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Health & Wellness[®] MAGAZINE

October 2021

Collier Edition - Monthly

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Does Brain Fog Have You Feeling Like a Zombie?

BREAST & CANCER

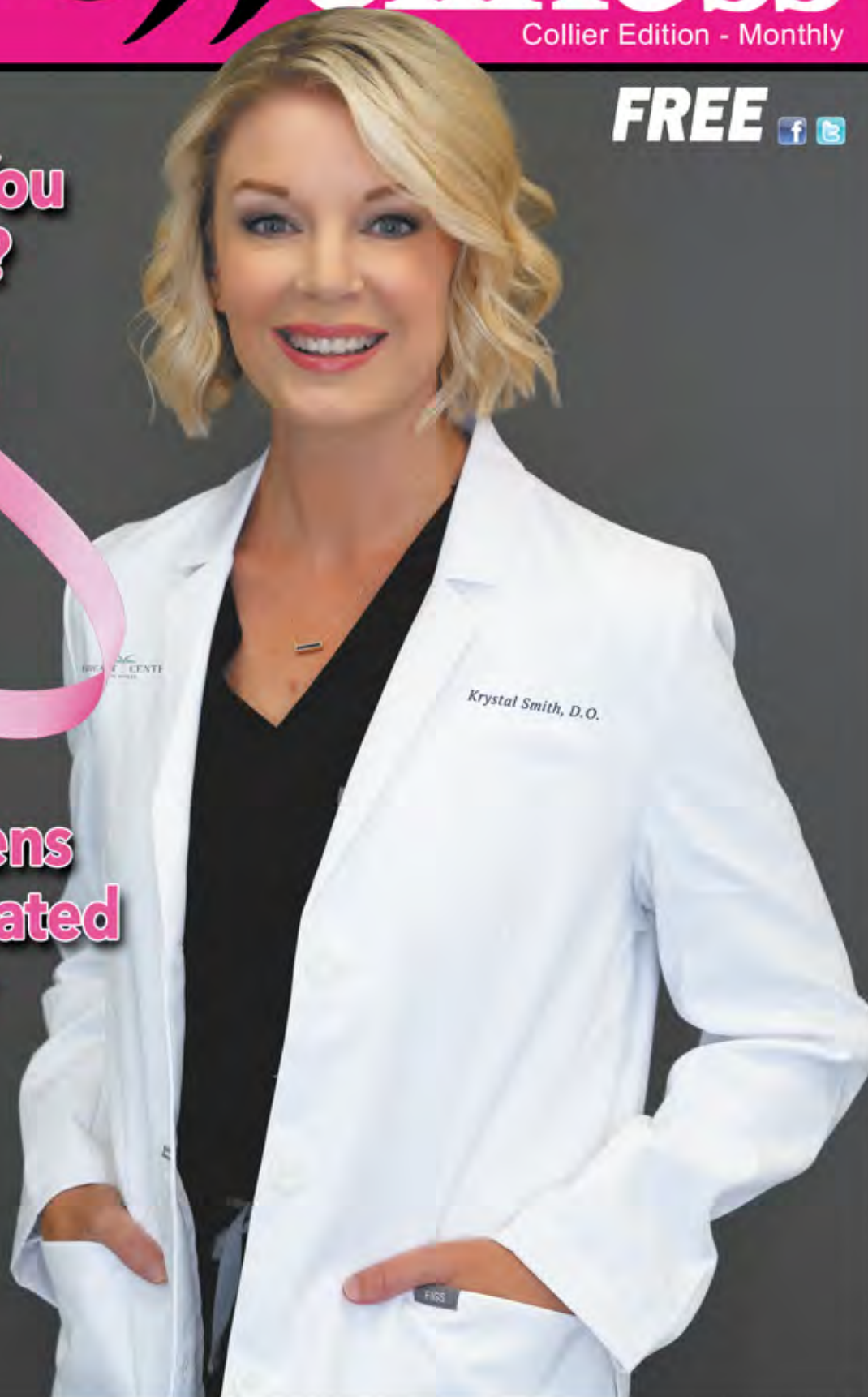
AWARENESS MONTH

Encouraging Signs in the Fight Against Breast Cancer

Breast Radiologist Opens State-Of-The-Art Dedicated Breast Imaging Center in Naples


BREAST CENTER
OF NAPLES

Krystal Smith, D.O.
Fellowship Trained Breast Radiologist



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Date	Time	Location	Location Address
October 14	10:00 AM	Perkins	4335 Tamiami Trl. E, Naples, FL 34112
October 19	2:00 PM	Perkins	4335 Tamiami Trl. E, Naples, FL 34112
October 21	10:00 AM	VIRTUAL	Contact us for Link
October 28	10:00 AM	Perkins	4335 Tamiami Trl. E, Naples, FL 34112
November 2	2:00 PM	Perkins	4335 Tamiami Trl. E, Naples, FL 34112
November 11	10:00 AM	VIRTUAL	Contact us for Link
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November 16	2:00 PM	Perkins	4335 Tamiami Trl. E, Naples, FL 34112
November 23	10:00 AM	Perkins	4335 Tamiami Trl. E, Naples, FL 34112
December 2	2:00 PM	Perkins	4335 Tamiami Trl. E, Naples, FL 34112



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

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

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- * *Some people have atypical symptoms.*

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1. A 2018 study that compared the Catalys with another leading laser concluded that the Catalys demonstrated superior outcomes in terms of the patient experience, completeness of capsulotomy, and ease of cortex removal. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6087026/>

2. In addition to the 2018 study noted above, a 2016 study showed that when compared to another leading laser, the other laser showed significantly higher cumulative dispipated energy and the neutralization power needed in comparison to the Catalys group. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5077265/>

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OCD Clinical Trial

DO YOU SUFFER FROM OCD?

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



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



What is OCD?

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

OBSESSIONS

Repetitive and unwanted images, thoughts or urges.

COMPULSIONS

Behavior that you repeatedly perform to reduce distress.

DISTRESS

You feel like the thoughts must be significant, and they bother you.

TEMPORARY RELIEF

The compulsions only make you feel better for a little while.



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)

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KIDNEY CANCER: Are You at Risk?

By Neetu Malhotra, MD

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

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

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

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

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

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

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

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

Treatment

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

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

Associates in Nephrology

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

Chronic Kidney Disease Program

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

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

Source:

1. https://www.nftr.org/cancer-types/kidney-cancer/?gclid=CjwKCAIAYc2BBhAaEiwA44-wW9qTM7gXbIKsBU1ldxNN-rM7OKwmG3j43bZni6h175MIIQCzwNsKORoCE5QQAvD_BwE

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

Services Provided

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

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

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

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DR. PEREZ-SOTO TREATS BREAST CANCER PATIENTS WITH ONCOPLASTIC TECHNIQUES LEAVING MINIMAL SCARING

In the past, diagnosing breast cancer meant that a woman would most likely lose her breast or part of her breast and be left with nothing but a debilitating scar. Even though the operations are lifesaving, they can result in long-term pain. Deformities can be difficult to conceal and make some woman self-conscious and lower her self-esteem, but with the new development of oncoplastic techniques, surgeons that have been properly trained in this surgical modalities can achieve results that are minimally noticeable with scars that do not cause interference with normal daily activities.

Dr. Perez Soto, board certified in general surgery, specializes in robotic hernia repair, complex abdominal wall reconstruction, and gallbladder surgery. Another special technique that Dr. Perez-Soto uses that many patients may not know is oncoplastic techniques for breast cancer surgery.

Oncoplastic Breast Surgery combines the techniques of traditional breast cancer surgery with the cosmetic advantages of plastic surgery. The goal is to remove the cancer while minimizing the unwanted effects of surgery, helping patients heal both physically and emotionally.

“Without these techniques, scars could attach to the muscles of the chest that aid in arm movement and this can cause severe discomfort and an unsightly appearance,” Dr. Perez-Soto explains.

Some of the techniques used for lumpectomies, or partial removal of the breast, include hiding the incisions in natural creases, mobilizing breast tissue to avoid adherence of the skin to the muscle, and implants that provide added volume were the breast



tissue has been removed. The non-affected breast can also be lifted, reduced and made similar in size and shape to the affected breast. Most insurances will cover this surgery.

There are other advanced techniques that Dr. Perez-Soto performs in combination with Board Certified plastic surgeons that preserve the skin of the breast as well as the nipple while removing most of the breast tissue. This is then followed by a breast implant by the plastic surgeon mainly for patients that need removal of the whole breast, or mastectomy.

One of Dr. Perez-Soto's patients was very diligent with her mammogram screening and was diagnosed with an early type of breast carcinoma that, fortunately, was

small and curable. She had a lumpectomy with oncoplastic reconstruction and a small part of her breast removed with a scar that is barely visible.

“This patient had tissue inside her breast moved around and a small implant that absorbs over time was placed to mark the area of the tumor. This provided a scaffold for her scar tissue to fill the empty space left by removing the tissue of the breast. I can happily state she has fully recovered from her surgery. The almost invisible scar is healing and will continue to keep healing,” Dr. Perez-Soto explains.

Although the thought of surgery for breast cancer can be a challenging and frightful experience for patients, having a kind and trustworthy, skilled surgeon such as Dr. Perez-Soto can make any life-saving procedure easy to bounce back to being a healthy, confident woman.

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Dr. Yaritza Perez Soto is located at Physicians Regional – Gulfview General Surgery, 11181 Health Park Boulevard, Suite 3050, Naples FL 34110. To schedule an appointment with her, please call 239-348-4221 or visit PhysiciansRegionalMedicalGroup.com.

*You're not
Alone!*

BREAST RADIOLOGIST OPENS STATE OF THE ART DEDICATED BREAST IMAGING CENTER IN NAPLES

Did you know that **1 in 8 women in the United States will develop breast cancer** in their lifetime and breast cancer is the second leading cause of cancer death in women? A mammogram is the only test shown to reduce breast cancer deaths.

Mammograms can detect cancer early and when it is most treatable, long before it can be felt. The average size of a breast cancer detected by mammography is around 1 cm, but can be as small as 2-3 mm. However, by the time a woman can feel a breast cancer, they are often 2-3 cm in size. This difference can have huge implications in treatment and overall mortality.

Over the past year and a half during the COVID-19 pandemic, many women have skipped their routine annual mammograms for fear of going to a hospital or large outpatient clinic where they might be exposed to patients with COVID. With the new Delta variant, many women are still fearful of the same thing and may make the decision to skip this year's mammogram as well. Unfortunately, breast cancer did not stop because of the COVID-19 pandemic, so screening can't afford to either. At the Breast Center of Naples, Dr. Krystal Smith and her team offer a safe environment for women to have their mammograms performed. In contrast to having breast imaging performed at a hospital or large outpatient center where women could come into contact with ill patients, women can rest assured that only breast imaging studies and procedures are being performed at Breast Center of Naples. This privately owned, free-standing breast center also takes every possible precaution to create a safe, socially distanced environment. Breast Center of Naples does NOT require a provider's order for a screening mammogram or screening ultrasound for ladies age 40 or older. So don't delay getting your routine screening mammogram!

Also patients who have a breast problem such as a lump or discharge, should not delay evaluation. They should immediately see their doctor who will subsequently order diagnostic breast imaging.



Not only does the Breast Center of Naples take pride in making things easy for the patients, they love to take the burden off the shoulders of the referring clinicians as well. Once a physician or practitioner sends them an order for a patient, the patient is contacted promptly to schedule the appointment. Breast Center of Naples also takes care of requesting all prior imaging.

Dr. Smith, a fellowship trained breast radiologist, opened the doors of Breast Center of Naples in May 2021. This privately owned, free standing breast imaging center offers screening and diagnostic mammograms and ultrasounds, image guided biopsies, pre-operative localizations, and bone density studies. Every examination is read by only fellowship-trained breast radiologists. Patients are not just a number at Breast Center of Naples either. Every aspect of the care they provide is hands on. For example, no patient will ever receive a letter in the mail regarding an abnormal screening mammogram without first being contacted by their Nurse Navigator to discuss results and to schedule them for additional recommended imaging. Dr. Smith thoroughly discusses results of diagnostic exams and biopsies with the patients. Timely diagnosis is also of utmost importance to Dr. Smith and her team, thus any additional imaging or biopsy that needs to be performed is done so in days, rather than weeks.

Not only does the Breast Center of Naples offer this specialized care, they do this in a unique setting unlike any in Collier or Lee County. A luxurious,

spa-like, atmosphere awaits the patient where they are treated like family as soon as they enter the office. When the patient first arrives, they will experience the center's beautiful reception area and welcoming staff. Once it is time for the patient's imaging, they will be taken to a calming secondary waiting area with ample dressing rooms and a plush robe for the exam. Breast Center of Naples boasts the area's "most comfortable mammogram" with Smart Curve technology from Hologic.

Breast Center of Naples wants to ensure that this expert, timely care is accessible to all. They accept all major insurances, Medicare, and Medicaid. They also recently partnered with Partners for Breast Cancer Care to care for underserved patients in Southwest Florida.



It is easy for patients or their providers to request an appointment at Breast Center of Naples.



Call today at 239-238-1210 or request an appointment through their website www.breastcenterofnaples.com.

Referring clinicians can fax orders to 239-238-1212.

They look forward to serving you!

3555 Kraft Rd., Suite 350
Naples, FL 34105



ENCOURAGING SIGNS IN THE FIGHT AGAINST BREAST CANCER

By Dr. Arie Dosoretz

Every October, National Breast Cancer Awareness Month represents an opportunity to reassess the impact of breast cancer in our lives and the lives of those we love, as well as our community.

The average risk of a woman in the U.S. developing breast cancer during her lifetime is about 13%, or one in eight women. In recent years, the incidence rates have increased slightly by .5% per year. And in 2021, the American Cancer Society estimates 281,550 new cases of invasive breast cancer will be diagnosed in women in the U.S.

These statistics demand our full attention, as do the weapons that we have in our fight against breast cancer.

To continue making progress, we must focus on advancing access to care as well as providing the most advanced treatment and technologies available.

Breast cancer treatment usually involves a combination of surgery, radiation therapy and systemic treatment in the forms of chemotherapy and hormone therapy. Surgical approaches include a breast-conservation approach, often called a lumpectomy, in which the tumor is removed and the rest of the breast is preserved. The other common surgery is a mastectomy, a surgery in which the entire breast is removed.

Radiation therapy uses targeted doses of radiation to kill cancer cells. It works by damaging the genetic material inside cancer cells. Once this happens, they are not able to grow and spread. Radiation therapy is prescribed for several reasons. The most common goal is to cure a patient's cancer, but even when this is not possible, radiation can be used to shrink tumors and reduce their associated symptoms. The phrase "radiation oncology" covers all aspects of radiation treatment. As each patient is different, it is critical to create an individualized plan based on all the relevant factors in a given patient's case.

Modern radiation technology can target cancer cells with extreme accuracy while preserving as much of the healthy surrounding tissue as possible.



Recognizing that each patient is different, doctors at Advocate Radiation Oncology create an individualized treatment plan using the latest techniques available. The practice offers the following treatments:

- External Beam Radiotherapy (EBRT) and Intensity-Modulated Radiation Therapy (IMRT)
- High-dose Rate Brachytherapy (HDR)
- Stereotactic Radiosurgery (SRS)
- Stereotactic Body Radiation Therapy (SBRT)
- Surface-Guided Radiation Therapy (SGRT) and Deep-Inspiration Breath Hold (DIBH)

Advocate Radiation Oncology is also proud to bring a powerful treatment option in the fight against cancer as it establishes the first proton therapy center along Florida's west coast. An advanced form of radiation that uses proton beams to target tumors precisely, proton therapy has proven effective for the treatment of many common cancers.

Proton therapy uniquely spares significant dose to normal tissue, while delivering powerful treatment to areas of disease. This treatment option can lead to improved outcomes in combination with reduced toxicity and side effects in patients. The entire team at Advocate Radiation Oncology is honored to bring world-class cancer care close to home.

Early detection, effective treatment options and continued research are our best allies in the battle against breast cancer. We will continue to stand proudly with our patients and loved ones in their fight against this disease.

About the Author

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

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Eye Injury Prevention: Facts & Tips to Keep You Safe

By Duane Wiggins, M.D.
Board Certified Ophthalmologist, Cataract & Refractive Surgeon with Quigley Eye Specialists

Almost all eye injuries could have been prevented if the individual wore protective eye wear. How many times have you worked on a project at home or at work that you knew could potentially harm your eyes and you didn't wear safety goggles or glasses?

When things get stuck or poke you in the eye, more often than not, wearing protective eye wear could have prevented the injury.

Eye injuries often occur from trimming hedges, carpentry, crafting, yard work, crazy gluing an item, bleach or chemical splatter, and cooking oils to name a few.

Additionally, sports outdoor activities, and falling contribute to a majority of eye injuries. When you're at home, preventing falls is critical, but they normally take one by surprise, so falling and hitting your eye on the corner of the end table may not be something you know will happen in advance. However, keeping area rugs and cords out of the way can help to prevent such issues from happening. If you are someone that has balance issues, using a walker or cane can help immensely.

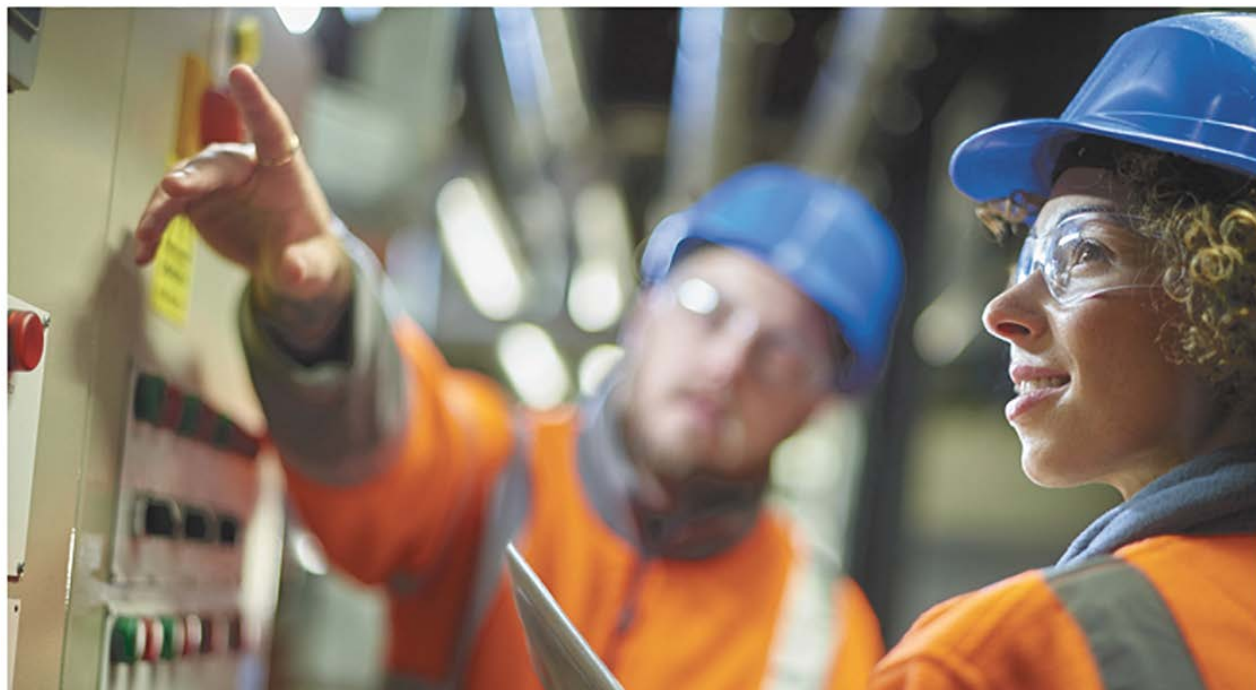
Sports and outdoor activities may also result in unexpected eye injuries. Getting hit in the eye with a ball is common or getting jabbed in the eye by an elbow or fist is unfortunately also widespread when it comes to sports.

Surprising Facts About Eye Injuries

The fifth-annual Eye Injury Snapshot conducted by the American Academy of Ophthalmology and the American Society of Ocular Trauma found that:

About Quigley Eye Specialists

Dr. Wiggins is a board-certified Ophthalmologist, Cataract and Refractive Surgeon with Quigley Eye Specialists, a world-class eye care practice specializing in cataracts, laser cataract surgery, glaucoma, iLASIK, dry eye, eyelid surgery, retinal issues, corneal conditions, facial plastic surgery and routine eye care. Quigley Eye Specialists has served the region for more than 30 years with locations throughout Florida including Sarasota, Venice, North Port, Port Charlotte, Punta Gorda, Cape Coral, Fort Myers, Lehigh Acres, Bonita Springs, Naples and Coral Gables.



Most people believe that eye injuries are most common on the job — especially in factories and on construction sites. But in fact, nearly half of all eye injuries occurred in the home. Home repairs, yard work, cleaning and cooking caused more than 40% of eye injuries. More than a third of those injuries in the home happened in the kitchen, bedroom, bathroom, living room or family room.

More than 40% of eye injuries every year are related to sports or recreational activities.

More than 78% of people were not wearing eyewear at the time of injury. Only about 5% of those who were wearing eyewear (including glasses or contact lenses), were wearing safety or sports glasses.

Protecting Your Eyes Prevents Injury

Whether you're exercising, playing sports, doing home maintenance, or suffer from balance issues, wearing protective eyewear can present numerous eye injuries and save your vision.

Source:
<https://www.ooo.org/eye-health/tips-prevention/preventing-injuries>



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.



PERIPHERAL NEUROPATHY: ALTERNATIVE TREATMENT OPTIONS



By Richard Hiler, DABCN

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

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

Symptoms of Neuropathy

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

Neuropathy Causes and Treatment

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

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

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

Proactive, Groundbreaking Peripheral Neuropathy Treatment

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

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

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

Treatment Benefits

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

Feel Amazing Institute

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

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

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

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

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

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

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



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Health Insurance – Medicare 2021 Annual Election

Open Enrollment Starts October 15, 2021, Individual/Family Open Enrollment is coming soon!

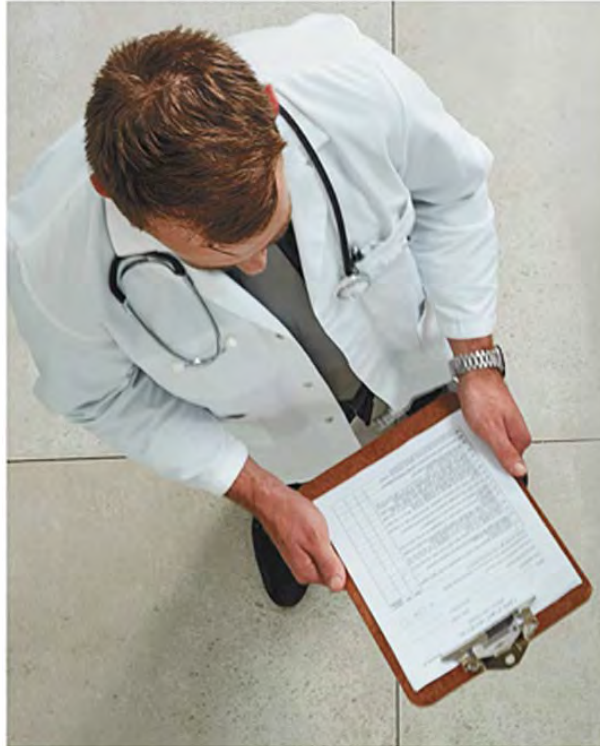
By Ulla-Undine Merritt (Dee) National Producer Number (NPN) 8853366

Medicare Beneficiaries who currently have Medicare Advantage Plan and Part D (Prescription Drug Plans) should have received their “Notice of Change” documents in September. These notices compare any plan changes from your current 2021 plan to your new 2022 plan. You will be automatically re-enrolled in your current plan if you do nothing and the new changes will take place January 1st, 2021. OPEN ENROLLMENT for MEDICARE PLAN changes starts October 15th and runs through December 7th, 2021, for a January 1st, 2022, effective date. The last plan you select during this period will be your plan for 2022.

Part C Medicare Advantage Plans - One of the biggest mistakes I see is that people do not check their plan each year to make sure it is still the best for you. They look at the copays or the plan costs, not the detail. As an example, a carrier last year added a superior drug plan compared to other, nice right? But the problem was that the formulary on the plan people were paying a lot more for their medications that way outnumbered the savings. If you are on an Advantage Plan, you use 1 card for doctors, hospital, and medications. This is not a Supplement; your network is the insurance company. Advantage Plans when you are checking them your agent should be entering all of your doctors you see, not just your primary and your medications. Maybe you can qualify for some extra assistance call Low Income Subsidy, this is not Medicaid and allows higher incomes. This what we do for our clients, and we have helped have people thousand of dollars in their medical care.

Part D Drug Plans - formulary, premiums and pharmacy providers are constantly changing. It is very important that you check your medications each year to see what is best for you. Being on a plan and going to the wrong pharmacy can sometime cost you thousands.

Medicare Supplement they work together with Original Medicare and offer the most robust provider network. These plans do not have an annual enrollment period and you can stay on the plan as long as you live and pay your premium. You can not be singled out for a premium increase or terminated due to your bad health.



However, after your 1st 6-month of your Part B effective date you are not guaranteed acceptance. So, thinking you will get on them later when your sick will most likely not be possible. Carriers have medical underwriting questions. Florida is an entry age state for most carriers and what that means is you will remain the age that you enrolled in the plan for any future rate increases. So, say you enrolled at 65 and now your 75, you are still paying the 65-year-old rate not the 75-year-old.

Medicare can be very confusing so I would recommend that you meet with a licensed insurance broker that represents multiple insurance carriers. You should explain to them your current needs and concerns. Having a local agent that specializes in Medicare Plans is important. If you have a question, you should be able to reach that person who enrolled you in your plan. If you go online or call a toll-free number chances are, they are not local, and you will not be able to talk to them to clarify any questions later. It is important to know that it is illegal for anyone to contact you without your permission, if they do this ask them for their national producer number and name and tell them you will report them to Medicare. They should never call, knock on your door, and things on your door or car or confront you without your permission.

We offer Medicare Seminars in Naples and Fort Myers, plus WebEx and in person appointments!

Individual/Family Health Insurance Open enrollment will start November 1, 2021, to December 15, 2021, for January 1st, 2022, effective. This deadline pertains to fully insured plans that meet the Affordable Care Act (ACA)/Obama Care Guidelines. *Very important for people that have pre-existing conditions and or would qualify for government subsidies. There are additional lower cost options with National Insurance Carriers for people that are healthy and do not qualify for subsidy, these plans can be purchased year-round. You are NO longer penalized for not having health insurance that meets ACA guidelines.

You should really work with a local broker to explore all your options. Don't invite strangers into your house or give them your personal information over the phone. With Social Media, Facebook, WebEx solicitation if you do not know them please be careful. There are so many scams out there. Go or call a local agent, build a relationship and if in the future you have a question you can back and see them.

Also remember when *moving* you may have a special enrollment period to apply or change your health insurance coverage. Also check your wills, trusts, and make sure they follow Florida's laws and guidelines. Establish yourself with a local Insurance Broker, Attorney and CPA. Ask a professional, most of the time your first consultation is at no charge.

*We also do a complimentary homeowners review

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 Solutions USA
www.Logicalinsurance.com
info@logicalinsurance.com

Urinary Incontinence

Having an overactive bladder is nothing to be ashamed of. In fact, nearly 15 percent of women are dealing with it on a chronic basis. As you may suspect, it is more prominent in women due to pregnancies, menopause, and the unique structure of the female urinary tract.

Stress Urinary Incontinence (SUI) is a specific type of problem that is caused by movement or exertion. Certain movements can result in excess pressure on the bladder; which results in unintentional urine loss. In a healthy individual, the muscle surrounding the urethra, called a sphincter, is responsible for containing urine within the bladder. Our bladder walls are made up of muscles that must be relaxed for the bladder to expand. When incontinence occurs, it is because the muscles have been weakened and cannot maintain their normal function. Various events can lead to this condition; childbirth, trauma to the pelvic region, and even chronic coughing from smoking. Knowing the mechanics of urinary incontinence helps us to find a proper treatment.

The most troubling part of having an uncontrollable bladder is that it can happen at virtually any time, day or night. It can occur during laughing, sneezing, or working out. Anytime we experience strenuous physical activity could be the next embarrassing accident. As with most medical problems, being healthy can drastically reduce our risks. Being overweight can increase abdominal pressure making matters worse. A bad habit like smoking can induce coughing; which can weaken the abdominal muscles. There are different treatments available for this condition; ranging from Kegel exercises to surgery.

Kegel exercises are the clenching and unclenching of the pelvic muscles. It is accomplished by "bearing down" and releasing. Also, the use of Botox is an option. When we hear the word "Botox", it is generally attributed to the removal of wrinkles. However, in this case Botox is used to treat and reduce daily bladder leakage.

Botox has been FDA approved for incontinence sufferers and has shown great success. It works by injecting the Botox into the bladder muscles; this allows them to relax and store more urine with less stress. Botox is not a permanent solution and needs to be re-injected every 9 to 12 months.

Durasphere injections are another option; they are bulking agents that consist of non-migratory and non-absorbable prolytic-coated graphite beads in a gel.



A mouthful to say, but it's actually a quite simple procedure to help control uncontrollable bladder leakage. The bulking agents are injected straight into the urethra to fill up the space that permits urine leakage. The injection actually thickens the bladder making it more easily retain a healthy amount of urine. The pyrolytic carbon has been used in the medical field for over 30 years in implantable medical devices and it is non-reactive to tissue. This treatment is a safe and effective, minimally invasive, outpatient procedure option for urinary incontinence.

When it comes to treating urinary incontinence, the InterStim device is the most technologically advanced. This product has been used for over 15 years with over 100,000 individuals undergoing the procedure. The small device is surgically placed underneath the skin to stimulate the sacral nerves, the nerves that control the bladder. It blocks communication between the brain and the bladder. About the size of a pacemaker, this device sends electrical pulses down to the nerves of the pelvic floor. This is a method to reduce the contractions of an overactive bladder.

Urinary incontinence is not something that will go away on its own. Proper treatment is the only way to alleviate the symptoms. If you have any questions regarding incontinence, you can contact Advanced Urology Institute at (239) 465-4157.



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.

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

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

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

Pain Conditions We Treat:

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

Pain Management Treatments

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



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

The Florida Pain Center

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

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

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

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



Florida Pain Center

NAPLES

(239) 659-6400

info@flpaincenter.com

730 Goodlette Rd North, #200

Naples, FL 34102

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

Holistic Solutions to Commonly Asked Health Concerns

By Svetlana Kogan, M.D.

People ask: *I get awful sinus headaches in the fall and winter. They are so bad that decongestants don't help. Why?*

Dr.Kogan answers: There is a good chance the medications are not helping because sinus trouble is not the source of your pain. In one recent study of 2,991 adults who thought they had sinus headaches, 88% actually had migraines. The confusion is understandable. During a migraine, the trigeminal nerve (one of the brain's pathways for migraine-related pain signals) fires overtime. This can also cause congestion. And incidence of migraines peaks in the fall – the shorter, darker days can result in serotonin dips, which can cause blood vessels to swell. Fortunately, 5-HTP, an amino acid that converts to serotonin, may help. Typically, 50mg taken once daily, is highly effective in reducing frequency and severity of migraines. I like 5-HTP by Douglas Labs or Biotics Research. Both vegetarian and No-GMO – available here: <https://us.fullscript.com/welcome/skogan> In addition to 5-HTP, try organic Feverfew extract by Herb Pharm, one full squeeze of the dropper bulb, dissolved in 2 oz of water 3 times /day. Also available at the above link.

People ask: *I battled a nasty cold last week, and now there is a protruding pea-sized lump in the front of my neck. It does not hurt, but it does seem to be getting bigger. Should I just chalk it up to swollen glands from being sick?*

Dr.Kogan answers: While swollen lymph nodes can be triggered by the common cold, they generally occur on either side of the neck, under the jaw, or behind ears. Plus they are tender and usually remain swollen only for as long as a virus lasts. On the other hand, a lump located on the throat that does not cause pain is likely a thyroid nodule. This type of solid or fluid-filled lump affects an estimated 10-15% of general population. There are various underlying causes of nodules, including iodine deficiency, an autoimmune condition called Hashimoto's thyroiditis, or rarely even thyroid cancer. The great news is that more than 95% of thyroid nodules are totally benign and have zero malignant potential.



It is important to see your primary care physician, who can determine the cause of your nodule with a physical exam, ultrasound, and blood tests. Most benign nodules will dissipate on their own but your doctor may recommend specific lifestyle and dietary changes to hasten this recovery.

People ask: *While doing some mindless exercises at my desk, I noticed a lump the size of nickel on my wrist. It is sore to the touch, and it seems to bulge even more after a long day of typing. I am a little freaked out – what is this thing?*

Dr.Kogan answers: Don't worry: this sounds like a ganglion cyst, a harmless lump that grows out of a capsule of the joint or from the sheath of a tendon, similar to balloon on a stalk. Ganglion cysts are very common, especially in women, and often occur when repetitive exercises (like typing) cause the tissue surrounding the joint to bulge out of place. As you've noticed, the more active the joint, the larger the cyst often becomes. Your doctor can confirm the diagnosis with a physical exam. He or she may recommend wearing a thin wrist brace like

an elastic ACE bandage for a few weeks to curb unnecessary movement of the wrist. You can still type while wearing it, but try to rest your wrist as much as possible. Also smart: using ergonomic keyboard setup at work, which will also minimize strain on the wrist. If these measures fail to shrink the cyst within three weeks, your doctor may be able to drain it or refer you for low frequency pulsed electromagnetic wave therapy.

People ask: *Exercising in my target heart rate zone exhausts me. I thought I was in shape. Why is it so difficult?*

Dr.Kogan answers: Don't feel disappointed in your stamina – you may just be pushing yourself too hard. Researchers at Northwestern College of Medicine in Chicago reveal that heart rate monitors (like those often used in conjunction with programmable treadmills) are likely to be inaccurate because they were programmed using an outdated formula. This results in a target number that is too high for many women, leading them to exhaustion. The good news: The researchers devised a new formula for determining target heart rate. Calculate 220 minus your age, and multiply the difference by 80%. So, for a 45 year old person, the target heart rate range is $(220-45) \times 80\% = 140$ bpm. So you want to be somewhere around that number. But since it is tough to take your pulse while exercising, here is an easier gauge: If you can carry on a conversation, you are likely in the low –to middle range of your target. If you are breathing too hard to talk, you may be working too hard. If you slow your pace and still tire easily – then see your doctor. She or he will look at your lifestyle (poor sleep and eating habits can cause breathlessness even in athletes), and possibly run tests to check lung capacity and cardiovascular health.



Svetlana Kogan, M.D. is a Board Certified Medical Doctor with 20 years of experience. She has appeared as a health expert on FOX, ABC, CBS, and NBC prime time TV, and has authored hundreds of publications for internet and print. She moved her Concierge Internal Medicine practice from Manhattan NYC to Naples, where her focus is on fusing traditional medicine with holistic approach to illness and prevention.

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Hospice vs. Home Health Care: How Do They Compare?

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

What's the difference between hospice care and home health care?

- Hospice is comfort care provided to a patient who has been given a prognosis of 6 months or less for an advanced illness when curative treatments are no longer effective or preferred. Hospice care manages symptoms and pain while focusing on quality of life.
- Home health care helps patients recover from injury or illness. Patients must be homebound and continue to show improvement.

Both types of care help avoid repeat trips to the hospital or emergency room by providing care at home.

What types of care are provided?

- Each hospice patient receives an individualized care plan that is updated regularly, based on their medical, emotional, and spiritual needs.
- Home health care patients receive specialized care that is targeted for improvement and independence, evaluated weekly and offered for a limited time.

Where is care offered?

- Hospice can be provided in a private residence, nursing home, or assisted living facility. Additional inpatient support is available when medically necessary or during times of respite until the patient can return home.
- Home health care is limited to a private residence.



Who provides care?

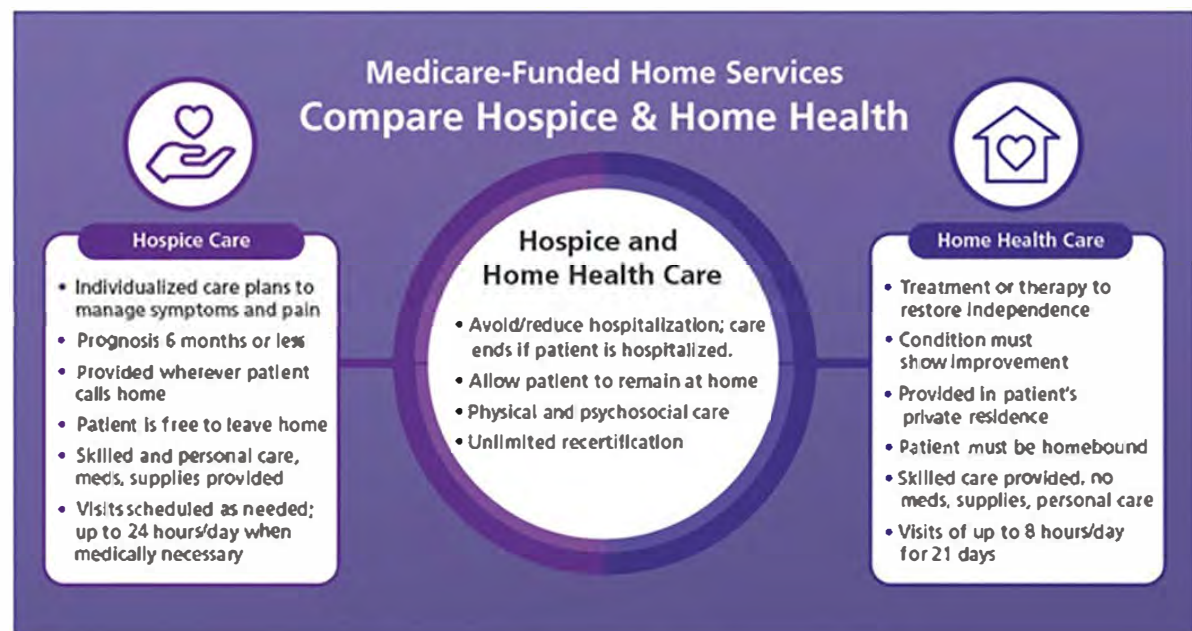
- Hospice care is provided by a team: physician, nurse, aide, social worker, chaplain, volunteer, and bereavement specialist.
- Home health patients receive care from nurses or specialized therapists, based on their diagnosis and needs. A patient must show improvement, and progress must be documented.

Is it covered by Medicare?

- Hospice: The Medicare hospice benefit (Part A) covers up to 100% of care related to a patient's terminal diagnosis, plus home medical equipment, supplies, and medications.
- Home health: Medicare does not cover medications; patients may be asked to cover the costs of supplies and equipment.

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 or call 866.759.6695.

VITAS.com | Since 1980



Bio-identical Hormone Replacement Therapy



Did you know that your doctor can easily order you hormone lab tests to see which hormones are producing normally and which might be imbalanced? It's important as we age to understand where our hormone levels are and how they are functioning for overall health and wellbeing.

BIOIDENTICAL HORMONE REPLACEMENT IS OPTIMAL

Bio-identical hormone restoration therapy is restoring hormone levels in a patient to balanced physiological levels of a more youthful age. In bio-identical hormone replacement therapy (BHRT), hormones are biologically identical to human hormones on a molecular level, which helps the body accept the hormone more effectively and avoid side effects commonly experienced with synthetic hormones.

The first objective in bio-identical hormone balancing is to address the patient's symptoms. When proper balancing is obtained patients feel better very quickly. However, equally important is the goal of providing the protective benefits the hormones offer to the cardiovascular system, the brain and central nervous system, bones, muscles, skin, eyes, and practically all the tissues of the body.

When hormone levels are balanced, neither deficient nor too excessive, both the protective benefits and the symptom management objectives can be met.

Many factors effect hormone balance including the body's ability to produce and regulate sufficient hormone levels, stress, lifestyle, and environmental factors. Addressing patient's symptoms with physiological dosing, therefore, is not a "cookie cutter"

approach. Occasionally, it takes time to find the sweet spot on an individual basis. We understand that everyone wants their body to experience an immediate and appreciable response.

BIOIDENTICAL HORMONE REPLACEMENT INCLUDES:

PROGESTERONE

Much more than a female sex hormone, progesterone can support GABA, the brain's relaxation neurotransmitter (progesterone receptors are highly concentrated in the brain).

ESTROGEN

Estrogen is the major female sex hormone (though men have it, too). When a woman doesn't have enough of it, it impacts her libido, her immune system, her mental health, and her heart health, to name a few.

TESTOSTERONE

The primary male sex hormone, testosterone in men is responsible for sex drive, muscle mass, bone density and an overall sense of wellbeing.

THYROID

The thyroid gland drives the production of many neurotransmitters that run the brain. If your thyroid is low, you feel sluggish, mentally foggy and depressed; if it's high, you feel anxious, jittery and irritable.

DHEA

Dehydroepiandrosterone (DHEA) is a precursor hormone to the sex hormones, meaning testosterone, estrogen and progesterone are all converted from DHEA.

NATURALLY HEAL & REPLENISH YOUR BODY

Vidaful is a life enhancing alternative medicine office in Naples, FL. Vidaful seeks to improve health through IV Therapy, Regenerative Therapy, Hyperbaric Chambers, Ozone Therapy, Colon Hydrotherapy 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.

Vidaful Offers Numerous Services Including the Following:

- IV Therapy
- Ozone Therapy
- Hyperbaric Chamber
- Colon Hydrotherapy
- Hormone Therapy
- Regenerative Therapy
- Blood Analysis
- Cryotherapy
- HOCATT Therapy
- Additional Treatments



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MEDICINE

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

Fitness with Fido: Health for Dog Owners

By Cederquist Medical Wellness Center

40 percent of Australian households have a family dog. Surprisingly those dogs seldom get the opportunity to accompany their owners on any kind of activity.

Say you know someone who really needs to get more exercise. If that someone had an enthusiastic exercise companion who needed physical activity as much they did, one who was always willing and ready to go, you'd think they'd be more likely to get out more often, right?

Wrong. Tragically wrong!

At least, that was the finding of researchers in Australia, where 40 percent of households have just such a companion – the family dog! Surprisingly those Australian dogs seldom get the opportunity to accompany their owners on any kind of activity.

In fact, the majority of the pooches are prisoners of their owners' sedentary lifestyles. No amount of furry fervor seems effective at getting the owners to walk their dogs, even though it would be good for everyone involved.

With humor seldom found in medical research, the investigators from the University of New South Wales wrote in the Medical Journal of Australia that the fitness impact of dog walking, 'has been gnawed by researchers... Hence, this report cuts to the bone and unleashes an incisive public health argument for increasing dog walking.'

Their argument applies to Americans, as well. The researchers do not offer any data indicating similar dog-walking habits among Yanks and Aussies, but both societies are similarly Westernized. Further, the same percentage of U.S. and Australian homes have at least one dog. With more than 65 million furry companions overall, Americans easily lead the world in dog ownership.

Americans also lead the world in obesity, and public health advocates have wrangled with various initiatives to get Americans to eat less and exercise more. Could the Aussies be on to something?

Here's what they found: Of almost 1,000 randomly sampled adults in New South Wales, the researchers reported that less than half achieved the U.S. Surgeon General's recommended 150 minutes of exercise weekly. These 150 minutes are required to achieve some 'health enhancements.'



Most dog owners in the sample (about half had dogs) were actually less likely than the non-owners to get their 150 minutes of exercise, either with or without Fido at their side. Most spent less than an hour a week actually walking with their dog. A surprising 59 percent said they never walked their dog at all! Some 26 percent said they walked the dog up to 2.5 hours over a week, and only 15 percent said they spent at least 2.5 hours weekly on 'walkies,' as the Aussies call this doggie duty.

There is myriad data that show that diabetes, cardiovascular disease and even some cancers can be avoided altogether if people became more physically active. With that in mind, the dog-walking researchers went on to establish some comically weighty – though scientifically legitimate – concepts about the 'dog attributable fraction' of disease that might be prevented if all dog owners were to get their pups out for that 2.5 hour standard.

The Australian researchers figured that if all dog owners paraded their pooches around the neighborhood for 150 minutes a week, then 71 percent of the total Aussie population would be getting enough exercise! (Remember, a dog might have more than one owner.) They estimated savings of about \$175 million a year (Australian) in reduced costs for cardiovascular disease, diabetes and colon cancer.

And that's to say nothing of the costs of caring for those poor, corpulent canines. Typically, we stick to issues of human health, but given Americans' famous devotion to their pets, perhaps the whole idea of Fitness with Fido would be more likely to take off if Americans understood how much their dogs need their 'walkies,' too.

Statistics vary, but some experts say that up to 60 percent of our pooches are presently portly, almost mirroring the proportion of their human companions. These dogs have many of the same health risks as overweight humans. Canine obesity is associated with heart and respiratory problems, diabetes, skeletal stress, and gastrointestinal disorders.

The U.S.'s biggest pet health insurance carrier, Veterinary Pet Insurance, says cardiac arrest claims for pets are up 47 percent, diabetes by 16 percent and hypertension by 27 percent. The Journal of Nutrition published a study showing that the pets of overweight owners were three times more likely to be obese than those of normal weight owners.

While a person who has to struggle with their buttons may notice their own weight getting out of bounds, most people simply don't have the knowledge to recognize a weight problem developing in a cherished pet. The result is a heavier and less active pet who is likely to die a premature death.

One long-term study by Purina showed that dogs kept at a healthy weight lived 15 percent longer than did overweight dogs. That's about the data as we see in humans.

We know that a nutrition and fitness program can turn that trend around for pets and their owners, but all the tail-wagging and enthusiasm in the world won't do any good unless those in charge – the people – turn the knob and step on out.

Through Thick & Thin

If you're the indulgent dog owner, consider that really pampering your pet means keeping him healthy, right along with yourself! To reach the U.S. Surgeon General's recommendation of 150 minutes a week of exercise, your Fitness with Fido program could start with just a 20-minute walk each day – of course, that's without stopping every ten feet to sniff a bush.

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

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HELP CALL
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DOES BRAIN FOG HAVE YOU FEELING LIKE A zombie?

BY TOM EVERTS PA-C, IFMCP

Why did I walk into this room? Where did I put my keys? These questions might sound familiar, but some of you may be on a merry-go-round of these questions every day. In addition, difficulty finding words, the feeling of mental exhaustion and lack of clarity are all symptoms of something called *brain fog*.

Brain fog has been associated with many conditions including hypothyroidism, lupus, fibromyalgia, menopause, Celiac disease, chronic fatigue syndrome, ulcerative colitis, Covid-19 and many more. Despite the number of associations, there are no diagnostic tests for brain fog, which means these symptoms often get pushed under the rug. This may leave you feeling hopeless, or worse, thinking it's a normal part of life.

Fortunately, there does not appear to be any physical abnormalities in the brain of those suffering from brain fog. However, what is spooky when looking at the list of conditions above is there doesn't appear to be any clear link. So what is causing the symptoms of brain fog?

NEUROINFLAMMATION! Scary, right? This simply means inflammation of the brain, which is good in small doses, but problematic if triggered chronically. You see, appropriate amounts of inflammation help to protect us from viruses, bacteria and other pathogens, but when it's on overdrive the normal functions of the brain are disrupted.

Enter: the Gut - the place of digestion, absorption and elimination... if all goes well. The gut is home to trillions (~100,000 trillion total) of bacteria, viruses and yeast that work WITH our own physiology to promote health - this is our *gut microbiome*. It is estimated that 70% of our immune system is located in our gut. What could go wrong?

Leaky gut results in increased uptake of pathogens from the gut into the blood stream, which triggers neuroinflammation. Leaky gut is caused by many things, including poor diet, stress and lack of sleep. It is likely the mechanism behind developing food allergies, autoimmunity and promoting systemic inflammation.

Gut ecosystem imbalances (imbalance between good and bad bacteria) or leaky gut have been linked to all of the conditions previously referenced. Whether it is hypothyroidism, Celiac disease or chronic fatigue - the link is apparent: poor gut health.

If you're suffering from brain fog, here some things that may help:

THE BASICS

Eating strategy:

A range of colorful vegetables is ALWAYS a good idea. Vegetables help to feed the gut microbiome and provide our body with vitamins and other key nutrients. Drink plenty of water, always! Foods high in omega 3 fatty acids, like sardines and salmon, have been shown to reduce brain fog, as well. Bone broth is full of collagen and micronutrients and helps repair leaky gut.

On the other hand, the standard American diet, which is full of sugar, processed foods and refined carbohydrates, tends to feed the bad bacteria in our gut - promoting inflammation and perpetuating symptoms of brain fog. The perfect zombie diet, perhaps.

Sleep:

This may come as a no-brainer, but getting 7-9 hours of sleep is critical in promoting healthy brain function.

Exercise:

Regular exercise, including 30 minutes of walking every day, is helpful to improve brain function.

Stress:

Finding ways to unwind that you enjoy is *critical* in reducing symptoms of brain fog. This can be meditation, journaling, exercise or even listening to music. Be intentional about reducing your stress - your brain will thank you.

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

DEEPER DIVE

Testing:

Though there are no direct tests for brain fog, you should rule out any conditions that may be perpetuating the symptoms. This includes blood tests for thyroid disorder, stool testing to evaluate the microbiome, as well as food allergy testing.

Supplements:

Probiotics can help balance the gut microbiome, reducing inflammation coming from the gut. **Omega 3 Fatty Acids**, or fish oil, have been associated with overall reduced inflammation. **Curcumin, Resveratrol** and **Luteolin** have also been used to improve brain fog.

This article is not meant to diagnose or treat any specific conditions, and you should check with your healthcare practitioner before taking a deeper dive into causes of your brain fog. That being said, wading through even the most basic lifestyle modifications can be challenging when you throw brain fog in the mix. Reach out to a functional medicine practitioner to help guide you through specific changes you may need to make. There is hope to resolve your brain fog - you shouldn't have to feel like a zombie.

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



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



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What do You Know About POAs?

Many of us have heard of powers of attorney but don't really know what they are. Yet, it is in every person's best interest to have at least one POA, so decisions are made appropriately on our behalf.

We all need a durable power of attorney in effect, even a healthy eighteen year old teen. Nobody likes to think about these things, but what if your loved one becomes incapacitated and can no longer make decisions? In these cases, there are often disagreements in families over who should make decisions for that person. It can get quite messy, and very quickly. Who should have power of attorney to make decisions regarding what actions should be taken? And even worse could be if someone is incapacitated without a financial or healthcare power of attorney. Then it becomes a legal issue, and the courts may appoint a conservator to make those decisions. Now, it's a long and expensive legal process with total loss of control for the family.

What Is a POA?

A document that gives an agent the right to act on behalf of someone else is called a power of attorney (POA). Five types exist to grant different levels of authority. A power of attorney exists by state. For example, if your brother has POA for your father in Illinois, and he moves to Colorado, the POA is invalid. You need to know what the laws are in your state. Some states require annual re-certification. Also, if you have POA for your Uncle Bill and he passes away, you no longer have any legal right to handle his financial or other affairs, unless granted in a will. Another thing to know is that Social Security is a federal, not a state program. Social Security does not recognize POAs. You must become a representative payee to handle Social Security on behalf of someone else.

The five types of POA

A durable power of attorney (DPOA) means that the agent will continue to have authority to make decisions even if you become incapacitated. (Like going into a coma or having dementia.) Unless documented otherwise, a POA becomes effective immediately after it is signed (and notarized). If it is durable, the agent will continue to have authority to make decisions even if you become incapacitated, such as by having dementia or going into a coma. If it is a non-durable POA, it simply means that the agent loses authority if you become incapacitated.



All POAs end with the person's death. The person can also rescind a POA with a revocation form, as long as he or she is competent. Most of the POAs listed in this article can be made durable.

A Medical Power of Attorney Or Advance Directive allows an agent to make medical decisions for you if you cannot make them yourself. These include a broad range of medical treatments, surgical procedures, choice of health care facilities, organ donation and a broad range of medical treatment. Your agent will also make certain that health providers carry out wishes you have specified in your do not resuscitate (DNR) form or living will.

A General POA grants broad powers. This agent can make decisions for you regarding legal matters, real estate, business and financial matters. Your agent will be able to manage your banking, buy or sell property, pay bills, and enter into contracts. It is so extensive in nature, that it is usually used for a short period, for example, if you cannot be reached due to extensive travel.

A Limited, or Special, Power of Attorney gives an agent the power to act on your behalf but unlike a general POA, it's limited to specific purposes. As an

example, you might decide to grant someone the power to cash checks for you, but not access or otherwise manage your finances. These POAs expire at a specified time on the document or once a specific task is done.

A Conditional (or Springing), Power of Attorney only goes into effect in the event of a medical condition (usually incapacitation) or other trigger specified in the POA. For example, a soldier could create a springing power of attorney that is only in effect when he or she is deployed overseas. It can end when the person becomes incapacitated or at a specified date. As with every type of POA, it will also end upon death.

Be very specific and extremely careful when drawing up a POA. Information must be detailed about the agent's activities and duties. If specific language isn't there, it can cause some big headaches. If something is inaccurately listed as a trust, the trustee or successor must be the one to make financial changes. These sorts of issues can get sticky and require trips in front of a judge when the person is incapacitated.

If you know someone who is preparing to navigate these difficult issues, call **239-218-7739** to reach your local Oasis Senior Advisor. Oasis is a trusted resource for seniors and their families and can connect you to appropriate professionals for drawing up a POA, as well as other aging resources. One call to Sandy Moffett or Cindy Walker at Oasis Senior Advisors Lower SW Florida offers many solutions.

Sandy Moffett, Certified Senior Living Advisor



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3739 Milano Lakes Circle #408
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With Flu Season Approaching & The Lingering Delta Variant, Healthy Immune Systems Are Essential

Staying healthy through the ever-mutating coronavirus epidemic and the flu season is critical. Along with your vaccinations, social distancing, hygiene and mask wearing, you may be wondering how you can boost your immune system to help you fight off viruses and infections.

Boosting Your Immune System

Even though many people are feeling anxious, it's advantageous to stay in a calm state of mind, try exercising, taking a walk, yoga, meditating, praying, or anything that can help you unwind and decrease anxiety or fear. Getting good-quality sleep, eating a healthy diet, drinking plenty of water, and supplementing with vitamins and herbal remedies can also be very helpful. Along with immune boosters, adaptogenic herbs can also help to ease anxiety naturally.

Elderberry

Because of its immune-modulating and antioxidant properties, Black Elderberry is able to work at the cellular level and provide deep support for overall immune health. It has antioxidant properties that specifically support and maintain proper mucous membranes and protects the upper respiratory system. It can be used daily as an immune booster, or it can be taken in higher doses at the onset of a virus, like the flu, to lessen the effects and promote healing.

Turmeric/Curcumin

Curcumin is a spice that is very popular in Indian cuisine but has recently grown in popularity here in the US due to its anti-inflammatory properties and its ability to reduce oxidative stress.

Olive Leaf

The olive tree produces a molecule called oleuropein. This substance is found in the fruit, the oil, and the leaves. When it's extracted directly from the leaves, you're left with a potent antioxidant that is known for its oxidative and antioxidant effects. It is said to have five times more antioxidant power than Vitamin C. Olive leaf boasts a phytochemical component that is responsible for the immune-boosting power of the extract.

Zinc

Zinc is important for a healthy immune system, and it's well documented to help fight COVID-19 and the flu infections.

D3

D3 is converted into a hormone that is necessary to fight off infections. You can get vitamin D from the sun but supplementing during this time of year might be a better option to make certain that you are getting enough. Vitamin D3 should be consumed with leafy greens or vitamin K2 for better absorption.

Adaptogenic herbs like lemon balm and ashwagandha are important to help your body reduce anxiety and relax. Having an internal sense of calm can help stave off infections.

How to Maintain Healthy Immune:

- Good quality Sleep (6-9 hours per night)
- Exercise (cardio and strength training)
- Diet (minimal sugar and processed foods)
- Meditation or prayer
- Natural supplementation

WELLCOMEMD Introduces Dr. Melissa MacVenn

Melissa MacVenn, M.D.

Dr. MacVenn understands the importance of community. Growing up in the small town of Cherry Valley, Illinois, she idolized her family doctor. Even at the tender age of 7, Dr. MacVenn understood the importance of a personal touch. It was then her mom recognized she was destined to be a doctor.

After graduating from Bradley University with a Bachelor of Science degree in biology, Dr. MacVenn followed her idol's footsteps into family medicine, attending medical school at Ross University in Dominica then completing her clinic work in Chicago.

Twelve years of treating patients in urgent care "seeing patients come in so sick and hating that they're on all these different medications" caused Dr. MacVenn to shift focus to preventative medicine.

She recognizes that helping patients optimize their health requires more face-to-face conversations and trust. "I love the WellcomeMD model, I now have the time to dive deep with my patients and help them make the decisions to live a healthier, longer life. This more holistic approach will give them a better quality of life instead of only relying on prescribing multiple medications."

Prior to joining WellcomeMD, Dr. MacVenn was a physician with NCH Immediate Care in Naples, where she served as a supervising physician for the last four years.

Dr. MacVenn would be honored to work with you on your journey to optimal health.

WellcomeMD Concierge 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 physicians limit the number of patients they see, which means that we always have time for you.
- Individualized care with a comprehensive, proactive approach to your personal health.
- Appointments focused on your needs and preferences – not a billing code.
- From unhurried, 30-minute consultations to video conference appointments, or just a quick call or text – you choose.

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 appointment, please call 888.531.3844.

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A CAREER THAT'S ON THE MOVE

Are you ready for a new start? Do you like helping others? Do you want a career that is in demand? If you answer yes to these questions, you can get that new start with a career as a Physical Therapist Assistant at Hodges University. In two years or less, you can earn your Associate in Science degree and be ready to take your licensure exam.

What can you expect in this program?



"It is a rigorous program, but it's designed that way to help our students take what they learn in class and apply it in the real world," said Dr. Cindy Vaccarino, Director of the Physical Therapist Assistant program at Hodges University. "My fellow professors and I are passionate about this so we bring everything we've learned in our careers and share it with our students."

Recent graduates of the program can attest to the dedication of their professors.

"My instructors are absolutely incredible. They eat, breathe, and live for their students. There is not anything they would not do- they're family," said Valentine Antal.

"Everyone is awesome. Our professors have become my new idols!" said Sarah Plocharczyk.

"My cohort became like a little family. Being able to form these relationships that I will have for the rest of my life has been my favorite part about the entire program," said Charles Klein.



"The constant knowledge I was getting really made me love this program," said Samantha Hickory. "This program helped show me how flexible and adaptable I truly am."

One graduate, Corey Gallant, has even returned to assist with instruction for the program.

"We have fantastic instructors. They answer every question and will stay late to help you out. They're truly exceptional professors and really care about each student in the program," he said.

Students spend their time first in the state-of-the-art Health Sciences building on campus. They have a dedicated classroom, and two, modern labs where they apply what they learn. As they get closer to graduation, they will then take their skills to area hospitals, physical therapy centers and other organizations.



"This program requires dedication and hard work, but our students know that it is all worth it when they graduate and earn their license," said Dr. Vaccarino.

"It's really rewarding to be able to help people out in the world," said recent graduate Yusmyiels Rodriguez. "The program taught me that I can do more than what I thought I could do. I learned to believe in myself."



HODGES UNIVERSITY PTA PROGRAM

- CAPTE Accredited (required for licensure)
- 2020 first time pass on national licensure exam: 100%**
- Average employment after graduation since 2016: 90%**
- Job demand growing 29% in Florida*
- Average annual salary in Florida: \$62,830*

*According to CareerOneStop (careeronestop.org)

**PTA graduate data submitted in Hodges Summary Action report to the Commission on Accreditation in Physical Therapy Education on 2/23/21



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Are your bladder leaks disrupting you from living a normal life?

Do you get sudden, strong urges to urinate and are unable to control it? Do you go to the restroom 8 or more times a day? Do you have accidental leakage before you make it to the restroom? If you answered "Yes" to any of these questions, you may suffer from overactive bladder or urinary incontinence.



What causes bladder leaks and incontinence?

Bladder leakage, urinary incontinence or overactive bladder symptoms are not a normal part of aging. Millions of people worldwide suffer from these life-altering symptoms.^{1,2} These symptoms may occur because of abnormal communication between the brain and the bladder. This may lead to the feeling of an urgent need to urinate and an unwanted bladder contraction. You may also experience a need to rush to the restroom and leak or lose urine before you make it in time.

The good news, there are treatment options available to help regain control of your bladder.

The Doctors at Florida Bladder Institute are now offering Axonics® Therapy, a long-lasting solution that is clinically proven to regain bladder control and deliver clinically meaningful improvements in quality of life*.

What is Axonics Therapy?

Axonics Therapy is an advanced treatment option that is clinically proven for treating symptoms of overactive bladder (including urinary urgency incontinence), fecal incontinence and urinary retention.¹

Axonics Therapy works by providing gentle stimulation to the nerves that control the bladder and bowel, which can restore normal control and result in symptom improvement.

If you and your doctor believe you are a candidate for Axonics Therapy, you will first try the therapy for a brief test period that allows you and your doctor to see if the therapy provides satisfactory reduction of your symptoms. If it is determined that the therapy is right for you, you will have an outpatient procedure where a miniaturized Axonics implant is placed just beneath the skin in the upper part of your buttock.

What are the benefits of Axonics Therapy?

Axonics Therapy provides the possibility of saying goodbye to bladder leaks!

Long-lasting symptom relief: Designed to provide therapy for at least 15 years, providing a long-term solution for your symptoms

Relief without compromise: An implant that will not limit your access to full-body MRI's*.

Clinically proven results:

- 89% of treated patients achieved clinically significant improvements at 1-year³
- 93% of patients were satisfied with their therapy³

*50% or greater reduction in symptoms

References:

1. Coyne KS, Sexton CC, Thompson CL, et al. The prevalence of lower urinary tract symptoms (LUTS) in the USA, the UK and Sweden: results from the Epidemiology of LUTS (EpiLUTS) study. *BJU Int.* 2009;104(3):352-360.
2. Census Reporter website. <https://censusreporter.org/profiles/01000us-united-states/>. Accessed July 19, 2019.
3. Benson K, et al. *NeuroUrol and Urodyn.* 2020

Important Safety Information: Implantation and use of the Axonics System incurs risk beyond those normally associated with surgery, some of which may necessitate surgical intervention. Results and experiences may vary and are unique to each patient. No promise or guarantee is made about specific results or experiences. For more information about safety and potential risks, go to: www.axonics.com/isi. Caution: Federal law (USA) restricts this device to sale and use by, or on the order of, a physician
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It's time to regain control!

Take the first step towards symptom relief. Call us at **239-449-7979** to schedule your Axonics Therapy consultation today.



Brilliant. Amazing staff. Incredible results. Totally life changing. I am going to retire and work on my bucket list instead of settling for 'I have issues'.

- Tricia M., Patient -



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www.FloridaBladderInstitute.com

Naples: 1890 SW Health Pkwy., Suite 205

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National Physical Therapy Month: It's Not Just for Post-Surgery

Physical therapy can help patient recover faster, regain muscle strength, improve functionality, decrease pain, increase range of motion and reduce the risk of falling and injury. Many physicians prescribe physical therapy as a post-operative treatment, but what may surprise you is that in many cases, physical therapy is also beneficial as a treatment to prevent surgery, and to treat chronic pain.

Surgery Prevention

For some orthopedic conditions, surgery may not be necessary. Often, orthopedic surgeons and practitioners prescribe physical therapy, home exercise programs and other conservative treatments such as icing, bracing, etc. before recommending surgery. If your body responds well to the custom-designed physical therapy, you may not need surgery, or it might be able to stave it off and prevent the disorder from progressing rapidly.

Physical therapy is also a preventative measure. Physical therapists train their patients how to avoid reinjuring the area in the future.

Chronic Pain

We are all aware that opioids for pain have become an epidemic and led the way for addiction and overdose in our country. Physical therapy is a better way to relieve pain and discomfort at its core for many individuals. Therapeutic manual stretching and exercising provide real results in controlling pain for countless patients. The CDC (Centers for Disease Control and Prevention) also launched new guidelines recently, recommending the use of physical therapy for chronic pain.

Physical therapy utilizes manual stretching of joints and surrounding tissues, which provides much needed relief, and over time, the individual will see increased improvement in their pain level.

Dr. Martinez of Well-Being Medical Center of Naples explained, "I work directly with physical therapists in the area to provide custom-tailored treatments for my patients. Having a good communication line between the doctor of PT and my



office keep us well informed of how our patients are progressing, which allows us to make knowledgeable decisions regarding their medical care."

Well-Being Medical Center of Naples

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

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

Patient Satisfaction: Our top priority is patient satisfaction. We go the extra mile to create and execute on individualized treatment plans to make sure each patient understands their health journey from start to finish.

Services

Visiting your doctor on a regular basis is key to a healthy life. Whether you're feeling the effects of the common cold or just coming in for a checkup, we want to make sure you have all the facts you need to make an educated decision.

Services we offer include:

- Treatment of Acute Diseases
- Treatment of Chronic Diseases
- Annual Checkups
- Preventive Care
- Women's Health Care
- Internal Medicine
- Mental Health Care
- Botox Injections and Fillers
- Point-of-Care Ultrasound
- Walk-In Clinic
- Urgent Care
- Sclerotherapy Treatment for Spider Veins
- Medical Marijuana and Low THC Cannabis
- Concierge Medicine
- Emergency Treatment

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

STARTING SENIOR LIVING CONVERSATIONS

By Greg Pascucci

For many families, talking with their parents or other loved ones about senior living and the need for extra help is a new experience. Often people confuse additional support or care with giving up their independence. But today's senior living communities are far different than you might think, often offering so much more than just healthcare.

The experts at The Carlisle Naples, a resort-style senior living community, recommend starting an open discussion with the seniors in your life about their wellbeing, lifestyle preferences, changes in their social circle and future care needs.

Here are a few suggestions that may help start a meaningful conversation:

1. Begin Early

Perhaps the most important advice offered is to start the conversation early.

It is never too soon to talk about wishes, preferences, and desires when it comes to lifestyle preferences, personal care and support. Waiting until the need for help has become urgent can lead to hurried decisions and poor outcomes for everyone.

"I wanted to move to The Carlisle while I was still able to enjoy the wealth of programs and activities," said Bernadette Paulo. "No two days are alike. I can be as busy or as relaxed as I choose."

2. Choose a Comfortable Place and Time

Avoid having conversations in public places, like a doctor's office waiting room or emergency room. Set a date, time and place for a conversation that is comfortable for everyone.

For example, if family is getting together for the upcoming Thanksgiving holiday, it's an excellent opportunity to carve out some time to discuss future housing needs. Plus, if adult children visit a parent's home, they can better observe how mom or dad manages daily tasks and activities.



3. Ask About Records and Documents

This can be an emotionally charged conversation, but it is essential to know some basic information about your loved ones' personal affairs. Discuss wills, powers of attorney, advanced directives, and other information you will need should the health of your loved one begin to change.

4. Listen

Use good communication skills throughout the conversation. Ask open-ended questions that encourage your loved one to share how they are feeling, and what desires they may have. Reflect on all aspects of their lifestyle: Are they alone or feeling isolated? Is this impacting their appetite?

Show respect and approach the discussion as a partner, not as the person "in charge."

5. Don't Tell Them What to Do

No one has all the answers, but by working together you can develop solutions. Offer options and ask about a loved one's preferences. There may be things that are non-negotiable to a prospective resident that an adult child may overlook. For example, does the community offer flexible dining options for a resident who may prefer a late start to their morning? Or, will dad be able to bring his beloved pet when he moves?

Keep in mind you are teammates, working together to find solutions that work for all parties.

"Moving to The Carlisle was a win-win for me as well as my family," said Rose Saperstein. "I feel happy knowing

extra care is available should it be needed, and my kids have peace of mind knowing there is an entire team dedicated to my safety and wellbeing."

6. Ask for Help

You don't have to do this all on your own. There are people who can help, such as family members, close friends, and senior living professionals. A quick search online can also provide checklists to help guide the process of selecting the right retirement community. And, because accreditation is important, look for a community that has earned accreditation by an outside third-party of trained professionals such as CARF International, (Commission on Accreditation of Rehabilitation Facilities) who verifies a senior community's conformance to the highest standards of quality care and service.

There may need to be more than one conversation. Everyone will need time to process the information discussed and develop follow-up questions. Remember, the decision to move to a retirement community is a process, so take your time and maintain a positive, productive attitude.

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.



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

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

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

PAD (Peripheral Arterial Disease)

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

PVD (Peripheral Venous Disease)

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

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

PAD and PVD Have a Lot in Common

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

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



PAD and PVD Complications

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

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

PAD and PVD Complications

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

Conservative Treatment with Lifestyle Changes

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

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

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

Treating PAD and PVD

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



Julian Javier, MD | Leandro Perez, MD

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

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DEFINING CHARACTER - THE LESSONS OF SEPTEMBER 12, 2001, UNITED STATES OF AMERICA

By Ross E. Schulman – Florida Family Law Attorney

September 11, 2001 will forever be known as one of the darkest days in American history. Whether you were physically in New York, Pennsylvania, or Washington, D.C. out of the pristine and cloudless late summer sky, our world suddenly changed forever.

While still battling fire and burning wreckage, in the face of deadly compromised structural damage, immediate and nothing shy of heroic efforts to locate survivors tirelessly ensued, lasting through the night into September 12, 2001. People of all races, colors, genders, and socioeconomic and political backgrounds spontaneously banded together as one in a unified response to an unimaginable crisis.

SEPTEMBER 12, 2001

If September 11th was one of our country's darkest days, September 12 was one of America's brightest. On September 12, American character was on display for all the world to see in its full glory.

Emergency trained first responders worked side by side with laypeople, offering any assistance they were capable of. Iron workers, photographers, medics – you name it, all stood side by side with medics, military personnel, firefighters, and police officers, working tirelessly to recover any body they could find. Everyone on that pile, at the Pentagon, or in that Pennsylvania field, Americans participating in rescue and recovery operations faced life threatening danger, from the debris itself, to the very air they inhaled. Ordinary American citizens disregarded their personal safety to do extraordinary things for others.

SEPTEMBER 11, 2021 – TWENTY YEARS LATER

As I watched the recent news footage on the 20th anniversary of the attacks, I could not help but recall and admire the humanity and perseverance of the first responders. One couldn't help but pay attention to the survivor's tales of selflessness and bravery and in the face of such chaos and destruction.

Today, I am an attorney, practicing family law in Southwest Florida, a far cry from my previous life as a financial market maker in Manhattan on September 11, 2001. The events I witnessed firsthand on the 11th, and perhaps more importantly, the response and reaction on September 12th forever



shaped my way of viewing the world. I learned a valuable lesson, as I look back. The takeaway is that it is not a specific event or situation which defines you, it is the response and the approach which illustrates your character and true self. As a country, America showed just how special it is on September 12, 2001.

APPLYING THE LESSONS OF SEPTEMBER 12, 2001

Twenty years later, America finds herself off course and struggling in many ways. Americans have had to deal with a health pandemic, heightened political atmosphere, surge in intolerance and hate crimes, and disparate economics, even in backdrop of what has been a historically strong stock market and low interest rate environment. I encourage you all to heed the advice I offer my clientele: While we may not have ever expected to face such adversity in our lives, it is how we set aside our differences and work together to deal with difficult times and extreme situations that define us. The American people came together and exemplified their true character on September 12, 2001. In these uncertain times, or even as any unexpected personal event seems to stop our world from turning, we will always be able to define ourselves through our responsive actions, and show our true character as we persevere and move on with our lives.

Let's never forget those who perished on September 11th, however, let's always remember to live like its September 12th.

ABOUT THE AUTHOR

Ross E. Schulman is a Florida family law attorney in the Naples office of Woodward, Pires & Lombardo, P.A. He is a Certified Financial Litigator, has earned his designation as a Certified Divorce Financial Analyst, and is licensed to practice law in Florida and New York. Ross works with clients regarding the dissolution of marriage, pre/postnuptial agreements, paternity, custody, mediation and litigation.



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A Groundbreaking Implant to Alleviate Pain From Arthritic Conditions of The Big Toe

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

Bunions are a form of arthritis and can cause painful, red, bony growths; consequently, bunions can also be hereditary and run in families, especially in females. More women than men experience the painful bony growth on their big toe, known as a bunion, or Hallux Valgus. More often than not, bunions hurt more when wearing shoes. Wearing shoes causes pressure on your toe joint, which in turn starts to ache, become fluid filled and can have bony growths. We all need to wear shoes, so is there anything that really works to heal bunions?

Non-Surgical, Conservative Approach

For a conservative approach, many individuals will start out trying to alleviate their pain by wearing more comfortable shoes, or by wearing gel toe inserts that help keep the toes in the proper alignment. Icing the foot can help to tamp down inflammations, as well as taking NSAID's (ibuprofen) as needed to lessen the discomfort. However, this is usually not beneficial. **Because most bunions fail to heal on their own, surgery is usually recommended.**

In traditional bunion surgery, the toe bone is cut in half, and part of the bone is removed. In many cases, there is a need to relieve tension on surrounding ligaments and tendons to try and realign the joint and bones. The total recovery can take a few months, but initially, you will be in a protective boot or cast for the first two to four weeks.

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Your big toe joint is uniquely designed for movement and provides most of the force needed for walking and running. Unlike fusion surgery, which locks the joint in place, CARTIVA® Synthetic Cartilage Implant (SCI) reduces pain while also allowing your joint to move how it's supposed to.

Quick Procedure & Quick Recovery

Implanting CARTIVA® SCI is 40% faster than the alternative fusion surgery. There are no casts or crutches required. Patients can typically bear weight immediately after receiving CARTIVA® SCI.

Long Term Results

CARTIVA® SCI is proven to provide long-term pain reduction and increased foot mobility, with 97% reduction in pain demonstrated at almost six years post-procedure.

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

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

Source:
<https://www.cartiva.net/what-is-cartiva/why-cartiva/>



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MEDICAL MARIJUANA FOR ANXIETY & PTSD:

DOES IT REALLY WORK?

Stress & Anxiety

During moments of fear, trauma, anxiety or stress, we experience the freeze, flight or fight response due to the processing within our brains. There are neurotransmitters throughout the entire body that send signals to the brain, alerting us instantaneously of real or perceived danger. Anxiety is made up of both psychological and physical symptoms. The psychological part creates the nervousness, fear and worry, while the physical aspect produces sweating, rapid heart palpitations, a rise in blood pressure, nausea and shortness of breath.

Stress and anxiety are a normal part of life and usually short-lived, but for 40 million Americans, it's a daily battle. Whether it's anxiety due to biological, psychosocial, or post-traumatic stress disorder (PTSD), the treatment options usually include behavioral therapy, counseling, and various prescription medications that block or dull different areas of the brain.

When anxiety disorders are left untreated or undertreated, several areas of the brain like the hippocampus (regulates emotions) and the pre-frontal cortex (decision making, planning abilities) shrink causing long-term damage.

PTSD

With PTSD, many individuals have severe nightmares, flashbacks, hyper startle responses, and loss of interest, severe anxiety and are often suicidal. Numerous military veterans with PTSD have issues with employment, violence, and relationships. These veterans often have severe flashbacks. Many people who suffer from PTSD have difficulty sleeping, feel detached and estranged, which can lead to permanent disability.

The standard treatment options for anxiety and PTSD are antidepressant medications. Some of the most widely known drugs prescribed are Prozac, Lexapro, and Zoloft. The classes of these medications play a role in how the neurotransmitters affect the mood by improving your state-of-mind and creating a more peaceful, cheerful spirit, by extinguishing the brain's transmitters. The problem is these drugs are highly addictive, have adverse side effects, and also in many cases, show signs of cognitive decline with long-term use.

The other issue with standard medications is that they more often than not, become ineffective and are unable to reverse feelings of severe depression. This is called treatment-resistant depression.

Standard Anxiety Medication's Negative Effects

- Nausea
 - Increased anxiety
 - Weight gain
 - Loss of sexual desire
 - Severe fatigue
 - Inability to focus
 - Sleep disturbances
 - Dry mouth
 - Vision issues
 - Constipation
 - Forgetfulness
 - Ineffective in treating stress, anxiety or PTSD
- Symptoms

The "standard-of-care" treatment often falls short. When these therapies no longer work, patients need alternatives for their brain and bodily health, cognition and long-term ability to function and experience a sense of calm.

Medical Marijuana for Anxiety Disorders

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, 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 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 apprehension. Terpenes give marijuana the green, healthy healing properties that are extracted from the leaf of the plant. There is a collaborative effect between these chemicals when taken together. This synergistic effect means the ratios of THC and CBD can be manipulated for the patient's benefit.

It has been reported that many patients who undergo cannabis treatment, no longer need their prescription medications.

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

Dr. Ralph Rodriguez

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



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

Dr. Alejandro Blanco

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



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

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



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Don't Forget About Capital Gains!

Ways to help limit the effect of taxes on gains from your portfolio.

Courtesy of: Juan Ocanas, Financial Advisor at Morgan Stanley

You likely hope the investments you hold will rise in value. Still, you have to be aware of how increases in the value of your investments can trigger a tax bill when you sell the investment. Capital gains are generally the profits you realize when you sell an investment that is a capital asset for more than you paid for it, whereas capital losses are generally the losses you realize when you sell an investment that is a capital asset for less than you paid for it.

When you have a capital gain, you may have to pay tax on the gain at capital gains tax rates. Which tax rate applies depends in part on how long you held the asset. Generally, if you hold a capital asset for more than a year, gains on that asset are eligible for long-term capital gains rates, while gains on investments you sold in a year or less are considered short-term. Generally, the tax rate is higher on short-term capital gains.

There are moves you can make to help reduce or mitigate the amount of taxes you will pay on your capital gains, including holding assets longer and tax-loss harvesting. You can also choose investments that may have a tax-favorable profile.

Delay Selling the Asset

One way to defer tax payments on gains and potentially increase your overall investment return is simply to delay selling an asset that is rising in value in order for any gains to be eligible for long term capital gains tax rates when you sell the asset. Paying less in taxes can leave more assets in your investment account, and may result in higher returns over time.

Tax-Loss Harvesting

Current U.S. federal income tax law allows you to offset your capital gains with capital losses you've incurred during that tax year, or with capital losses carried over from a prior tax year. Let's say that you earn a profit of \$30,000 by selling your shares of Fund A. Meanwhile, your shares of Fund B are down by \$15,000. By selling Fund B, you can use those losses to partially offset your gains from Fund A—meaning you'd only owe taxes on \$15,000 of net gain instead of \$30,000. Note that if you have an overall net capital loss for the year, you can deduct up to \$3,000 of that loss against ordinary income. Any excess net capital loss can be carried over to subsequent years to offset future capital gains or ordinary income up to \$3,000 per year.



Generally, short-term capital gains are taxed at a higher rate (up to a maximum rate of 37%) than long-term capital gains, which are taxed at a maximum rate of 20%. So, to the extent possible, tax-loss harvesting can likely make a bigger difference if you have invested in strategies that see high turnover and thus more short-term gains.

If you engage in tax loss harvesting, you must also keep in mind the "wash sale" rules. Under these rules, if you purchase the same or substantially identical securities within 30 days before or after the sale of the securities that generated the loss, the loss will be disallowed.

Consider Tax-Advantaged Investment Options

Another way to try to reduce the expected taxable realized gains from your investment portfolio is by considering tax-advantaged investment options. For example, the interest on municipal bonds is typically free from federal income tax, as well as state and local taxes for residents. Certain investment products, such as tax-efficient mutual funds, may be managed to limit the number of taxable events within the portfolio.

With so many choices to make, it can be easy to overlook potential ways to reduce the amount of taxes on your capital gains. A Financial Advisor can help you assess the available options as well as provide guidance on a broader investment strategy that's tailored to your individual financial goals.

Disclosures

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

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

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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.

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- **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

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Practical Tips Supporting Someone with Suffering with Tinnitus (Ringing Ears)

By Høglund Family Hearing and Audiology Services

What is tinnitus?

Tinnitus is the sensation of hearing a sound when there is no external source for that sound. In a minority of cases the sound may have a physical source within the body, like the sound of a person's pulse, but in most cases the sound is generated by the brain spontaneously. Tinnitus is very common - about one in eight adults experience it.

The experience of the sound can be difficult to manage. For around one in ten people with tinnitus, there is a significant impact on their quality of life. This is where understanding and support from family and friends can make a big difference.

What does tinnitus sound like?

Everyone's tinnitus is different. Many people hear a ringing sound, but others hear whistling, buzzing or crackling. There are many different experiences, and, like fingerprints, there are endless variations.

The noise may be heard in one ear, in both ears or in the middle of the head or it may be difficult to pinpoint its exact location. The noise may be low, medium or high pitched. There may be a single noise, or two or more components. The noise may be continuous, or it may come and go. It can be quiet or very loud, or the volume may fluctuate.

How does it affect people?

Tinnitus is sometimes a difficult condition to learn to live with and often causes anxiety. Anxiety, in turn, often makes the experience of tinnitus worse. Many people with tinnitus feel isolated because there is just no adequate way to explain the struggle to come to terms with the constant or recurring presence of sounds that they can't control. Some people describe their condition as tiring or even exhausting. In the first months especially, people can feel they are fighting a constant battle.

You may notice changes in the person's behaviors. Perhaps they have become short-tempered, withdrawn or distracted. Tinnitus can draw people inwards as their attention is constantly being diverted towards it. Their concentration is affected, and this can mean that everyday tasks take longer than usual to complete.

How can I help?

Your friend, relative or partner will benefit from your patience and understanding as they adjust. Just being aware that what they are going through may be causing



them problems is a huge help. Ask them if there are practical things you can do to help. For example, some people find loud or echoey environments very difficult, but don't want to always be the person in a group to suggest a different meeting place or activity. Other people find quiet environments tricky where there is more focus on the sound of their tinnitus. Your support in backing up whatever option makes things easier for them can be a big relief.

Help the person to assess whether they are letting their tinnitus control them. Try to support them to make a balanced decision about any lifestyle changes, rather than one based on their fears and worries, but do accept their decisions once they have decided to seek help. If possible, always go with your loved one to show support and learn as much as possible about the condition.

You can also encourage an open-minded approach to different coping techniques and try to be open minded yourself. For example, if night times are difficult, it can be extremely helpful for a partner to be open to the person trying a bedside sound generator. If you are a friend of the person, perhaps you could join them in wearing ear plugs for a night out, not only protecting your own hearing but helping them not to feel like the odd one out.

Another helpful thing to do is to encourage the person to get a Tinnitus Assessment from an Audiology Clinic, if they haven't yet done so, or to encourage them to go back to see their clinician if their tinnitus changes significantly. Going with them to the appointment turns it from a condition that they face alone... to a challenge you face together! Likewise, encouraging a positive approach to recommended treatments is important. For example, if the tinnitus is accompanied

by a hearing loss and a hearing aid is recommended, your support can go a long way to help the person more comfortable in wearing hearing aids.

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.

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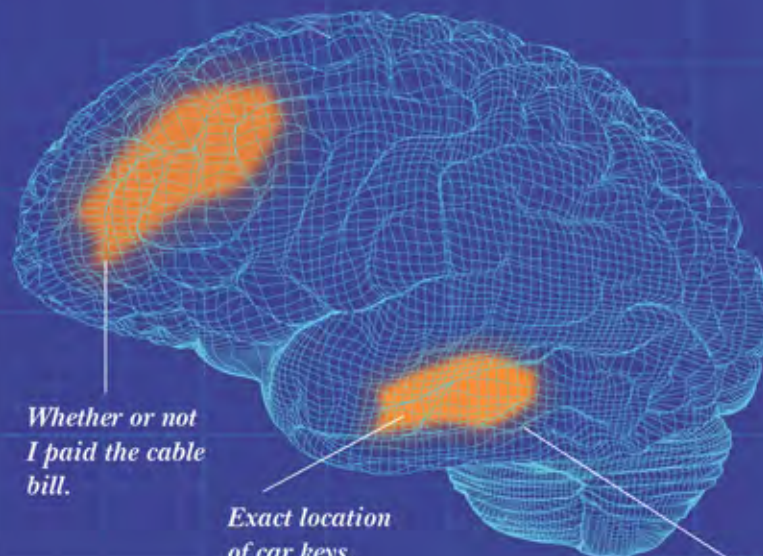
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What Is Macular Degeneration?



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

Age-related macular degeneration (AMD) is a problem with your retina. It happens when a part of the retina called the macula is damaged.

With AMD you lose your central vision. You cannot see fine details, whether you are looking at something close or far. But your peripheral (side) vision will still be normal. For instance, imagine you are looking at a clock with hands. With AMD, you might see the clock's numbers but not the hands.

AMD is very common. It is a leading cause of vision loss in people 50 years or older.

TWO TYPES OF AMD

Dry AMD

This form is quite common. About 80% (8 out of 10) of people who have AMD have the dry form. Dry AMD is when parts of the macula get thinner with age and tiny clumps of protein called drusen grow. You slowly lose central vision. There is no way to treat dry AMD yet.

Wet AMD

This form is less common but much more serious. Wet AMD is when new, abnormal blood vessels grow under the retina. These vessels may leak blood or other fluids, causing scarring of the macula. You lose vision faster with wet AMD than with dry AMD.

Many people don't realize they have AMD until their vision is very blurry. This is why it is important to have regular visits to an ophthalmologist. He or she can look for early signs of AMD before you have any vision problems.

Who Is at Risk for AMD?

You are more likely to develop AMD if you:

- have a family history of AMD
- smoke cigarettes
- are white
- eat a diet high in saturated fat (found in foods like meat, butter, and cheese)
- are overweight
- have hypertension (high blood pressure)
- are over 50 years old

Having heart disease is another risk factor for AMD, as is having high cholesterol levels.

Age-Related Macular Degeneration Diagnosis

During an eye exam, your ophthalmologist may ask you to look at an Amsler grid. This grid helps you notice any blurry, distorted, or blank spots in your field of vision. Your ophthalmologist will also look inside your eye through a special lens. He or she can see if there are changes in the retina and macula.

Your ophthalmologist will put dilating eye drops in your eye to widen your pupil. This allows him or her to look through a special lens at the inside of your eye.

Optical coherence tomography (OCT) is another way to look closely at the retina. A machine scans the retina and provides very detailed images of the retina and macula.

Optical coherence tomography angiography (OCTA) is another way to look closely at the blood vessels in and under the retina. This is like fluorescein angiography but does not use a dye.

Your doctor may do fluorescein angiography to see what is happening with your retina. Yellow dye (called fluorescein) is injected into a vein, usually in your arm. The dye travels through your blood vessels. A special camera takes photos of the retina as the dye travels throughout its blood vessels. This shows if abnormal new blood vessels are growing under the retina.

Age-Related Macular Degeneration Treatment

Dry AMD treatment

Right now, there is no way to treat the dry form of AMD. However certain people with lots of drusen or serious vision loss might benefit from taking a certain combination of nutritional supplements. A large study (AREDS and the later AREDS 2 study) found those people may slow their dry AMD by taking these vitamins and minerals daily:

- Vitamin C (500 mg)
- Zeaxanthin (2 mg)
- Vitamin E (400 IU)
- Zinc (80 mg)
- Lutein (10 mg)
- Copper (2 mg)

Your ophthalmologist can tell you if vitamins and minerals are recommended for your dry AMD, as not all forms will benefit from the AREDS supplements. Beta carotene should not be used by smokers as it raised the risk of lung cancer.

Eye-healthy foods

Dark leafy greens, yellow fruits and vegetables, fish, and a balanced, nutrient-rich diet have been shown beneficial for people with AMD.

Wet AMD treatment

To help treat wet AMD, there are medications called anti-VEGF drugs. Anti-VEGF treatment helps reduce the number of abnormal blood vessels in your retina. It also slows any leaking from blood vessels. This medicine is delivered to your eye through a very slender needle.

Making the Most of the Vision You Have

If you have AMD, you can learn how to make the most of your vision. Often you can still do many of your favorite things with special low vision tools. These can include different kinds of magnifying tools, handheld computers, electronic items and more.

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:
<https://www.aaopt.org/eye-health/diseases/amd-maculardegeneration>



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Compounded Hormone Replacement Therapy

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

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

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

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

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



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

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

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

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

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



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Physical Therapy & CBD in Combination to Relieve 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. Avoiding surgery and being over medicated should be at the forefront of most people's minds when dealing with chronic pain. However, many of these individuals would do almost anything to relieve their agony.

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.

Physical Therapy

Physical therapists are trained to administer flexibility and strengthening tactics along with body mechanics and awareness techniques to get your body moving and creating a much less painful range-of-motion. With ongoing therapy, most people see remarkable outcomes and lasting results. The CDC (Centers for Disease Control and Prevention) also launched new guidelines recently, recommending the use of physical therapy for chronic pain over painkillers like opioids.

CBD for Chronic Pain

Hemp Derived CBD has significantly helped numerous individuals with chronic pain. Our brain and nerve cells have cannabinoid receptors, so our bodies naturally react to CBD. The structure of cannabis interacts directly with our cells. Our natural endocannabinoid system works synergistically with CBD, 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.

The advantage of CBD 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.

CBD and PT combinations are optimal ways to relieve pain.

CBD & Physical Therapy Win Combination

Although CBD can alleviate pain, if the underlying issues are not dealt with in a more synergistic approach through combining physical therapy, the chronic pain and musculoskeletal issues will lessen, but might still be aggravating. In combination, CBD and PT address the actual complications or disorders associated with pain and discomfort. Whether you are seeing a physical therapist or taking CBD for acute pain or chronic pain issues, combined therapies are proven to be the most beneficial. When physical therapy is performed on a relaxed, less painful body, the overall therapy penetrates deeper into the muscles, and the joints are less inflamed. This synergistic approach is much more beneficial to the patient's pain relief and improved condition.



Hempra 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, Hempra 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 Hempra 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, Hempra offers you the best quality of CBD products on the market Hempra subscription boxes offer customization, savings, quality, and access to CBD products, and a longer-term solution for your CBD needs.



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Skin Cancer and Breast Cancer

HOW THEY RELATE

By Sydney Tateo, DNP, ARNP

October is breast cancer awareness month. Each year I like to take this opportunity to educate others as to why checking your skin is so important, not just in regards to skin cancer, but also in the setting of breast cancer. Both men and women should routinely inspect their breasts since subtle changes in either the appearance or feel may be the first indication that something is awry. Visual inspection is a critical component of this examination, yet it is often forgotten.

In fact, there are two rare types of breast cancer, in which the first symptom is often a change in the skin rather than the classic breast "lump". These skin changes include a change in color, texture, or even altered sensation such as itching, pain, burning, or tingling.

Paget's Disease of the Breast is a rare form of breast cancer in which the initial change you may notice is a rash on the breast and/or nipple. The rash is generally seen on one breast- not both, and usually begins on or near the nipple. It may be dry, flakey, itchy, and/or crusty. Patients often attempt to treat the rash assuming they simply have a stubborn irritation. In fact, Paget's disease often mimics benign skin rashes, such as eczema.



Inflammatory breast cancer is the second type of breast cancer that can present with visible symptoms on the skin. The skin overlying the breast may be red, hot, or sore. The texture of the skin may also feel thicker or bumpy, mimicking the texture of an orange peel. Change in nipple shape, such as inversion of the nipple is also a red flag.

Of course none of these symptoms alone are diagnostic for breast cancer, but a healthcare provider should promptly evaluate them. Please do not ignore subtle changes in the appearance or feel of your breasts! Call us to make an appointment today.



Sydney Tateo, DNP, ARNP

Sydney is a board-certified nurse practitioner who grew up in Naples. She attended the University of Florida for both her undergraduate and graduate programs. In addition to her academic achievements, Sydney has also published research in the Journal of American Association of Nurse Practitioners.

While pursuing her doctorate degree, Sydney worked as a registered nurse in dermatology. Her invaluable background as a bedside nurse underlies her individualized approach to each patient. Upon completion of her doctoral program, she continued her career in dermatology. Trained by several recognized dermatologists and Mohs surgeons, Sydney joins Skin Wellness Physicians with diverse training and experience. She treats a wide array of skin, hair, and nail conditions and welcomes both pediatric and adult patients.

Sydney is an active member in her community and has volunteered for several years at the Neighborhood Health Clinic.

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Ozone and Hydrogen - Antiaging Gasses

By Sue Mahany

Ozone and hydrogen are unique in that they are *powerful* and *safe* gasses that address the two primary root causes of aging -- oxidation and inflammation. As part of our natural world and biochemical systems, these gasses are not only critical to life but are also emerging as new tools in wellness and prevention. Used primarily for detoxification and improved cellular health, this is a great time to figure out how to get more oxygen and hydrogen into your life.

Ozone is an active form of oxygen consisting of 3 atoms instead of the usual 2 and can be created by passing an electrical spark through a tube with medical grade oxygen. The resulting gas is like super oxygen because the weakly bonded third atom is available to do oxidative work in the body. Oxygen is a first line of defense against bacteria, viruses, yeast and parasites. It is also used to convert food to useable energy for work and growth. Dr. Rowen in Santa Rosa, California, is a Board Certified MD who switched to integrative approaches in the 1980s and has been using ozone extensively in his practice since then. There is a great 6 minute video on his website (<https://drrowendrsu.com/>) which explains 5 benefits of ozone:

- Ozone inactivates virus, bacterias, fungus, mold and parasites
- Ozone improves blood flow by making red blood cells more flexible
- Ozone increases immunity and antibody production
- Ozone breaks down petrochemicals and removes toxins
- Ozone accelerates the production of energy in the mitochondria

Getting ozone into your body can be done several ways. In clinical settings, using an IV, blood can be taken out, mixed in a bag with ozone, and then returned to the body. Consumers can also buy home machines which have an attached tube for rectal insufflation. Ozone saunas are relatively new in the U.S. and can be used to deliver ozone through the skin. Since ozone can be irritating to the lungs, it is not inhaled in high concentrations, but some home air purification systems integrate both UV light and ozone at lower concentrations.



As a perfect balance to oxidation, hydrogen acts as an anti-oxidant by selectively neutralizing harmful free radicals. This selectivity is key, because most antioxidants get rid of *all* the byproducts of oxidation, not just the harmful ones, and some byproducts like nitric oxide are very important. About 100 times smaller than Vitamin C, molecular hydrogen is also the smallest molecule in the universe and can therefore cross the blood-brain barrier as well as get inside cells to do work. Along with oxygen, it is critical in the production of energy. Without enough hydrogen, no matter how much oxygen or nutrients make it into cells, mitochondria cannot produce enough energy. Ideally, hydrogen is produced in the body in the digestive system as it is a natural byproduct of fermentation by the microbiota. A person with a healthy digestive system should produce about a liter of hydrogen gas per day. Dr. Sircus, a U.S. expert on hydrogen, wrote a book called *Hydrogen Medicine* and runs a website called hydrogenmedicine.info where there are 5 free chapters of the book. The many benefits of hydrogen include:

- Hydrogen reduces fatigue and anxiety
- Hydrogen improves hormonal balance
- Hydrogen increases athletic endurance
- Hydrogen improves heart health
- Hydrogen acts as a neuroprotective agent

Getting hydrogen into the body is easier than ozone because it can be inhaled directly as well as dissolved in water. These two different delivery systems have overlapping and unique beneficial properties that are being studied extensively, especially in China and Japan where most of the original research has been done. On Dr. Sircus's website above, there are links to hydrogen machines which you can purchase for home use. Most are able to produce both hydrogen water and, with a different attachment, can be used for inhalation. A less expensive way to get hydrogen into your wellness plan is by using tablets that dissolve in water and create hydrogen gas. Both Mercola.com and waterandwellness.com have these tablets. The book *Hydrogen Medicine* by Mark Sircus has lots of great information on the power and safety of hydrogen gas in medicine.

A quick search on Pubmed.gov for both ozone therapy and molecular hydrogen therapy yields thousands of studies that have been done using these remarkable gasses for specific conditions. Everything from arthritis, to skin disease, diabetes, chronic inflammation, hypertension and neurological issues can be improved due to the system-wide effects of these safe gasses.



Sue Mahany is the owner of www.SparkHealthTechnologies.com in Naples which specializes in whole body detoxification. Sue is an educator of unique and powerful approaches to self care. Spark Health is located at 11983 Tamiami Trail North.

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COVID's Effect on Those with Diabetes

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

As with most infections and viruses, COVID-19 raises blood sugar levels and increases the inflammatory response within the body. Therefore, those with underlying health conditions like diabetes have a more challenging time fighting the virus and often end up in the hospital.

According to the American Diabetes Association, *In general, people with diabetes are more likely to have more severe symptoms and complications when infected with any virus.*

Your risk of getting very sick from COVID-19 is likely to be lower if your diabetes is well-managed. Having heart disease or other complications in addition to diabetes could worsen the chance of getting seriously ill from COVID-19, like other viral infections, because more than one condition makes it harder for your body to fight the infection.

Viral infections can also increase inflammation, or internal swelling, in people with diabetes. This can also be caused by above-target blood sugars, and that inflammation could contribute to more severe complications.

THE KEY IS MAKING SURE YOUR DIABETES IS WELL-MANAGED



Why medications are not a long-term answer

Diabetic medications work to lower blood sugar levels, but they stop working, and the dose will continuously need to be increased. The worst part is these drugs are not making you better, and they are not curing diabetes—There are simply masking your problem. It's like putting duct tape on a firehose to stop the flow of water. While these drugs may be essential in the beginning diagnoses for severe cases where A1C or fasting glucose levels are extremely high, these drugs are not a long-term answer. The root cause of your disorder is usually found in lifestyle choices such as diet or being sedentary.

Denise Pancyrz understands your diabetic challenges, frustrations, and life-threatening health risks. She was once in your shoes but discovered a breakthrough and reversed her disorder. She now coaches other people that struggle with diabetes to help them get their lives back.

DENISE A. PANCYRZ'S STORY

National Diabetes & Holistic Lifestyle Coach - Speaker - Author

I was a diabetic who was angered being burdened with diabetes. I was tired of taking medications and four insulin shots per day that did NOT make me feel better. The food I was taught to eat as a diabetic was not bringing me to a state of optimal health. It was keeping me medicated and constantly visiting Walgreen's, Diabetes Educators and the doctors.

I wanted my life to be different and the medical community told me it was highly unlikely. In fact, I was told the amount of medication and insulin would increase as I age. However, I learned that you could improve or eliminate disease with proper nutrition, not with unnecessary medication.

I feel better and stronger in my 50s, than I did in my 40s. I have more energy, reversed diabetes, eliminated inflammation that was leading me to heart disease, eliminated IBS and intestinal issues ~ no more stomach aches after meals, my seasonal allergies are gone and a slight skin issue on my elbow healed. I almost forgot, I lost weight in the process.

I know it sounds too good to be true that proper nutrition was able to heal me—I'm living proof. As a national coach, speaker and author, my mission is to help others to achieve optimal health through holistic lifestyle changes. Certified in holistic nutrition and homeopathy, I can bring awareness to diabetics to make lifestyle changes for a lifetime and reverse the effects of diabetes.

To find out more please visit ReverseMyDiabetes.net, call 888-848-1763 or email Denise at Info@ReverseMyDiabetes.net.

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ORCHIDIA MEDICAL GROUP: OFFERING ADVANCED ANTI-AGING PROCEDURES

By Dr. Viviana Cuberos

REGENERATIVE MEDICINE FOR ANTI-AGING

Our own stem cells are not always enough due to limitations, which are usually due to aging, or severe injuries; stem cells from other sources increase platelets in the blood, which travels to the injured area to increase healing more effectively. Many healthcare providers are supplying patients with inferior stem cells that do not work as well as umbilical cord stem cells. Umbilical cord stem cells are one of the most powerful stem cells available because they have the potential to develop into any cell found in the human body.

These stem cells can be used to treat and replenish areas of the entire body from head to toe including antiaging and ED. Stem cells work wonders in repairing and regenerating damaged tissue, and the human body completely readily accepts them. This procedure is also an amazing collagen building and facial sculpting treatment.

INJECTABLES

If you're in need of a little rejuvenation, the simplicity of dermal fillers can plump the skin, give you a more youthful pout, or lift specific areas of the face and neck. Many times, this is referred to as a liquid facelift. Botox and other injectable treatments soften stubborn lines and wrinkles, like crow's feet and the furrows between the brows. Fillers help restore your youthful fullness, shape, and stimulate collagen production lost during the aging process.

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- Neuroprotective properties
- Anti-aging



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BTL Exilis Ultra can lift the face and neck. BTL is performed on an outpatient basis in the comfort and convenience of our Florida office. The handheld device is used to deliver a combination of radio frequency and ultrasound technologies to the tissues. During this controlled heating process, tissues are gently heated at a deep level to promote tighter skin, reducing the appearance of sagging skin.

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Housing Market is a Simmering Pot!

By Robert Nardi, Broker/Owner

The buying frenzy the Naples housing market experienced during the past year has simmered. But now, it is being replaced with what brokers say will be our new normal: a low inventory market with a fast turnover of quality homes priced right. According to the July 2021 Market Report released by the Naples Area Board of REALTORS® (NABOR®), which tracks home listings and sales within Collier County (excluding Marco Island), inventory decreased 77.2 percent (1,295 homes) in July 2021 compared to 5,672 homes in July 2020. Still, demand remains steady as only 30 fewer closed sales and just a 2 percent drop in showings. The median closed price in July increased 28.8 percent to \$469,950 from \$365,000 in July 2020. The median price is when 50 percent of the homes sold were above that, and 50 percent were below.

The percent of list price received has been over 99 percent for the last three months. However, overall pending sales in July dropped 21.5 percent to 1,135 pending sales from 1,446 pending sales in July 2020 and altogether closed sales fell 2.6 percent to 1,142 closed sales from 1,172 closed sales in July 2020.

Activity in the high-end luxury home market picked up speed during the month, as reflected in a 32.6 percent increase in closed sales for homes over \$1 million and a 17.1 percent increase in pending sales for single-family homes valued over \$1 million in July.

The NABOR® July 2021 Market Report compares singlefamily home and condominium sales (via the Southwest Florida MLS), price ranges, and geographic segmentation and includes an overall market summary. NABOR® sales statistics are presented in chart format. If you wish to receive an electronic copy, please send an e-mail to Robert@NardiRealty.com.

The July Market Report shows days on market decreased 69.6 percent to 28 days from 92 days in July 2020. For single-family homes, days on market dropped to 25 days in July. Homes are available, but they are just not staying on the market long, especially quality homes priced right.

What does this all mean?

It means we are still in a Sellers' market in Naples. Home demand has outpaced our capacity, which is why we see a significant rise in home values during the summer. Those who wish to sell have several options.

You can sell your current home and move within Naples. You'll get a premium for your home, but you would have to buy at a premium. I know there are concerns about prices falling, but Naples has always been a luxury market, and I believe it has been undervalued all these years and is just playing "catch-up." Prices are not going to go down drastically because Buyers can afford to purchase. They are either paying cash or applying for a mortgage. Regarding a Buyer's mortgage, there are stringent rules regarding loaning money. If a mortgage is approved, those Buyers can afford to buy.

I know some of you may have fears of the "Great Recession" and the melt-down of housing values. Back in 2005, anyone seeking a loan that was breathing could get a loan based on a "No Doc" loan. They would state their income and run a credit score. Lenders were more than happy to loan money on such a minor criterion. However, that is no longer the case.

As far as the Buying side, Buyers must prepare themselves. They need to have updated proof of funds or a pre-approval/pre-qualification letter. With such a hot market, everything from the contract signing to negotiations has to happen quickly and succinctly. You have to beat out your competition. Buyers need to be accessible, either via their smartphone or computer, to sign sales documents rapidly.

I highly recommend working with a REALTOR®. A licensed real estate agent can be beneficial because they could notify you when a property comes on the market. If you are out of state, they could immediately make an appointment, take more videos or face time with customers. Time is of the essence.

As for those Sellers out there, they need a real estate professional when it comes down to pricing a home (it could even change day by day), advertising, negotiating, and guiding you through the sales process from start to finish to achieve a successful closing.

As always, if you are interested in performing your searches for properties for sale or rent, please feel free to access our website, www.BuyNaples.Net, or contact me directly at 239-293-3592. I would be happy to assist you.

I wish you a joyous Fall!



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At this time of year, our schedules are packed. We have events, holiday preparations, meetings, kids after school activities and the list goes on and on. We want to look our best, feel energized and let's not forget that we're all attempting to stave off COVID and the flu virus.

A key component to staying healthy, feeling rejuvenated and looking our best is easier than most people are aware. IV Vitamin Therapy is an all-natural, relaxing way to increase stamina, boost immunity, brighten skin, lose weight, and so much more. IV Vitamin Therapy administers proprietary blends of vitamins, minerals, antioxidants, oxygen, amino acids, and other compounds, to sustain a variety of personalized treatments to support your lifestyle, from athletic performance to anti-aging weight-loss, detoxification, stress, and chronic fatigue.

IV Vitamins Infusions Vs. Oral Supplements

IV hydration therapy also makes it possible to administer higher doses of vitamins and minerals, unlike the oral route where large doses are not tolerated or absorbed optimally.

Micronutrients such as vitamins and minerals play key roles in health and in disease prevention. We require a daily dose of these nutrients as they cannot be stored in the body for a long time. While many rely on vitamin supplements and dietary sources, the nutrients in these forms are not absorbed completely. Many factors such as age, health condition, stress, gut health, body composition, interaction with other foods and medications can reduce the bioavailability of nutrients.

IV vitamin therapy is a method of infusing vital nutrients directly into the bloodstream to ensure maximum absorption and availability. Our IV vitamin solution contains a potent mix of minerals, vitamins and amino acids that are 100% available. These nutrients act instantly on the system to provide fast relief from fatigue and pain while accelerating fitness, jetlag and hangover recovery.



At Zativa Life, we offer a range of highly effective IV hydration therapies to restore health, vitality and strengthen your natural immunity. Whether you are looking to rejuvenate your skin, recover from jet lag or hangover, or for maximum protection against a host of infections, we have the right IV vitamin solutions.

IV Vitamin Therapy Benefits

We have tailored the perfect blend of vitamins to achieve wide-ranging health and wellness goals. Our IV vitamin therapy packs a powerful punch of key nutrients that improve mood, speed up wound healing, boost energy and immune system without side effects.

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- Optimum fat burning to achieve weight loss and fitness goals
- Accelerated recovery from jet lag
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- Fast-track solution for migraine headaches and muscle cramps
- Whole body detoxification to repair and rejuvenate damaged skin and body cells
- Comprehensive nourishment to mitigate the harmful effects of stress and anxiety

Why Choose Zativa Life?

Zativa Life is the result of a perfect combination of expertise in IV therapy and love to help individuals achieve the optimum status of nutrition and health through customized IV therapy services.

Our founder is an expert in IV therapy who has worked diligently to develop highly potent cocktails of nutrients, vitamins and amino acids that help restore your health, vitality and zest.

The primary goal at Zativa Life is to provide the best experience while making cutting-edge treatment accessible to everyone. We are committed to helping you look and feel at your best.

While you relax and enjoy the healing vibes at our state-of-the-art IV Lounge at Miami, our friendly staff administers the therapy in less than an hour. Safety being our top priority, all our treatments are supervised by experienced medical specialists.

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Treating Recurrent Urinary Tract Infections with Homeopathy

Urinary tract infections, also known as UTI's can affect men and women of all ages. Women are plagued with these infections to a much larger extent than men, however, men can experience UTI's as well. People who wear adult diapers have a higher occurrence of UTI's. Incidence is even greater in those living in nursing homes.

Symptoms can vary but may include; intense pain with urination, frequency of urination, incomplete urination, blood in the urine, fever, dark or cloudy urine, strong smelling urine, confusion, agitation and/or anxiety. Local, urinary symptoms tend to be more severe in young women. Older women tend to have more mild urinary symptoms, yet have significant cognitive impairment. If you or a loved one has sudden onset of memory or cognitive symptoms, be sure to rule out a urinary tract infection. Often, there are no bladder or urinary symptoms in the elderly.

UTI's are typically treated with antibiotics by medical doctors. The antibiotics usually provide symptom relief within a day or two. However, recurrence rate is extremely high, especially in women. The more times a person has to take antibiotics to treat a urinary tract infection, the greater the likelihood of recurrence. Multiple rounds of strong antibiotics can also lead to digestive issues and vaginal yeast infections. Some of the stronger antibiotics have warnings and side effects including ruptured tendons, neuropathy and muscle pain.

The FDA warns, "... Serious side effects associated with fluoroquinolone antibacterial drugs generally outweigh the benefits for patients with acute sinusitis, acute bronchitis and uncomplicated urinary tract infections who have other treatment options. For patients with these conditions, fluoroquinolone should be reserved for those who do not have alternative treatment options." The FDA said that because they are starting to see that strong antibiotics like Cipro and Levaquin, the risk of harm often outweighs the good. I am providing with you an alternative option right here.

Homeopathy is a great alternative to using antibiotics for recurring urinary tract infections. The beauty of this medicine is that it is extremely effective, inexpensive, has no drug interactions or side effects and does not come with the risk of neuropathy, muscle pain, fatigue or ruptured tendons.

There are a variety of homeopathic medicines that are used based on the symptoms you are experiencing. If there is frequency of urination and burning pain upon urination, then Cantharis 30C is used. In the beginning, it may be taken every three hours. As symptoms improve, dosing is spread out to every 6 hours and then every 12 hours. When the frequency and burning are resolved, the Cantharis is discontinued.

If there is fever present, Pyrogenium 200C is used once daily until fever breaks. If there is blood in the urine (hematuria), then Terebinthina 6C is used

twice daily until the blood is no longer present. If the UTI is a result of sexual intercourse, Staphylococcus 200C is used.


Medorrhinum 200C is used regardless of symptoms. If there is a urinary tract infection, then Medorrhinum is used every three hours if symptoms are severe to every 12 hours if symptoms are mild. Once all symptoms have resolved, the Medorrhinum is continued twice daily for one month to prevent recurrence.

Nutritionally, it is very important to cut out all refined sugars. Drinking a cranberry slush made from frozen cranberries and water helps to change the pH and flush out bacteria. Be sure to drink a lot of water as well.

If you are not familiar with the homeopathic medical system, I encourage you to check out my podcast. You can find it at, www.anchor.fm/anhs4566. Season 1, Episode 11. We should all learn about homeopathy. It is a fantastic way to treat most symptoms and illnesses without side effects or drug interactions.

At *Acupuncture and Natural Health Solutions*, I use a unique approach of combining acupuncture, practical homeopathy and functional medicine to correct and reverse acute and chronic illness. If you are interested in finding out how this combination of natural medicines can assist you in reaching your health care goals, please come in for a visit. You can schedule online anytime at, www.AcupunctureSolutionsOnline.com or call during normal business hours at (239) 260-4566. There are a variety ways natural medicine can improve your health. Come in and let's see what combination works best for what ails you.

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INTERESTED IN STRAIGHTENING YOUR TEETH WITH CLEAR ALIGNERS?

THE TOP 7 THINGS YOU SHOULD KNOW ABOUT INVISALIGN

Straightening teeth has become a relatively standard procedure from the young and old alike for various reasons, which may include TMJ disorders, digestive conditions, periodontal disease, or for aesthetic reasons. Most people feel more confident when they have a symmetrical, bright smile, and for both children and adults, properly aligned teeth can significantly boost their self-confidence. But what about clear aligners? Do they straighten teeth as effectively as metal braces? Below, are the most common questions associated with braces and aligners.

#1: Do clear aligners effectively straighten teeth?

Years ago, traditional orthodontic braces were considered the only option for straightening severely crooked teeth. However, clear aligners are now able to move teeth with advanced technology, which enables more difficult cases of overjet, overbites and crossbites to be treated very effectively in most cases.

Each aligner adjusts your teeth by applying a specific amount of pressure to certain teeth according to the plan that your dentist creates for you. You will receive a few trays at a time that you are instructed to change throughout the time allotted between appointments.

#2: What are the benefits of aligners vs. metal braces?

Flossing and cleaning the teeth efficiently is easier with aligners because you just pop out the trays and clean your teeth as you normally would. Aligners are always removed to eat, so enjoying nutritious meals is also easier because you don't have to worry about breaking a wire or getting food stuck in your braces. You do not have to see an orthodontist, as many dentists are trained and certified to provide clear aligners.

#3: How long does treatment take?

Treatment varies from patient to patient. Aligner treatment can take anywhere from a few months

to a few years, depending on the complexity of the case. Your dentist will give you an idea of your treatment length during your consultation.

#4: How often should I wear aligners?

You will wear your aligner trays as directed by your doctor, which is usually two to three weeks per step, at least 22 hours per day. You will only take them out to eat and brush your teeth.

#5: How often do I need to see my dentist?

Because the aligners progress in moving the teeth is monitored closely by your dentist, check-ups are typically scheduled every six to eight weeks, but the patient will change their clear aligners every two weeks on average depending on based on your dentist's recommendations.

#6: How much does it cost?

The cost to patients is generally comparable to other orthodontic options, ranging from around \$2,000 to \$8,000, depending on the complexity of the treatment involved.

#7 The Benefits of Straightening Your Teeth

Getting orthodontic treatment has numerous benefits; some of these include, fewer incidences of head, neck and jaw pain, better digestion, increased periodontal health, clearer speech, and a beautiful smile.



Straightening your teeth is a really great way to improve your overall appearance and health, as it can have a positive psychological effect on a person's self-esteem and outlook. Straighter teeth can improve your wellbeing and lift your spirits. And when the people in your life see you smile more confidently, everyone is positively affected.



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Keeping Your Pets Safe During Halloween

While Halloween may be an exciting time for kids and also fun-filled for adults, many pets are at risk for anxiety, getting lost and toxic reactions to candy. Keeping them safe and comfortable is essential.

Yes, all the ghoulish fun with scary skeleton talking heads, light-up door mats that yell creepy sayings or the flickering Halloween lights might be fun for humans, but for pets, they can be quite off-putting. Most pets are alarmed by these noises and lights and the also are put on edge by the constant ringing of the doorbell.

Many pets try to escape by either running out the front door or hiding in the house. When animals get stressed, they can have serious complications including heart attacks. During Halloween parties or activities, it's best to keep your pet comfortable in a room with the bed, water and a favorite blanket or toy. Checking on them is also essential. Remember, they rely on you to keep them safe. If you are wearing a scary mask or outfit, remove it and give them a bit of love throughout the evening.

Making sure they are unable to escape out the front door when you give those treats is critical. It's dark and the animal may run off far away from the street full of kiddos in their costumes.

Over the years, it's not uncommon for people to set off fireworks like roman candles or firecrackers during Halloween. This is dangerous for everyone, but when it comes to pets, they particularly hate the loud booming noises. Try turning on some relaxing



music or the television for background noise. If you are home, sitting with your pet and letting them know it's okay can be helpful.

Calming treats are ideal for Halloween. Ask your veterinarian which are best for your pet's needs.

As far as candy goes, it is NOT for animals to enjoy. It might be fun for kids to spread out their candy on the floor when they get back from trick or treating to count how many pieces they got, but do not let your animal near the pile of sweets as it is all toxic to their bodies.

Toxic Candy Ingredients

Chocolate causes severe toxicity with just a minimal amount, especially dark chocolate. Some of the side effects are vomiting, diarrhea, lethargy, seizures, rapid heart rate, and in some cases, death. The smaller the breed, the more dangerous chocolate can be, as well as the amount of chocolate the animal has ingested.

Raisins or other dried fruit are also very toxic to animals. Grapes and raisins affect the liver and kidneys in dogs and cats. Even if eaten in small amounts, it can cause significant damage and death. Cherries are poisonous to cats and dogs and can cause respiratory failure and death. The pits and seeds in fruits (cherries, avocado, peaches, apples) contain cyanide, so these are especially toxic and can also cause choking.

Sugar in general is not necessarily toxic, but it is not suitable for cats or dogs to eat sugar (Hello Halloween Candy), because as with humans, sugar can lead to diabetes, obesity, shaking, lethargy, and dental decay. Sugar alternatives like xylitol are incredibly toxic to dogs. Don't ever let your pet eat candy, mints, toothpaste, or gum made with xylitol or other sugar substitutes.

Nuts can cause severe reactions in dogs and cats, this especially true of macadamia nuts. If your pet gets into Halloween candy that is packed with chocolate and nuts, this can be a double whammy. If it also has dried cherries or raisin, it's not a good combination. But again, if this happens, it's important to try and figure out how much they consumed and also to take their size into consideration. If a Chihuahua eats a box of dark chocolate Raisinets® or a Snickers® bar, then you definitely will want to seek medical attention. It's always best to be proactive, so even if a Border Collie eats the same amount, getting them checked out will be the best option for your pet's health.

If your pet gets into Halloween candy or other toxic foods, don't hesitate! Get to your veterinarian's office or the Animal ER as soon as possible.

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WHAT IS THE MIND DIET?

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

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

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

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

HISTORY OF THE MIND DIET

Dr. Martha Clare Morris, an expert in nutritional epidemiology at Rush University Medical Center in Chicago, introduced the MIND diet meal plan in 2015. Her studies on the diet tested and compared the effects of the Mediterranean, DASH, and MIND diets in adults aged 58-98 years. The study found that diligently sticking to all three diets was associated with a reduced risk for Alzheimer's disease, but only the MIND diet showed lower risk even with moderate adherence.

Another study showed that participants who stuck to the MIND diet lowered their risk for Alzheimer's by 54%. In addition to the MIND diet's effect on Alzheimer's prevention, Dr. Morris and her colleagues recently studied the diet's effect on the cognitive decline of stroke survivors.

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

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

FOODS TO EMPHASIZE

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

- **Leafy greens (spinach, mixed greens, kale):** aim for at least 6 servings of leafy greens per week. In addition to cognitive benefits, leafy greens are high in vitamin K and many other essential nutrients.
- **Other veggies:** in addition to leafy greens, try to eat one additional serving of vegetables per day.
- **Berries:** aim for two or more servings a week. Smoothies are great for seniors to get their weekly servings of berries.

- **Nuts:** at least five servings per week. Nuts are also a great source of protein and healthy fats.
- **Wholegrains:** three or more servings a day. Common wholegrains include brown rice and whole-wheat pasta.
- **Oliveoil:** replace butter with olive oil, and use it as your primary oil for cooking. Keep in mind that when sautéing, it's better to use standard olive oil than extra virgin olive oil.
- **Wine:** a glass of wine, particularly red, a day has been proven to have cognitive benefits.
- **Fish:** at least one serving per week. Salmon is especially beneficial and is loaded with Omega-3 fatty acids.

FOODS TO AVOID

Some foods to avoid include:

- **Red meat:** aim for less than four servings per week, and chose leaner cuts. Think tenderloin, not rib eye.
- **Butter and margarine:** less than a tablespoon daily.
- **Cheese:** less than one serving per week.
- **Added sugar:** avoid or limit unhealthy desserts, no more than five servings per week. Instead of pastries and ice cream, try dark chocolate.
- **Fast food:** it's best to eliminate fast food altogether because it's typically loaded with sugar and sodium.

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

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

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Cancer.

By Paula Swift, CHTP

Just one word evokes a diverse response. Whether you've experienced it yourself, or walked alongside others through their crisis, fear, anger and sadness tend to dominate. So, it might sound strange when some will remark this time in their life to be the best event that ever happened to them. I am one of them.

When I reflect on my own experience with breast cancer, I find that there is one common ground with others who also claim that cancer was one of the best thing that happened in their life. And it all comes down to faith. With varying beliefs and religious practices, there is always a foundation of faith in a higher, greater power, with the majority having a very personalized relationship with God. There is incredible beauty found in each individual as their faith grows, and their spirit and life begin to flourish with profound discoveries and meaning, regardless of what their body might be doing.

Upon receiving that phone call from my doctor to confirm my cancer diagnosis, I wasn't quite sure how to feel. My immediate prayer was that God would bring to me the right people who would support me in the way that He wanted for me. He answered that prayer immediately that very night with a dear friend. I knew in my heart that I wanted to take a different direction than the standard medical protocol, and she was my first cheerleader, offering the beginning of what would be a long road of research and education that continues even today. I set my heart and eyes on my ultimate Healer, my Creator, my Heavenly Father, for this direction. And the intimacy with Him grew exponentially as He offered comfort and guidance.

Sunday morning following the diagnosis, I was on my way to church at a very early hour. During the quiet, 20 minute drive during sunrise, I was asking Him how will I know which protocol He wanted me to do. His voice was so clear that it was nearly audible with my human ears, "I've got this, Paula. I've got you". Okay, okay, I get it, Lord. One step at a time it will be. From then on, those words were repeated countless times throughout my healing and the more I allowed the time and space to listen, the more I heard His voice and the more I recognized when His Spirit was moving me. It became very clear that the path He was leading me on was for the sole purpose of serving Him and serving others.

Reflecting on my healing experience and life since, the joy and peace that have filled my soul exceeds all I've ever known prior. The intimacy with my Heavenly Father continues to grow closer in ways that my heart had yearned for throughout my lifetime as a believer. When focus continues to be with Him, fear does not prevail and pain has purpose. It is because of all He continues to teach me, and His overflowing unconditional love, that I am able to live my life serving others seeking whole healing of their body and spirit. Healing comes in many ways and sometimes it is not on this side of heaven. But healing the spirit is eternal, and we recognize that our days in this body are temporary, it sets our sights to what is forever. And that is where the adventure really begins!



Paula Swift, CHTP

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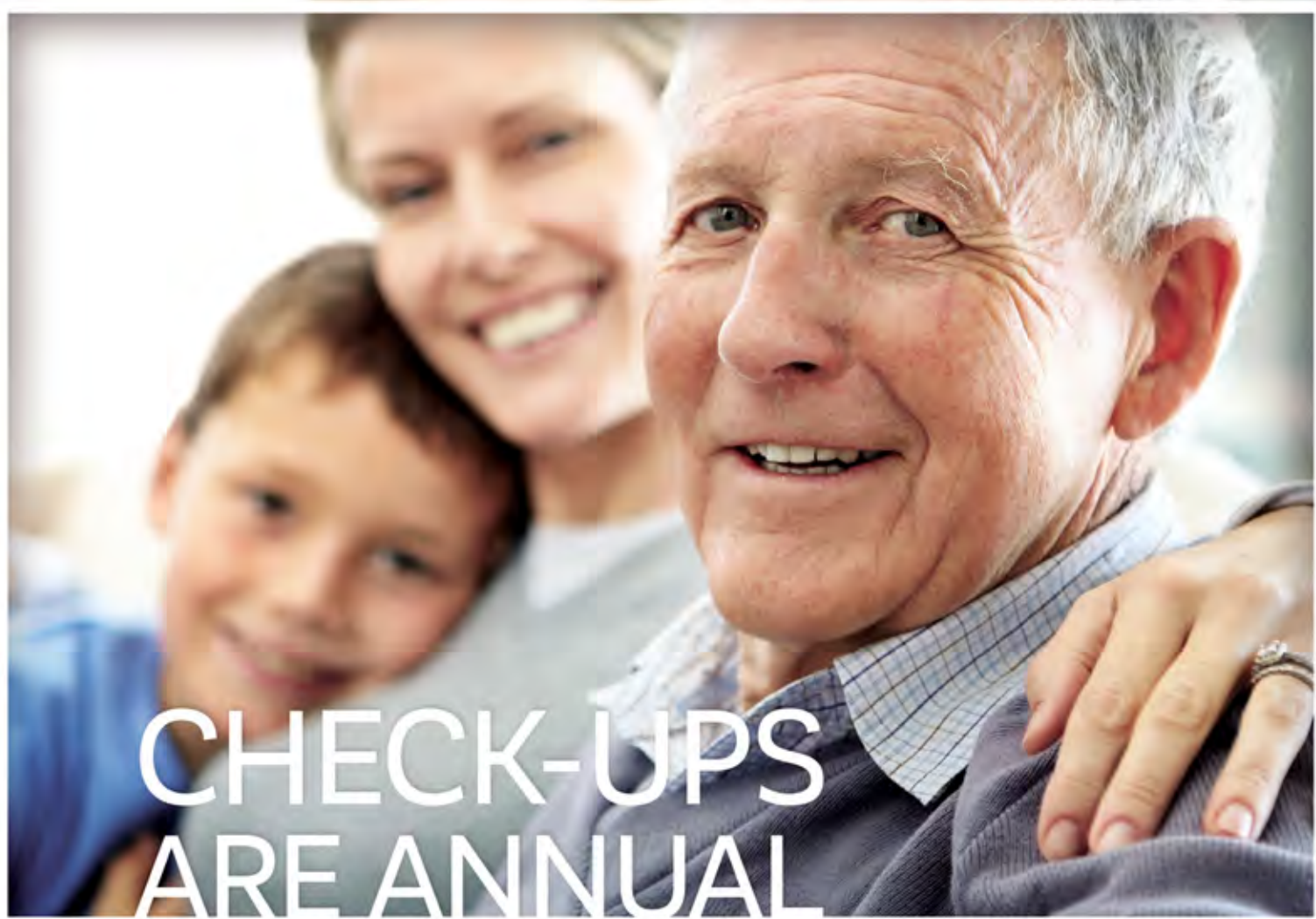
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