

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

Health & Wellness[®] MAGAZINE

January 2022

Collier Edition - Monthly

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**3 HEALTHY
WAYS TO
LOSE WEIGHT**

**NEW YEAR
HEALTH GOALS**

**WHY YOU SHOULD
MAKE YOUR MEDICAL
APPOINTMENTS NOW**

**PHYSICIANS REGIONAL
WELCOMES
CARDIOLOGIST
MATEI POPA-RADU, D.O.**

Board Certified in Cardiology

 **PHYSICIANS REGIONAL
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**WORLD-CLASS
DOCTORS**

**CUTTING-EDGE TECHNOLOGY
DEFEAT CERVICAL CANCER**

**HUNGER FOR LIFE
AND WELLBEING**

**ROBBED BY THE
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**BOOSTING YOUR IMMUNE SYSTEM
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*AHCA 2019-2020 data, retrieved 10-01-21

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

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OCD Clinical Trial

DO YOU SUFFER FROM OCD?

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



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



What is OCD?

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



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Why Participate?

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

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

See If You Qualify

You are between the ages of 18 and 65.
You think you may have symptoms of OCD or you have been diagnosed with OCD.
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ARHI is conducting a Clinical Research Trial for patients with OCD (Obsessive Compulsive Disorder).

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KIDNEY CANCER: Are You at Risk?

By Neetu Malhotra, MD

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

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

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

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

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

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

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

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

Treatment

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

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

Associates in Nephrology

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

Chronic Kidney Disease Program

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

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

Source:

1. https://www.nftr.org/cancer-types/kidney-cancer/?gclid=CjwKCAIAYc2BBhAaEiwA44-wW9qTM7gXbIKsBU1dxNN-rM7OKwmG3j43bZni6h175MIIQCzwNsKORoCE5QQAvD_Bwe

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

Services Provided

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

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

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

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PHYSICIANS REGIONAL WELCOMES CARDIOLOGIST MATEI POPA-RADU, D.O.

Physicians Regional Healthcare System is excited to welcome Matei Popa-Radu, D.O. to their medical staff. Dr. Popa-Radu joins a highly skilled team of cardiologists and cardiac-disease specialists at Physicians Regional.

Cardiology is a branch of medicine that deals with the study, diagnosis and care of the cardiovascular system. Since there are so many aspects of your heart's function, your cardiologist has to consider many variables when identifying what may be wrong with your heart. Some of these variables include your heart, arteries or blood vessels.

In addition to a Doctor of Osteopathy (D.O.) from NSU College of Osteopathic Medicine in Davie, FL, and a Bachelor of Science in Cell Biology from the University of California at Davis, Dr. Popa-Radu is Board Certified in Cardiology. His advanced training includes a Cardiovascular Fellowship and an Internal Medicine Residency at Palmetto General Hospital Hialeah, FL in Hialeah, FL.

Before relocating to SW Florida, he was in private practice in Riverside, CA.

For Dr. Popa-Radu, the decision to pursue cardiology was personal. "I have close family members who have needed cardiac care for many years," he explained. "When I was younger, I had the opportunity to go with some of them to their appointments and became interested in cardiology even before starting medical training. I admired how these cardiologists always took the time to explain the condition and treatment plans in detail. My patients tell me that's the type of physician I am today."

Dr. Popa-Radu specializes in cardiovascular disease, echocardiology/stress echocardiology, heart failure, coronary artery disease, and valvular heart disease. He treats all types of vascular disease, atrial fibrillation/ flutter, arrhythmias/ heart block, and peripheral artery disease. He offers procedures in general cardiology, ECHO, TEE, Cardioversion, and Stress testing (exercise, pharmacologic, nuclear medicine).



The heart is one of the most important muscles in the body, yet more than 84 million Americans suffer from a form of cardiovascular disease. You could be one of them if you experience any of the following symptoms: Signs of a possible heart condition include:

- Severe pressure, squeezing, pain or discomfort in the chest
- Pain or discomfort that spreads into the shoulders, neck, upper back or jaw
- Chest pain that becomes more intense
- Chest pain that isn't relieved by rest
- Hoarseness caused by pressure on the vocal cords
- Difficulty swallowing
- Heart palpitations
- Low blood pressure
- High blood pressure
- Chest pain combined with the following:
 - Excessive and unexplained sweating or cool/clammy skin
 - Sudden and extreme paleness
 - Shortness of breath
 - Nausea or vomiting
 - Dizziness or fainting
 - Unexplained weakness or fatigue
 - Rapid or irregular pulse

Physicians Regional Healthcare System's expanded Heart Center includes advanced surgical equipment and technologies, allowing a range of interventional cardiology procedures, including minimally invasive structural heart procedures.

Physicians Regional is thrilled to offer the extraordinary capabilities from this state-of-the-art cardiac center to the ever-growing SW Florida Community.

Dr. Popa-Radu is now accepting new patients.



**Dr. Popa-Radu's office is located at
Physicians Regional - Founders Square
8831 Founders Square Drive Naples, FL 34120
For more information or to schedule an
appointment, please call 239-348-4221
or visit PhysiciansRegionalMedicalGroup.com**

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WORLD-CLASS DOCTORS, CUTTING-EDGE TECHNOLOGY DEFEAT CERVICAL CANCER

By Dr. Graciela Garton

In 2021, the American Cancer Society estimated 14,480 new cases of cervical cancer, which ranked 20th among all cancer types. That was well below the estimated 284,200 newly diagnosed cases of breast cancer. Although cervical cancer is far down the list, any case above zero is one too many.

January is Cervical Cancer Awareness Month and Cervical Health Awareness Month, an opportunity to focus on a cancer that does not draw as much attention. Cervical cancer occurs within the cells of the cervix, the lower portion of the uterus that connects to the vagina.

The physicians at Advocate Radiation Oncology specialize in the treatment of breast, prostate, lung, brain, rectal, liver and bone cancer, head and neck, as well as cervical cancer. Our goal in treating patients with cervical cancer, like with all other cancers, is to minimize the impact of the disease on daily life while providing state of the art, compassionate, and personalized care.

There are three keys to a successful treatment and recovery from cervical cancer:

Early Diagnosis

Screening tests can help detect cervical cancer and precancerous cells that may one day develop into cervical cancer. It is recommended that screening starts as early as 21 years.

Nearly all cases of cervical cancer are caused by human papillomavirus, or HPV, infections. Vaccines can prevent the majority of cases, but regular Pap smears and HPV tests can detect the disease in its precancerous stage. Because cervical cancer is slow to develop in comparison to other types of cancers, regular testing is that much more important.

Generally, women experience few noticeable symptoms in the early stages. However, later symptoms can include vaginal bleeding and discharge, and pelvic pain.



World-Class Doctors

Advocate's nine board-certified physicians trained at some of the world's leading institutions, including Yale, Michigan, Harvard, Duke, Vanderbilt, and the Mayo Clinic. They have decades of clinical experience and their research has been published worldwide, and each has a passion for advancing cancer care in Southwest Florida and beyond.

Our doctors tailor each patient's specific clinical situation according to the most current scientific research and according to the latest national cancer care guidelines. They work closely with other cancer specialists and maintain frequent communication with the primary physician.

Cutting-Edge Technology

Treatment for cervical cancer may include surgery, radiation, chemotherapy or a combination of three, according to the stage.

Radiation therapy uses high-powered energy beams, such as X-rays or protons, to kill cancer cells. Radiation therapy can be given externally, internally, or both.

Advocate Radiation Oncology invests in the best cancer-fighting equipment on the market. Patients enjoy access to Varian's Halcyon, Identify and

TrueBeam systems, which are incredibly precise in destroying tumors and cancer cells without damaging surrounding tissue. That level of precision – within a millimeter – reduces treatment times and decreases the side effects of radiation.

At one time, "medical tourism" was thriving as patients traveled around the country to ensure they received the best treatments from the best doctors in the best clinics. Today, Southwest Florida residents are blessed to live in paradise and have access to world-class cancer care right here in town.

The five-year survival rate for all women with cervical cancer is 66%. When detected early, however, that rate increases to 92%. Ultimately, we want the survival rate for all types of cancers to be 100%; to achieve this goal, our team will continue partnering with patients and working tirelessly to provide the best care possible.



About the Author

Dr. Graciela Garton is a board-certified radiation oncologist and founding partner at Advocate Radiation Oncology. For more information, please visit AdvocateRO.com.

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CERVICAL SPINE, NECK PAIN:

WHAT YOU SHOULD KNOW ABOUT THE CAUSE AND YOUR TREATMENT OPTIONS

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

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

Why Does My Neck Hurt and Give Me a Headache?

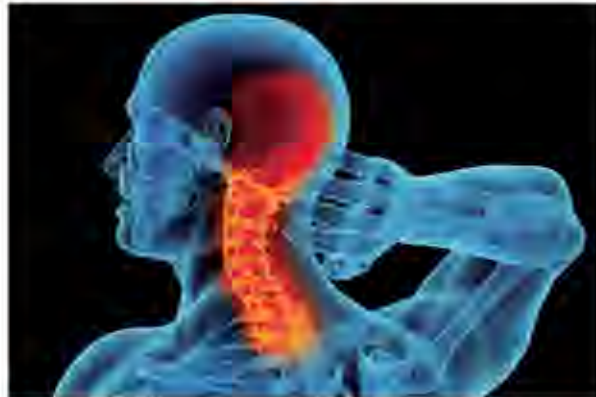
As you develop in the womb, your head and upper neck develop together, forever linking pain in one to the other. Hence, the upper neck joints, discs, muscles, and nerves can cause pain that goes into your head (headaches). When this happens it's called cervicogenic headache. Figuring out which of these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

What Are the Things that Cause Cervicogenic Headache?

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

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

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



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

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

What Does a Cervicogenic Headache Feel Like?

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

How Do You Treat a Cervicogenic Headache?

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

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

Cervical/Neck Pain

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

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

Getting You Out of Pain Without Surgery

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

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

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

Alternative Treatment

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



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Hunger for Life and Wellbeing - Robbed by the Digital Revolution

By Colin E. Chomp, MD, CSCS - Radiation Oncologist

A common side effect of cancer treatment is a lack of hunger. Well-intentioned families worry that their loved ones are not eating, but we often forget how much taste drives hunger; without a taste for food, the once pleasurable activity of eating becomes a dreadful chore.

A lack of hunger for life is increasingly happening in our present day. Life expectancy and mortality rates in the United States are increasing; however, there is an overwhelming increase in mortality among young and middle-aged adults between 25-64 years old.

Why are Middle-Aged Adults Dying?

Antibiotics, sanitation, and advances in medical care helped defend our bodies from common infections that stood as a frequent cause of death in our near-distant past. Defeating them, however, has seemingly opened the door for a new villain: ourselves.

Culprits in the Decrease in Life Expectancy

The major contributor to the increase in mortality, and perhaps the saddest, is the large increase in death from drug overdoses, suicides, and organ system diseases, especially those related to alcoholism.

Other changes, like increased rates of pedestrians killed by cars, are also not astonishing given the massive number of drivers texting and, on their phones, while operating their vehicles.

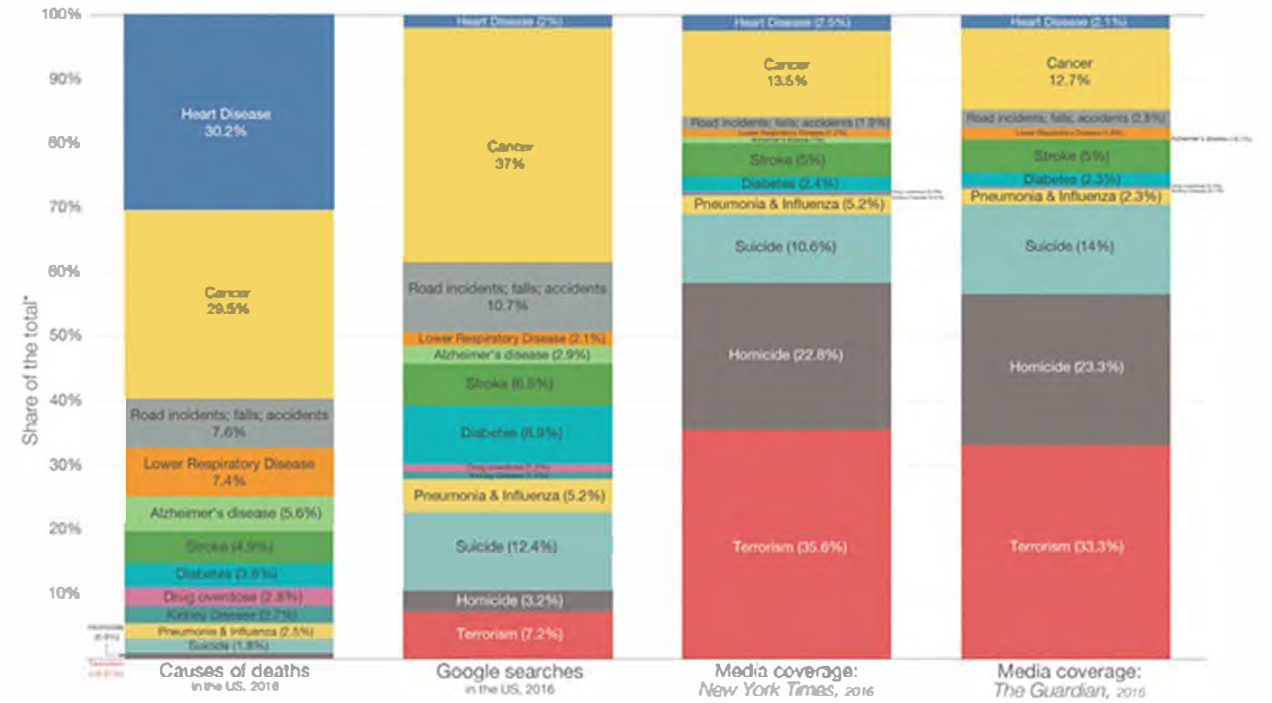
A large portion of the population spends countless hours watching media coverage of negative topics that have no foreseeable beneficial influence on their lives. These voyeuristic hours become wasted opportunities to enjoy and improve their lives and relationships through action. The result is instead a bombardment with negative messaging where viewers are force-fed scare tactics demonstrating how terrible life has become due to terrorism and countless murders.

We are seeing an increase in the negative and irrelevant message of the news, an unfortunate increase in suicide, alcoholism, and injuries within

Causes of death in the US

What Americans die from, what they search on Google, and what the media reports on

Our World in Data



*This represents each cause's share of the top ten causes of death in the US plus homicides, drug overdoses and terrorism. Collectively these 13 causes accounted for approximately 88% of deaths in the US in 2016. Full breakdown of causes of death can be found at the CDC's WONDER public health database: <https://wonder.cdc.gov/>
 Based on data from Shan et al (2018) - Death: reality vs. reported. All data available at: <https://www.kaggle.com/shan1994/death-reality-vs-reported>
 All data refers to 2016.
 Not all causes of death are shown. Shown is the data on the ten leading causes of death in the United States plus drug overdoses, homicide and terrorism.
 All values are normalized to 100% so they represent their relative share of the top causes, rather than absolute counts (e.g. "deaths" represents each cause's share of deaths within the 13 categories shown rather than total deaths). The causes of death shown here account for approximately 88% of total deaths in the United States in 2016.
 This is a visualization from [OurWorldInData.org](https://www.ourworldindata.org/), where you find data and research on how the world is changing. Licensed under CC-BY by the authors Hannah Ritchie and Max Roser.

the U.S., and we continue to see a large rise in diseases related to obesity, like cardiovascular disease, cancer, and diabetes. At this point, we have to ask ourselves how related are all of the above?

The Health of Our Society

The alarming reasons for the drop in longevity may be mere indications of the recent erosion of our health, and several major societal shifts have occurred resulting in unexpected consequences, including:

1. Pseudo Social Engagement

Traditional social outlets have been eroded as we rapidly moved away from social clubs, religion, family, communities, local groups, and other tribal mentalities to an infatuation with corporations, social media, and countless hours on the pseudosocial internet.

2. Confusing Distraction with Purpose

The business "crime" of attention larceny took off throughout the 20th century and exploded in the 21st. The former may have been the same period where life expectancy rapidly climbed, but during this time, with the entrance of television into the home, followed by home computers and the spread and accessibility of the internet, we welcomed advertisers into our homes. A consequence unforeseen by the average American was the willing handover of our attention to the budding attention industry.

In other words, we have traded those activities that promote health, happiness, and resilience for distraction disguised as entertainment.

The Solution

These "solutions" cut to the core of the problem; our society is being veered in a direction that actively promotes poor lifestyle choices. It has been

hijacked by marketers, salesman, and massive corporations that purposefully push us to buy products we don't need – products that stand in direct opposition to our health and happiness. How can we, as physicians, aim to improve someone's health if they spend countless immobile hours watching television and browsing the internet, rarely cooking, or eating a meal composed of real food, and have watched passively if not lethargically as the social fabric of their life has been unwound?

Many of these solutions are challenging, but a handful may be quite simple. For instance, focusing on the rewarding and meditative processes of growing and cooking real food, socializing with our family and friends while cooking and enjoying our own meals, and benefitting from the physical and mental growth achieved during the rewarding and meditative process of exercise will serve as the antidote to offset obesity-related diseases, while hopefully providing reward, self-worth, and a reason for getting out of bed each morning. Turning away from technology and automation disguised as the solution to our every want and desire and instead embracing the more simplistic and natural can enable and allow us to live a healthier life that's more enjoyable, fulfilling, and complete.

The battle to defeat cancer mimics life in many ways. Without a taste and hunger for food, it becomes a dreadful chore to eat. But without a hunger for life, it becomes dreadful to live. Increasing our hunger for health and our hunger for life is critical.

Inspire Exercise Medicine

Inspire Exercise Medicine is focused exclusively on supporting cancer patients on the road to regaining their health with oncologist defined evidence-based treatment plans for nutrition and exercise in support of their overall health and wellness.

A significant part of the Inspire Exercise Medicine space is dedicated to physical, monitored exercises on machines and with exercise equipment, specifically selected for treatment purposes.

Dr. Colin Champ, MD, CSCS

Dr. Colin Champ, MD, is a radiation oncologist with board certifications in radiation oncology and integrative and holistic medicine. Dr. Champ's research interests include the prevention and treatment of cancer with lifestyle modification, including exercise and dietary modification



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GLAUCOMA & VISION LOSS

By Duane Wiggins, M.D.

Board Certified Ophthalmologist, Cataract & Refractive Surgeon with Quigley Eye Specialists

Three million Americans are suffering from glaucoma, which can rob them of their sight and nearly 1.5 million of them do not even know they have it. Glaucoma is referred to as a “silent sight stealer” because, unfortunately, there are minimal symptoms associated with the disease and the miniscule indicators can cause up to 40% of permanent vision loss before the person notices any vision changes.

The optic nerve transmits images to the brain. When this nerve becomes damaged or diseased, it loses the ability to create images, and therefore, communication to the brain is lost. A buildup of pressure in the eye is the most common cause. This pressure is known as IOP, or intraocular pressure. Disease or damage triggers this pressure in the eye and injures the optic nerve. Once IOP compromises vision, it creates irreversible blindness. Glaucoma is the second leading cause of blindness and usually affects the elderly.

The following treatment options information was published by According the American Academy of Ophthalmology.



GLAUCOMA TREATMENT

Medication

Glaucoma is usually controlled with eyedrop medicine. Used every day, these eye drops lower eye pressure. Some do this by reducing the amount of aqueous fluid the eye makes. Others reduce pressure by helping fluid flow better through the drainage angle.

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.

Glaucoma medications can help you keep your vision, but they may also produce side effects. Some eye drops may cause:

- A stinging or itching sensation
- Red eyes or red skin around the eyes
- Changes in your pulse and heartbeat
- Changes in your energy level
- Changes in breathing (especially if you have asthma or breathing problems)
- Dry mouth
- Blurred vision
- Eyelash growth
- Changes in your eye color, the skin around your eyes or eyelid appearance

All medications can have side effects. Some drugs can cause problems when taken with other medications. It is important to give your doctor a list of every medicine you take regularly. Be sure to talk with your ophthalmologist if you think you may have side effects from glaucoma medicine.

Never change or stop taking your glaucoma medications without talking to your ophthalmologist. If you are about to run out of your medication, ask your ophthalmologist if you should have your prescription refilled.

Laser surgery

There are two main types of laser surgery to treat glaucoma. They help aqueous drain from the eye. These procedures are usually done in the ophthalmologist’s office or an outpatient surgery center.

Trabeculoplasty. This surgery is for people who have open-angle glaucoma and can be used instead of or in addition to medications. The eye surgeon uses a laser to make the drainage angle work better. That way fluid flows out properly, and eye pressure is reduced.

Surgery

Some glaucoma surgery is done in an operating room. It creates a new drainage channel for the aqueous humor to leave the eye.

Trabeculectomy. This is where your eye surgeon creates a tiny flap in the sclera. He or she will also create a bubble (like a pocket) in the conjunctiva called a filtration bleb. It is usually hidden under the upper eyelid and cannot be seen. Aqueous humor will be able to drain out of the eye through the flap and into the bleb. In the bleb, the fluid is absorbed by tissue around your eye, lowering eye pressure.

Glaucoma drainage devices. Your ophthalmologist may implant a tiny drainage tube in your eye. The glaucoma drainage implant sends the fluid to a collection area (called a reservoir). Your eye surgeon creates this reservoir beneath the conjunctiva. The fluid is then absorbed into nearby blood vessels.

Cataract surgery. For some people with narrow angles, removing the eye's natural lens can lower eye pressure. With narrow angles, the iris and the cornea are too close together. This can cover (block) the eye's drainage channel. Removing the eye's lens with cataract surgery creates more space for fluid to leave the eye. This can lower eye pressure.

Individuals with glaucoma need to stay in close contact with their ophthalmologist and visits are regularly every 3 to 6 months.

Source: <https://www.aaao.org/eye-health/diseases/what-is-glaucoma#treatment>



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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.

HEALTHIER YOU IN 2022

Start the new year right by committing to you in 2022. Simple actions can make a big impact on your health over time. Catalina Niculae MD, a primary care physician with Physicians Regional Medical Group, shares a few to consider this year.

Connect with others. Spend time with friends, family and those you care about. You'll benefit your mental well-being and your physical health. Studies show that people who have close friends and family are healthier and live much longer than those who do not.

Get your ZZZs. Set a consistent bedtime and wake-up schedule to ensure you get at least seven hours of sleep each night. Poor sleep can drive insulin resistance, disrupt your appetite hormones, and reduce your physical and mental performance. It is also one of the strongest risk factors for weight gain and obesity.

"Getting your sleep not only helps with minimizing stress but it helps you with maintaining your mental performance throughout the day," says Dr. Niculae.

Minimize stress. Practice mindful breathing or meditation to bring moments of calm to your day. Stress has a negative effect on your health, affecting blood sugar levels, food choices, susceptibility to sickness, weight, fat distribution, and more. Books, podcasts or apps can teach you how to start a meditation practice.

Move more. Walk 30 minutes a day, five days a week and do muscle strengthening, like carrying groceries, at least two days a week. Walk with a partner for social connection and accountability. Movement can help you prevent, delay and manage chronic diseases, improve balance and stamina, reduce the risk of falls and improve your brain health.

Go outside. Walk around the yard. Work in the garden. Hike in the woods. Spending time in nature gives the benefit of vitamin D from the sun and helps with depression, exercise and even creativity.



Eat a rainbow. Colorful whole fruits and vegetables look great, are naturally more filling and better for you overall. A balanced diet with appropriate portions of produce, whole grains, lean meats and avoid seed oils and sugar products helps prevent, delay and manage heart disease, type 2 diabetes and other chronic diseases.

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

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

Visit your doctor. Go ahead and schedule your primary care physician and any specialists such as allergist, dermatologist, orthopedist or cardiologist. Put screenings on the calendar too, such as prostate exam, mammogram, bone density, and colonoscopy. Regular visits and screenings help you keep your health on track – identifying risk factors or issues early and managing chronic conditions like diabetes, cholesterol or blood pressure. Dr. Niculae is currently accepting new patients.

To find a physician or learn more about healthy choices for you, visit www.physiciansregional-medicalgroup.com or call 239-348-4221.



**Dr. Niculae's office is located at
Physicians Regional - Pine Ridge Medical
Office Building**

**6376 Pine Ridge Rd, Naples, FL 34119
(Across from Pine Ridge hospital)**

**For more information or to schedule an
appointment, please call 239-348-4221
or visit PhysiciansRegionalMedicalGroup.com**

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Chronic Limb Ischemia: Many Physicians Want to Amputate, While They Should Be Focusing on Advanced Interventional Treatment

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

Individuals with peripheral arterial disease (PAD) have blood flow disruptions due to narrowed or damaged blood vessels. Peripheral artery disease is a growing condition that puts patients at high risk for heart attacks and other cardiovascular events due to atherosclerosis (buildup of plaque), and the risk of plaque sloughing off and creating clots.

Advanced PAD often Leads to CLI

In the early stages of PAD, patients may show no symptoms, or they are often ignored. PAD is progressive; symptomatic disease progression and cardiovascular morbidity are high as it evolves. The advanced stages of PAD, which occludes blood flow, especially in the tibia and foot arteries, causing ulcerations, gangrene, and tissue loss, is known as Chronic Limb Ischemia (CLI).

Approximately 2 million people in the U.S. have CLI, but that number is probably much higher as it often goes undiagnosed until the disease is severely advanced. CLI is an occlusive disease state that doesn't provide adequate perfusion to complete the body's metabolic demands. CLI is increasingly escalating. Few other diseases have as high of a mortality rate as CLI.

Numerous Amputations Should be Prevented

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

In-Depth Imaging is Crucial to Avoid Unnecessary Amputation

Patients with CLI almost always have comorbidities such as diabetes, hypertension, high cholesterol, kidney disease, and extensive atherosclerosis throughout their bodies. Angiography is a critical tool to understand the patient's vascular health overall. Sadly, many patients with CLI are never offered any in-depth imaging studies. With the proper testing,

physicians can decide how to best treat the patient and avoid amputation through revascularization procedures. Patients who undergo amputation have double the risk within the year of death.

Many physicians see gangrene as a clear sign for amputation, yet amputation doubles the death rate in patients. Vascular and surgical revascularization treatment as opposed to amputation, are the optimal treatment options to provide better outcomes and survival rates.

It's unfair to not educate patients on their options. And it's unethical to not properly diagnose and offer advanced treatment options.

Angiography lowers a patient's risk of amputation by 90% compared to those who do not receive it. However, only one in four patients are offered an angiography.¹ Managing the numerous comorbidities that coincide with CLI is essential. Unfortunately, less than one third of patients are prescribed medications to manage disease states such as diabetes, lipid disorders or hypertension.²

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

Symptoms of Advanced PAD/CLI

- Ischemic rest pain
- Non-healing wounds
- Gangrene
- Multiple systemic comorbidities

References:

1. Henry AJ, Hevelone ND, Belkin M, Nguyen LL. Socioeconomic and hospital-related predictors of amputation for critical limb ischemia. *J Vasc Surg.* 2011;53:330-339.e1.
2. Chung J, Timaran DA, Modrall JG, et al. Optimal medical therapy predicts amputation-free survival in chronic critical limb ischemia. *J Vasc Surg.* 2013;58:972-980.

Diagnosis and Advanced Treatment Options

Once diagnosis is confirmed, there are multiple treatment options that range from conservative to invasive; it all depends on the severity of the condition. For more advanced conditions, invasive treatment is needed. Until recently, invasive treatments were mostly surgical, very traumatic with days of recovery in hospital post-surgery; however, in the last decade, the introduction of percutaneous non-surgical techniques procedures has shifted the treatments from surgery to catheter-based interventions that do not require blades or general anesthesia. The same techniques used to open arteries of the heart without surgeries using catheter-based therapy are now the method of choice for the treatment of venous or arterial disease of the legs. The introduction of catheter-based techniques has now caused a shift from a surgical technique to a percutaneous technique that can be done in the comfort of an office without the need of hospitalization, all done under local anesthesia as an outpatient procedure.

Our goal is to educate patient and improve legislation on imperative CLI protocols and treatment to help individuals avoid unnecessary amputation.



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.

Naples Cardiac and Endovascular Center
www.heartvein.com

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Seasons Change - People Change.

By Svetlana Kogan, M.D.

Somehow the title of this popular 80's song felt appropriate for what I had to say in this article today. January is upon us. It may not be obvious when you live in Florida, where beautiful blue skies and lush palm trees can make you feel like you are perpetually in paradise. However, if you have just arrived from the Northeast or the Midwest, you have most definitely seen the foliage, the days getting shorter and the darker rainy skies dominating the picture. Nature is seasonal and so are we. Unfortunately, we often forget that humans are an extension of Nature and tend to ignore Nature's seasonal calendar, and continue living on an autopilot - eating the same things, wearing the same things, and performing the same daily routines. One of the most exciting parts of my holistic medical practice is to educate the patients about the changes that take place inside our bodies as we move from season to season and how to adjust accordingly - to preserve homeostasis with our surroundings. The idea behind this is expressed in various cultures around the world. My personal take on this stems from Ayurvedic wellness philosophy which took its origins in India thousands of years ago.

Ayurveda treats humans as being of energy and aims to classify common expressions of temperament, behavior, and visual characteristics accordingly. There are three main energetic imprints ruling the big picture of our Mind-Body physiology: Pitta, Kapha, and Vata doshas. Pitta runs metabolism, digestion, and passion aspect of what you do. Kapha underlies anatomical and cellular structure, water content, thoughtfulness and loving disposition. Vata rules nervous system, creativity, and detoxification via elimination. Each of these categories has its own associated set of physical characteristics. Pitta will tend to express itself with piercing gaze, thin hair, and mesomorph type of body built. Kapha is usually associated with soft peaceful gaze, heavy or big boned built and lush thick hair. Vata is classically attributed to thin, lanky build, cold hands and feet, and dry skin. There are many physical attributes which tend to be associated with respective Ayurvedic doshas. Most people possess all three, though within one person some are expressed more than others. Each energetic category is associated with temperament characteristics. While Pitta-dominant people tend to be workaholics, Vata-dominant folks are often artists and writers, and Kapha-dominant ones are frequently engaged in physical work and strength-based workouts.



Each energetic category is also classically associated with the set of illnesses to which it is predisposed. If the person leads an unhealthy lifestyle - he or she is more likely to drive their dominant dosha out of balance - and the malady follows. For example, if you find yourself hungry often and have ravenous appetite for food - this is typically associated with Pitta - an energetic blueprint which is an energetic, fiery, and sharp quality. Becoming aware of Pitta qualities in yourself can help you balance them with the world around you. For example, it would be unwise for Pitta-dominant person to eat many hot and spicy foods - he or she would just build more fire in his or her Mind-Body System. As a result, he or she could become prone to developing Pitta-associated diseases such as Gastric Ulcer, Psoriasis, Acne, or inflammatory bowel disease (IBD).

Each season in Nature represents a predominance of certain energetic qualities as well. For example, early autumn is characterized by Pitta quality, which is wet and oily. However, late fall is dominated by Vata quality, which is colder, drier, and windier. Ideally, we should try to be aware of this internal clock that we have in order to balance it with the external change of seasons. If the transition is smooth, we feel on top of our game and full of energy. If there is a sharp discrepancy between how I treat my body and mind and the seasonal change, I will feel tired, blue, and listless.

It is not enough to know charts of Ayurvedic doshas and associated disorders. There are plenty of people who exhibit a seemingly classic energetic quality and yet never develop imbalance despite doing all the wrong things. And there are some folks who do all the seemingly right things and yet succumb to maladies characteristic to their energetic predisposition. In the hands of an experienced medical doctor who understands Ayurveda and incorporates it into her medical practice, it becomes more than just lists and associations - it evolves to be an indispensable tool in wellness and prevention, customized to a given patient's unique set of life circumstances.



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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Choosing Hospice to Enhance Quality of Life

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



Knowing when to pursue hospice care can be a difficult decision. Whether you are a patient or a family member, having the correct information about hospice services can help you decide whether this care is appropriate.

Hospice is for people with advanced illness, no matter their age, culture, beliefs, or cause of illness. Hospice care supports people near the end of life by providing individualized plans focused on each patient's goals and wishes.

What You Should Know About Hospice Care

Hospice is for patients who have 6 months or less to live according to their physician. This can be extended when needed. Patients can leave, or “revoke their hospice status,” at any time. They can also come back to hospice at any time, as long as they meet hospice eligibility guidelines. There is no time limit a patient can remain on hospice.

Also, most hospice patients do not have any out-of-pocket expenses. Medicare Part A covers up to 100% of the cost of hospice care related to a hospice-eligible patient's illness,

with no deductible or copayment. Private or employer-provided health coverage can vary by provider. Medicaid provides hospice coverage, but it varies by state.

Why Hospice? Improving Quality of Life

Hospice is a service that comes to a patient in the place they prefer to be for end-of-life care. Patients at home feel better surrounded by those faces and things they love. To ease pain, hospice doctors try to give just enough medicine to manage the symptoms and comfort level of the patient. Hospice also provides home medical equipment and supplies related to the cause of the illness.

With support and expertise from the hospice team, family and friends are a hospice patient's primary caregivers. For patients who live in assisted living communities and nursing homes, the hospice team works together with the facility staff.

After a patient dies, hospice addresses the emotional and spiritual pain suffered by loved ones for more than a year.

Support As You Consider Hospice Hospice is not an easy decision, though it may be the right one for you or your loved one. VITAS Healthcare offers hospice services designed to surround patients, their families, and caregivers with support that elevates quality of life, manages their symptoms and pain, and ensures comfort and dignity during one of life's most difficult—but meaningful—periods. Learn more at vitas.com.

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at HospiceCanHelp.com



What is an Ingrown Toenail?

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

When a toenail is ingrown, it is curved and grows into the skin, usually at the nail borders (the sides of the nail). This “digging in” of the nail irritates the skin, often creating pain, redness, swelling, and warmth in the toe.

If an ingrown nail causes a break in the skin, bacteria may enter and cause an infection in the area, which is often marked by drainage and a foul odor. However, even if the toe isn't painful, red, swollen, or warm, a nail that curves downward into the skin can progress to an infection.

Causes of ingrown toenails include:

- **Heredity.** In many people, the tendency for ingrown toenails is inherited.
- **Trauma.** Sometimes an ingrown toenail is the result of trauma, such as stubbing your toe, having an object fall on your toe, or engaging in activities that involve repeated pressure on the toes, such as kicking or running.
- **Improper trimming.** The most common cause of ingrown toenails is cutting your nails too short. This encourages the skin next to the nail to fold over the nail.
- **Improperly sized footwear.** Ingrown toenails can result from wearing socks and shoes that are tight or short.
- **Nail Conditions.** Ingrown toenails can be caused by nail problems, such as fungal infections or losing a nail due to trauma.

Treatment

Sometimes initial treatment for ingrown toenails can be safely performed at home. However, home treatment is strongly discouraged if an infection is suspected, or for those who have medical conditions that put feet at high risk, such as diabetes, nerve damage in the foot, or poor circulation.

Home care:

If you don't have an infection or any of the above medical conditions, you can soak your foot in room-temperature water (adding Epsom's salt may be



recommended by your doctor), and gently massage the side of the nail fold to help reduce the inflammation.

Avoid attempting “bathroom surgery.” Repeated cutting of the nail can cause the condition to worsen over time. If your symptoms fail to improve, it's time to see a foot and ankle surgeon.

Physician care:

After examining the toe, the foot and ankle surgeon will select the treatment best suited for you. If an infection is present, an oral antibiotic may be prescribed.

Sometimes a minor surgical procedure, often performed in the office, will ease the pain and remove the offending nail. After applying a local anesthetic, the doctor removes part of the nail's side border. Some nails may become ingrown again, requiring removal of the nail root.

Following the nail procedure, a light bandage will be applied. Most people experience very little pain after surgery and may resume normal activity the next day. If your surgeon has prescribed an oral antibiotic, be sure to take all the medication, even if your symptoms have improved.

Preventing Ingrown Toenails

Many cases of ingrown toenails can be prevented with proper trimming and wearing well-fitted socks and shoes. Cut toenails in a fairly straight line, and don't cut them too short. You should be able to get your fingernail under the sides and end of the nail. Don't wear shoes that are short or tight in the toe area. Avoid shoes that are loose, because they too cause pressure on the toes, especially when running or walking briskly.

What You Should Know About Home Treatment

- **Don't cut a notch in the nail.** Contrary to what some people believe, this does not reduce the tendency for the nail to curve downward.
- **Don't repeatedly trim nail borders.** Repeated trimming does not change the way the nail grows, and can make the condition worse.
- **Don't place cotton under the nail.** Not only does this not relieve the pain, it provides a place for harmful bacteria to grow, resulting in infection.
- **Over-the-counter medications are ineffective.** Topical medications may mask the pain, but they don't correct the underlying problem.

Collier Podiatry

It's important to be evaluated by an experienced podiatric professional if you're experiencing any type of foot pain. At Collier Podiatry, Dr. Michael Petrocelli has been practicing podiatric medicine for well over 20 years. He is an expert in his field and a leader to his peers, he and his staff see a countless number of patients with heel pain and injuries in the Naples area.

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

The caring supportive staff at Collier Podiatry is available to answer your questions and make your appointment. Please visit their website at www.collierpodiatry.com, or call them at (239) 775-0019



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Measuring Community Well-Being:

The Results Are In

By Blue Zones Project Southwest Florida

Many of us have heard the expression that the “whole is greater than the sum of its parts.” This is especially true when it comes to community health and well-being. There are multiple key factors that drive well-being that not only impact each individual, but also determines how much an entire community thrives. Ten years ago, Sharecare, parent company of Blue Zones Project, pioneered the concept of well-being, inspired by the WHO definition of health as a “state of complete physical, mental and social well-being and not merely the absence of disease and infirmity.”

This well-being concept is measured on 5 different constructs:

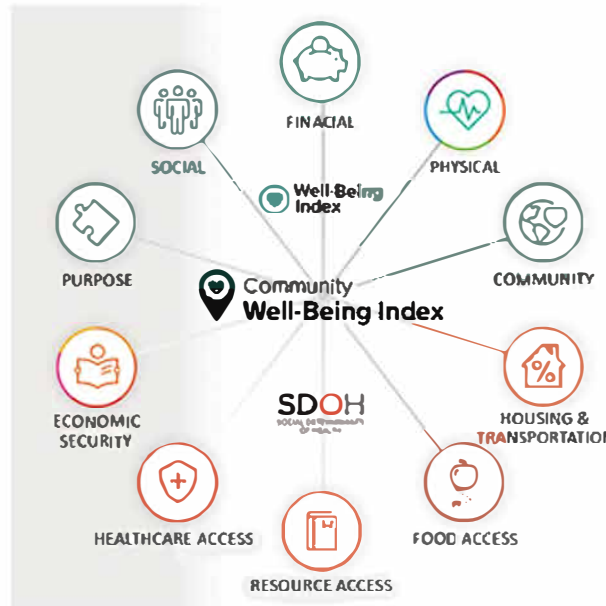
- Purpose - Liking what you do each day and being motivated to achieve your goals
- Social - Having supportive relationships and love in your life
- Financial - Managing your economic life to reduce stress and increase security
- Community - Liking where you live, feeling safe and having pride in your community
- Physical - Having good health and enough energy to get things done daily

Combined, these elements make up the Well-Being Index (WBI), and have been used to measure community well-being for more than a decade.

Most recently, these measurements have been expanded to include Social Determinants of Health (SDOH). The SDOH measure Economic Security, Healthcare Access, Resource Access, Food Access, and Housing & Transportation. More than 600 data points are collected from these and examined by Boston University to help form valid and reliable predictors of well-being.

For the first time ever in Southwest Florida, SDOH and the WBI have been combined to measure well-being under a comprehensive assessment known as the Community Well-Being Index (CWBI). This in-depth measurement even provides real-time feedback.

Much like a car that requires a diagnostic instrument to be plugged in to measure how well it is running and isolate any problems, Sharecare and Blue Zones Project use the RealAge® test as a collection instrument to determine how well Southwest Florida measures in well-being, and uncovers opportunities for improvement. Taken



by over 43 million people worldwide, the RealAge test determines how old a person really is based on stress levels, diet, activity, and sleep. Then, goals are set to lower or maintain that person’s RealAge.

For Southwest Florida, RealAge data was collected in 2020-21 within seven community subsets (Bonita Springs, Estero, Naples, Golden Gate, East Naples, Immokalee, and Marco Island). Results show that Southwest Florida’s latest overall well-being score—72.2 out of 100—compares favorably to the most recent state and national data, at 64.0 and 64.3.

In comparison data from 2015 (the year Blue Zones Project Southwest Florida began), results show many more people are thriving in Southwest Florida, and healthy behaviors are on the rise. Highlights include:

- Nearly 70 percent of respondents are exercising at least 30 minutes a day, 3 days a week, a rise of 11.7 percentage points since program launch.
- Tobacco use dropped by 5.2 percentage points, reaching an impressive low of 3.6 percent in 2021.
- A stronger sense of purpose is fueling well-being, with more people reporting they like what they do and that they learn or do something interesting every day.
- More residents are feeling recognized for helping improve the area where they live—a jump of 13 percentage points and a boost to community well-being.
- Naples, East Naples, and Golden Gate Estates saw statistically significant improvements in overall well-being and in two or more well-being elements. Physical well-being showed statistically significant improvements in Bonita Springs and Estero, and purpose well-being rose measurably on Marco Island.

- Research supports positive to no impact on lifestyle behaviors for most populations during the pandemic. Unexpected improvements in some health measures such as blood pressure may be affected by an absence of data due to people postponing health-care visits during the pandemic.

While there have been great improvements in overall reduction of certain health risks in Southwest Florida, certain opportunities for improvement remain according to the CWBI data. Stress affected 78.6 percent of respondents in 2020-21; a lack of exercise with weights, 65.2 percent; inadequate fruit and vegetable consumption, 61.4 percent; and high Body Mass Index, 54.7 percent.

Also, 2015 - 2018 data on SDOH showed Southwest Florida scoring well above comparable communities on most measures but lagging the state on some aspects of healthcare and food access. Healthy food access within one mile is a challenge for 48.72 percent of the region’s population and affects many demographic groups.

Ongoing action to support well-being through tangible, environmental changes will further improve these measures. Areas for continued focus include:

- Expanding access to healthy food
- Raising fruit and vegetable consumption
- Increasing active commuting: walking, biking, and the use of public transit

Blue Zones Project Southwest Florida continues to harness the power of “we” by working with over 780 organizations to include worksites, schools, restaurants, HOA’s, faith-based organizations and other organizations. By continued collection and measurement of well-being data, Blue Zones Project and our many partners can continue to move the needle in a positive way and allow the determination of where resources are most needed. We invite individuals and organizations to use the RealAge tool by visiting bzpsouthwestflorida.sharecare.com.

Brought to Southwest Florida by NCH Healthcare System, in collaboration with Sharecare, Inc., Blue Zones Project is part of Southwest Florida’s well-being improvement initiative that encourages changes in the community that lead to healthier options. For more information, visit southwestflorida.bluezonesproject.com.

New Year—Health Goals:

Why You Should Make Your Medical Appointments Now

It's the new year, and most of us want to make changes and learn to stick to our resolutions for our health and fitness goals, but what about your annual appointments? Are you putting them off or ignoring them due to fears of the pandemic? This is a common concern for many patients, but one that purports more risk to your overall health.

If you are putting off your medical wellness or physical examinations and screenings because you fear getting COVID-19, you are actually putting yourself in a high risk category. We all know early detection is best for optimal outcomes and the treatment of various conditions and disorders.

Advanced Urology Institute (AUI) takes the health of its' staff and patients to the next level. With rigorous sanitizing and disinfecting of all areas and high touch surfaces, along with physical distances to eliminate any patient to patient contact, the offices at advanced urology are strategically and stringently cleaned between all patients. With these protocols it's safer to visit their office than most public areas such as markets and drug stores.

The catch-22 of not keeping your medical appointments is that if you unfortunately are ignoring your symptoms and are not properly diagnosed on time, there is a much higher susceptibility to infection, weakened immune function, and needing surgery and/or a hospital stay.

Taking the lead on your health is always better for long term outcomes and living well. Advanced Urology Institute offers numerous treatments and diagnostics for erectile dysfunction, vasectomies, urinary, kidney, and bladder health, and prostate disorders.

Make your appointment, listen to your body and its warning indicators, be proactive and call Advanced Urology Institute for your examination.



Safety precautions in AUI practices Your safety is our No. 1 priority in our AUI practices.

- Care team members have their temperature taken and are screened before their shift begins.
- At AUI practices, we ask you to wait in your vehicle until your appointment time and only one companion if accompanying a minor, person with a disability, or serving as a translator for someone who cannot speak English. All other visitors will be asked to wait outside the facility.
- You must wear a face mask that covers your mouth and nose in all areas of the office, unless you have a medical reason for not being able to do so.
- We screen patients and visitors for symptoms of COVID-19 when you come into our office.
- Waiting rooms are used sparingly due to social distancing needs caused by COVID-19. We promote social distancing by spacing out seating in waiting areas. If someone brings you to your appointment (one person per patient), he or she can come inside if accompanying a minor, person with a disability, or serving as a translator for someone who cannot speak English. All other visitors will be asked to wait outside the facility.
- You will see our team cleaning and disinfecting all areas to ensure they are ready for you.

We continue to recommend virtual care options, like video and telephone visits for care that does not require an in-person appointment.

Advanced Urology Institute

A partnership of highly qualified, board-certified urologists practicing in the state of Florida.

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.

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- 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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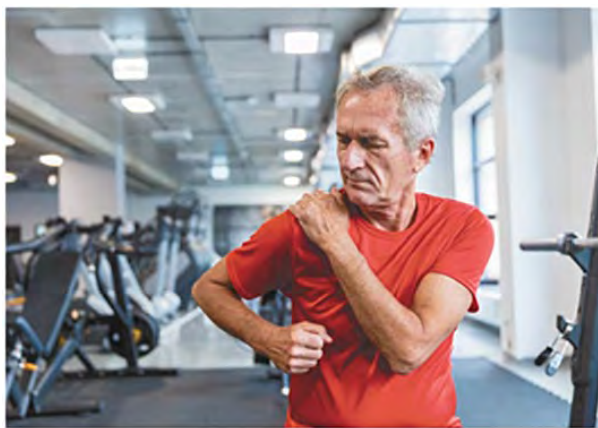
By Dr. James M. Ray and Dr. Valerie Sorge

Joint pain from arthritis can be acute or chronic, large or small joints in location, nociceptive or neuropathic, but the underlying origin is inflammation. Our body's mediators of inflammation include cytokines, neuropeptides, growth factors and neurotransmitters. Inflammation happens in everyone. Our immune system creates inflammation to protect the body from infection, injury, and disease. Our body uses the inflammation process to heal those areas in need of physiologic mending.

Inflammation is a normal action of our body's immune response. Acute inflammation occurs for a short duration. Symptoms appear quickly and restores body function to its pre-injury state. Chronic inflammation is associated with autoimmune disorders and causes more severe effects. Autoimmune diseases, include rheumatoid arthritis and inflammatory bowel disease, In these cases our immune system attacks healthy cells. The post-COVID joint inflammation sequelae has fast become a major orthopedic problem. Diagnosis and treatment of atypical joint manifestations from COVID-19 are similar to rheumatic diseases requiring special treatment. Post-COVID symptoms include arthralgia and myalgia pains that are common in viral diseases.

The most common orthopedic problems after being sick with coronavirus are shoulder and back problems. People post COVID-19 become less active. Inactivity causes aches and pains, stiffness and muscle weakness. Muscle weakness leads to difficulties with activities such as standing, walking, climbing stairs, getting in and out of a chair, exercising, and lifting. This fatigue and malaise is attributed to immune consumption.

Synovial joints, such as the hip and knee, have a sheath of tissue known as a joint capsule that contains a synovium. The synovium is connective tissue that lines the inside of the joint capsule. The synovium is a specific membrane which produces synovial fluid to lubricate the joint. Injuries which cause the development of osteoarthritis and various types of rheumatic inflammatory arthritis can cause swelling of the synovium. The inflammation of the synovium causes pain, excessive fluid production and limited function. Synovitis is the term used for synovial inflammation.



In active people the most common cause of synovitis is overuse. Athletes or people whose jobs involve repetitive movement or joint stress may develop synovitis. People with an autoimmune process may have symptoms consistent with inflammatory arthritis. Excessive growth of the synovium is part of an abnormal autoimmune response. The chief symptom is arthralgia, or joint pain. The pain of synovitis is usually more severe than expected based on the appearance of the joint. In other words, there may be no visible evidence of injury causing pain.

It is well understood that orthopedic surgeons are not on the frontline in managing a majority of these patients who have joint inflammatory problems; however, the orthopedist's expertise becomes pertinent when patients have orthopedic afflictions, even post Covid. Treatment for synovitis usually consists of rest and anti-inflammatory medications. Medications may include oral drugs known as DMARDs (disease-modifying antirheumatic drugs) and, in some cases, steroid injections. Patients who don't respond to these treatments may be referred to an orthopedic surgeon to discuss surgical procedures such as a synovectomy, a procedure in which much of the synovium is removed, or in severe cases total joint replacement.

Recurrent episodes of joint acute inflammation can also lead to a chronic inflammatory response. The quality of life becomes affected and these symptoms must be addressed. There are injectable treatments for the management of acute or chronic synovitis from major joint inflammation

caused by severe arthritic change. One of the early injectable treatments was from synthetic hyaluronic acid derivatives, given intra-articular, weekly for 3-5 weeks, and may last 6-9 months, at which time the series can be repeated. Platelet rich plasma (PRP) is an autologous preparation from the patient's own blood, which when prepared, can be injected into the afflicted joint. PRP can be mixed with other injectable materials such as vitamin B, lidocaine, allograft stem cells (exosomes, amniotic fluid, Wharton's jelly), and ozone. Combination therapies may offer the best results. Arthritis is a process that can not be cured. The goal of treatment is to reduce symptoms to allow joint comfort with function.

Come visit us at Vidaful Medicine and see which treatment will be best to help you combat harmful joint inflammation. This aggressive management will provide pain relief from synovitis and possibly save you from dealing with more serious joint health issues.



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Let's talk about pigment!

By Dr. Daniel Wasserman



Melanin is the component that gives people the color of their skin and hair, it can be demonstrated in photoaging, or due to hormones.

Unwanted pigment in the skin is one of the most common aesthetic complaints we see in the office. It can be acquired through extensive cumulative sun/UV exposure, genetics, or both. Many of the brown spots on the face acquired over time can often convey advanced age or a state of poor health, both of which may be untrue in most cases. This unwanted pigment can be present superficially in the skin or at varying depths. It may be hormonally sensitive such as in the setting of melasma, otherwise known as the mask of pregnancy. All of these circumstances require a careful understanding of melanin's biology in order to successfully treat it.

Superficial brown spots on the face can easily be treated using BBL. These treatments use flashes of focused light to damage the melanin granules in the superficial layers of the skin without damaging the rest of the skin. The pigment will turn ashy gray and look like coffee grinds before flaking off within 7-10 days. For deeper pigment or melasma, laser treatments with a device such as Moxi, which uses non-ablative doses of infrared light to create a light peel, will help to bring this deeper pigment to the surface before flaking off. Both of these treatments, BBL and Moxi, have very little downtime if any. Deeper pigment juxtaposed on aging skin can be treated using HALO which treats both the pigment and collagen producing a polished, refreshed look. This latter treatment only has a downtime of about 5-6 days. All of these laser procedures can help to treat unwanted pigment, producing a refreshed, healthier appearance.



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



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www.SkinWellnessFlorida.com

HOW IS YOUR THYROID, REALLY

BY TOM EVERTS PA-C, IFMCP

Over 12 percent of people in the United States will end up developing a thyroid condition in their lifetime. About 60 percent won't realize they have a condition. One in eight will be women. The associated risks are not benign, and include impact on fertility and pregnancy, as well as cardiovascular disease.

The thyroid has influence on every cell in our body, yet the cause of thyroid disease is mostly unknown. The interaction between our genetics and environment appear to play a role. It is how these two factors interact within our physiology that determine the likelihood of developing a thyroid condition.

The thyroid can dysfunction in two different way. It can be triggered to produce excessive amounts of thyroid hormone, a condition known as hyperthyroidism. Symptoms include unintentional weight loss, rapid and irregular heart beat, nervousness and increased appetite. On the other hand, the thyroid could not be producing enough thyroid hormone, a condition known as hypothyroidism. Symptoms include fatigue, weight gain, sensitivity to cold, dry skin and constipation. We will focus on hypothyroidism, as it is most common.

Thyroid autoimmunity is a condition where the body *fights* the thyroid gland as it would a virus or bacteria. The autoimmune conditions known as Grave's disease and Hashimoto's thyroiditis, represent the majority of hyperthyroid and hypothyroid cases, respectively. This means that *most people diagnosed with these conditions have autoimmunity.*

Autoimmunity is not often included in a thyroid workup. The conventional approach to an autoimmune thyroid condition is no different than the approach of a "typical" thyroid condition. However, there may actually be some things we can do to reduce the impact of autoimmunity - more on this later.

As a clinician in a fast-paced family practice for many years, the formula for managing hypothyroidism was this: check thyroid labs every 6-8 weeks, adjust medication if needed, repeat until stable. We assume that the numbers from the lab tell us everything we need to know to make a clinical decision.

But there's a problem with this... You are not a number!

No one asked *how you were feeling* on your current dose of medication. Everyone is different. The "normal" lab ranges may work for you, but they may not.

The typical labs used to screen and monitor thyroid conditions don't provide the full picture. These labs include TSH (thyroid stimulating hormone), a hormone that tells the thyroid whether or not to secrete thyroid hormone, and T4, one of the thyroid hormones.

A brief overview of thyroid hormone physiology:

1. Your brain receives signals from the body that you need more thyroid hormone.
2. The pituitary releases TSH, which tells the thyroid to turn up thyroid hormone production.
3. T4 is released from the thyroid gland and then can be converted into T3, the more active hormone, or reverse T3, which is inactive.
4. Increased levels of thyroid hormone in the blood provides a negative feedback to the brain, which turns down TSH release, and thus decreases thyroid hormone production.

This process is important to understand because how you are converting T4 into T3, or reverse T3, can make all the difference in how you are feeling. When labs are reviewed, levels of TSH and T4 could appear normal while you continue to express symptoms of hypothyroidism because you aren't converting T4 effectively.

Recommended thyroid labs: TSH, T4, free T4, T3, free T3, reverse T3, thyroid autoimmune antibodies.

Getting these labs can paint a better picture and, if addressed appropriately, may help anyone feeling like their symptoms are not yet managed.

Addressing the root cause is critical, and in the case of thyroid hormone conversion (T4 into T3), **selenium** and **zinc** play a key role. Stress, inflammation and toxins push thyroid conversion toward reverse T3, while exercise and vitamin A improve your body's sensitivity to thyroid hormones.

What about autoimmunity?

Start with the gut. Intestinal permeability, or leaky gut, increases the risk of developing autoimmune disease. The intestines are only one cell thick! So making sure the intestinal barrier is healthy. This can be done by 1) addressing sources of inflammation such as food allergies, dysbiosis and gluten, 2) targeted probiotics and 3) providing supportive nutrients like fresh fruits and vegetables, bone broth, and L-glutamine.

It's frustrating to have a thyroid condition that isn't managed appropriately. So get curious! Ask questions. Get all the information. Your body can do amazing things when you give it the support it needs to thrive.

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



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New Proof for an Alzheimer's Pushback Strategy

By Melissa MacVenn, M.D. - WellcomeMD Naples



New Alzheimer's disease research brings a powerful message about how we can protect the aging brain. The article appeared in the December Journal of Neuroscience, and is based on a careful study of hundreds of people in their 80s and early 90s.

Lead researcher Kaitlin Casaletto of the University of California San Francisco Memory and Aging Center found that in older people, physical activity may prevent or delay Alzheimer's disease and its memory loss and other cognitive issues. The long-term study monitored movement, regularly tested memory and other cognitive skills, and examined brain tissue. The findings are not subtle.

We've known some of this information from earlier research, but it has not been scientifically confirmed until now: the activity needed to see these benefits is not large. You do not need to train for a marathon or start power lifting. You just have to move. A regular routine consisting of a 30-to-60-minute walk once a day is sufficient. That's the encouraging news I'll be telling my patients at WellcomeMD Naples.

Dr. Casaletto told a reporter that there was a direct relationship between how much the people in the study moved and their brain health. Few had formal exercise routines, she said, but "the less they sat, the more they stood, the more they moved around, the better their outcomes."

The research also broke new ground by examining the brain tissue of 167 participants who died while it was underway. Those who had been physically active on a regular basis generally showed much less evidence of Alzheimer's. Some of the "movers" had physical brain changes associated with Alzheimer's, but often had fewer memory issues or other cognitive losses than those who moved less. **There is also evidence that even if you've noticed some cognitive issues like memory loss as you age, exercise can sometimes diminish them.**

Once again: it doesn't seem to take much movement. Walking or standing is better than sitting. Most adults can't feasibly exercise or move around the entire day, but if you can, get up and move your legs and feet or even walk in place.

I have more time than some to work new research findings like these into my practice, and I was glad to see it confirmed. Get more movement into your day for your overall health and the function of your precious and intricate brain.

Looking for Guidance on Making Healthy Choices? The journey to optimal health looks different for everyone, and WellcomeMD can help! We restrict memberships so that I have more time with each of my patients, and they have far more access to time with me. And our certified health coaches help our members reach their goals and find their happiest, healthiest version of themselves.

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Living well means making the choice to start today. Membership medicine (sometimes called "concierge medicine") re-establishes the kind of personal relationship with your physician that was once commonplace. We take advantage of the many advances in treatment and technology – treatment is more personal, more pro-active, and more effective.

- 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 well.
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Senior Living Options: What You Need to Know

As we age, our needs change. Maybe the responsibilities of homeownership have become overwhelming. You no longer want to mow the lawn, make repairs, or be so far away from loved ones and friends. In other cases, a spouse might need daily care due to a specific condition, or perhaps your loved one has a neurodegenerative disorder, such as dementia or Parkinson's disease and requires 24-hour care.

Whether you need independent living, assisted living or memory care, or perhaps your spouse needs memory care, and you want to live in a community that provides independent living for yourself and memory care for them, finding the right place to suit your needs can be difficult.

Wanting or needing a more manageable lifestyle is common, and your options should be explored. However, most people feel lost when it comes to making these decisions. Finding a safe place for mom or finding a lively community that's full of social activities in a great location can be challenging. That's why seeking help from a senior advisor group is essential.

Senior advisors take the guesswork out of finding the right senior living community that suits your needs. They also specialize in helping caregivers find and utilize well needed respite care.



Oasis Senior Advisors are highly sought after due to their expertise, caring standpoint, and their complimentary, free service they provide.

The best part is you can explore your options without being bombarded by a community trying to oversell you on their specific location.

WHY CHOOSE OASIS SENIOR ADVISORS®?

Free, Community-Based Senior Housing Services

When it comes to selecting the right senior living for your elderly loved one, it's easy to feel overwhelmed by the process. With tens of thousands of senior housing communities across the United States, and a wide range of different types of housing options to choose from, it's not always easy to know where to begin. That's where we come in. At Oasis Senior Advisors®, we are committed to making senior housing simple. We offer free senior housing services for individuals and their families from coast to coast. We take the time to understand your unique goals and needs, offering compassionate, personalized support and guidance every step of the way.

What Sets Us Apart?

At Oasis, we take a dedicated, one-on-one approach when it comes to our senior housing services. We understand that this transition can be difficult—at any stage of life—which is why we strive to provide the caring support you and your family need.

We go above and beyond for our clients by offering:

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

We don't believe in a one-size-fits-all solution; instead, we take the time to learn about you and your loved one. We take into account things like independence level, medical needs, lifestyle, personal preferences, location, and more when helping you select the right senior housing option. Our advisors are incredibly knowledgeable of the different types of senior housing communities, as well as the specific options in your area and they use this knowledge to help you make the right choice for your family.

To Help Find the Right Senior Living Community,
Contact Oasis Senior Advisors Today at
(239)747-0375 or visit OasisSeniorAdvisors.com.

Sandy Moffett, Certified Senior Living Advisor



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How Important and Diet and Exercise Concerning Overall Health?

Diet and exercise are pillars for healthy aging that many people overlook. Usually, patients will say they don't feel like they have the time, willpower, or enough knowledge about healthy nutrition to embark on or follow through with health and fitness protocols. Speaking to your health care provider is critical before starting any new exercise or making dietary changes, and it's essential to learning the best ways to optimally help you personally overcome and stave off many chronic illnesses and conditions.

Physical Activity and Exercise

Exercise is an integral part of daily life because it keeps our blood circulating, improves muscular definition, and prevents muscle atrophy. Exercise is good for our hearts, cardiovascular systems, and our brains.

Studies have shown that regular exercise prevents or reduces the severity of chronic diseases such as cardiovascular disease, diabetes, cancer, hypertension, obesity, depression and osteoporosis, and premature death.

Many studies are purporting the benefits of exercise to alleviate the onset or slow the progression of cognitive decline. Many researchers agree that just 30 minutes of aerobic exercise 4 to 5 times per week is known to improve cognition and can even reduce atrophy in the brain.

Nutritional Wellness

While both are critical for overall health, what we eat is equally or, in some cases, more important than exercise. Studies have indicated that those who eat lean proteins, vegetables, fruit, legumes, nuts, and seeds have healthier lives throughout the aging process. If individuals are eating healthy foods, avoiding processed meats and packaged foods, limiting sugars and unnecessary convenient foods, they are much healthier than their peers in most cases.

It only makes sense that what we put into our bodies helps it to function efficiently or hinders its cellular processing and renewal. Hippocrates was correct when he said, "Let food be thy medicine and let medicine be thy food."



Those who consume the majority of their meals by eating whole, nutritious plants and lean proteins (animal or plant-based), they are, for the most part eliminating inflammation and reducing sugar spikes and therefore warding off chronic disease.

Are we saying you can never have a piece of cake or a slice of pizza? No. However, most experts agree that it's best to limit junk food or processed foods to a minimum or enjoy them on special occasions. Once people start eating healthy, their taste and cravings usually change, and they begin to love whole, nutritious foods.

Reducing and Eliminating Stress

Easier said than done sometimes, limiting stress and anxiety is essential for your overall health. Untreated stress can lead to numerous chronic health conditions. It might be difficult, but carving out time to relax, take a bath, take a walk or simply shut yourself in a separate room for 10 minutes to do deep breathing exercises can reduce anxiety significantly, and over time, you will most likely notice that these personal care methods will help you to become calmer throughout the day.

To overcome stress, we need a well-rounded treatment protocol that incorporates medication (if necessary), stress management, nutrition, high-quality sleep, exercise, meditation, hormone balancing, and other therapies to help stabilize our body and brain.

Well-Being Medical Center of Naples

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

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

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



Dr. Ricardo Martinez

Dr. Ricardo Martinez is an internist in Naples, FL and is affiliated with NCH Baker Hospital. He received his medical degree from Superior Institute of Medical Sciences of Santiago de Cuba and has been in practice 20 years. He also speaks multiple languages, including Spanish. He specializes in hospital medicine, ambulatory care and is experienced in hospice and palliative medicine, bariatric medicine, diabetes mellitus, food allergy, and infectious disease.

As of March 16th, 2020, Dr. Martinez has founded Well-Being Medical center in Naples Florida. He is looking forward to providing Medical care within primary care settings and urgent care service throughout the Naples Florida area.



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HGH in the synthetic form gained huge popularity for fitness buffs and people wanting to lose weight quickly, but the injections are costly and inconvenient. Because it's a controlled substance, it must be given by a doctor. More importantly, Synthetic HGH is downright dangerous.

The Risks and Problems Associated with Synthetic HGH treatment

- Carpal tunnel syndrome
- Insulin resistance
- Type 2 diabetes
- Joint and muscle pain
- Hair loss
- Gynecomastia-Enlarged male breasts
- Risk of certain cancers
- Negatively affects pituitary function
- Pooling fluid in the arms and legs (edema)
- Need ongoing injections (HGH levels drop once treatment is stopped)
- Costly (approximately \$1,000 per month)



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BioPro+ is only available through their website or in the offices of their certified physicians. You won't find them at local health stores or any of those big retail sites. Check out on their website is easy, you can select your physician of choice, or one will be provided for you.

As we age, we will all experience different issues because none of us are exactly the same. That's another way that BioPro+ exceeds physician and



patient expectations. You make the call on which area of your life needs improvement, whether that is sleep, aging, weight, brain fog, or libido, and the program is tailored to your needs.

NOT SLEEPING WELL?

BioPro+ also offers the first of its kind non-synthetic alternative to Rx sleep drugs called BioPro+ CortiSleep PM.

BioPro+ CortiSleep PM is a powerful, anti-catabolic sleep support formula designed to promote deep and restorative sleep. BioPro+ CortiSleep PM was created to combat poor sleep quality, and its associated issues, to provide an all-natural, safe, non-habit-forming formula that delivers quality sleep from the first night you use it and each night after. BioPro+ CortiSleep PM contains highly effective, natural ingredients that promote a deep and restful night of sleep, leaving you feeling refreshed, clear, and ready for the day!

BURN FAT WHILE YOU SLEEP

In multiple studies, it's been reported that blood plasma levels of cortisol increase during episodes of sleep deprivation or disruption. This increase in cortisol is what drives weight gain. If you are constantly unable to get into REM sleep or properly go through the numerous sleep stages, you're probably noticing a few extra pounds despite your healthy diet and exercise. Correcting your sleep with BioPro+ CortiSleep has helped many people lose weight.

With BioPro+ CortiSleep, it's like getting 8 hours of refreshing sleep in 6. So, if you are busy like most of us, you don't have to sleep for 8-9 hours to benefit from the anti-aging, fat burning, and the numerous health benefits our product offers.

TECHNOLOGY HELPS KEEP YOU ON TRACK

If you don't take the product, you can't reap the benefits. That's why BioPro+ comes with the first of its kind interactive mobile patient system that's integrated right to your smart phone. Best of all the system is 100% free and maximizes results through personalized profiles, progress tracking, automated reminders, and much more.

How the comprehensive mobile system works:

- Order your product
- 28 individual daily dose vials
- Daily automated reminders directly to your smartphone or device
- Interactive tracking calendar
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- Genetically activated formulations



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BioPro+ gives you the energy to make lasting memories and improve you daily life. What would it be like to mitigate and reverse some of the major damaging effects of aging? As with any valuable journey, you have to decide if you are ready to take the steps necessary to live a healthier more satisfying life.



To learn more or to get started today visit BioProteintech.com, call 1-800-280-2456, or email info@bioproteintech.com.

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Including Infrared Sauna Treatments Into Your Routine Can Help You Meet Your New Year's Wellness Goals

Infrared sauna is used for multiple conditions and offers intensely powerful results when it comes to healing properties. Infrared sauna results are remarkable. Some of the health benefits include detoxification, relaxation, weight loss, lowering blood pressure, pain relief, and blood purification.

Detox from our Sunlighten Sauna is 7 to 10 times greater than a conventional sauna because it operates more effectively at temperatures 60 to 80 degrees lower than conventional saunas. In our Sunlighten Sauna, the average person sweats out 20% toxins and 80% water!

Why it's Different than Traditional Saunas

In a conventional sauna the average person sweats out 3% toxins and 97% water. Studies have shown a 30 minute far infrared sauna session can burn up to 200-600 calories. Heating of muscles with far infrared produces an increased blood flow level similar to that seen during exercise. Body temperature elevation also produces an increase in blood flow. Infrared heat assists in resolution of inflammatory infiltrates, edema and exudates. The increased peripheral circulation provides the transport needed to help evacuate the edema which can help end inflammation, decrease pain and help speed healing. Also beneficial with the treatment of chronic fatigue syndrome or Fibromyalgia. Our facility is equipped with a shower for your convenience.

\$60 – 60 minutes

\$250 – package of 5 sessions

\$450 – package of 10 sessions

A 2015 study on patients that suffered from chronic fatigue syndrome who underwent infrared therapy, showed a significant decrease in fatigue, negative mood, anxiety, depression, and their performance status improved after infrared therapy as well.¹ Another study showed significant reduction in neuromuscular pain after physical exercise performance.²

The results that clients see from infrared sauna are remarkable. If you want detoxification, weight loss, improved skin texture or would like to try alternative therapies for conditions such as chronic fatigue syndrome, Praha Spa's infrared and other treatment options are a great addition to your health-driven protocols.

Reference:

1. Effects of Woon therapy on chronic fatigue syndrome: a pilot study
Affiliations expand, PMID: 25748743 DDI: 10.2169/internalmedicine.54.3042,
<https://pubmed.ncbi.nlm.nih.gov/25748743/>

2. Effects of far-infrared sauna bathing on recovery from strength and endurance training sessions in men, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4493260/>

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"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.

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- Compression Therapy
- Vacuum Therapy
- Henna Design
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3 Healthy Ways to Lose Weight

By Cederquist Medical Wellness Center

It's no surprise that when you start messing with what we are made of, it can lead to obesity, diabetes, high blood pressure, and heart problems. Keep your health, and lose weight at the same time by following these three healthy tips to weight loss.

A lifestyle disease was pretty much unheard of among our ancestors. Over the years, the foods we decide to eat have gotten more processed, refined, and altered from a real food state into a quick and easy or fast food.

People used to grow food on the farm, had a garden that provided them with fresh vegetables and fruits. Now we add artificial coloring foods to make them look more like we know they are supposed to.

It's no surprise that when you start messing with what we are made of, it can lead to obesity, diabetes, high blood pressure, and heart problems. Keep your health, and lose weight at the same time by following these three healthy tips to weight loss.

Way #1 – Opt For Home-Cooked Meals

Steer clear of bagged snacks and junk food if you want to lose weight. Avoid restaurants and road-side diners, as they typically re-use their oil, making it thick with toxins and harmful to your health. When you eat at home, not only can you use fresh oil, but you can also use less of it. You know you are eating healthier when you prepare a meal at home from scratch.

Make it fun and include your family. Let each member know that the meal won't be as good if he or she doesn't add what they like and enjoy.

Try designating specific jobs of chopping veggies or setting the table to make meal time arrive on time. If you choose a recipe that only requires one pan, or a slow-cooker recipe, then you can really drop your duration time in the kitchen, not to mention cleanup.



Way #2 – Read Your Ingredient List before Buying Anything

This is important. Before you buy any product, take a moment to read the ingredients list. If you product you hold in your hand has lots of additives, it's not what it was when it was picked off the plant. For example, a baked potato is very different from a bag of seasoned potato chips. They add oil and long list of chemicals and colorants, not to mention a goodly amount of salt, to that baked potato and it becomes something entirely different.

Look for simple ingredients, and if you don't know what an ingredient is, look it up. For example, mixed tocopherols are actually a form of Vitamin E that companies use as a healthy, natural preservative. Be aware of what is going into your body.

Watch out for anything that has large amounts of fat, sodium or added sugar. Try steering clear of products that contain stabilizers, artificial preservatives, artificial flavors, and colors. Don't eat any food that contains hydrogenated or partially hydrogenated oils on it, as this wreaks havoc on your precious cell membranes.



Way #3 – Pack Your Pantry with Healthy Food

Make subtle changes in the way you eat. If you are used to having a certain kind of soup, switch to a healthier one at your next trip to the store. If you buy snacks, choose ones that have protein in them, without a lot of sugar or fat. Try adding nuts and seeds for snacking, and convert your pantry into one that is always packed with healthy foods. If you make these fast ways a way of life, you can dramatically improve your weight loss, and you are losing weight the healthy way.

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

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Are Bladder Leaks Disrupting Your Normal Life?

By Joseph Gauta, MD, FACOG

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



What causes bladder leaks and incontinence?

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

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

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

What is Axonics Therapy?

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

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

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

What are the benefits of Axonics Therapy?

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

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

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

Clinically proven results:

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

*50% or greater reduction in symptoms

References:

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

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

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

“Brilliant. Amazing staff. Incredible results. Totally life changing. I am going to retire and work on my bucket list instead of settling for ‘I have issues’.”
– Tricia M., Patient –



JOSEPH GAUTA, MD



NICOLE HOUSER, PA-C



MACKENZIE HUDSON, PA-C



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www.FloridaBladderInstitute.com

Naples: 1890 SW Health Pkwy., Suite 205
info@floridabladderinstitute.com



Can a Healthy Lifestyle Decrease Your Risk of Breast Cancer?

By Krystal Smith, D.O.

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

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

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

Tobacco: Smoking also increases cancer risks.

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

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

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

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

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

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

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

ACR Guidelines

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



Breast Center of Naples

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

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.



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Do you live with **SOMEONE WHO HAS COVID-19?**

You may be able to join a clinical trial testing a possible treatment to prevent illness after exposure to COVID-19.

What is the purpose of this trial?

Researchers will test a trial drug in people who live with someone who has COVID-19. They want to learn:

- How safe it is
- How well the drug works to prevent the spread of COVID-19

Who can join?

You may be able to join this trial if you are at least 18 years old and:

- Live with someone (adult or child) who has tested positive for COVID-19 within the past 5 days (which means they have it) AND had at least one symptom of COVID-19 within the past 5 days.

Other adult members of your household may also be able to join this trial. Consider asking them if they also want to join the trial. The trial doctor or staff will tell you about other rules to qualify for this trial and the possible risks and benefits of participation.

What happens if I take part?

If you qualify, you will get the trial treatment (trial drug or placebo) and trial-related tests at no cost. The total time you will take part in the trial is up to 35 days. You will have up to 7 visits at the site or virtually.

Scan the code to learn more and see if you qualify:



MOVE-AHEAD



¿Vive con **ALGUIEN QUE TIENE COVID-19?**

Es posible que pueda participar en un ensayo clínico en el que se prueba un posible tratamiento para prevenir la enfermedad después de la exposición a COVID-19.

¿Cuál es el objetivo de este ensayo?

Los investigadores probarán un medicamento en estudio en personas que viven con alguien que tiene COVID-19. Quieren aprender:

- Lo seguro que es
- Lo bien que actúa el medicamento para prevenir la propagación de COVID-19

¿Quién puede participar?

Es posible que pueda participar en este ensayo si tiene al menos 18 años y:

- Vive con alguien (adulto o niño) que dio positivo en la prueba de COVID-19 en los últimos 5 días (lo que significa que tiene la enfermedad) Y que tuvo al menos un síntoma de COVID-19 en los últimos 5 días.

Puede que otros adultos que viven en su hogar también puedan participar en este ensayo. Considere preguntarles si también desean unirse al ensayo.

El médico o el personal del ensayo le informará sobre otras reglas para poder acceder a este ensayo y los posibles riesgos y beneficios de la participación.

¿Qué sucede si participo?

Si reúne los requisitos, recibirá el tratamiento del ensayo (medicamento en estudio o placebo) y las pruebas relacionadas con el ensayo sin costo alguno para usted. El tiempo total de participación en el ensayo es de hasta 35 días. Tendrá hasta 7 visitas en el centro o virtualmente.

Para obtener más información, comuníquese con:

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Does your MAC lung infection take your breath away and make you feel exhausted?

The ARISE & ENCORE studies are investigating the effects of a study treatment on symptom improvement in people with a new diagnosis of MAC lung infection.

Talk to your doctor to see if you qualify today.

The ARISE & ENCORE Studies are currently recruiting adults who have been recently diagnosed with Nontuberculous Mycobacterial (NTM) lung infection caused by Mycobacterium avium complex (MAC) ("NTM lung disease caused by MAC").

ARE YOU ELIGIBLE FOR THESE STUDIES?

You must meet these (and other) eligibility criteria:

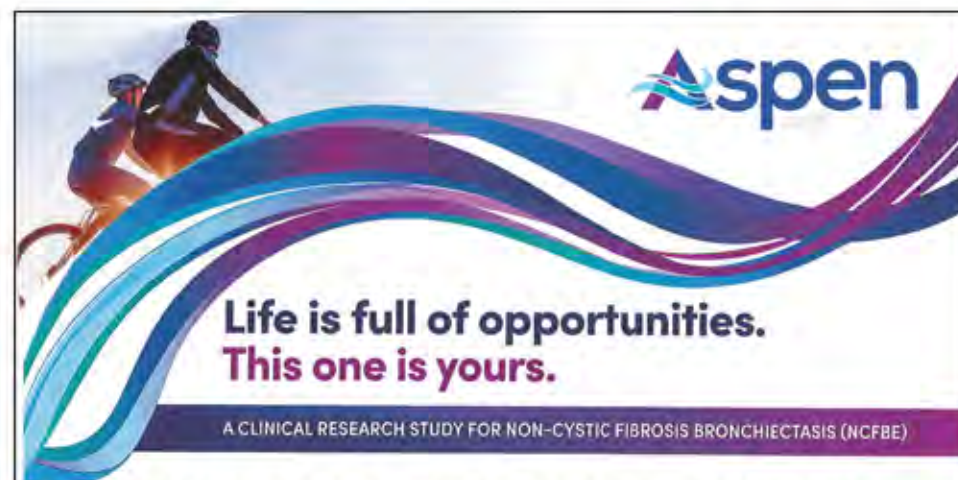
- Be at least 18 years old and recently diagnosed with NTM lung disease caused by MAC
- Be able to produce sputum (phlegm from your lungs)
- Have your sputum sample test positive for MAC within the 6 months prior to the study screening and also at the time of the study screening
- Have had a CT scan of your chest within 6 months prior to screening. If you don't have one, it will have to be done during screening.
- Have any other underlying conditions, such as COPD, managed and under control for at least 4 weeks before the study screening

These studies are being conducted by Insmid Incorporated and have been reviewed by the Institutional Review Board/Ethics Committee and/or Competent Authority in this country.

For more information about the ARISE Et ENCORE Studies please call **239-230-2021** or visit NTMStudy.com

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**Life is full of opportunities.
This one is yours.**

A CLINICAL RESEARCH STUDY FOR NON-CYSTIC FIBROSIS BRONCHIECTASIS (NCFBE)

The ASPEN Study is currently recruiting adult patients with Non-Cystic Fibrosis Bronchiectasis (NCFBE).

ARE YOU ELIGIBLE FOR THE STUDY?

Patients must meet, at least, these (and other) eligibility criteria:

- Be 18 to 85 years old, and have a diagnosis of Non-Cystic Fibrosis Bronchiectasis (NCFBE)
- Be a non-smoker
- Have had at least 2 pulmonary exacerbations (flare-ups) that required antibiotics in the last 12 months
- Be currently coughing up mucus (sputum)
- Have a history of coughing up mucus (sputum) for at least 3 months in the past year

This study is being conducted by Insmid Incorporated and has been approved by the Institutional Review Board/Ethics Committee and/or Competent Authority in this country.

For more information about the ASPEN Study please call **239-230-2021** or visit NCFBEASPEN.com
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*Julian J. Javier,
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*Leandro Perez,
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- * *Weak or tired legs.*
- * *Difficulty walking or balancing.*
- * *Some people have atypical symptoms.*

PAD pain may feel like:

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

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

By Richard Hiler, DABCN

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

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

PERIPHERAL NEUROPATHY SYMPTOMS

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

STOP MASKING SYMPTOMS AND PAIN

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

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



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

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

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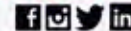
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A Guide for Women: Taking Control of Your Finances After Divorce or Death of a Spouse

Courtesy of: Juan Ocanas, Financial Advisor at Morgan Stanley

Financial planning after a divorce or death can be trying, but with the right approach and the right advice you can turn a difficult situation into empowerment.

Divorce or the death of a spouse can turn the best laid financial plans upside down. An income stream dries up; assets may be divided; in short, where life had a feeling of certainty, you may now be standing on shifting ground.

Whatever the circumstances, if you haven't been closely involved in investing or other big-picture financial decisions, taking the lead on money matters can seem daunting.

To be sure, gender roles are evolving, and women are increasingly active in financial planning. But even so, women who outlive their husbands, or who experience a so-called silver divorce—a split that occurs later in life, sometimes after decades of marriage—can be caught off guard by the magnitude of the decisions they must make alone, not least those concerning their home.

With the right approach and the right advice, the process need not be onerous. On the contrary, it can be empowering.

Here's how to manage the transition:

Find a Confidante

To help you get started, ask a couple of money-savvy friends or family members to act as a sounding board. They can go with you when you initially meet advisors and help you ask good questions. While it's helpful if your confidantes understand the basics of investing or estate planning, they needn't be professionals. Their role is to help you take the steps you need to make good choices, not make them for you.

Put Your Team in Place

Depending on the complexities of your situation and your financial savvy, you may want to seek out several professionals, including an attorney, tax professional and Financial Advisor. Because you don't know what you don't know, getting the right advice is critical in the early stages of a transition. A common mistake is to delay financial planning until after a divorce is final or the estate is settled. You want to understand what you're up against financially before you agree to anything.

If you don't have a Financial Advisor, finding the right one is not unlike finding a good doctor or general contractor. Get two or three recommendations from other professionals (e.g. your attorney) and people who have been in similar circumstances. Then meet with them to see which Financial Advisor has the right mix of experience, personality and approach.

No matter which route you take, be leery of anyone who tries to sell you insurance or investment products out of the gate. If the person immediately goes into, "how much money do you have and what is your risk tolerance," get another opinion. Investing should be the last step.

Get—and Stay—Organized

A Financial Advisor can walk you through all the steps you need to take to get organized, but you can facilitate the process by tracking down key documents, including: recent brokerage and bank statements; life and health insurance policies; recent tax returns; loan documents; and Social Security statements.

As you go about gathering these documents, you'll want to update your information—including beneficiaries—and start taking steps to protect your assets and your heirs. Among other things, you will want to update your will and any trust agreements, and look at life insurance and long-term care needs and policies.

Finally, create an inventory of your accounts and financial interests—everything from bank accounts to recurring bills—and store the information in a safe place, or with your attorney or Financial Advisor. Let your loved ones know that such a document exists and where they can find it.

Take Stock of What You Have, and Need

At the heart of financial planning is understanding your goals and creating a road map to achieve them. A key part of the process is reconciling your income and savings with your spending. For this reason, your Financial Advisor will likely ask you to track your spending for several months, either with a spending journal or financial software.

Be Patient but Proactive

You don't want to delay key steps in the planning process, but you also don't want to rush into decisions. The first year after a death or divorce can be very rough. It is wise not to make any major changes, such as selling a house, right away.

The same is true of coming up with a financial plan. A good Financial Advisor will take his/her time building a solid foundation rather than rush and create a plan that is unrealistic. You want to start the planning process as soon as you can, but you may not have all the answers right away, and that's to be expected.

Morgan Stanley Financial Advisors can provide the guidance, tools and information to help you navigate through uncertain events like these. Talk today with a Morgan Stanley Financial Advisor. Because the next chapter of your life starts here.

Disclosures

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

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

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WHAT IS A 1031 EXCHANGE IN REAL ESTATE?

By Mark J. Woodward, Esq., Florida Real Estate Attorney, Woodward, Pires & Lombardo, P.A.

Over the years our law firm has worked with many clients who have sold property (the "Relinquished Property"), then placed the funds with a Qualified Intermediary to purchase like kind investment property (the "Replacement Property").

1031 Tax Free Exchanges are permitted under IRS regulations. The reason for doing a 1031 is best explained with an example; an investment property which may be held by an individual or the individual and his spouse, or a corporation, limited liability company or partnership likely has increased in value over a number of years, and this client wishes to sell the property, and realize the large gain. Property like this is likely to have been purchased many years ago for a low purchase price. The original purchase price of property is known as the client's "Basis" in the property, and the Basis in a particular piece of property increases with improvements which were made to the property over the years, and decreases with the amount of depreciation that an client takes on their tax returns every year. The net result of this is the Basis is likely quite low, and the value of the sale price quite high resulting in a very large amount of taxable gain. If a 1031 Exchange is not utilized upon the sale of the property when a tax return is filed (likely capital gains rate would apply), and the tax would be paid to the IRS. The client of course retains the balance of the funds less the taxes paid to reinvest in some other property. The alternative to this is the use of a 1031 Exchange.

TYPES OF 1031 EXCHANGES

There are varying types of 1031 Exchanges, the simplest of which is a simultaneous swap of one property for another. Although this is a simple way to do it, it is quite unusual because at the closing of the Relinquished Property the client would have to know somebody who owns another piece of property that they are willing to exchange resulting in a direct exchange. In all the years that I have practiced law our firm actually has never been involved with a direct exchange, although simple they are very rarely done.

The second more common 1031 Exchange is that upon the sale and closing of the Relinquished Property 100% of the sales proceeds after closing



costs, commissions, etc. is paid to a third-party exchange company (known as the "Qualified Intermediary"). After the closing of the Relinquished Property, the first rule is the client has 45 days to identify potential Replacement Properties. Replacement Properties need to be "like kind", which in general means property of the same nature, character or class. For example, most real estate would be "like kind" to other real estate, and generally these properties are held for investment. There are specific rules on the number of replacement properties, which needs to be discussed with either your accountant or attorney. The second rule is that the exchange must be completed no later than 180 days from the sale/closing of the Relinquished Property. The client would negotiate to purchase one or more of the identified properties and enter into a contract, move forward to a closing at which time the contract would be assigned to the Qualified Intermediary who would provide the funds to purchase the Replacement Property. The title to the property would be in the name of the client and not the Qualified Intermediary.

EFFECT OF A 1031 EXCHANGE

In summary, the effect of a 1031 Exchange is that there is no tax paid on the sale of the Relinquished Property, and the Basis that existed in the Relinquished Property is transferred to the Replacement Property. In essence this means that there is substantially more cash available to purchase the

Replacement Property because no tax was paid and the funds that otherwise would have been used to pay tax have now been reinvested in the Replacement Property. Clients are always advised that when the Replacement Property is eventually sold, it now has a very low basis, and at some point, the tax will have to be paid or the client will have to continue doing 1031 Exchanges reinvesting in future properties to delay the eventual payment of the tax due on the gain.

Anyone considering a 1031 Exchange should retain the services of an accountant or attorney familiar with 1031 Exchanges, due to the number of specific requirements which must be complied with, and the complexities which are unique to each individual situation. This summary is intended to briefly explain why and when 1031 deferred like kind exchanges are or should be utilized and do not explain all details involving a 1031 Exchange, which anyone considering a 1031 Exchange should be familiar with.

ABOUT THE AUTHOR

Mark J. Woodward is the Managing Partner of Woodward, Pires & Lombardo, P.A. in Naples and Marco Island, Florida. He is double Board Certified in Real Estate Law, as well as in Condominium and Planned Development Law by The Florida Bar. Mark has over 40 years of experience in practicing law in the State of Florida. He received his Bachelor of Science degree in Finance from the University of Florida and his Juris Doctorate from Stetson College of Law.

Mark assists clients with his extensive experience in all aspects of Condominium Development Law and has worked on hundreds of various HOA's and condominium projects (residential, commercial and mixed) throughout Collier and Lee Counties and in the panhandle of Florida.



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

As 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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Vampire Breast Lift

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HOW WELL DOES MEDICAL MARIJUANA HELP WITH CHRONIC PAIN?

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

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

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

Is Medical Marijuana a Valid Option for Chronic Pain?

Medical Marijuana has significantly helped countless individuals with chronic pain.

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



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

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

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

Internal Medicine Partners of Naples

Along with comprehensive medicine and wellness, Internal Medicine Partners also specializes in antiaging. Their doctors, Dr. Blanco, and Dr. Rodriguez are recognized in the Naples community for great dedication to their patients and quality of care. They are experienced Hospitalist at NCH Community Hospitals. Both are Board Certified in Internal Medicine. Internal Medicine Partners of Naples offers traditional medicine both in their practice and hospitals providing their patients with the best quality and continuum of care.

Dr. Ralph Rodriguez

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



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

Dr. Alejandro Blanco

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



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

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

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Age-Related Macular Degeneration Can Cause Hallucinations

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

Information previously published in the American Academy of Ophthalmology:

Vision loss from age-related macular degeneration (AMD) or other causes is known to cause some people to see faces or shapes that aren't really there. But a new study suggests these hallucinations, known as Charles Bonnet syndrome, affect many more people with AMD than previously thought.

More than 12% of people with AMD experience visual hallucinations, the study found. The actual number may be even higher. On average, people experience these hallucinations on and off for about 3 years. Those who experience hallucinations tend to see multiple types of images, particularly people and faces.

Many people keep quiet about these phantom images for fear they'll be labeled with dementia or a psychiatric condition. Their hesitancy to speak up could explain why hallucinations were thought to be relatively uncommon.

These hallucinations may occur when brain waves crave new images and recall memories or resort to creating new images.

These phantom images may be simple lines, shapes, flashes of light or more complex images of faces, people or animals. They can occur at any time and last for seconds, minutes or hours. Sometimes the images remain still, other times they move around. People with significant vision loss, especially loss of central vision, are most often affected.

How to cope with visual hallucinations

There is no cure or treatment for Charles Bonnet syndrome, but there are strategies to stave off episodes and cope with hallucinations that occur.

If you feel you are seeing things that aren't really there, reach out to your doctor or ophthalmologist. They will rule out other causes of visual hallucinations like neurological conditions or medication-related side effects.

If your doctor thinks you have Charles Bonnet syndrome, they will give you techniques to manage the hallucinations. These include:

Changing your lighting conditions and environment
Blinking frequently or moving your eyes side-to-side rapidly while keeping your head still. Sleeping, exercising and/or relaxing, as fatigue and stress can exacerbate hallucinations.

Diagnosing AMD

During an eye exam, your ophthalmologist may ask you to look at an Amsler grid. This grid helps you notice any blurry, distorted, or blank spots in your field of vision. Your ophthalmologist will put dilating eye drops in your eye to widen your pupil. This allows him or her to look through a special lens at the inside of your eye.

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

Optical coherence tomography (OCT) is a specialized equipment used to scan the retina and provides very detailed images of the retina and macula.

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

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

Test Your Vision with the Amsler Grid

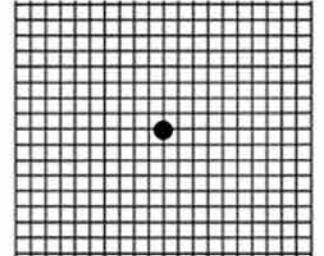
AMD causes your vision to change over time. You may not notice these changes when they happen. But you need to catch vision changes as soon as possible. Treating them early can help slow or stop further loss of sight. You should use an Amsler grid every day to monitor your vision.

Sources:

<https://www.aaopt.org/eye-health/diseases/amd-macular-degeneration>
<https://www.aaopt.org/eye-health/tips-prevention/hallucination-age-related-macular-degeneration-amd>

Here is how to use the Amsler grid at home:

Keep the Amsler grid in a place where you see it every day. Many people keep an Amsler grid on their refrigerator door or on their bathroom mirror.



In good light, look at the grid from about 12–15 inches away. Be sure to wear your reading glasses if you normally use them.

Cover one eye. Look directly at the dot in the center of the grid with your uncovered eye. Notice if any of the lines look bent or wavy. See if any part of the grid looks blurry, dim, or out of shape.

Now cover your other eye and test your vision this same way again.

Call your ophthalmologist right away if you notice that any lines or parts of the grid look wavy, blurry, or dim.

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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FOUR TIPS FOR KEEPING YOUR DIET & EXERCISE GOALS

By Greg Pascucci

An estimated 188.9 million adult Americans committed to making a lifestyle change in 2021. But, unfortunately, a study found only 8 percent were successful. Experts suggest evaluating your previous strategies and results, then developing a realistic, achievable game plan to stay motivated all year long.

HERE ARE A FEW ADDITIONAL TIPS FOR SUCCESS:

Be S.M.A.R.T.

Think of the acronym S.M.A.R.T. when creating your New Year's resolutions. They need to be specific, measurable, attainable/achievable, relevant and time-bound. For example, start with a concrete goal such as losing 20 pounds in 5 months. You'll need to be able to track your weight loss goals, perhaps in a journal or a chart, to make them measurable. It also needs to be attainable/achievable – can you realistically accomplish the goal in the desired timeframe? It needs to be relevant for optimum success, something you care about achieving. Goals also need to be time-bound, which may involve breaking your original goal into smaller, more manageable sub-goals like losing 4 pounds per month.

Make it a Team Approach

Another way to achieve your goals is to let others know about them. Your friends will be your biggest cheerleaders and keep you motivated.

At The Carlisle Naples, an active retirement community, we call this the "Power of We." It's not unusual for residents to stop in to visit a neighbor who may have missed a workout class or for a staff member to check in with a resident who has committed to leading a more active lifestyle.

Zest Director Marcia Aldana compares it to being part of a supportive family combined of dining staff, chefs, housekeepers, care and wellness teams, and friends and neighbors who come together to help you thrive.



Switch it Up

If you've hit a rut, consider switching things up a bit. Doing the same exercise every day, for example, may become monotonous, causing you to slack off on your goals.

The Carlisle understands the need to keep residents inspired and motivated. More than 10 opportunities for physical fitness are offered each week, with classes designed for all fitness levels. Classes range from the gentle movement of tai chi to a high-energy water aerobics class. Additionally, residents looking to stay healthy in a non-traditional workout setting, can also burn calories on the onsite putting green or by playing a few rounds of virtual bowling with friends via the Wii gaming console.

Take Small Steps

You don't have to spend hours in the gym to begin reaping the many benefits of a more active lifestyle. Research from the Centers for Disease Control and Prevention found that all older adults can benefit from regular, moderate physical activity. This is true even for people with medical conditions such as arthritis, heart disease, obesity and high blood pressure.

For Carlisle residents who may feel overwhelmed about the myriad of exercise classes, Aldana encourages them to simply show up and do what they can. Over time, they'll find they're growing stronger, improving their overall health, and forming great friendships with neighbors.

The Carlisle's FreshZest initiative is also a welcomed addition for residents wishing to take small steps. The FreshZest menu, part of the expansive dining choices available in the community's restaurant, incorporates plant-based, whole-food options such as Artichoke with Cremini Mushroom Eggplant Cannelloni, Crispy Bean Chimichanga, Potato and Spinach Gnocchi and Pad Thai Spaghetti Squash. The delicious and nutritious options are perfect for residents adopting a more balanced diet.

"Diet and exercise play a tremendous role in our life, especially as we age," added Aldana. "It's so important to take better care of our bodies, not just for the short-term but for the long-term as well. At The Carlisle Naples, we're focused on the healthspan of residents, where they lead better, healthier lives through preemptive and holistic wellness programs."

Located at 6945 Carlisle Court in Naples, The Carlisle offers spacious one-and two-bedroom residences, weekly housekeeping and flat linen services, basic cable TV, all utilities except telephone, and a complimentary full breakfast plus choice of lunch or dinner in the community's gourmet-style restaurant.

For more information about the community, please call 239-221-0017 or visit www.TheCarlisleNaples.com.



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A POSITIVE MINDSET

By Dr. Mary Nuosce

The past two years have shined an especially bright light on mental health. And that is a good thing. However, it also demonstrated the need for more professionals who are educated and trained to be a valuable community resource.

Thankfully, gone are the days where people would go to great lengths to ignore or hide mental health issues because of the stigmas associated with it. Today, people can talk more openly about mental health. For professionals in the field, there are many avenues where they can apply their knowledge and skills, and it's not just in an office.

Our Bachelor's degree in Applied Psychology includes classes, projects, and discussions about the study of human behavior and how to motivate others. This will help you strengthen your oral and written communication skills, plus you'll further develop critical thinking skills and apply psychological concepts to problem-solve a variety of situations. You'll participate in live chats, discussions and simulations that are interactive, which teach you to apply what you learn. These are skills that managers and leaders in organizations find not only useful, but also valuable.

Some of the classes you'll take include general, social, educational, abnormal, cognitive, organizational, and experimental psychology. Additional classes include the principals of developmental psychology, the psychology of conflict management, and the principles of analytic techniques. These are your core classes, and with general education and electives, you'll gain a well-rounded education.

During your journey with this degree, you'll develop a solid foundation for careers that include human services and management.

Additionally, we offer a certificate in substance abuse awareness and treatment. It's another layer of knowledge that naturally builds upon the bachelor's degree. Classes for this certificate include basic counseling skills, screening and assessment,



basic counseling skills, treatment modalities, advanced professional addiction knowledge, professional ethics in alcoholism/chemical dependency counseling, and applied practice in addictions. You can complete this certificate in eight months, and it meets the academic training requirements for the Certified Addiction Professional (CAP) certification. The Florida Certification Board explains additional requirements needed in order to earn the full CAP.

With this degree, you can apply it in many settings, including community agencies, hospitals, hospices, case management, and if you earn the certificate, the substance abuse counseling area. The people you help can range from children and adolescents to adults, the elderly and veterans. You can make a positive impact on people, whether

as a manager or a leader of an organization, to clinical settings. And that impact will likely extend to that person's family and friends.

For more information, visit Hodges.edu. Classes start every month.

Dr. Mary Nuosce, LMHC, NCC, is a core faculty member for Clinical Mental Health Counseling at Hodges University.



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

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

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Low Libido, ED? Natural Alternatives are on the Rise

NAD and PT 141 Peptides are Helping Numerous Individuals Turn Back the Clock

By Dr. Carolina Young Ortiz

Erectile Dysfunction (ED) is deeply related to vascular health. Many men that begin to experience ED have little idea that they need 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.

Recharge your powerhouse with NAD IV Therapy
Erectile dysfunction affects millions of men, and the correlation of vascular dysfunction and disease is a primary cause of the disorder. Reactive oxygen species (ROS) is a molecule responsible for signaling healthy cellular functioning and with ED, it is widely known that ROS is low. NAD can increase ROS via antioxidant mechanisms and therefore, reduce ED.

NAD (Nicotinamide adenine dinucleotide) has been used and studied since the early 1900s. Research is showing that slowing down the aging process by modifying the cellular responses creates healthier more robust individuals that are able to age well. NAD is an ancient molecular coenzyme found in the body. It improves sirtuin pathways (promotes healthy longevity), increases cellular renewal, is anti-inflammatory and promotes immunity.

Due to IV infusions efficacy and remarkable outcomes for various conditions like autoimmune disorders, fatigue, chronic pain, mental clarity, and increased energy or physical performance, IV infusions are on the rise. Because IV infusions don't need to pass through the digestive system, they are absorbed at an optimal level. NAD (Nicotinamide adenine dinucleotide) infusion therapy is a valuable treatment option with multiple health benefits.



NAD Promotes

- Can reduce ED
- Supports immune function
- Energy
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- Anti-aging

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Increase your boost your libido with PT 141 Peptides

PT 141 Peptides are FDA approved for low libido in females, but new research is showing that it is just as effective at increasing sexual desire in men. In fact, the study on the drug was first done on men to increase skin color and the researchers reported spontaneous erections in men. PT-141 peptides affects neurotransmitters in the brain called melancortins and can increase libido by sending messages and communications with the neurotransmitters.

PT 141 Peptides are injected and can be performed in the privacy of one's own home.

Orchidia Medical Group offers other treatments for both ED and VVA, along with wellness and therapeutic treatments for a multitude of other conditions.*

*Individual results may vary

Orchidia Medical Group

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

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CBD: WHY YOU SHOULD MAKE IT PART OF YOUR NEW YEAR'S RESOLUTIONS FOR HEALTH, WELLNESS & BEAUTY

By Stacy Roberts, Founder of Hempra

Brain and nerve cells throughout our bodies have cannabinoid receptors that respond to and produce various reactions. Our CB1 and CB2 receptors naturally react to cannabinoid derived from hemp extract. Our innate endocannabinoid system works synergistically with CBD derived from hemp, providing numerous beneficial responses within the body. This natural system in our bodies has healing capabilities, regulates pain levels, reduces inflammation, and regulates brain, endocrine and immune function.

How CBD Can Help with Your New Year's Resolutions

Post Workout

There both anecdotal and scientific information that suggests CBD as a post-workout supplement is beneficial to relieve tiny muscle tears and inflammation. When we exercise, we often feel the effects the next day or two. Although painful, this is usually a good sign that we are rebuilding muscles and becoming stronger. CBD is a natural way to relieve pain and inflammation.

Skincare

With CBD, the receptors within our bodies responsible for tamping down inflammation, also work at the epidermal layers of the skin's tissues. The CB1 and CB2 receptors can absorb and respond to topical CBD



skincare and help with acne, eczema, psoriasis, dry skin, and the list goes on and on. When paired and blended with other skin ingredients like shea butter, retinols, and peptides, CBD synergistically works with the other ingredients to offer some unique skincare options for antiaging.

Immunity

Staying healthy has been at the forefront of people's minds for the past two years. Research shows that CBD acts as an immunosuppressant and an immunomodulator. Along with the anti-inflammatory responses from CBD, these can be helpful when coupled with a healthy lifestyle and routine to stave off viruses and illness.

Hempira Subscription Boxes Details

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 Color Up Therapeutics or to Learn about our Subscription boxes, please visit, **Hempira.com**. In-person consultations are also available; please call or email at **239-778-8738** or email **Info@Hempira.com**.

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Physical Activity and Exercise Are Critical for Managing Blood Glucose Levels

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

It's well known that exercise and physical movement are primary pillars for healthy aging and overall health in general. For those individuals with diabetes, it's not an option, it's critical. However, depending on your health and fitness level, exercise should be implemented for your specific needs and with caution. If you need to start out with a mild to moderate routine, this is best, as you can work your way up to higher intensity and endurance levels.

The American Diabetes Association recently published a paper in their Diabetic Care Journal on the effects of exercise and glucose levels.

Blood glucose control in those with type 2 diabetes is better regulated in individuals that exercise regularly.¹ Exercise reduces insulin resistance, cardiovascular risk, helps aid in weight loss and improves overall health.¹ Exercising on a regular basis is thought to prevent or delay the onset of type 2 diabetes. It also helps to improve muscle strength and increases energy production. It's no surprise that those with type 1 diabetes also benefit greatly from exercise.¹

Aerobic Exercise Benefits

Aerobic training increases mitochondrial density, insulin sensitivity, and compliance and reactivity of blood vessels, lung function, immune function, and cardiac output.¹

Moderate to high volumes of aerobic exercise are associated with substantially lower cardiovascular and overall mortality risks in both type 1 and type 2 diabetes.¹ In type 1 diabetes, aerobic training increases cardiorespiratory fitness, decreases insulin resistance, and improves lipid levels and endothelial function.¹ In individuals with type 2 diabetes, regular training reduces A1C, triglycerides, blood pressure, and insulin resistance.¹ Alternatively, high-intensity interval training (HIIT) promotes rapid enhancement of skeletal muscle oxidative capacity, insulin sensitivity, and glycemic control in adults with type 2 diabetes and can be performed without deterioration in glycemic control in type 1 diabetes.¹



Cardiovascular Risk

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 their 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.

Regular exercise, which should be daily or no more than 2 consecutive days of no exercise is best to help regulate insulin levels.

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.

Reference:

1. S. Colberg, Physical Activity/Exercise and Diabetes: A Position Statement of the American Diabetes Association. *Diabetes Care* 2016 Nov; 39(11): 2065-2079. <https://doi.org/10.2337/dc16-1728>, <https://care.diabetesjournals.org/content/39/11/2065>

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.



Diabetes & Holistic Lifestyle Coach
Speaker • Author

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

INCREASE IN INVENTORY

Still High Demand

By Robert Nardi, Broker/Owner

Home sales were not as robust due to low inventory during October. Still, new listings are rising according to the October 2021 Market Report released by the Naples Area Board of REALTORS® (NABOR®), which tracks home listings and sales within Collier County (excluding Marco Island). Overall closed sales for October decreased 32.1 percent to 858 closed sales from 1,263 closed sales in October 2020. But irrespective of the home-buying frenzy that took place during the second half of 2020 (including October 2020) closed sales in October were historically higher than average for a typical October in Naples, even with the lowest inventory level on record by NABOR®.

The report shows pre-season interest already in play as October's pending sales (1,186 pending sales) and showings (33,578) were above summer month levels. In October, the overall median closed price increased 16.9 percent to \$450,000 from \$385,000 in October 2020. The COVID-19 pandemic affected buying behaviors, and sales of single-family homes outpaced condominiums as people sought more open space in 2020, but those buying behaviors have now shifted. While overall inventory decreased 76.1 percent in October to 1,240 properties from 5,181 properties in October 2020, condominium inventory fell 84.4 percent in October. As such, there were nearly half as many condominiums (435) available

compared to single-family homes (805) at the end of October. Not surprisingly, the median closed price for condominiums increased 31 percent to \$370,000 from \$282,500 in October 2020, while the median closed prices for single-family homes increased 18.8 percent to \$615,000 from \$517,750 in October 2020.

The NABOR® October 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. The NABOR® sales statistics are in chart format and can be sent to you via e-mail. Please send an e-mail request to Robert@NardiRealty.com

What does this mean?

It means that it is still a Sellers' market and prices have risen significantly in one year. The Naples Daily News on December 2nd, 2021 reported that Naples, Florida ranks 1st for home sales per capita in the nation. Naples-Marco Island tops the website's list at Porch.com for the most home sales per 10,000 residents this year. Demand will continue to remain high in 2022, however, I believe more properties will be coming on the market in late January 2022. The reason is that owners will come down for the season, January through March 2022, and feel they "missed the boat." Because of this thought process, I believe they will be putting their properties on the market to "cash in." I recently had a listing appointment with a

couple in their late 60's, and they indicated that they wanted to sell. I asked, "Where are you going?" They responded, "We don't know. We will figure it out when the home goes under contract." All I can say is, "Wow!" If seniors are willing to sell in this market without any plans as to where to go, others are thinking the same!

Buyer Fatigue

Are the prices leveling off? I believe that they are, but there are Buyers out there suffering from "Buyers Fatigue." I recently put up a home for sale, and within three days, I received four offers, and out of those offers, there was a significantly higher one. The REALTOR® who submitted the bid informed me that his Buyer has put in multiple offers over several months and lost every time. He wants to win this time! And guess what? His bid was accepted as highest and best by the Seller.

What about sales prices?

Prices will continue to rise but at a much slower pace, and I do not believe that we will have a crash as we did in the "Great Recession." Southwest Florida, a coastal area, has been underpriced for years, and the prices have adjusted accordingly.

My best advice is to work with a REALTOR® who understands the "ins and outs" of this current housing market. Having an experienced agent who can assist could be invaluable and put some extra dollars in your pocket.

If you have any questions or wish to find out what your home could be worth, please feel free to call me directly at 239-293-3592 or e-mail at Robert@NardiRealty.com.

I wish you and yours a safe, happy, and healthy holiday season and New Year!



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BETTER SELF ESTEEM FOR YOU IN 2022



Do you struggle with low self-esteem? Feeling negatively about yourself can have long-term consequences, including physical health conditions. Learn how changing the way you think can change your confidence level.

Cognitive-behavioral therapy teaches individuals to identify issues that cause a patient's self-esteem to plummet. Examples of these are contention with someone else, such as an argument with your spouse or neighbor. It can be triggered by stress, such as an upcoming presentation or event, or it can develop due to crisis, such as not getting the raise you wanted at work or even an illness.

Whenever you feel deflated, it's critical to think about the cause and identify and be fully aware of your thoughts. Not every thought you have can be trusted. If you were told you would never amount to anything as a youngster, you might have those same thoughts about yourself now, but they are unwarranted.

It's imperative to ask yourself if these thoughts are true, do they make sense, or can they prove to be untrue? For example, if you tell yourself that you must get the promotion at work and worry that you'll be destroyed if you don't get it, is it true that you **MUST**, or is it more likely that you **WANT** the promotion. Will it make you a failure if you don't get the promotion? Will your life be destroyed? No, it will not. It doesn't change who you are.

We have to learn to see things differently, objectively, and with hope, not despondence. The fact that you feel a certain way doesn't make it true. Thinking critically about what is true and what is perceived is the first step to better self-esteem.

People who struggle with self-esteem are usually somewhat self-deprecating and consistent with changing a positive into a negative. For example, if a co-worker congratulates you on an excellent presentation, you might reply (or think to yourself), "Well, I really messed it up in the middle section. I should have been more precise about our competition." Accepting a compliment is hard for many people who struggle with self-esteem.

Another issue that takes a toll on self-esteem is bad company. Sometimes people are downright rude and full of themselves. If you have a friend or acquaintance that puts you down, this is an unhealthy relationship. Identifying these toxic people in your life is important. Avoiding them is optimal, but if you can't (mother-in-law, co-worker, etc.) elude them completely, try to limit your interactions with them. If you have to spend time with them, remember that they are the ones with the issue, not you, and don't take what they say to heart. Just sit back and accept the way they are. If it's abusive, then it's critical to seek help or calmly explain that you don't want to be spoken to in a derogatory manner.



RICHARD J. CAPIOLA, MD

With triple board certification in general psychiatry, addiction psychiatry and forensic psychiatry, Dr. Richard J. Capiola has been in practice for 27 years. During his training at Tulane Medical School and UCLA, Dr. Capiola developed a keen interest in the treatment of depression and anxiety overlapping with drug and alcohol abuse. This focus led to his role as chief medical officer for Oglethorpe Inc., which specializes in the treatment of mental health and addiction. He has been instrumental in the clinical development and oversight of 12 specialty treatment centers in five states.

Dr. Capiola's specialties include adult and adolescent psychiatry, treatment of anxiety, depression, and substance use problems, and forensic psychiatry, where he evaluates patients with legal issues related to mental health.

Dr. Capiola is the chief of psychiatry for Physicians Regional Medical Center and was the medical director for the Wilough at Naples for many years. He's served 10 years with The Joint Commission, which evaluates hospitals nationwide for quality of care and safety.

Dr. Capiola was the featured neuropsychiatrist in the recent book "Don't Give Up On Me" with Darryl Strawberry. His confidential private practice focuses on using each individual's inherent strengths to achieve the goal of living a healthy, well-balanced life.

RICHARD J. CAPIOLA, MD

239.649.7494

700 2nd Avenue North | Suite 305 | Naples, Florida 34102



Health Insurance – 2022 Enrollment Periods and Exceptions

Don't wait: Medicare Advantage Open Enrollment ends March 31

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

Did you know that if you're unhappy with your Medicare Advantage Plan (Medicare Part C), you have options? Each year, there's a Medicare Advantage Open Enrollment Period from January 1 – March 31. During this time, if you're in a Medicare Advantage Plan and want to change your health plan, you can do one of these:

- Switch to a different Medicare Advantage Plan with or without drug coverage
- Go back to Original Medicare and, if needed, also join a Medicare Prescription Drug Plan

If you switch Medicare Advantage Plans or go back to Original Medicare with or without a Medicare drug plan, your new coverage will start the first day of the month after your new plan gets your request for coverage. Keep in mind, if you go back to Original Medicare now, you may not be able to buy a Medicare Supplement Insurance (Medigap) policy.

Your new plan will be effective the 1st of the following month.

Special Enrollment Periods:

If any of the following occurs:

- You lose your current Coverage (nonpayment is excluded)
- You have a chance to get other coverage
- Your plan changes its contract with Medicare
- You become eligible for Medicare and Medicaid
- You qualify for extra help with Medicare Prescription Drugs
- You dropped a Medigap Policy for the 1st time within the last 12 months
- Special Needs Plans - New or no longer qualify
- MOVING out of the AREA or Moving to a NEW Area.

Dates and deadlines for 2022 health insurance – Health Insurance Marketplace.

Important: 2022 Open Enrollment ends January 15

If you don't act by January 15, 2022, you can't get 2022 coverage unless you qualify for a Special Enrollment Period*. You must have enrolled by December 15, 2021, for coverage that starts January 1, 2022.

- **January 15, 2022:** Last day to enroll in or change plans for 2022 coverage. After this date, you can enroll or change plans only if you qualify for a Special Enrollment Period.

- **February 1, 2022:** 2022 coverage starts if you enrolled by January 15, 2022, and you've paid your first premium.

* You qualify for a Special Enrollment Period if you've had certain life events, including losing health coverage, moving, getting married, having a baby, or adopting a child. Depending on your Special Enrollment Period type, you may have 60 days before or 60 days following the event to enroll in a plan.

Individual/Family – There are other options available if you do not have pre-existing conditions. These plans can be a lot less expensive especially if you do not qualify for government subsidy. There are national carriers that offer very good plans with comprehensive coverage.

International Travel - Most of our US plans do not have us covered when leaving the United States, including Cruises. You should always take a comprehensive Medical Travel Insurance Policy. They are a lot less than you think and can make a world of a difference.

Pet Insurance – Our fur babies need insurance coverage too. The younger you start the less it costs. As vet bills escalate, most of us would do anything for our 4-legged loved ones. Why not cover them as well? There are a wide range of deductibles, copays, etc. In most cases coverage starts for less than \$1.00 a day. Pre-existing medical conditions in most cases are NOT covered. So, the earlier the better.

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, i.e.: Facebook, WebEx solicitation, if you do not know them, please be careful. There are so many scams out there. Meet with or call a local agent, build a relationship and, if in the future you have a question, you can go 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 and 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.

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

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



RICHARD J. CAPIOLA, MD

239.649.7494

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Dr. Capiola focuses on the treatment of:

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- Alcohol use disorders
- Substance abuse
- Obsessive Compulsive Disorder
- ADHD

Treatment of Adolescents and Adults, Alcohol and Substance abuse, medication assisted therapy with suboxone, and patients needing psychiatric assessments related to the court system.

Dr Capiola's mission is to focus on the strengths inherent in all of us to help overcome any problems and life stresses that make us feel stuck and limited.

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WHAT TO DO IF YOU THINK YOU HAVE HEARING LOSS

Most people who have hearing loss aren't born with it. Instead, hearing loss creeps up on us over time, usually caused by exposure to loud noises, aging, or some combination of the two.

Statistics show that the prevalence of hearing loss doubles for every decade of life, which explains why one out of three people 65-74 have hearing loss, nearly half over 75 have it, and four out of five people 85+ have hearing loss.

In other words, for most of us, hearing loss is normal and natural — just part of living a long, eventful life. What should you do if and when you start to feel you have a hearing loss?

1. Get your hearing tested

If you think you have hearing loss — either by exhibiting common signs, which you can find here, or because your spouse, friends, coworkers or family members keep questioning your hearing ability — you should get your hearing tested.

To do that, you can start with an online hearing test or you can visit a hearing healthcare professional to get a thorough, definitive hearing evaluation.

2. Choose between ignoring it...

If it turns out you have hearing loss, you have a choice — you can ignore it and deal with the challenges, or you can treat it.

Some of the challenges of hearing loss are subtle and barely noticeable, like needing things to be repeated, or missing out on small everyday sounds.

Some are more obvious and impactful, like mishearing important information, or feeling left out of conversations and activities.

Still others can be profound, health-related issues, like how hearing loss is linked to increased risks of depression, anxiety, falls and hospitalizations, social isolation, and even dementia.

...or treating it

But doctors and scientists from institutions including Johns Hopkins Medicine and Columbia University have long noted that treating hearing loss can help with many of these challenges, and studies have shown that

for people with hearing loss, using a hearing aid is associated with a reduced risk of falls, depression, anxiety and dementia.

3. Visit a hearing healthcare professional

When you are ready to treat your hearing loss — and Johns Hopkins' Dr. Frank Lin recommends treating it "sooner rather than later...before these brain structural changes take place" — you can start by talking to your doctor or general practitioner. Or, go directly to a hearing healthcare professional, like an otolaryngologist (ENT doctor), audiologist or hearing aid specialist.

4. Get to the bottom of your hearing loss

Your appointment with a hearing healthcare professional is your chance to get all your questions answered about your hearing loss. While not every practice or clinic will do things exactly the same, you should expect some common procedures when you go in for your first visit.

- Fill out paperwork — including intake papers with health history and hearing questionnaire.
- Complete a hearing evaluation — this typically includes a visual inspection of your ears and a hearing test in a sound booth.
- Review your audiogram — the results of your test will be in the form of an audiogram, which is a graph that measures your specific hearing loss.
- Discuss treatment options and next steps — this may include a technology demonstration and hearing aid recommendation.

5. Ask to try hearing aids

If hearing loss is confirmed during your appointment, hearing aids will most likely be recommended. Hearing aids are by far the most common way to treat hearing loss. They can help a majority of people who have hearing issues, especially if the hearing aids have been fit by an experienced professional, and programmed and customized to the individual's unique hearing and lifestyle needs.

Most states require a 30- to 60-day trial period for hearing aids. And even in states that don't, most hearing professionals will offer it. This is an ideal opportunity to try them for yourself and experience the difference they can make in your everyday life.

6. Request ones that are tailored to you

Hearing aids are not one-size-fits-all. That's why getting them in person from a licensed professional is the way to go. The two of you will work closely to select the right hearing aids for you, which will be based on many factors including your degree of loss, personal style and feature preferences, how active you are, and more.

We're admittedly biased, but we recommend you ask to try a pair of Evolv AI hearing aids, our best-sounding, most advanced hearing aids yet.

7. Experience the difference they make

Once you get your hearing aids, take advantage of the trial period and wear them at home, outside, during work, while watching TV or enjoying leisure activities, and around your friends and loved ones.

See and experience for yourself why so many hearing aid wearers say that wearing them changed their life and how they wish they had treated their hearing loss much, much sooner.

8. Hear better and live better!

Then, after the trial period is over, decide for yourself — go back to the way it was without hearing aids, or with hearing aids!

If hearing loss is making life more challenging or less fun, now is a good time to do something about it.

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Fifteen 8th Street, Suite B (Next to Royal Scoop Ice Cream)
Bonita Springs, FL 31434
(239) 256-3458

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10020 Coconut Rd. Ste.120 (Next to LabCorp)
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(239) 984-9511

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2022: IT IS TIME TO RETURN TO A FITNESS ROUTINE

Manduu Utilizes EMS for Superior Training and Results in less time and with less impact

Our New Year's resolutions probably include weight loss goals and working out at this time of year. But what's the best way to get there? Over the years, most people have toned up and lost a few pounds, only to regain them rather quickly once they fall off the exercise and healthy diet routine. Your health should take top priority in your life. Now is the time to get serious about your health and fitness goals.

You have multiple options where you choose to work out, but if you think back about why you haven't reached your goals, it might be due to some of those choices. Manduu is different and it offers a clear path to lasting results.

Manduu is NOT a Gym—it's a Health and Wellness Pioneer

Electrical muscle stimulation (EMS) strength training operates on the principle that electricity powers the human body. But instead of waiting for your brain to send an electrical signal to a muscle telling it to contract, Manduu uses a specially designed suit fitted with carbon fiber electrodes to generate a low-level electrical impulse for you. The impulse creates resistance, and muscle is built by working against the resistance.

This same principle has been used in the medical field for decades, and you may have experienced a form of it if you have had e-stim as part of physical therapy treatment.



The EMS machine runs off of a battery. Nothing is plugged into a wall, and there is not enough electricity in the machine to hurt you.

Maintaining your weight, exercising, and having good muscle tone is not just about the way we look and feel; it's critical for your health, fighting off chronic disease and disorders, maintaining mental clarity, and aging well. We all know that too much fat is unhealthy, but what's interesting is that too little lean muscle mass is also dangerous for your overall health.

Quite simply, Manduu is the fastest, safest way to build muscle, and everyone – at every age – needs muscle. Retaining and building muscle has been shown to improve health in a number of ways. These include:

- Burning More Calories at Rest (BMR)
- Improving Immune Function
- Increasing Bone Density
- Improving Hormonal Balance
- EMS and Short Bouts of Exercise—The Key to Lean Muscle Mass

How it Works

Manduu's EMS technology is more effective at penetrating muscle fiber than the brain. When the brain sends a signal to a muscle, only about 65% of muscle fiber is activated. By contrast, the external EMS stimulus penetrates nearly 100% of muscle tissue. This produces a workout that is simultaneously ultra-low impact and incredibly effective, gentle yet intense. Manduu does more for you than you can do for yourself.

It's Tailored to Your Needs

Each workout session is led by a degreed exercise professional who has been specially trained in EMS technology. Trainers lead no more than two clients at a time through a series of stretching, flexing, and contracting exercises designed to activate multiple muscle groups at once.

Your trainer can take into account any injuries or areas of special concern. Nine major muscle groups are activated during a Manduu session, and your trainer has the ability to control each muscle group individually, creating a highly personalized, infinitely tailored exercise experience. Manduu trainers work with everyone from professional athletes to folks in their 90s. Manduu really is the last fitness program you'll ever need.

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IV Vitamin Therapy—Boosting Your Immune System & Your Confidence Has Never Been More Convenient

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

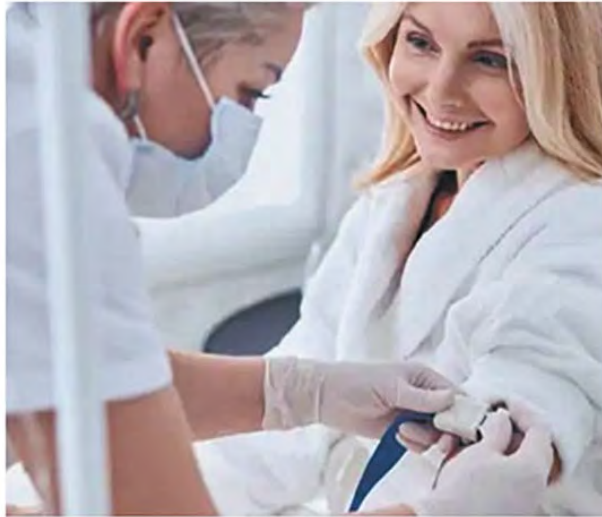
A key component to staying healthy, feeling rejuvenated and looking our best is easier than most people are aware. IV Vitamin Therapy is an all-natural, relaxing way to increase stamina, boost immunity, brighten skin, lose weight, and so much more. IV Vitamin Therapy administers proprietary blends of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

IV Vitamins Infusions Vs. Oral Supplements

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

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

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



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

IV Vitamin Therapy Benefits

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

Key benefits of our customized IV vitamin therapy:

- Enhanced energy levels without crashes or side effects
- Strengthened immune system to stay on top of colds, flu and viral infections
- Optimum fat burning to achieve weight loss and fitness goals
- Accelerated recovery from jet lag
- Ideal cure for a hangover
- Fast-track solution for migraine headaches and muscle cramps
- Whole body detoxification to repair and rejuvenate damaged skin and body cells
- Comprehensive nourishment to mitigate the harmful effects of stress and anxiety

Why Choose Zativa Life?

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

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

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

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

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.



239-228-5801
zativahw.com

7723 Collier Blvd., #305 | Naples, FL 34113

KEEPING OUR CLIENTS SAFE AT HOME DURING COVID-19

Dear Chef For Seniors Community,

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

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

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

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

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



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

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

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

Phone: **239-776-1758**

Email: bill.springer@chefsforseniors.com



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

When an extraction is necessary, it's because the structure of the tooth is too weak to support a crown or restoration, or it may be due to the bone loss and periodontal disease within the supporting gingival tissue. Bacteria often goes unnoticed under crowns, bridges or within root canaled teeth, unless x-rays are taken. When the bacteria harbors for long enough, it will literally eat away at the bone structure.

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

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

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

A missing tooth will affect the dentition

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



Dental Implants

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

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

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

Periodontal Disease

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

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

Dental health and proactive measures are essential. Staying on top of your dental health through cleanings, x-rays, and dental examinations are critical to avoid in-depth procedures and to maintain a healthy

mouth that's free of decay, bacteria, and oral cancer. There are multiple treatment options; however, if you need to replace missing teeth, getting dental implants is the best solution for overall health.

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



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GERD Awareness

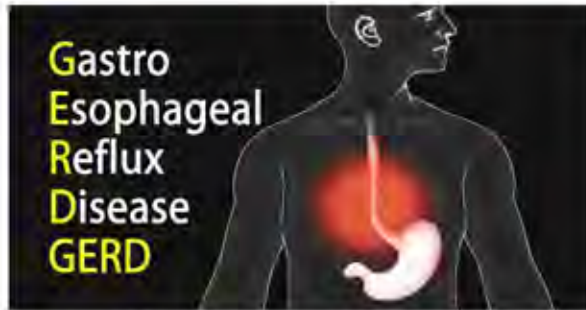
Did you know that acupuncture can help with a number of digestive issues? Yes, it is true!

Gastroesophageal reflux disease (GERD), aka heartburn, occurs when stomach acid flows back into your esophagus - the tube connecting your mouth and stomach.

If you suffer with heartburn, or you've ever suffered with it, you might have felt hopeless and frustrated at times. The allopathic medical world says that there are no known causes and the only known treatments are either medications or dietary adjustments.

Wouldn't it be nice to know what causes it in the first place, so that you can start treating and healing the root cause?

Enter Traditional Chinese Medicine (TCM). TCM has known for thousands of years that the blueprint of many physical manifestations is an imbalance of our Qi (energy). Reflux esophagitis in TCM focuses on transforming, harmonizing, and restoring the normal movement of the stomach Qi to prevent it "rebellious" upwards. The treatment with acupuncture and/or herbs focuses on restoring normal functioning of the lower esophageal sphincter (LES), enhancing gastric motility, and improving gastric emptying.



Causes of Stomach Qi Rebellious:

1. Eating too quickly
2. Eating when stressed or angry
3. Burning the midnight oil
4. Eating while walking or standing, repeatedly and over time
5. Anxiety
6. Drinking too much water with a meal or shortly after which diluted digestive enzymes, makes digestion very difficult.

If we take a look at the most common lifestyle factors which cause or exacerbate GERD, or the upward rebelling of Stomach Qi, we can see that simply doing the opposite of what causes it will be helpful. Also, introducing calming practices like meditation, walking in nature, and of course, coming in for acupuncture treatment. Because whilst changing our habits will help to prevent GERD from returning, healing the problem and lessening the damage done by the issue is where acupuncture and TCM shine.

Quick At-Home Tip:

Something very simple you can do at home to help yourself is, after every meal, stroke down the midline from the bottom of your rib cage to the top of your belly button for about two minutes gently. This will help the Qi to move downwards instead of rebelling upwards.

Here is some more good news: In a 2018 study, Acupuncture was trialed over a period of 6 weeks with daily treatment for GERD, with a few days break in between each week of treatment and the TCM control group fared significantly better than the Western medicine control group. There were also far fewer side effects (virtually none) in comparison to the control group who were taking Proton Pump Inhibitors and other medications for GERD.

The study concluded that compared with PPIs or Prokinetics therapy alone, acupuncture therapy can better improve the clinical total effective rate and symptom relief. Acupuncture also may decrease the recurrence rate and adverse events in the treatment of GERD. Our results suggest that TCM is a promising alternative therapy for GERD patients.

So, if you, or someone you know is suffering from GERD, there may be hope on the horizon! Give us a call to see if we can lend a helping hand.

Source:
Xiao J, Yang Y, Zhu Y, et al. Efficacy and Safety of Traditional Chinese Medicine on Nonerosive Reflux Disease: A Meta-Analysis of Randomized Controlled Trials. *Evid Based Complement Alternat Med.* 2018;2018:1505394. Published 2018 May 24.
doi:10.1155/2018/1505394

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Improve Your Balance

By Marek Zajac, FootXperts Founder and CEO

The ability to sense the surfaces underneath our feet is called proprioception. Countless electrical impulses move along the nerves to your brain providing the feedback we depend on in order to stand, walk, run, jump, maintain balance and freely move our body and limbs in every external environment. Having this awareness is important for day-to-day living and vital for a healthy mobility. If you've ever noticed the difference between grass, sand or cement on the bottom of your feet you've experienced proprioception.

This never-ending loop of informational exchange between the receptors in our feet and our central nervous system, delivers the information based on which our brain is able to control the muscular tension in lower extremities. Age-related changes, injuries or medical conditions can affect the nerves, cause long-term or permanent proprioception impairment and lead to balance issues. Common medical conditions that cause a proprioceptive deficit and imbalance are:

- Neuropathy
- Diabetes
- Arthritis
- Stroke
- Parkinson's disease
- Cognitive disabilities
- Herniated disc
- Multiple sclerosis (MS)
- Autism spectrum disorder (ASD)
- Huntington's disease
- Joint injuries and replacements, such as hip replacement or knee replacement

Custom foot orthotics, designed individually, from a specialist with additional knowledge in proprioception can help with postural awareness and balance issues. Special modules on the surface of the orthotic give additional impulses and increase the amount and quality of information our feet provide and our brain can process. This type of foot orthotics work on a neurological level and can help with imbalance and muscular issues in lower extremities.

"Foot Stores" chains do not offer these solutions. You can only receive true Expert Foot Orthotics from a professional with appropriate equipment and training.



Every module on the surface of this orthotics needs to be designed and placed individually to address the unique needs and foot shape of every patient.

Our body works as a chain of muscles, tendons, joints and electrical impulses that provide the right information to make that network work like a clockwork. Custom Foot Orthotics can be so much more than just arch supports. The right impulses in the right place, sent from your feet to your brain, can e.g. change the muscular tension in calf muscles and help toe walking patients to walk normally.

In over 20 years of work in the field of biomechanics and orthopedics we could help countless clients with more balance and stability, with pain relief and more quality of life.

We've equipped people of all ages from 4y to 90y, walker, runner and top athletes. We work with podiatrists, orthopedic clinics, physical therapists and chiropractors. There are no limitations in age or grade of mobility.

We use state-of-the-art 3D scanning systems, we check your posture and we analyze your gait as well. We take measurements of your shoes to ensure a perfect fit and we can design custom foot orthotics for your sandals. There are huge differences in quality and knowledge in the market. Make sure the foot orthotics you decide on are really designed and produce to address your individual needs and cover the differences of your left and right foot.



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 custom foot orthotics for patients and clinics.

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 and produce every pair (even the left and the right side) 100% individually.

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)

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Seasonal Pets Need Continuity of Care: What You Should Know

If you are visiting Naples or are one of our seasonal residents that we share our community with, Animal Oasis' goal is to keep your pets in peak form throughout the season and beyond.

A major issue that often gets overlooked is that seasonal pet parents might take their pet to several different veterinarians during their stay or upon their seasonal return to our area. This can be problematic. It's important to have all pet records available and to try and see the same veterinarian each time. So, if you are in the Naples area, seeing a veterinarian here locally and seeing one veterinarian in your hometown is critical for your pet's safety and optimal care. Of course, if you need a specialist, those practitioners should be consistent as well.

If you see multiple veterinarians, the communication level will most likely be lost and the pet can be over-medicated, as well as other potentially harmful situations can occur.

Animal Oasis offers wellness visits, vaccinations, as well as urgent care and surgery depending on your pet's needs. With a full imaging center, highly experienced technicians and doctors, and a well-staffed office to serve you, your pet can be taken care of comprehensively in the comfort of our office.

Planning for Your Pets Care During Your Stay

Stock up on pet food, and medications, so you're not in a bind when or if they are unavailable.



Remember, not all towns and places are pet friendly, so if you need to leave your pet in the hotel or rental property while you're out, think about what they will need, or preplan ahead and make an appointment for a pet sitter or dog walker to tend to them.

Make Sure Your Pet is Comfortable

Getting your pets acclimated to your surroundings and schedule is critical for their comfort and will ease any anxiety that they may have. Always have plenty of water, a comfortable bed and favorite toys available.

Exercise In Florida is Different then up North

It's also wise to speak to your veterinarian about the type of exercise that's appropriate for your pet, and when it's safe to take baby animals outside, as well as how much exercise is appropriate for elderly animals. Here in Florida, providing animals with shaded areas to rest or play, and with an ample supply of water is always important!

Veterinarian's Expertise & Advice

It's always important to speak to your veterinarian about what's best for your pet. They are also an excellent resource for other pet-related recommendations like sitters, walkers, boarding, and grooming.

Animal Oasis Veterinary Hospital in Naples offers the most up to date and progressive veterinary services for your pets. Ranging from laser surgery, ultrasound, dental X-rays, radiology, full pharmacy, and in house diagnostics, Animal Oasis Veterinary Hospital provides your pets with the necessary options for treatment.

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OCD: PARTICIPANTS NEEDED

ARHI | Clinical Trial | Biohaven Pharmaceuticals

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

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

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

There are different types of OCD

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

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

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

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

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



What You Should Know About Clinical Trials

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

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

How Clinical Trials Help

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

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

CURRENT STUDIES

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

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



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

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

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

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

Five critical sets of questions to ask:

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

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

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



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Slowing the Pace of Your Life

By Pastor Timothy Neptune

Remember the old merry-go-rounds on the playground when you were a kid? You would spin in circles until you felt like you were going to fly off. That's how life can feel if you don't make some necessary changes.

You live a much faster lifestyle than your parents did. Your children will live an even faster lifestyle than you did. As we enter a new year, perhaps it is a good time to evaluate the pace of your life and make some necessary adjustments. The Psalmist tells us:

In vain you rise early and stay up late, toiling for food to eat—for he grants sleep to those he loves.
Psalm 127:2

If you are getting up early and staying up late but still don't feel like you can get everything done... you are probably trying to do too much.

Living at a hectic pace comes at a price. You end up feeling more stressed because you are trying to cram too many things into your day. You end up having no margin in your life. As the margins get tighter the stress goes higher.

You have to take time to recharge your batteries. Here's a lesson I learned years ago: You have just enough time to do the will of God. If you can't get everything done on your "to do" list, maybe there are things on the list you shouldn't be doing.

I want to share with you two simple strategies to help you slow down the pace of your life so that you can enjoy life.

The first strategy is to learn to be content. If you're serious about slowing down, you don't start with your schedule—you start with your heart.

The Apostle Paul said this about contentment. *"I am not saying this because I am in need, for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do everything through him who gives me strength.*

Philippians 4:11-13

If you're going to slow down your life, you have to learn contentment. Paul also said this about contentment: *"But godliness with contentment is great gain. For we brought nothing into the world, and we can take nothing out of it."* 1 Tim. 6:6-7

What he is saying in these passages is that we need to understand that life isn't about things. Contentment means this: I don't need more in order to be happy.

I'm not waiting for *more* in order to be happy. I'm happy right now. I have dreams and I have goals but I don't need *more* in order to be happy. That's contentment.

Contentment will come easier when you realize two things: life is not a competition with other people and having *more* will not make you happier. This is not the message promoted by our culture, but it is true.

Jesus said it like this, *"Then he said to them, 'Watch out! Be on your guard against all kinds of greed; a man's life does not consist in the abundance of his possessions.'" Luke 12:15*

If you find yourself making statements like this:



- My life is a rat race.
- I don't know how I'm going to get it all done.
- I am just so exhausted.
- I don't know how much more of this I can take.
- I just want to escape.

These phrases are all warning signs that you are on the road to burn out. You need to slow down the pace. Perhaps as we begin this new year, taking an honest evaluation of your life and determine if some changes are necessary. Are you content in your life right now?

As the merry-go-round spins faster it is only a matter of time before you either get sick, or fall off. Or, better yet, just slow down, be content, and enjoy the ride.



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



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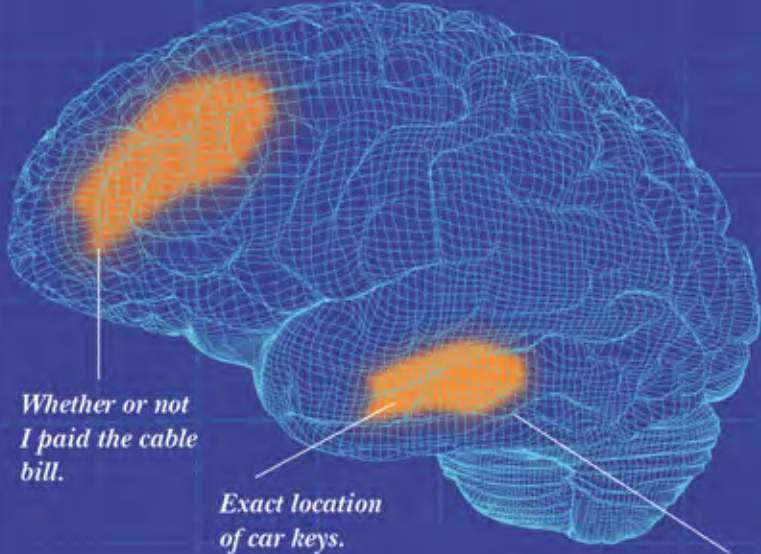

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GREY MATTER | Fig. 17

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- Medication safety and healthy meal tips
- Meet representatives from the American Heart and Stroke Association
- Learn about vein care, smoking cessation, AED usage and about your controllable and non-controllable risk factors
- Attend a Q&A with a physician panel (4:30 p.m. in the cafeteria)
- Plus many more tips and tricks to stay healthy

For more information or to register, visit HeartBrainFair.com or call 239-785-1554.