

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

Health & Wellness[®] MAGAZINE

February 2022

Collier Edition - Monthly

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COVID'S
EFFECT ON THOSE
WITH DIABETES

**COVID-19 AND
HEARING LOSS**
WHAT YOU NEED TO KNOW

DASH
FOR A HEALTHY
HEART

**DIET &
EXERCISE
TIPS**

**TO STATIN OR
NOT STATIN?**
IS THAT THE QUESTION?

**LOVE IS IN
THE AIR**

PHYSICIANS REGIONAL
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**TAKING HEART
CARE TO A
HIGHER LEVEL**

**PHYSICIANS REGIONAL
WELCOMES
CARDIOLOGIST
GEORGE YIACHOS, M.D.**

Board Certified in Cardiology

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

*Leandro Perez,
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Symptoms that may indicate PAD:

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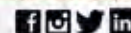
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OCD Clinical Trial

DO YOU SUFFER FROM OCD?

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



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



What is OCD?

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



Why Participate?

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

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

See If You Qualify

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

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

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Stress Management

By Neetu Malhotra, MD

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

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

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



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

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

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

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

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

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PHYSICIANS REGIONAL WELCOMES CARDIOLOGIST GEORGE YIACHOS, M.D.

Physicians Regional Healthcare System is excited to welcome George Yiachos, M.D., to their medical staff. Dr. Yiachos joins our other highly skilled cardiologists and cardiac disease specialists at Physicians Regional - Pine Ridge.

Cardiology is a branch of internal medicine that studies, diagnoses and cares for the heart. Since the heart is so multifaceted, cardiologists must also consider arteries or blood vessels when treating it. Dr. Yiachos completed his medical degree at the State University of New York at Stony Brook and his residency at Winthrop University Hospital. He specializes in Cardiovascular Disease and Functional Medicine—a biology-based approach to identifying a disease's root cause. In addition, he is Board Certified in Cardiovascular Disease.

Heart disease is the leading cause of death in American adults, but we can combat it. Dr. Yiachos treats coronary artery disease, angina, arrhythmia, atrial fibrillation, cardiomyopathy, conduction disorders, endocarditis, heart failure, high blood pressure, pericarditis and tachycardia.

Even if you have a healthy heart history, a cardiologist like Dr. Yiachos can help you prevent future heart conditions. It is crucial to determine your risk factors, such as high cholesterol, hypertension, diabetes or smoking. According to the CDC, half of Americans have at least one of these top risk factors, and someone dies every 36 seconds from cardiovascular disease.

For Yiachos, treating the heart is all about helping people. "I want to help patients achieve optimal health and reclaim their vitality," he said. He's proven that through 28 years of serving patients in Florida and New York.

When Dr. Yiachos is not caring for our hearts, the closest things to his heart are amateur piloting, studying self-defense and spending time with his family. He is now accepting new patients.



**Dr. Yiachos' office is located at the Pine Ridge Medical Office Building
6376 Pine Ridge Rd, Naples, FL 34119**

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

So, isn't it worth lowering your risk level? Our Accredited Echocardiography Centers offer advanced surgical equipment and technologies, allowing a range of interventional cardiology procedures, including minimally invasive structural heart procedures. These services include coronary artery bypass grafting (CABG), heart valve repair or replacement, as well as aortic, carotid and thoracic 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.

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FROM NAPLES TO PORT CHARLOTTE, ADVOCATE BRINGS CANCER CARE CLOSE TO HOME

By Dr. Arie Dosoretz

Every cancer patient deserves the best care possible close to home. At Advocate we believe patients should not have to travel far to receive compassionate care from world-class physicians using top-of-the-line technology.

With the opening of Advocate Radiation Oncology's new office in Naples, that vision continues to approach reality for the Southwest Florida community.

Advocate now offers conveniently located offices in Naples, Bonita Springs, Fort Myers, Cape Coral and Port Charlotte, ensuring that our residents have easy access to the care they need. Across Collier, Lee and Charlotte counties, Advocate patients are treated using industry-leading Varian technology, including the Halcyon, Identify and TrueBeam radiotherapy systems widely recognized as the most precise cancer-fighting machines on the market.

Patients receiving radiation often require daily treatment delivered over several weeks. During such a challenging time, staying close to home can help significantly decrease the stress associated with their diagnosis and throughout the recovery process.

The newest cancer treatment center, located at 1775 Davis Blvd. in Naples, is convenient for patients living in Naples, Marco Island and Golden Gate. Board-certified physicians serving patients in Naples includes Dr. Graciela Garton, who completed her residency at the Mayo Graduate School of Medicine and is known for her dedication to her patients.

The new location in Naples, just east of Fifth Avenue South, is designed to make patients and their families feel comfortable. The office features an expansive lobby and reception area punctuated by a massive skylight that brightens the interior with waves of natural light. Its color scheme blends multiple shades



of blue and light brown, complemented with wood flooring, to create a cozy, warm feeling. We hope that anyone who walks into our office can immediately sense the extraordinary care team we have to guide them through their treatment journey.

We continue to make major improvement in the efficacy associated with cancer treatment. The improvement in patient outcomes, including less toxicity, has to be offered in a convenient manner so that each and every patient receives the care they deserve. In Southwest Florida, Advocate Radiation Oncology will make sure that our exceptionally dedicated care team and innovative technology is just minutes away.



About the Author

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

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The Naples Cardiac & Endovascular Center (NCEC) Welcomes Interventional Cardiologist, Dr. Tracey Roth

Interventional Cardiologist, Dr. Tracey Roth has joined Naples Cardiac & Endovascular Center. We welcome him as he is a significant asset to our elite team of providers.

Dr. Roth has been instrumental in bringing advanced procedures to Southwest Florida. In 2017, he along with a team of doctors developed a Structural Heart Program that introduced the TAVR (Transcatheter Aortic Valve Replacement) for aortic stenosis.

TAVR

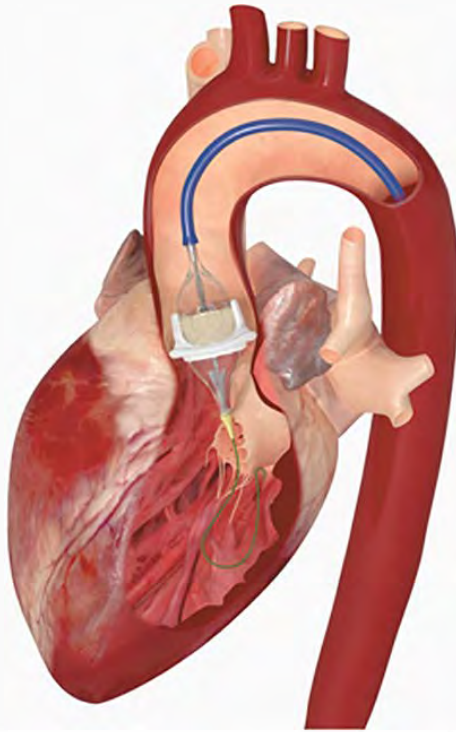
The TAVR system is a minimally invasive procedure, which is a critical alternative to open-heart surgery. With the TAVR procedure, a catheter is placed either through a tiny incision in the femoral artery (trans-femoral) or through a small incision in the chest (trans-apical). The catheter guides a new valve, which is inserted within the old valve and pushes away the diseased, damaged tissues, creating a robust wall for the blood to pass through.

With traditional open-heart surgery, the sternum must be completely fractured, and the amount of healing time needed to regenerate the bone is extensive and often, very uncomfortable for patients. Large incisions through deep layers of muscle are also painful and take much longer to heal than with minimally invasive procedures.

With the TAVR method, patients' healing time is considerably shortened, and they will not experience the painful side effects of standard surgery. Patients will also be able to breathe better, have more energy, and begin to live a higher quality of life much sooner than those that undergo open-heart surgery.

Dr. Roth and the team at the Naples Cardiac & Endovascular Center are highly experienced in all aspects of cardiac and vascular diagnosis, treatment, and advanced procedures.

There are multiple cardiovascular 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.

Heart and vascular diseases affect nearly half of American adults. If you have been suffering from pain or discomfort in the chest, difficulty in breathing or shortness of breath, poor healing ulcers, poor leg circulation, varicose veins, leg pains, leg cramps or if an amputation has been recommended, let us help you.

Heart and vascular care in SW Florida

At the Naples Cardiac & Endovascular Center we deliver comprehensive heart and vascular care tailored to you. Our team includes cardiac and vascular specialists. With a team of experts in one location you get management options for cardiac (heart) and vascular (artery and vein) conditions in one place.

Tracey Roth, M.D., F.A.C.C.
Interventional Cardiologist



Dr. Roth has over 33 years of experience in the medical field. He graduated from Technion Israel Institute of Technology medical school. Dr. Roth completed his interventional cardiology fellowship at Mount Sinai Medical Center. He is board certified in cardiovascular disease and in interventional cardiology. He is a fellow of the American College of Cardiology. He Developed the Structural Heart Program at Naples Community Hospital, which involved writing TAVR Protocols and Developing the TAVR Program. Over the past two decades he has been in several leadership roles including Medical Director of Cardiac Catheterization Laboratory, Chief of Cardiology, and the Chairman Physician Excellence Committee.

Dr. Roth has deep roots in the area and has worked in Naples for the past 21 years. He is married to Carolyn and has three children, Lindsay, a 4th year dental student; Adam, a 3rd year optometry student; and Samantha, a Junior at the University of Florida. Dr. Roth enjoys travelling, playing tennis, skiing, and bike riding.

Please call (239) 300-0586 to schedule your appointment.



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CATARACTS: YOUR TREATMENT OPTIONS

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

Your eyes have a natural lens. The lens bends or refracts light rays that come into your eye to help you see. This lens should be clear. As we age, most of us will develop cataracts, which is when our lens becomes cloudy. Seeing through a cloudy lens is a bit like looking through a frosted or foggy window.

What are the symptoms?

Most cataracts develop slowly and don't disturb your eyesight early on. You may not even know you have a cataract. But with time, cataracts can interfere with your vision and can negatively affect your quality of life. Symptoms may include:

- Blurry vision
- Light sensitivity
- Bright colors are faded
- Difficulty seeing at night
- Double vision

How did I get Cataracts?

If you have been diagnosed with cataracts, you're not alone. Cataracts affect more than 24 million Americans aged 40 and older. By age 75, approximately half of all Americans have cataracts.¹

The most common reason people develop cataracts is age. According to Johns Hopkins Medicine, age-related cataracts may begin to develop as early as 40 years old.

Over time, cataracts become worse and start to interfere with vision. This can affect your overall quality of life in many ways including reading, working, hobbies and sports. If left untreated, cataracts can cause total blindness.

How do I treat my Cataracts?

If cataracts are impacting your quality of life or you're experiencing symptoms that interfere with daily tasks, your ophthalmologist may recommend treatment.

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.



The only way to treat cataracts is to remove the cloudy lens and replace it with a clear, artificial lens, called an intraocular lens or IOL.

The procedure is about 15 to 20 minutes. It's very safe and painless with little downtime. Although you're awake, you're given a "twilight" anesthesia so you're comfortable.

What is an IOL?

An intraocular lens or IOL is a tiny, artificial lens for the eye. It replaces the eye's natural lens that is removed during cataract surgery.

IOLs come in different focusing powers, just like prescription eyeglasses or contact lenses. For example, a basic IOL has only one focusing power, which means you will need glasses for all tasks. On the other hand, a multifocal IOL gives you focusing powers at various focal points, so you may not need glasses after your procedure.

Many patients with multifocal IOL implants enjoy reading again or playing golf without worrying about glasses or contacts. Many of them also report seeing more clearly with brighter colors.

Which IOL is Best for Me?

Based on your lifestyle and the health of your eyes, your ophthalmologist will recommend a cataract vision package customized for you. For example, if you have cataracts with astigmatism, your ophthalmologist may recommend a Toric lens with laser cataract surgery.

Cataracts with Astigmatism

Astigmatism is an imperfection in the curvature of your eye's cornea or lens and can impact your vision. When combined with cataracts, your vision may be even more impacted. During your evaluation, your eye specialist will let you know if you have cataracts with astigmatism. If so, your eye surgeon can correct your astigmatism during your cataract procedure to help you achieve your best possible vision.

Laser Cataract Surgery

Technology Leaders in Eye Care, Quigley Eye Specialists offers patients the Catalys[®] Laser System. Compared to another leading laser, the Catalys was found to use less energy and demonstrated superior patient outcomes (Khodabakhsh & Hobauer, 2018).² Built specifically for cataract surgery, the Catalys is more gentle on the eye and opens the door to laser cataract surgery for patients with glaucoma.

If you suffer from cataracts or any other eye condition, Quigley Eye Specialists can help you see the life you love.

If you have blurry vision, double vision, floaters, eye pain, headaches, trouble seeing up close or far away, you absolutely need to be seeing an ophthalmologist on a regular basis. Eye disorders can escalate quickly, and many times, eye problems are overlooked but can be debilitating or even cause blindness. Keep in mind that many eye diseases do not have any initial symptoms.

References:

1. National Institute of Health, 2021
2. In addition to the 2018 study noted above, a 2016 study showed that when compared to another leading laser, the other laser showed significantly higher cumulative dissipated energy and phacoemulsification power needed in comparison to the Catalys group. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5077266/>



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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.

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Dr. Thomas Quigley and Dr. Duane Wiggins have nearly 50 years of combined experience

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*AHCA 2019-2020 data, retrieved 10-01-21



Hold Tight on Those Resolutions – Give Up Artificial Sweeteners



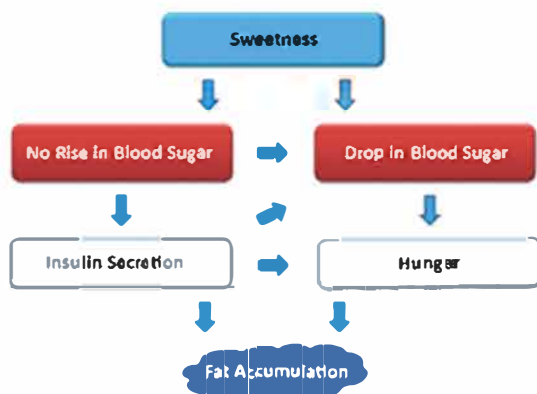
INSPIRE
EXERCISE MEDICINE

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

Sugar substitutes are what many turn to this time of year. For a quick rundown, aspartame, acesulfame, neotame, and saccharin are considered closer to manufactured chemicals when it comes to sweeteners. The sugar alcohols and sucralose are essentially sugars with a chemical added to hinder absorption or block the body's ability to break it down. They maintain their sweet taste but can pass through us untouched. Erythritol, for instance, gets absorbed into the blood stream from the intestines but leaves the body intact through the kidneys with urine; 10% can get passed into the colon, which can cause a laxative effect. Along these lines, xylitol, maltitol, and some of the other unabsorbed sugar alcohols pass into the bowels undigested, causing potential issues. Stevia is a very popular "natural" sweetener, but that doesn't necessarily make it a wise option.

The main reason we use artificial sweeteners is to supply our taste buds and brain with that sweet sensation without the insulin-stimulating and fat-promoting effect of excess sugars and carbohydrates. As described in the figure below, if carbohydrates turn to sugar in our blood and cause the release of insulin to combat this rise in blood glucose, simply removing the carbohydrates – but not the sweetness – will in theory eliminate this problem. In this sense, artificial sweeteners are basically viewed as empty calories; they are not a food, but rather a pleasure-inducing chemical.

Along with regular sugar, many artificial sweeteners are known to increase hunger, cause weight gain, disrupt the microbiome, spike glucose, and create inflammation.



Artificially Feeding Our Addiction

Both sweet foods and addictive drugs stimulate the ventral striatum of our brain via dopamine signaling. This pathway involves both the processing of rewards and learning. Our brain can actually change when we consume pleasurable and addictive substances. For instance, rats that drink a sweet sucrose cocktail for just three weeks experience changes in neuronal activity in the emotion and pleasure center of the brain, known as the limbic area.

Further supporting the connection between the addictive areas our brains and the sweet taste of sugar are studies revealing opioid-like dependence and withdrawal in mice forced to abstain from sugar. Severe withdrawal is experienced by mice provided sweet glucose and then the drug naloxone – the same drug given in the emergency room after heroin overdoses. The similarities to a withdrawing heroin addict are uncanny, interesting, and most of all, frightening.

Perhaps the most alarming study was one where scientists tested the effect of saccharine on morphine tolerance in mice. As a person takes more and more narcotic pain medications, their tolerance generally increases as the body adjusts to the opioid, requiring higher doses for the narcotic to be effective at fighting pain. When mice were given a daily saccharin solution for 28 consecutive days, morphine no longer resulted in its typical analgesia. In other words, the tolerance of opioids in the mice was increased from the sweet taste of saccharine, necessitating larger doses of opioid drugs to achieve similar analgesic effects. The scientists suggested that chronically elevated saccharin intake may cause the release of opioids within our body, resulting in raised tolerance to external morphine. This worrisome finding suggests that saccharin may elicit similar physiologic effects as heroine.

Elimination is Optimal

Artificial sweeteners are bad for your body's glucose control, offsetting the main reason most people use them instead of sugar and defeating the purpose of using them in the first place. The damage they impart to our bowel bacteria adds

Source: <https://colinchamp.com/artificial-sweeteners-this-is-your-brain-on-drugs/>

fuel to the unhealthy fire of these little packets of chemicals. Acting on our brain much like cocaine or heroin is perhaps the most concerning of all and leaving us craving more sweets afterwards once again defeats the purpose of artificial sweeteners.

If we are turning to sweetened beverages and foods for pleasure, satisfaction, or to deal with stressful and difficult situations, this may signify deeper issues in our lives that need addressed. Turning towards more healthful behaviors for reward, and especially those that provide long-standing gratification, such as taking a walk or hike with friends and loved ones, or weight training instead is rewarding to the brain and body. Exercise stimulates the same reward areas of the brain as these addictive and sweet drugs. Leave the chemicals to science experiments and feed your body the foods that we thrived on for millions of years.

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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.

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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

PHYSICIANS REGIONAL IS TAKING HEART CARE TO A HIGHER LEVEL

Physicians Regional completed a multi-million dollar renovation and opened a Heart Center in July 2020, but it doesn't mean they're ready to stop advancing cardiovascular care in Collier County.

The center offers new catheterization laboratories, dedicated heart surgery operating rooms, experienced surgeons and excellent anesthesia support. Yet, the ever-growing cardiac center is committed to adding innovative and minimally invasive techniques.

Both Physicians Regional Healthcare System locations are Accredited Chest Pain Centers, Accredited Echocardiography Centers and 24/7 STEMI-receiving facilities that will expedite the diagnosis and treatment of all cardiac emergencies.

"In 2020, heart disease was the cause of death for over 49,000 Floridians. That can cause some fear and frustration for patients, but I want to alleviate that," said Dennis Stapleton, M.D. "Together, we can get their life back. Despite the problems that brought them to the hospital, I want them to get back to doing the things they enjoy."

In addition Physicians Regional Healthcare System's previous services, the structural heart program now provides Floridians with coronary artery bypass grafting (CABG), Watchman and TAVR techniques.

One of those procedures is Coronary Artery Bypass Grafting (CABG or "cabbage"), which combats coronary artery disease (CAD). CAD is when fatty material narrows the arteries that supply oxygen to the heart. CABG surgery improves blood flow by bypassing blockages with healthy blood vessels from other body parts.

"Typically, in surgery, we use an artery from inside the chest, arm or leg to route blood around the blockage within the native coronary heart arteries. CABG is commonly reserved for patients who fail medical therapy or are not candidates for angioplasty," Scot C. Schultz, M.D. said.



Physicians Regional cardiologists have now screened dozens of patients for the Watchman procedure. The minimally invasive procedure allows patients with atrial fibrillation (A-fib) to stop taking blood thinners permanently. Irregular heartbeats associated with A-fib cause clots to form in the left atrial appendage. The Watchman implant fits into the left atrial appendage, seals the part of the heart where most clots originate and reduces stroke risk. It can also alleviate some worries associated with blood thinners, such as cuts or falls.

Ronald P. Caputo, M.D., reassures patients that Watchman recovery is relatively quick. "Although some patients stay overnight, most patients go home the day of the procedure. Strenuous physical activity should be avoided for a few days, but then normal activity can be resumed," Dr. Caputo said.

Physicians Regional Healthcare System also offers transcatheter aortic valve replacement (TAVR)—a minimally-invasive, life-saving innovation for patients with critical aortic stenosis. This valve disease is caused by calcium deposits that hinder blood flow and can potentially cause congestive heart failure. Patients with severe symptomatic

symptomatic aortic stenosis have a 97% death rate at 3 to 5 years if left untreated. Both cardiologists and heart surgeons perform the FDA-approved procedure, which involves inserting a new valve that expands inside the existing valve.

However, it isn't all about procedures. Physicians Regional patients also receive education on living a heart-healthy lifestyle. Since the program opened, Physicians Regional's cardiac team has positively impacted the lives of 100 patients and their loved ones by repairing their hearts.

"We have an extremely experienced heart team that is committed to offering the highest quality of care at every level," Dr. Schultz said.

To schedule an appointment or to take Physicians Regional Healthcare System's free heart risk assessment, visit www.physiciansregional.com/cardiac-care.

PHYSICIANS REGIONAL
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The Florida Pain Center of Naples Treats Their Patients With Whole-Body Care

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

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

Pain Conditions We Treat:

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

Pain Management Treatments

Along with traditional pain management, we provide alternative measures to get our patients out of pain. Depending on the diagnosis, we offer, Radiofrequency Neuro-Ablation, Drug Delivery Systems, Botox Injections, Epidural Steroid Injections,



Facet, and Sacroiliac Blocks, and Spinal Cord Stimulation are available for the treatment of chronic pain. These procedures have significantly greater success utilizing the approach of The Florida Pain Center of Naples.

Florida Pain Center of Naples

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

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

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

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



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Stop Overlooking Signs of Incontinence

By Rolando Rivera, MD, FACS

Urinary incontinence is a common medical condition that affects over 40 million Americans, yet it often goes untreated or unrecognized. The reason for this trend is multifactorial, spanning from embarrassment to speak about this topic to dealing with more acute or morbid conditions that require focused attention.

Nevertheless, it is a treatable condition that frequently affects the quality of life of patients. Incontinence is classified as stress, urge, mixed and overflow.

In this article we will address some particular issues about urge incontinence.

Urinary urge incontinence (UUI) is defined as a sudden uncontrollable urge to urinate with or without frequent urination and associated leakage of urine. With urge incontinence, the bladder contracts and squeezes out urine involuntarily. Accidental urination can be triggered by

- sudden change in position or activity
- hearing or touching running water
- drinking a small amount of liquid

Patients with overactive bladder symptoms, such as urinary urgency, frequency and nocturia, may have associated incontinence over 60% of the time. Though more common in women than men overall, after the age of 70 the prevalence in both sexes is about equal.

There are two bladder abnormalities that are associated to UUI: neurogenic overactivity and detrusor overactivity (DO).

Neurogenic bladder occurs when there is interruption in the normal nerve conduction from the brain or spinal cord above the sacrum to the bladder, and results in loss of bladder sensation and motor control. Conditions associated with neurogenic bladder include the following:

- Alzheimer's disease
- Multiple sclerosis
- Parkinson's disease
- Intervertebral disk disease
- Cerebrovascular events
- Diabetes
- Traumatic brain or upper spinal cord injury
- Brain or spinal cord tumors



DO can occur due to multiple conditions, and many times as a sequelae of others; frequently, it may be idiopathic. Dysfunctions of the detrusor muscle or nerve pathways are the culprits for the bladder over-activity. Conditions that can lead to DO include:

- Bladder polyps and tumors
- Urinary tract infections
- Bladder calculi
- Bladder outlet obstruction from BPH or stricture disease

Medications, such as diuretics, increase the urgency and frequency of urination in some people, especially the elderly and bedridden. Dosage modification may ameliorate the bothersome symptoms. Dietary habits may lead to significant voiding symptoms. Caffeine (e.g., in coffee, tea, chocolate), carbonated beverages, spicy foods and tomato-based foods can irritate the bladder and cause detrusor instability, resulting in urge incontinence.

The treatment and management of urge incontinence includes nonsurgical and surgical modalities. An important factor, however, is identifying the potentially morbid or life-threatening conditions that may lead to incontinence, such as bladder cancer, recurrent UTI or neurogenic disorders.

Anticholinergics have been shown to be very effective in the treatment of both neurogenic and idiopathic cause of UUI. As a class, side effects include confusion, dry mouth, constipation, dizziness, visual changes and urinary retention to name a few. Beyond medications there are simple yet effective treatments.

Advanced treatment modalities for refractory patients to conservative therapy and anticholinergics are available in the urologic armamentarium. Urological evaluation of these patients will most likely

include a cystoscopy, urine cultures and urine cytology to rule out bladder pathology and bladder malignancies. As well, a detailed, computerized assessment study of bladder function called urodynamics may help the clinician in establishing the best treatment option.

Neuromodulation, either via sacral nerve pathways (Interstim) or peripheral nerve pathways (Urgent PC), have been shown to be very effective in the treatment of UUI in patients with refractory disease. These modalities are safe, FDA approved, minimally invasive and provide, through neural pathways, improvement in bladder function. Urgent PC is an outpatient, office-based, nonsurgical therapy that affects the sacral nerve plexus through retrograde pathways (posterior tibial nerve). Interstim utilizes the sacral nerve S3 to provide parasympathetic inhibition, thereby decreasing bladder over-activity. It is based on pacemaker technology, and effective in about 70% of refractory patients.

Injection of botulinum toxin (Botox) into the bladder muscle (intravesical injection) is an experimental treatment for refractory urge incontinence. This treatment has been shown to successfully reduce the instability that leads to urgency in both idiopathic and neurogenic patients.

Surgical urinary diversion is an invasive therapy used mostly for severe patients refractory to all other therapies.

Urinary incontinence is a common but overlooked problem. Urologic evaluation is warranted in refractory patients, or in patients in whom underlying bladder pathology or anatomic abnormalities, such as prolapsed, need to be addressed as well. Intervention beyond medications will significantly improve the quality of life of these patients.



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Considering Hospice Care for Advanced Heart Disease Patients

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



Is someone you love waging a physical and emotional battle against heart failure or advanced heart disease?

Learn what qualifies patients with advanced disease to receive hospice services for improved symptom management and quality of life in the comfort of their preferred care setting.*

Advanced Heart Disease: When It Might Be Time for Hospice

Patients are considered to be in the terminal stage of heart disease when they have a life expectancy of 6 months or less. Only a doctor can make a clinical determination of congestive heart failure life expectancy.

These common signs indicate the disease has progressed, and hospice services may be recommended:

- Curative treatments no longer work

- Symptoms are harder to manage
 - Fatigue
 - Chest pain or short of breath with minimal activity or at rest
 - Congestion or fluid in the lungs
 - Heart palpitations
 - Short of breath at rest or with minimal activity
- Spends most of their day in a bed/chair
- Requires more assistance with personal care activities
- Frequent hospitalizations, ED, or doctor visits
- Not a candidate for heart surgery

How Hospice Cares for a Patient With Advanced Heart Disease

The goal of hospice is to manage symptoms and relieve distress, so patients can live as fully as possible and avoid rehospitalization.

Whether in their homes, long-term care facilities, or assisted living communities, hospice meets patients where they are. Inpatient hospice services can provide

round-the-clock care until the patient can return home.

In each setting, hospice team clinicians evaluate the patient's status. Experienced in advanced cardiac care, they develop a plan of care with the advice and consent of the patient's cardiologist or another physician.

The hospice plan of care treats symptoms such as shortness of breath, chest pain, weakness and fatigue, functional decline, and hypertension. The team updates the plan as symptoms change and communicates with the patient's cardiologist or other physician to stabilize any worsening conditions. They also coordinate and supply all medications, medical supplies, and equipment necessary.

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.

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*These symptom lists are guidelines, not requirements. They can help determine if a patient is eligible for hospice now or will be soon.

Holistic Solutions to Commonly Asked Health Concerns

By Svetlana Kogan, M.D.

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

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

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

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



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

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

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

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

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

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



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

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To Statin or Not Statin? Is That the Question?

By Melissa MacVenn, M.D. - WellcomeMD Naples

When I start to talk with a patient about optimizing heart health, the conversation will often turn to statin medications, prescribed to fight artery-damaging cholesterol.

It can seem like assembling a jigsaw puzzle together. There are lots of unique pieces to consider. Finding the right place for them can take extra time and careful thought. February is American Heart Health month, so that's a good reason to focus a little more on statins -- this powerful yet controversial class of medications.

There are several brands of them, each with subtle differences in action and side effects -- Lipitor, Zocor, Pravachol, etc. -- and tens of millions take them. I often counsel patients who have concerns that statin medications are over-prescribed. Those concerns have some foundation.

Risks, benefits, evidence

A recent study in the *Annals of Internal Medicine* found that half of those who take statins have too low a risk of cardiovascular disease to get much protection from them, and the side effects of the statin may outweigh the benefit.

But many other studies have concluded that the side effects are negligible, especially when weighed against the effectiveness of statins in preventing heart attacks and strokes in those at risk. One line of research, published in the *Journal of the American Medical Association*, even concludes that given the prevalence of heart disease and the drugs' effectiveness, statins are heavily *under-prescribed*.

So, evidence-based research is extremely important for broad-scale public policy. But for individual patients who need to work out a plan for their heart health, it can be a confusing and frustrating discussion. My practice uses evidence medicine as a guideline, but I also listen to my patient's individual medical history and future goals, in creating the best plan to treat their cholesterol concerns.

A different health focus

That takes time, some patience, a strong relationship with your doctor, and a sense of the alternatives available for you to solve the heart health puzzle. They go well beyond just "statin or no



statin." I also focus on how lifestyle changes can significantly reduce cholesterol, and therefore may limit the need for statin medication.

This is no secret. The American College of Cardiology's guidelines emphasize that even for younger patients or those with no evident risk factors, "lifestyle optimization" is central. Medical practitioners can prescribe pills, but they can also prescribe, and help you achieve, a program of more physical activity, better nutrition, weight loss, blood pressure and cholesterol control.

When your risk factors have been carefully calculated by your doctor, and the most reasonable lifestyle alternatives are considered, then statins -- their effectiveness and potential side-effects -- may well be part of the picture. It is not the whole-medicine-cabinet picture, but the whole-health picture that I help my patients strive for.

Looking for Guidance on Making Healthy Choices?

I prioritize new research and healthy lifestyle changes into my prescriptions by allowing for longer office visits and physicals. The journey to optimal health looks different for everyone, and WellcomeMD can help!

We limit memberships so that each of my patients has far more access to time with me. Our certified health coaches help our members reach their goals and find their happiest, healthiest version of themselves.

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To schedule a tour of our practice and a free consultation with me, please call Tara Greenberg at (239) 451-5105 or visit WellcomeMD at wellcomemd.com/naples-florida.



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What are Hammertoes?

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

Hammertoes are most frequently caused by structural problems in the toe or from wearing poor fitting shoes. It causes the the middle joint to bend. Hammertoe is most frequently caused by structural problems in the toe or from wearing poor fitting shoes. It is important to diagnose and treat hammertoe early because the condition tends to become worse over time. If left untreated, hammertoe can require surgery.

Your toes are part of your forefoot. They help you balance, walk, and move. Your big toe contains two bones. Your second through fifth toes contain three bones. Hammertoe results when the middle joint is bent.

Causes

Hammertoe commonly develops because of structural changes that take place over time in the muscles and tendons that bend the toes. People with certain medical conditions, such as diabetes, are at risk for developing hammertoe. It can be an inherited condition for some people. Other causes include trauma and wearing shoes that are too tight, narrow, or have high heels. The toe next to the big toe is most frequently affected by hammertoe.

Symptoms

The symptoms of hammertoe are progressive, meaning that they get worse over time. Hammertoe causes the middle joint on the second, third, fourth, or fifth toes to bend. The affected toe may be painful or irritated, especially when you wear shoes. Areas of thickened skin may develop between, on top of, or at the end of your toes. Thickened skin may also appear on the bottom of your toe or the ball of your foot. It may be difficult to find a pair of shoes that is comfortable to wear.

Diagnosis

Your podiatrist can diagnose hammertoe by reviewing your medical history and examining your foot. X-rays are typically done.



Treatment

There are many non-surgical treatments to help relieve symptoms of hammertoe. The first step for many people is wearing the right size and type of shoe. Low-heeled shoes with a boxy or roomy toe area are helpful. Cushioned insoles, customized orthopedic inserts, and pads can provided relief as well. Splints or straps may be used to help correct toe position.

Your podiatrist may show you toe stretches and exercises to perform, and can safely remove corns and calluses. You should not try to remove them at home.

Surgery

Surgery is used when other types of treatment fail to relieve symptoms or for advanced cases of hammertoe. There are several types of surgery to treat hammertoe. A small piece of bone may be removed from the joint. The toe joint may be fused to straighten it. Surgical hardware, such as a pin and screws may be used to hold the bones in place while they heal. Other types of surgery involve removing skin (wedging) or correcting muscles and tendons to balance the joint.

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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SPORTS INJURIES AND CHRONIC PAIN

By Dr. Valerie Sorge

Overuse injuries due to repetitive motion are common in recreational and elite athletes. Some overuse injuries resolve quickly after activity modification, but others can persist, which often prompts the patient to seek medical attention.

What is chronic pain? Whether you're driven by a passion for the game or a fierce determination to let nothing get in your way, you might be tempted to keep playing despite the discomfort. Keep in mind, however, that disregarding the pain can mean ignoring serious issues that are causing it. Pain is chronic when it lasts for at least 3-6 months after an injury.

How do you avoid chronic pain after an injury? Acute injuries cause immediate pain and symptoms. On the other hand, chronic injuries take a long time to develop and may start as nothing more than a mild ache.

Common sports injuries like sprains, strains, tears, and dislocations weaken your muscles, ligaments, tendons, and joints and develop into chronically painful conditions. No matter which kind of injury you have, there are a few essential things to do to lessen your chances of suffering through months of pain afterward.

Getting early treatment is essential. Your first line of defense against chronic pain after an injury is to get treatment as soon as you feel the symptoms. Early treatment gives your damaged body its best chance of making a full recovery and not bothering you later.

There are several ways to treat chronic pain, including Hormone Therapy, Hyperbaric Chamber, and Prolozone Therapy. All of these treatments are available at Vidaful Medicine.

PROLOZONE THERAPY

Prolozone is a form of non-surgical ligament reconstruction known to have a lasting effect on chronic pains. Prolozone is a connective tissue injection therapy of collagen-producing substances and ozone gas which can reconstruct damaged or weakened connective tissue in and around joints. These substances are injected into the damaged connective tissue in and around a joint to rebuild the damaged areas. Repairing the connective tissue is all that is needed to perpetually reverse chronic pain.



Prolozone Therapy is an injection technique similar to prolotherapy that uses ozone. The use of ozone causes the joint to heal much more quickly than in traditional prolotherapy. This is because ozone is a highly reactive molecule and, when injected into a joint capsule, can stimulate the fibroblastic joint repairing abilities.

Ligaments are the structural "rubber bands" that hold bones to bones in joints – acting like the body's shock absorbers. Ligaments can become weak or injured and may not heal back to their original strength or endurance. Ligaments will also not tighten on their own to their original length once injured. The blood supply to ligaments is limited; therefore, healing is slow. To further complicate this, ligaments also have many nerve endings, which will cause a person to feel pain in the areas where the ligaments are damaged or loose.

A **concussion** is a brain injury caused by an impact to your head strong enough to temporarily affect your brain activity. Concussions can be very serious and require immediate medical attention. Signs of a concussion following head trauma can include:

- Headache
- Feeling confused or dizzy
- Nausea or vomiting
- Slurring your speech
- Feeling sensitive to bright lights and the sun

Groin muscles are located along the insides of your upper thighs. They help you move your legs together and apart. If you're not very flexible and make a quick side-to-side movement, you can strain your groin muscles. You can identify strains by tenderness and bruising in the area.

Sometimes sports cause you to pinch a nerve in your back that leads to pain and numbness down your back and legs. Golf and tennis players commonly experience **sciatic nerve** problems because of the way they twist their torso during games. Sciatic pain often radiates out from the pinched nerve and may tingle or feel numb.

Shoulders and elbows face the risk of impact injuries and strains from overuse. If you fall while playing a sport, you brace yourself with your arms. This can tear muscles and strain ligaments from the sudden impact and pressure. Participating in sports like golf, baseball, and tennis may cause overuse injuries from repetitive motions.

Dr. Lisa Caprio

We are delighted that Dr. Lisa Caprio will be joining Vidaful Medicine. She brings a wealth of medical experience and her passion for assisting others in regaining and maintaining their vitality. Dr. Caprio specializes in regenerative medicine, focusing on aesthetics, the treatment of sexual wellness, and medical acupuncture. Her passion is to assist others in regaining and maintaining their natural vitality. Focusing on her most valuable skills makes her a dedicated problem solver, not a manager.



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What Is With Lips These Days?

By Dr. Daniel Wasserman



It appears that lips are in. Pop culture has been throwing lip augmentation our way for years now, but over the last two years it seems that a tipping point has been reached. Celebrities are showing off luscious, full, juicy lips that are impacting people of all ages' tastes. Patients in our practice that before two years ago would have been thought of as aged out of having their lips done are now asking for their lips to be improved. The American Society of Plastic Surgeons' 2016 report highlighting an increase of 50% in lip augmentations for 18 to 55-plus-year-olds between 2000 and 2016, with another 5% increase since 2016. We are not just talking about those lipstick lines anymore, but fullness using hyaluronic acid soft tissue fillers. Some of the same or related fillers that we have been using for laugh lines or cheeks for more than a decade now.

As infants, we all have full, pouty lips. An important biological trait related to improved latching when breast feeding. Lips will lose thickness and thin as we age due to both extrinsic (i.e., sun and smoking) and intrinsic (genetics: "my mother's lips") factors.

Loss of lip thickness will often result in a more deflated wrinkled appearance while vermilion thinning will result in a less or barely observable vermilion (red part of the lip).

Lips are an important agent of communication for our faces. There are cultural biases about thin lips with wrinkles giving false impressions of smoking or unhealthy decision making but augmenting one's own natural or younger lip shape can battle back against those subconscious biases people may have about our appearance. Fuller lips, with the help of hyaluronic acid fillers, can gently denote a younger, healthier appearance. It is important to note that fuller lips do not mean full lips but can simply mean fuller than before. This can be subtle or dramatic, much like the breast augmentation industry in cosmetic surgery.

Lip augmentation is an excellent approach to complementing one's aesthetic regimen and can be discussed with any of our board-certified physicians at Skin Wellness Physicians.



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

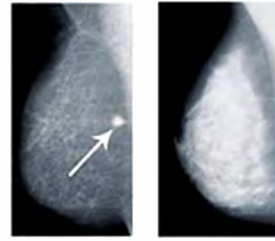


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DENSE BREAST TISSUE: What Your Mammogram May be Missing

By Krystal Smith, D.O.



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

A woman's breast has three kinds of tissue

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

As women age, more dense tissue can develop. Half of women over the age of 40, have dense tissue. With mammograms, dense breast tissue can obscure underlying pathology.

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

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

Breast Cancer Screening

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

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

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

Breast Cancer Risk Factors

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

Breast Center of Naples

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

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KRYSTAL SMITH, D.O.

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



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

DASH for a Healthy Heart

By Cederquist Medical Wellness Center

Diet plays a significant role in heart health. Eating well can protect your heart from major health complications.

Conversely, poor eating habits can wreak havoc on your cardiovascular system and your body as a whole. One of the best things you can do for a healthy heart is limit the amount of sodium in your diet. Dietary Approaches to Stop Hypertension (DASH) is an eating plan that helps with that.

What is DASH?

Eating too much sodium like that found in table salt can lead to hypertension. This condition is defined by elevated blood pressure, specifically, when systolic blood pressure goes over 130 mm Hg or diastolic pressure exceeds 80 mm Hg. High blood pressure puts a strain on your arteries and blood vessels. Over time the added stress can lead to cardiovascular events such as heart attack and stroke. The DASH eating plan is effective at lowering blood pressure and “bad” LDL cholesterol (another risk factor for cardiovascular issues). DASH was developed to help with hypertension, but for some patients it may also help with weight loss as it promotes healthier dietary patterns.*

Here are the nutritional changes that DASH recommends:

1. Increase intake of fruits, vegetables and whole grains

DASH promotes eating a diet filled with fruits, vegetables and whole grains. Fruits and vegetables are lower in calories than many meats and oils. They contain a host of beneficial vitamins and minerals. Whole grains, like brown rice, whole-wheat bread and oatmeal, contain many more vitamins and minerals than refined grain options. All of the additions that DASH promotes are nutrient-dense and loaded with fiber. Fiber-rich foods help lower cholesterol. They also make you feel full more quickly during a meal, which can help you to take in fewer calories throughout the day. Sustained over time, a decrease in calories can result in weight loss.

2. Eat fat-free or low-fat dairy, fish, poultry, beans, nuts and vegetable oils

A calcium-rich diet can decrease blood pressure by helping to tighten and relax blood vessels. This is, in part, why DASH supports consuming fat-free or low-fat dairy. You may well know that dairy is an excellent source of calcium! Under a doctor’s supervision, you can take calcium in supplement form, but a variety of foods contain high levels of calcium as

well. If you prefer non-dairy options, spinach, collard greens and kale are excellent sources. Some beverages like calcium-fortified orange juice and fortified milk alternatives (e.g., soy and almond milk) can also help you meet your daily calcium needs.

In addition to calcium, omega-3 fatty acids may play a crucial role in promoting a healthy heart. Omega-3s are believed to decrease cholesterol and blood pressure. DASH recommends increasing intake of foods like vegetable oils, seeds, nuts, fish and leafy greens, which all contain omega-3s. Also, opting for foods high in mono- and polyunsaturated fats is an excellent option for vascular health. These unsaturated fats are prevalent in foods like olive oil, flaxseeds, walnuts and fatty fish.

3. Decrease intake of saturated fats

In addition to helping with vascular function, low-fat and fat-free dairy contains lesser amounts of saturated fat. Saturated fat intake is directly related to elevated LDL cholesterol. [Remember, LDL is the “bad” cholesterol that contributes to heart disease.] LDL can gradually build up in our bloodstream depending on the foods we eat. Namely, foods like full-fat dairy and high-fat meats contribute to saturated fat intake and elevated cholesterol levels. Not only are those options bad for your heart, they are also bad for your waistline. Higher fat foods add extra calories to your diet, which can impact your weight. Limiting saturated fat can help you manage your LDL cholesterol, risk of heart disease and weight. Keep to lower fat dairy options and try to incorporate more skinless chicken in your diet for quick ways to decrease your saturated fat intake.

4. Limit intake of sweets and sugar-sweetened beverages

Sweets and sugary drinks contribute unnecessary, empty calories to our diets. They also contribute greatly to weight gain. Weight management is one reason health care professionals discourage over-consumption of sugar. DASH also encourages individuals to limit their sugar intake. Research suggests that excess sugar may play a role in elevating cholesterol levels. While the taste may be satisfying, it’s best to consume sugar in moderation. The American Heart Association recommends that women limit sugar intake to 6 teaspoons per day. Men should limit consumption to 9 teaspoons per day.

Additional Considerations

High sodium intake is another major contributor to heart disease. Consuming too much salt in any form can increase blood pressure, putting considerable strain on the heart and blood vessels. The DASH eating plan recommends limiting sodium intake to 2300 mg per day. That’s about one teaspoon. To lower blood pressure even further, limit sodium to 1500 mg daily. This is a pretty substantial decrease considering most people consume over 3,400 mg per day.

Give DASH a Try

The DASH eating plan is useful for lowering blood pressure and promoting a healthy heart. Its dietary recommendations – decreasing sugar intake, increasing fruits, vegetables and whole grains, etc. – can also help with weight management for some people*. DASH is intended for lifelong use, and since it does not prohibit any foods entirely, it’s pretty sustainable. Just think, an eating style that improves nutritional habits and heart health without medication. It’s almost too good to be true!

*Here at Cederquist, we provide tailor-made programs based upon your specific body-chemistry. As with any diet plan, the DASH diet may not result in weight loss for all people. It is important that you see your Cederquist provider to find out the best way for you to lose weight. If you need help with weight loss, contact Cederquist Medical Wellness Center at (239) 249-3647 to schedule an appointment! We’re happy to be of service.

*To learn more, please call our office at
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Diet and Exercise Tips for the Aging Population

Many people don't feel like they have the time, willpower, or fortitude to embark on or follow through with health and fitness initiatives. It's never too late to get started and finding motivation may be the key.

Diet

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.

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 keep 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.

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.



Finding a friend or two or a group class can motivate you to get out there and enjoy physical activity. Perhaps Pickleball or Tai Chi, or a round of golf will pique your interest.

Eliminating Stress

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 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.

Speaking to your health care provider is critical before starting any new exercise or making dietary changes.

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Free 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.

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ARE YOU STILL TRYING TO MANAGE YOUR ARTHRITIS WITH SELF-CARE?

Many people try to cope with the pain of arthritis on their own, but it is best treated by medical professionals that understand the disease and can help their patients find substantial relief through interventional methods.

Arthritis is an inflammation of the joints. Some of the common arthritic symptoms are joint pain, stiffness, warmth, immobilization, and loss of range of motion, fatigue, and inadequate blood flow. Two of the main types of arthritis are Osteoarthritis (OA) and Rheumatoid Arthritis (RA). With Osteoarthritis, wear and tear damages the cartilage in the joints and causes friction between the bones rubbing together. Injury or infection usually causes Rheumatoid Arthritis. RA is an autoimmune disease that causes the body to attack its own lining of the joints and membranes; this results in painful swelling and inflammation.

Osteoarthritis

Wear and tear and injuries that progress are the main causes of arthritis. Elderly patients are more susceptible to OA, but it can happen to younger individuals as well. Uric acid is also thought to play a role in OA. When too much uric acid builds up, it circulates as bodily waste in the blood stream and causes inflammation, which exacerbates arthritic conditions. Uric acid creates tiny needle-shaped crystals that accumulate in the joints and cause excruciating painful swelling.

Common things that can trigger uric acid

- Alcohol
- Stress
- Certain medications
- Food high in Purines (Shellfish, fin fish, organ meat, sugar, and alcohol)

There are many diets and medications that can help reduce the symptoms associated with uric acid.

When arthritis affects the neck, back, hands, feet or hips, difficulties arise when trying to get through even the most menial daily tasks. The surrounding muscles begin to tighten as they try to overcompensate for the pain and protect the injured area.

These tight muscles can create tension headaches and impinged range of motion. Most people may find that there is little to no relief with over-the-counter NSAID's like ibuprofen. OA can be treated successfully with medications and lifestyle changes.

Rheumatoid Arthritis

If your arthritis is from RA, that is an autoimmune disorder, which needs to be treated with immunosuppressants and with lifestyle changes. Rheumatoid arthritis is an autoimmune disease, and like all other autoimmune related conditions, it causes the cells in the body to attack itself. In the case of RA, it causes the body to attack its joints. The synovial fluid that lines the bones of the joints is the first to become inflamed, and it deteriorates. As the disease progresses, especially if left untreated, it can deteriorate the cartilage and then the bone of the joints. Individuals with RA have severe stiffness, and mobility issues from the disorder and their joints may begin to look deformed as RA advances.

Well-Being Medical Center can work with you to help you achieve a personalized plan to reduce your symptoms of arthritis by implementing lifestyle changes as well as medications and alternative methods that will manage your pain and stiffness.

Our Services

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- Annual Physical
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- Internal Medicine
- Mental Health Care
- Botox Injections and Fillers
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Routine exams provide piece of mind for our patients, as well as preventative care to ensure a desired level of health.

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We provide care for minor illnesses and injuries outside of a hospital-based or freestanding emergency department. Just walk-in, no appointments needed.



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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www.well-beingmedicalcenter.org

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

BRAIN TRANSPLANT, ANYONE?

BY TOM EVERTS PA-C, IFMCP

Sometimes you might feel like trading your brain in for a new one. Names keep slipping your mind, you can't remember where you put your keys and you can't keep up in a normal conversation? It can be really hard to deal with these types of symptoms. Unfortunately, no one has cracked the code of brain transplants... yet. Though, there are things you can do to function better and feel more like yourself again.

First of all, what is going on in your brain? There are billions of neurons that make up your brain, and these neurons become activated by sensing chemical messengers called neurotransmitters. Depending on the intention you set (getting up from a chair, planning your day, etc.), different areas will be activated. Variability arises in the strength of the signal being sent, how well a neuron picks up the signal and how that signal is then communicated to the next neuron. This process is happening ALL DAY at an amazing speed... It can be exhausting.

It's no wonder that occasionally things won't go as smoothly as normal. It becomes a bigger issue when dysfunction is your new normal.

There are a number of conditions that can cause disruption in certain areas of the brain as well as the chemical signaling required for things to run smoothly. It should come as no surprise that brain trauma is among the major causes of dysfunction. There are also other less obvious conditions that may be contributing, including sleep disturbances, high stress, genetic variability and chemical trauma (drugs and alcohol).

The result of this dysfunction is a whole slew of possible symptoms including fatigue, memory issues, difficulty concentrating, headaches, insomnia, anxiety and depression.

Every individual experiencing symptoms related to brain health should be worked up for their specific needs. In the meantime, here are some strategies to help get you started:

EATING STRATEGY:

Consuming a range of colorful vegetables is important. Vegetables help feed the gut microbiome, which impacts our brain health, and provide our body with vitamins and other key nutrients. Drink plenty of

water - half of your body weight in ounces is generally a good rule. Foods high in omega 3 fatty acids, like sardines and salmon, have been shown to improve brain health, as well. Bone broth is full of collagen and micronutrients that can help repair leaky gut - an inflammatory condition that can manifest as brain fog.

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

SLEEP:

This may come as a no-brainer, but getting 7-9 hours of sleep is critical in promoting healthy brain function. As we sleep, our brain actually shrinks in size in order to squeeze out the metabolic debris produced during the day.

EXERCISE:

Regular exercise, including 30 minutes of walking every day, modulates various hormones in our body that work to improve brain health.

STRESS:

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

DEEPER DIVE

TESTING:

Be sure to rule out any conditions that may be perpetuating your symptoms, or may even be the underlying cause. This includes blood tests for thyroid disorder, stool testing to evaluate the microbiome, as well as food allergy testing.

SUPPLEMENTS:

Probiotics can help balance the gut microbiome, reducing inflammation coming from the gut. Omega 3 fatty acids, or fish oil, have been associated with overall reduced inflammation. Curcumin, resveratrol and luteolin have also been used to improve brain fog.

What new treatment options are available?

Magnetic Resonance Therapy (MeRT) is a tool that uses customized Transcranial Magnetic Stimulation to treat specific areas of need in the brain and improve overall function depending on the individual.

Lifestyle modifications are challenging on a good day, and can be tortuous when you throw brain dysfunction in the mix. Reach out to a functional medicine practitioner to help you discover the underlying cause of your symptoms. They can guide you through specific changes that could help you get back to feeling like yourself.

Best of luck, and I'll keep you posted with any progress in the brain transplant department.

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



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



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NURSING HOME ABUSE AND NEGLECT -- A REAL PROBLEM IN FLORIDA

By F. Scott Pauzar, Florida Litigation and Personal Injury Attorney
Woodward, Pires & Lombardo, P.A.

Due to our large population of retirees, Floridians are all too familiar with stories of nursing home abuse, neglect or exploitation. When a family member makes the transition to a nursing home, assisted living facility, or long-term care center, the resident, and their family members, need to feel reassured that they will be treated with the compassion and respect they deserve. Unfortunately, many of these facilities fail to reveal to prospective residents the fact that nursing home abuse and neglect is a real problem affecting nursing home residents in Florida.

Certainly, the majority of nursing home employees provide compassionate care to the residents in their facility. However, there are some facilities that fail to properly recruit, train and supervise their staff or otherwise negligently manage their facility. At times this negligence results in devastating and painful injuries to the resident. Therefore, it is vital to ensure that nursing home residents and their loved ones understand their rights under Florida law and the legal responsibilities of nursing homes in this State.

LEGAL RECOURSE

When a resident's rights are abused, or nursing homes fail to meet statutory responsibilities, the resident has legal recourse. If you suspect that you or a loved one has been the victim of nursing home abuse or neglect, you should contact an attorney with experience in enforcing the rights of nursing home residents. If there is currently an immediate threat of abuse, neglect, or exploitation of a vulnerable adult, you should immediately contact the Florida Department of Children and Families via their "Abuse Hotline," the details of which can be found at www.myflfamilies.com.

THE RIGHT TO MAKE INDEPENDENT DECISIONS

Under Florida law, nursing home residents have a right to make independent decisions on services provided to them within the nursing home facility. This means that employees cannot force residents to partake in activities or do things against their will. In addition, physical force is never acceptable under any circumstance unless the resident is putting themselves or others in immediate danger of physical harm. Under Florida law, nursing homes are



required to both publicly state the existence of the right, as per Florida statute 400.022, and all nursing home staff must encourage and assist residents in the fullest possible exercise of their rights.

COMMON VIOLATIONS OF NURSING HOME RESIDENTS

Common violations of nursing home resident rights include neglect, prescription medication errors, unsanitary facility conditions, physical and sexual abuse. Additionally, nursing home residents are sometimes targeted by facility staff for financial exploitation. In Florida, nursing home facilities must meet stringent state standards specifying the requisite experience level of staff members and professional standards for health care. Therefore, it is critical that you know the rights of your loved one. When you suspect those rights have been violated, you should contact a dedicated Florida nursing home abuse lawyer right away to discuss any civil and criminal legal actions available to you or your loved one.

Attorney F. Scott Pauzar, III has experience with cases involving the abuse, neglect or exploitation of residents in nursing homes, assisted living facilities and independent living facilities, and is available for a free consultation regarding your case.

ABOUT THE AUTHOR

F. Scott Pauzar, III is a litigation and personal injury law attorney in Woodward, Pires & Lombardo's Naples office. He has a broad base of legal knowledge and skills cultivated through over 15 years of experience as a litigator in complex litigation in State and Federal courts. Previously, Mr. Pauzar was an Assistant State Attorney at the 20th Judicial Circuit State Attorney's Office. During his five years as a Prosecutor, he conducted over 30 jury trials. After leaving the Office of the State Attorney, he served as an insurance defense attorney, where his practice focused on litigation of complex cases and catastrophic injuries. Mr. Pauzar now combines his jury trial and defense experience to successfully represent his clients in litigation and personal injury law matters.



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Setting Yourself Up for Success as a Caregiver

Courtesy of: Juan Ocanas, Financial Advisor at Morgan Stanley

According to the most recent statistics from the National Alliance for Caregiving and AARP, 53 million people provided unpaid care to an adult or child in 2020.¹ These people may be spouses, partners, adult children, parents, other relatives, friends or even neighbors. And, many of these people may not even realize that they have taken on a new role as a caregiver.

Caregiving often starts with small tasks—taking your dad to a doctor’s appointment and doing household chores. Over time, you find yourself doing more and more and, before you know it, you have made a long-term commitment to taking care of someone else.

In some cases, the need for caregiving is triggered by a medical crisis, such as a heart attack, stroke or serious accident. In other situations, caregiving creeps up on you as the health of a loved one declines. If you were called on to be a caregiver, would you be ready to take on the responsibility?

Preparing to Be a Caregiver

None of us want to think about a time when we might not be able to take care of ourselves. But, having that conversation is critical for making sure that everyone in the family is on the same page when it comes to the goals of caregiving. Here are some questions you might want to discuss as a family:

- What are the wishes of your loved one who will require care? Where will she live when she can no longer live independently?
- Who will take on the responsibilities of caregiving? How will that affect their ability to work?
- Who will pay for the cost of caregiving?
- Does your loved one have an estate plan in place?

Remember that caregiving covers a full spectrum of responsibilities, from performing personal and household tasks to being a companion, handling financial and legal matters, and advocating for the care receiver. The learning curve may be steep, but having a plan in place helps ensure that your loved one is cared for in a manner that aligns with their wishes.



Getting Started as a Caregiver

It is easy to become overwhelmed as new caregiver, but here are some strategies for getting started:

Learn what skills you might need to care for your loved one. The skills you might need may depend on your loved one’s health condition and diagnosis.

Talk about finances and healthcare preferences. This may include legal documents such as a durable power of attorney, healthcare proxy and living will or advanced directive.

Identify resources and support, both personal and in the community. As a caregiver, you may find yourself juggling many roles—as a spouse, a parent, an employee, a member of your community. Assuming the role of caregiving requires resilience and the ability to accept help from others.

Remembering You Are Not Alone

Assembling a caregiving team—a circle of trusted advisors—can help smooth the transition to the multi-faceted responsibilities you will be taking on as a caregiver. This team may include a social worker or psychiatrist, a geriatric care manager, an

attorney, an accountant, an insurance specialist, physicians, a home care aide and a Financial Advisor. The key is to start planning while you still have choices and can get your loved ones involved in the process.

Disclosures

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

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¹ National Alliance for Caregiving and AARP. Caregiving in the U.S. 2020. Available at <https://www.caregiving.org/caregiving-in-the-us-2020/>.

Can a High-Tech Chair Cure Incontinence

By Joseph Gauta, MD, FACOG

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

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

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

Who Is The Right Candidate For BTL Emsella?

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

How Long Is The Treatment?

How Many Sessions Do I Need?

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

What Does The Procedure Feel Like?

Is It Painful?

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



The following patients should not seek Emsella treatment.

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

How Fast Will I See Results?

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

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

References:

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



Some comments from local users:

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

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



JOSEPH GAUTA, MD



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The Benefits of Charcoal For Your Skin

A Look at this Age-Old Ingredient

It seems counterintuitive to take an intensely black substance and apply it directly to your skin. But don't let that stop you from enjoying the many benefits of this age-old ingredient.

People have been using charcoal as a cleansing agent to remove toxins and bacteria for thousands of years, so it should come as no surprise that the beauty industry has incorporated charcoal into many products from face masks, to soaps to shampoos and even toothpaste. So, let's take a closer look.

What Is Activated Charcoal?

We're not talking about the same type of charcoal you use with your grill. Activated charcoal is made from carbon-rich materials like bamboo, coconut shells or peat that have been heated to extremely high temperatures to create a fine, black, odorless powder. The "activation" process strips the material of previously absorbed molecules which frees the substance to attract and bind with certain chemicals like toxins and impurities.

A Mini Magnet

When this super fine, powdery substance is used in beauty products, it acts like a mini magnet to remove dirt, oil, make-up from your hair and skin.

Results may include:

- ✓ Clearer skin
- ✓ Fewer breakouts
- ✓ Minimized pores
- ✓ More balanced skin tone
- ✓ A brighter, less dull appearance



To find out more, or to give the gift of beautiful skin, please visit naplessoap.com, or stop by one of their stores.

Hair Care

In addition to balancing oily or combination skin, charcoal infused hair products can help to reduce excess oil, mineral build-up and product build-up on the scalp and hair follicles. Some users also report less dandruff and itch when using charcoal hair care products.

Change Up Your Routine

If you are looking to shake up your hair care routine or skin regimen, you may want to consider adding this age-old ingredient.



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BAMBOO CHARCOAL DETOX FACE MASK

detoxify pores and reduce blemishes with this wonder mask



KARMA SHAMPOO & CONDITIONER

this hair care duo works to detoxify the hair and scalp



DEANNA WALLIN
Naples Soap Company
Founder & CEO

Self-Care

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

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

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

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

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

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

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

By Richard Hiler, DABCN

REGENERATIVE MEDICINE FOR CARTILAGE WEAR OR TEAR

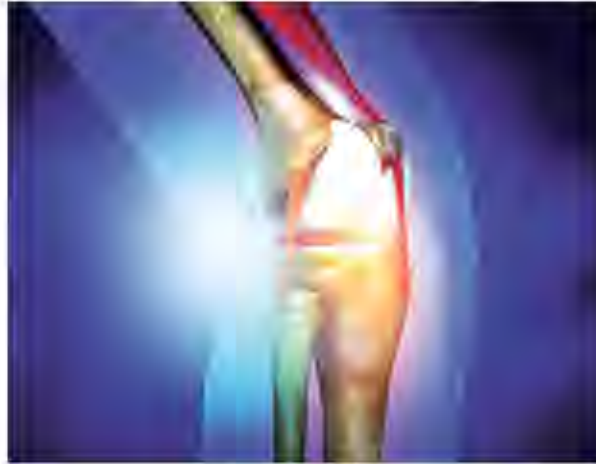
Due to injuries, mechanical issues, or overuse and aging, cartilage may be damaged or lost, Resulting in pain.

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

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

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

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



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

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

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

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

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

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

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ACCREDITATION MATTERS: CHOOSING A SENIOR LIVING COMMUNITY

By Greg Pascucci

Selecting the right senior living community may be one of the most important decisions you and your loved ones will make. Although there is no magic formula for determining when a move will be right for you, being proactive in your research and beginning the process of discovery early on will make the transition much easier.

Many factors, such as the loss of a spouse or sudden illness, may precipitate a move to a senior living community. Other reasons might include limited opportunities for social engagement, the ever-surmounting responsibilities of home maintenance and fear of driving/inability to drive. The key to minimizing the stress, should you be faced with one of these scenarios, is to begin researching in advance—before the need arises.

One of the key considerations when selecting a senior living community is to determine if the community is accredited. Accreditation matters. Designed to encourage ongoing performance efforts and pursuit of excellence, accreditation is no longer just associated with healthcare and higher education institutions. It is an important seal of approval older adults should look for when exploring senior living options.

“Most people would not go to a hospital that isn’t accredited or send children to colleges that aren’t accredited,” said Bill Diamond, Executive Director at The Carlisle Naples, an active retirement community. “So why isn’t that expected when considering a retirement community? Moving into a community that is accredited affords greater peace of mind that care and services have undergone intense scrutiny by an outside, third-party.”

The community is proud to have been accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF) since 2008. Though federal and state guidelines don’t require senior living communities to be accredited, The Carlisle believes that this demonstrates consistent adherence to high standards of quality, successful professional practice, continuous monitoring, evaluation and improvement of



programs, and that a retirement community’s priority is resident comfort, care and quality of life—all of which are factors that matter when entrusting the care of a loved one.

To achieve accreditation from CARE, a senior living community must demonstrate comprehensive conformance to approximately 1,500 elevated standards that measure quality care and services.

“Having continuously accomplished the highest level of three-year accreditation speaks volumes for the services, amenities and programs at The Carlisle Naples, but more so to our dedication to provide the very best in resident care,” added Diamond.

The Carlisle’s licensed and accredited supportive services are designed to provide comfort, convenience, and peace of mind—now and in the future. Taking a “whole-person” approach to wellness, assisted living services are tailored to meet residents’ needs and can be dialed up, or back, at any time. Available in one- and two-bedroom residences, these services are complemented by a wealth of amenities such as an onsite restaurant, laundry and linen service, and a full calendar of social, cultural and physical opportunities.

The Carlisle also holds an Extended Congregate Care (ECC) license, which is held in addition to the standard assisted living license. This allows the community to provide the maximum care possible for residents requiring assistance with activities of daily living. Enhanced supportive and nursing services are also provided.

In addition to being accredited, experts suggest you consider the following factors when choosing a senior living community:

- Understand the different types of senior living options that are available and the types of services and care they offer. From life plan communities which require upfront entrance fees to rental communities like The Carlisle Naples which offer a flexible, affordable lifestyle with an all-inclusive monthly fee, there’s a community to fit every budget.

- Take into account location, the services you require and activities you enjoy. Working from a checklist—matching your preferences and needs to what is being offered—may be helpful in the selection process.

- Look beyond square footage of your residence. By taking the time to explore your options, you will discover that quality senior living communities will offer peace of mind for the future and a retirement lifestyle filled with unlimited opportunities for sophisticated cultural, social, educational and wellness programs—all within a few steps of your front door.

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 delicious dining with daily, chef-prepared specials. The community is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF), an important distinction that provides residents with the assurance that the highest standards of quality care, services and safeguards are maintained.

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



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LOVE IS IN THE AIR

By Dr. Mary Nuosce

February is National Heart Month. The focus is taking care of your cardiovascular health, which is something we should be doing every day. The heart is more than a muscle that pumps blood through our body. Pop culture says the heart is the epicenter of a powerful feeling: love.

Ahhh....that feeling of love. Your day is brighter. Your smile is bigger. You have butterflies in your stomach. And if you're a cartoon character, your heart thumps outside of your chest and your eyes turn into red hearts. In today's world of text messages, emoji's express love with heart-shaped eyes and heart circling around its head.

While all of this is great, what is love? It's a question that has been posed for centuries, and to this day, there is no one, definitive answer. Along the way, however, psychologists have defined types of love. In 1973, psychologist John Lee published a book, *The Colors of Love*, suggesting there are three primary styles of love.

The first is Eros, a Greek word meaning passionate or erotic. Lee said that this type of love engages both emotional and physical passion. Ludos, Greek for game, is the second type, and like it suggests, is playful and fun, but not serious. The third is called Storge, which is Greek for natural affection. This would be like the love parents have for their children.

Psychologist Elaine Hatfield and colleagues stated that there are two types of love: compassionate and passionate. Compassionate love is comprised of mutual respect, affection, and trust. This type of love typically develops due to a shared respect for one another. Passionate love is all about emotions, including sexual attraction, anxiety and affection. This type of love isn't long-lasting. Ideally, passionate love leads to compassionate love.



There is a difference between being in love and loving someone. Being in love is all about those early, euphoric feelings. You may idealize the person, focusing on the positive and overlooking any negative signs. Loving a partner is your ability to see and accept the person as a whole. You can be and express yourself, and feel secure in doing so. Likewise, your partner can do the same. Loving someone means you both have developed a deep connection and sense of trust.

Those initial, intense feelings will lessen over time, but that doesn't mean the end of the relationship. Long-term love is about commitment and maintaining that bond. Remember all the things you did at the start of your relationship and keep doing those things. It can be as simple as sending a loving text message, being affectionate and having fun together.

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



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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.



Advanced Research for Health Improvement, LLC

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

239-230-2021
Hablamos español

ARHI

ADVANCED RESEARCH FOR HEALTH IMPROVEMENT



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 propósito de este juicio?

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

- Qué tan seguro es
- Qué tan bien funciona el medicamento para prevenir la propagación de COVID-19

¿Quién puede unirse?

Es posible que pueda unirse a este ensayo si tiene al menos 18 años de edad y:

- Vivir con alguien (adulto o niño) que haya dado positivo por COVID-19 dentro de los últimos 5 días (lo que significa que lo tienen) Y tuvieron al menos un síntoma de COVID-19 en los últimos 5 días.

Es posible que otros miembros adultos de su hogar también puedan unirse a este ensayo. Considerar preguntándoles si ellos también quieren unirse al juicio. El médico o el personal del ensayo le informarán acerca de otras reglas para calificar para este ensayo y los posibles riesgos y beneficios de la participación.

¿Qué pasa si participo?

Si califica, recibirá el tratamiento del ensayo (medicamento del ensayo o placebo) y relacionado con el ensayo pruebas sin costo alguno. El tiempo total que participará en la prueba es de hasta 35 días. tener hasta 7 visitas en el sitio o virtualmente.

Para obtener más información, póngase en contacto con

Advanced Research for Health Improvement, LLC
214 1st Street South, Immokalee, Florida 34142

info@arhiusa.com

WWW.ARHIUSA.COM • @ARHIUSA • 239-657-5800



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:

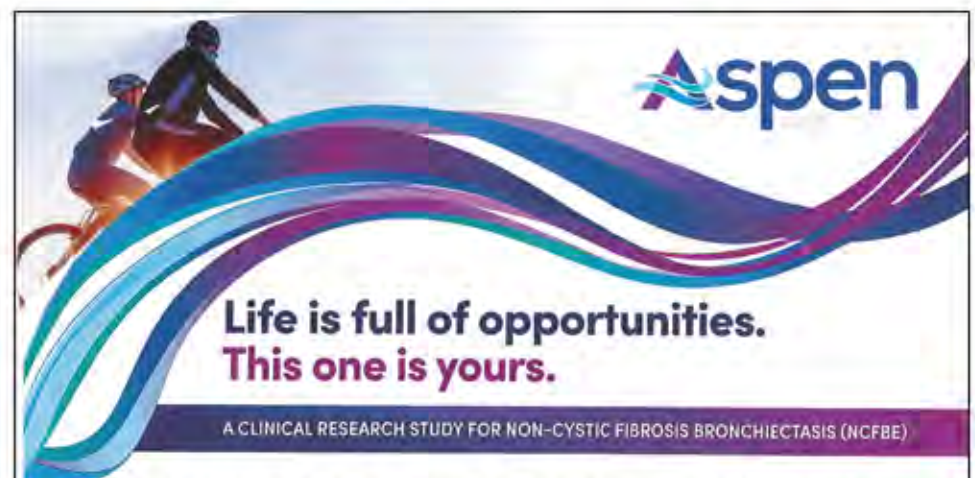
- Be at least 18 years old and recently diagnosed with NTM lung disease caused by MAC
- Be able to produce sputum (phlegm from your lungs)
- Have your sputum sample test positive for MAC within the 6 months prior to the study screening and also at the time of the study screening
- Have had a CT scan 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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MEDICAL MARIJUANA FOR ANXIETY & PTSD:

DOES IT REALLY WORK?

Stress & Anxiety

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

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

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

PTSD

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

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

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

Standard Anxiety Medication's Negative Effects

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

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

Medical Marijuana for Anxiety Disorders

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

Medical marijuana is made up of THC CBD and terpenes. The CBD is known to bind to receptors and is thought to regenerate cells and brain function, while THC helps to relax and alleviate the physical symptoms of apprehension. Terpenes give marijuana the green, healthy healing properties that are extracted from the leaf of the plant. There is a collaborative effect between these chemicals when taken together. This synergistic effect means the ratios of THC and CBD can be manipulated for the patient's benefit.

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

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

Dr. Ralph Rodriguez

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



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

Dr. Alejandro Blanco

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



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

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



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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.

The O-Shot

Non-surgical procedure to treat sexual dysfunction and improve orgasms in women.

P-Shot®

Penile rejuvenation for Peyronie's disease & erectile dysfunction.

Vampire Breast Lift

The Vampire Breast Lift is a non-surgical way of enhancing the breasts, and giving them a lift, without causing the downtime and pain that implants or even a standard breast lift would involve. It can give fullness, lift and enhance cleavage.

Aesthetic Treatment Centers

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

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

Mindy and Kathy



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

FOOTXPERTS

Your Foot Shape Affects Your Entire Posture

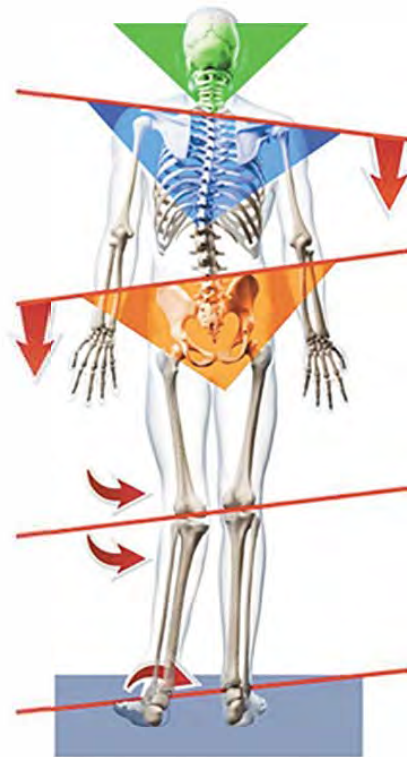
By Marek Zajac, FootXperts CEO

The majority of people may not have pain in their feet, but further up the anatomical chain. Many studies, including those in the Orthopedic Physical Assessment, state that 80 percent of people have foot dysfunctions which don't necessarily cause foot pain, but are responsible for their back pain, sciatica, sacral joint pain, hip joint pain, posture problems, knee pain, osteoarthritis, pelvic imbalance and other painful conditions.

The reason and explanation for that is simple: Your body works as a chain of muscles and bones and your foot shape has an immediate effect on our entire posture. Differences in shape between the right and left foot (which can be discovered with a 3D foot scan) cause a shift in your pelvis. Hip and lower back pain are typical symptoms. Furthermore, the foot shape directly affects your leg axis. Flat feet and pronating ankle, or high arches and supinating ankle cause a rotation of your legs with negative effects on knees and hips. Untreated, this conditions can lead to permanent damages and chronic pain in muscles, ligaments and joints.

And there is even more about your feet and their importance for a healthy and happy life. As the foundation of your body your feet are sending impulses to your brain. Based on those impulses you have a postural awareness, you can stand, walk, run, jump and maintain balance. The information your feet provide to your brain can become weaker when we get older (balance issues occur) or certain conditions can disturb this system, such as Neuropathy, Parkinson's and different types of physical and cognitive disabilities.

Often underestimated, custom foot orthotics can help with structural problems and balance issues. They can help you with foot pain, knee pain, hip and back pain, prevent injuries, support your entire posture, help with balance and muscular problems.



YOUR FOOT SHAPE AND YOUR LEG AXIS AFFECT YOUR POSTURE.

FOOT PAIN, KNEE PAIN, HIP PAIN AND BACK PAIN ARE TYPICAL SYMPTOMS.

In over 20 years of work in the field of biomechanics and orthopedics we could help countless clients with pain relief and more quality of life. We've equipped people of all ages, 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.

In two current cases we helped toe walking kids (4 and 5 years old) to change their gait and to walk normally. Yes, we're even able to change the muscular tension in your calf muscles in order to bring the heel back to the ground, which avoided unnecessary surgery.

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 even design custom foot orthotics for your sandals. There are huge difference 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 differences on the left and right side. Don't buy overpriced, hard and rigid mass produced plastic insoles. When you receive them right away then it's an over-the-counter product and not custom made for you!



**FOOTXPERTS
LOCATED IN CAPE CORAL**

Marek Zajac, Founder and CEO

20 years of experience in the field of biomechanics and orthopedics combined with state of the art German engineering. Our vision is it to provide the best possible 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)

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

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Woman Finds Relief from Debilitating Painful Spine Fracture Thanks to Balloons and Cement

Nancy is one of more than 10 million Americans with osteoporosis, a disease marked by porous, brittle bones that can break more easily than healthy bones. Women over 50 have a 1-in-2 chance of breaking a bone due to osteoporosis.¹

Osteoporosis is sometimes called a “silent disease” because it has no symptoms before a fracture occurs.² That’s what happened to Nancy.

“I was walking in a parking lot, and I stepped on something that tripped me up,” says Nancy, 73, “and I fell very hard.”

The fall caused Nancy severe pain.

“I couldn’t walk, I couldn’t do anything, I was basically house-bound and couch-bound, I couldn’t drive, nothing.”

Nancy says she finally broke down and told her husband to take her to the emergency room.

“I said, ‘Please, X-ray my spine!’”

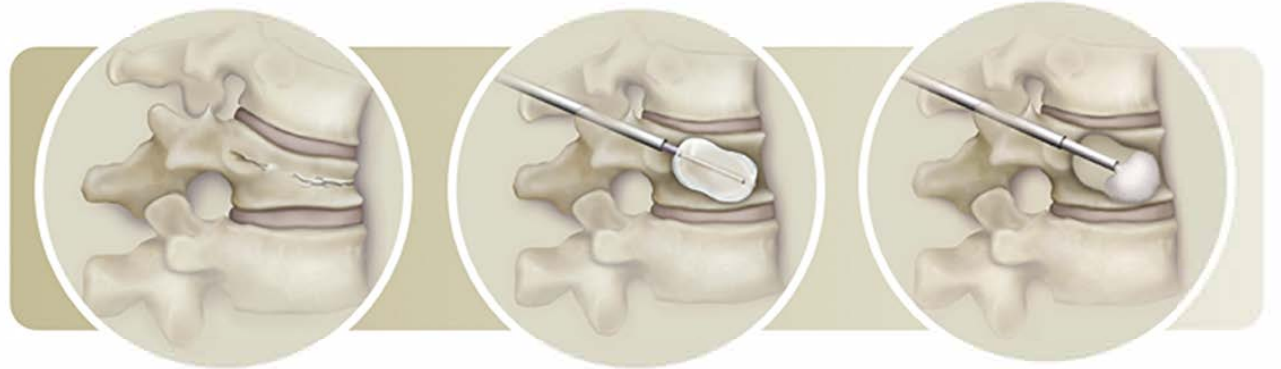
The ER doctors found the source of Nancy’s unremitting pain: a compression fracture of her T9 vertebra – in other words, a broken back.

Nancy went to see an interventional radiologist who ordered an MRI to get a better look at Nancy’s spine. Because her fracture was still acute and her pain was a 10 out of 10, the radiologist recommended she undergo Balloon Kyphoplasty (BKP).

Balloon Kyphoplasty is a minimally invasive procedure for the treatment of spinal fractures due to osteoporosis, cancer, or non-cancerous tumors. The radiologist punctured Nancy’s back with a needle to insert a tiny balloon into the damaged vertebra. He then used a pump to inflate the balloon and restore the original height of the vertebra. Then he injected acrylic bone cement into the balloon to create an internal cast to repair the fracture.

The procedure takes only about an hour. It typically requires only local anesthesia, and it’s often done on an outpatient basis in a clinic or office.

Medtronic developed balloon kyphoplasty, a minimally invasive procedure that reduces and stabilizes VCF related to osteoporosis, cancer or non-cancerous tumors. Since the initial technology launched in 1998, Medtronic has developed better



balloons, an improved cement delivery system and added access tools shown to reduce hand radiation exposure for the surgeon. Over the years, studies comparing balloon kyphoplasty to non-surgical management have shown balloon kyphoplasty produced better pain relief and quality of life for patients with acute VCF compared to patients treated with non-surgical management.³⁻⁵

Although the complication rate for BKP is low, as with most surgical procedures, serious adverse events, some of which can be fatal, can occur, including heart attack, cardiac arrest (heart stops beating), stroke, and embolism (blood, fat, or cement that migrates to the lungs or heart). Other risks include infection; leakage of bone cement into the muscle and tissue surrounding the spinal cord and nerve injury that can, in rare instances, cause paralysis; leakage of bone cement into the blood vessels resulting in damage to the blood vessels, lungs, and/or heart.

Nancy said she had a dramatic improvement in her pain.

“I was able to exercise in the pool, and I was able to drive again and resume my normal activities: grocery shop, the usual. I would absolutely recommend Balloon Kyphoplasty to someone who needs it.”

Learn more at Kyphoplasty.com.

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UC202204628EN VCF Patient Story - Buffalo NY_Short version

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IMPROVE YOUR GOLF SWING & YOUR HEALTH

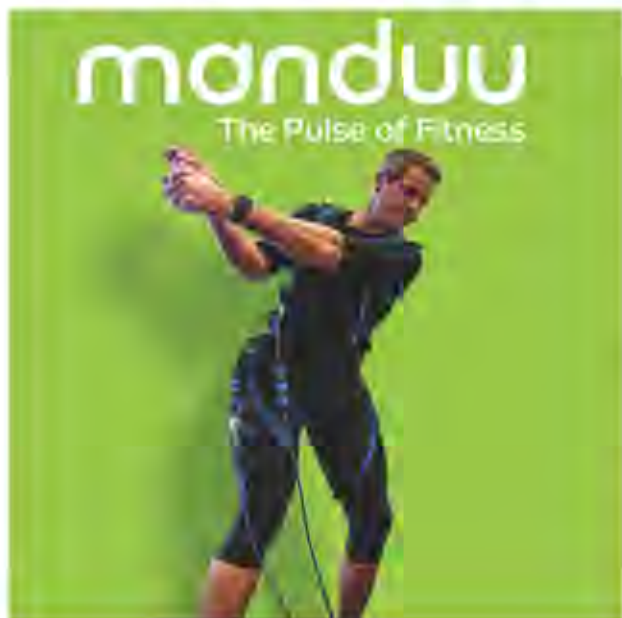
Want a Better way to Improve Your Gold Swing? When we think of exercise, many of us conjure up notions of long jaunts of exhausting bicycling, running, or lengthy sessions of cardiovascular workouts, but there is a better way to gain results and improve endurance, power, bone density and muscle tone.

TRAINING WITH EMS IS THE KEY TO MAXIMUM EFFICIENCY AND OUTCOMES.

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.

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.



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.

WHERE DOES YOUR GOLF SWING COME INTO PLAY WITH THIS ADVANCED EXERCISE ROUTINE?

1. As we age our swing path becomes shorter due to flexibility and overall strength.

Back, legs, and glute muscles suffer the most and are the most important muscles in golf swing speed and overall distance

2. Manduu will strengthen the core muscles, legs, and back giving you more strength, flexibility, and yes—distance!

3. We help you build a stronger, more stable swing path by strengthening all the muscles utilized in a strong swing base.

4. We all are searching for longer drives and shorter approach shots and new equipment is not the answer! A new stronger you is the key to getting those yards back!!

The EMS machine has been utilized in physical training since the 60s but has gained a lot of attention over the past few years, especially with pro

and amateur athletes. Studies have shown the intricate details of improved endurance, strength, and flexibility with EMS training.

The machine mimics the activity of the brain signaling to your muscles. If we are working on your golf swing, we will include hip rotation, abdominal strengthening, shoulder and back flexibility, increased power, and a few other tweaks. Normally your muscles contract once per repetition. However, with EMS, for each repetition, the signaling tells your brain to send approximately 85 contractions to the muscles being worked. This provides serious results for an improved golf swing. Our clients are floored by their development and ability to drive the ball further with more accuracy.

But it's not just about an impressive golf swing, it's about overall improved health and stamina.

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.

TRAINING WITH EMS UTILIZING MANDUU'S PROTOCOLS CAN HELP YOU REACH YOUR HEALTH AND WELLNESS GOALS, AND CAN IMPROVE YOUR PHYSICAL ENDURANCE AND PERFORMANCE LEVELS.

Training 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.

Get started by booking your free first session today.

Feel the Pulse of Fitness in Naples Today!

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What Are Floaters and Flashes?

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

What Are Floaters?

Floaters look like small specks, dots, circles, lines or cobwebs in your field of vision. While they seem to be in front of your eye, they are floating inside. Floaters are tiny clumps of gel or cells inside the vitreous that fills your eye. What you see are the shadows these clumps cast on your retina.

You usually notice floaters when looking at something plain, like a blank wall or a blue sky.

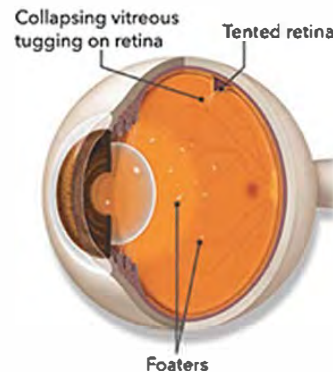
As we age, our vitreous starts to thicken or shrink. Sometimes clumps or strands form in the vitreous. If the vitreous pulls away from the back of the eye, it is called posterior vitreous detachment. Floaters usually happen with posterior vitreous detachment. They are not serious, and they tend to fade and become less noticeable over time. Severe floaters can be removed by surgery, but this has risks and is seldom necessary or recommended.

You are more likely to get floaters if you:

- are nearsighted (you need glasses to see far away)
- have had surgery for cataracts
- have had inflammation (swelling) inside the eye

What Are Flashes?

Flashes can look like flashing lights or lightning streaks in your field of vision. Some people compare them to seeing "stars" after being hit on



the head. You might see flashes on and off for weeks, or even months. Flashes happen when the vitreous rubs or pulls on your retina.

As people age, it is common to see flashes occasionally. Any new floaters or flashes should be examined by your ophthalmologist.

Flashes and Migraines

Sometimes people have light flashes that look like jagged lines or heat waves. These can appear in one or both eyes and may last up to 20 minutes. This type of flash may be caused by a migraine. A migraine is a spasm of blood vessels in the brain. When you get a headache after these flashes, it is called a "migraine headache." But sometimes you only see the light flash without having a headache. This is called an "ophthalmic migraine" or "migraine without headache."

Floaters and Flashes Treatment

When floaters and flashes are serious

Most floaters and flashes are not a problem. However, there are times when they can be signs of a serious condition. Here is when you should call an ophthalmologist right away:

- you notice a lot of new floaters
- you have a lot of flashes
- a shadow appears in your peripheral (side) vision
- a gray curtain covers part of your vision

These floaters and flashes could be symptoms of a torn or detached retina. This is when the retina pulls away from the back of your eye. This is a serious condition that needs to be treated.

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.

Source:
<https://www.aao.org/eye-health/diseases/what-are-floaters-flashes>

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

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

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

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UNIQUE OPIATE USE DISORDER MEDICATION ALSO EASES CHRONIC PAIN



Opioid use disorder affects over 26 million individuals worldwide. In the United States, it is estimated that 2.4 million people suffer from opioid use disorder.

Buprenorphine is an opioid receptor partial agonist and is available as a sublingual or buccal tablets or films, as well as a skin patch (indicated for pain management) and extended-release injectable formulations.¹

When taken as directed, these medications are highly effective, enabling a large proportion of patients to achieve either abstinence or a substantial reduction in opioid use, also reducing the risk of overdose if a patient uses opioids. However, most people with opioid use disorder are not receiving medication treatment. This is a gap that urgently needs to be met. buprenorphine is currently the most widely prescribed medication for opioid use disorder and is considered very safe.¹

Buprenorphine was first approved for clinical use as an analgesic for acute and post-operative pain. Buprenorphine is particularly relevant for individuals with comorbid pain and opioid use disorder

as buprenorphine may be helpful as a treatment for both. Often, pain and opioid use are interrelated, meaning many patients start using opioids to reduce their pain levels.¹

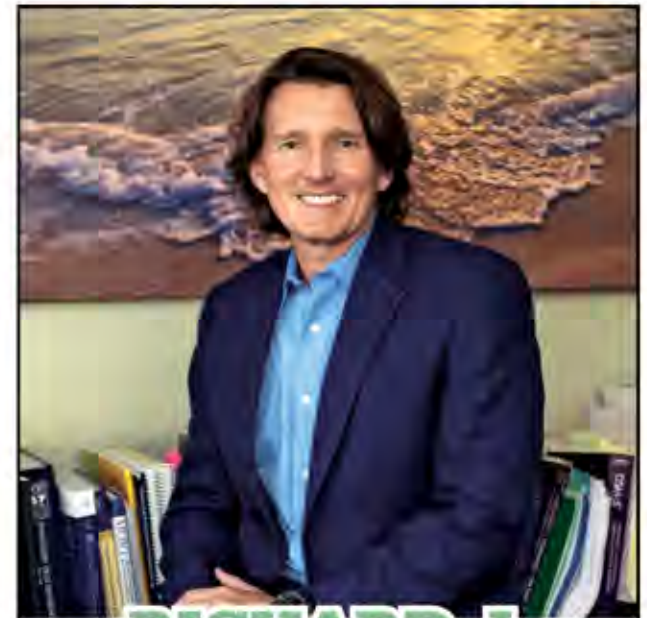
Abrupt cessation of opioid can cause major withdrawal symptoms for most people that have taken opioids for a longer period of time.

Some opioid withdrawal symptoms include:

- Gastrointestinal issues (nausea, vomiting, cramping)
- Sweating
- Chills
- Pain
- Anxiety
- Tremors
- Dilated pupils

Many specialists treat opioid use disorder by tapering off the medication dosage and including treatment such as buprenorphine.

Buprenorphine is effective for treatment of pain and medically supervised withdrawal or maintenance treatment of opioid use disorder. Studies indicate that Buprenorphine improves treatment retention and decreases opioid use.¹



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 Ogletorpe 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

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Naples, Florida 34102

Source:
1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6585403/>

RECENT STUDY SHOWS CBD IS EFFECTIVE AGAINST COVID

By Stacy Roberts, Founder of Hempra

Research recently shows that CBD may significantly reduce the symptoms of COVID, as well as play a role in prevention of the virus. The COVID viruses' effects were proven to be blocked by CBD when given at high purity rates and concentrations. It is thought that cannabinoids such as CBDA, CBDV in CBD are responsible for attaching the body's natural endocannabinoid receptors and disrupting the viral load.

Sciences Advances published the study lead by researchers from the University of Chicago, which found evidence that CBD can inhibit COVID (SARS-CoV-2) in humans and mice. Patients taking high quality, pure CBD for epilepsy's records were taken for a nationwide sample of their COVID results. The effects showed increased COVID-blocking effects, meaning it prevented infection and also showed that it is effective in inhibiting the progression of the virus, especially in the lungs. Out of 1,212 patients from the national COVID Cohort Collaboration, the researchers found that patients taking FDA approved CBD for the treatment of epilepsy had lower rates of infection than those not taking CBD.

The researchers were testing CBD to see how it affected the immune system and were surprised to find that it actually blocked viral replication.



Marsha Rosner, PhD, along with Charles B. Huggins, Professor in the Ben May Department of Cancer Research and a senior author of the study put out a joint statement, "The idea to test CBD as a potential COVID-19 therapeutic was serendipitous. CBD has anti-inflammatory effects, so we thought that maybe it would stop the second phase of COVID infection involving the immune system, the so-called 'cytokine storm.' Surprisingly, it directly inhibited viral replication in lung cells."

More research is needed to determine the details of treating COVID with CBD.

Stacy Roberts, Founder & CEO

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

Our CBD subscription boxes are ideal for those looking for the highest-quality CBD products customized to their needs delivered to their doorstep monthly. There's a wide selection of boxes to fit your needs, some come monthly with 3 full-sized products, and some come seasonally with 6 full-sized products curated to bring relevant and useful products every time. Plus, at any time you can pause or cancel your subscription so there's no need to worry about the lengthy agreements.

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

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

To find out more about Hempra, please visit, **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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Just Some of The Amazing Brands You Can Expect in Your Box



Stacy Roberts
Founder & CEO,
Licensed Esthetician

Eating Heart Healthy Meals Just Got a Whole Lot Easier

Eating more plant-based foods doesn't mean you have to be vegan or vegetarian, although those options are good for some individuals. The Mediterranean diet, the MIND or Dash diet are all viable options for individuals that want to have healthy cardiovascular systems but still consume some animal products. Eating plant-based foods while consuming lean proteins like finfish, shellfish or poultry can nonetheless be very healthy. With a heart-healthy diet, the best advice is to load up on fresh produce, limit refined or processed foods, reduce alcohol and sugar, eliminate processed meats and excessive saturated fats. If being vegan or vegetarian is better suited for one's personal preference or needs, that is absolutely a remarkable way to stay healthy and protect the heart. But the one thing we know from various studies and research is that processed carbohydrates, sugars, and trans fats cause inflammation and can exacerbate cardiovascular disorders.



Speaking to a medical professional is essential to learn which foods are best for your condition.

Meal planning, grocery shopping and food preparation can be challenging for seniors. That's why Chefs for Seniors specializes in fresh, nutritious meals that are cooked right in the comfort of your home, AND there is no shopping or planning involved on your part.

What is Chefs for Seniors?

As individuals age, shopping and preparing meals can become a difficult task. With so many other issues to worry about such as being a caregiver, suffering from arthritis, or other disorders that limit mobility, cooking is one thing that many seniors wish they didn't have to do. Chefs For Seniors is a welcomed answer for many that want nutritious, flavorful foods custom-prepared right in the comfort of your home by

a licensed chef that not only provides gourmet-style meals, but also compassionate companionship. They also have specialty meals for low sodium, low fat, and other dietary needs.

Why Chefs For Seniors?

Our Mission is to Provide Amazing Food and Proper Nutrition

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

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

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

Professionally Prepared Meals and Clean Up!

Chefs for Seniors offers rotating menu options, which includes select Chef creations inspired by the region. Clients select their desired meal in advance, allowing the chef to shop and prepare the meals on the designated cooking day. Chefs prepare the meals between two to two and a half hours. And an added benefit is that after the meal is prepared and stored according to the client's preferences, the chefs clean before leaving the house.

The price of our services are region-specific and depends on your individual needs. Our goal is to provide an affordable solution that seniors can use long-term. We offer three different service packages to meet a variety of needs: Standard, Custom, and Non-Standard. Some Long Term Health Insurance Policies may cover certain in-home services like Chefs For Seniors. During a 2-hour home visit, your personal chef will prepare 4 different entrées and 10-12 individually-packaged servings of meals. The exact number of servings depending on your appetite and the types of meals ordered and serving sizes can be adjusted with your chef.

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

What if I Have a Special Diet or Dietary Concerns?

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

Do I Have to Supply the Cooking Equipment?

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

You don't have to be a senior to enjoy the professional chef prepared foods! Contact Chefs For Seniors today to find out more.

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

Phone: **239-776-1758**

Email: bill.springer@chefsforseniors.com



CHEFS FOR SENIORS®

chefsforseniors.com



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 ENDED January 15

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

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Dr. Capiola focuses on the treatment of:

- Depression and Anxiety
 - Mood Disorders
- 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. He combines psychotherapy and medication management into all patient visits.

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Preventing Erectile Dysfunction with GAINSWave™

WHAT YOU SHOULD KNOW

By Dr. Carolina Young

With remarkable outcomes, GAINSWave is growing in popularity in regard to treating erectile dysfunction (ED) and Peyronies Disease, yet it's also used as a preventative treatment. GAINSWave treatment is available for any man looking to enhance sexual health and performance. A medical condition like ED or Peyronies disease does not have to be present for men to benefit. In fact, many healthy men without an issue opt for treatment to "biohack" or optimize their performance as a prevention method.¹

How Can GAINSWave Prevent & Treat ED?

The GAINSWave is a revolutionary, non-invasive treatment that addresses the underlying causes of ED. GAINSWave uses scientifically proven technology through soundwaves to stimulate blood circulation, tissue regeneration, and removes plaque build-up. These soundwaves or 'shockwaves' also are beneficial in preventing the buildup of plaque and increasing blood vessel growth and circulation.

Traditional treatments for ED, such as pills or injections, lose effectiveness over time and have to be used every time a man wants to engage in sexual activity. GAINSWave helps men to feel like themselves again and to enjoy their lives.



Board Certified Physicians
Dr. Cuberos & Dr. Young

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

Younger Men Should Seek Treatment Early

Men who are just beginning to see ED warning indicators should seek the earliest treatment possible. The reason is that it has been well documented that if early diagnosis and treatment are started when a man is younger (the 30s, 40s, 50s) there is an increased chance that the ED will very likely no longer need medical treatment and their arteriosclerosis can dissipate. There have been multiple peer-reviewed studies that indicate that GAINSWave treatment can potentially cure ED in some patients. The sooner you intervene with treatment, the better your outcome will be.

Men are Preventing ED with GAINSWave

Many men are now understanding the importance of this technology and how it can benefit them in the long term. GAINSWave offers immediate results that are cumulative. Much like living a healthy lifestyle, starting GAINSWave treatments early is another way men can be proactive about their health.

Source: GAINSWave
<https://www.biospace.com/article/releases/mobility-spine-and-sports-is-helping-men-wave-goodbye-to-erectile-dysfunction-with-cutting-edge-gainswave-treatment/>

Orchidia Medical Group's 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 them help you realize your potential wellbeing and become the individual that you have long desired. Your wellbeing is worth it!

75% of men with ED who have received the GAINSWave procedure saw a reversal of their condition, and gave up taking oral ED medications. Nearly 75% of men receiving GAINSWave have reported positive results and improved sexual performance. The majority of patients with ED reported an improvement of their condition and gave up taking oral ED medications.

Dr. Carolina Young Ortiz earned her medical and surgical degree in 2005. She went on to complete her family medicine residency in 2010 at Franklin Square Hospital in Baltimore, Maryland.

Dr. Young Ortiz started her interest in Aesthetics while still in medical school. Her post-graduate experience began with running a successful weight management and aesthetics clinic in Houston, Texas. While here in southwest Florida, she has added to her expertise while also delivering primary care medicine to our Veterans in Cape Coral.

Dr. Young Ortiz has training and experience in Wellness medicine, Anti-aging, Sexual health to Male and Females, Weight loss, Bio-identical hormones and aesthetic procedures.

She is a member of the American Academy of Family Medicine, American Academy of Aesthetic Medicine, International Association of Physicians in Aesthetic Medicine, American Academy of Anti-aging Medicine, and American Academy of Procedural Medicine.

SEEK EARLY TREATMENT & DON'T JUST MASK YOUR SYMPTOMS—TREAT THE ROOT CAUSE!

If you or someone you know could benefit from the GAINSWave procedure, please contact Orchidia Medical Group today at 239-333-8809, or visit their website at www.orchidiamedicalgroup.com.

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INVENTORY CONTINUES TO DECLINE

Still a Sellers Market

By Robert Nardi, Broker/Owner

In November, pre-season buyers descended on the Naples real estate market, pushing the area's overall inventory down 76.1 percent to 1,198 homes from 5,006 in November 2020. During November, demand for the Naples lifestyle also influenced the median closed price, which increased 31.3 percent to \$499,000 from \$380,000 in November 2020. The November 2021 Market Report released by the Naples Area Board of REALTORS® (NABOR®), which tracks home listings and sales within Collier County (excluding Marco Island), shows demand has not waned. Brokers predict buyer demand to continue as homeowners in Northern states seek lifestyles with fewer COVID-19 restrictions and international buyers seek investments in the U.S. real estate market.

REALTORS® across the Naples area are working harder than ever to find homes for clients. There were 31,291 showings in November and a 70 percent decrease in days on the market. It went from 80 days to 24 days until pending. Although the overall median closed price continued to rise due to a tight inventory in November, please note that in the last 12-months ending November 2021 - 57 percent of closed sales in Naples were for homes priced below \$500,000. New listings in November fell 22.9 percent to 958 homes from 1,242 in November 2020. In addition, the median closed price for condominiums in November was \$375,000 compared to \$622,000 for single-family



homes. Condominium inventory decreased 85 percent during November compared to a 65 percent decrease in single-family home inventory.

The NABOR® November 2021 Market Report compares single-family home and condominium sales (via the Southwest Florida MLS), price ranges, and geographic segmentation and includes an overall market summary. NABOR® sales statistics are presented in chart format which can be emailed to you. Please send an email to Robert@NardiRealty.com for a free copy.

What does this all mean?

Our inventory continues to decline, and demand continues to be high. Therefore, it will continue to be a Sellers' market in 2022. Even with today's prices, we are undervalued compared to other coastal areas. If you look at prices on the west coast in California or Boston on the east coast, their prices are far higher than ours. In addition, Naples, Florida continues to be attractive to many northerners, foreign investors, and even fellow Floridians from the east coast. The east coast exploded in the past few years. The number of high rises, noise levels, and traffic over there is driving east coasters to our "Paradise Coast."

If you are a Seller, especially a condominium owner, it is a great time to sell. Sales of condominiums continue to ascend because of price points vs. higher-priced single-family homes. Price point and affordability are bolstering the condominium market.

If you are 55 plus in age and are thinking of moving into independent living or an assisted living facility, it is a great time to sell too! Sales prices are up, and most senior facilities are for "rent" or "own." The rental facilities seem to be competitive, and you might be able to negotiate a better rental price for yourself. As far as owning, these facilities tend to be a better value based on sales price, because of the number of fees you pay to be in such a facility. By selling in this higher market, it will give you an opportunity to put a few more dollars in your pocket which will assist with your move and other expenses along the way.

When buying, you should enlist the help of a REALTOR® to maneuver all the ins and outs of the current housing market in Southwest Florida. As a Buyer, you cannot go it alone anymore if you want to find and purchase a property. You need someone on your side who has expert knowledge of our sales contract and who has good negotiation skills to "win" the bid.

Feel free to surf for properties at www.BuyNaples.net or if you wish for some personalized assistance, please send an e-mail to Robert@NardiRealty.com.

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Stop Using Fabric Softener, It Is Hazardous to Your Health

If you rely on tv and magazine ads to get your information, you probably think that fabric softener is a must for properly laundering your clothes. This is a complete fabrication, or lie. Fabric softener is actually a dangerous poison that many people use several times a week for decades. It comes in liquid, powder or chemically laden dryer sheets. These chemicals add a tremendous burden to the already overworked detoxification organs. Over time, the liver becomes less able to neutralize these chemicals leading to an accumulation in the body and chronic illness.

The chemicals in fabric softener lodge themselves into the fibers of the clothing. These chemicals enter the body through skin that either touches or wears the clothing. Even worse, these chemicals constantly off gas fumes, entering the body through the nose and mouth of the person wearing the clothes and into people in the vicinity of the person wearing the clothing. Once inhaled, the chemicals have direct access to the bloodstream. You don't even have to use fabric softener to be affected by someone else who uses it.

Many of the chemicals used in fabric softener can cause central nervous system damage, including:

- blurred vision
- disorientation
- dizziness
- headaches
- memory loss
- facial numbness
- neck and spine pain
- aphasia (inability to produce or comprehend language)
- Alzheimer's
- ADD
- Stroke
- Parkinson's
- Seizures
- Sudden Infant Death Syndrome (SIDS)

Fabric softener manufacturers are not required to list all of the chemicals on their product labels. Here is a list of some of the toxic chemicals often used and their side effects.

- **Ethanol:** central nervous system damage; on the EPA's hazardous waste list
- **Limonene:** eye and skin irritation; respiratory distress; carcinogenic
- **Benzyl Acetate:** known involvement in pancreatic cancer; eye and lung irritation
- **Camphor (synthetic):** coughing, wheezing, respiratory tract damage; eye and skin irritation; stomach pain; nausea; mental confusion; headaches; seizures; kidney and nervous system damage; high exposure can lead to unconsciousness and death; on the hazardous substance list; regulated by OSHA
- **Alpha-terpineol:** Loss of muscle coordination; nerve damage; lung inflammation and damage; fatal edema; severe mucous membrane irritation
- **Linalool:** depressed heart function; central nervous system damage; respiratory distress that can lead to death
- **Chloroform:** nausea, vomiting; kidney and liver damage; central nervous system damage; respiratory distress; loss of consciousness; on the EPA's hazardous waste list as carcinogenic; Material safety data sheet warns against breathing vapors, as inhalation can be fatal and also advises against exposing the substance to heat (fabric softener goes into the hot dryer)
- **Pentane:** eye irritation; nausea and vomiting; central nervous system damage; major respiratory damage; skin rash; Material safety data sheet warns against inhaling vapors as it may lead to unconsciousness
- **Ethyl Acetate:** eye and lung irritation; kidney and liver damage; anemia; it is a narcotic that can cause stupor; on the EPA's Hazardous Waste list
- **Benzyl Alcohol:** nausea and vomiting; lung irritation; central nervous system damage; respiratory failure that can lead to death



It is difficult to get fabric softener out of clothing. You will need to wash the clothing many times in soap and baking soda. It can be helpful to add a few drops of citrus or lavender essential oils to the wash water. Hang the clothes outside in the sunlight. While hanging outside, spray them several times with 3% hydrogen peroxide. It is necessary to repeat this process for more than a month to eliminate the fabric softener embedded in the clothes.

To eliminate static cling, add 1/4 cup of baking soda to the wash cycle or add 1/4 cup of white vinegar to the rinse cycle. It is very important not to use vinegar at the same time as bleach because this chemical combination causes the production of toxic fumes. Hanging clothes to dry outside also helps to reduce static cling.

Fabric softener is NOT a laundry necessity or even a luxury. It is a dangerous poison that can lead to chronic illness and in some rare cases, even death. There are safe substitutes for conventional fabric softener, so there is NO reason to ever use it.

If you want help detoxifying your body from years or decades of fabric softener use, come in for acupuncture. Acupuncture is a great way to ramp up your body's detoxification abilities and help rid yourself of these dangerous chemicals.

For more household and lifestyle tips or to schedule online, visit my website at www.AcupunctureSolutionsOnline.com or call during regular office hours, (239) 260-4566.

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Parasite Prevention for Your Pets in Florida is More Serious Than in Many Other Climates



If you are visiting Florida with your pet or live here part-time, it's important to know that due to our year long, warm weather and climate, we encourage our patients to be on parasite prevention medications year-round.

Your pet will need to be on regular doses of flea and heartworm prevention.

The mosquito is the primary spreader of heartworms, and here in Florida, we have mosquitos year-round. As an example of how it spreads: a mosquito bites a coyote that is infected with heartworms the coyote has the tiny, microscopic worms swimming throughout its bloodstream. The mosquito will harbor the larvae in its blood, and then when it bites your pet, the microfilaria then infects your pet's bloodstream. This is how the process begins, and at this point, your pet could be safely treated if detection and symptoms were that easy to spot; however, heartworm disease is a silent killer.

If an infected mosquito bites your pet, heartworm medication protects your pet, and the microfilaria will die off, unable to infect your little furry friend. But if your pet is not protected, the effects are devastating.

Heartworm disease has four stages. In early stages, the treatment is medical management but it is intense (can have side effects), expensive, and can take around 6 months. Later stage heartworm disease is removal of heartworms from the heart via a boarded cardiologist. Some late-stage heart worm disease is fatal.

Animal Oasis Veterinarian Hospital believes that preventative care is one of the most important aspects of maintaining your pet's health. There are a variety of diseases that affect animals, so proper vaccination of your pet is vital in protecting them from the many types of illnesses to which they are susceptible to.

Vaccinations are vital to the health and protection of your pet and serve as a preventive measure in combating viral diseases.

For dogs vaccines include Bordetella and leptospirosis, and the rabies vaccine, which are every 1-3 years depending on what vaccine is used. Testing of heartworms and checking feces for internal parasites is done yearly at a minimum. Other vaccines that are important are the core vaccines, which include distemper, hepatitis, parainfluenza, and parvovirus (DHPP), along with rabies, leptospirosis, Lyme disease and the influenza vaccine. These are often based on the lifestyle of pet.

Cats require the felV and the FIV test yearly. The feline viral rhinotracheitis, calicivirus, and panleukopenia vaccinations often come in a combination shot (FVRCP), which are given every 1 to 3 depending on the vaccine.

Feline leukemia vaccine is necessary if pets go outside or have contact with outdoor cats. Heartworm, flea and tick prevention monthly for cats and dogs is recommended.

Common internal parasites include heartworms, roundworms, hookworms, whipworms and tapeworms. The most frequent external parasites include fleas and ticks. Your pet should be free from parasites, both internal and external.

Vaccinations are particularly important for puppies, kittens, and other young animals that have immature immune systems. Veterinary vaccinations generally begin at 6-8 weeks of age and then receive boosters throughout your pet's life depending on the vaccine. Animal Oasis doctors will determine the appropriate vaccination plan for your pet.

If your pet is on any medications for other health conditions, it's important to have those on hand, and provide the daycare with instructions for your little guy or girl. Animal Oasis can work with you to make sure you have what you need.

Contact Animal Oasis Veterinary Hospital to schedule a wellness exam, vaccinations, and calming medications for your pets today!

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COVID-19 AND HEARING LOSS

WHAT YOU NEED TO KNOW

By Starkey Hearing

Does COVID cause hearing loss? As the Omicron variant causes a spike in cases around the world, Starkey Chief Health Officer Archelle Georgiou, MD, provides insights to a few common questions.

What do experts know so far about COVID-19 and hearing loss?

Dr. Georgiou — Multiple studies have shown that COVID-19 can be associated with hearing loss, dizziness, tinnitus and ear pain. These studies do not prove that COVID causes hearing loss or hearing-related symptoms, but it certainly suggests that it's possible. Between 7-15% of people with COVID complain of these hearing-related problems. The risk of developing these symptoms may be higher in people who are hospitalized.

How surprising is it that COVID is associated with hearing loss symptoms?

Dr. Georgiou — It's not surprising. Here's why:

- Other viruses like measles, hepatitis and cytomegalovirus cause hearing loss. And, in fact, any infection resulting in a high fever can be associated with hearing symptoms.
- Research studies identified the SARS CoV2 virus in the middle and scientists at MIT have shown how the virus may also invade the inner ear.
- COVID affects other senses like taste and smell, so hearing could be affected as well.

Are hearing-related symptoms temporary or permanent?

Dr. Georgiou — We don't know how long hearing-related symptoms persist and what the long-term outcomes are. That's why we need to have more research. What's important is that anyone with new hearing-related symptoms, especially if they've come on suddenly and in the context of COVID, should see their doctor, an ENT or an audiologist quickly. In some instances, there may be immediate treatments that can give you relief and may even address the symptom so it's not permanent.



What's the risk if you wait a long time to see a doctor?

Dr. Georgiou — We don't know what the long-term risks are from COVID-related hearing symptoms. But we do know that hearing impairment makes it difficult to communicate and is a risk for social isolation, loneliness, and depression. What a lot of people don't know about long-term, untreated hearing loss is that it's also associated with dementia.

Whether you have hearing-related symptoms due to COVID, or hearing-related symptoms due to more common reasons, like noise-induced hearing loss or age-related hearing loss, it's important to get your hearing addressed early. Don't wait the typical five to seven years to see an audiologist if you have hearing loss symptoms. Our hearing health is essential. Visit www.starkeyhearcare.com to find a clinic near you!

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COVID's Effect on Those with Diabetes

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

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

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

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

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

THE KEY IS MAKING SURE YOUR DIABETES IS WELL-MANAGED



Why medications are not a long-term answer

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

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

DENISE A. PANCYRZ'S STORY

National Diabetes & Holistic Lifestyle Coach - Speaker - Author

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

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

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

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

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



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The Truth About Vitamin D

Why do we need Vitamin D?

As a result of sun exposure, our bodies produce Vitamin D naturally, but we often don't get enough sun exposure, or the melanin in our skin interferes with the process, or systemically, there are issues that cause a deficiency. With sun exposure, we need UVB rays to create Vitamin D, and places near the equator are more suitable for this process.

We can also get small amounts of Vitamin D from food such as red meat, organ meat, egg yolks, Swiss cheese, and fatty fish. However, to appropriately get the dose that our bodies require, we typically need to rely on supplementation.

What happens if I don't get enough Vitamin D?

- Bone demineralization
- Bone fractures
- Cardiovascular disease
- Diabetes
- Cognitive decline
- Prone to infections and illness
- Prone to certain cancers (breast, colon, prostate)
- Autoimmune dysfunction
- Depression
- Fatigue

Does Vitamin D boost the immune system?

Vitamin D has numerous effects on cells within the immune system. It inhibits B cell proliferation, blocks B cell differentiation, and suppresses T cell proliferation, to name a few.¹

Vitamin D helps modulate the innate and adaptive immune responses. Cells of the immune system are capable of synthesizing and responding to vitamin D. Immune cells are very responsive to the ameliorative effects of vitamin D.¹

It's a wise idea to supplement with Vitamin D. However, not all people will be able to utilize Vitamin D efficiently. That is where IV vitamin infusions are superior.

Reference:

1. C. Aranow, M.D., Vitamin D and The Immune System, J Investig Med. 2011 Aug; 59(6): 881-886. doi: 10.231/JIM.0b013e31821b8755https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3166406/

IV Vitamins Infusions Vs. Oral Supplements

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

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

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

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

IV Vitamin Therapy Benefits

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



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Key benefits of our customized IV vitamin therapy:

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- 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 zativafifehw.com.

Compounded Hormone Replacement Therapy

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

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

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

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

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



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

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

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

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

MISIRx Compounding Pharmacy

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



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INTERESTED IN STRAIGHTENING YOUR TEETH WITH CLEAR ALIGNERS?

THE TOP 7 THINGS YOU SHOULD KNOW ABOUT INVISALIGN

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

#1: Do clear aligners effectively straighten teeth?

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

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

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

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

#3: How long does treatment take?

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

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

#4: How often should I wear aligners?

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

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

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

#6: How much does it cost?

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

#7 The Benefits of Straightening Your Teeth

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



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



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

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

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

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

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

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

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

5. Change vacuum bags monthly or more frequently.

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

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

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

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



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

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

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



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WHOLEHEARTED

By Jodi Thomas

I love Valentine's Day. Not just the flowers and the chocolate and all that good stuff, but I have always loved the idea of celebrating *love*... and on a trivial note, seeing all the pink and red hearts just makes me happy for some reason.

Lately I've been thinking a lot about my own heart. When reflecting on 2022 and what I hope for this year, I really desire to live *wholeheartedly*. And the first step in doing this is learning to pay attention to my **heart**. I'm reading a great book right now called *Soulful Simplicity* by Courney Carver. I highly recommend it. In the book, she discusses living wholeheartedly and that we have to learn to *listen* to our hearts. She has an exercise where in a quiet moment, you place both hands on your heart, one hand on top of the other, and just sit in the quiet for a moment or two, and ask yourself, "What is my heart saying? What is my heart feeling?"

Yet, most of us are terrified to do this. Why? Because, without a doubt, most of us are never taught to listen to our hearts. We are taught to "suck it up," to keep pushing forward, to fulfill our myriad responsibilities, regardless what our hearts might be saying, or trying to say. And there are many times where we have to do just that—it's part of being an adult. But there's an equal, if not more, need for us to listen to those precious hearts of ours, that have often long been covered up by obligation, fear of what other people think, busy-ness, and self-medication with our vices of choice.

The primary reason we need to learn to listen to our hearts are that our hearts are **very important to God**. Proverbs 4:23 says, "Above all else, guard your heart, for everything you do flows from it." Think about what that says and the implication of it. Both good and bad flow from our heart, based upon the state of our heart. Ignore your heart for too long, and this is disastrous for living the kind of life that you once imagined for yourself.

In fact, our hearts are so valuable to God that they are the very place that Christ has decided to take up residence. Ephesians 3:17 says, "I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ *may dwell in your hearts through faith*." Additionally, Romans 5:5 says that God pours out His love into our hearts. Now, I spend a lot of time nurturing my relationship with God. But to be completely honestly, many times I don't feel God's presence or love. These are things that I have to take *by faith*. But even this comes from the heart, for Romans 10:10 says "For it is *with your heart that you believe* and are justified, and it is with your mouth that you profess your faith and are saved."

When I truly believe these truths, which comes from my very heart, that Christ actually lives in my heart and God's love is poured into my heart, I am empowered to live in God's love and to express that love to others in my day to day life. And folks, there is just nothing in life more important than that.

Not only does God reside in our heart, he desires to protect it. Philippians 4:7 says "And the peace of God, which transcends all understanding, *will guard your hearts* and your minds in Christ Jesus." How does the peace of God guard our heart? It guards it against worry, against anxiety, against unforgiveness. . . all of the things that wreck havoc on our hearts and create stress in our lives.

Our hearts are so valuable to God, that He desires *all* of our hearts. In Luke 10:27, Jesus said the greatest commandment was to "*Love the Lord your God with all your heart* and with all your soul and with all your strength and with all your mind."

When you see those pretty pink and red hearts this Valentines Day, I hope you are reminded that your heart is a unique treasure to God. There is no other heart like yours. It is so valuable to Him that Jesus died on the cross so that He could live there and God's love be poured out into your heart. Because your heart is of the utmost value to God, you need to value it, too. Learn to listen to it. Learn to respect it. Don't ignore it. I hope you will join me in the quest of living *wholeheartedly* in 2022.

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