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Health & Wellness[®] MAGAZINE

March 2022

Collier Edition - Monthly

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WHAT YOU REALLY
NEED TO KNOW

Florida Pain Center of Naples Welcomes New Partner: **Matthew G. Thorson, MD**



Dr. Thorson grew up on a farmstead near West Fargo, N.D. He has an undergraduate degree from the University of North Dakota and earned his Doctorate in Medicine at the University of North Dakota School of Medicine and Health Sciences. After medical school, he completed a Transitional Year Residency Program at the University of North Dakota/Meritcare (now Sanford) in Fargo, N.D. He then entered his residency in Anesthesiology at the Nebraska Medical Center in Omaha, Neb. For more advanced training, he transferred to the University of Florida Anesthesiology Residency Program. He then entered the Fellowship program in Pain Medicine at the University of Iowa School of Medicine in Iowa City, Iowa.

Dr. Thorson began his career in Interventional Pain Medicine at TRIA Orthopedic Center in Minneapolis. He opened Advanced Spine and Pain Clinics in 2012. He is board-certified in Anesthesiology and Pain Medicine by the American Board of Anesthesiology.

Dr. Thorson is a member of the American Society of Anesthesiology; Minnesota Society of Interventional Pain Physicians, where he serves as secretary on the Board of Directors; Spine Intervention Society; American Society of Interventional Pain Physicians; North American Spine Society; and International Cellular Medicine Society. He and his colleagues are involved in cutting-edge Institutional Research Board-approved research: "Effectiveness of Human Amniotic Fluid Allograft for Low Back Pain."



He has attended numerous conferences and courses on interventional pain medicine, ethical prescribing practices, minimally invasive spine procedures and regenerative medicine to keep up to date on the best information and technology for his patients. He has also spoken at several events on interventional pain issues, legislative issues and regenerative medicine.

Dr. Thorson has become one of the leading experts on the use of cellular therapies and regenerative medicine for the treatment of many chronic diseases and pain issues. He enjoys traveling, spending time with his silver lab named Cash, boating, and working out.

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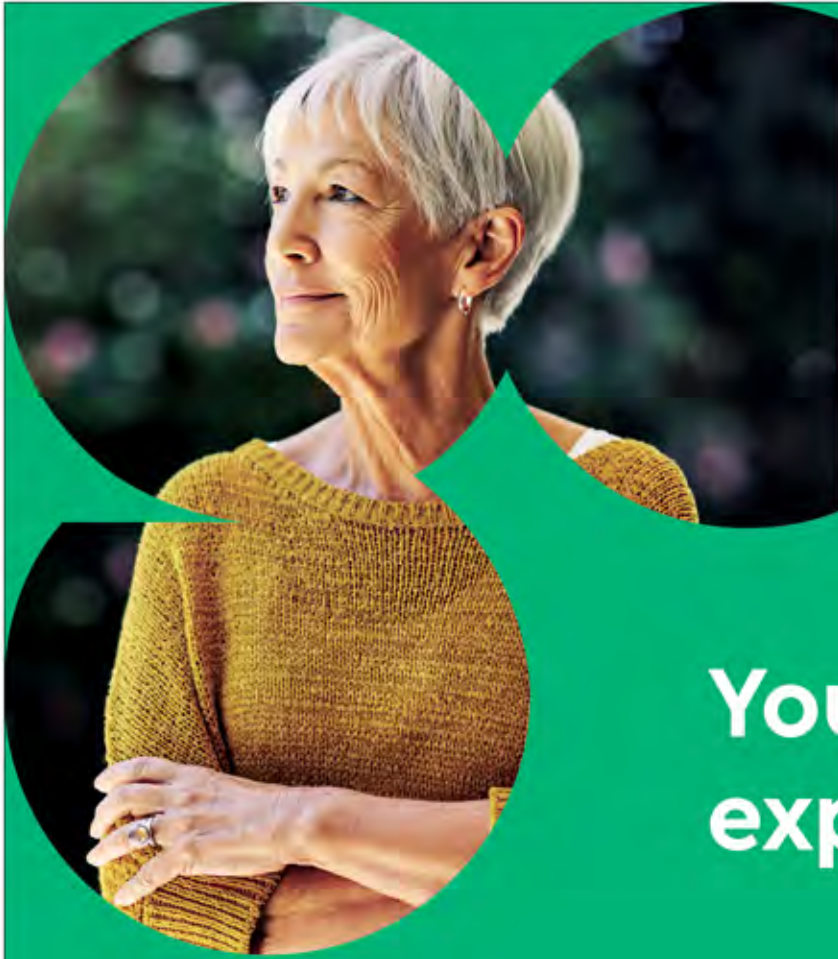


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CONTENTS MARCH

- 6 Understanding Polycystic Kidney Disease
- 7 Meet Our Digestive Health Team
- 8 Pay Attention to Potential Symptoms of Colorectal Cancer
- 9 The Naples Cardiac & Endovascular Center (NCEC) Welcomes Interventional Cardiologist, Dr. Tracey Roth
- 10 Taking Care of Your Eyes in the Workplace
- 11 Exercise Boosts Cancer Recovery and May Reduce Recurrence in Survivors
- 12 Advancing Care for Patients with Breast Cancer
- 13 Colorectal Cancer Awareness Month: Be Proactive
- 14 Chronic Fatigue Syndrome A Closer Look at the Viral Etiology
- 15 Kidney Awareness Month
- 16 The Lumbar Spine Puzzle: Interventional Pain Management
- 18 Gut Health: Just a Fad with a Yucky Name, or.... ?
- 19 National Nutrition Month: What You Really Need to Know
- 20 You've Heard It Before, Mammograms Save Lives, But What Do You Really Need to Know About Your Imaging Choices?
- 21 Skin Cancer Screening: How to Prepare
- 22 Achilles Tendon Ruptures and Getting You Back in the Game
- 23 Colorectal Cancer Awareness Month
- 24 Know Your Macronutrients: Protein

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Neetu Malhotra, MD

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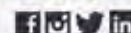


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25 What is the Relationship Between My Assets and Divorce?

26 Growth vs. Value: What To Consider In These Two Investing Strategies

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

28 Living in Comfort With Advanced Heart Disease

29 Carlisle Residents "Celebrate the World of Flavors" for National Nutrition Month (And Beyond)

30 Shopping for the Best Incontinence Underwear? There Might be a Better Solution

31 Peripheral Neuropathy: Alternative Treatment Options

34 OCD: Participants Needed

36 Don't Just Feel Young at Heart, Be Young at Heart with these Power 9® Plays

38 "Long Hauler's" Recovery Zone

40 36 Reasons to Smile with a Dental Hygiene Career

44 How Important is Protein for Muscle Strength and Overall Health?

45 How Well Does Medical Marijuana Help with Chronic Pain

46 Breast Cancer: Reduce Lymphedema with an Experienced, Certified Lymphedema Therapist

47 Inflammation: A Common Pathway for Deadly Disease

48 Orchidia Medical Group Can Help Men and Women Turn Back The Clock in Multiple Ways

49 Health Insurance-2022 Enrollment Periods and Exceptions Don't wait: Medicare Advantage Open Enrollment Ends March 31

50 Inventory Continues to Decline

51 Hearing and Your Heart, Sitting in a Tree

52 The Mediterranean Diet Lowers Risk for Vision Loss

53 Misir Pharmacy Compounding Skincare Customized Specifically For You

54 Chronic Pain Intensifies Blood Glucose Levels

55 Spring Break Means Extra Tourists and Travel: What About Your Pet's Needs?

56 Addiction and Depression Are Interrelated

57 Do You Know that Pharmaceuticals are in the Water Supply?

58 What is the Mind Diet?

59 Oral Health: Are You Overdue for Your Exam? Regular Dental Visits Are Important

60 Improve Your Balance

61 Spring Cleaning Mental Prep

62 Spiritual Wellness: Maintaining Healthy Friendships

OCD Clinical Trial

DO YOU SUFFER FROM OCD?

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



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



What is OCD?

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

OBSESSIONS

Repetitive and unwanted images, thoughts or urges.

COMPULSIONS

Behavior that you repeatedly perform to reduce distress.

DISTRESS

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

TEMPORARY RELIEF

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



Why Participate?

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

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

See If You Qualify

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

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Understanding Polycystic Kidney Disease

By Neetu Malhotra, MD

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

Polycystic kidney disease is the fourth leading cause of kidney failure and 600,000 people in the United States have the disorder. Polycystic kidney disease (PKD) affects the kidneys with cysts that grow and are filled with fluid. These cysts can damage the kidneys, and essentially take over the kidney's ability to work properly, especially if there are numerous cysts growing at one time. These cysts can severely reduce kidney function.

Poly cystic kidney disease can also affect other organs in the body including the spleen, ovaries, liver, pancreas, bowels, brain, and heart. Most people don't develop PKD until middle age, and the symptoms can range from mild to severe.

The primary symptoms of PKD are as follows:

- High blood pressure
- Back or side pain
- Swollen abdomen
- Blood in the urine
- Frequent bladder and/or kidney infections
- Fluttering or pounding chest
- Chest pain
- Headaches

50 to 60 percent of individuals with PKD will develop kidney failure.

PKD Treatment

Individuals with PKD will need dialysis and possibly a kidney transplant. There are also medications that can help treat the disorder and certain diets that will help to prevent the growth of the cysts, which can stop the progression of the disease. PKD can be genetic, so it's best to speak to your physician about your children's health or any planned pregnancies.

How Can the Progression of Kidney Disease Be Delayed?

1. Keeping blood pressure under 130/80 or if you have diabetes or protein in the urine, under 125/75.
2. Taking certain types of medications called ACE-Inhibitors or angiotensin receptor blockers.

3. If you are diabetic, keeping blood sugars tightly controlled (HbA1c less than 7.0).
4. Avoiding medications that harm your kidneys such as non-steroidal anti-inflammatory drugs. (NSAIDs). Examples are Motrin, ibuprofen, Aleve, Advil, Naprosyn. A Cox-2 inhibitor called Celebrex is also harmful.
5. Avoiding, if possible, IV contrast dye used for CT scans and heart catheterizations and gadolinium used in MRIs.
6. Controlling your cholesterol.
7. Quit smoking.
8. If overweight, losing weight.
9. Treating anemia if present.
10. Avoiding Fleet phospho-soda (oral) and Fleet enemas for patients in Stage 4 and 5 chronic kidney disease.

Associates in Nephrology

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

Chronic Kidney Disease Program

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

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

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

Services Provided

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

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

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

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MEET OUR DIGESTIVE HEALTH TEAM

March is National Colorectal Cancer Awareness Month. Of cancers that affect both men and women, colorectal cancer is the second leading cause of cancer-related deaths in the United States and the third most common cancer in men and in women. More than 140,000 Americans are diagnosed and more than 50,000 die from the disease each year. Colorectal cancers affect all racial and ethnic groups, it is most often found in people aged 50 years or older, and the risk for developing this cancer increases with age. That being said it is recommended that patients at average risk get a screening at age 50. Patients with a family history of colon cancer or colon polyps should have a screening done ten years prior to their first degree relatives' diagnosis, which is usually around age 40.¹

Thanks to prevention, effective treatments, and screenings like a colonoscopy, more people are counting themselves as survivors. Colonoscopies are an excellent screening tool. If you find colon cancer at an early stage, surgical resection is often times curative. About nine out of every 10 people whose colorectal cancer is found early and treated are still alive five years later.

Colorectal cancer symptoms are typically non-specific and might not fully display right away, so any subtle symptoms involving the colon must be taken seriously. If you think you may be at risk, or are looking for a colorectal surgeon or gastroenterologist please contact Physicians Regional Medical Group at 239-348-4221 or visit PhysiciansRegionalMedicalGroup.com for online scheduling.



Susan Cera, M.D.

Dr. Cera is board certified in colon and rectal surgery. She attended medical school at Georgetown University in Washington D.C. Completed her residency at Carolinas Medical Center in Charlotte, North Carolina and her fellowship at Cleveland Clinic Florida.

- Specializes in performing colonoscopies, reoperative surgeries, minimally invasive and robotic surgeries and laparoscopies.
- Also treats patients who suffer from colon/rectal/anal cancer, Crohn's disease, ulcerative colitis, adhesions, diverticulitis, fecal incontinence, hemorrhoids, fissures, fistulas, anal infections, constipation, colon, and rectal polyps and abdominal pain.



Anthony Vernava, M.D.

Dr. Vernava is board certified in colorectal surgery and has been in practice for over 20 years. He attended medical school and completed his residency at St. Louis University in St. Louis, Missouri, and his fellowship at the University of Minnesota in Minneapolis, Minnesota.

- Specializes in performing colonoscopies and laparoscopies, as well as reoperative, minimally invasive, and robotic surgeries.
- Also specializes in treating colon, rectal, and anal cancers in addition to Crohn's disease, ulcerative colitis, adhesions, diverticulitis and fecal incontinence.
- Also treats patients for hemorrhoids, fissures, fistulas, anal infections, constipation, colon, and rectal polyps and abdominal pain.



Michael Cohen, M.D.

Dr. Cohen is board certified in gastroenterology and internal medicine. He attended medical school and completed his residency at Northwestern University in Chicago, Illinois, and his fellowship at Jackson Memorial Hospital in Miami, Florida.

- Specializes in colon cancer screening and prevention, treating Crohn's disease, ulcerative colitis, acid reflux/GERD, hemorrhoids, and celiac disease/gluten intolerance.
- Also specializes in nutrition/wellness, gallbladder disease, liver disease, cirrhosis, and Hepatitis C.



Alexandra Grace, D.O., MPH

Dr. Grace is board certified in gastroenterology. She attended medical school at Nova Southeastern University in Ft. Lauderdale, Florida. Completed her residency at Mount Sinai Medical Center in Miami, Florida and her fellowship at St. John Macomb- Oakland Hospital in Warren, Michigan.

- Specializes in colon cancer screenings, as well as esophagus, stomach and pancreaticobiliary disease.
- Provides treatment for hepatitis, reflux disease, Crohn's disease, GERD, cirrhosis, hemorrhoids, celiac disease and gluten intolerance, irritable bowel syndrome (IBS), pancreatitis, and ulcerative colitis.



Badar Muneer, M.D.

Dr. Muneer is board certified in gastroenterology and internal medicine. He attended medical school at Nishtar Medical College, Multan Pakistan. Completed his residency at Michael Reese Hospital-University of Illinois, Chicago, Illinois and his fellowship in Gastroenterology at Case Western Reserve University Medical Center, Cleveland, OH. He also completed fellowships in Transplant Hepatology at Baylor University Medical Center in Dallas Texas and a fellowship in interventional/ advanced gastroenterology at Carillon Clinic- Virginia Tech, Roanoke, VA.

- Specializes in advanced gastroenterology, liver diseases, and colon cancer screenings, as well as esophagus, stomach and pancreaticobiliary diseases. Dr. Muneer's services include general and interventional endoscopy, diagnostic and therapeutic Endoscopic Ultrasound, Endoscopic Retrograde Cholangiopancreatography, luminal and biliary stent placement, AXIOS stent placement, OTSC-Ovesco clip placement, upper endoscopies, sigmoidoscopy and colonoscopies, polyp removal, Single Balloon Enteroscopy, endoscopic suture placement, Small Bowel Video Capsule Endoscopy, Non-Surgical Hemorrhoid Treatment, and using less invasive advanced techniques for gastrointestinal diseases and gastrointestinal cancers.



Maria Valdes, M.D.

Dr. Valdes is board certified in gastroenterology. She attended medical school at St. George's University School of Medicine in Grenada, West Indies. Completed her residency at St. Vincent's Hospital and Medical Center in New York, New York and her fellowship at The Brooklyn Hospital Center in Brooklyn, New York.

- Specializes in all areas of gastroenterology.
- Including colorectal cancer screening, reflux, irritable bowel syndrome (IBS), and inflammatory bowel disease (IBD).

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1. <https://www.cms.gov/Medicare/Prevention/PreventionGenInfo/Downloads/March-National-Colorectal-Cancer-Awareness-Month.pdf>

PAY ATTENTION TO POTENTIAL SYMPTOMS OF COLORECTAL CANCER

By Dr. Arie Dosoretz



March is National Colorectal Cancer Awareness Month. This initiative began in 2000 and has become a rallying point for thousands of colorectal cancer patients, survivors, caregivers and advocates across the country.

Awareness around this illness is important due to the impact this cancer has as one of the most common malignancies in our country. The numbers are quite staggering. Colorectal cancer affects 1 in 23 men and 1 in 25 women during their lifetimes. It is the second-leading cause of cancer death in the U.S. and third-most diagnosed type of cancer in America. In 2022, the American Cancer Society estimates that doctors will diagnose 106,180 new cases of colon cancer and 44,950 new cases of rectal cancer, for a total of 151,130 colorectal cases this year.

The American Cancer Society and Colorectal Cancer Alliance point out that the demographics of colon and rectal cancer are changing. Colorectal cancer rates are increasing 2% annually for people under age 50 and 1% annually for those ages 50 to 64. This has led the United States Preventative Services Task Force to recommend those with average risk factors start screening for colorectal cancer at age 45.

Colorectal cancer can be traced to the formation of polyps, or small growths, inside the colon or rectum. Identifying and removing polyps is a key to stopping cancer from advancing and spreading.

Symptoms

Whereas other cancers can be more easily detected by a given individual, colorectal cancer can be difficult to be aware of and makes screening more important. A common symptom includes changes in bowel habits such as diarrhea, constipation, or a change in stool consistency. These symptoms of course can also be caused by common conditions such as food poisoning, food allergies, infections, and medications. Additionally, colorectal cancer can present with blood in the stool, abdominal pain, and weight loss. Individuals who notice any altered gastrointestinal symptoms should go see a doctor for further evaluation.

Screening

Medicare and private insurance typically cover the cost of preventative care, including colorectal cancer screening. There are various mechanisms to screen for this cancer including:

- **Stool test:** These lab exams can detect the presence of blood or altered DNA.
- **Flexible sigmoidoscopy:** A short, thin, flexible, lighted tube is inserted into the rectum.
- **Colonoscopy:** A longer tube is inserted inside the rectum and entire colon.
- **Computed tomography colonography:** X-ray imaging and computer reconstruction can produce images of the entire colon.

Physicians will recommend the most appropriate type of screening based on a patient's symptoms, initial exam, and medical history.

Treatment

Colorectal cancer has become an increasingly more treatable form of cancer. Increasing numbers of patients have become curable with improvements in cancer treatment and technology.

The most appropriate combination of treatment is based on a patient's stage and the specific location of a cancerous lesion. Typically, surgery, chemotherapy, and radiation are combined for the majority of rectal cancers. Surgery and chemotherapy are more commonly used for colon cancer treatment.

Radiation therapy precisely targets powerful x-rays into a tumor and the draining lymph nodes. This treatment damages the genetic material inside cancer cells and prevents from growing and spreading. Critically, radiation technology has increasingly allowed physicians to spare normal structures leading to improved short-term symptoms and long-term quality of life.

Side effects of radiation vary based on an individual patient and the specific details around their cancer. The most common side effects of radiation therapy when treating rectal cancer include mild fatigue, altered bowel habits, and increased urinary frequency.

We are proud to provide expert care at Advocate Radiation Oncology. Our board-certified radiation oncologists have trained at our country's most notable institutions and are exceptionally dedicated to patient care. We offer convenient locations across Southwest Florida and treat patients using the industry's newest high-tech cancer-fighting machines, including Varian's Halcyon, Identify and TrueBeam systems. These machines are accurate and powerful. They allow our treatment to eradicate cancer cells while minimizing damage to healthy surrounding tissue.

Colorectal cancer begins with awareness and education so that screening can lead to the earliest diagnosis possible. We should all work together to continue to make impactful strides around this common illness. We are proud to stand alongside our colorectal cancer patients and their loved ones.



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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TAKING CARE OF YOUR EYES IN THE WORKPLACE

By Scott Prickett, O.D.

Each day, roughly 2,000 workers will sustain job-related eye injuries that require medical attention. These injuries vary from simple eye strain from staring at a computer for too long, to trauma that may lead to permanent damage, vision loss and even blindness.

Workplace Eye Wellness Month in March highlights actions you can take to protect your eyes and avoid injury.

QUICK FACTS

- Each year, nearly 25,000 Americans visit the emergency room due to a workplace eye injury.
- 90% of eye injuries could have been avoided by wearing eye protection.
- Approximately 40 percent of eye injuries in the workplace happen in three industries: construction, manufacturing and mining.
- Flying or falling objects, tools, chemicals and particles and sparks are just some of eye injuries that could happen on the job.
- Workplace eye injuries cause \$300 million in treatment, worker's comp and loss of productivity each year.

EYE PROTECTION

There are many hazards that can be found in the workplace - falling objects, flying debris, chemicals, intense light, and heat. Wearing eye protection is the first step in safeguarding yourself from these hazards. It is essential to make sure the eye protection is appropriate for the type of hazards you are protecting against. Eyewear must be American National Standards Institute ANSI-approved and OSHA compliant. You must use special-purpose safety glasses, goggles, face shield or helmet if you are near hazardous radiation welding, chemicals, lasers or fiber optics.

About Quigley Eye Specialists

Dr. Prickett is a Board-Certified Optometrist 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. Dr. Prickett specializes in full-scope optometry including preoperative and post-operative surgical care, primary care, ocular disease treatment and management. Quigley Eye Specialists has served the region for more than 30 years with locations throughout Florida including Sarasota, Venice, Nort Port, Port Charlotte, Punta Gorda, Cape Coral, Fort Myers, Lehigh Acres, Bonita Springs, Naples and Coral Gables.



DIGITAL EYE STRAIN

Working from home is the new norm, and while an office environment may seem safe, digital eye strain is a real workplace problem. Staring at your computer screen, phone, tablet or e-reader for an extended amount of time means you blink less often, which is necessary to keep the surface of the eye moisturized. Your eyes work harder resulting in eye strain, headaches, blurriness, burning, itching and dry eyes as just some of the symptoms you could experience. But computer and phone screens aren't the only culprits. Reading, writing or other near work over an extended amount of time can create the same effects. While the American Ophthalmological Institute has determined these will not cause permanent eye damage, they are still uncomfortable and can inhibit your ability to work. The good news is there are ways to create a home work space that helps avoid these problems. The American Academy of Ophthalmology has these suggestions:

- Sit an arm's length – about 18 to 25 inches - away from your computer screen.
- Follow the 20-20-20 rule. Every 20 minutes, look 20 feet away for 20 seconds. Set a timer on your phone or watch as a reminder. If you are in the middle of a video call, you can achieve this by shutting your eyes for 20 seconds.

- Remember to blink. On average, a person blinks about 15 times per minute. That is cut in half when staring at a computer or phone screen.
- If your computer screen is brighter than your surroundings, your eyes will be working harder to see. Adjusting the room lighting and the contrast on your computer to a comfortable level helps alleviate this problem.
- Your computer screen should be positioned so that your eyes are directed slightly downward instead of straight ahead or up.
- When your eyes start to feel dry, use artificial tears to refresh them.
- Consider a humidifier which adds moisture to the air while minimizing dry eye.
- Progressive lens computer glasses are specifically designed for focusing on computer screens.
- Glass screens on phones offer exceptional picture quality but can also produce a strong glare, aggravating your eyes. To help you can adjust the low light filter setting or use a matte finish to help reduce the glare and help with eye strain.
- The American Academy of Ophthalmology does not recommend blue light-blocking glasses as there is no scientific evidence that blue light coming from a computer screen causes digital eye strain or damage to the eyes.

Taking care to protect your eyes at work is essential to maintaining eye health. If problems persist even after you have followed these suggestions, visit Quigley Eye Specialists for further help in diagnosing your eye condition.

* Information from the American Academy of Ophthalmology*



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Exercise Boosts Cancer Recovery and May Reduce Recurrence in Survivors

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

Although it may seem counterintuitive, evidence shows that exercise can increase energy levels, and immune function.

In 2019, an expert panel organized by the American College of Sports Medicine (ACSM) put forth new updated guidelines on exercise and cancer based on the panel's thorough review of the scientific evidence on physical activity and cancer.

Over the past 10 years, there have been numerous studies on the benefit of exercise for cancer patients. From these findings, we know that individuals living with cancer and those that have gone through treatment, can benefit from physical activity and while they may not feel like exercising, when they start, it will give them more energy and stamina.

Dr. Kathryn Schmitz, who co-chaired the ACSM panel said the following, "We are at a point in the evolution of the field where we can dose exercise precisely, just as we do with drugs, to address several cancer-related health outcomes."

"The ACSM panel found evidence that providing specific exercise prescriptions for a number of cancer-related health outcomes benefitted people living with or beyond cancer." Dr. Schmitz continued, "As an example, we saw strong evidence that an exercise program consisting of a half hour of aerobic exercise three times weekly was sufficient to improve anxiety, depression, fatigue, quality of life, and physical function in cancer survivors.

"There was also evidence of a benefit for most of those same outcomes from twice-weekly resistance exercise. However, anxiety and depression do not appear to be improved by resistance training alone, but they do improve with resistance training in combination with aerobic training. In addition, the panel concluded that there is no increased risk of lymphedema from twice-weekly resistance training.

"The current evidence is still insufficient as to whether exercise can improve other health outcomes, such as peripheral neuropathy, cardiotoxicity, cognitive functioning, pain, or chemotherapy completion rate."

Exercise for Cancer Survivors

Many cancer survivors live fairly sedentary lives. For survivors that are reluctant to jump into a full exercise program, even minimally amounts of exercise can benefit patient's overall health and energy levels. Patients should always start out slowly and build up their physical activity over time. When patients begin an exercise routine, their fitness levels, endurance and strength typically increase. Exercise may help to reduce recurrence in cancer.



Studies on Specific Cancer and Exercise therapy

Breast Cancer

Fourteen studies have revealed that exercise significantly improves quality of life in breast cancer patients.¹ It also significantly improved physical functioning of women with breast cancer and improves their peak oxygen consumption, while reducing their fatigue.

Women who engage in both aerobic and resistance exercise – again that mix of activities – with weights soon after their breast cancer treatment experience large health-related improvements.² They also experience these improvements much faster than those women who wait to start exercising.

References:

1. McNeely ML, Campbell KL, Rowe BH, Klassen TP, Mackey JR, Courneya KS. Effects of exercise on breast cancer patients and survivors: a systematic review and meta-analysis. *CMAJ*. 2006;175(1):34-41. doi:10.1503/cmaj.051073.
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3. Monga U, Garber SL, Thornby J, et al. Exercise prevents fatigue and improves quality of life in prostate cancer patients undergoing radiotherapy. *Arch Phys Med Rehabil*. 2007;88(11):1416-1422. doi:10.1016/j.apmr.2007.08.110.

Cancer and Exercise

Studies have already shown exercise to be as useful as medications for the prevention of coronary heart disease and diabetes and better than medications for patients who have experienced a stroke.³ If exercise, a free treatment without side effects, can do the same for cancer patients, isn't it time to give it a go?

Cancer treatment is no walk in the park. It is clearly a physically and emotionally taxing time for men and women alike. However, whether it is during treatment or after, maybe we should take more walks in the park — and vigorous ones at that.

Inspire Exercise Medicine

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

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



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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

Advancing Care for Patients with Breast Cancer

A diagnosis of breast cancer can be a time where people are charting unknown territories and left feeling fearful. New patients must seek out and spend time researching high-quality care and expertise in their area. As part of that diagnosis, it is essential to connect with providers who offer world-class and personalized care while incorporating advanced evidence-based treatments.

How to keep the whole person in mind when treating Breast Cancer?

Here are a few novel approaches to breast cancer that GenesisCare Centers and their physicians currently practice in Collier and Lee County.

Heart Sparing Techniques - Deep Inspiration Breath-Hold (DIBH)

DIBH is a technique used to treat cancer in the breast and chest wall. During DIBH, you take a deep breath during your treatment and hold it while the radiotherapy is delivered. Holding your breath fills your lungs with air, pushing the heart away from the radiation fields (vs. radiotherapy) and creating a larger space between your heart and the radiotherapy. This means there is less chance of damage to your heart and lungs.

With the advent of DIBH, we have significantly reduced cardiac morbidity for breast cancer patients who undergo radiation treatments," stated Dr. Sonal Sura, a Radiation Oncologist with GenesisCare.

What about considering a women's sexual health and well-being while undergoing treatment for Breast Cancer?

Women undergoing cancer treatment may experience changes that affect their sexual lives during and sometimes after treatment.

Despite increasing calls to integrate sexual health into routine cancer care, most women diagnosed with cancer do not receive information about how their cancer treatments will affect their sexual health.

"We as a medical community need to spend more time asking, learning, and studying the effects of our therapies on women's sexual health to improve their quality of life," Dr. Sura added.

While you may not have the energy or interest in sexual activity that you did before treatment, feeling close to and being intimate with your spouse or partner is essential.

"Women are more vocal about their sexual health after cancer treatments. As our survival rates improve with our novel treatments, quality of life comes to the forefront," continued Dr. Sura.

Some problems that affect a woman's sexual health during treatment are temporary and improve once treatment has ended. Other side effects may be long-term or may start after treatment. No magic pill can restore desire, but communication with your partner, patience, and experimenting with touch can often help.

Same-Day Mastectomy

Recent studies have shown that same-day surgery for mastectomy is a safe option in well-selected patient populations. According to several recently published studies from the United States and Canada, patients can safely recover at home with appropriate perioperative care.

Dr. Adam Riker, a Surgical Oncologist with GenesisCare, shares some of the benefits patients receive from the same-day procedure, "Being among loved ones and having regular positive interactions with family and friends can be an incredible motivator during the recovery process."

Riker adds, "there is also less of a chance of getting a hospital-acquired infection. Post-operative pain is minimal. Any discomfort is managed with a nerve block technique, eliminating the need for oral opioids."

GLOBAL LEADERS IN CANCER CARE

Across the world, GenesisCare has more than 440 centers offering the latest approaches to cancer care, including modern technology and novel therapies. With more than 5,000 highly trained healthcare professionals and support staff globally, GenesisCare's mission is to deliver exceptional treatment and care in a way that enhances every aspect of your personal cancer journey.

Our dedicated of healthcare professionals is committed to finding new and innovative ways to provide attentive care. Care that's designed to fit around you and your life—care that treats you, not just your condition. To learn more about GenesisCare, call (833) FOR-MYGC or visit [genescare.com/us](https://www.genescare.com/us).



About Dr. Sonal Sura
The only female radiation oncologist in Collier County, Dr. Sura, specializes in all primary radiation therapy cancer treatment modalities.

She has extensive experience in advanced radiation techniques and technologies, including Deep Inspiration Breath-Hold (DIBH), tattoo-less treatment, Intensified Modulated Radiation Therapy (IMRT), Image-Guided Radiation Therapy (IGRT), and Stereotactic Radiosurgery.

Dr. Sura graduated Magna Cum Laude from George Washington University in 2006. After a research fellowship at Memorial Sloan Kettering Hospital, she went on to residency training at SUNY Downstate Medical Center in Brooklyn, New York, where she served as chief resident from 2011–2012. She served as Director of Radiation Oncology at NYC H+H/Elmhurst, New York, and Assistant Professor at the Icahn School of Medicine at Mount Sinai.



About Dr. Adam Riker
Dr. Riker is board-certified in general surgery and fellowship-trained as a surgical oncologist. His clinical specialty includes breast cancer,

sarcoma, melanoma, and non-melanoma skin cancers [Basal cell & Squamous cell carcinoma, Merkel cell carcinoma]. He has actively participated in numerous cancer clinical trials examining optimal immunotherapy treatment options for cancer, presenting his clinical and translational research findings at multiple scientific meetings, both nationally and internationally.

Dr. Riker completed his undergraduate education and medical school degree at the University of South Florida, in Tampa, his residency in general surgery at Loyola University Medical Center in Chicago, and a 3-year clinical and research fellowship in surgical oncology, at the National Institutes of Health, National Cancer Institute, Surgery Branch in Bethesda, Maryland.



COLORECTAL CANCER AWARENESS MONTH: BE PROACTIVE

Colon health is not the most glamorous subject, but don't let that allow you to shy away from it or undermine its importance. Consider these statistics from the American Cancer Society (ACS). In 2019, there is an expected 101,420 new cases of colon, and 44,180 cases of rectal cancers to be diagnosed in the United States with colon cancer being one of the most common forms of cancer diagnosed each year¹. In addition, there are a rising number of younger adults being diagnosed with colorectal cancers – including many with no family history of the disease. This has prompted the ACS to recently alter their recommendation for timing of a first-time colon cancer screening from age 50 to age 45, for those at average risk of cancer. “Many individuals think that if they don't have symptoms and they don't have family history of colon cancer, then they won't develop colon cancer,” says **Susan Cera, M.D., Board Certified Colorectal Surgeon** at Physicians Regional Medical Group. “However, colon cancer is the third most common cancer in both men and women, and 80% of the time it develops in people who don't have a family history.”

But, there is good news. Mortality rates from colon cancer have been declining for the past 30 years thanks to improved treatment and preventative measures that include a colonoscopy². “Colon cancers are being diagnosed and treated at earlier stages with the development of screening tests that continue to evolve and detect cancer before symptoms develop,” says Dr. Cera. “Colonoscopes used for screening colonoscopy now have high definition capability, just like your TV at home and allows for improved visualization of smaller polyps and lesions that can predispose to colon cancer.” While other less invasive screenings for colon cancer do exist, colonoscopies offer detection and prevention by removing precancerous growths that can later lead to colon cancer.



Besides proactive screenings, Dr. Cera offers the following tips to help minimize the risk of developing colorectal cancer:

- Maintain a high-fiber (30 g of fiber daily), low-fat (30% or less of total calories are from fat) diet.
- Ensure your diet has plenty of fruits, vegetables, and whole grains.
- 150 minutes of moderate intensity or 75 minutes of high intensity exercise each week.
- Minimize alcohol and avoid smoking.
- Maintain a healthy weight and an active, non-sedentary lifestyle.
- Know your family history and discuss the optimal screening test schedule with your doctor.

 **PHYSICIANS REGIONAL
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Dr. Susan Cera's office is located in Naples 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 schedule online at www.PhysiciansRegionalMedicalGroup.com.

¹ <https://www.cancer.org/cancer/colon-rectal-cancer/about/key-statistics.html>

² <https://www.cancer.org/latest-news/facts-and-figures-2018-rate-of-deaths-from-cancer-continues-decline.html>

Chronic Fatigue Syndrome

A closer look at the viral etiology

By Svetlana Kogan, M.D.

If you are like hundreds of thousands of other Americans, chances are you have experienced Chronic Fatigue Syndrome (CFS) or a similar illness at some point in your life. A definition of CFS was adopted in 1988 which restricted the diagnosis to those who could demonstrate at least 6 of the following 11 symptoms: mild fever or chills, sore throat, painful lymph nodes, muscular discomfort, prolonged fatigue, headaches, diffuse joint aches without swelling or redness, neuropsychological complaints (forgetfulness, excessive irritability, confusion, inability to concentrate, depression), sleep disturbances, general muscle weakness, and sudden onset of symptoms.

These symptoms are all too familiar to us, working Americans. The most common ailment that strikes my office patients is the lack of energy. The number of 40 and 50-year olds suffering from fatigue is shocking. Why are people so tired nowadays?

Some blame our fast-paced, aggressive, and highly demanding working lifestyles. As the saying goes: Americans live to work, as opposed to Europeans who work to live. But let's look at the statistics of Chronic Fatigue Syndrome in our European counterparts. Applying a very broad description of this malady, a study of 3,874 people in a French community found that a striking 41% of people experienced daily fatigue. Perhaps, the pressure-cooker of our jobs is not the only culprit. Scientific Evidence of the recent decades gives us insight into various other causes of Chronic Fatigue: viruses, hormonal dysfunctions, environmental toxicities, nutritional deficiencies, and gastrointestinal dysfunctions.

This article highlights the viral etiology of CFS. Viral causes of CFS are quite wide-spread. Authoritative medical literature sites Epstein-Barr Virus (EBV) and Human Herpes Virus-6 (HHV-6) as the most common viral pathogens responsible. EBV is the same virus that can cause Mononucleosis, commonly called a "kissing disease" among teenagers. If you ever had mono, you remember

the terrible fatigue and listlessness it wreaked in your body and mind. Epstein-Barr Virus belong to the Herpes family of viruses, however it is not tested in the usual sexually transmitted disease blood panel. Testing for EBV and HHV-6 has to be requested separately. Both infections typically occur via mouth-salivary transmission and go unnoticed in children. Both infections go latent in most adult, meaning that the healthy immune system manages to suppress the virus out of our circulation, into the subset of immune B-cells.

By age 45 about 95% of all adults have been infected with Epstein-Barr Virus, according to the U.S. Center for the Infectious Diseases. That is why, unless you are planning not to kiss anyone in your lifetime, it is virtually impossible to prevent this infection from taking place. So, what do we do to keep the EBV latent, i.e. inactive? Conventional medications for EBV and HHV-6 are toxic and unnecessary in most people with CFS. Many patients have been asking me if Valtrex is a viable treatment option. I would say "No". The toxic side effects are to frequent and the efficacy is too low for EBV and HHV-6. So, antiviral prescription medications should be reserved for the sickest of all the CFS patients, are the last resort and should be managed by infectious disease specialists.

The frustrating thing is that most people complaining of feeling drained of energy at all times do not get a proper assessment of their symptoms. These folks are often overlooked by the mainstream physicals. And so, even if someone just had a perfect physical by their physician, they often still emerge asking themselves: Why do I feel foggy all the time, even though I've been getting plenty of sleep? Why do I feel like yawning all day long?



I hear these questions every day and try to give viral CFS the attention it deserves. There are many alternative/holistic approaches to most viral-induced cases of CFS. In my holistic concierge practice, I encourage my patients to eat a nutritious diet, rich in fruits and vegetables, get plenty of sleep, and avoid excess sugars and alcohol, to keep their immune system balanced. The stronger the immune system – the easier it is for it to deal with the reactivated chronic fatigue viruses and bring them back under control. Depending on each person's body mass, fat distribution, sex, age, and activity level – I would recommend a customized protocol of supplements manufactured in the United States, in facilities compliant with Good Manufacturing Practices (GMP) and analyzed by the 3rd party independent testing labs, such as ConsumerLab.com

For the most effective management of CFS, I recommend using Ondamed treatment in my office – a series of Low frequency Pulsed Electromagnetic Field (PEMF) sessions twice/week for 5 weeks to help balance patients' immune system. Sometime I add far infra-red sauna and ionic foot bath to the CFS protocols, but these treatments are best for home use to make sure that each person has their individualized sterile sauna and foot bath equipment.

Finally and most importantly, we strengthen immune system by incorporating various Mind-Body techniques into the treatment protocol. Feeling peaceful and balanced is at the core of the CFS healing. Every patient gets "homework" and tends to these Mind-Body healing steps at his or her own pace, at home. We work as a team and with the right intention and hard work – we can heal most of the cases of CSF.



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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KIDNEY AWARENESS MONTH

Did you know that 37 million adults have kidney disease and the majority of people do not know they have it? One out of 3 three people are at risk for kidney disease. The kidneys are our primary source of detoxification. These two small organs clean the blood and filter waste products and toxins from the body through the urine.

The National Kidney Foundation Explains How The Kidneys Work Below:

- Blood enters the kidneys through an artery from the heart
- Blood is cleaned by passing through millions of tiny blood filters
- Waste material passes through the ureter and is stored in the bladder as urine
- Newly cleaned blood returns to the bloodstream by way of veins
- Bladder becomes full and urine passes out of the body through the urethra.¹

The kidneys perform their life-sustaining job of filtering and returning to the bloodstream about 200 quarts of fluid every 24 hours. Approximately two quarts are eliminated from the body in the form of urine, while the remainder, about 198 quarts, is retained in the body. The urine we excrete has been stored in the bladder for approximately one to eight hours.¹

There are several key warning indicators of kidney disease. While many of these get confused with other conditions or get ignored completely, if you have any of the following symptoms, it's imperative to see your healthcare provider and to get additional testing done.

According the National Kidney Foundation, these are the 10 most common signs of kidney disease:¹

- 1. Fatigue**—You're more tired, have less energy or are having trouble concentrating. A severe decrease in kidney function can lead to a buildup of toxins and impurities in the blood. This can cause people to feel tired, weak and can make it hard to concentrate. Another complication of kidney disease is anemia, which can cause weakness and fatigue.
- 2. Trouble Sleeping**—When the kidneys aren't filtering properly, toxins stay in the blood rather than leaving the body through the urine. This can make it difficult to sleep. There is also a link between obesity and chronic kidney disease, and sleep apnea is more common in those with chronic kidney disease, compared with the general population.

- 3. Dry, Itchy Skin**— Healthy kidneys do many important jobs. They remove wastes and extra fluid from your body, help make red blood cells, help keep bones strong and work to maintain the right amount of minerals in your blood. Dry and itchy skin can be a sign of the mineral and bone disease that often accompanies advanced kidney disease, when the kidneys are no longer able to keep the right balance of minerals and nutrients in your blood.

- 4. Frequent Urination**—If you feel the need to urinate more often, especially at night, this can be a sign of kidney disease. When the kidneys filters are damaged, it can cause an increase in the urge to urinate. Sometimes this can also be a sign of a urinary infection or enlarged prostate in men.

- 5. Blood in Urine**—Healthy kidneys typically keep the blood cells in the body when filtering wastes from the blood to create urine, but when the kidney's filters have been damaged, these blood cells can start to "leak" out into the urine. In addition to signaling kidney disease, blood in the urine can be indicative of tumors, kidney stones or an infection.

- 6. Foamy Urine**— Excessive bubbles in the urine — especially those that require you to flush several times before they go away—indicate protein in the urine. This foam may look like the foam you see when scrambling eggs, as the common protein found in urine, albumin, is the same protein that is found in eggs.

- 7. Puffy Eyes**— Protein in the urine is an early sign that the kidneys' filters have been damaged, allowing protein to leak into the urine. This puffiness around your eyes can be due to the fact that your kidneys are leaking a large amount of protein in the urine, rather than keeping it in the body.

- 8. Swollen Feet and Ankles**— Decreased kidney function can lead to sodium retention, causing swelling in your feet and ankles. Swelling in the lower extremities can also be a sign of heart disease, liver disease and chronic leg vein problems.

- 9. Poor Appetite**—This is a very general symptom, but a buildup of toxins resulting from reduced kidney function can be one of the causes.

- 10. Muscles Cramps**— Electrolyte imbalances can result from impaired kidney function. For example, low calcium levels and poorly controlled phosphorus may contribute to muscle cramping.

Reference:

1. The National Kidney Foundation, Kidneys and Your Health, <https://www.kidney.org/phi/form?version=health>

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The Lumbar Spine Puzzle: Interventional Pain Management

Florida Pain Center of Naples solution for lumbar spine problems recognizes that the body is one interconnected machine, not a collection of individual parts and pieces. The lumbar spine is a crucial piece in our musculoskeletal puzzle. Structures such as the hip, knee, ankle, and foot are all controlled by spinal nerves in the low back, and a problem in the lumbar spine can create problems at any point in the lower-body chain. Many problems can occur in the lumbar spine. Some of the more common include arthritis, foraminal stenosis, pinched nerves, disc problems, and spondylolysis. We will review some lumbar spine problems as well as some traditional and interventional solutions.

First, let us look at the structure of the spinal column. The Spinal column, or backbone, is made up of vertebrae, stacked one on top of the other, with an intervertebral disc between each level to provide cushion and absorb shock. The cervical spine makes up the neck area and consists of seven vertebrae (C1–C7). C1 is at the very top of the spine. The cervical spine is followed by the thoracic spine (T1–T12), the lumbar spine (L1–L5), and the sacrum (S1–S5) and the coccyx (four fused vertebrae commonly known as the tailbone). The posterior (back) part of these vertebrae are the spinous processes (which you can feel if you run your fingers down your back), and on either side of these, connecting one vertebra to the next, are finger-joint-sized articulations called the facet joints. So, the five vertebrae of the lumbar spine have a total of ten facet joints. The spinal canal is a tunnel that runs down the middle of the column and houses the spinal cord, which has many nerves that transmit muscle commands and sensory information throughout the body and to the brain. The spinal column also has small holes where the nerves exit and branch off to other parts of the body. There is one at each level. One hole is called a foramen. The plural is called foramina. Any of these structures in the lumbar spine can become damaged or diseased in some way and lead to pain, discomfort, even disability.

Let us start with foraminal stenosis. When the spine is healthy, these nerves easily traverse the tunnel as described above, properly transmitting sensory information from each part of the body to the brain. When the spine is not healthy, however, this can disrupt the flow of information. The disc, that cushion between the spine bones, can bulge, or the spine joints can get arthritis, causing the foramen to narrow. This narrowing of the tunnel is called foraminal stenosis, and this can cause the nerves to get pinched. The pressure

from a pinched nerve can cause muscle tightness, weakness, numbness, tingling, or pain in that nerve's specific distribution. For instance, if there is foraminal stenosis in the lumbar spine level where the nerves branch into your leg and down to your toes, you could experience numbness (or one of the other sensations mentioned) all the way down in your big toe. Tingling in your fingers or tightness in the biceps muscle, for example, could be from foraminal stenosis in the level of the cervical spine where the nerves branch into your arm muscles and fingers. At times, the following methods to alleviate the symptoms and pain may be needed. However, we prefer to exhaust all other options, such as over-the-counter medications, chiropractic, physical therapy, and other available methods. Laser spine surgery can open the hole, but this surgery can have major side effects and can have serious implications, such as damage to the thoracodorsal fascia. A spinal fusion is another way to surgically treat stenosis, but the mention of a fusion should be your red flag to seek other opinions. Why?



Adjacent segment disease (ASD) can happen, which means that the levels above and below the fusion can get damaged over time. Additionally, surgery is often performed after diagnosing the problem solely based on findings on an MRI. An MRI indicating stenosis isn't enough to appropriately diagnose that stenosis as the cause of back pain, and because of this, if you have foraminal stenosis, you really shouldn't put all your trust in an MRI. Patients may or may not have back pain with foraminal stenosis, though they may have pain in another location, such as the knee or shoulder. Research also shows that physical therapy and chiropractic is as effective as surgery in relieving stenosis. The interventional pain management approach to foraminal stenosis utilizes nonsurgical solutions to treat it before it progresses. One of many solutions is injections of medications performed in-office that can reduce the swelling (inflammation) into the foramen and around the nerve can help manage the problem and keep it under control. Nerve root, and medial branch block injections can be done to determine if a specific spinal nerve root is the source of pain. We can also perform Lumbar Transforaminal Steroid Injections, which provide relief from foraminal stenosis, along with spinal stenosis and sciatica. It works by reducing inflammation and swelling to alleviate pressure on the spinal nerve. Blocks also can be used to reduce inflammation and pain.

Spinal Instability and Degenerative Joint Disease can cause havoc to ensue when it goes unnoticed and untreated. Like with any joint, when a damaged facet joint in the spinal column is left untreated and even unidentified, instability can set in, leading to pain, swelling, and more advanced diseases, such as degenerative joint disease (DJD). This can then lead to severe foraminal stenosis (see above). The surgical approach for severe DJD might be a fusion. A spinal fusion involves installing hardware, such as plates and screws, to bolt the vertebrae together, rendering them immovable and oftentimes disrupting the normal curves throughout the entire spinal column. It's a limiting, irreversible procedure that can cause adjacent segment disease in the vertebrae above and below, and it should only be considered in the most extreme cases. Our approach would be to have you exhaust all other conservative methods available, including chiropractic and physical therapy. Our next step is to perform facet joint injections: an injection used to determine if the facet joints are the source of pain. These injections can also provide pain relief.

Facet Joint Arthritis and Other Facet Problems: The facet joints, those finger-joint-sized articulations on either side of the spinous processes on the back of the spine, can, like any other joint, become injured from trauma or develop arthritis from cartilage breakdown due to wear and tear or other issues. Facet joints allow for and limit to a certain degree, movement in the spine. When you bend backward, these joints become compressed, and when you bend forward, they open up. Rotation in the lumbar spine, however, is limited to about 12 degrees in either direction, compared to about 40 degrees in the thoracic spine 90 degrees in the cervical spine. When damage or arthritis occurs, facet joints can become chronically painful and uncomfortable, especially with movement. Facet cysts can also develop when a facet joint gets arthritic and swollen. A facet cyst is simply a fluid-filled expansion of the covering of the joint (called the capsule). The joint can balloon out in a few common places, and one of those can put pressure on the nerves in the spinal canal, causing pain in the spine or anywhere along the branch of the affected nerve (e.g., in the leg if the cyst is in the lumbar, or lower, spine). Again, one method we can perform facet joint injections: an injection used to determine if the facet joints are the source of pain. These injections can also provide pain relief. That then allows us to diagnose the issue and the next best procedure for pain relief.



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Disc Problems (Herniated, Bulging, Torn, or Degenerated): There are four common types of disc problems that can occur in the lumbar spine. A herniated disc is when the outer covering of the structure breaks open, letting the inner gel herniate out. A bulging disc is when the outer covering doesn't completely break open, but the fibers are stretched and weak, leading the inner gel to cause bulging. A torn disc is when the outer covering gets a tear that doesn't result in a herniation or bulge but does cause pain due to ingrown nerves or the disc leaking nasty chemicals on the associated spinal nerve. Finally, a degenerated disc is one that has collapsed due to few living cells inside, causing a lack of production of the chemicals that usually plump up the disc. The surgical solution for lumbar disc problems depends on the disc problem. Generally, disc surgeries include either back fusions or disc replacement. In both cases, the damaged disc tissue is removed. With the fusion, the vertebrae are then bolted together with hardware to make them immobile, which can lead to adjacent segment disease (ASD) and other problems. With the disc replacement, the idea is that it should have fewer side effects than a lumbar fusion; however, research has shown that abnormal motion with the artificial-disc device can lead to ASD, and other side effects of the device include wear-and-tear ions in the blood from the breakdown of the metal or plastic device, ongoing pain, and revision surgeries. However, as a last resort and all other methods are exhausted, this may be necessary for a normal quality of life. In interventional Pain Management, we recognize and "properly" diagnose the different disc-injury types and help guide you to determine what options are the best and in which order you should exhaust them. A pinched lumbar nerve can cause pain or numbness anywhere along the route that nerve branch supplies, including the butt, hip, and knee. Pain may or may not exist in the low back. So, a pinched nerve can cause problems in and of itself, but it's important not only to treat the pinched nerve but also whatever caused the problem (e.g., stenosis, disc bulge, etc.).

It is important to understand that chronic knee pain, for example, could be due to a pinched nerve, or other problem in the lumbar spine, especially if it's accompanied by low-back pain. However, if a pinched lumbar nerve is presenting as knee pain without back pain, it is easy for your doctor to diagnose knee pain based only on MRI findings of the knee (e.g., arthritis, meniscus tears, and so on that can just be normal wear and tear with age, not a major source of pain). Therefore, we find it so important to examine the musculoskeletal system as a whole unit rather than in parts and pieces. The surgical approach to a pinched nerve depends on the cause of the pinched nerve. If it is a disc bulge, for example, it could be a discectomy and graft and/or a lumbar fusion (see "Disc Problems" in this report). If it's foraminal stenosis, it could be a laser surgery to enlarge the foraminal opening where the nerve is being pinched (see "Foraminal Stenosis" in this report). Unfortunately, even knee replacements, for example, are a possibility if the pinched nerve is presenting as chronic knee pain and surgery is recommended based primarily on knee MRI findings rather than an examination of the full musculoskeletal system. Treatment could be precise image-guided injections, and the key is using nonsurgical methods first and to thoroughly and "accurately" diagnose the source of the pain and the why behind it. Drugs such as nonsteroidal anti-inflammatory drugs (NSAIDs) and opioids may be recommended for short term relief, but all come with their side effects and shortcomings. NSAIDs come with a long and growing list of dangerous side effects, such as sudden-death heart attacks, stroke, and GI bleeding, and addiction and overdose due to prescription opioids have reached epidemic proportions in the U.S.

We have many more options to help diagnose and treatments not listed here for your best outcome. Our goal is to treat the body as a system and to find the why behind your pain, give you as much relief and as many options as possible to help you live a happy, pain-free life. Call 239-659-6400 today.

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Gut health: just a fad with a yucky name, or....?

By Dr. Melissa MacVenn, *WellcomeMD, Naples*

Physicians need copious amounts of scientific evidence before adopting new treatments, and they need to disregard the buzz of promotion. The fairly recent focus on "gut health," despite that unlovely label, has earned its attention. But there's more to consider.

Keep in mind that personal health attracts hype like a magnet pulls in iron filings. A *British Medical Journal* study of more than 800 news articles about gut health and probiotics in the popular press found lots of celebration, but very little discussion of the limitations of what we know. Critical context -- such as, what treatments *do not work?* -- was also quite rare.

But gut health may offer help for some conditions, of a kind previously dismissed by traditional medicine. The mix of thousands of different species of bacteria, viruses and other "microbiota" along your intestinal tract can be an important regulator of inflammation throughout the body.

A recent overview of research in the science journal *Nutrients* concludes that "The health of this complex gut ecosystem has implications for various conditions including obesity, diabetes, irritable bowel syndrome, inflammatory bowel disease, depression, and cardiovascular disease."

Wait...depression? Not yet so well researched is that surprising link between gut health and psychological balance that anyone who has experienced stress-connected stomach problems can testify to.

How does all that play out in your doctor's office? You might discuss the research with her or him on your next visit, especially if your health has been compromised by gastrointestinal or inflammation problems. A recent research report from the Stanford Medical School points to dietary changes that can have strong positive impacts.

One focus of the study was fermented foods. It wasn't broad enough to be completely persuasive on its own, but it adds to the research discussion. The study found that eating foods such as fermented cottage cheese and vegetables,



kimchi, yogurt, kefir, vegetable brine drinks, and kombucha tea led to an increase in overall microbial diversity in the gut. Nineteen inflammatory blood proteins diminished. One protein, interleukin 6, has been linked to rheumatoid arthritis, Type 2 diabetes and chronic stress.

"This is a stunning finding," one of the study's authors said: eating fermented foods "remodeled the microbiota" in all of the study participants. (The verdict of "stunning" should probably await more evidence, but this study does confirm similar findings elsewhere.)

LOOKING FOR GUIDANCE ON MAKING HEALTHY CHOICES?

I have more time than some to work new research and healthy lifestyle changes into my conversations with patients. The journey to optimal health looks different for everyone, and WellcomeMD can help!

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NATIONAL NUTRITION MONTH: WHAT YOU REALLY NEED TO KNOW

BY DR. LINELL KING

The pillars of health are all connected. One is not the answer to all your health conditions and longevity goals. The foundations of health include physical activity, reducing stress, improving sleep, socialization, and contribution to society and nutrition.

Nutrition alone will rarely solve all issues, but it is a primary pillar for overall health and wellbeing within the body and brain. The problem is nutrition is confusing, and there are way too many opinions out there, making people feel lost. The fact is not one diet is suitable for every person. People have specific needs and genetics that need to be taken into account.

Naples Vitality offers insight and nutritional coaching through various eating strategies to help you live your best life. Dr. Linell King prefers a Paleo-style diet to support overall dietary needs, but that can also be adjusted to fit each person's goals and needs.

Some of the eating strategies Naples Vitality offers guidance for patients with include:

- Paleo
- Autoimmune Protocol
- Ketogenic
- Plant-based

THE PALEO DIET

The paleo diet usually includes fish, fruits, vegetables, lean meats, seeds, and nuts. Derived from the dietary habits during the Paleolithic era between 2.5 million to 10,000 years ago, this form of nutrition limits food groups that developed after this time period, some of them being legumes, grains, and dairy products. This goal of this diet is to return to a form of nutrition that resembles that of early human life. It is believed that food groups that developed through farming are more difficult for the body to absorb.

Dr. King recommends 2 to 3 servings of vegetables at each meal, adequate protein (preferably wild-caught, organic, free-range, and grass-fed), and plenty of healthy fats such as olive, avocado and coconut oil. Think of eating a rainbow of colors like



berries, dark leafy greens, purple cabbage, carrots, sweet potato, beets, and brussel sprouts, and make protein more of a side to your plant-rich meals. Cauliflower is a great substitute for potatoes and rice, and there are fantastic paleo bread options made from almond or coconut flour.

THE (AIP) AUTOIMMUNE PROTOCOL DIET

An autoimmune disorder includes any medical condition where one's immune system mistakes bodily tissue as harmful and attacks them. Some autoimmune disorders include lupus, psoriasis, and rheumatoid arthritis. Common illnesses such as diabetes and thyroid disease can also be caused by an autoimmune disorder. The autoimmune protocol diet is structured to help alleviate inflammation throughout the body caused by symptoms of autoimmune disorders. Similar to the paleo diet, this form of nutrition incorporates meats, fish, vegetables, seeds, and nuts. This diet includes nutrient-rich foods and avoids inflammatory ones to prevent or reduce leaky gut incidents and in doing so, reduce the immune system from mistakenly attacking the body.

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

THE KETO DIET

The keto diet is a high-fat, low-carb diet that can provide the body with plenty of health and wellness benefits. By significantly decreasing your carbohydrate intake and replacing them with healthy fats, you are stimulating ketosis, a metabolic process that enhances the body's ability to burn fat for energy. Many studies have shown that the keto diet can successfully help you lose weight while providing benefits against cancer, epilepsy, diabetes, and Alzheimer's disease.

ABOUT THE PLANT BASED DIET

Many people argue about what diet is best, but one thing that they all agree upon is that we need to eat more plants. Plant based whole foods focuses on minimally processed foods that provides the body with the various micronutrients that the body needs to fuel and heal itself. Whether you are vegetarian, vegan, or pescatarian, this eating strategy is one that focuses on providing the nutrients the body needs to repair and heal while still providing healthy proteins and fats from a plant-based source.

To get expert nutritional guidance and other natural alternatives for your health and wellness needs, please visit naplesvitality.com or call 239-307-0036.

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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DR. LINELL KING, MD

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You've Heard It Before, Mammograms Save Lives, But What Do You Really Need to Know About Your Imaging Choices?

By Krystal Smith, D.O.

Q: WHEN SHOULD I BEGIN HAVING SCREENING MAMMOGRAMS?

A: The American College of Radiology recommends women begin having annual screening mammograms at age 40. Some women, who are at a higher risk of developing breast cancer due to such things as a family history of breast cancer, may need to begin sooner than age 40.

Q: HOW SHOULD I PREPARE FOR MY YEARLY SCREENING MAMMOGRAM?

A: On the day of your screening mammogram do not use deodorant, powder or lotions. These substances can mimic the appearance of cancer and require the study to be repeated. You should wear a 2-piece outfit so you will only need to remove your top. Our technician will give you a robe to wear. If you have tender breasts, it may be helpful to schedule one week after your menstrual period.

Q: IS MY YEARLY SCREENING MAMMOGRAM COVERED BY INSURANCE, MEDICARE?

A: Most insurance companies, including Medicare, will pay for a yearly screening mammogram for women over 40 years of age as part of the insured individual's wellness program.

Q: HOW LONG DOES IT TAKE TO PERFORM MY YEARLY SCREENING MAMMOGRAM?

A: From check-in to check-out, the process takes approximately 30 minutes.

Q: DO I NEED AN ORDER FROM MY DOCTOR OR NURSE PRACTITIONER TO SCHEDULE MY YEARLY SCREENING MAMMOGRAM?

A: You do not need an order to schedule your yearly screening mammogram. In the state of Florida, women age 40 or older can schedule their annual screening mammogram without an order.

Q: IS A MAMMOGRAM UNCOMFORTABLE?

A: The Breast Center of Naples is proud to offer the SmartCurve system by Hologic. The SmartCurve system provides a curved compression surface that offers a more comfortable patient experience without compromising image quality, exam time, dose or workflow. Clinically proven to deliver a



more comfortable mammogram, the SmartCurve system improves comfort in 93% of patients who reported moderate to severe discomfort with standard compression. Additionally, 95% of patients surveyed would recommend facilities that use a SmartCurve system.

Q: WHAT PATIENTS ARE OFFERED SCREENING ULTRASOUND?

A: Women who are categorized on their mammogram as Category C (Heterogeneously Dense Breast Tissue) or Category D (Extremely Dense Breast Tissue) will be offered screening breast ultrasound in addition to their screening mammogram. This is not a substitute for a screening mammogram, but a supplement to help in the detection of breast cancer.

Q: WHAT IS THE DIFFERENCE BETWEEN A SCREENING AND A DIAGNOSTIC EXAM?

A: A screening mammogram (and screening ultrasound if applicable) is performed when there are no breast symptoms/problems. Diagnostic exams are performed if a woman is recalled for additional imaging for an abnormality on her screening mammogram or if she has breast symptoms/problems. Diagnostic examinations are also performed if a man presents with a breast symptom/problem.

Q: AT WHAT AGE DO I STOP HAVING SCREENING MAMMOGRAMS?

A: Yearly screening mammograms may continue as long as you are healthy. There is no specific age at which to stop having screening mammograms.

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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.

We have only state of the art equipment which includes Hologic 3D Mammography, GE ultrasound, and Hologic bone density. We offer the area's only true screening ultrasound program for patients with dense breast tissue. Please call us today at (239) 238-1210 to schedule your annual screening mammogram. We are located in the Kraft Center at 3555 Kraft Road, Suite 350.

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KRYSTAL SMITH, D.O.

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





Skin Cancer Screening: HOW TO PREPARE

By Sydney Tateo

Are you prepared for your skin cancer screening? Screenings are quick appointments, which involve examination of your skin, head to toe. Yes, this includes scalp, feet, nails, etc. In general, it is recommended that patients be screened annually, although for those with a history of skin cancer or those with certain chronic skin conditions, more frequent visits may be recommended. At these visits, suspicious areas will be notated and potentially biopsied or treated. Patients often ask what they can do to prepare for their skin exam. Firstly, take note of any new growths or changing growths. If there is an area that has been particularly tender, itchy, or bleeds easily, it should also be noted. Do not hesitate to point out concerns along the way.

Next, skip the cosmetics. The most common mistake patients make is to wear a full face of makeup to their appointment. From our viewpoint, this is also one of the most frustrating and dangerous mistakes patients can make. The whole purpose of concealer and foundation is to hide discoloration- one the first signs of skin cancer! The face is one of the most common areas for skin cancer to arise, therefore a thorough and complete examination is imperative. This means no make-up, including lipstick.

In addition to makeup, please skip applying hairspray and root touch-up powder/spray. A complete skin check includes a thorough evaluation of your scalp. If your hair is set with spray, we cannot go through your hair to examine your scalp. Covering up your roots with touch-up products will make it almost impossible to examine the underlying skin.

We also recommend removing nail polish prior to your exam. Believe it or not, skin cancers and moles can grow under nails. Patients also frequently ask about nail fungus, but with polish in place, we cannot evaluate for any of these conditions.

Lastly, skip the self tanner at least 2 weeks prior to your appointment. Self-tanning products, including spray tans, change what many skin lesions look like. It also can camouflage suspicious lesions, causing us to skip right over a potentially harmful spot.

Following these recommendations will ensure you receive the most thorough exam possible. Do not put off your screening any longer. Call us today to schedule your appointment.



Sydney Tateo, DNP, ARNP

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

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



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Achilles Tendon Ruptures and Getting You Back in the Game

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

Achilles Ruptures are more common in men than women and the typical age group that is affected is between the ages of 30-50. Some other risk factors include race, genetics, medical conditions, musculoskeletal disease, ankle and foot alignment (pronation/hyper-pronation), obesity, sports, exercise, medication and smoking.

The Achilles tendon is the largest tendon in the body. It is connected to both the calf muscle and the heel bone and is a fibrous tissue that somewhat resembles twine. It is used when you walk, run, stand, jump and is especially stressed when you move quickly from side to side.

Although the Achilles tendon can withstand great stresses from running, twisting and jumping, it is extremely vulnerable to injury. A rupture of the tendon is a tearing and separation of the tendon fibers, so that the tendon can no longer perform its normal function.

People that are athletic and play sports or do extreme workouts are often times more frequently affected by Achilles tendon injuries. This is because they have jarring, ballistic movements. Sports like tennis, basketball and football all create these airborne movements. Also, exercises or workouts like jumping rope, or other high intensity movements can rupture the Achilles tendon. Corticosteroids and some other pain deterring injectables have been studied for their negative effect on the tendons, due to the medications actually breaking down the tissues and weakening the Achilles tendon.

When the tendon is ruptured, most notably, people remark of the popping sound they hear at the onset. It causes a tremendous amount of pain and unfortunately takes a very long time to heal.

There are several types of treatment options, both surgical and nonsurgical. The nonsurgical approach is to cast the foot in a pointed toe position and then gradually recasting to stretch the tendon back into



Achilles Tendon Rupture

place very slowly. The nonoperative repair has a much greater re-rupture rate than with surgery. We also use laser therapy in conjunction with stem cells as to repair the Achilles tendon.

The surgical repair of the Achilles rupture involves several different options. All of the options will reconnect the two ends of the tear back together by suturing them back into place. Sometimes this is done with a flap drawn down from the gastrocnemius (calf muscle), while other times its achieved with a donated graft, or simply sewn back together with a specific suturing method that ties both sides down and reconnects the sutures in the midline of the tear.

Whichever of the treatment options that your physician may choose, expect the rehabilitation to be quite long. There is no weight bearing activity allowed for several weeks, and then from there

their will be many weeks of therapy. The length of healing for the average person is usually around 4 to 6 months.

At week 8 after your treatment, your Achilles tendon will be primarily healed, but not strong enough to put undue stress on it. It must be over-protected for several months to insure that it is not reinjured. For competitive and exercise, or sports enthusiast, they can expect a good 6-9 months before being back to their normal extreme routines

At Collier Podiatry, Dr. Petrocelli is highly experienced in treating Achilles tendon ruptures both surgically and non-surgically, depending on your unique circumstances. And they offer great options and routines for the most beneficial rehabilitation and healing.

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 direct at (239) 775-0019.

Dr. Petrocelli is Board Certified in Surgical and Wound Care by the American Board of Wound Management. He is also the staff Podiatrist at Naples Community Hospital Wound Healing Center.



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Colorectal Cancer Awareness Month

Colorectal cancer affects nearly 50,000 Americans each year. If caught early on, it can easily be treated. However, in order to diagnose it early, patients need to be proactive about colonoscopies and looking for symptoms that might often be ignored. Colonoscopies are now recommended after the age of 45, but if you have any bleeding, pain, or changes in bowel habits, it's important to see your physician.

During a colonoscopy, if polyps are found, they are usually easily removed right then and there, which is optimal for avoiding cancer cell proliferation. Polyps are not always cancerous, but a large majority can be, and this risk increases with the size of the polyp as well as the number of them found.

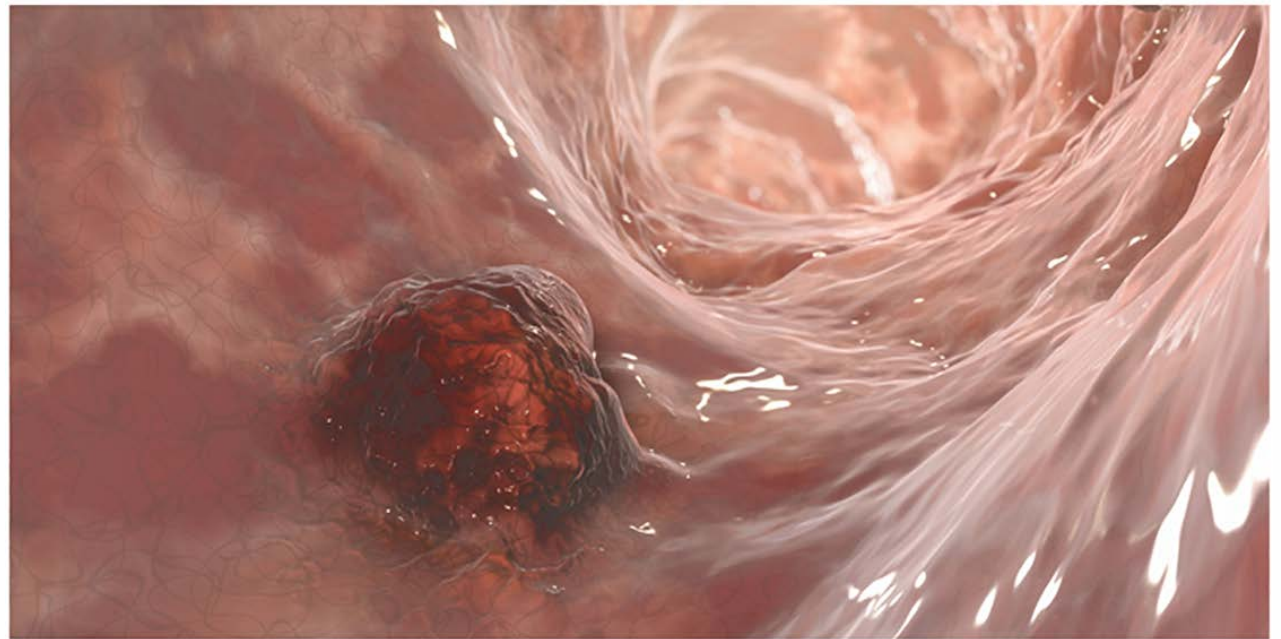
Dietary changes can help

There are specific risk factors that are often associated with colon cancer. One that is quickly resolved is your diet. If you eat a lot of red meat and saturated fats, and very little fresh fruits and vegetables, you are at a higher risk of developing colorectal cancer. Some of the other risks associated with this type of cancer are, being over the age of 45, having a family history of polyps or colon cancer, smoking, being overweight, having Crohn's disease or ulcerative colitis, and women that have had breast, uterine or ovarian cancer are at a greater risk as well. Even if you are a male and your mother had breast or ovarian cancer, you considered high risk.

Although the symptoms are not always prevalent in the beginning stages, some of the symptoms are as follows:

- Constipation
- Abdominal bloating
- Abdominal pain
- Excessive gas
- Diarrhea
- Narrow stools
- Weight loss
- Vomiting
- Nausea
- Fatigue

It's imperative to talk to your physician about protecting yourself and your loved ones who may be at risk for colorectal cancer. Getting a colonoscopy screening is critical for adults with risk factors or over the age of 45. A colonoscopy is an easy procedure and one that can literally save your life. If the



polyps are discovered, they can be removed surgically during a colonoscopy or a sigmoidoscopy. If cancerous, chemotherapy or radiation is usually unnecessary as a secondary treatment. It's always best to be proactive in your colon health, rather than waiting and finding that the cancerous polyps have grown and spread into other organs. Schedule your colonoscopy today.

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Our dedicated medical staff works around the clock to achieve top patient health and satisfaction. We provide the following services and more in a patient-focused, whole health perspective:

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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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At our clinic, we assist in counseling and prescribe opioid medication treatments for individuals and family members facing mental and/or substance use disorders following latest data, research and guidelines.

Health Consultations

Our patients can consult an esteemed health professional about any potential treatment plans.

Urgent Care Services

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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Know Your Macronutrients: Protein

By Cederquist Medical Wellness Center



Research shows that the majority of us have only a sketchy grasp of how nutrition relates to how our bodies function and we often regard nutrition as a minor factor in our overall health.

The media blitz about the American obesity crisis is putting new attention on the nation's dietary problems, but it isn't necessarily providing the re-education we need to help us overcome them.

Research shows that the majority of us have only a sketchy grasp of how nutrition relates to how our bodies function and we often regard nutrition as a minor factor in our overall health.

Of course, nothing could be further from the truth, but even the most detailed knowledge isn't enough to correct or even prevent obesity or bad eating habits.

Even so, when it comes to your health, ignorance never leads to bliss, and the more you know, the better equipped you are to adjust your own eating habits for better health outcomes.

Here, then, is the first of three pieces offering a simple look at the macronutrients, protein, fats and carbohydrate, the fundamental nutritional building blocks. You may be surprised by what you don't know.

Protein First

Of all the nutrients your body needs, protein is the most vital.

Why? Because it is absolutely necessary to build and maintain all your body's structures, not only muscles, tendons and ligaments, but also your circulatory system, brain, organs, immune system and skin.

As old cells slough off these various structures, replacement protein is constantly needed to build and repair them. If fresh protein is not available more or less continuously, the structures start to break down.

Myths About Protein

Many people have false ideas about what protein can do. They expect protein to give them big muscles, stamina and athletic prowess. They think that if a little protein is good, a lot must surely be better.

But eating a hearty serving of red meat every night will not make you robust. The average 150-pound man cannot use all the protein in an 8-ounce dinner steak to meet his daily requirement, even if he eats no other protein foods all day long.

That's because the body can utilize only four to eight ounces of protein at a time. The rest will be converted into carbohydrate for immediate energy or stored as fat, because, unlike fat and carbohydrate, protein can't be held in reserve in the body. You cannot load up on protein Monday and store it for use on Tuesday and Wednesday. In fact, the protein you eat at breakfast is pretty well used up by dinner time.

Protein in weight-loss

It would be nice if your body burned only the excess fat you are anxious to shed. Unfortunately, it doesn't work that way.

Even to function at a minimal level, our bodies first use available carbohydrate, then protein, and last turn to our fat stores for energy. The very process of burning body fat requires the presence of carbohydrates. If there are insufficient carbs and protein in the food you eat, your body breaks down lean body tissue for the proteins, and converts them to carbohydrate for energy.

That's why people on some low-calorie diets lose muscle mass when they're trying to lose fat. If there is a deficiency of dietary protein, the body essentially cannibalizes its lean mass for the energy to burn its fat mass.

And if the body does have to turn to its own tissues for an energy source, it perceives this as a threat to survival—which it could be—and it slows the metabolism, so that the body uses less and less energy to function overall.

But that's counterproductive in any weight-loss effort, and shows why starvation diets don't work. You want your body to use more of what you take in, not less. So ensuring adequate intake of small amounts of protein spread through the day keeps our bodies from turning to lean tissues for energy, and helps keep metabolism optimal. That's what's meant by the expression "feed your diet."

Complete and Incomplete Proteins

Proteins are made from chains of amino acids, of which 20 have been identified so far. Nine are called "essential" amino acids. They are essential in your diet because the body cannot manufacture them. The other 11 can be made in the body from remnants of leftover carbohydrates, fats and other amino acids.

Foods that contain all nine essential amino acids are considered complete proteins. Those containing less than nine are called incomplete proteins. Most animal proteins fall into the category of complete proteins: meat, poultry, fish, eggs, milk, cheese and other dairy products. Except for soy, proteins from plant sources are incomplete.

However, as any vegetarian can tell you, you do not have to eat animal proteins to have an adequate diet. All you have to do is combine foods that supply all nine essential amino acids.

For example, rice is very low in lysine but high in methionine, both of which are essential amino acids. Beans are low in methionine, but high in lysine. Served together, they provide a complete protein meal without the expense of prime cuts of meat. There's solid nutritional science behind cheap cuisines based on rice and beans.

Similar logic holds for the pairing of legumes and grains, the ingredients of a peanut butter sandwich. It's also true for dairy and grain combinations, as in macaroni and cheese. These are called complementary proteins.

The catch is that these combinations must be eaten together or within a few hours of each other, or the benefit of pairing them for the complete protein is lost. But when you consider all the options, you can see how easy it can be to give your body the little protein infusions it needs throughout the day to be functioning at its best.

THROUGH THICK AND THIN

The challenge when choosing your protein sources is to avoid foods that are also high in fat and cholesterol. For example, the fat in a hamburger may almost equal the protein. And peanut butter has almost twice as much fat as protein, bringing the calorie total for two tablespoons to a whopping 190 calories! On the other hand, a serving of fish has very little fat—in most cases, less than one-fifth of an ounce—and it's an essential fat, at that. That's a great protein bargain.

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WHAT IS THE RELATIONSHIP BETWEEN MY ASSETS AND DIVORCE? WHAT WILL HAPPEN TO MY ASSETS IF I GET DIVORCED?

By Ross E. Schulman, Woodward, Pires & Lombardo, P.A.

If you are contemplating a divorce, you may be wondering what the potential impact on your assets will be. Does your spouse automatically get half of everything? Can you keep specific assets? How will divorce affect my retirement? What exactly qualifies as an asset? If you are asking any of these questions, contact a qualified family lawyer, we are here to help educate you.

A knowledgeable family law attorney will inform you of how Florida statute and caselaw defines assets and liabilities as both marital and non-marital property, in any litigation. While the process is often straightforward, every case and each fact pattern is different, especially when there are more complicated assets involved, as seen in some retirement benefits, family-owned businesses or high net worth holdings. Importantly, there are even situations where there are both marital and non-marital components in a single asset or liability. It is imperative to understand the possibility of an otherwise non-marital, separate property being classified as marital property under Florida law. A seasoned family lawyer will explain the nuances and answer any questions you have when trying to protect your interests during the process.

It is imperative to have an experienced attorney, like a Naples divorce attorney, educate you, help you settle your matter fairly, or fight for you if the case requires litigation.

DID YOU KNOW?

The following includes some general ways Florida law addresses assets and liabilities during divorce:

The Home

As part of a divorce, homeowners wanting to sell a home or other real property may require a separate partition claim. If the Court grants the partition action, the house may be sold or divided among the parties. Distribution of the proceeds will also be handled based on either an agreement or ultimately the Court's equitable distribution scheme.

The Pets

Despite our affection for Fido, he is not our child; He is our pet. Florida divorce law states that pets are property. Therefore, the courts do not order custody or time-sharing for pets. The couple will have to work those issues out among themselves if they want to share custody of the pet. Otherwise, Fido will be negotiated or awarded as any other asset per equitable distribution.



Debt, i.e., Credit Cards, Student Loans, and Other Liabilities

When it comes to debt, like credit cards or student loans, it is typically classified as marital property if acquired during the marriage. Even if only one person in the marriage is on the account, joint liability is true. And thus, this debt is subject to equitable distribution.

Prenuptial Agreements

Premarital agreements, commonly referred to as "prenups," are legally binding contracts, like any other, which include terms and provisions the couple agreed on before getting married. These agreements often determine how debts, alimony, assets and more get distributed if they divorce.

However, Florida divorce law has some very specific rules as they pertain to premarital and post-marital agreements. For example, did you know that despite any language addressing waivers of temporary support, you may be able to challenge the provision successfully? Additionally, many parenting agreements preemptively made by these types of agreements may be set aside.

The Possibility of Receiving Over Half of The Marital Property- Equitable versus Equal Division

There are instances where some divorcees may receive greater than 50% of the marital property. In general, a Florida judge starts with the premise of dividing marital property equally between the couple. However, Florida is not a 50/50 state by law. Instead, we are an equitable distribution state, meaning the assets and liabilities are divided fairly and equitably, not necessarily equally. Your Naples divorce lawyer will explain if there is legal, sufficient justification for an unequal distribution. Please note that obtaining an unequal marital asset distribution in Florida can be challenging without the expertise and guidance of an experienced divorce attorney.

How an Attorney Can Help

If you are reading this article and have questions and concerns about your divorce's impact on your finances, it is critical to have a Florida divorce attorney. As mentioned before, hiring such a lawyer can help you whether you and your spouse agree or contest some assets. In addition, a family lawyer will take you step-by-step with all the legalities and paperwork that their client is looking for and more.

They will also fight for you in a court of law. If there is a legal argument sufficiently justifying an unequal distribution, they will fight for you in Court, ensuring you properly and adequately make your divorce case before the judge.

If need be, your lawyer will hire necessary experts, including forensic accountants and other professionals who can determine the existence and help uncover hidden assets. If there are hidden assets, they will make those assets known. Financial discovery can be complicated to prepare as well as making sure you are receiving full asset disclosure. The right lawyer will go the extra mile for you.

For More Information

Make sure your rights are protected. If you are going through a divorce and have concerns about assets, contact Woodward Pires & Lombardo, P.A. attorneys at law today. For over 50 years, WPL divorce attorneys in Naples, FL have been providing legal services in the state of Florida. So, contact them now, and a divorce attorney in Naples FL will assist you asap. Call (239) 649-6555 or see www.wpl-legal.com.

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Growth vs. Value: What To Consider In These Two Investing Strategies

Courtesy of: Juan Ocanas, Financial Advisor at Morgan Stanley

When you invest in a mutual fund or exchange traded fund (ETF), you'll get information about the particular fund's investment strategy or style. An investment strategy is simply a set of guiding principles a fund manager uses to choose the particular stock or bonds in which they'll invest.

Two well-regarded strategies are growth investing and value investing. Each approach has definite financial advantages. However, the two investing styles can also complement each other fairly nicely. As a result, one way to diversify your portfolio might be to invest in both growth and value-based funds, or in funds that combine the two investment styles.

Growth- or value-oriented funds typically include the words "growth" or "value" in their names. Funds that combine the two styles are "blended" funds and may include that term in their names.

Here's what you need to know about growth and value investing strategies.

What is growth investing?

This strategy primarily focuses on investing money into what are known as "growth" stocks. Often, growth stocks are found in industries such as technology. These equities are:

- Expected to grow at a faster pace than the overall market
- More focused on reinvesting profit to grow the company instead of paying dividends
- Generally in industry groups most associated with the potential to succeed from the development of new and transformational products or services

Growth stocks also tend to be:

- More expensive than peers within an industry group and/or the broader market
- A bit more volatile (risky) than the average stock

What is value investing?

Fund managers or investors who follow this strategy focus on putting money into "value" stocks. Value stocks generally trade at a discount relative to an investor's interpretation of fair value and may include companies in slower-growing industries.



These stocks are:

- Generally those of companies that may not be currently popular among average investors
- May be slow to appreciate in share price, but may pay dividends
- Tend to be in older, more established industries

Value stocks also tend to be:

- Less expensive relative to peers within an industry group and/or the broader market
- Associated with companies that may be considered contrarian or turnaround situations

Is one investment strategy better than the other?

Not necessarily. Growth and value stocks—and therefore the investing styles that focuses on them—each tend to take turns leading the market. Growth stocks typically do best when companies are showing strong profits and interest rates are falling. On the other hand, value stocks tend to perform better shortly after an economic market goes into recovery mode.

Depending on your particular financial goals, how long you'll invest your money, and how much risk you're willing to take on, there may be room for both growth- and value-style funds in your portfolio.

Additional non-MS sources used to research this article:

<http://www.finra.org/investors/types-stock>

<https://www.investopedia.com/articles/investing/011816/investing-growth-vs-value-2016.asp>

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Growth investing does not guarantee a profit or eliminate risk. The stocks of these companies can have relatively high valuations. Because of these high valuations, an investment in a growth stock can be more risky than an investment in a company with more modest growth expectations.

Value investing involves the risk that the market may not recognize that securities are undervalued and they may not appreciate as anticipated.

Investors should carefully consider the investment objectives, risks, charges and expenses of a Mutual Fund and an Exchange Traded Fund (ETF) before investing. The prospectus contains this and other information about the Mutual Fund and ETF. To obtain a prospectus, contact your Financial Advisor or visit the Mutual Fund and ETF company's website. Please read the prospectus carefully before investing.

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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.

Living in Comfort With Advanced Heart Disease

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

If you or a loved one has advanced heart disease, hospice can bring medical care to you in the comfort of your home. Whether you live in assisted living, a home of your own, or a long-term care facility, hospice offers clinical experts who provide compassionate care wherever you are located.

With hospice, a care team—including a physician, nurse, aide, social worker, bereavement specialist, and others—visits you in the setting you prefer. The team creates a personalized plan of care to relieve your distress, allowing you to live as fully as possible and avoid rehospitalization. In choosing your own care setting, you also can enhance your quality of life.

When Is the Right Time for Hospice?

How do you know hospice is the right next step? Despite your desire to stay healthy and your doctor's best efforts to keep your advanced heart disease under control, are you still:

- Having chest pain or becoming short of breath with minimal physical activity or at rest?
- Experiencing frequent congestion due to fluid in the lungs or having heart palpitations?
- Spending most of your day in a bed or chair?
- Getting easily fatigued?
- Requiring more assistance with personal care activities?

In the last 6 months, have you:

- Visited the emergency room or been hospitalized for symptoms of heart disease?
- Lost weight unintentionally?

Answering yes to any of these questions means you may be eligible to receive hospice services. Recognizing the right time to seek the next level of care helps you make the most of this meaningful time.

Managing Symptoms With a Plan of Care

In each care setting, hospice team clinicians evaluate your status. Experienced in advanced cardiac care, they develop a plan of care with the advice and consent of your 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. They also coordinate and supply all medications, medical supplies, and equipment necessary.

Paying for Hospice

Talk with your doctor to find out if you qualify and learn more about the Medicare hospice benefit. Medicare Part A covers up to 100% of hospice-related medicines, home medical equipment, supplies, and a specialized VITAS clinical team who will visit you regularly.

At VITAS, our goal is always to keep you out of the hospital and comfortable in the place you prefer to be.



VITAS
Healthcare

Comfort. Personal Attention.
Consider Hospice.

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

CARLISLE RESIDENTS “CELEBRATE THE WORLD OF FLAVORS” FOR NATIONAL NUTRITION MONTH (AND BEYOND)

By Greg Pascucci

March is National Nutrition Month and this year's theme is “Celebrate the World of Flavors.” Created by the Academy of Nutrition and Dietetics, the campaign serves as a reminder to all of us to make informed food choices and develop healthy eating and physical activity habits.

For older adults, good nutrition is especially important. As we age, our bodies process food differently, which can affect our dietary needs, appetite and even how food tastes. Although there may be a natural decline in one's appetite during aging, maintaining a well-balanced diet is key to overall health and wellness.

Healthy eating has been proven to reduce the effects of osteoporosis, high blood pressure, heart disease, gastrointestinal ailments and chronic malnutrition.



Here are a few tips for incorporating the “world of flavors” into your diet:

1. Enhance Dishes with Herbs and Spices

According to the National Institute of Health, seniors may experience a decline in taste or smell, causing them to begin adding too much sugar or salt to food to improve the flavor. This, in turn, can impact their health long term.

Experts recommend first seeking the advice of a doctor to be sure the decline is not connected to an underlying issue such as an upper respiratory infection. Then, consider using herbs and spices to enhance the flavor of food without adding extra calories or sodium.

At The Carlisle Naples, an active retirement community, Executive Chef Marlon Perez uses a variety of fresh herbs and spices to naturally kick up the intensity of foods. In addition to cooking with more well-known herbs, he also seeks out flavors from around the world such as cumin, a staple in South Indian curry pastes and a rich source of iron, and lemongrass, an essential ingredient in Thai cooking known for its antioxidant properties.

2. Be Adventurous

Eating the same foods over a prolonged period can become routine, causing us to indulge in unhealthy food choices. To avoid the monotony, try stepping outside your comfort zone. Spring offers the perfect time to taste-test antioxidant-rich, immune-boosting food options such as pomegranates, quinoa and kefir and discover new restaurants specializing in foods from other countries.

Cooking magazines, international grocers and even the internet can help guide your search to discover new healthy foods.

To please the palate and keep residents' appetite sharp, The Carlisle offers a rotating menu, incorporating everything from traditional comfort foods to delicious, yet nutritious FreshZest options, highlighting a plant-based diet.

“The culinary team works closely with the Zest Department to celebrate national and international holidays. Whether a festive Asian-inspired menu for Chinese New Year or a delicious St. Patrick's Day dinner with Irish favorites, we frequently “celebrate the world of flavors” at The Carlisle,” said Chef Perez, whose background includes serving as the Banquet Chef at the prestigious Mar-a-Lago in Palm Beach. “Plus, our staff represents many nationalities, perfect for infusing culinary delights from around the globe.”

3. Make it Fun

Do you know Ethiopian food generally doesn't require utensils to eat? Instead, diners tear off a piece of injera, a soft fermented flatbread with a slightly spongy texture, and use it to grab food before putting it directly into their mouths. And, in French culture, it is considered impolite to bite directly into a piece of bread (it should be torn first).

These are just a few interesting etiquette tips you can uncover about different cultures and ethnicities. Consider researching a country or region, learning about their most popular foods and then finding a local restaurant specializing in its cuisine. Collier County offers numerous opportunities to “celebrate the world of flavors,” with restaurants offering Mediterranean and Eastern European cuisine to Caribbean and Latin American specialties.

The Carlisle's maintenance-free lifestyle means residents no longer have to worry about cooking. However, they can still enjoy freshly made, mouth-watering menu choices with international flavors. A monthly dining club also invites residents to explore local eateries to explore various cultures through food.

“Though there is no one-size-fits-all guide for proper nutrition, making small, gradual changes can make a significant impact on our health,” explained Chef Perez. “Healthy eating doesn't have to be boring. Add the flavors of other cultures to spice up your diet to ensure a well-rounded dining experience.”

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

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



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Shopping for the Best Incontinence Underwear?

There Might be a Better Solution

Do you experience accidental bladder leaks before making it to the restroom? Are you on the search for the best incontinence underwear?

Although incontinence underwear may help conceal leaks you experience or prevent leaking to your clothes, it does not treat your underlying symptoms. If you struggle with bladder control or leaks, this may be a sign that you have overactive bladder.

What is Overactive Bladder?

Overactive bladder is an umbrella term that includes the frequent and urgent need to empty your bladder. One of the most common symptoms of overactive bladder is a sudden urge to urinate, resulting in unintentional urine loss which is referred to as incontinence.

Overactive bladder can affect 1 in 3 people in the United States over the age of 40.^{1,2} Though this bladder control issue may occur more often as people get older, it is not a normal part of aging.

You may be suffering from overactive bladder if:

- **Urgency** - You experience a sudden or compelling need to urinate with inability to hold urine or control it
- **Urgency Incontinence** - You experience an urgent need to urinate and have urinary leakage accidents or trouble holding urine before making it to the restroom
- **Frequency** - You go to the restroom to urinate so often that it disrupts your life—typically 8 or more times a day
- **Nocturia** - You wake up more than 1 time per night because you need to urinate

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

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

What is Axonics Therapy?

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

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

What are the benefits of Axonics Therapy?

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

*50% or greater reduction in symptoms

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

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

“ ”

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

— Tricia M., Patient —

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

Clinically proven results:

- **93%** of treated patients achieved clinically significant improvements* at 2-years¹
- **94%** of patients were satisfied with their therapy³



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PERIPHERAL NEUROPATHY: ALTERNATIVE TREATMENT OPTIONS

By Richard Hiler, DABCN



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

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

Symptoms of Neuropathy

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

Neuropathy Causes and Treatment

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

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

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

Proactive, Groundbreaking Peripheral Neuropathy Treatment

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

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

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

Treatment Benefits

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

Feel Amazing Institute

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

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

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

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

- Severe neck & back pain
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- Arm or leg pain, or numbness
- Peripheral Neuropathy pain or numbness
- Restless Leg Syndrome
- Headaches, dizziness, vertigo, or balance problems
- Disc bulge or herniation, sciatica, or stenosis
- Auto Accident, Whiplash Injuries

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

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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:

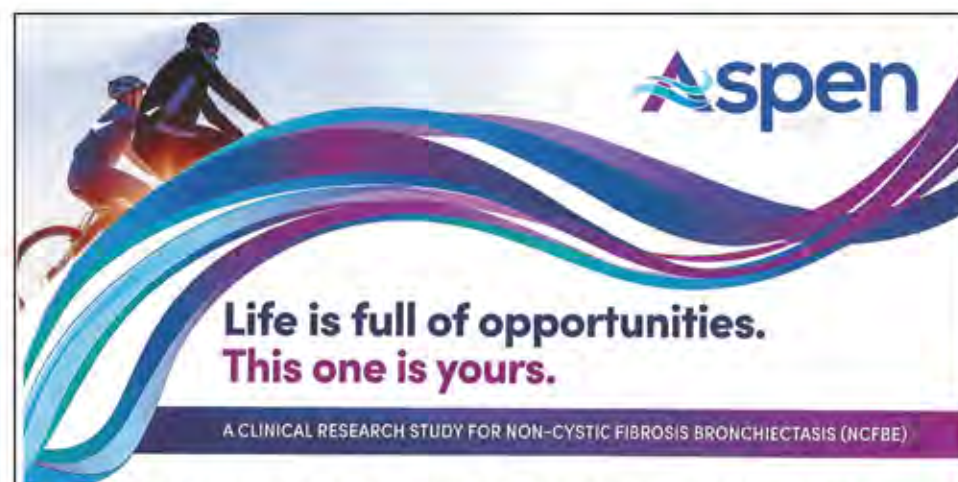
- Be at least 18 years old and recently diagnosed with NTM lung disease caused by MAC
- Be able to produce sputum (phlegm from your lungs)
- Have your sputum sample test positive for MAC within the 6 months prior to the study screening and also at the time of the study screening
- Have had a CT scan 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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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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Don't Just Feel Young at Heart, Be Young at Heart with these Power 9® Plays

By Sebastien Saitta

Heat age is a concept that captures your risk of having a heart attack or stroke. Unfortunately, many Americans' hearts are older than their age. CDC researchers collected risk factor data from every U.S. state and combined that with the Framingham Heart Study to find that nearly 69 million of us in the United States who are between the ages of 30 and 74 have a "heart age" at least 5 years older than our actual age.¹ That means too many of us are at greater risk of heart attack and stroke leading to unnecessary death or disability.

With the heart beating an amazing 100,000 times a day to pump 1,800 gallons of blood through more than 60,000 miles (if stretched end-to-end) of blood vessels, there's plenty of reason to give it the tender loving care it deserves.

The Blue Zones Power 9®, a set of principles practiced among the healthiest and longest-lived people in the world presents opportunities to help prevent future heart attack or stroke. Follow these top Power 9 plays to improve your heart health and lower your heart age.

1. Move Naturally

Your heart is a muscle and as with any muscle, exercise will strengthen it. One of the simplest and easiest forms of exercise to follow is to move naturally. The world's longest-lived people aren't necessarily in the gym for hours on end running on a treadmill or lifting weights. Instead, they move without thinking about it. This includes walking around your neighborhood, doing yard work, planting a garden, cleaning your house, and even dancing. A study in *JAMA* revealed that those who get lots of light physical activity may have up to a 42 percent lower risk of dying from coronary problems, such as heart attacks, and a 22 percent lower risk of developing cardiovascular disease compared to women who get less exercise.²

2. 80% Rule

It's no coincidence that deaths from heart attacks spike during the Holidays thanks to the copious amounts of food and other stress factors. In fact, eating a large amount of food in one sitting leads to higher levels of the stress hormone norepinephrine in the body. This can raise blood pressure and heart rate which may trigger heart attacks in some people. One tool to prevent overeating that is used by many Okinawans, a Blue Zones hotspot, is Hara Hachi bu or the 80% rule. The idea is to stop eating when you feel 80% full since it takes about 20 minutes for your brain to send a signal to the stomach to let you know that you're full. This also goes a long way in preventing weight gain or obesity, another heart attack and stroke risk factor.

3. Down Shift

Our body produces a surge of hormones when in a stressful situation. These hormones put the body in a "fight or flight" response by making the heart beat faster and constricting blood vessels, therefore causing a temporary spike in blood pressure. The issue is that prolonged or frequent stress which is often experienced in today's world, can lead to repeated blood pressure elevations, which eventually may lead to hypertension.³ The concept of Down Shift is a great tool in controlling stress and reducing high blood pressure that can result in stroke or heart attack. Down Shift strategies include meditation, yoga, deep breathing exercises, naps and light exercise.

1 <https://framinghamheartstudy.org/files/2021/07/FHS-Laying-the-Foundation-from-NIH.pdf>

2 jamanetwork.com/journals/jamanetworkopen/fullarticle/2727997

3 <https://pubmed.ncbi.nlm.nih.gov/9894438/>

4 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2684076/>

5 jamanetwork.com/journals/jamainternalmedicine/fullarticle/2521827

4. Plant Slant

Studies show that eating a plant-based diet at any age may lower cardiovascular risk. While not all plant slant diets are created equal, one tends to be a shining star above the rest. The Mediterranean Diet, a diet low in red meat, sugar and saturated fat and high in legumes, green leafy vegetables, olive oil, nuts and other healthful foods, is one of the most heart-healthy diets. In fact, those who followed the Mediterranean diet had 50%–70% lower risk of recurrent heart disease compared with those who followed a diet similar to the American Heart Association (AHA) Step-I diet.⁴

5. Belong

Belonging to a faith-based community has many benefits that include a sense of peace, support and acceptance. But, did you know that it can lower your risk of dying from heart disease? Women who reported attending religious services at least once a week also had a 27 percent lower risk of dying from cardiovascular causes.⁵ Can we get an Amen?

Other steps to help protect and reduce your heart age include spending time with loved ones, refraining from or stopping the use of tobacco, limiting salt intake, and monitoring your blood pressure.

You can also take the free RealAge® test by Sharecare. This 10-minute test will yield your RealAge result: an estimate of your body's age based on more than 100 factors affecting your health, happiness and lifespan. You get a personalized health profile, easy-to-implement health tips, and a dashboard that shows your progress toward your health goals. To take the RealAge test, visit bzpsouthwestflorida.sharecare.com.

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



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"Long Hauler's" Recovery Zone

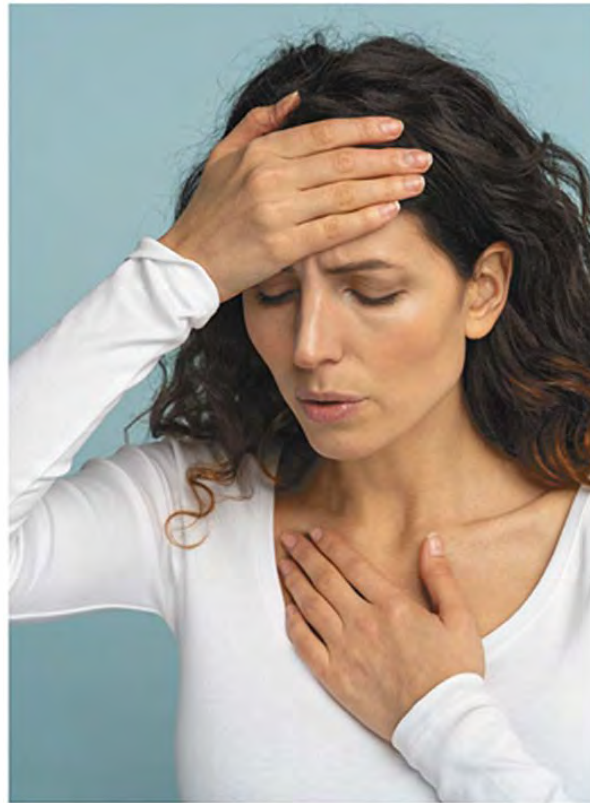
Vidaful Medicine's Treatment of Patients with Post Covid-19 Symptoms

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

The majority of patients with COVID-19 end up having a mild illness and most cases resolve in about 10 to 14 days. Those people who have a more severe response to the virus, may take longer to recover. Then, there are some people who've had COVID-19 and recovered, that experience symptoms up to several months after they were infected. These people have symptoms that are either continuous or arise weeks or months after recovering.

The Centers for Disease Control has officially named this syndrome as *Post-acute Sequelae of COVID-19*. This Post-COVID-19 Syndrome, suggests a new term used to describe patients who live with lasting symptoms from the coronavirus. Investigators are unclear how long these symptoms can last. Data shows Post-COVID-19 Syndrome can happen to anyone infected by the coronavirus regardless of the initial severity. Long-lasting symptoms often include: coughing, tightness in the chest, shortness of breath, headaches, muscle aches, gait changes, cataracts and diarrhea. The most significant symptom that is being seen across the board in coronavirus "Long Haulers" is fatigue.

The "Long Haulers," are those who experienced both mild and severe cases of COVID-19. Most "Long Haulers" fall into the high risk category before contracting the disease, however, there's a large number of patients who were healthy before they became infected. A "Long Hauler" is defined as someone having symptoms a month or later after they were first infected. The majority of "Long Haulers" feel run down, tired and fatigued. "Long haulers" have difficulty exerting themselves trying to exercise. Activities of dailing living and simple tasks often cause extreme exhaustion. Chronic fatigue can be incredibly debilitating and frustrating in this group. "Long Haulers" complain of brain fog, difficulty focusing and limited brain function acuity. The full long term effects of COVID-19 on the the kidneys, lungs and heart are yet to be determined. Experts remain confident Long Haulers will eventually recover.



There are recommendations to rehabilitate "Long Haulers" damaged immune system. These suggestions maybe sufficient enough to meet the needs of an individual who has suffered an immune system injury as a consequence of infection with COVID-19. Advanced medical nutrition therapy may be helpful. "Long Haulers" should seek out management involving behavioral, pulmonary, respiratory, cardiovascular, orthopedic and neurological health. A comprehensive treatment plan can be initiated through this team of providers. The basic health plan is to stay hydrated, rest, focus on sleep, manage stress and eat well. The COVID-19 vaccine has helped patients with long lasting symptoms, but the final out come is too early to predict.

A healthy nutritional status is very important for maintaining a well-functioning immune system. A healthy functioning immune system can protect an individual from the severity of illness caused by recurrent exposure to COVID - 19. The dietary intakes of specific nutrients that support immune

system function include vitamin A, vitamin C, vitamin D, vitamin E, and zinc. One's healthy lifestyle, along with dietary components such as specific phytochemicals found in various foods and herbs, have been found to have a positive impact on immune system rejuvenation. The focus on the immune system recovery after a COVID-19 infection should be designed for recovery to protect you.

At Vidaful Medicine we offer a variety of nutritional protocols to help maintain your individual health. Personalized lifestyle medicine plays an important role in supporting your immune system rejuvenation. Recent understanding of the immune system's role in combating COVID-19 have opened the pathways to alternative medicine support. With this increased understanding of the factors that influence immune system function, there is hope from a clinical approach for the "Long Haulers" who are struggling with COVID-19 recovery.



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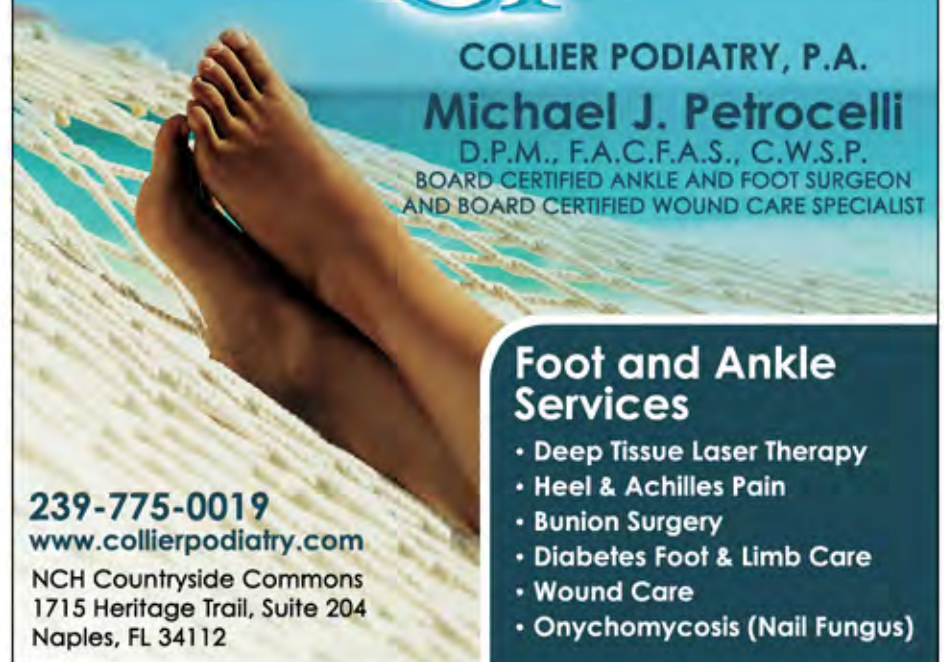
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36 REASONS TO SMILE WITH A DENTAL HYGIENE CAREER

By Dr. Susan Anderson

In addition to the 32 teeth the average adult has in their mouth, there are four additional reasons to smile. If you are passionate about dental care and want a career as a dental hygienist, we are now accepting applications to start in August for our Bachelor of Science in Dental Hygiene program at Hodges University.

According to the Bureau of Labor Statistics (BLS), the average annual salary for a dental hygienist is \$67,870. Additionally, the BLS noted the demand and need for dental hygienists is expected to grow 11 percent through the year 2030. Plus, Florida is one of the top states that needs dental hygienists according to the BLS.

Here are just four reasons why our program is just what you need.

- First, our program is accelerated and you can graduate in under four years.
- Second, our professors are also dental professionals, so what you learn will be more than any textbook can provide.
- Third, you'll use your dental hygiene skills in our new, state-of-the-art dental lab and dental clinic.
- Fourth, you'll develop your dental hygiene skills in our dental hygiene simulation lab and once perfected, apply those skills as you provide dental hygiene care to patients in our new, modern, community dental hygiene clinic on campus.



Some of the classes you'll take include dental hygiene theory, dental anatomy, histology and physiology, head and neck anatomy, dental radiology, periodontology, pharmacology, and community dental health and research.



Hodges University has the first and only entry-level Bachelor's degree in Dental Hygiene in Florida. Why is that important for you? With a bachelor's degree in dental hygiene, there are even more career opportunities you can consider, including teaching at the associate's degree level in dental hygiene programs at other institutions, exploring the many avenues of dental research, and starting a career in dental sales.

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For more information about our dental hygiene program, visit [Hodges.edu](https://www.hodges.edu).

Dr. Susan Anderson is the Dental Hygiene Program Director at Hodges University.



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How Important is Protein for Muscle Strength and Overall Health?

Working out and lifting weights breaks down the muscle fibers and creates tiny tears, which in turn build the muscle tissue up and increase strength and endurance. 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.

Resistance training to the point of fatigue damages the proteins within the muscle to help them grow stronger. Eating protein is essential for muscle gain and repair, but it doesn't have to be mammalian (beef, pork, bison, etc.) protein. Consuming lean meats such as fish, poultry, and eggs is an excellent source of protein, but plant-based protein is also effective at feeding the muscles. You'll just need to eat more of these foods and mix the sources to get all the amino acids necessary to replenish muscle fibers.

For older adults, protein is often overlooked, and unfortunately, that can lead to injury or illness.

A 2013 study recommends that healthy older adults consume 1 to 1.2 grams of protein per kilogram of body weight per day. For the average woman, this equated to about 70 grams, and for a male, 100 grams of protein per day.

A few examples of what our diets offer in grams of protein is as follows:



- 4 oz chicken breast = 25 grams
- 2 eggs = 12 grams
- 2 oz cheese = 14 grams
- ½ cup of chickpeas (garbanzo beans) = 18 grams
- 1 cup leafy greens = 9 grams
- 1 cup broccoli = 2.6 grams
- 1 oz mixed nuts = 5 grams
- 1 cup of oatmeal = 6 grams
- 8 oz cow's milk = 8 grams
- 8 oz almond milk = 1 gram



As you can see, it takes an adequate amount of protein to reap the benefits of stronger muscles, more stability, and overall health.

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

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

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

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

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.

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

It's Tailored to Your Needs

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

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

Get started by booking your free first session today.

HOW WELL DOES MEDICAL MARIJUANA HELP WITH CHRONIC PAIN?

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

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

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

Is Medical Marijuana a Valid Option for Chronic Pain?

Medical Marijuana has significantly helped countless individuals with chronic pain.

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



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

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

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

Internal Medicine Partners of Naples

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

Dr. Ralph Rodriguez

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



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

Dr. Alejandro Blanco

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



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

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

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BREAST CANCER:

Reduce Lymphedema with an Experienced, Certified Lymphedema Therapist

By Theresa Lynch, M.S., OTR/L, C.L.T.

Breast cancer statistics remain high with both invasive and noninvasive diagnosis. 1.7 million women in the world are diagnosed with breast cancer each year. While we hear fewer statistics about men, they still can and do develop breast cancer, but at a much more infrequent rate.

With so much focus on survivorship, we sometimes forget what it's like to suffer through the treatments. Whether the breast cancer treatment entails surgery, chemotherapy, radiation treatments, reconstructive surgery, or alternative therapies, the bottom line is that these individuals are tired and unwell! They are not feeling healthy, and many times find it entirely overwhelming to function at all.

One major side effect of cancer surgery scar tissue and lymphedema.

WHAT IS LYMPHEDEMA?

Lymphedema is a build-up of lymphatic fluid throughout the body, and it is usually a secondary issue that arises after cancer treatment or lymph node removal; it can also be a critical indicator for individuals that an illness or adverse reaction is occurring in their bodies.

Lymphedema is a threatening disorder that needs to be treated and properly managed. The fluid must be safely guided through the body to remove the excess. Lymphedema can happen to anyone, but women are more susceptible to the disorder and often, are unfortunately underdiagnosed or misdiagnosed altogether. Lymphedema can cause physical debilitations and physiological and emotional distress.

Lymphedema disposes the affected area to an ongoing inflammatory process that, if untreated, can progress to skin fibrosis, adipose tissue accumulation, and further accumulation of fluid, causing disfiguring swelling, disability, and infections such as cellulitis.¹



LYMPHEDEMA: CAUSES, RISKS AND TREATMENT:

- Associated with radiation and chemotherapy treatment, scar tissue, lymph disorders and cancers
- Affects mostly women
- Being overweight makes it more severe
- Requires a trained therapist to increase the flow fluids through the body correctly

Many women develop lymphedema after breast cancer surgery due to the removal of lymph nodes in the armpit. The certified lymphedema therapist will use trained techniques to clear the lymphatic channels and direct buildup fluid to the lymphatic system. This allows the correct movement of the fluid through the body to naturally drain. This technique is safe and provides for the inflammatory response to calm down and decreases residual effects of the disorder.

LYMPHEDEMA TREATMENTS INCLUDE:

1. Complete Decongestive Therapy
2. Post-Surgical Edema
3. Scar Tissue Mobilization Using Graston Technique
4. Kinesiotaping
5. Fitting for Compression Sleeves, Stockings, Bras, and Garments

Source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5665410/>



**THERESA LYNCH,
M.S., OTR/L, C.L.T.**

Theresa Lynch received her BA in 1992 from Western Michigan University and received her Master of Science degree for Occupational Therapy in 2006 from Western Michigan University. In 2010, she became a Certified Lymphedema Therapist.

Theresa successfully earned her certification in Complete Decongestive Therapy including Manual Lymph Drainage from the Norton School of Lymphatic Therapy. This is the gold standard for treating Lymphedema according to the Lymphedema Association of North America (LANA) and in Germany where the technique was developed.

Theresa has experience in almost every setting as an Occupational Therapist including sub-acute rehabilitation, homecare, inpatient rehabilitation, in-patient acute care, long-term acute care, outpatient care, lymphedema, and home modifications.

Along with lymphedema care, Theresa specializes in chronic venous insufficiency, lipedema, wounds, and post-surgical edema management.

She is also certified in LSVT, a treatment program for Parkinson's Disease, and other neurological conditions. She is also a Graston technique therapy provider. Theresa has extensive training in kinesiotaping and is a certified compression garment/stocking fitter.

CONDITIONS TREATED

- Lymphedema
- Swelling and changes due to chronic venous insufficiency (helps to heal and prevent wounds)
- Cardiac related edema
- Scar tissue treatment/management
- Decreased range of motion related to scars
- CVA/paralysis related edema

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INFLAMMATION: A COMMON PATHWAY FOR DEADLY DISEASE

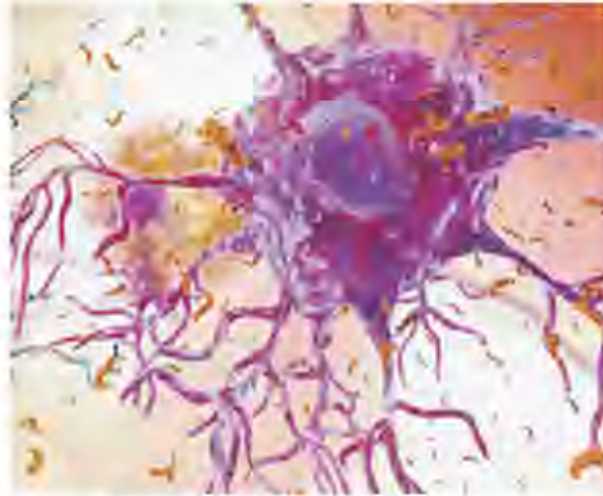
By Nasser Razack, MD, JD

We've all heard of inflammation but what exactly is it? Inflammation is the response of our immune system to injury or infection. When it's short-lived and targeted for specific purposes such as recovering from a cold, it's a wonderful thing. However, long-term chronic inflammation can be deadly. That's because long-term, chronic inflammation results in horrible diseases such as cancer, heart attack, stroke, Alzheimer's disease, etc. Worst of all, chronic inflammation is not painful. Thus, the victims of chronic inflammation develop these deadly disease processes silently without any signs or symptoms.

For example, heart disease which includes stroke is associated with multiple risk factors, some of which include high blood pressure, high cholesterol levels, smoking, and being overweight. We previously thought these risk factors led to the narrowing of blood vessels that supply oxygen to the heart and brain and that progressive constriction of these vessels resulted in heart attacks and stroke. However, more than half of all heart attacks occur in people with normal cholesterol levels. In addition to that, autopsy specimens from deceased heart attack victims demonstrate their vessels were not narrow enough to result in death. We now know that inflammation causes even minor plaques in vessels to erupt like miniature volcanoes, leading to the complete blockage of these blood vessels.

The problem is that inflammation in one part of the body results in inflammation everywhere. For example, inflammation that causes the narrowing of blood vessels doesn't just occur in one organ such as the heart but rather throughout the entire body. When inflammation of blood vessels occurs in the heart, we call this a heart attack. When it occurs in the brain, we call this a stroke and when it occurs in the legs, we call this peripheral vascular disease. When it occurs in very small arteries of the brain, it can result in vascular dementia.

Whether it's a heart attack, stroke, peripheral vascular disease or vascular dementia, it's really the same disease process, namely inflammation. In addition to affecting blood vessels, inflammation also wreaks havoc on the brain. Dementia such as Alzheimer's disease is also caused by brain inflammation. But in this case, inflammation not only affects the blood vessels of the brain but also the spaces between brain cells and the brain cells



themselves. In fact, the parts of the brain more affected by Alzheimer's disease have higher levels of inflammation. This is important because inflammation results in brain cell death. Brain cell death causes brain volume loss which eventually leads to loss of brain function.

Periodontitis, an inflammatory disease of the teeth and gums, is another example of how we can better understand inflammation. This inflammatory disease of the mouth also increases the risk of other inflammatory diseases such as heart attacks, stroke and Alzheimer's disease. Twin studies demonstrate younger patients with severe periodontitis resulted in a fivefold increased risk of developing Alzheimer's disease. How can inflammation of the mouth be related to heart attack, stroke and Alzheimer's disease? Well, inflammation exerts its effects on the body through cells called inflammatory cells. Once these cells are activated, they act like little tiny soldiers programmed to destroy anything that crosses their path. These inflammatory cells are localized in the mouth in periodontitis. However, activated inflammatory cells can travel throughout the entire body via the blood vessels. They can reach the brain and cause stroke or Alzheimer's disease. They can also travel to the heart and cause a heart attack.

I'm sure all of this sounds quite depressing. But the good news is that if we fight inflammation in one part of the body, we fight inflammation everywhere! That's because inflammation is the same central disease process no matter where it's occurring. And the even better news is that we now have real hope in fighting inflammation.

There are incredible health-healing substances in nature called polyphenols. No doubt you've likely heard of some of these marvelous nutrients which are both strong anti-inflammatory agents and antioxidants. Among them is curcumin, which has a unique property that blocks the central regulator of inflammatory reactions within humans called nuclear transcription factor kappa beta. I know that's a mouthful but all you need to know is that it pretty much blocks inflammation in its tracks. Curcumin has also been demonstrated to reduce the formation of beta-amyloid plaque in the brain which is associated with Alzheimer's disease. In addition to curcumin, many other polyphenols have been proven to reduce the incidence of both stroke and heart disease. These polyphenols can also delay the onset of Alzheimer's disease and thus reduce its incidence.

Dr. Nasser Razack, MD, JD, is a Neurointerventional Surgeon who specializes in the endovascular treatment of stroke. He sees the devastating effects of stroke on a daily basis. That's precisely why he formulated Neurcumin® to reduce the effects of inflammation and prevent inflammatory related diseases like stroke, heart attacks and Alzheimer's disease. Neurcumin® is an all-natural nutrient which in addition to curcumin, contains many other polyphenols and other natural agents uniquely formulated to fight inflammation.

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About Nasser Razack, MD, JD

Dr. Razack currently practices in Naples, Florida. He dedicates a significant portion of his practice to educating in the diagnosis, treatment and prevention of stroke. He completed his medical training at the University of Virginia in Charlottesville, Virginia. In addition to his medical practice, he currently serves as President of Raztec Health, LLC.

Orchidia Medical Group Can Help Men and Women Turn Back The Clock in Multiple Ways

By Dr. Viviana Cuberos

Why P-Shots may help you get back in the saddle. The P-Shot is spun down blood of platelet-rich plasma (PRP) that is taken from the patient or donor umbilical cord stem cells and injected back into their bodies. The P-Shot is comprised of the patient's stem cells that stimulates new tissue growth, collagen formation and is 100% natural, so the body accepts it 100% of the time with no adverse reactions. Stem cells have the potential to differentiate into many different types of cells and can serve as an internal repair system, which can replace damaged or worn out tissue.

The P-Shot also helps men with Peyronie's disease by stimulating circulation and lessening the scar tissue associated with the disorder. No longer do men have to rely on the tiny blue pill that causes so many adverse side effects. Now, there is a safe, natural alternative to help so many men with erectile dysfunction (ED) and Peyronie's disease.

Platelet-Rich Plasma (PRP) treatments can get your collagen in the right spot.

As time goes on, have you started to experience unwanted changes in your sexual health? Have these changes had an impact in your personal and intimate relationship? Do you feel there is nothing that can be done to improve your situation? If so, please know that there are non-surgical, minimally invasive treatments available for these issues and conditions. For instance, men can be treated with P-shots, which uses platelet-rich plasma (PRP), to encourage natural body growth processes. PRP is derived from the patient's blood and it is packed with powerful growth and regenerative components. For women, the O-Shot works very well. This is also a non-surgical, minimally invasive treatment that uses platelet-rich plasma (PRP) to stimulate tissue growth and renewal. These treatments are helpful and effective in restoring individuals' sexual health.

Stem Cell and Aging

Our own stem cells are not always enough due to limitations, which are usually due to aging, or severe injuries. Stem cells from other sources increase platelets in the blood, which travels to the injured area to increase healing more effectively. Many healthcare providers are supplying patients with inferior stem cells that do not work as well as umbilical cord stem cells. Umbilical cord stem cells are one

of the most powerful stem cells available because they have the potential to develop into any cell found in the human body.

These stem cells can be used to treat and replenish areas of the entire body from head to toe including antiaging and erectile dysfunction (ED). Stem cells work wonders in repairing and regenerating damaged tissue, and the human body naturally accepts them without any adverse reactions.

NAD IV therapy is a game changer.

Because IV infusions don't need to pass through the digestive system, they are absorbed at an optimal level. NAD (Nicotinamide adenine dinucleotide) infusion therapy is a valuable treatment option with multiple health benefits.

NAD Promotes

- Supports immune function
- Energy
- Metabolism
- Reduces pain
- Cellular biogenesis
- Neuroprotective properties
- Anti-aging

Do you know your testosterone levels?

Knowing and getting your testosterone levels checked can help you understand how it can change the way you look and feel. It's critical to get the appropriate treatment and the safest options are natural alternatives.

Testosterone imbalance can affect the following:

- Hair loss
- Muscle tone
- Skin thinning
- Reduced sex drive
- Mood swings
- Memory and concentration
- Bone density
- Fertility issues

Getting your hormone levels checked is wise for anti-aging and optimal health.

BTL Treatments

BTL Exilis Ultra can lift the face and neck. BTL is performed on an outpatient basis in the comfort and convenience of our Naples office. The handheld device is used to deliver a combination of radio frequency and

ultrasound technologies to the tissues. During this controlled heating process, tissues are gently heated at a deep level to promote tighter skin, reducing the appearance of sagging skin.

There is little to no discomfort associated with the BTL Exilis Ultra treatment process as the device also features cooling technology. There is no downtime associated with the treatment process, and you will be able to resume your usual activities quickly.

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Improve your sagging neck with collagen stimulator Radiesse (3 treatments) at \$1800 and get a free microneedling roller and a free gift bag. Save (\$225)

Doctor's Day Celebration!

Dr. Viviana Cuberos earned her Medical and Surgical degree in 2006. She completed her Family Medicine Residency in 2012 at Franklin Square Hospital in Baltimore, Maryland.

Dr. Cuberos started her interest in Wellness and Anti-aging Medicine early during her residency, and has years of experience in the field. She has also been serving the community of Southwest Florida since 2012 delivering primary care medicine.

Dr. Cuberos Orozco has training in Weight Management, Sexual Health, Wellness Medicine, Anti-aging, Bio-identical hormones, and aesthetic procedures.

If you are interested in any of these treatments and have any questions, please contact Orchidia Medical Group at 239-333-8809 or visit www.orchidiamedicalgroup.com



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Board Certified Physicians
Dr. Cuberos & Dr. Young



Health Insurance – 2022 Enrollment Periods and Exceptions

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

By Ulla-Undine 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.

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INVENTORY CONTINUES TO DECLINE

Still a Sellers Market

By Robert Nardi, Broker/Owner

The Naples Board of REALTORS® released the December and Year-End 2021 Market Reports, which tracks home listings and sales within Collier County (excluding Marco Island). Demand for the Naples lifestyle eclipsed all expectations and helped break several home-sales records in 2021. The year ended with a 25.8 percent increase in overall closed sales and a 20.3 percent increase in median closed price (year over year). However, it appears that the Naples housing market is going through a transformation, and the last 18 months of record sales activity will not be sustainable in 2022 based on available inventory.

Sellers of homes located in Naples capitalized on a long wave of pent-up buyer demand in 2021, a year that exceeded many NABOR® records, including over \$17 billion in home sales, a 52 percent increase from 2020. The closed sales momentum reached its zenith just as summer arrived but began to dim when inventory could no longer meet the rapid pace of demand during the second half of 2021. As a result, there were 20 percent fewer closed sales (6,109) from July to December than January through June (9,414). According to NABOR®'s Market Reports, 487,677 showings and 15,523 closed sales occurred in 2021. Strong buyer demand devoured the inventory, resulting in a 76.6 percent decrease in the number of homes for sale to a record low of 1,042 properties from 4,462 properties at the end of 2020. Strong buyer demand and a declining inventory influenced the median closed price (year over year) during 2021, which increased 20.3 percent to \$445,000 from \$370,000 in 2020. Rising home values in Naples inspired many sellers in 2021, as reflected in the 17.4 percent annual increase in average closed prices to \$807,695 from \$688,091 in 2020.

In 2021, pending sales listings increased 14.8 percent to 18,664 pending sales from 16,254 pending sales during 2020. However, like closed sales activity, much of the pending sale activity occurred during the first half of the year when inventory was more plentiful. The NABOR® December and Year-End 2021 Market Reports compare single-family home and condominium



sales (via the Southwest Florida MLS), price ranges, and geographic segmentation and include an overall market summary. NABOR® sales statistics are in chart format. Please send an email to Robert@NardiRealty.com to receive a copy.

During July and August, when families with children tend to relocate, close sales of single-family homes outpace condominiums during the year. The data indicate that home-type preferences shifted in 2021 to condominiums, as shown by an increase in closed sales of 37.2 percent to 8,206 condominiums from 5,979 condominiums in 2020. Condominiums in the \$500,000 to \$1 million price range reported the highest increase (97.8 percent) in closed sales compared to all other home types and price ranges tracked by NABOR®. Furthermore, the final sales price over the list price rose to 98.6 percent in 2021. During November and December, this figure was reported to be over 100 percent in the condominium market.

What does this all mean...

It means that the Naples housing market was on fire in 2021 and now cooling down only because of our depleted inventory. There is still strong demand but very little inventory. For example, on February 10th, 2022, there were only 885 units available for sale in Collier County, based on our MLS data. This lower number of units is genuinely unbelievable because, in years past, we usually had anywhere from 5000 to 6000 units available with less demand. So, prices then went up only marginally.

The shift of people desiring single-family homes vs. condominiums occurred because when COVID broke out, no one wanted to share common elements. For example, pools, elevators, etc., so at that time, single-family homes were desirable. However, as time has gone on, the shift to condominiums was natural because of price points and accessibility. As you can see from the report, home prices increased 17.4% for single-family homes, which pushed people out of that segment.

Demand is not going to curb at all in 2022. Why? Employers are now telling employees that they are no longer needed in the office and will work remotely indefinitely. Hence, Southwest Florida becomes incredibly attractive to these remote workers because of its weather, beaches, lifestyle, and tax structure. There is no state tax and city tax (unless you live in the City of Naples). Our sales tax is 6% with an added 1% surtax (7% in total). In addition, in Collier County, real estate taxes are the lowest in Florida, only 1.25%. In many states, the tax structure is much higher.

Time to sell...

If you are thinking of selling, this is the time to strike. You will most likely garner an excellent price based on the low supply and high demand. It would be in your best interest to hire a REALTOR® to navigate this market so they could help you get top dollar.



Please feel free to reach out to me at 239-293-3592 or send an e-mail to Robert@NardiRealty.com with any questions.

If you would like to perform property searches and get a feel for what is happening in your area, please feel free to click on BuyNaples.net.

Please stay warm and healthy this winter. Just think Spring is around the corner!

HEARING AND YOUR HEART, SITTING IN A TREE

Plenty has been written and said about the heart's connection to love. We'll leave that topic to the relationship experts.

Instead, we want to discuss the heart's connection to hearing and hearing loss — a subject much more in our comfort zone.

And studies show there is a connection. Turns out hearing health and cardiovascular health both impact the other. Let's probe a bit deeper.

The heart's effect on hearing

Key to good hearing is having a healthy auditory system. And key to a healthy auditory system is sufficient blood flow to critical parts, particularly the cochlea.

When circulation to the cochlea is impeded for whatever reason — whether from cardiovascular disease or hypertension, for instance — it can be deprived of vital elements needed to maintain its health and function, like oxygen and glucose. When our auditory system is consistently deprived of these vital elements, it makes sense that hearing loss could be a result.

A study published in the American Journal of Audiology proves it. Looking at various research conducted over 60 years, experts from Wichita State University noted the "impaired cardiovascular health" negatively influenced hearing health



and concluded there may be "a positive relationship between cardiovascular fitness/health and the function of the...central auditory systems in adults."

Hearing's effect on the heart

Another study, published in the medical journal, The Laryngoscope, found significant association "between low-frequency hearing loss and cardiovascular disease and risk factors." What's interesting about his study is the possibility that low-frequency hearing loss can "predict the presence or potential development of cardiovascular disease."

The study's authors suggest adults diagnosed with low-frequency hearing loss should be referred to appropriate medical professionals to assess potential heart-related risks.

What you need to know

Regardless of which affects which, it's important to know that hearing health and heart health are intertwined.

More importantly, if you're concerned about either, take this month to get them checked. Visit your medical provider for issues related to your heart, and contact a hearing professional for a hearing screening and consultation. Visit www.starkeyhearing.com to find a hearing professional near you!

Not sure where to find one? We can help. Simply type your zip code in here and you'll generate a list of local hearing healthcare professionals who you can reach out to and schedule a consultation.

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The Mediterranean Diet Lowers Risk for Vision Loss

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

Macular degeneration is the leading cause of vision loss and blindness in aging adults. More than 10 million Americans have some form of Aging Macular Degeneration (AMD), and unfortunately, there is still no cure for the disease. The retina becomes damaged, and vision loss occurs as the cells of the macula begin to deteriorate. Although it is a very complex disease and still not completely understood, it can be brought on by both hereditary and environmental factors.

Age-Related Macular Degeneration Risk Factors

- Age: 50's and older
- Smoking
- High blood pressure
- Family history of AMD
- Obesity
- Excessive sun exposure
- Caucasians with light eyes and fair skin
- Diet's high in saturated fats and high glycemic carbohydrates

The European Union brought together a large group of researchers to investigate the link between genetic dispositions and dietary habits in relation to AMD. One of the trials, the Rotterdam study followed its participants for 21 years with food analysis questionnaires taken every 5 years. The other trial known as the Alienor study followed its participants for 4 years and did food analysis every 2 years. They concluded that those who followed the Mediterranean diet were 41% less likely to develop AMD.

Mediterranean Diet

Well known for its ability to help stave off chronic diseases like cancer, Alzheimer's, cardiovascular disorders and Parkinson's, the Mediterranean diet is a healthful way of eating that embodies the foods of the countries that border the Mediterranean Sea.

The basics of the diet are consuming mostly fruits and vegetables, along with whole grains, legumes, nuts and olive oil. The majority of animal protein is from fish and seafood, while some poultry and eggs, cheese and yogurt are acceptable. Red wine is encouraged on this diet and can be consumed in moderation. Meat, sugar and unhealthy fats are rarely ever eaten.

The Mediterranean diet is not only abundant in leafy greens, vegetables, and fruits but also healthy fats or monosaturated fats from foods like avocados; cold



pressed olive oil, nuts, and fish. In the Mediterranean lifestyle, saturated fats are minimal. This way of eating helps to lower the bad cholesterol, LDL and is known to be heart healthy, but along with these findings, recently two studies were conducted to measure the effects of this diet and reducing Aging Macular Degeneration, which reported significant evidence of lower incidences of the disease.

Additional Study—Coimbra Eye Study

Presented at the *American Academy of Ophthalmology (AAO) 2016* annual meeting, two Portuguese populations were studied and their individual data was analyzed to see the effects of the Mediterranean diet in association with AMD.

In the Coimbra Eye Study, 883 participants over the age of 55 were followed for two years, 448 of them developed early macular degeneration, and 434 did not. Based on their diet, participants that followed the Mediterranean way of eating had a 35% lower chance of developing AMD. And proven even more useful in the case for the Mediterranean diet, was the amount of fruit eaten by certain individuals showed significant reductions in developing AMD. In addition to these studies, it has been widely reported that antioxidants, zinc, and Vitamin C and E are helpful in deterring Age-Related Macular Degeneration.

According to the *Ophthalmology Times*, a second study was conducted in Portugal. In this study, 4,370 people from a coastal town that consumed the healthy Mediterranean way of eating was compared to 8,692 people from a central town that ate mostly

saturated fats from animal protein; the coastal town participants had only 6.99% evidence of AMD compared to the central town participants that showed 15.39% AMD.

To incorporate the Mediterranean Diet into your lifestyle, eat a well-balanced diet full of fruit and plant-based foods, fresh wild caught fatty fish, beans, seeds, and nuts. Exercise is also paramount in preventing AMD. Your annual eye exams are critical for the early detection of the disease, and there are progressive treatment options to help maintain your retina and macula health.

If you or someone you love is developing eye irregularities, blurry vision, or vision loss, please make sure to schedule an appointment with an ophthalmologist immediately to help prevent any further damage to your eyesight.

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.

There are ways to regain your independence and correct low vision. To find out more, or to schedule your appointment, please call Personalized Retina Care of Naples at (239) 325-3970 today. Same day appointments are often available.



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Chronic Pain Intensifies Blood Glucose Levels

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

Chronic pain affects millions of Americans daily. Most people are aware of the psychological effects of chronic pain and the dangerous conditions it can cause; however, many people are unaware that chronic pain raises insulin and glucose levels significantly.

Studies have shown that when pain is administered, glucose levels rise, and it's not uncommon for people with diabetes to have chronic pain and vice versa.

Both acute and chronic pain decreases insulin sensitivity. It affects nonoxidative glucose metabolism. Finding pain relief can lower glucose metabolism, but it's important to note that if you have diabetes, strict control and maintenance of your blood sugar levels are critical.

The Truth About Treating Diabetes

If you listen to television ads or even well-meaning healthcare providers, you might be like the millions of people that believe diabetes is a disorder that is entirely manageable with medication and a sugar-free diet. While that might be true for a select few, the truth is that most individuals with diabetes are getting worse; their disease is progressing, leading to other states of chronic illness such as cardiovascular disease, dementia, cancer, and stroke.

Diabetes is a worldwide epidemic, but in the United States, the statistics are quite alarming. More than 30 million people in the U.S. have diabetes; while it's expected that a large number are undiagnosed, and many are what is determined as pre-diabetic, the diagnosis can be scary, and many people feel there is no way out and that they are destined to live with the disease forever.

Diabetic medications work blood sugar levels, but they stop working, and the dose will continuously need to be increased. The worst part is that these drugs are not making you better and are not curing diabetes—There are simply masking your problem. It's like putting a bandage 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.

When it comes to diet, the typical diabetic recommendations that we are all familiar with, like cutting out sugar, are important, but specific methods should be implemented, and each individual will need a custom-tailored tweak to the right way of eating. After all, we are all different. If you have an unknown allergy or trouble processing something like eggs, then eating eggs will only exacerbate your issues. Nutrition is a powerful mechanism to heal the body of many disease states, and it is undoubtedly the case with diabetes.

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

DENISE A. PANCYRZ'S STORY

National Diabetes & Holistic Lifestyle Coach - Speaker - Author

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

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

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

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

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



Diabetes & Holistic Lifestyle Coach
Speaker • Author

To find out more please visit
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email Denise at Info@ReverseMyDiabetes.net.

Spring Break Means Extra Tourists and Travel: What About Your Pet's Needs?

Spring break is upon us. We all know to expect extra traffic jams and crowded beaches and restaurants this time of year, but what if you are planning to take your kids or yourself on a spring break vacation with the kids or just to escape the mayhem? Or perhaps you plan to spend long days at the beach or on the boat. Preparing for your pet's safety and stay is essential. Don't forget that they are family too and making plans ahead of time is just as important.

Taking your pet to an animal daycare or other boarding centers can be exciting and a little intimidating, but this allows pets socialization and company instead of staying home alone for 8 to 14 hours a day or traveling with you, which can also be very uneasy for pets. They don't typically like being left behind at a hotel or strange rental alone all day and night either.

Hiring a dependable pet sitter is optimal. If you have someone that you trust, it's always best to leave your pets in the comfort of their own environment. Having a pet cam or cameras is perfectly acceptable as long as you let your pet siter know in advance.

If you plan to enroll your furry kids in a daycare, you'll need to make sure their vaccinations are up to date to avoid things like kennel cough, influenza and other illnesses or parasites.



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- Fecal Test
- Feline Leukemia
- FeLV/FIV test negative
- FVCRP
- Rabies

Some of these illnesses spread rapidly, so it's important to speak to your veterinarian about when your pet is due and keeping them up to date. It's also wise to make sure that the daycare or facility that you select is strict to adhere to these vaccination protocols for all pets that they watch over.

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 like Parvovirus, Parainfluenza virus, Distemper, Lyme, Panleukopenia, Feline Leukemia Virus, and Rabies.

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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ADDICTION AND DEPRESSION ARE INTERRELATED

According to the Center for Disease Control, 88,000 people die of alcohol-related deaths and 70,000 from drug overdoses each year. Both genetics and habits play a role in how the brain is wired when it comes to addiction. For example, some people develop an issue in their brain that makes them want to drink more and more as time goes on. This type of addiction can lead to feelings of guilt and severe consequences such as losing a driver's license, marital problems, bouts of anger and other issues, especially if the addiction has been ongoing or the individual has instances of severe binges.

Often, alcohol and drug addiction and depression and anxiety use are interrelated, meaning many patients start using substances to reduce their depression and many with depression may develop in substance use disorders.

Abrupt cessation of drugs and alcohol can cause major withdrawal symptoms for many people, especially if they have had the addiction for a long period of time.

Substance Use withdrawal symptoms include:

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

Medication-Assisted Treatment (MAT)

For years, medical professionals have been helping patients overcome addictions with medically assisted treatments that block areas of the brain that control addiction. For example, the drug Naloxone can block opiate receptors, reversing overdose. Naltrexone can reduce the desire to drink. Buprenorphine and Methadone can be used to combat opiod use disorders. Combining treatments for anxiety and/or depression with Alcohol/Substance Use Disorders can have great success if treated by a specialist uniquely trained in Dual Diagnosis Treatment, such as a Board Certified Addiction Psychiatrist.



Treating Both Depression and Addiction Together is Key

Treating the addiction and depression simultaneously is critical for success and for overall health. If depression is left untreated it can have severe consequences including suicidal tendencies. When depression is left untreated when a person is battling addiction, the stress and anxiety can make it difficult to overcome substance use disorders.

According to SAMHSA (Substance Abuse and Mental Health Services Administration)

Medication-assisted treatment is used in combination with counseling and behavioral therapies under the direct supervision of trained and regulated practitioners. Research shows that a combination of medication and therapy can successfully treat these disorders, and for some people struggling with addiction, MAT can help sustain recovery.¹

The prescribed medication operates to normalize brain chemistry, block the euphoric effects of alcohol and opioids, relieve physiological cravings, and normalize body functions without the adverse effects of the abused drug. Medications used in MAT are approved by the Food and Drug Administration (FDA), and MAT programs are clinically driven and tailored to meet each patient's needs. Caution needs to be taken when combining MAT with certain anxiety medications, and only under a physician's supervision. Anxiety medications come in many classes, and certain classes can contribute to sedation and respiratory depression. Types of anxiety treatment medications include derivatives of Benzodiazepine, such as Xanax or valium.¹

Reference:

1. SAMSHA, [2017]. Medication Assisted Treatment, Substance Abuse and Mental Health Services Administration, US Dept of Health and Human Services, <https://www.samhsa.gov/medication-assisted-treatment/treatment>



RICHARD J. CAPIOLA, MD

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

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

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

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

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Do You Know that Pharmaceuticals are in the Water Supply?

According to the Environmental Protection Agency, virtually every body of water today contains detectable levels of pharmaceuticals and drug byproducts and metabolites. A 2002 US Geological Survey found traces of 82 different contaminants including hormones, pain killers, antibiotics, antidepressants, high blood pressure and cholesterol pills. Most people have no idea that just by drinking the water that comes out of the tap, they are consuming a toxic cocktail. We all know that water is essential to life. Therefore, it is of utmost importance that we have clean, drug free water available at all times.

So, how exactly do these drugs get into our water system? The most obvious source of the pharmaceutical byproducts is via the urine of people taking those medications. Also, many people, including hospital personnel, flush unused or expired medication down the toilet instead of disposing of it properly. The drug companies manufacturing waste gets into nearby bodies of water. All of this water goes into the city/county water system, where it is pumped with more chemicals used to "treat" the water. Unfortunately, the filter systems used by most municipal water treatment companies do not remove these pharmaceutical drugs and drug byproducts.

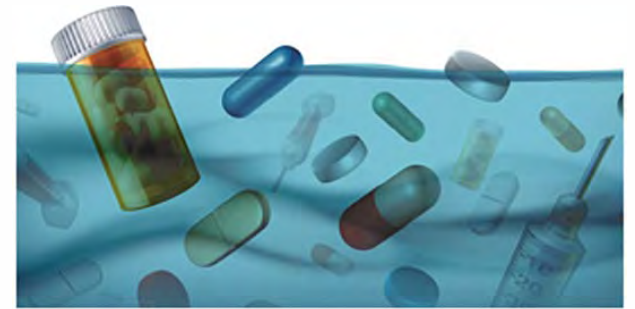
How much medication could we possibly be talking about? The average number of medications taken by a person 65 or older in the US is twelve. Here in Naples, how many 55 years and older communities and nursing homes do we have? A lot! Even if people in those communities were taking half of the average amount of medications it is still way too much. Just because the drug has left the body, does not mean

that the pharmaceutical action has stopped. The effects of this water pollution on our wildlife and ourselves is only just beginning to be discovered.

There is extensive documentation of the effects of environmental medications:

- Tadpoles exposed to Prozac morphed into undersize frogs - University of Georgia Scientist
- Shellfish spawning behaviors profoundly effected by antidepressants - EPA
- Sperm activity in aquatic organisms is inhibited by blood pressure and angina medication - EPA
- Prozac was found in the liver and brain tissue of channel catfish and black crappie from a creek near Dallas - Baylor University Researcher
- More than 200 water and land species have suffered adverse hormone disruption due to medicinal and synthetic estrogens - Scientific Committee on Problems of the Environment
- Fin regeneration in fish is blocked by ibuprofen, steroids, and antibiotics - The Rife Handbook

Estrogens are a big problem in our world. Not only are they are found in large amounts in our water supply, they are in most plastic containers that store food and that are used by restaurants for take out. These estrogens lower sperm count in males, feminize male infants and children and may even lead to enlarged breasts in some men. Some doctors and researches are proposing a possible link between the amount of estrogen the developing fetus (female and male) are exposed to in utero and the increasing trend toward transgenderism. I find this to be an interesting point to ponder.



The neurological, hormonal, cognitive, immune, behavioral and reproductive effects on people are even more disturbing. What happens if you take a medication that you do not need? You might get sick or start to have symptoms. Now think about what happens if you take multiple amounts of drugs you do not need, simultaneously, with every sip of water that you drink? The effects can be profound and devastating.

Awareness is the first line of defense. It is vitally important that you stop drinking the municipal tap water and water that is purchased in plastic bottles. An investment into a high quality water filter is your best option. There is a ton of information about water filters on the internet, but the smaller the particle size filtered, the better. If you are drinking distilled or reverse osmosis filtered water, it is vitally important that you add trace minerals back into the water so your body can utilize it more effectively.

Keep an eye out for a future article exploring water filtration systems. Also, be sure to check out the "Featured Articles" page of my website, www.AcupunctureSolutionsOnline.com for more information on how to improve your health and the quality of your life.



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WHAT IS THE MIND DIET?

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

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

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

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

HISTORY OF THE MIND DIET

Dr. Martha Clare Morris, an expert in nutritional epidemiology at Rush University Medical Center in Chicago, introduced the MIND diet meal plan in 2015. Her studies on the diet tested and compared the effects

of the Mediterranean, DASH, and MIND diets in adults aged 58-98 years. The study found that diligently sticking to all three diets was associated with a reduced risk for Alzheimer's disease, but only the MIND diet showed lower risk even with moderate adherence. Another study showed that participants who stuck to the MIND diet lowered their risk for Alzheimer's by 54%. In addition to the MIND diet's effect on Alzheimer's prevention, Dr. Morris and her colleagues recently studied the diet's effect on the cognitive decline of stroke survivors.

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

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

FOODS TO EMPHASIZE

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

Leafy greens (spinach, mixed greens, kale): aim for at least 6 servings of leafy greens per week. In addition to cognitive benefits, leafy greens are high in vitamin K and many other essential nutrients.

Other veggies: in addition to leafy greens, try to eat one additional serving of vegetables per day.

Berries: aim for two or more servings a week. Smoothies are great for seniors to get their weekly servings of berries.

Nuts: at least five servings per week. Nuts are also a great source of protein and healthy fats.

Wholegrains: three or more servings a day. Common wholegrains include brown rice and whole-wheat pasta.

Oliveoil: replace butter with olive oil, and use it as your primary oil for cooking. Keep in mind that when sautéing, it's better to use standard olive oil than extra virgin olive oil.

Wine: a glass of wine, particularly red, a day has been proven to have cognitive benefits.

Fish: at least one serving per week. Salmon is especially beneficial and is loaded with Omega-3 fatty acids.

FOODS TO AVOID

Some foods to avoid include:

Red meat: aim for less than four servings per week, and choose leaner cuts. Think tenderloin, not rib eye.

Butter and margarine: less than a tablespoon daily.

Cheese: less than one serving per week.

Added sugar: avoid or limit unhealthy desserts, no more than five servings per week. Instead of pastries and ice cream, try dark chocolate.

Fast food: it's best to eliminate fast food altogether because it's typically loaded with sugar and sodium.

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

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

Phone: 239-776-1758

Email: bill.springer@chefsforseniors.com



AT LEAST THREE SERVINGS OF WHOLE GRAINS EACH DAY		
AT LEAST ONE DARK GREEN SALAD AND ONE OTHER VEGETABLE EACH DAY	BERRIES AT LEAST TWICE A WEEK	
AT LEAST A ONE-OUNCE SERVING OF NUTS EACH DAY		
BEANS OR LEGUMES AT LEAST EVERY OTHER DAY	POULTRY AT LEAST TWICE A WEEK	FISH AT LEAST ONCE A WEEK <p><i>If you don't drink alcohol, purple grape juice provides many of the same benefits.</i></p>
A FIVE-OUNCE GLASS OF RED WINE EACH DAY		
NO MORE THAN ONE TABLESPOON A DAY OF BUTTER OR MARGARINE; CHOOSE OLIVE OIL INSTEAD	CHEESE, FRIED FOOD AND FAST FOOD NO MORE THAN ONCE A WEEK	
PASTRIES AND SWEETS LESS THAN FIVE TIMES A WEEK		

ORAL HEALTH: ARE YOU OVERDUE FOR YOUR EXAM?

Regular Dental Visits Are Important

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

Are you overdue for a dental cleaning and exam?

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

Aging Restorative Treatment

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

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

Missing Teeth and Extractions

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

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

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

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

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

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

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Improve Your Balance

By Marek Zajac, FootXperts Founder and CEO

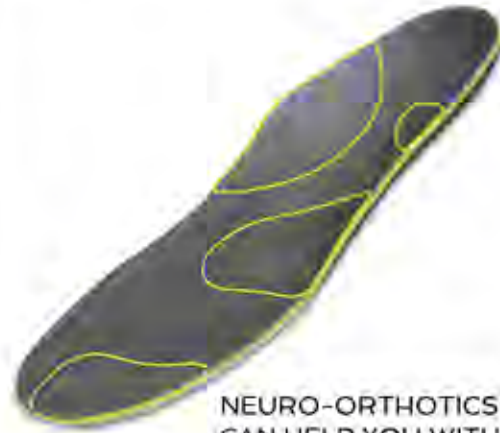
The ability to sense the surfaces underneath our feet is called proprioception. Countless electrical impulses move along the nerves to your brain providing the feedback we depend on in order to stand, walk, run, jump, maintain balance and freely move our body and limbs in every external environment.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

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

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

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

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



NEURO-ORTHOTICS CAN HELP YOU WITH IMBALANCE

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

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

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

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

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



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Marek Zajac, Founder and CEO

20 years of experience in the field of biomechanics and orthopedics combined with state of the art German engineering. Our vision is it to provide the best possible custom foot orthotics for patients and clinics.

Who we are and how we work:

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

We help them through a special type of Custom Made Foot Orthotics that goes beyond the typical arch supports. We design and produce every pair (even the left and the right side) 100% individually.

Our solutions help with

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

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Spring Cleaning Mental Prep

Spring is just around the corner! Sadly, it's also time to start thinking about how you will fit all those big, time-consuming spring cleaning jobs into your life. Consider trying out MaidPro's 49-Point Checklist for your recurring cleaning services (after you have purged and organized) and let them handle the tougher jobs listed below.

Purge and organize small storage areas (closets, junk drawers, cabinets, vanities, toy boxes, paper and digital files). These are great places to start before the weather gets too nice. Discard clothes that are worn or don't fit, food, cosmetics and medicines that are past date and be ruthless about shredding old bills and statements and deleting or archiving defunct files, emails and terrible photos from your computer.



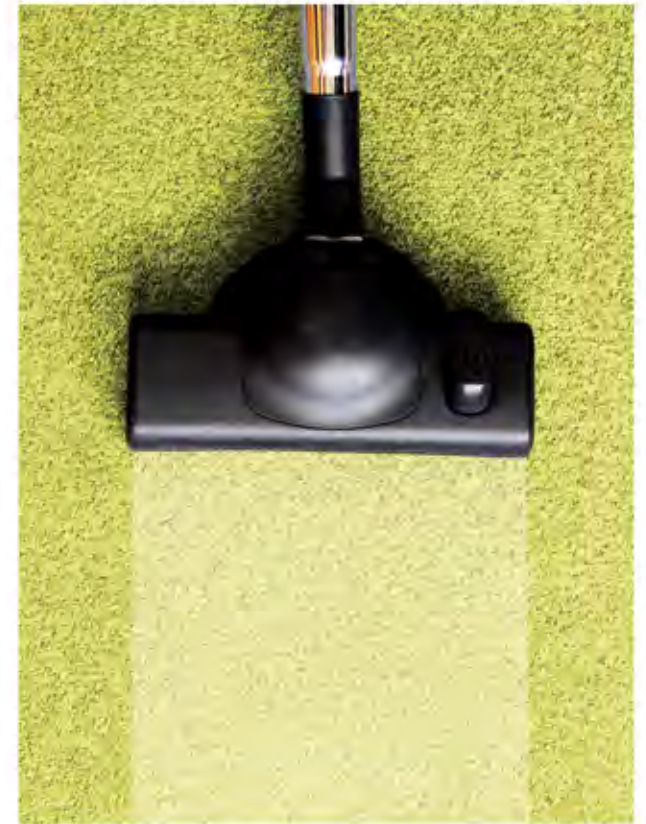
Purge big storage areas (attic, basement, garage). Spring is a time for church and school fairs. For you, it's an opportunity to donate unwanted stuff AND get a tax deduction.

Wash walls, clean ceilings and lighting fixtures. This works wonders to brighten your home especially if you burn lots of candles or fires in the winter. It's also yucky, backbreaking work, requiring proper technique and an assortment of specialized tools (so, definitely worth outsourcing to a professional crew if you plan and budget carefully).

Clean windows, screens and treatments. This is another excellent candidate for outsourcing if you budget for it now. Otherwise, plan on dedicating at least an entire weekend and check out MaidPro's Spring Cleaning Survival Guide before turning your attention to the next several items on the list.

Heavy linens, upholstery, behind and underneath furniture. The guideline here is to take down and clean anything that lives higher up and is likely to shed dust, dander and other micro debris onto your floors in the process.

Large appliances (refrigerator, oven, dishwasher, washing machine and dryer). Appliances ought to be cleaned and, where appropriate, sanitized at least two to four times a year, so chances are at least some of these appliances are going to require your attention within the coming few months.



Deep clean carpets/treat hardwood floors. Being physically lowest, floors are the last thing you want to clean and treat before summer arrives. Be sure to wait until after spring's mud season to get the greatest long-term benefit.

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Maintaining Healthy Friendships

By Pastor Timothy Neptune

The first step is to realize that you really do NEED friends.

Solomon, the wisest man that ever lived said, "As iron sharpens iron, so one person sharpens another." Prov. 27:17

That means that we make each other better. It seems pretty important to God that we have good friendships. The Bible is full of examples of this.

Think about the amazing friendship of Jonathan and David. Jonathan warned David that his life was in danger at the hands of Jonathan's own father, King Saul.

This warning allowed David to take action and avoid harm, and ultimately this act of true friendship allowed David to take the throne.

Friends look out for each other. They should have each other's back. Your friends are the ones who will be there for you when everything in your life is falling apart.

The second step is to be friendly and willing to meet new people. The Bible says, "A man who has friends must himself be friendly..." Prov. 18:24

Put a smile on your face, stick out your hand and meet new people. Opportunities abound for making new friends if you are willing to actively pursue new relationships. Get involved in a local church, join a social organization, volunteer at the local schools or another non-profit organization. These are all great ways to meet new people and do good in the community at the same time.

The third step to building relationships is to make yourself vulnerable even at the risk being rejected. The reality is that not everyone is going to like you. And, you are not going to like everyone.

Look for people with similar interests or a common background. If you don't connect with someone, just move on. You will certainly find several good friends if you keep working towards making friends.

You will find the fourth step most helpful if you make it a natural part of your life: put other's needs ahead of your own. The Bible says it like this:

³Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others. Phil. 2:3-4

Have you ever met people who want you to listen to all of the details about their life but then they never bother to ask about yours? Be interested in other people. In humility, don't try to "one up" their stories. Just listen, smile, and ask genuine questions. Get to know them.

If you want to make friends, get interested in other people. Discover their story. Dale Carnegie writes, "You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you."

You might find it helpful to evaluate how you talk with other people. Are you genuinely interested in others or does every conversation revolve around you? Do you make yourself the hero of every story? Do find it necessary to talk about your successes and achievements? Are you trying to impress people or relate to people?

If you really want to make friends, get interested in other people. Learn about them. Listen to their stories and ask questions. If you listen and genuinely care about others, you'll have more friends than you can handle in a short time.

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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.



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

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

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Naples Cardiac & Endovascular Center



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Symptoms that may indicate PAD:

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

PAD pain may feel like:

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

Advanced PAD stages may cause:

- * *Leg pain at rest.*
- * *Skin ulcerations.*
- * *Gangrene.*

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