

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

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

November 2021

Collier Edition - Monthly

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**10 TIPS**  
TO REDUCE  
STRESS

**DIABETES**  
DID SOMEONE  
CHANGE THE LOCK?

**TIS'**  
THE SEASON  
FOR GIVING


**GAINING CONTROL**  
WHEN DIAGNOSED  
WITH LUNG CANCER


**PANCREATIC CANCER**  
AWARENESS MONTH

**WHAT HOLIDAY**  
FOODS AFFECT  
YOUR PANCREAS?

**Dr. Jonas Mansson, M.D. and**  
Board Certified in General Surgery  
**Dr. Badar Muneer, M.D.**  
Board Certified in Gastroenterology

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November 11	10:00 AM	VIRTUAL	Contact us for Link
November 11	10:00 AM	Perkins	4335 Tamiami Trl. E, Naples, FL 34112
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# OCD Clinical Trial

## DO YOU SUFFER FROM OCD?

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



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



## What is OCD?

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



## Why Participate?

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

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

## See If You Qualify

You are between the ages of 18 and 65.  
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ARHI is conducting a Clinical Research Trial for patients with OCD (Obsessive Compulsive Disorder).

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\*AFLCA 2019-2020 data, retrieved 08-09-21



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# Stress Management

By Neetu Malhotra, MD

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

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

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



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

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

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

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

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

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# HOW TO AVOID ACID REFLUX AROUND THE HOLIDAYS

**T**he holidays are all about gathering together to spend time with family and friends, to laugh and have fun together, and to of course indulge in our favorite holiday treats! The festive drinks and rich foods from creamy mashed potatoes to warm pumpkin pie, holiday feasts are the most favored meals of the year by many – except maybe not for our friends who suffer from chronic heart burn and acid reflux.

Acid reflux is when acid that is normally produced by your stomach to help you digest your food travels up into your esophagus. The esophagus gets inflamed and is not made for acid causing varying symptoms including indigestion, reflux, burning, cough, pain, etc.

According to Physicians Regional Healthcare System's gastroenterologists, **Dr. Alexandra Grace, D.O.** and **Dr. Michael Cohen, M.D.**, alcohol, chocolate and fatty foods are the three top foods they recommend avoiding during the holidays if you suffer from acid reflux. "These all can worsen reflux especially in large amounts which is the tradition at the holidays!" Dr. Grace explains.

Certain foods can cause relaxation of the sphincter valve that separates the esophagus and stomach. Foods like chocolate, caffeine, alcohol, tomato sauce, orange juice/grapefruit juice, garlic and onions and peppermint cause the valve/muscle at the bottom of the esophagus to relax. This allows the acid to come up and cause issues and symptoms.

Both physicians recommend that those suffering from acid reflux can stick with most sides such as veggies, green beans, and even mashed potatoes. Sticking with roasted or grilled veggies instead of casseroles which are richer and usually have added cheese and creams is the best way to cook your sides. As far as the main course, turkey and most meats aren't bad for reflux, however, the gravy should be used in smaller amounts.

If you can make it to dessert, try eating small portions of things like pumpkin or apple pie. Avoid the chocolates and ice cream sides and enjoy everything in moderation. "Be sure to reach



for the healthier desserts. Any non-citrus fruits will be enjoyable without causing acid reflux," Dr. Cohen encourages. Keeping the meals small instead of overindulging in larger meals is going to be a savior tip for those with acid reflux.

## FOLLOW DR. GRACE AND DR. COHEN'S TIPS ON HOW TO HANDLE YOUR HOLIDAY HEARTBURN:

1. Try eating a healthy snack before the big meals, so you're less likely to overeat.
2. Avoid going in for seconds and thirds even though you have your eating pants on. Limit yourself to 1 alcoholic beverage, 1 plate of food, 1 piece of chocolate cake.
3. Watch how late at night you are eating. You shouldn't eat within 3 hours of bedtime. Do not lay down within 1 hour of eating.
4. Wear loose clothing to keep pressure off your stomach which can increase reflux.
5. Enjoy the holidays! As long as portion control is on your mind, it's okay to enjoy a small slice of your favorite pumpkin pie you make once a year! Everything in moderation!

Use over the counter medications like Pepcid, Tums, Roloids in small amounts as needed for symptoms, however if you find you're reaching for the medication daily or more frequently, then it may be time to discuss your symptoms with your primary care or gastroenterologist.



**Dr. Grace** is located at our Physicians Regional – Collier Blvd. campus 8340 Collier Boulevard 34114 and our new Physicians Regional – Pine Ridge Medical Office Bldg. 6376 Pine Ridge Rd., Naples, 34119.



**Dr. Cohen** is located at our Physicians Regional – Walden Center campus 24231 Walden Center Dr., Bonita Springs, FL 34134 and our new Physicians Regional – Pine Ridge Medical Office Bldg. 6376 Pine Ridge Rd., Naples, FL 34119.

To schedule an appointment with **Dr. Grace** or **Dr. Cohen**, please call (239) 348-4221 or visit [PhysiciansRegionalMedicalGroup.com](http://PhysiciansRegionalMedicalGroup.com).

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# CERVICAL SPINE, NECK PAIN:

## WHAT YOU SHOULD KNOW ABOUT THE CAUSE AND YOUR TREATMENT OPTIONS

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

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

### Why Does My Neck Hurt and Give Me a Headache?

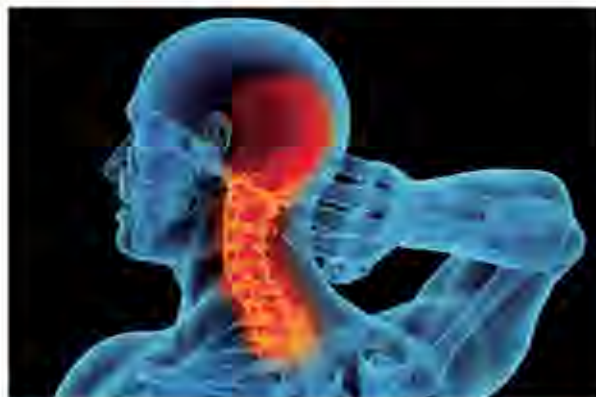
As you develop in the womb, your head and upper neck develop together, forever linking pain in one to the other. Hence, the upper neck joints, discs, muscles, and nerves can cause pain that goes into your head (headaches). When this happens it's called cervicogenic headache. Figuring out which of these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

### What Are the Things that Cause Cervicogenic Headache?

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

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

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



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

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

### What Does a Cervicogenic Headache Feel Like?

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

### How Do You Treat a Cervicogenic Headache?

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

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

### Cervical/Neck Pain

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

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

### Getting You Out of Pain Without Surgery

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

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

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

### Alternative Treatment

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



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# GAINING CONTROL WHEN DIAGNOSED WITH LUNG CANCER

By Dr. Alan Brown

**A** lung cancer diagnosis brings a range of emotions and questions. It can feel overwhelming.

At Advocate Radiation Oncology, we recognize that coping with cancer is a journey, and it's important that you know we are walking alongside you. In fact, one of the first steps we take together is giving our patients some power over the situation, and that starts with education – for both patient and provider. First, we get to know you, not just your diagnosis. Lung cancer patients may be referred to our office in the very early stages to shrink the tumor before surgery, after surgery to destroy any cancer cells that remain, or to treat lung cancer that has spread to other areas of the body to ease symptoms of the disease. Becoming educated on your history is a priority. Advocate Radiation Oncology focuses on treating the individual, and that means we understand our patients so that we can create a comprehensive, customized treatment plan.

In getting to know you, it's also important that patients and families learn about our team. We are proud to have world-class physicians on our staff who provide innovative and compassionate care with a patient-centered approach. Many of our board-certified physicians have trained and worked at the nation's most prestigious institutions and bring decades of experience and passion to your care team as well as to the greater cancer community.

Establishing an individualized cancer treatment plan is one of the best ways we can help patients regain control. Our treatments are guided by the most up-to-date data, most appropriate evidence-based cancer care, and the very latest technologies available in the fight against lung cancer or other cancers. Lung cancer is the second most common cancer in both men and women. It's also the leading cause of cancer death, accounting for about one in four deaths, according to the American Cancer Society. These statistics are difficult to hear. That's why it's especially important to ensure patients have access to the most sophisticated, advanced technology on the market.



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With our patient-first approach and individualized treatment plans, combined with the very latest technologies, Advocate Radiation Oncology is helping our patients gain some control over their illness.

#### About the Author

Dr. Alan Brown is a board-certified radiation oncologist at Advocate Radiation Oncology, a locally owned and operated practice with offices in Fort Myers, Cape Coral, Port Charlotte, Bonita Springs and Tamarac. For more information, please visit [AdvocateRO.com](http://AdvocateRO.com).

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# QUALITY SLEEP PROMOTES HEALTHY AGING, FAT LOSS AND MENTAL CLARITY

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## GROWTH HORMONE AND SLEEP DYSFUNCTION

During the first few hours of sleep, we secrete growth hormone (GH).<sup>1</sup> Sleep-related secretion of GH appears to be primarily dependent on the release of growth hormone. Studies have shown that growth hormone supplementation decreases wakefulness and increase sleep. When we are in our thirties, the amount of growth hormone secretion decreases by two to three-fold of the amount when we were younger. This is one of the primary causes of sleep disruptions in adults.<sup>1</sup> Replacing the growth hormone with an 100% natural treatment is critical for many adults who want to improve their sleep patterns and health.

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aging, fat burning, and the numerous health benefits our product offers.

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### Reference:

1. NIH PubMed, E Cauter, Physiology of growth hormone secretion during sleep, PMID: 8627466 DOI: 10.1016/S0022-3476(96)70008-2. <https://pubmed.ncbi.nlm.nih.gov/8627466/>

**TESTIMONIALS**

*Dr. Deepa Verma, implemented the BioPro+CortiSleep into her practice, and her clients are seeing improved sleep after only one week of use. Dr. Verma explains that stress is one of the primary causes of inflammation and sleep disorders. She believes that the ingredients in BioPro+CortiSleep such as B6, mucuna, melatonin, and growth factors are the key to restorative sleep. —Dr. Deepa Verma is double board certified and the owner of Synergistiq Integrative health.*

*Trevor Harris, Professional Quarterback and Certified Nutritionist says this about BioPro+CortiSleep, "Making sure you are getting REM sleep is essential. The first day after I took BioPro+CortiSleep my sleep cycle app showed how my REM sleep improved and was maximized. Cortisleep was giving me immediate results. Everyday, I wake up more energetic and feel amazing."*

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# Diabetic Retinopathy: You May Not Know You Have It

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

All of us should be getting our regular eye examinations to make sure our eyes are healthy, but the importance of people with diabetes getting their recommended exams is critical. In both type 1 and type 2 diabetics, the high blood sugar is highly involved in damaging the delicate blood vessels in the retina. This damage is called diabetic retinopathy. In diabetic retinopathy, serious complications can cause significant vision loss if left untreated. Sudden vision loss from these complications, such as, a vitreous hemorrhage, or tractional retinal detachment is extremely threatening issues that can cause blindness.

According to the American Academy of Ophthalmology:

### Diabetic Retinopathy

You can have diabetic retinopathy and not know it. This is because it often has no symptoms in its early stages. As diabetic retinopathy gets worse, you will notice symptoms such as:<sup>1</sup>

- Seeing an increasing number of floaters
- Blurry vision
- Vision that changes sometimes from blurry to clear
- Seeing blank or dark areas in your field of vision
- Having poor night vision
- Noticing colors appear faded or washed out
- Losing vision

Diabetic retinopathy symptoms usually affect both eyes

Treatment Options:

### Medical control

Controlling your blood sugar and blood pressure can stop vision loss. Carefully follow the diet your nutritionist has recommended. Take the medicine

### 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.



your diabetes doctor prescribed for you. Sometimes, good sugar control can even bring some of your vision back. Controlling your blood pressure keeps your eye's blood vessels healthy.<sup>1</sup>

### Medicine

One type of medication is called anti-VEGF medication. These include Avastin, Eylea, and Lucentis. Anti-VEGF medication helps to reduce swelling of the macula, slowing vision loss and perhaps improving vision. This drug is given by injections (shots) in the eye. Steroid medicine is another option to reduce macular swelling. This is also given as injections in the eye. Your doctor will recommend how many medication injections you will need over time.<sup>1</sup>

### Laser surgery

Laser surgery might be used to help seal off leaking blood vessels. This can reduce swelling of the retina. Laser surgery can also help shrink blood vessels and prevent them from growing again. Sometimes more than one treatment is needed.<sup>1</sup>

### 4 Ways to Prevent Vision Loss from Diabetic Retinopathy

1. If you have diabetes, talk with your primary care doctor about controlling your blood sugar. High blood sugar damages retinal blood vessels.
2. Do you have high blood pressure or kidney problems? Ask your doctor about ways to manage and treat these problems.
3. See your ophthalmologist regularly for dilated eye exams. Diabetic retinopathy may be found before you even notice any vision problems.
4. If you notice vision changes in one or both eyes, call your ophthalmologist right away.

Get treatment for diabetic retinopathy as soon as possible. This is the best way to prevent vision loss.

Source:

1. N Gregori, M.D., Diabetic Retinopathy: Causes, Symptoms, Treatment, Septemebr 14, 2021, <https://www.aaa.org/eye-health/diseases/what-is-diabetic-retinopathy>



675 Piper Blvd., Naples, FL 34110  
(239) 466-2020 | [www.QuigleyEye.com](http://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](http://www.QuigleyEye.com).

# Men's Health:

## Why You Need to Stay on Top of Your Medical Exams

**T**he month of November is also referred to as NOVEMBER for Men's Health. We often hear jokes that men prefer to stay away from the doctor, but more and more men have become proactive about their healthcare than ever before, which allows for healthier lifestyle choices and earlier diagnosis. Men taking the lead on their health is always better for long term outcomes and living well.

When it comes to men's health, Advanced Urology Institute (AUI) offers numerous treatments and diagnostics for erectile dysfunction, vasectomies, urinary, kidney, and bladder health, and prostate disorders.

### Getting Your Prostate Checked is Not Optional

Prostate cancer is often referred to as a silent killer. As men age, it can become enlarged, infected, and cancerous. Prostate cancer is the third leading cancer among males. It is often a silent killer, as it rarely shows signs or symptoms until it has developed maturely and even metastasized into other areas of the body. This year alone, it will take over 31,620 men's lives. But it doesn't have to be this way! With just a standard examination and regular checkups, prostate cancer can be diagnosed and treated effectively, alleviating these grim statistics. Early diagnosis is critical and achievable with the right steps. Due to prompt diagnosis, 3 million men in the US are prostate cancer survivors!

### Some of the Most Common Symptoms of the Disorder are:

- Weak urination
- Interrupted urination
- Frequent urination
- Blood in urine
- Painful ejaculations
- Pain in pelvis, hips or thighs

### Diagnostics

There are several distinctive tests that urologists use to determine Prostate cancer or prostate disorders in men. The first is a digital examination by palpating the prostate through the rectum to feel if it is enlarged. The second test is done through a PSA (prostate-specific antigen) count, which tests the blood for specific protein-synthesized prostate cells—the higher the number of PSA, the more likelihood of impending prostate cancer. There is also a more advanced test of free-range prostate PSA cells;



this test typically reads higher in men that have undiagnosed prostate cancer. The earlier your PSA levels are checked, the better your chances of successful treatment and survival rate.

The normal PSA level is 4.0, which is four nanograms per milliliter of blood (ng/ml), but in younger men, an average of 2.5 ng/ml is normal, while in older men a reading above four may not necessarily be alarming.

### Additional Testing

Certain medications, herbal supplementation, or being overweight can also have a counter effect on your PSA levels. For example, a person taking a daily aspirin may have a lower PSA level due to the effect of the medicine on the blood protein count.

Before you are tested, it's imperative to tell your physician everything that you are taking, or any other health conditions or symptoms that you are experiencing. Additional more detailed testing includes transrectal MRI or transrectal ultrasound, as well as biopsies.

If diagnosed with cancer, a Gleason Score biopsy will be taken to determine the aggressiveness of prostate cancer. This grading system allows urologists to choose the appropriate and optimal treatment option.

### Treatment

All treatment options are not going to be suitable for every prostate cancer case. Depending on the patient's overall health, age, stage of cancer, PSA or Gleason scores, size of the tumor, and personal circumstances, the treatment may vary significantly. For some patient's hormone therapy is appropriate, and for others, a "watch and wait" approach is suitable. In some instances a single surgical removal may be fitting, while for others radiation therapy or more invasive surgical and oncology options are better suited. You should always consult with an experienced urologist to determine your best plan of action when dealing with any prostate issues.

### Advanced Urology Institute

AUI was developed as a single-specialty physician led organization to respond to the mounting changes in healthcare. Solo-practitioners and small groups cannot keep up with the increased governmental burdens and continue to stay focused on providing the highest level of care to their patients. We believe that by combining our efforts, geographically disparate Urology groups can function most efficiently and effectively to deliver the highest quality medical care to our patients.

### Services Offered & Conditions We Treat

- Erectile Dysfunction
- Benign Prostatic Hyperplasia (BPH)
- Kidney Stones
- Da Vinci Robotic Assisted Surgery
- Prostate Cancer Treatment
- Vasectomy & Vasectomy Reversal
- Urinary Tract Infection
- Pediatric Urology
- Women's Urological Health

### We Value Patient-Centered, Evidence-Based Care

As a patient, you can be certain that you are a critical member of our treatment team. We will answer your questions and strive to provide the best services and the best care, based on your individual needs, preferences, and choices. AUI Physicians emphasize the use of proven treatment guidelines within our specialty, to optimize clinical decision making. Through our internal measures, our involvement in research studies, and our passion for continuous learning, you can be confident that our treatment team is providing you with the best treatment options.



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



# Diabetic Wound Healing: Why is it so Challenging to Treat?

**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

**P**odiatrists focus on the feet and everything associated with the foot and ankle, such as the tendons, muscles, ligaments, and bones. Podiatric specialists regularly treat anything that makes up the structure, function, and health of the entire foot. In the state of Florida, a podiatrist is not only able to medically treat the foot, but they also treat the lower extremity. Because the knee is in such close relation to the effects of the foot and ankle, podiatrists regularly treat bone and soft tissue disorders from the knee down. With Diabetes, the leg, foot and ankle are often affected by wounds that do not heal!

## Diabetic Wound Issues:

Diabetes is a complicated condition to gain control of, but one of the most painful parts of this disease is the development of diabetic wounds. Often these wounds become “non-healing” due to the adverse effects of the systemic disorder.

Millions of people with diabetes will suffer from diabetic foot ulcers more than once in their lifetimes. Diabetes is a progressive disease that is many times, not taken seriously enough by people predisposed to the disorder.

High blood sugar damages various organs within the body, but also has a severely adverse effect on nerves. This nerve damage happens when the blood supply is limited. The small blood vessels, which supply blood and nutrients to the nerves becomes impaired. When the nerves are no longer fed nutrients, they either die, or their signals to the brain are ineffective. The lack of brain signaling from the nerve endings makes it difficult for a person to feel pain in their foot, so often injuries and these disorders are overlooked. This syndrome is called peripheral diabetic neuropathy.

Because of this nerve damage, people with diabetes are at a higher risk of developing foot ulcers. A foot wound may not sound overly alarming to most people, but foot ulcers can be life-threatening.



These small sores go undetected due to the lack of feeling. If a patient delays treatment, foot ulcers can lead to amputation, strokes, heart attacks and severe infections that can spread throughout the entire body.

At Collier Podiatry, make it a priority to provide advanced diabetic wound services. Collier Podiatry, P.A., is the practice of Dr. Petrocelli, a board-certified podiatrist who has been practicing since 1994. With over 20 years of experience, Dr. Petrocelli provides next-level care for diabetic patients with wounds and ulcers. He is board certified in wound healing and can treat any wound below the knee.

## Diabetic Wounds & Vascularization

If you have ulcers and lacerations that never fully heal, you might have a chronic wound. These are most often caused by diabetes mellitus, which causes blood vessels in the feet and hands to grow smaller. The restriction of blood flow damages nerve areas and reduces sensation.

Chronic wounds can also be caused by venous stasis, a condition of the veins in the lower legs, which also deprives your feet of adequate blood flow. With both conditions, when you bump or cut your foot or when you develop an ulcer, the lack of blood flow makes it difficult for the wound to heal.

In the endothelial layer of the dermis, vascularization must take place in order to heal the wound. The neovascularization or also known as angiogenesis is when new microvessels, fibroblast, and collagen begin to proliferate and form along with an increase in oxygen uptake and micronutrients to help grow new tissue, and to build a strong vascular blood flow to supply the proper nutrients to the dermal layers.

Along with Collier Podiatry’s advanced wound healing protocols, Dr. Petrocelli often works directly with vascular surgeons to find ways to restore blood flow to the affected area so that the wound can finally heal.

Collier Podiatry maps out your treatment plan by taking a meticulous culture of your chronic wound, which assists them in deciphering and implementing the best strategy for your diabetic wound care and prescribing the correct medications for your particular case. Collier Podiatry does all of this with the goal of ridding you of your painful chronic wounds once and for all.

## Collier Podiatry’s Wound Care Treatment:

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

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



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

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# Holistic Internal Medicine

## A MEDICAL DOCTOR'S PERSPECTIVE

By Svetlana Kogan, M.D.

Over 20 years ago, when I was giving a Hippocratic Oath at medical school graduation, I quietly added at the end: "And do unto others as you would have them do unto you." I have stuck with this principle throughout my medical career in New York City, and brought it to Naples, where I opened my practice in March 2019. I believe that in a holistic private practice, a patient deserves to see his or her doctor. Not a nurse, not a physician assistant – your health must be in the hands of the doctor who is highly educated, Board Certified, and carries a full responsibility for a patient's well-being. The presence of any middle men leads to errors and poor oversight in clinical decision-making. If the patient has a pressing medical question or an issue, they should not be speaking with an answering machine or a secretary – they must have an easy way to communicate directly with their doctor. By the same token, patient deserves to be able to see their doctor right away if they are not feeling well. It is dangerous to wait. Conditions, like appendicitis for example, can deteriorate very rapidly, sometimes over the course of one day.

Once, in the office, the patient should not be wasting time sitting around coughing people – he or she should be seen right away. And how many of you have experienced the 10 minute doctor's appearance in your exam room, most of which was spent by their staring at the computer, instead of listening to your concerns? In my practice, a patient deserves to spend as much time with the doctor as they need. On top of that, you should hear from your doctor following up with you after the visit. Hopefully, they care to find out if you are getting better or if you need anything else. I know how much patients appreciate this kind of care. Here is Michael L, a verified patient of mine who wrote online: "I have never, ever met someone as professional, thorough, knowledgeable and friendly as Dr. Kogan. I am 53 years old, and have met many doctors in my lifetime. Dr.Kogan says what she means and she follows through on everything so quickly! When I went to the pharmacy to pick up my prescription, the pharmacist assistant said to me, "You are with Dr. Kogan? Everybody loves Dr. Kogan!"



**Life taught me:** If you extend yourself to your patients 100% and listen carefully to their needs, you will develop a special insight and understanding of who they are as a *whole* person. This bond develops slowly over time. Doctor-patient relationship should be the kind where the doctor spends an office visit time to get to know you, your family dynamics, and your lifestyle in-depth. It is only then that they can see you as a whole person – and this is where the word *holistic* comes from. It means taking into account not just the biological factors, but also the psychological and social factors affecting your well-being.

Patients want more than just prescriptions which act like a Band-Aid, to cover up the symptoms for a couple of hours. Frequently these meds have nasty side effects and patients develop tolerance to, or worse, dependency on these meds. Disenchanted, these patients will often turn to non-medical healers, or self-proclaimed doctors who have not received extensive medical training and have zero responsibility as to what happens if their "natural healing" regimen fails or makes the patient feel worse. The time has come that the best and the brightest of medical doctors should start recognizing Mind-Body imbalance as a root cause of most illnesses. If we can add some very effective holistic protocols to our war chest of treatments - we can safely and effectively manage most of the diseases out there.

I still maintain a very warm relationship with my patients from New York City. Their feedback on my Facebook page makes me choke back tears of gratitude for having the privilege of taking care of these wonderful people. Here are just a few of hundreds of their heartwarming testimonials:

*"Miss you!! So excited for this next step in your journey of life! You were there for me in the time I needed you MOST! So thankful for you!"*

*"Your departure is New York's loss and Florida's gain. "*

*"Very thankful - good luck - you are the best! We miss you and hope the people of Naples know that you are one of a kind and the very best"*

These testimonials and letters are inspiring me now that after 18 years of successful private practice in New York City, I have been practicing in Naples for 2 years. Moving to Naples helped me to shift gears and to bring my philosophy and passion for what I do professionally - closer to Nature. The energetic synergy between this little town and me is unmistakable. The ocean and the outdoors nourish my Energy here, so that I in turn can help others be healthy and balanced.



**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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# Health Insurance – Medicare 2021 Annual Election

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

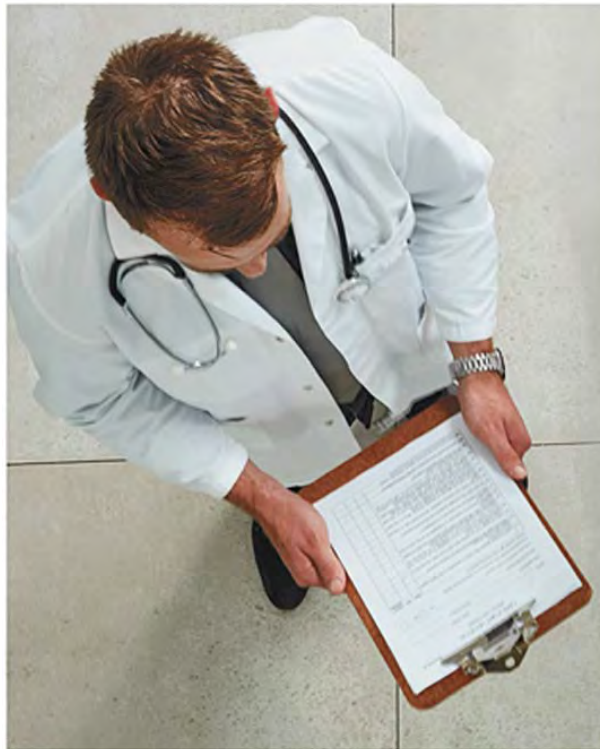
By UllaUndine Merritt (Dee) National Producer Number (NPN) 8853366

**M**edicare 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



# Hospice Provides Comfort for Veterans and Their Families

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

At the end of life, every patient is unique. When a patient with an advanced illness is ready to start the conversation, hospice care focuses on improving quality of life. When that patient is a veteran, providing appropriate care requires insight into the challenges they face throughout life, not only at its end.

In general, hospice patients are estimated by their physicians to have six months or less to live. Receiving hospice care doesn't mean "giving up" or compromising comfort and dignity. As part of the Medicare Part A hospice benefit, hospice patients are entitled to whatever their terminal diagnosis requires. This includes medications, home medical equipment, supplies, supportive services, and care from a team of experts.

The interdisciplinary hospice team—nurse, hospice aide, social worker, physician, chaplain, bereavement specialist and volunteers—provides clinical, spiritual, and psychosocial care to the patient and their family wherever they call home.

**VITAS**  
Healthcare | Since 1980

## Unique Care for Veterans

Veterans face experiences throughout their military careers that test the limits of the human body and mind. The repercussions of these experiences may linger long after a veteran's service ends, and their needs at the end of life can be severe and varied.

VITAS Healthcare's hospice experts are trained to support these difficult circumstances, including financial and benefit concerns, post-traumatic stress disorder, unresolved issues associated with military service, depression, and suicide. Veteran liaisons ensure the patient has access to every benefit to which they're entitled.

VITAS also participates in We Honor Veterans, a program developed by the National Hospice and Palliative Care Organization and the VA to improve care for vets in hospice. Veterans are shown how much their service is valued through special events and activities, including trips to the Washington, DC, war memorials via the Honor Flight Network®.

For patients with advanced illness, hospice helps make the best of those final months, weeks, and days. VITAS patients enjoy being home among loved ones, free of related medical expenses, and in the care of a compassionate team dedicated to their comfort and dignity.

For more information about end-of-life care services, call 866.759.6695. Download the VITAS Veterans Resource Guide at [VITAS.com](https://www.vitas.com)    

# DIABETES: DID SOMEONE CHANGE THE LOCK?

BY TOM EVERTS PA-C, IFMCP

**D**iabetes is a condition where your body doesn't regulate blood sugar appropriately. Type 2 diabetes has become increasingly common, especially in developed countries. A few years ago over 10 percent of Americans had diabetes and 1 in 5 did not know they had it. Diabetes is the seventh leading cause of death in the United States and the leading cause of kidney failure, adult blindness and lower-limb amputation.

*Why is diabetes so common? What is the pathology behind this disease? And most importantly, how do I prevent or treat it so that I don't become a statistic?*

Let's review the *normal* mechanism of how glucose (sugar) is shuttled into our cells (liver, muscle, fat cells, etc.). First, upon digestion of food containing sugar or carbohydrates our pancreas senses a rise in glucose and releases the hormone insulin. Insulin acts as a key to let glucose into our cells. These cells get the energy they need (glucose!) and our blood sugar remains stable. All is well.

Diabetes is driven by a mechanism known as *insulin resistance*. It occurs when the cells of your body no longer listen to insulin as it's trying to unlock the door and put glucose inside the cells. This results in elevated insulin at first: "We need more keys! Try this one! No, this one!" Eventually, as the insulin is unable to keep up we see a rise in the blood glucose. If this process continues what began as insulin resistance, results in pre-diabetes and eventually type 2 diabetes.

This process doesn't happen over night. In fact, it typically takes years for things to progress into overt diabetes. Most people don't realize they are heading in that direction. That's why it's important to monitor your glucose metabolism and check things like fasting insulin along with your routine labs. This will give you insight into whether your insulin is starting to rise, meaning your cells are starting to change the locks (insulin resistance!).

There is a lot of nuance not discussed here, as glucose is not the only source of fuel for your cells and some cells actually prefer fat, or ketones. The difficulty is that when you become *reliant* on sugar, you may lose the ability to burn fat. Insulin inhibits the cells from releasing fat for fuel. This is why there is a huge correlation between type 2 diabetes and obesity - even though the fat is there as a potential



source of fuel, you can't access it due to high levels of insulin. This inflexibility can present as hypoglycemia if you don't keep up with regular sugar intake.

It's important to have *metabolic flexibility*. This allows you to use both energy sources as needed depending on what's available (i.e. what you eat) and prevent insulin resistance and diabetes. Here are some ways to shift your metabolism in the right direction:

#### **Eating Strategy:**

*Include a variety of vegetables, especially colorful vegetables, which are loaded with antioxidants and phytonutrients. This helps reduce inflammation and nurtures the gut microbiome.*

*Limiting or avoiding high glycemic index foods is important to reduce glucose, as well as insulin levels. Insulin can be inflammatory when chronically elevated, and perpetuates the process of developing insulin resistance and overt diabetes.*

#### **Movement:**

*Resistance training is a great way to increase glucose uptake in our muscles. Compound movements like squats and deadlifts are encouraged and high-Intensity interval training is an efficient way to promote muscle growth and work our cardiovascular system.*

#### **Stress Management:**

*The stress hormone cortisol increases our blood glucose level, so managing stress is essential. This*

*can take many different forms, the most recognizable being meditation. Here are some other things that help with stress: listening to music, walks in nature, art, deep breathing and exercise.*

#### **Sleep:**

*7-8 hours of sleep is critically important to regulating key hormones, including cortisol and insulin. These hormones, along with others, help regulate appetite, weight and immunity. Reduced sleep has been linked to insulin resistance. Sleep is non-negotiable in the discussion around chronic disease prevention, including diabetes.*

Preventing and treating diabetes is challenging, and the current food environment does not make it any easier. A healthy eating strategy and lifestyle is essential. This looks different for everyone based on genetics and environment. If you are concerned about diabetes and are looking for a different approach, reach out to a functional medicine practitioner. We are here to help guide you towards optimal health, whatever that means to you.

**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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# Seniors Can Still Grow Their Social Network

People generally are social by nature, and high-quality social relationships can help us all live longer, healthier lives. However, older adults often find themselves unexpectedly alone due to factors like the death of a spouse or partner, physical distance from friends or family, or loss of transportation and mobility. These seniors are at an increased risk for loneliness and social isolation — and the related health problems such as cognitive decline, depression and heart disease. While social isolation can be damaging to an older person's health and livelihood, there are steps seniors and those in their support network can take to help counteract these negative effects.

## Did You Know?

According to the National Institute on Aging, one in four adults age 65 and older are socially isolated. These seniors can experience significant health ramifications. Research shows that:

- People who have a strong social network tend to live longer.
- The heart and blood pressure of people with healthy relationships respond better to stress.
- Strong social networks are associated with a healthier endocrine system and healthier cardiovascular functioning.
- Healthy social networks enhance the immune system's ability to fight off infectious diseases.

And these things result in a happy fulfilled life!

## Ideas for Activities to Stay Connected

Chances are you know or interact with someone that is socially isolated. Sometimes it takes encouragement to help seniors stay connected and expand their circle of engagement. Here are activities you can recommend that can help seniors increase socialization and reduce loneliness.

**Meet People with Similar Interests** – Suggest they rediscover an activity or hobby that they once enjoyed and restart it. Alternatively, they may want to learn something new, and a group class is a great opportunity to start.



- **Stay in Touch with Family and Friends** – Remind family and friends to schedule time each day to stay in touch by email, social media, video chat, text, or make a simple phone call. If the senior in your life is not tech-savvy, help them sign up for an online or in-person class at the local public library or community center.
- **Nurture Existing Relationships** – Encourage them to invite people over for coffee or ask a neighbor to read a favorite book to engage a discussion.
- **Adopt a Pet** – Suggest they adopt a pet if living arrangements and ability for care allow. Animals can be a source of comfort and may also lower stress and blood pressure.
- **Stay Physically Active** – Recommend they join a walking club, senior fitness class, or exercise with a friend.
- **Get Involved in the Community** – Help them introduce themselves to neighbors, join a faith-based organization or volunteer to engage with others in activities and events.

Senior living communities are exceptional in that they can provide “just what” seniors need to fill all the gaps and enjoy a rich satisfying life.

## Helpful Social Wellness Resources

Oasis Senior Advisors lower SW Florida has a huge network of trusted partners to answer questions and supply solutions to each challenge seniors face. It is much more than just a residential service. Oasis strives to find the solutions to any obstacles you may have.

Oasis Senior Advisors provides free services to seniors and their families. If you know of an older adult in need of companionship, activities, or a suitable housing community, contact your local Oasis advisor at 239-218-7739. One call to a Certified Senior Advisor can offer many solutions for a senior in need.

*Sandy Moffett, Certified Senior Living Advisor*



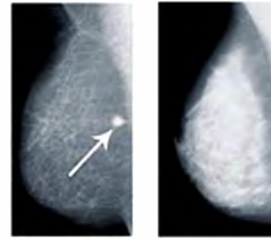
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[www.OasisSeniorAdvisors.com/](http://www.OasisSeniorAdvisors.com/)  
Lower-SW-Florida

3739 Milano Lakes Circle #408  
Naples, FL 34114

# DENSE BREAST TISSUE: What Your Mammogram May be Missing

By Krystal Smith, D.O.



In the United States, breast cancer is the second leading cause of death after heart disease in women. And here locally, in the state of Florida, nearly 16,000 new cases of breast cancer are diagnosed each year. Women with dense breast tissue have a higher risk of developing breast cancer.

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

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

Half of women over the age of 40, have dense tissue. With mammograms, dense breast tissue can potentially obscure tumors.

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

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

## Breast Cancer Screening

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

Mammograms and breast ultrasounds have helped diagnose breast cancer early and eliminate metastasizing cancer and deaths; however, not all breast cancer is detected with traditional mammography. Additional symptoms of breast cancer are lumps in the breast or underarm, pain, nipple discharge, or a physical change in the appearance of the breast or nipple. If you have any of those symptoms, your doctor will order you an advanced imaging test.

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

## Breast Cancer Risk Factors

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

## Breast Center of Naples

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

## Advanced Equipment and Technology

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

### References:

1. CDC, Centers for Disease Control and Prevention. What Does It Mean to Have Dense Breasts?, [https://www.cdc.gov/cancer/breast/dense\\_info/dense-breast.htm](https://www.cdc.gov/cancer/breast/dense_info/dense-breast.htm)
2. Tabar L, Vitak B, Chen TH, et al. Swedish two-county trial: impact of mammographic screening on breast cancer mortality during 3 decades. *Radiology* 2011;260:658-63.

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

**239-238-1210**

**BREASTCENTEROFNAPLES.COM**

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

  
**BREAST CENTER**  
OF NAPLES

## KRYSTAL SMITH, D.O.

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



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

# Diabetes Awareness Month—Millions of Americans Have Diabetes

## What You Should Know

**W**hen it comes to diabetes, getting an accurate diagnosis, learning about prevention, treatment and lifestyle changes is imperative. In the United States, diabetes affects over 30 million people and along with this vast figure, stands 89 million people with prediabetes. Not only is diabetes a very expensive disease, costing approximately 245 billion dollars per year, and it wreaks havoc on one's health, contributing to heart disorders, stroke, and cognitive decline, to name a few. In addition, it is the 7th leading cause of death in the United States.

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

### Type I Diabetes Problems and Risks

- Low blood sugar
- High blood pressure
- High cholesterol
- Cardiovascular risk factors
- Stroke risks
- Eye disease and conditions
- Kidney disorders

### Type II Diabetes Problems and Risks

- Heart Disease
- Vascular disease
- Neuropathy
- Kidney disease
- Skin Conditions
- Stroke
- Vision loss and disorders
- Amputations
- Non-Healing ulcers
- Alzheimer's and Dementia



### Lifestyle Changes Can Help Significantly

Type II diabetes can affect people all ages, maintaining a healthy weight, exercising, and eating the right foods can significantly reduce or stave off this type of disorder. Implementing a healthy diet and exercise program should be the first step and an ongoing protocol for those with diabetes.

Cleaning up your diet is one of the best ways to lower your A1C and to improve your insulin resistance issues. A healthy diet can improve a great deal of dysfunction that has been increasing in the body for years. Not one specific diet is suitable for all people; a diet that is customized to your needs, and genetics is essential to healing your insulin sensitivity. However, low sugar, low carbohydrates diets are best and are well suited to prevent other chronic diseases. This doesn't mean eating high saturated fats, it means eating mostly healthy vegetables and proteins as your main source of nutrients.

### Diabetes Treatment

If your diabetes is advanced, getting the appropriate medication and dosing is crucial for reaching and sustaining a healthy lifestyle. Treatment includes taking the recommended medications that your

doctor prescribes. For type II diabetes, some drugs help reduce the amount of glucose in your blood. Others stimulate the pancreas to produce more insulin.

If your diabetes is advanced, getting the appropriate medication and dosing is crucial for reaching and sustaining a healthy lifestyle.

### No Sugar, Low Carbs Works to Maintain Glucose Levels

The most important aspect is to avoid all sugars. This is especially important in the beginning stages as your body is overloaded with insulin and glucose. Sugar causes a great deal of inflammation in the body. Eliminating refined sugars like grains, pasta, and white potatoes can also quickly improve diabetic conditions. Speaking to your physician about the right plan for you is critical.

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](http://www.well-beingmedicalcenter.org)  
851 5th Ave. N. Suite 102, Naples, FL 34102

# 10 TIPS TO REDUCE STRESS

**W**ith the holiday season approaching, it's more important than ever to learn a few quick tips to reduce stress. Keeping your stress level down is just as important to your overall health as eating well and exercising regularly. We've asked WellcomeMD's health coach, Amber Gabriel, for some easy tips on how to decrease stress in your life.

## 1. Take up an enjoyable hobby.

You'll not only get some time to focus on something that brings you joy, but if it's a social activity you'll have an opportunity to be with people whose company you enjoy.

## 2. Get more social.

Increase the time you spend around people you enjoy. Meet with friends regularly or volunteer.

## 3. Get outside daily.

Take up gardening, go on a walk or better yet, go on a hike. Increase your daily NEAT (non-exercise activity thermogenesis) a critical component to maintaining a healthy weight.

## 4. Get a massage.

Better yet, try to schedule one regularly.

## 5. Meditate, pray, or quietly reflect as often as possible.

## 6. Gain perspective.

Step back and think about what's stressing you out. How will today's stressor fit into the big picture. Will it still be relevant in five years?

## 7. Take a digital detox.

Put your phone away for a set amount of time and limit screen time. This means no checking your email, texts, or social media.

## 8. Take deep breaths.

Focus especially on a long out-breath. This will immediately calm your stress response. Try box breathing: breathe in for a count of four, hold for four, breathe out for four, and hold for four again. Repeat for at least two minutes.

## 9. Practice gratitude.

Keep a daily journal or write a letter to someone you appreciate.



## 10. Try a mind body scan.

Find a quiet place with no distractions. Set a timer for five minutes if you'd like. Sit or lie down, start at the top of your head, and slowly notice the physical sensations of your body all the way down to your toes. Observe, don't judge.

### Ask yourself:

What are you feeling physically?

What are you feeling emotionally?

What are you thinking?

## WELLCOME<sup>MD</sup>

*Living well means making the choice to start today.* Concierge medicine re-establishes the kind of personal relationship with your physician that was once commonplace while taking advantage of the many advances in treatment and technology. WellcomeMD members experience medicine that is both more personal and more effective.



## WELLCOME<sup>MD</sup>

### Introduces

**Melissa MacVenn, M.D.**

Dr. MacVenn has been practicing as the supervising physician in a Naples medical clinic for the past four years, often for mature patients with complex medical conditions that require acute attention. "It's my mission to keep patients out of the ER and hospitals as much as possible," she says.

If a patient does need to be admitted to the hospital, Dr. MacVenn has access to both Naples Community Hospital (NCH) and Physicians Regional Healthcare System (PRHS). In the event a patient is hospitalized, Dr. MacVenn will visit in person, closely partner with the hospital medical team, carefully review medical charts, interpret medical language and be an advocate and partner throughout the experience. "A hospital experience can be overwhelming and frightening. My goal is to be with you and your family every step of the way."

"I approach each of my patients with respect and patience," Dr. MacVenn says. "Joining WellcomeMD will allow me more time with each patient, and the ability to provide a comprehensive, nurturing environment. Each patient has a unique history that requires tailored recommendations to improve their health."

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

## WELLCOME<sup>MD</sup> 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 or visit [www.WelcomeMD.com](http://www.WelcomeMD.com).

 **WELLCOME<sup>MD</sup>**  
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# SALT THERAPY CAN IMPROVE LUNG CONDITIONS AND INCREASE RESPIRATORY HEALTH

**D**aily, we are subjected to respiratory irritants such as chemicals and pollutants. COPD, chronic bronchitis, emphysema, and asthma, cause shortness of breath, productive coughing, and inflammation of the airways. However, along with progressive lung disorders, the average person also suffers from respiratory issues on a lesser level due to irritants in the environment, such as cleaning products, gas exhaust, fragrances, candles, chemicals used in household rugs and furniture, etc. Salt therapy is a longstanding method to help rid the lungs of pollutants, heal and help with respiratory health.

## Salt Therapy

Since the Ancient Greeks, Halotherapy, or Salt therapy has been recognized as a beneficial treatment option for many ailments, including respiratory conditions. Hippocrates studied its effects and used the treatment of his patients back in 460 B.C. Additionally, in 1843 a Polish physician, Felix Boczkowski noticed and documented that salt miners didn't suffer from the same respiratory problems as the general population.

In modern day, salt therapy has grown in popularity for various types of respiratory and skin conditions. Due to the multiple respiratory benefits of this treatment, for many people with lung disorders or for those wanting to have a healthier more robust respiratory system, it's also in high demand.

## Praha Spa Halotherapy (Salt Cave)

Halotherapy is a drug free and completely natural treatment with no side effects. It takes place in a dry, sterile, and hermetic environment that recreates a natural microclimate identical to ancient salt caves and salt mines. This special microclimate was found to have beneficial effects. Halotherapy, due to the antibacterial, antiviral, and anti-inflammatory properties of salt, can also be used as a preventative therapy.

Salt molecules are comprised of a positive sodium ion and a negative chloride ion. While you breathe in the salty air of the therapy room, salt molecules enter the moist airways of the lungs and break down, releasing the negative ions. The negative ions



stimulate airway linings, improving mucus clearance and improving immune response to pathogens. People with chronic respiratory conditions lack sodium chloride in their airway linings and salt therapy helps resolve this deficiency. It alleviates symptoms; helps prevent them from reoccurring and reduces the dependence on medications like nasal sprays and inhalers.

Salt therapy is 100% natural, safe, and drug-free, providing long-term relief. Clinical studies show that it is an effective natural treatment for allergies, asthma, sinusitis, and other respiratory condition.

## Salt Cave Benefits

- Less labored breathing after just a few sessions
- Improved lung function
- Alleviates shortness of breath and coughing
- Loosens excessive mucus
- Reduces inflammation in airway
- Strengthens immune system
- Removes airborne pollutants
- Improves skin conditions, such as acne and eczema

*Sunday is family day in the Salt Cave. Call or Book online Sundays between 3pm and 5pm and bring your kids for free. Children can enjoy playing in the salt and hunting for crystals.*

*\$45 – 45 minutes*

*\$200 – package of 5 session*

*\$300 – package of 10 session*

## Praha Spa and Salt Cave

*"We provide a range of Services with philosophies from Eastern Cultures to western ideals."*

—Owner, Oksana Acosta.

*Since 2009:* The original Salt Cave Naples was established in 2009. In 2021 Oksana Acosta became the new Owner. She has since been following her vision to create a holistic Spa which treats the body and soul. From the 20 Ton Salt Cave and Far Infrared Sauna to our Stellar Crystal Waves Bed and Spiritual healing sessions, the inside, spiritual and health aspects of beauty are treated.

Offering professional skin care, beautiful make-up, botox, PRP Treatments, nail services, and relaxing/healing therapeutic massages, your outer beauty is gracefully enhanced. Cave into wellness at Praha Spa and Salt.

\*Praha is the Czech name of the city of Prague where Oksana spent much of her life. It still remains her "happy place" and is filled with beautiful memories.

## Some of our most requested services:

- Salt Cave Therapies (numeorous)
- Facials (Gm Collins Products)
- Massage Treatments
- Eyebrows & Eyelashes
- Waxing
- Bio Stimulation
- Facial Bio Stimulation
- Non-Surgical Buttocks Lift/Thigh Lift
- Ultrasonic Cavitation and Radio Frequency
- Compression Therapy
- Vacuum Therapy
- Henna Design
- Himalayan Body Polish
- Therapeutic Dead Sea Mud Body Mask
- Make Up
- Manicure/Pedicure
- Teeth Whitening

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# WHAT IS COMMERCIAL LITIGATION?

By Lenore T. Brakefield, Florida Litigation Attorney

**C**ivil litigation involves claims between individuals, commercial litigation is a lawsuit involving a corporation, partnership, or other business entity. There are many reasons a business or entrepreneur may be involved in a commercial dispute. A commercial dispute that comes under federal or state business regulations may involve one business, or multiple entities. Commercial litigation is a legal process (lawsuit) focused on resolving the issues between the parties involved. A commercial dispute does not always end up in court and can sometimes be settled before a lawsuit becomes necessary. Essentially, commercial litigation is a situation in which one company takes legal action against another. Those with a commercial dispute may want to consider speaking with an experienced Florida commercial litigation attorney.

## Types of Commercial Litigation

There are many types of commercial litigation. In some cases, a commercial dispute may be directed at the center of the company or business entity itself. In other cases, commercial litigation may involve a particular property, agreement, contract, or product.

*Examples of commercial litigation include, but are not limited to:*

- Aviation Disputes
- Antitrust claims
- Bad Faith Claims
- Breach of Contract Actions
- Breach of Duty Claims
- Consumer or Business Fraud Claims
- Construction Cases
- Creditor or Debtor Actions
- Commercial Loan Disputes
- Labor Cases
- Partnership or Shareholder Disputes
- Patent or Intellectual Property Infringement
- Product Liability Cases
- Trade Secret Litigation

No company, entrepreneur, or other business entity desires the potential damage that may come from a lawsuit in terms of clients, reputation, monetary, and other risks. It is important to understand that a commercial business cannot represent itself in a lawsuit according to The Florida Bar.

## What Is Involved in Commercial Litigation?

What is commercial litigation? Often referred to as "business litigation," commercial litigation relates to disputes that emerge from business and commercial relationships. Some examples of these relationships include a company's suppliers, vendors, creditors, competitors, customers, officers, debtors, shareholders, directors, employees, financiers, advisors, and fiduciaries. Disputes that emerge within business relationships are frequently based upon misrepresentation, contracts, fraudulent actions, and other issues.

## Commercial Litigation Law Is Often Complex

Commercial litigation involves sorting through countless documents, interviewing witnesses, consulting with specialists, evidence investigation, drafting various motions and responding to those motions, and engaging in various court proceedings. In today's business climate, relationships are becoming more and more complex. Depending on the client's case, the process may involve administrative hearings, discovery, arbitration and/or mediation, trial, and even an appeal. When large sums of money or complex issues are involved, business litigation can continue on for years.

## Potential Indications of Imminent Commercial Litigation

Businesses and their executives frequently consider litigation as a last resort option. However, legal action is often essential to protect a business or commercial entity from consequences that can be unnecessary or damaging. Being proactive when you suspect litigation is in the future may be the best protection from harm and can decrease potential risk exposure.

## Possible indications of impending litigation include:

A break down in communications. Key stakeholders and company executives are often unable to communicate in a way that resolves differences. When a resolution cannot be found, the issue may require legal action.

Financial stakes are considerable. In some cases, there is no clear route forward that benefits those involved when financial stakes are high.

Quick action is essential in preventing additional damage. IP infringement, trademark infringement, and stolen trade secrets are some examples of issues that often require prompt legal action.

Dissension among consumers, shareholders, or employees. Whether external or internal, dissension among these groups frequently indicates the possibility for business litigation such as securities or unfair trade practices.

Disagreements about contractual obligations and rights. Often, the parties involved in contracts may not interpret material contract provisions in the same way.

## How a Commercial Litigation Attorney Can Help

An experienced commercial attorney represents the client's best interest, diligently analyzing the case to determine the best way to proceed while minimizing financial and other risks. Once the claim's potential is determined, a skilled lawyer informs the client whether it may be possible to resolve the issue out of court, or if a lawsuit is necessary:

*Common responsibilities undertaken by a commercial litigation attorney include:*

- Primary evaluation of the case
- Drafting of requisite pleadings or motions
- Developing responses to complaint of other parties
- Discovery process in which information is exchanged with other party
- Development of documentation essential for the lawsuit
- Determining the most effective strategy established on existing evidence to use in the courtroom
- Presentation of the case in the courtroom
- Mediation
- Trial and possibly an appeal

A dedicated commercial litigation attorney will give the client's case undivided attention, working to reach the best outcome possible.

## Consider Contacting a Commercial Litigation Attorney

What is commercial litigation is an extremely complex question, but our experienced attorneys have answers. Commercial disputes can be extremely complex, whether the dispute is with another business entity or corporation, shareholders, partners, employees, vendors, or other companies. There are many risks businesses may face including financial, client base, reputation, and more. No business owner or commercial corporation desires to have their reputation damaged, or to experience financial ruin. The risks are many but acting early on can often protect you from damage or mitigate the risks at the very minimum.

## ABOUT THE AUTHOR

*Lenore T. Brakefield is a Florida litigation attorney. She focuses her law practice in civil and commercial litigation, including construction litigation matters. Lenore is a Certified Financial Litigator (CFL™) by the The American Academy for Certified Financial Litigators.*



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# Combination Exercise is Best for Patients with Diabetes

By Cederquist Medical Wellness Center

**Dr. Cederquist explains how diabetic patients do better with combination exercise for a happy and healthy lifestyle.**

**U**ndoubtedly every family physician who cares for patients with type 2 diabetes knows the value of regular physical activity in helping these patients manage their disease. Now a new study suggests that combining aerobic exercise with resistance training may offer benefits exceeding those achieved with either of these activities alone.

A new study published in the *Annals of Internal Medicine* evaluated Canadian adults ages 39-70. Researchers wanted to determine the comparative effects of aerobic exercise alone, resistance training alone, as well as combined aerobic and resistance training on hemoglobin A1c values in patients with type 2 diabetes.

Participants were randomized into aerobic training – only, resistance training-only, combined exercise training, and control groups. All members of the exercise groups were given a free six-month membership to an exercise facility; their exercise was supervised weekly for the first four weeks and biweekly after that. Members of all exercise groups participated in three weekly sessions.

The frequency of direct training supervision was identical across all exercise groups. All study participants also received the same level of dietary and medication intervention.

Adjusted absolute hemoglobin A1c values showed significant decreases in both the aerobic-only and resistance-only training groups compared with the control group. In the combined exercise training group, however, these rates declined by an additional 0.46% compared with the aerobic-only training group and by an additional 0.59% compared with the resistance-only training group. For participants with a baseline hemoglobin A1c value at or above the median of 7.5 %, decreases in hemoglobin A1c value were greater than in patients whose baseline values were less than the median.



Family physicians should recommend resistance training in addition to aerobic exercise. Diversification of exercise has many proven positive effects.

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

*Join the Health Discussion. Become a Fan on Facebook, Follow us on Twitter, or Watch Dr Cederquist on YouTube.*

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



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

# Understanding the Pros and Cons of Alternative Investments

Courtesy of: Juan Ocanas, Financial Advisor at Morgan Stanley

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

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

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

## Potential Upsides of Alternative Investments

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

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

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

## Potential Downsides of Alternative Investments

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

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



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

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

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

## Footnotes

<sup>1</sup> Jordà, O., et al. The Rate of Return on Everything, 1870-2015. Published June 2017. Available at [http://conference.nber.org/confer/2017/S12017/EFGs17/Jorda\\_Knoll\\_Kuvshinov\\_Schularick\\_Taylor.pdf](http://conference.nber.org/confer/2017/S12017/EFGs17/Jorda_Knoll_Kuvshinov_Schularick_Taylor.pdf).

## Disclosures

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# ARE YOU STRUGGLING WITH URINARY INCONTINENCE?

**W**hen it comes to urinary incontinence, you have many choices and treatment options, but you must be honest with yourself in order to finally get long-lasting medical help. If you answer yes to one or more of the following questions, it's time to see a specialist.

## Yes or No:

- Do you often have an uncomfortable or uncontrollable urge to urinate?
- Do you have frequent urination during the day?
- When you get the urge to go, do you make it to the bathroom on time?
- Do you wake up to urinate on or more times per night?
- Does urine leak when you cough, sneeze, laugh, jump, exercise, or lift heavy objects?
- To help your symptoms, have you tried wearing pads or briefs, drinking less, doing Kegel exercises, rearranging your daily routine?

## THE TRUTH: WHAT YOU NEED TO KNOW

**#1 It's important that you don't just see someone claiming to be a pelvic floor specialist.**

A modern subspecialty called Female Pelvic Medicine & Reproductive Surgery (a.k.a. Urogynecology) was developed to harness this knowledge to benefit women of all ages. A Urogynecologist has advanced training in treating these disorders that a gynecologist and a urologist may not have. A gynecologist specializes in the female reproductive system (vagina, uterus, and ovaries) and a urologist specializes in the urinary tract of both men and women. A urogynecologist blends the knowledge of a gynecologist and urologist to give women the best possible outcomes for disorders that affect these two closely integrated systems.

The Florida Bladder Institute, based in Naples Florida, is one of the country's first urogynecology practices. Typically, a woman would have to see a gynecologist for one problem, a urologist for another and a gastroenterologist for another. Dr. Joseph Gauta explains, "A Urogynecologist has the skill and experience to assess the entire pelvic region including the uterus, bladder, vagina and rectum as well as the muscles, ligaments, connective tissue and nerves that support those systems." He added, "This means a thorough evaluation is done of your urinary, lower gastrointestinal and reproductive systems as a whole to ensure you receive the best possible treatment and outcome in the most efficient and cost-effective manner."



**#2 It's not cookie-cutter. Your treatment should depend on the type and severity of your disorder.**

"Urinary incontinence" is a general term and symptoms can range from mild leaking to uncontrollable wetting. It can happen to anyone, but it becomes more common with age. There are many types of urinary incontinence, and sometimes a woman may have more than one of the following types:

- Stress
- OAB
- Urgency
- Mixed incontinence (i.e., stress and urgency can occur together)

Your treatment should be custom-tailored to the specific cause of your incontinence, your medical and surgical history, your overall health, age, and goals.

**#3 It's not always incontinence.**

Sometimes there are other conditions that may feel like an incontinence problem or cause unusual pain. The Florida Bladder Institute is well-prepared to evaluate and treat related problems of the urinary system that may be causing your discomfort.

The Florida Bladder Institute can offer several options used in combination or individually depending on your needs. They may include medications, diet modification, bladder retraining and Kegel exercises to strengthen the pelvic muscles.

**#4 There are numerous incontinence treatment options.**

The good news is that virtually all types of incontinence are treatable. The Florida Bladder Institute's expert team is dedicated to helping you achieve the highest level of health and quality of life.

The clinical staff of the Florida Bladder Institute is well-versed and experienced in using a variety of techniques including medication, rehabilitation, minimally invasive surgical intervention, and lifestyle education to improve your overall health and help you regain control and reclaim your freedom.

## The Florida Bladder Institute's Innovative Techniques and Treatment Options:

- Bladder Retraining
- Emsella (Kegel chair)
- Pelvic Floor Rehabilitation including Kegel Exercises, physical therapy and electrical stimulation
- Laser and Muscle Therapy
- Biofeedback
- Botox Bladder Injections
- Pessary Vaginal Device
- Injections including Botox and bulking procedures
- Outpatient Surgery
- Surgery for Organ Prolapse / Dropped Bladder Repair
- Axonics® Sacral Nerve Stimulation

At the Florida Bladder Institute, you will experience a thorough approach to the evaluation and treatment of pelvic organ prolapse, bladder and lower urinary tract disorders, bowel and gas incontinence, bleeding, pelvic pain and menopause. Our compassionate and expertly trained team will guide you along the way using state-of-the-art technology in our comfortable and private setting.



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# 'Tis' the Season for Giving

## Naples Soap Company

It's that time of year again. Like most of us, you probably don't start your holiday shopping until around Black Friday or maybe even the middle of December. But heed this warning... 2021 is not the year to procrastinate. If you decide to wait to shop this year, you may be out of luck. Supply chain issues and shipping delays are predicted to be the bah humbug of the holidays. Don't worry though, with just a bit of planning, you can make your list, check it twice, and find something just perfect for your friends and family.

### 2021 Gifting Trends

After nearly two years of stress and anxiety, everyone is in the mood for wellness gifts this season. Think self-care, aromatherapy, meditation, journaling and even fitness.

The great thing about wellness gifts is that they are perfect for people of all ages. Young children will enjoy a set of fizzy bath bombs. Your best friend will appreciate a handwritten friendship note on the first page of a gorgeous leather-bound journal. Your co-workers may like an aromatic collection of soaps or essential oils. And, your spouse will love a set of new workout clothes for the gym.

### Avoid the Sweets & Drinks

Traditionally, alcohol and sweets such as chocolate and cookies have been the "go to" gifts for clients and family members. They're easy to give, but often times they're eaten and forgotten. Or, they're simply trashed when New Year's Day rolls around when people are purging their kitchens of all the calorie-laden gift sets. Let's face it, many of us put on some 'lbs.' during the pandemic, so do everyone a favor and skip the sweets this year and choose health & wellness options.



### Give Experiences

Another gift idea that is on trend for 2021 is experiential gifts. This could be a trip to the spa for a relaxing massage, a facial with your local esthetician, a sunset boat cruise or an art class. Experiential gifts are memorable, and they're perfect for the person in your life who already has one of everything.

### Shop Local

Although it's tempting to knock-out your list by simply shopping online, consider visiting the locally-owned stores in your community. Many small businesses and restaurants have struggled for nearly two years. This holiday season could be a make-it or break-it time these business owners. By shopping local, you'll find truly unique gifts with a delightful shopping experience that you can't get online. Plus, you'll be supporting the fabric and diversity of your community by helping to keep local shops in business.

### Naples Soap Company

Why not give the gift of beautiful healthy skin with the Naples Soap Company's innovative and all natural products? Who doesn't love to pamper themselves with invigorating beautiful skincare? Naples Soap Company has carefully curated an assortment of gift sets to make your gift giving a breeze this holiday season. From our coastal-inspired "Holiday Under the Sea Box" and our "Beach Box" to our "Soap Stacks," we have something for every budget and for everyone on your list.



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DEANNA WALLIN  
Naples Soap Company  
Founder & CEO

### The Importance of Self-Care

If the idea of self-care is foreign to you, here are a few pointers.

First, forget the guilt. Self-care is not indulgent – it's imperative. It gives people the chance to rest and recharge so that they can be more productive and present.

Second, know that self-care is different for everyone. Whether it's a walk on the beach, a tough workout, or a 20-minute face mask, self-care can be experienced in many ways.

Third, self-care is something you need to schedule. Block out "me time" on your calendar. If you wait until a spare moment rolls around, it will never happen.

Fourth, put away the Facebook feed, turn off the television, and remove the distractions. Remember, self-care is about focusing on you and nothing else.

If there was ever a time to refocus your energy towards self-care, this is it! "Me time" will nourish your body and mind and the health benefits can be profound.

[www.naplessoap.com](http://www.naplessoap.com)





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

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

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#### Symptoms that may indicate PAD:

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

#### PAD pain may feel like:

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

#### Advanced PAD stages may cause:

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# DIABETES CAN LEAD TO CARDIOVASCULAR DISORDERS

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

**H**igh blood sugar and cardiovascular disease are interconnected. In our country, nearly 30 million people have diabetes, and a vast majority of our population unknowingly has what's known as prediabetes, which quickly escalates into the disease within a short amount of time. If you have diabetes, it's critical that you see a cardiologist because it's not a matter of, "will I have heart and vascular issues," but rather "when."

Heart disease and the issue of high blood glucose are very closely associated because of many risk factors contributing to what's known as metabolic syndrome. Metabolic syndrome is a condition in which the high insulin and leptin levels are resistant, causing high blood pressure, high cholesterol, high triglycerides, and visceral fat to become significant risk factors for heart and vascular disorders.

In recent years, metabolic syndrome has become a commonly identified risk factor for cardiovascular disease because a vast number of Americans are overweight, and their bodies become inflamed; this inflammatory response affects the vascular structures. When the vessels are circulating high-glucose blood, atherosclerosis occurs at a greater intensity. Atherosclerosis is a build-up of plaque and causes a hardening of the arteries.

Unfortunately, sugar and simple carbohydrates (crackers, cookies, and bread) have become a significant staple in the American diet. The normal fasting blood sugar levels should be around 70-99 mg/dl. The normal A1C, which measures the blood glucose level should be below 5.7%. With diabetes and even prediabetes, these levels are at an unhealthy height and can be very hard to lower without major intervention with medication, exercise, dietary changes, and a lifestyle overhaul.

Metabolic Syndrome is caused by high lipid counts, high blood sugar, being overweight, eating a poor diet (sugar cravings), abdominal fat, high blood pressure (greater than 130/85 mmHg), and a lack of exercise. The risks associated are heart disease, diabetes, and stroke. Once you have metabolic syndrome, you must lose weight, lower your lipid levels, and reduce hypertension and combat stress. At this point, merely lowering your blood glucose is not enough. This is precisely the reason why so many people with diabetes that reduce their blood sugar, still are at high risk for cardiac episodes.



## PAD and Diabetes

Individuals with peripheral arterial disease (PAD) have blood flow disruptions usually in the feet and legs, but it can also occur in the brain, arms, and heart. When the blood vessels are narrowed or damaged (from issues like diabetes), the blood flow becomes obstructed, and other complications can coincide. PAD can lead to severe medical conditions. Currently, 8.5 million Americans have peripheral artery disease.

Individuals with arterial disease due to atherosclerosis (plaque buildup in the arteries) often have peripheral vascular disease (PVD) as well. Where other blood vessel conditions like DVT's (Deep Vein Thrombosis) varicose veins, pulmonary embolisms, and venous insufficiency are interrelated.

## Symptoms of PAD

- 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 calves, 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

## Treating PAD

Treatment for PAD 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 PAD continue to progress, there are several non-invasive procedures that can alleviate symptoms as well.

## Lifestyle Changes

Very often, PAD is 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 that come with PAD, 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. Taking an aspirin or other anti-platelet medications will also ease any ongoing symptoms of PAD and help prevent any complications from arising.



Julian Javier, MD | Leandro Perez, MD

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

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

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# PANCREATIC CANCER AWARENESS MONTH: WHAT HOLIDAY FOODS AFFECT YOUR PANCREAS

**D**uring the holidays, the average American consumes more than 80 pounds of sugar every year (30 teaspoons a day), and a large percentage of this is consumed during the month of December. The sight of food can stimulate insulin production, which encourages fat deposits. The endocrine system (your hormonal system) has a profound effect on weight balance. Many people continue to face sudden issues with their pancreas after the holidays, which may not just be a coincidence. Most people don't know that this is the most important organ to the human body. It often goes unnoticed, until a problem occurs.

The pancreas is part of the digestive and endocrine system. It is connected to the first portion of the small intestine and secretes enzymes directly into the intestines to digest sugars and fats. The endocrine function of the pancreas is to secrete insulin and other hormones to regulate glucose levels and fat deposition. If the pancreas is not making much insulin, it will cause high blood sugars. Problems with the pancreas usually are the result of two things – pancreatitis and pancreatic cancer.

Physicians Regional Medical Group's Gastroenterologist, **Dr. Badar Muneer, M.D.**, explains that pancreatitis is the inflammation of the pancreas. "The most common causes are heavy alcohol drinking and gallstones coming from the gallbladder. Pancreatitis causes severe pain and sometimes it can severely damage the pancreas and can be very serious."

Pancreatic cancer is the fourth leading cause of cancer related deaths in the United States. Most common symptoms of pancreatic cancer are upper abdominal pain, jaundice, and weight loss. Pancreatic Cancer can typically be diagnosed with imaging studies and doing biopsy with endoscopic ultrasounds. The treatment of pancreatic cancer is based on the stage of the cancer and usually involves a team approach including gastroenterologists, surgeons, oncologists, and radiologists.



According to one of Physicians Medical Group's General Surgeons, **Dr. Jonas Mansson, M.D.**, there is no known direct cause of pancreatic cancer. There are risk factors that increase your chance of developing pancreatic cancer. Some of these risk factors can be modified and some cannot.

Dr. Mansson explains that the top risk factor that can't be modified is family history. "Inherited gene mutations can be passed down to children and thus we do see some pancreatic cancers run in families. If there is a family history of pancreatic cancer, the genetic testing may be beneficial."

**Modifiable risk factors include:**

- Smoking
- Alcohol
- Diabetes
- Obesity
- Chronic Pancreatitis (Often caused by smoking or alcohol abuse)

Smoking cessation is the single most important modifiable risk factor. Over the holidays it is important to limit alcohol consumption and limit simple sugars and fatty foods. These stimulate the

pancreas to release enzymes and put it into over-drive. It also increases the risk of obesity and diabetes.

Don't forget to incorporate regular exercise through the holidays. Choose fruits, vegetables, whole grains, lean meats and low-fat dairy as options during your festive family meals. Development of unintentional weight loss, chronic abdominal pain, jaundice (yellowing of skin and eyes) or pancreatitis should trigger a visit to a health care professional. It is always important to seek medical attention when something doesn't feel right with your body.



**Dr. Jonas Mansson, M.D. and Dr. Badar Muneer, M.D. are located conveniently at Physicians Regional- Pine Ridge Medical Office Bldg. 6376 Pine Ridge Rd., Naples, FL 34119.**

**To schedule an appointment with either physician, please call 239-348-4221 or visit [PhysiciansRegionalMedicalGroup.com](http://PhysiciansRegionalMedicalGroup.com).**



# Detoxification: Is it a Primary Key to Health?

By Dr. Valerie Sorge

Throughout ancient history and many forms of detoxification have been practiced such as fasting, sweating, modified diets, juicing, herbal usage, deep breathing, exercise, and even colon irrigation techniques. We often here traditional, mainstream, medical practitioners trying to debunk the need for detoxification, stating that the body is well-equipped to do it on its own. While this is true to a certain extent, thorough detoxification is necessary for overall health and wellness. There are so many chronically ill people in the United States, and a lot of it has to do with inflammation, toxins, and chemical overload. Learning how the proper methods to detoxify safely and effectively is the key. While there are numerous ways to benefit from detoxification, one well-studied means is colon hydrotherapy.

## Colon Hydrotherapy

If you have never considered doing a colonic until now, let's consider some of the most basic advantages. Colon hydrotherapy is all about effectively eliminating toxins from your body so as to clear the proverbial road to digestive wellness and vibrant health.

This concept of eliminating toxins from your body has commonly been called "detoxification". This is not a new concept throughout ancient history and many forms of detoxification have been practiced such as fasting, sweating, modified diets, juicing, herbal usage, deep breathing, exercise, and even colon irrigation techniques.

Toxins are foreign, useless, and potentially harmful substances to the body. Under ideal conditions, the body's detoxifying and eliminative organs do an excellent job in neutralizing and removing such substances as designed. However, toxins that get stuck or stored in the body will remain there and exert a strong imbalanced influence toward what is called 'disease' until removed. Detoxification has been practiced because toxins that are stored in the body can eventually overwhelm the liver, the primary detoxifying organ in our body.

One function of the colon is to reabsorb water to properly form fecal matter intended to be evacuated. The longer fecal matter remains in the colon more water is absorbed often creating constipation. Over

time, trapped toxic fecal matter continues to negatively influence the water that is reabsorbed causing it to be more toxic. That reabsorbed toxic water then must be detoxified by the liver to protect the body from poisoning. When the liver is overwhelmed by toxic overload, the next defense is to create a barrier between the foreign substance, or toxin, and the body's healthy cells, tissues and organs. This barrier is called inflammation. Sustained inflammation unchecked over a period of time will result in chronic autoimmune disease.

Inflammation is the source of the expression of many diseases. Decreasing inflammation is the goal of most health practitioners. Colon hydrotherapy cleanses and balances the body by reducing stagnation of waste and, therefore, toxic waste absorption. Unlike chemical laxatives, which encourage dependency, colon hydrotherapy actually helps improve the muscle tone of the bowel to "re-educate" it to function normally (which is to have a bowel movement after each meal consumed).

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How well you take care of your body is a major component in how long you live. Traditional medical practices primarily focus on reactive medicine by offering drugs. Alternative medicine can aid in making you happier and healthier with long term positive effects.

## 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.



## Dr. Valerie Sorge

Dr. Sorge has numerous accomplishments over recent decades in various places including the USA, Europe and South America. After medical school, she continued her education by completing her naturopathic education to fully round out her medical knowledge to integrate traditional medicine with organic and natural treatments to maximize the efficacy of medicine. She also obtained an MBA to further her abilities to function as an owner-operator which has enhanced her network to the point where she is engaged in fourteen locations around the world, specializing in the application of regenerative therapy and research. She has demonstrated and confirmed her passion as she was recently selected as International Regenerative Therapy Director, for BioGen, Inc. located in California.

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# HOW WELL DOES MEDICAL MARIJUANA HELP WITH CHRONIC PAIN?

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

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

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

## Is Medical Marijuana a Valid Option for Chronic Pain?

Medical Marijuana has significantly helped countless individuals with chronic pain.

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



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

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

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

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## 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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# UNDERSTANDING REGENERATIVE MEDICINE FOR KNEE PAIN

By Richard Hiler, DABCN

**U**nlike traditional knee surgery, which can be intimidating and unnecessary for many patients, regenerative, minimally invasive procedures are proving effective for numerous individuals that suffer from knee arthritis, injuries and degeneration. These therapies can alleviate pain, and also restore and regenerate tissue.

Standard medicine often only masks pain and symptoms with addictive drugs and corticosteroid injections, and many times unnecessary surgery is recommended. At Feel Amazing Institute, they specialize in treating knee and joint pain to give patients remarkable results and regeneration.

## REGENERATIVE MEDICINE FOR KNEE AND JOINT PAIN

### Hyaluronic Acid Injections

When all else has failed, it's important to know that there are other treatment options available. One such option is hyaluronic acid injections. These injections are essentially a form of knee and joint pain treatment that are often used when other options, like pain relievers, have been proven ineffective. *Insurance will often cover these injections.*

Hyaluronic acid is a substance that works by serving as a lubricant and shock absorber within your joints. It's already found naturally within the body, although large amounts are often broken down and lost within individuals with osteoarthritis. Your body, and more specifically, your joints, need hyaluronic acid for optimal functionality. If your joints do not have enough of it, the absence of an effective shock absorber means you can expect to experience regular stiffness and joint pain. Hyaluronic acid is injected in the form of a solution or gel. In most cases, you will receive a series of shots over a two to five-week period. Injections are generally given one week apart in an effort to gauge their effectiveness.

The overall effectiveness of these injections varies from patient to patient. It's difficult to say exactly how well this particular knee and joint pain treatment will work for you. Based on past studies and the wide use of the method, however, most patients find that these injections work wonders to significantly reduce pain and stiffness within their joints.



### Stem Cell Therapy/Allografts

Stem cell therapy is a minimally-invasive way to heal the underlying causes of your knee pain, rather than treating the pain alone. It can slow down degenerative conditions and, in some cases, help new tissue grow.

At Feel Amazing Institute, we use stem cells sourced from the placenta, amniotic fluid, or umbilical cord. The stem cells are sourced from healthy mothers/healthy births and screened in FDA-approved labs before being sent out to practices like ours.

Your joint stem cell therapy will include injections into the affected joints. Each stem cell release growth factors in the vicinity, making it possible to regrow and heal damaged tissues that can't regenerate on their own. Patients report that the discomfort is minimal, and there is very little recovery time involved.

Stem cell joint therapy is important because once the body starts to degenerate, it will not stop— It ACCELERATES! It is estimated that once degeneration starts in the knee, it will continue to lose 4% to 6% of the cartilage each year until it is bone on bone (approximately 15 to 25 years) unless we RE-generate it.

### OTHER OPTIONS

- **PRP (Platelet-rich Plasma)** speeds natural healing, reduces pain and inflammation.
- **Ozone Therapy** - Injections of ozone/oxygen to the joint, promotes regenerative healing
- **Insurance will often cover viscosupplementation**
- **Manual therapies** and/or exercises
- **Bracing and kinesiotaping**
- **Medicare** may also regenerative allografts

### 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. 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.

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# LIFELIKE SIMULATIONS

By Melissa Bagby, MSN-Ed, BSN, RN, CPN, PED-BC

**O**ne minute a patient is talking to you, and the next, they're experiencing a medical emergency. That's where training and experience takes over and allows the nurse to promptly and accurately assess the patient and begin life-saving interventions. It begins with education and training, but how do you prepare nursing students for a variety of medical scenarios?

At Hodges University's Thelma T. Hodges accelerated BSN Program, our students are more than prepared to care for patients thanks to a high-tech group of "patients" that help them apply what they learn to lifelike patient scenarios.. "Hal" "Tory" and "Susie," for example, have the ability to suddenly suffer from a wide variety of ailments, which gives our students the opportunity to practice what they learn in the classroom.

"Tory" is a life-like high-fidelity newborn that weighs just over eight pounds. She can breathe, cry, grunt, open and close her mouth, blink her eyes and move her arms and legs. "Tory's" skin feels like a real newborn and her skin tone can change to become pale, jaundice or cyanotic. Our students can listen to her heartbeat, lung and abdominal sounds, feel her pulse and fontanels, and assess her muscle tone. She can also suffer seizures if that is part of the simulation scenario. Students can also practice starting IVs on the newborn, perform CPR, and ECG monitoring. "Tory" helps prepare students going into a newborn, pediatric, or community setting.

"Hal" is a pediatric patient that can simulate lifelike emotions and phrases. Pediatric "Hal's" emotions, include anger, worry, anxiousness, crying, yawning and being quizzical and amazed. This helps our students learn how to communicate with young patients in a variety of settings. For example, if "Hal" is lethargic, his eyelids will droop and his head movements slow, and he may yawn. When he cries, he sheds real tears to further enhance the student learning process related to pediatric patients and communication. Hodges University BSN students can practice multiple skills to assess



"Hal's" condition, including trauma, neurological diseases, and respiratory distress. His eyes will track when students enter the room and his pupils can dilate and constrict when a penlight is shined on them.. Our students can also listen to his heart, lung and bowel sounds, and detect any abnormal respiratory patterns. Students can also practice using airway support devices and hemothorax procedures. Any situation a nurse may encounter with a pediatric patient can be simulated in the HU high-fidelity simulation hospital.



Several adult "Susie" mid-fidelity simulators provide our students the opportunity to learn and practice their clinical skills. Some of the skills taught in the Hodges University nursing skills lab include obtaining vital signs and listening to heart, lung and bowel sounds. Students can also practice

tracheostomy care, nasogastric tube insertion, feeding and care, patient catheterization, correct placement of ECG electrodes, and CPR. "Susie" can also suffer from medical conditions that include a heart attack, heart failure, acute respiratory distress, asthma, chronic obstructive pulmonary disorder, fluid and electrolyte imbalance, hypoglycemia, new onset diabetes, pneumonia and sepsis.

Adult "Hal" gives our students the opportunity to practice connecting monitoring devices for EKGs, defibrillators, oximeters, capnographs and NIBP monitors. Hodges University students can practice various skills, including nasal/oral intubation, surgical airway, feeling carotid, femoral, popliteal, brachial and pedal pulses, listening to airway, bowel and heart sounds, and visualizing tongue edema, pharyngeal swelling, and more. Students can also practice IV insertion and monitoring, intramuscular access, catheterization, and needle decompression. "Hal" can simulate most patient scenarios students may encounter as nurses.

The patients in the Hodges University skills and simulation labs provide our students with invaluable clinical practice that translates to their clinical experiences while caring for real patients in our community. The advanced technology provides students with knowledge, skills, and confidence required to help real patients.

*Melissa Bagby, MSN-Ed, BSN, RN, CPN, PED-BC, is the Interim Director of the nursing program at Hodges University.*



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# All the Rage with Celebrities, The Vampire Facelift and Facial Can Give You Your Youthful Appearance Back

**A**s we age skin can become dull, lose elasticity and droop. There are of course surgical options and hyaluronic acid fillers, but the procedures that are topping everyone's wish list are the Vampire facelift and the vampire facial.

Naturally found in your blood, platelets are a rich source of proteins called growth factors, which promote healing and regeneration. Platelet-rich plasma (PRP) contains a higher concentration of platelets than the amount normally found in your blood. To create PRP a sample of your blood is drawn and placed in a centrifuge, which separates out the platelets. These concentrated platelets are recombined with your blood plasma to make PRP. Platelet Rich Plasma (PRP) is then reinjected into the problem areas.

PRP injections are an alternative to Botox and fillers. Platelet Rich Plasma is taken from the patient's own blood, spun down and reintroduced into the face just like a filler to create and stimulate your body's own growth factors. PRP produces collagen, hyaluronic acid, elastin, and plumps the skin. PRP injections with the vampire facelift maintain the facial contours of the natural look of the patient.

With just four to six PRP treatments over a two to four-week period, patients are seeing results that last for up to 2 years, so over the long-term, it's very cost effective and 100% safe. You don't have to be concerned about toxins or chemicals with your own PRP.



## Vampire Facelift

For the "facelift", the PRP is injected into various areas of the face to create a plumping effect. The procedure is safe because it's utilizing the patient's own blood and it's free of toxins. The body begins to "repair" itself and regenerates collagen, elastin and healing properties, which create a youthful appearance.

## Vampire Facial

The facial works in much the same way as the "facelift", but with tiny perforations in the skin as opposed to injections. The tiny perforations allow the PRP to penetrate into the dermal layers, and the results continuously improve the glow of the skin within two to three months. Many patients report plumped skin, a brighter complexion and seeing less noticeable dark circles.

Bring out your inner beauty naturally. Your beauty will be revived with a natural face shape, increased collagen, smoother skin, increased blood flow, youthful glow, and a younger appearance.

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# OCD: PARTICIPANTS NEEDED

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

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

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

#### There are different types of OCD

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

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

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

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

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



#### What You Should Know About Clinical Trials

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

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

#### How Clinical Trials Help

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

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

#### CURRENT STUDIES

**Are you interested in participating in a clinical trial? ARHI is currently accepting participants for multiple studies.**

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*Hablamos español*

# FOOTXPERTS

## How Can Custom Foot Orthotics Help to Relieve Diabetic Symptoms

By Marek Zajac, FootXperts CEO

**Y**our feet are the foundation of your entire body. They have to withstand extreme amounts of load and pressure. In fact the pressure on every foot with every step equals 2.3 times your body weight. You might think “how is that possible?”. The answer: Science of forces and motion, including speed, velocity, acceleration, and Newton’s laws.

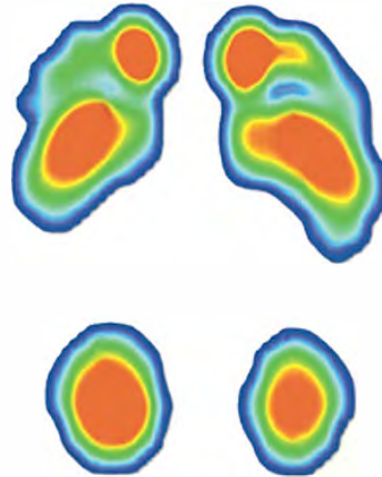
The average person takes 10,000 steps a day. I let you do the math...

Diabetes causes nerve damage and blood circulation problems which most often affect the legs and feet and your feet have to deal with the highest forces which permanently put pressure on them. People with diabetes are therefore at a higher risk for developing complications from minor injuries such as blisters or cuts. Poor blood flow makes it difficult for the body to heal even from small wounds. Nerve damage also reduces sensations in the feet, making it difficult to feel when an injury has occurred. The reduced sensation has also one another side effect: Balance issues.

### Symptoms include:

- Tingling
- Numbness (may become permanent)
- Burning (especially in the evening)
- Reduces Sensations (balance issues)
- Pain

People with diabetes must take every foot issue seriously. Even the smallest blister can turn into an ulcer, which may require amputation in serious cases. Custom Foot Orthotics are one way diabetics can prevent or properly care for injuries. Every foot shape is unique and only a pair of Custom Foot Orthotics can fill all gaps between your shoe and your foot in order to distribute pressure evenly over the entire surface, preventing blisters from developing or worsening.



## DID YOU KNOW?

THE AVERAGE PERSON TAKES AROUND 10,000 STEPS A DAY AND EVERY STEP PUTS 2.3 TIMES YOUR BODY WEIGHT ON EACH FOOT!

The right shoe type and Custom Foot Orthotic can prevent injuries and are a great help if you have diabetic neuropathy.

- Check your footwear regularly. Wear shoes that fit well. They shouldn’t rub or pinch in any area and, ideally, should be lined with a soft, seamless interior.
- Inspect your feet and toes daily. Look for any changes to the skin: redness, blisters, cracks, dry patches, etc.
- Maintain a healthy lifestyle. Healthy eating, blood glucose management, and weight control are essential to successful diabetes management.
- Foot care for people with diabetes starts with prevention in order to reduce the risks of diabetes-related foot complications. The right footwear and Custom Foot Orthotics can help you.



FOOTXPERTS  
LOCATED IN CAPE CORAL

Marek Zajac, Founder and CEO

20 years of experience in the field of biomechanics and orthopedics combined with state of the art German engineering. Our vision is it to provide the best possible solutions for patients and health professionals in the field of Custom Foot Orthotics.

### Who we are and how we work

Our clients (from top athletes to people of all ages and kids) all suffer from different painful symptoms or will develop them over time because of misaligned feet and legs, joint problems, bad posture and balance issues.

We help them through a special type of Custom Made Foot Orthotics that goes beyond the typical arch supports. We design our products 100% individually and produce them in Germany. Over the next few months, we are setting up a new production site in Fort Myers, which will reduce the turnaround time.

### Our solutions help with

- Foot Pain - Knee Pain - Hip Pain - Back Pain (related to foot shape and leg axis)
- Balance and Perception Issues (Neuropathy, Parkinson’s, Kids with special needs)
- Muscle- and Joint Problems (muscular over tension, muscular dystrophy)
- Posture and Stability (Poor posture, bad gait)

ARE YOU EXPERIENCING ANY OF THE ABOVE MENTIONED CONDITIONS? VISIT US!

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bill.

Exact location  
of car keys.

Neighbor's  
daughter's  
name.

**GREY MATTER** | Fig. 17

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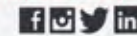
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# Glutathione—The Powerhouse Antioxidant

**G**lutathione is a potent antioxidant made from amino acids glycine, cysteine, and glutamic acid. It is produced by the liver and involved in many body processes. It is involved in tissue building and repair, making chemicals and proteins needed in the body and in immune system function. People take glutathione for anti-aging properties, alcohol use disorder, fatty liver disease, heart disease and many other conditions.

Amino acids are the building blocks for proteins within the body, and unlike other antioxidants, glutathione is made in the liver.

Glutathione is responsible for:

- Making DNA, the building blocks of proteins and cells
- Supporting Immune function
- Forming sperm cells
- Breaking down some free radicals
- Helping certain enzyme's function
- Regenerating vitamins C and E
- Transporting mercury out of the brain
- Helping the liver and gallbladder deal with fats
- Assisting regular cell death for cellular turnover (apoptosis)

Researchers have found links between low levels of glutathione and some diseases. It is possible to increase glutathione levels through oral or intravenous (IV) supplementation.

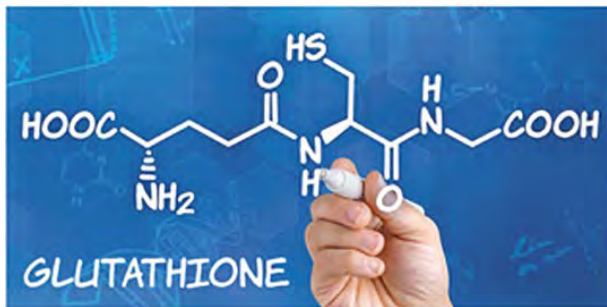
## Benefits of glutathione

### 1. Antioxidant activity

Free radicals may contribute to aging and some diseases. Glutathione antioxidants help to counteract free radicals and protect the body from their damaging effects. Glutathione is a very strong antioxidant, particularly because high concentrations can be found in every cell of the body.

### 2. Preventing cancer progression

Some research shows that glutathione has a role in preventing the progression of cancer. However, the same research indicates that glutathione may make tumors less sensitive to chemotherapy, which is a common cancer treatment. Determining the effects of glutathione on cancer will require more research.



### 3. Reducing cell damage from liver disease

Hepatitis, alcohol abuse, and fatty liver disease all damage the cells of the liver. A small 2017 clinical trial concludes that glutathione could help treat non-alcoholic fatty liver disease due to its antioxidant properties and potential to detoxify. The researchers note that larger studies are needed to confirm this effect.

### 4. Improving insulin sensitivity

Insulin resistance can result in the development of type 2 diabetes. The production of insulin causes the body to move glucose from the blood and into cells that use it for energy. A small 2018 study indicates that people with insulin resistance tend to have lower glutathione levels, particularly if they have experienced complications, such as neuropathy or retinopathy. A 2013 study reaches similar conclusions.

### 5. Reducing symptoms of Parkinson's disease

According to some research, there is evidence that maintaining glutathione levels may help with the symptoms of Parkinson's disease. The findings appear to support injected glutathione as a potential therapy, but there is little evidence of oral supplementations. Further research is necessary to support its use.

### 6. Reducing ulcerative colitis

Like other inflammatory diseases, all sort of colitis has been linked to oxidative damage and stress. A 2003 animal study suggests that glutathione supplementations can improve some of the damage to the colon in rats. Determining the effects of glutathione on all sort of colitis will require more research in humans.

### 7. Treating autism spectrum disorder

There is some evidence that children with autism have lower levels of glutathione than neurotypical children, or those without autism.

Zativa Life offers IV administered glutathione and numerous other formulations. Why IV supplementation is often superior.

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.

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.

For your convenience, you can also book a delivery treatment to your home, office or hotel.

**Zativa Life offers the following services:**

- IV Vitamin Therapy
- Ozone Therapy
- Cryotherapy
- Hormone replacement Therapy
- Botox
- COVID Testing

Get in touch with our experts today to begin your health journey. Contact us at 239-228-5801 or visit our website at [zativahw.com](http://zativahw.com).



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# TIPS FOR CARING FOR YOURSELF AND A LOVED ONE

## *November Honors Family Caregivers*

By Greg Pascucci

**A**s our country continues to grapple with the global pandemic, we have become increasingly aware of the impact of isolation and other precautionary measures needed to lessen the spread of this virus. For those actively caring for an aging loved one, juggling care needs while worrying about needed safeguards is even more challenging during this time.

In many cases, the demands of caring for a loved one can become overwhelming. Caregivers can become physically and emotionally drained and may feel alone. These symptoms often lead to high stress and eventual burnout or other serious health issues.

A family caregiver entrenched in the strain of providing daily care does not always realize that day-to-day pressures may affect their own health and well-being as well as impact the lives of those around them. This month, in honor of National Family Caregivers Month, it is especially important for caregivers to be aware of the physical, mental and emotional toll caregiving can have if they neglect themselves. Elderly spouses serving as caregivers, for example, have been found to experience higher rates of influenza and pneumonia.

Here are a few tips for balancing being a dutiful caregiver and taking care of your own needs:

### **Take care of yourself**

Although self-care is one of the most important things we can do, it's often the most forgotten when it comes to caregiving. It's critical to remember, however, that when your needs are taken care of, your loved one will benefit as well. Be sure to keep your doctor's appointments and schedule annual screenings. Try to eat well and rest whenever possible.

### **Ask for help**

It's okay to ask a family member to fill in whenever possible. It doesn't make you selfish to ask someone to help out for a few hours so that you're able to take a break; it makes you human. Knowing your own personal limitations is essential to caring for a family member.



### **Seek out support groups**

It's always nice to know that you're not alone. Find a support group specific to your situation. Local churches, hospitals and senior living communities may offer ongoing support groups for both those dealing with an illness and their caregiver. There are also virtual opportunities and online groups to help connect with others.

### **Set realistic goals**

The Mayo Clinic suggests breaking large tasks into smaller steps that you can do one at a time. Prioritize, make lists and establish a daily routine. Sample caregiver action plans are available online to help you establish clear, attainable goals.

### **Entrust the care of your loved one to a professional**

The team at reputable and well-established senior living communities understands the stress and emotional toll caregiving can create. They strive to help caregiving spouses flourish while easing day-to-day caregiver responsibilities.

The Carlisle Naples offers independent and assisted living lifestyle options and is especially suited for older adults serving in a caregiving role. Their spouses receive 24-hour access to a team of well-trained professionals and assistance with activities of daily living (bathing, dressing, medication assistance, etc.). And, without the day-to-day burdens of providing care, the couple now has more time to spend on what matters most: enjoying quality time together.

The Carlisle is also CARF-accredited, which is similar to a five-star rating in the hospitality industry. The community's Extended Congregate Care (ECC) license, which is held in conjunction with the standard assisted living licensure, ensures staff is able to provide additional supportive and nursing services to residents who would otherwise need to transition to a skilled nursing facility.

"It's important for caregivers to take care of themselves in order to avoid caregiver burnout," said The Carlisle's Executive Director Bill Diamond. "Often, it requires asking yourself if there are potential health or safety concerns if you continue alone. For many family members, the answer is yes which often prompts them to connect with a senior community. They may be surprised to see how much mom or dad thrives after moving to a community such as The Carlisle. There's an entire team dedicated to their health and wellness, activities to stay engaged, friends and neighbors for socializing and variety of amenities and services, including gourmet dining. It truly becomes a win-win for everyone."

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—all on an affordable monthly fee basis. 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](http://www.TheCarlisleNaples.com).



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# What Is Central Retinal Vein Occlusion (CRVO)?

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

**A**rteries and veins carry blood throughout your body, including your eyes. The eye's retina has one main artery and one main vein. When the main retinal vein becomes blocked, it is called central retinal vein occlusion (CRVO).

When the vein is blocked, blood and fluid spills out into the retina. The macula can swell from this fluid, affecting your central vision. Eventually, without blood circulation, nerve cells in the eye can die and you can lose more vision.

## What are symptoms of CRVO?

The most common symptom of CRVO is vision loss or blurry vision in part or all of one eye. It can happen suddenly or become worse over several hours or days. Sometimes, you can lose all vision suddenly.

You may notice floaters. These are dark spots, lines or squiggles in your vision. These are shadows from tiny clumps of blood leaking into the vitreous from retinal vessels.

In some more severe cases of CRVO, you may feel pain and pressure in the affected eye.

## Who is at risk for CRVO?

CRVO usually happens in people who are aged 50 and older.

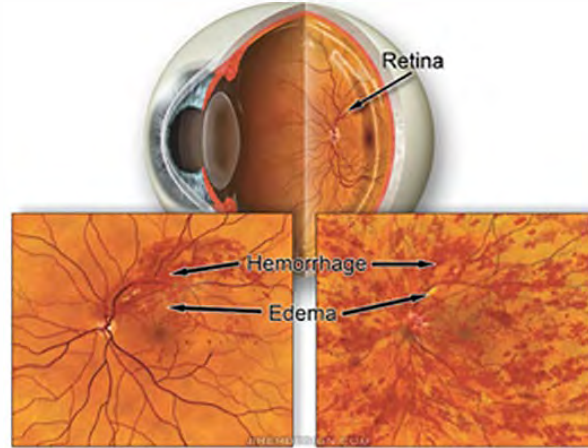
People who have the following health problems have a greater risk of CRVO:

- high blood pressure
- diabetes
- glaucoma
- hardening of the arteries (called arteriosclerosis)

To lower your risk for CRVO, you should do the following:

- eat a low-fat diet
- get regular exercise
- maintain an ideal weight
- don't smoke

## Retinal Vein Occlusion



Branch Retinal Vein Occlusion Central Retinal Vein Occlusion

## What causes CRVO?

CRVO happens when a blood clot blocks the flow of blood through the retina's main vein. Disease can make the walls of your arteries more narrow, which can lead to CRVO. Disease can stiffen the walls of your arteries, which in turn compress the main vein and lead to CRVO.

## Central Retinal Vein Occlusion (CRVO) Diagnosis and Treatment

Your ophthalmologist will widen (dilate) your pupils with eye drops and check your retina. They will also do a scan of the retina called OCT to look for retinal swelling, which causes vision to decrease.

They may do a test called fluorescein angiography. 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 your retina as the dye travels throughout the vessels. This test shows if the retinal vein is blocked.

People under the age of 40 with central retinal vein occlusion (CRVO) may be tested to look for a problem with their blood clotting or thickening.

References:  
<https://www.aaao.org/eye-health/diseases/what-is-central-retinal-vein-occlusion>

<https://www.aaao.org/eye-health/diseases/central-retinal-vein-occlusion-diagnosis>

## How is CRVO treated?

The main goal of treatment is to keep your vision stable. This is usually done by sealing off any leaking blood vessels in the retina. This helps prevent further swelling of the macula.

Your ophthalmologist may treat your CRVO with medication injections in the eye called "anti-VEGF injections." The medicine can help reduce the swelling of the macula. Sometimes steroid medicine may be injected in the eye to help treat the swelling.

If your CRVO is very severe and new abnormal blood vessels are growing in your eye, your ophthalmologist may do a form of laser surgery. This is called pan-retinal photocoagulation (PRP). A laser is used to make tiny burns to areas of the retina. This helps lower the chance of bleeding in the eye and keeps eye pressure from rising too much.

It usually takes a few months after treatment before you notice your vision improving. While most people see some improvement in their vision, some people won't have any improvement.

## Personalized Retina Care of Naples

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

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

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



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# Laser For Skin Rejuvenation

By Daniel I. Wasserman, M.D.

**A**s summer comes to an end, it's an excellent time to get a refresh from summer's damaging effects on the skin. You deserve rejuvenation to combat the internal and external effects of aging that occurred.

In facial aesthetics, internal aging most often refers to changes in bone structure, distribution of facial fat, and changes in musculature. External aging can often be witnessed by the increases in brown pigmentation, red tones or capillaries, fine lines, and pore size. All of these can lead to unfavorable perceptions of age and health. Thankfully, there are a myriad of options to improve all of these complaints in a very balanced and natural way.

Broadband light (BBL) is a light procedure using high intensity light that does not break the skin to treat both unwanted brown and red colors in the skin. Over time with repeated treatments, collagen will improve as well, frequently improving tone and lines, but most importantly slowing down time. This treatment can be combined with both MOXI or HALO to give a synergistic effect.



MOXI can be used to treat deeper more stubborn pigment in a very gentle manner with minimal disruption to the skin. This can be ideal for patients who have started to develop the signs of aging from the sun, but without those frustrating textural complaints. This treatment is great for patients starting their skin care journey and offers minimal downtime.

HALO is a very versatile treatment that can work on superficial and deeper pigment while at the same time producing a polishing glow for fine lines and complexion. HALO is usually administered over two sessions with patients often bragging about the glow they have

afterward. This is an excellent treatment for someone looking for results in a short period of time or even for someone looking for more sustainable benefits with their fine lines and pigment.

At Skin Wellness Physicians, we can treat the full spectrum of skin complaints personalizing patients' tolerance for downtime, cost, and needs using a variety of tools best suited for you.

## Daniel I. Wasserman, MD

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

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

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### Retinal Conditions and Diseases We Treat

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

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

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# CBD FOR GOLFERS

By Stacy Roberts, Founder of Hempra

## 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.

Golfers Can Use CBD to Help Rid themselves of Pain and Get Back in The Game

As CBD is on the rise, so is the use of CBD products for sports related injuries, and focus. Here is a list of the type of products that could keep you on the green:

### Topical CBD

Topical CBD is applied on the skin and are known as salves, balms, creams, oils and transdermal patches. These products are used to reduce muscle pains and target inflammation.

### Sublingual CBD

Sublingual CBD is intended to use by placing under your tongue. Sublinguals come in different forms. At Hempra we offer Tinctures, breath mist, and mints. These products are used widely to maintain focus, and calm.

### Edible CBD

Edibles offer a simple way to reach calm, focused mindset with the benefit of relief from aches & pains. Hempra offers popular CBD edible snacks including gummies, chocolates, and even peanut butter.



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



## 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.



To find out more about Hempra, please visit, Hempra.com. In-person consultations are also available; please call or email at 239-778-8738 or email Info@Hempra.com.

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

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

### Misir Pharmacy's Compounded Personalized Skincare & Medications

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

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

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



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# MEN: NEW TREATMENTS FOR ED AND RETRACTION REFLEX

By Dr. Carolina Young Ortiz

**H**yperactive Penile Retraction Reflex, is when a flaccid (limp, soft) penis undergoes retraction upon contraction of a layer of connective tissue underneath the penis, foreskin and scrotum. This contraction of the penis naturally occurs in all males when exposed to cold temperatures, stressful situations, or rigorous physical activity but can also happen outside of these situations. Men also experience shrinkage with age or other medical conditions. There is a new treatment available that is not only non-invasive, but highly effective.

## What is MagnYm™?

MagnYm™ is a quick 15-minute non-surgical male enhancement procedure that increases the length and girth of the flaccid penis due to shrinkage (Hyperactive Penile Retraction Reflex). In addition to enhancing flaccid penis size, MagnYm™ has also been shown to improve function, decrease occurrences of premature ejaculation, and grow body confidence.\*

## Science Behind MagnYm™

Similar to the way *neuromodulators* are used for surface wrinkles in the facial region, MagnYm™ uses *neuromodulators* to relax the muscles of the penis and promote increased blood flow. The muscles which control shrinkage will relax allowing for increased blood flow letting your manhood lengthen into its full glory!

## The Safety

The procedure is safe and well-tolerated by patients with little to no side effects.\* The injections are localized and are not known to migrate to other parts of the body.

## The Results

### It can increase flaccid penis size

A recent survey of more than 4,000 US men found that guys' biggest complaint about their genitals was the length of their flaccid (non-erect) penis. More than one-quarter of respondents wanted theirs to be longer.

### It might help guys last longer in bed

Premature ejaculation is the most common sexual problem reported by men. There are tons of treatments out there for it already, including 'delay



sprays', Kegel exercises and behavioral methods like the stop-start technique but, BOTOX® might be another viable option in the near future.

## It could help treat erectile dysfunction too

A new paper published in The Journal of Sexual Medicine argues that BOTOX® could be a game changer when it comes to treating erectile function. The thought here is that BOTOX® could be used to paralyze the smooth muscles inside the chambers of the penis. By relaxing these muscles, blood should be able to flow into the penis more easily.

Results of MagnYm™ are typically seen within a few days of the procedure but can take up to 4 weeks to take full effect. A booster dose might be necessary. Results typically last 6 - 9 months. Repeat treatments are recommended to maintain results.\*

\*Individual results may vary

## Erectile Dysfunction

Erectile Dysfunction (ED) is deeply related to vascular health. Many men that begin to experience ED have little idea that they need to treat the arteriosclerosis in the penis as well as in their body. Most standard medical practitioners will start a man on the "little blue pill," but this only masks the symptoms of ED and it definitely doesn't treat the cause.

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

## GAINSWave for Men

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

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

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Source: <https://www.enhancehys.com/magnym>

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# ORAL HEALTH: ARE YOU OVERDUE FOR YOUR EXAM?

## Regular Dental Visits Are Important

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

### Are you overdue for a dental cleaning and exam?

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

### Aging Restorative Treatment

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

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

### Missing Teeth and Extractions

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

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

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

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

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

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

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# Is it My MEMORY... or Is it My HEARING?

## The Latest Findings on the Connection Between Hearing Loss and Cognitive Function!

**D**oes your loved one constantly forget items that you know you've discussed with them, or is it possible that they didn't actually hear the message correctly? This question has been a concern for many families who suspect that a family member is showing signs of cognitive decline. Now, new research shows that hearing loss may not only be mistaken for signs of Alzheimer's disease or Dementia, but that hearing loss may actually contribute to cognitive problems!

### A False Impression of Cognitive Decline

"We've always known that there are similarities between untreated hearing loss and Alzheimer's/Dementia symptoms" states John Hoglund, BC-HIS, ACA of Hoglund Family Hearing and Audiology Centers. "There are times when you may ask Mom a question about a specific topic, and she may give you an answer about a completely different subject that sounds absurd. You may be inclined to think she is showing signs of serious mental processing issues ... but she was actually answering... what she heard!" "Similarly it is impossible to correctly remember what you don't hear properly, so when Dad says that you never told him something that you KNOW that you discussed with him... he may not have understood what you said, but didn't bother asking you to repeat it." Episodes like these can give a false impression of cognitive decline where it is, in fact, simply due to their hearing loss. If the hearing problems are correctly addressed, these types of mistakes tend to go away.

### Untreated Hearing Loss Linked to Alzheimer's and Dementia

There have been many recent headlines that now show a strong body of evidence that untreated hearing loss can significantly increase the risk of developing Alzheimer's Disease and Dementia! CNN reports, "The risk of Dementia appears to RISE as hearing ability DECLINES!" AARP quotes a study from Johns Hopkins and the National Institute on Aging that finds, "Men and Women with Hearing Loss are much more likely to develop Dementia and Alzheimer's Disease!" They further state, "Even mild hearing loss DOUBLED the Dementia risk." And the University of Pennsylvania School of Medicine links even EARLY STAGE hearing loss to accelerated BRAIN ATROPHY!

The findings suggest that poor hearing is a "harbinger of impending dementia," says George Gates, M.D., a hearing expert at the University of Washington in Seattle, who was not involved in the new study but whose own research has demonstrated a link between the two conditions. "We listen with our ears but hear with our brains," Gates says. "It is simply not possible to separate audition and cognition." People with moderate hearing loss generally struggle to communicate even in quiet settings, and those with severe hearing loss are near deaf. People with severe hearing loss, the study reports were five times more likely to develop dementia than those with normal hearing.

### Make Hearing Tests Part of Your Annual Physical

Frank R. Lin, M.D., an ear surgeon at Johns Hopkins Hospital in Baltimore, says that hearing loss has an enormous impact on the lives of his patients and their family members.

"Yet because it is such a slow and insidious process, it is often left ignored and untreated." It is therefore recommended that regularly scheduled Hearing Tests should be part of a Senior's routine medical testing, and that hearing loss should be addressed as early as possible before these negative consequences begin to develop. "The intent of publishing these research articles is not to create 'panic' among the Senior population that they are going to lose their faculties if they have hearing loss," states Mr. Hoglund. "It is, however, information that people should learn about in greater detail, since regular hearing tests are often not included as part of an annual physical. If you are over the age of fifty and have not had a Baseline Hearing Test, I would encourage you to begin monitoring your hearing acuity the way you monitor other aspects of your health. These tests are provided as a FREE public service by our Practice as a way of increasing knowledge and awareness of hearing related issues."



Please call to schedule an appointment. All it will cost is a little of your time... but the knowledge you receive may be priceless!

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# Hormones and Diabetes

## Hormones Can Affect Diabetes in Multiple Ways

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

### Diabetes Mellitus

Diabetes mellitus is a condition characterized by hyperglycemia resulting from the body's inability to use blood sugar for energy. In Type 1 diabetes, the pancreas no longer makes insulin and therefore blood sugar cannot enter the cells to be used for energy. In Type 2 diabetes, either the pancreas does not make enough insulin, or the body is unable to use insulin correctly.

### Diabetes and Menopause

For women just beginning the stages of menopause or those that have already gone through it, the hormonal imbalance plays a significant role in blood sugar modulation.

*According to the Mayo Clinic:* Diabetes and menopause may team up for varied effects on your body, including the following:<sup>2</sup>

- **Changes in blood sugar level.** The hormones estrogen and progesterone affect how your cells respond to insulin. After menopause, changes in your hormone levels can trigger fluctuations in your blood sugar level. You may notice that your blood sugar level changes more than before and goes up and down. If your blood sugar gets out of control, you have a higher risk of diabetes complications.
- **Weight gain.** You might gain weight during the menopausal transition and after menopause. Weight gain may require an adjustment in your diabetes medication.

Source:  
1. <https://www.diabetes.org>  
2. <https://www.mayoclinic.org/diseases-conditions/diabetes/in-depth/diabetes/art-20044312>

- **Infections.** Even before menopause, high blood sugar levels can contribute to urinary tract and vaginal infections. After menopause — when a drop in estrogen makes it easier for bacteria and yeast to thrive in the urinary tract and vagina — the risk is even higher.

- **Sleep problems.** After menopause, hot flashes and night sweats may keep you up at night. In turn, the sleep deprivation can make it tougher to manage your blood sugar level.

- **Sexual problems.** Diabetes can damage the nerves of the cells that line the vagina. This can interfere with arousal and orgasm. Vaginal dryness, a common symptom of menopause, may worsen the issue by causing pain during sex.

Managing your blood sugar levels and your hormones can be challenge, but its' essential for your overall health and wellbeing. Hormones can be addressed with bioidentical hormone replacements that the body accepts as natural and contain no chemicals or foreign substances. These can help, as well as dietary and lifestyle changes.

### A different way to treat diabetes

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

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

### DENISE A. PANCYRZ'S STORY

National Diabetes & Holistic Lifestyle Coach - Speaker - Author

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

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

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

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

**If you are tired of living with diabetes and are worried about your future and your health, contact Denise for personalized coaching and accountability to live your best life in optimal health.**

To find out more please visit  
[ReverseMyDiabetes.net](https://ReverseMyDiabetes.net), call 888-848-1763  
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# Is it time to Sell Your Home?

## Many Sellers Are Taking Advantage of the August 2021 - Low Inventory

By Robert Nardi, Broker/Owner

**D**emand for homes in Collier County kept REALTORS® busy in August, even as inventory dropped 77.3 percent to 1,249 homes from 5,503 homes in August 2020. According to the August 2021 Market Report released by the Naples Area Board of REALTORS® (NABOR®), which tracks home listings and sales within Collier County (excluding Marco Island), REALTORS® escorted buyers on over 30,000 home showings in August! The month's vigorous showing activity—coupled with a 76.8 percent decrease in days on market to 22 days—means most homes were listed, shown, and sold in less than 30 days.

Historically, median closed prices of homes sold during summer months tend to be lower than median closed prices during high-season months (January through April), but that trend did not occur this year. According to the report, the median closed price reported in August was \$75,000 higher than that reported in January 2021. The median closed price of homes sold increased 11.7 percent in August to \$441,300 from \$395,000 in August 2020 (median price is the price at which 50 percent of the homes sold were above that price, and 50 percent were below).

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

### What does this all mean?

It is still a Seller's market, and when a listing hits the Multiple Listing Service (MLS), it is usually sold within a few days. Some Sellers are taking on the "For Sale by Owner" (FSBO); however, I caution them.

First, they do not know if the potential buyer is qualified to purchase. Plus, they are opening their home to strangers that call them from a sign or advertisement. Lastly, they do not know all the "ins and outs" of the sales process. I let the Seller



(FSBO) know these drawbacks, and then they say, "Well, I just let all my neighbors know." However, once again, Sellers are shortchanging themselves. They may think their home is worth "X" amount of dollars and settle for that price. Why should they compromise? If they hire a REALTOR®, they will add the listing to MLS, and generally, there would be numerous showings right away resulting in multiple offers, driving up the sales price. REALTORS® also add value because they possess a wealth of information regarding title companies, real estate attorneys, inspectors, electricians, plumbers, carpenters, licensed handypersons, etc. Many REALTORS® can also assist with staging or have a professional stager to help with their property so that they can get the maximum selling price! On the other side, Buyers should develop a relationship with a REALTOR® in this scorching Southwest Florida housing market. They have tools that can let the Buyers know when a property hits the market. A REALTOR® could immediately book an appointment to do a video tour of the property, write up a contract if it suits the Buyer, and present the offer. It must happen quickly, or else a Buyer could lose out. Speaking of losing out...

### Buyer Fatigue

This summer was a tough summer on Buyers. Many of them put 3-5 offers on properties and would lose out every time. So, they became weary, and many of them have decided to drop out of the market until early next year. It is understandable, and there was nothing anyone could do to ease their angst.

### My Thoughts?

Demand is outpacing supply; however, I believe that owners will be coming back this season and putting their properties up for sale because they feel they may have missed out on an opportunity. Therefore, supply will increase, giving Buyers more choices.

Will there be a significant price drop in residential properties? I do not believe so because Southwest Florida has been undervalued for years compared to other coastal areas. The market is simply playing "catch-up."

Are you thinking about selling, buying, or renting? Just access [www.BuyNaples.Net](http://www.BuyNaples.Net). Numerous tools on our website can provide information like "What is my home worth?" to in-depth searching capabilities for residential sales and rentals.

### Do you need "one on one" assistance?

If so, please feel free to reach out to me at either 239-293-3592 or [Robert@NardiRealty.com](mailto:Robert@NardiRealty.com). Happy Fall! Please stay healthy and safe!



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# Thanksgiving: How to Keep Your Pets Safe

**T**hanksgiving is a time to reflect on what we are thankful for, such as the bounty of the season, time spent with loved ones our health, and not to forget, getting a head start on Christmas. But during the holiday season, we often don't think to make plans for our pets. If we are traveling, it's critical to pack the essentials necessary items for their needs and comfort, or if we expect company, planning ahead to keep our pets safe and comfortable is essential.

## What you can do:

- Make sure your pets' vaccinations are up top date
- Have medications on hand that they take regularly
- Schedule any necessary appointments in a timely manner (our books can get filled up quickly in the fall and winter months).
- Have a pet sitter or dog walker on hand
- Plan for their safety and wellbeing during travel
- Address any anxiety and implement natural or prescription calming treats or drugs.
- Have plenty of food and water stocked up for them
- Always have a safe, comfortable place for them to rest
- Don't leave them alone for too long
- Keep decorations or candles away from pets
- Be cautious during cooking the Thanksgiving meal as pets tend to get under our feet when they smell food.



Specific to Thanksgiving, please keep your pets from eating anything that is hazardous or dangerous to them. Many human ingredients and foods should be avoided. Nuts are toxic, as is sugar, chocolate, avocado and grapes; bones are not to be given to dogs as they can shear off and cause lacerations internally. Check with Animal Oasis for a full list of toxic foods to avoid.

When it comes to your pets, safety, and health, Animal Oasis understands the importance of helping you make the right plans. Animal Oasis' goal is to keep your pets in peak form, vaccinated, and properly medicated this holiday season and beyond.

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comfort of our office. If you need veterinary appointments, try to book them in advance if possible. Stock up on pet food, and medications, so you're not in a bind when unavailable.

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The secret to the Roll Magic is the shape of the balusters and the rate at which they turn – that's what provides a lymphatic massage that helps with the elimination of the toxins and therefore reduces the appearance of cellulite.



## VACU MAGIC

Exclusive Shape devices help to reduce cellulite after just a few sessions. In Vacu Magic blood is drawn into the subcutaneous tissue using a vacuum. It helps to flush fat deposits from under the skin. IR and collagen lamp used in our devices accelerate metabolism during exercise and increase sweating. Roll Magic breaks down fatty tissue massaging problematic parts of the body.

## AQUA BIKE MAGIC®

The Aqua Bike device combines aquacycling and hydromassage. Training rapidly burns calories, reduces cellulite and provides a relaxing experience during workout.

*\*The Vacu Magic Beauty Line combines physical exercise with IR radiation and vacuum. All the factors working simultaneously help in burning much more calories than during a classical training.*

## MAGIC VIBRATION PLATFORM

The frequency of vibration engages the muscles to work by inducing involuntary microcontractions. The platform generates oscillating vibrations, which increase training effectiveness. Magic Vib is equipped with an IR or collagen lamp, which raises body temperature during exercise and thus increase the metabolism rate.

## MAGIC WAVE & MAGIC SUN

A set of healthy light and relaxing massage is the perfect way to renew your body after each workout. Feel the pleasure of resting.

## SLIM LINE SERIES

Three new Slim Line devices in one machine: Spa Bike, Vacu Magic and Open Vacu provides increased slimming efficiency.

## REJUVENATION

Lamps used in many Exclusive Shape devices regenerate the skin. IR lamps restore skin elasticity and firmness. Collagen supplements collagen levels, removes skin discoloration, and smooths out wrinkles.

## ACTIVE ALKALINE WATER

In our Wellness Studio we have the latest generation hybrid ionizer. Each of our clients receives a glass of ionized water before and after exercise. Alkaline water has a high pH level (10). It contains a large amount of oxygen and active hydrogen. Additionally, it is structured with a microparticle structure. Alkaline water straight from the ionizer has such antioxidant properties. The body is hydrated, oxygenated and the acidity of the muscles is reduced during exercise.

**If you are ready to change the way you look and feel, contact Exclusive Shape, or stop by to check out our state of the art, modern studio in Sarasota.**

## ABOUT ROBERT STAFECKI, CO-OWNER

My interests stem from my studies and active sports background. I graduated from the University of Physical Education in Warsaw. I can see now how useful the classes in anatomy, biology, physiology, biochemistry, psychology, pedagogy was for me to understand the issues related to the therapeutic effects of active ionized water. I am a consultant in this field and for the last 8 years, I have had real examples of improving the health of my clients. I educate and help people who are open to knowledge and persistent in their pursuit of success. Last year I received an offer to represent the Polish company on the American market. Innovative devices of this company for biological regeneration, massage and fitness interested me so much that this year, together with two partners, we opened the company Exclusive Shape LLC.

We have opened a wellness studio with Show Room in Sarasota, in November we will open a studio in Chicago. Currently, we offer an extraordinary package of health services in our studio. We offer active alkaline water for drinking, mechanical stimulation of the lymphatic and muscular system using the Roll Massage device as well as magneto-electric stimulation of the circulatory system with the Bemer technology. The combination of these elements strengthens the immune system, increases cell energy, lowers body weight, reduces body fat, and significantly reduces cellulite.

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Please consult your health care provider before beginning any health-related program or protocol and before making any healthcare decisions or for guidance about a specific medical condition.

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# How to Shorten the Duration of a Shingles Outbreak

“It feels like the worst sunburn ever, crossed with a thousand bee stings and then someone taking a rake across my skin. I can’t sleep. I can’t turn over. I cannot take this pain any longer.” This is how one of my patients described the pain of shingles. For some, remnants of this pain can linger for months or even years, especially if left untreated.

Shingles used to primarily affect our senior population, immune-compromised people, or those that are highly stressed. However, we are seeing shingles flare-ups are affecting young adults at an increasing rate. There are a few theories as to why this is, but I won’t go into them here. Let’s focus on treatment here instead.

## Warning Signs That You Might Be Starting a Shingles Outbreak:

- Headache
- Flu-like symptoms, usually without a fever
- Sensitivity to light
- Itching, tingling or even severe pain that starts at the spine and radiates around the body, like a snake is wrapping around your torso.
- Rash with fluid filled blisters that may be very painful.

## What to do if you suspect you have shingles?

- Come in for acupuncture immediately. Acupuncture can reduce the pain and shorten the duration of your shingles outbreak. The more frequently you come, the quicker you will be on the road to recovery. Acupuncture should be given at least two, but three



times in one week is better. Usually, by the end of the week, things feel significantly better.

- Chinese herbal therapy is most effective if it is started immediately upon experiencing the first warning signs. Dermatrol (HZ) is a potent herbal formula that treats shingles. The Chinese have been using herbal medicine to treat shingles since the second century AD.
- Rest. Rest is necessary to heal. If you continue to live every day at a break neck pace, you will lengthen the time it takes to make the virus dormant again.
- Apply raw Manuka honey to the blisters. Cold compresses can also give some relief.
- Start taking lysine immediately. Many people find 1000mg three times daily is an effective dose.
- Vitamin C, the more the better, at least 1000mg three times per day, but you could easily double that dosage.
- Eat more garlic, brewer’s yeast, brown rice, raw fruits and vegetables
- Vitamin B12 spray, 1500 mcg twice daily can help with post-herpetic nerve pain.
- If the shingles is affecting the eyes, it is very important to see an ophthalmologist. If left untreated, herpes zoster infection of the eye may lead to blindness.

## What not to do if you have a shingles outbreak:

- Do not apply cortisone or steroid creams to the rash
- Do not eat arginine containing foods. Arginine feeds the virus. Red wine, chocolate, red meat, chicken, whole grains, and dairy all contain high amounts of arginine.
- Avoid spicy, pungent, and aromatic vegetables such as peppers, onions, basil, rosemary, cumin, fennel, anise, mustard, chili pepper and wasabi
- Do not let anyone touch the blisters, you are contagious in this stage.
- Be careful at the gym, the virus can be transmitted through physical contact, such as via exercise mats or benches.
- Avoid alcohol and tobacco

Is shingles contagious? Well, you cannot catch shingles, however, you can catch chickenpox, if you have not had chicken pox previously, from someone who has active shingles blisters. Once the blisters have dried out and crusted over, the virus is no longer contagious. Chickenpox, comes from the varicella zoster virus, and can be relatively serious in adults. Once a person has had chickenpox, this virus lays dormant in the nerve roots of the body. Something, commonly stress, reactivates this sleeping virus and it manifests as shingles (herpes zoster). When this virus awakens, it travels along the nerve pathway and erupts into painful blisters on the skin.

Although there is no cure for the virus that causes shingles, acupuncture and herbal medicine do offer excellent short and long term relief from the symptoms. Do not take the chance of suffering for weeks or months with this painful condition. You can schedule online right now, [www.AcupunctureSolutionsOnline.com](http://www.AcupunctureSolutionsOnline.com) or call, (239) 260-4566, to schedule a series of acupuncture treatments so you can get back to living your best life.

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

## #1 Shopping is Challenging

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

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

## #2 Cooking is Becoming Difficult or Dangerous

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

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

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

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

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

## #4 You Want Nutritious Food Without the Hassle

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

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

### Chefs for Seniors

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

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

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

### Professionally Prepared Meals and Clean Up!

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

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

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

### Cost and Insurance Coverage

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

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

### Multiple Meals During Visit

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

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

### Special Diets

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

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



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chefsforseiors.com

Phone: 239-776-1758

Email: bill.springer@chefsforseiors.com

# Cleaning Tips to Keep the Flu Virus at Bay and Out of Your Home

Flu season is among us and with an increase in the number of people in the area for the winter, preventing the flu and other viruses can be difficult this time of year. The muscle aches, fever, chills and fatigue that accompany the virus affect five to 20 percent of the U.S. population each year and hospitalize hundreds of thousands, according to the Center for Disease Control and Prevention.

Many of us are armed with an array of physical preventatives — from flu-shots to Emergency-C packets, neti-pots to home remedies — but what are we doing to stop the illness from spreading in our own homes, amongst our families and community members?

MaidPro expert cleaners, offer these tips to help you clean for health year-round and to stop the flu virus from invading your home:

1. **Wash your hands regularly in warm soapy water.** For quick clean-up, use antibacterial hand sanitizer. Make an effort not to touch your mouth or nose without first washing your hands.
2. **Wear rubber gloves when cleaning household items to protect yourself.** By wearing gloves, you will be less likely to touch your eyes, nose or mouth, which are havens for the flu virus.

3. **Spray disinfecting spray on a cloth, wipe toys, door knobs, appliance handles, keyboards, remote controls, light switches, phones and facial tissue box covers.** Viruses can live up to 48 hours on hard surfaces.

4. **Wash items like towels and bedding in hot water with soap if someone has been sick in the home.** Be sure not to share these items until they are thoroughly cleaned.

5. **Change vacuum bags monthly or more frequently.**

6. **Boil toothbrushes for one minute in water and vinegar, run through a dishwasher cycle or purchase new brushes.**

7. **Use antibacterial wipes on your keyboard, phone and pens to protect yourself from spreading germs at work.**

8. **Wash telephones, cabinet handles, doorknobs, light switches and refrigerator door handles using a slightly dampened cloth with a solution of mild detergent and warm water.**

9. **Wash mop heads in a solution of ¼ cup bleach and one gallon water, dry thoroughly, then store.** Not only will mop heads pick up germs and dirt, but they also can also grow mold and mildew if they don't dry out completely.



10. **Disinfect the bathroom and kitchen, especially the faucet and toilet handles, daily.** The kitchen and bathroom are the most used rooms in the home and possibly the most contaminated.

MaidPro is a residential cleaning service that uses a tried and true approach to clean each home for health, combining environmentally preferable cleaning supplies and state-of-the-art equipment to maintain the healthiest living environment possible.

If you're worried about the flu virus showing up uninvited, give MaidPro a call to schedule a cleaning.



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# What's Your Diet?

By Pastor Roger P. Felipe

**W**eight-watchers. Nutrisystem. Mediterranean diet. Paleo. Living healthy has become a craze, although obesity in our country, rather legitimizes it. For many people it is about looking and feeling better, living longer, stronger and disease-free. These are all important reasons for eating clean, exercising, and learning to rest our bodies sufficiently.

For Christians, however, trying to maintain healthy habits finds its motivation in more than adopting diet fads to longevity and better quality of life. Taking care of our bodies is stewardship. That is, it is a reflection of our recognition of having been created by God, and how our lives can be instruments in his hands to serve and honor him on earth. Of course, God can use both the healthy and the unfit for his purposes, including the sick, feeble, and dying. Human worth and value is not in question.

The reality is that our earthly lives are only a speck in the sands of eternity. However, Christ followers understand that life doesn't belong to them. It is a gift from a Good Father who entrusted them with a brief span of years that should be invested in loving others and making our world a better place. For those who have believed in Christ and experienced God's forgiveness of sin, the reason for taking care of their bodies goes beyond living longer and healthier. It's about honoring Jesus Christ with all of life, including the way they take care of their bodies.

In his book, *"The Unknown God: Searching for spiritual fulfilment,"* Oxford University professor, Alister McGrath, describes the parable of Plato's Cave, a story about people enslaved inside the cave oblivious to the reality that existed on the outside beyond the flickering shadows which they knew. That is, until the day someone was able to find their way out and discover a world beyond description, a world of beauty and splendor. McGrath writes, "Our desires have become attached to things that are little more than shadows, when they are meant to be attached to something which cannot decay or disappoint" (32).

How does this relate to healthy living? Focusing on living healthier and longer, like any other pursuit we might obsess about, really reveals a spiritual longing in our souls for something more: *eternity*. Whether is it longing for a "perfect" relationship that often disenchant, earthly riches that can quickly vanish, or a healthy and strong body that is suddenly brought to a standstill due to an unexpected medical report, our hearts are longing for something beyond what this world can provide.

McGrath probes us to consider this question: "Suppose our longing for fulfilment points to something we have yet to discover? What if our yearning is a clue to the meaning of the universe?" (10). Taking care of your body and staying healthy is a good thing, but it isn't everything. The truth of the matter is, whatever we pursue in life has a way to deceive us to think that by attaining "it" our lives will be complete. They're not. Deep inside a voice continues to remind us that our longings for fulfilment are like signposts in the sky pointing us to something beyond ourselves. Could that something (Someone) be our Creator?



May you achieve physical well-being and wholeness. But may you also discover the gift of eternal life which Jesus promises to all who believe and trust in him alone. "...I have come that they may have life, and have it in abundance" (John 10:10). I would enjoy exploring with you the meaning of life and God.

Roger P. Felipe is the Discipleship Pastor of Venture Church in Naples, Florida. Venture Church meets on the campus of FSW State College on Lely Cultural Blvd. in East Naples. For times and directions, visit [www.venturenaples.com](http://www.venturenaples.com).



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