now have more convenient options for quality health care with the opening of Physicians Regional Medical Group at Pine Ridge. This new location across from the hospital offers multiple services in one location including walk-in clinic and primary care options, outpatient lab services, cardiology, gynecology, gastroenterology, orthopedics and more.

Join us for an Open House

Tuesday, September 28 • 5:30 – 7 p.m.

6376 Pine Ridge Road, Naples

Free screenings by appointment, space is limited

Call **239-326-0441** to register for:

- Biometric screening: *cholesterol and blood glucose are measured with a quick finger stick; no fasting required.*
- Blood pressure and heart rate
- Body Mass Index (BMI)

 **PHYSICIANS REGIONAL
MEDICAL GROUP**

