

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

Health & Wellness[®] MAGAZINE

April 2022

Collier Edition - Monthly

www.swfhealthandwellness.com

  **FREE**

PARKINSON'S DISEASE
AWARENESS MONTH:
**PARKINSON'S
EXPLAINED**

**SCREENS,
SURGES, STAYING
OUT OF HEALTH
TROUBLE**

**UNDERSTANDING
HEAD AND
NECK CANCERS**

**CHOOSE YOUR
CARDIOVASCULAR
SPECIALIST WISELY**

REGENERATIVE
THERAPY/BIOLOGICAL
ALLOGRAFT:
**REPAIR,
RESTORE,
REVITALIZE**

ALTERNATIVES TO EATING
FOR COMFORT IN
TIMES OF STRESS

**PHYSICIANS
REGIONAL
WELCOMES**

WALTER BIGIT MILLA, M.D.
INTERNAL MEDICINE

 **PHYSICIANS REGIONAL
MEDICAL GROUP**

 **PHYSICIANS REGIONAL
HEALTHCARE SYSTEM**

ACCEPTING NEW PATIENTS

Call Today 239.429.0800



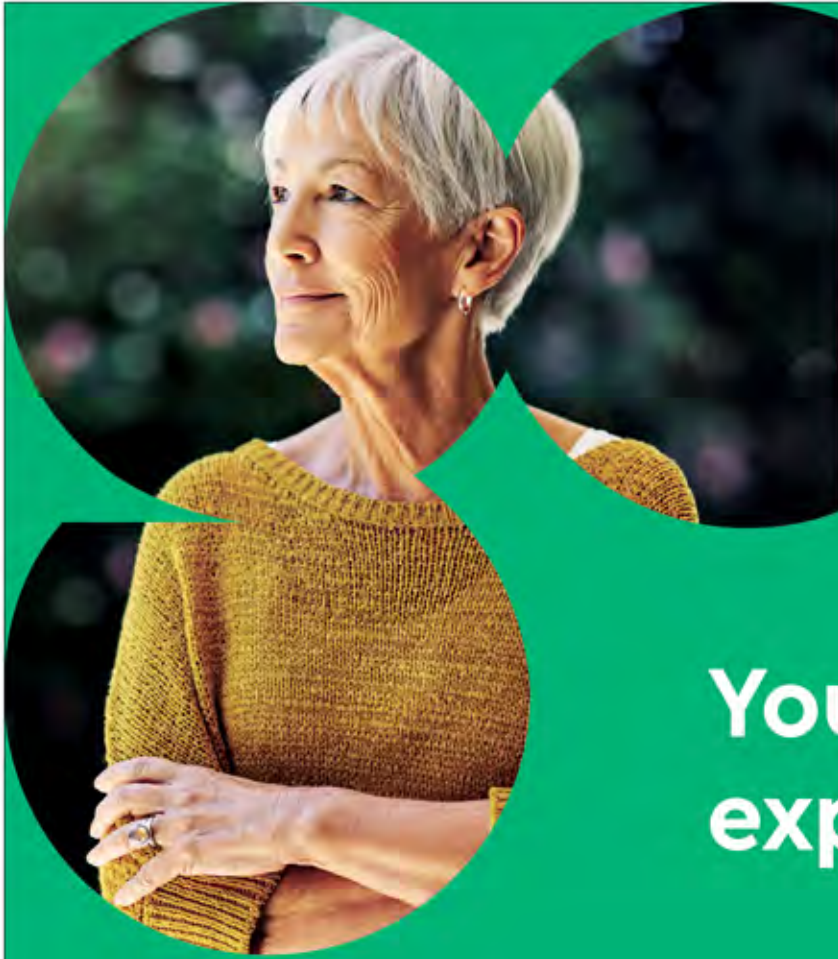
INSPIRE
EXERCISE MEDICINE

**The first medically designed
and supervised exercise
oncology center in the U.S.**

According to the **National Cancer Institute**,
a supervised exercise program during and after
cancer treatment is associated with a **reduced
risk of recurrence by up to 50%** (cancer.gov)

3555 Kraft Road, Suite 130, Naples, FL 34105 • 239.429.0800

www.inspireem.com



Your breast cancer experts close to home

When you entrust your breast cancer treatment to GenesisCare, you gain access to thousands of the world's top cancer minds collaborating with you, giving you local access to advanced radiation oncology technology and treatments for the best possible life outcomes.

This is a better world of care. This is GenesisCare.



Contact us today to schedule
your appointment:

(833) FOR-MYGC
genesiscare.com/us



CONTENTS APRIL 2022

- 6 Stress Management
- 7 Physicians Regional Welcomes Walter Bigit Milla, M.D.
- 8 Utilizing Expert Care Teams to Improve Treatment Outcomes for Cancer Patients
- 9 Choose Your Cardiovascular Specialist Wisely
- 10 Understanding Head and Neck Cancers
- 11 Many Cancer Patients May Benefit from a Healthy, Low Sugar Diet
- 12 Diabetic Retinopathy: You May Not Know You Have It
- 13 A Common Enemy of Sleep You May Not Know About
- 14 Nervous Stomach Cramps A Holistic Perspective
- 15 Cervical Spine, Neck Pain: What Are Your Treatment Options?
- 16 Parkinson's Disease Awareness Month: Parkinson's Explained
- 17 Shingles: It's Not Just a Rash
- 18 In Office Hysteroscopy
- 19 Screens, Surges, Staying Out of Health Trouble
- 20 Regenerative Therapy/Biological Allograft: Repair, Restore, Revitalize
- 21 The Redness of Rosacea
- 22 Irritable Bowel Syndrome (IBS)
- 23 Prenuptial Agreements in Florida: Your Guide
- 24 Breast Radiologist Opens State of the Art Dedicated Breast Imaging Center in Naples

CONTACT US

OWNER / ACCOUNT EXECUTIVE
Cristan Gensing
cristan@gwhizmarketing.com

OWNER / CREATIVE DIRECTOR
Sonny Gensing
sonny@gwhizmarketing.com



Publishing • Advertising • Web Design • Graphic Design

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

To get your article published and for ad rates, call 239.588.1200
Cristan@gwhizmarketing.com

G WHIZ Marketing, LLC | 1630 Caxambas Court | Marco Island, Florida 34145

©Copyright SOUTHWEST FLORIDA'S HEALTH & WELLNESS Magazine 2022. All rights reserved. Any reproduction of the material in this magazine in whole or in part without written prior consent is prohibited. Articles and other material in this Magazine are not necessarily the views of SWFL Health & Wellness Magazine. SWFL Health & Wellness Magazine reserves the right to publish and edit, or not publish any material that is sent. SWFL Health & Wellness Magazine will not knowingly publish any advertisement which is illegal or misleading to its readers. The information in SWFL Health & Wellness Magazine should not be construed as a substitute for medical examination, diagnosis, or treatment.

HEALTHCARE THE WAY IT USE TO BE

Doc + Me

Gary Webb MD MS FAFF



Gary Webb, MD

Board Certified in Family Medicine
Fellowship Trained in Geriatrics

DIRECT PRIMARY CARE

AFFORDABLE HEALTHCARE

WWW.DOCPLUSMEDPC.COM

12272 Tamiami Trail East, Unit 401, Naples, FL 34113

DocPlusMe believes that healthcare should minimize third party interference while still lowering costs through better and complete primary care.

DocPlusMe also is priced to be affordable with low monthly membership fee and no other hidden costs. This is not an insurance company but rather a direct primary care practice. Complete transparency between you and your doctor and nobody else!

ASSOCIATES IN NEPHROLOGY

PROVIDING COMPREHENSIVE KIDNEY CARE AND TRANSPLANT SERVICES IN SOUTHWEST FLORIDA FOR OVER 40 YEARS



Neetu Malhotra, MD

Our multidisciplinary team provides treatment for kidney disease with follow up care, as well as kidney transplant services. 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.

**Now Accepting
New Patients
(ages 18 and older)**

239.939.0999
associatesnephrology.com
Most major insurances accepted.

CAPE CORAL
1320 SE 8th St
Cape Coral, FL 33990

FORT MYERS
7981 Gladiolus Dr
Fort Myers, FL 33908

BONITA SPRINGS
9550 Bonita Beach Rd, 108
Bonita Springs, FL 34134

Providing comprehensive kidney care & transplant services since 1984.

- 25 Managing Daily Life with Parkinson's Disease ...
- 26 Understanding the Pros and Cons of Alternative Investments
- 27 Talking About End-of-Life Care With Loved Ones
- 28 Falling Back on Physical Therapy
- 29 Volunteering Offers Mind, Body & Soul Benefits
- 30 The Importance of Vascularization in Diabetic Wound Healing
- 31 Advanced Treatment for Overactive Bladder
- 34 OCD: Participants Needed
- 36 Alternatives to Eating for Comfort in Times of Stress
- 39 Why Your Knee Hurts, and What to do About it
- 40 All the Rage with Celebrities, The Vampire Facelift and Facial Can Give You Your Youthful Appearance Back
- 42 Medical Marijuana for Anxiety & PTSD: Does it Really Work?
- 44 How Important is Protein for Muscle Strength and Overall Health?
- 46 Can Specific Foods Boost Eye Health and Vision?
- 47 Inflammation and Parkinson's Disease

- 48 Erectile Dysfunction: How PRP/Stem Cell Therapy is Helping Countless Men Naturally Regenerate
- 49 Compounded Hormone Replacement Therapy
- 50 Inventory Continues to Decline
- 51 Hearing Loss, Hospitals and Admission Rates
- 52 When Alcohol Gets in the Way
- 53 If You Have Missing Teeth, Your Health Can Be Affected
- 54 How Mental Health Benefits from Physical Exercise
- 55 Easter and Springtime Hazards for Dogs and Cats
- 56 Head and Neck Lymphedema Related to Cancer and Radiation
- 57 Health Insurance-2022 Enrollment Periods and Exceptions
- 58 Doctor Says You Can't Reverse Type 2 Diabetes
- 59 Keeping Our Clients Safe at Home During COVID-19
- 60 Is it Time for a Liver Tune-Up?
- 61 Your Clean Home is Our Business
- 62 Spiritual Wellness: When You Are At Your Wits End



www.swfhealthandwellness.com

www.swfHealthandWellness.com

OCD Clinical Trial

DO YOU SUFFER FROM OCD?

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



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



What is OCD?

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



Why Participate?

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

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

See If You Qualify

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

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

For more information, and to see if you qualify, please call our research team at 239-230-2021.

Call Today! 239-230-2021

1172 Goodlette Frank Road North
Suite # 201
Naples, Florida, 34102.

info@arhiusa.com



ARHI
ADVANCED RESEARCH FOR HEALTH IMPROVEMENT

Hablamos Español



WWW.ARHIUSA.COM



@ARHIUSA



239.230.2021



Stress Management

By Neetu Malhotra, MD

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

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

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



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

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

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

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

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

ASSOCIATES IN NEPHROLOGY

239-939-0999

www.associatesnephrology.com

BONITA SPRINGS

9550 Bonita Beach Rd, 108
Bonita Springs, FL 34134

FORT MYERS

7981 Gladiolus Dr
Fort Myers, FL 33908

CAPE CORAL

1320 SE 8th St
Cape Coral, FL 33990

PHYSICIANS REGIONAL WELCOMES WALTER BIGIT MILLA, M.D. INTERNAL MEDICINE

Physicians Regional Healthcare System is excited to welcome Walter Bigit Milla, MD, to their medical staff. Dr. Bigit Milla joins a highly skilled team of internal medicine specialists including Leonard Glaser, M.D., Michael Ianniello, D.O., Manuel Jimenez Rodriguez, M.D., Betty Kupracz, M.D., and James Maciejewski, M.D.

Internal medicine doctors, also known as internists, focus on prevention and treatment of conditions and diseases in adults. Physicians Regional Medical Group's internists are trained in adult medicine and care for adults with a wide range of health concerns, from common illnesses to complex, chronic medical problems.

They work to solve difficult diagnostic challenges and can manage care for severe chronic conditions or in situations where multiple illnesses are involved.

In most cases, your internist assumes the role of primary care physician and coordinates your care with other specialists as needed to provide quality care. Whether it's facilitating appropriate screenings, providing information on leading a healthy lifestyle or managing chronic disease, your internist serves as your personal health advocate.

Internists provide a range of services, including:

- Care for common problems of the ears, eyes, skin, and nervous and reproductive systems



- Diagnosis and treatment of acute and chronic diseases, including arthritis, asthma, diabetes, heart disease and high blood pressure
- Immunizations
- Inpatient and outpatient care for diseases
- Care of minor injuries
- Preventive care, including physical exams and well-woman exams
- Sports physical exams
- Senior care services
- Pre- and post-operative consultations

Dr. Bigit Milla is Board Certified in Internal Medicine, specializing in adult health including preventative medicine, management of patients with chronic health conditions, and patient education.

He received his Doctor of Medicine at Dr. Jose Matias Delgado University in Santa Tecla, El Salvador. He received his advanced training in Internal Medicine through his residency at Advocate Illinois Masonic Medical Center (AIMMC) in Chicago.

"I am fluent in English and Spanish, which is my first language," said Dr. Bigit Milla. "I was born in Guatemala and grew up in El Salvador, where I lived until I graduated from Medical School. I lived through a civil war during most of my childhood and experienced several hardships, which have guided how I look at life."

A glass-half-full kind of guy, Dr. Bigit Milla's patients appreciate his time spent listening to them and asking pertinent questions regarding their present

situation. "I like to include a positive attitude to the visit and portray that to my patients. I want to create a transparent doctor/patient relationship that can lead to respect and understanding."

Dr. Bigit Milla specializes in patients 18 years and older with chronic conditions which may include (but not limited to) hypertension, diabetes, thyroid disease, gastrointestinal disease, and lung disease.

A married father of three, Dr. Bigit Milla places a premium on the importance of family—his and yours. "My parents taught me to be humble—to work hard to reach my goals.," Dr. Bigit Milla explains. "My father is a physician as well and he influenced much of how I look at medicine and patient care."

Before relocating to Southwest Florida, he was Medical Director of the Family Medicine Clinic of Levelland, Texas.

Dr. Bigit Milla is now accepting new patients.



*Dr. Bigit Milla's office is located at
Physicians Regional Healthcare System
6376 Pine Ridge Rd., Unit 200 • Naples, FL*

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

Utilizing Expert Care Teams to Improve Treatment Outcomes for Cancer Patients.

When formulating a treatment plan for patients diagnosed with breast cancer, there are many different factors that are essential to consider. Typically, evaluation of the patient and recommendation for a course of action will involve various expert physicians with different areas of specialty. For example, a radiation oncologist may suggest possible radiation treatment, whereas a surgical oncologist would weigh in on the likelihood of a positive outcome by removing a tumor through a surgical procedure.

Important Methods to Use When Delivering High-Quality, Comprehensive, Patient-Centered Cancer Care

Below are a few novel approaches for caring for patients with breast cancer that the GenesisCare team of cancer specialists currently practice in Collier County, Lee County, and Sarasota County.

Multidisciplinary Care Teams

Our multidisciplinary care team approach (MDT) brings together a group of healthcare professionals from different areas of clinical expertise in order to discuss and determine the personalized treatment plan for each patient. Emphasis is placed on communication between experts, integrating the group knowledge and expertise, such as with surgical oncology, medical oncology and radiation oncology. A consensus treatment plan is then developed that is specific and personalized to each patient. Through a comprehensive review of best clinical practices for treatment, the care team looks at the medical diagnosis and other health considerations. Considerations include patient lifestyle, nutrition and exercise, psychosocial variables, and potential treatment-related side effects that may impact the overall quality of life.

Tumor Boards

The multidisciplinary tumor boards focus on prospective patient case reviews to ensure that each cancer patient's evidence-based treatment guidelines are discussed and implemented. Physicians and other members of the cancer care team come together regularly in order to develop a personalized treatment plan based upon the input and expertise of each member of the team.

The team discusses all possible treatment options available, particularly those guideline-developed by expert panels for each tumor type, such as the National Comprehensive Cancer Network [NCCN].

The guidelines are instrumental in providing a comprehensive cancer treatment plan supported by the current literature and published studies. Although such guidelines are important in developing a treatment plan, other investigational therapies and clinical trials may also be applicable for a cancer patient. Additionally, a patient may express an individual concern, such as a reluctance to undergo an operation or receive radiation therapy, allowing the team to develop alternative treatment options and possibly accrual to a national clinical trial.

"The multidisciplinary tumor board has become an essential component to bring together the cancer care team's specialty-based opinions and clinical expertise. We can then assimilate the information to develop a personalized, evidence-based approach and treatment plan supported by national treatment guidelines for each cancer type," explains Dr. Adam Riker.

Dr. Riker is one of GenesisCare's expert surgical oncologists practicing out of our GenesisCare Centers in Collier County, Lee County, and Sarasota County. As a member of the National Accreditation Program for Breast Centers (NAPBC), he is committed to improving the standard of breast cancer care for all. He leads the centers in delivering high-quality care for breast disease through up-to-date knowledge of best practices, guaranteeing quality measures, continuing professional education, involvement in clinical research and understanding of clinical trial participation as an option for treatment. With connectivity to a larger consortium of national, professional organizations, Dr. Riker enables patient access to a greater assortment of advanced treatment options.

Clinical Research Participation

When pursuing treatment for breast cancer, there may be an opportunity to participate in a clinical research trial in cases where the circumstances for a cancer patient are not being met with current treatment guidelines. Our experts are invested in clinical advancement and prepared to make recommendations and provide resources around investigational therapies and cutting-edge clinical trials applicable to each patient.

To learn more about GenesisCare, call (833) FOR-MYGC or visit [genescare.com/us](https://www.genescare.com/us).

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 healthcare professionals are 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.



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.

Dr. Riker is a proud veteran of the Armed Forces, enlisting at a young age and serving in the United States Army, and later on as a commissioned officer in the Public Health Service. He is an avid runner and enjoys fishing, hunting, reading, writing and traveling abroad to learn more about international models of healthcare delivery. His passion for physical wellness, advancing healthcare, and providing public service are reflected both inside and outside of his professional work.



CHOOSE YOUR CARDIOVASCULAR SPECIALIST WISELY

Each year millions of patients are faced with cardiovascular conditions. Whether your heart and vascular disorder require surgery or minimally invasive procedures, choosing a cardiovascular specialist should not be taken lightly. Making sure the physician you select has the credentials and experience necessary is essential, and when it comes to healing your body, and reducing future risk, finding the best surgeon is critical.

You have a choice. It's essential for patients to do their research, look at reviews and patient testimonials, and most importantly, patients should go with a physician or group with the experience level, innovation, and training necessary to improve their condition and restore function.

Dr. Javier, founder of Naples Heart & Vein, is not just a remarkable physician; he is also a world-renown thought leader and trains his peers with the knowledge and skills that he has mastered over the past two decades. His practice specializes in treating cardiovascular and vein conditions.

Dr. Javier is an Endovascular Specialist, Board Certified in Interventional Cardiology & a Vascular Specialist. He did his cardiovascular specialty at Saint Louis University and his Interventional Cardiology specialty at the University of Arkansas for Medical Science in Little Rock, Arkansas. He is board-certified in Cardiovascular Disease and in Interventional Cardiology. He is a fellow of the American College of Cardiology, the Society of Cardiac Angiography and Interventions; he is also a member of the European Society of Cardiology, American Venous Forum, and the Society of Lymphatic and Venous disease.

Dr. Javier gained extensive experience in the cardiac and vascular field while practicing at the Miami Cardiac and Vascular Institute from 1998 to 2005. The Miami Cardiac and Vascular Institute are World Known for its pioneering work in the Endovascular field. During his time here, Dr. Javier concentrated on venous disease as well as joining the research and cardiovascular team at Baptist Hospital.

Academic Background

Dr. Javier began his academic career in 1996 as a faculty member of the University of Arkansas for Medical Science and director of the Coronary care unit at the VA system in Little Rock. He is a Voluntary Assistant professor at the University of Miami School of Medicine and Adjunct Professor of Medicine at Nova Southeastern University.

Dr. Javier moved to Naples to assume the directorship of The Naples Cardiac Endovascular Center, A center dedicated to the treatment of Cardiac and Vascular disorders, and where he practices as an endovascular specialist and cardiologist.

Medical Authorship

Dr. Javier has authored 6 books chapters, and multiple peer-reviewed articles in Endovascular Disease and has been the principal investigator in many trials developing a new therapeutic technique to treat venous disorder.

Dr. Julian Javier is one of the pioneers in the radial access technique for heart catheterization using this approach since 1996, which in the last three years has become the recommended technique by cardiac societies for Left Heart Catheterization. He presented his radial technique experience via multiple abstracts at the annual meeting of the Society of Cardiac Angiography and Interventions in Boston, MA in 2003.

Dr. Javier is a frequent invited speaker in many National and International conferences on cardiac and endovascular disorders. He is co-creator of two patents in the venous world, one of the devices which is a phlebectomy hook is widely used by venous specialists in the United States. Another is a catheter that assists in venous ablation.

Clinical Research

Dr. Julian Javier is an experience and skill interventionists, with a strong belief in preventive medicine. He is an active participant in clinical research and works with some of the most prestigious academic centers and investigators in the cardiac and vascular field. He is currently the director of Advanced Research for Health Improvement studying new and advanced therapies for heart disease. Advanced Research is dedicated to bringing to Southwest Florida medical research that was formerly only available in academic and large centers.

He is also the director of Venous Hands on Course, dedicated to teaching other specialists his technique for treating venous disease.

When it comes to your cardiovascular health, Naples Heart & Vein is the elite group practice featuring Dr. Javier and Dr. Leandro Perez. Both have impeccable training and experience, and their patients attest to their remarkable outcomes and patient care.

WHAT THEIR PATIENTS HAVE TO SAY:

"The result was immediate, and the recovery time was almost inexistent. Highly satisfied with staff's skill level with how they handle the complete process/procedure and follow up." —D. Lopez

"Very clean, professional, and understanding staff. Maria is very good at what she does – very gentle, explained everything in full, and it was just an overall pleasant experience." —O. Fernandez

"No more veins – my thigh looks great! I had a great experience. The procedure was a success & the doctor is very skilled. The staff is super competent, and the environment could not be more beautiful." —A. Miller



Julian Javier, MD | Leandro Perez, MD

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

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



Naples Cardiac and Endovascular Center

1168 Goodlette N.
Naples, FL 34102

9400 Bonita Beach Rd., Suite 203
Bonita Springs, FL 34135

www.heartvein.com

UNDERSTANDING HEAD AND NECK CANCERS

By Dr. Alan Brown

When patients receive a cancer diagnosis, they typically ask how it developed. Pinpointing a cause can be difficult.

Risk factors for head and neck cancer can often be attributed to use of tobacco products and alcohol, viral infections, genetics or exposure to occupational hazards like sawdust, asbestos or radiation, among other factors.

April is Head and Neck Cancer Awareness Month, and the board-certified radiation oncologists at Advocate Radiation Oncology join their colleagues nationwide in raising awareness about the risks, symptoms and treatment options for head and neck cancer, which accounts for nearly 4% of all cancers in the U.S.

Advocate's world-class physicians are experienced in treating the gamut of head and neck cancers, as well as breast, prostate, lung, brain, rectal, liver, bone, cervical and other types of cancers.

Brain Cancer vs. Head and Neck Cancer

Brain tumors can grow quickly, have a multitude of severe symptoms and disrupt the way your body functions, so it's understandable that a brain cancer diagnosis is worrisome. However, brain cancer is different than head and neck cancer, a broad term describing a group of cancers affecting the throat and sinuses. According to the American Cancer Society, there are five primary types of head and neck cancers:

- **Laryngeal and Hypopharyngeal Cancer:** voice box and lower throat
- **Oral Cavity and Oropharyngeal Cancer:** mouth and middle throat
- **Nasopharyngeal Cancer:** upper throat behind nose
- **Nasal Cavity and Paranasal Sinus Cancer:** nose and openings behind nose
- **Salivary Gland Cancer:** glands that make saliva



The variety of head and neck cancers also means symptoms can vary. Common signs and symptoms include lumps, hoarseness, sores, pain swallowing, nasal congestion or difficulty breathing, numbness, ear pain, ear infections, loosening of teeth, weight loss and loss of hearing, taste or smell.

Survival rates vary by cancer type and stage, but can be high if detected and treated early.

Treatment Options

Radiation therapy is a popular treatment option that uses targeted doses of radiation to kill cancer cells by damaging the genetic material inside them. This treatment prevents cancer cells from growing and spreading.

Radiation oncologists work collaboratively with otolaryngologists, medical oncologists, surgeons and other medical professionals to develop a personalized treatment plan based on an individual's medical history, the cancer's present state and other factors.

Radiation therapy can be used as the sole treatment option or in combination with chemotherapy treatments and surgery.

Because head and neck cancers affect our critical senses – hearing, taste, smell and sight – there is no room for error during treatments. Advocate has invested in the most innovative, precise cancer-fighting equipment on the market today, including Varian's Halcyon, TrueBeam and Identify machines that measure precision within a millimeter. Such precise treatments minimize damage to surrounding tissue, and thus lessen potential side effects of radiation while reducing treatment times.

We know our bodies best. If you suspect something is wrong or have a concern, the first step is immediately contacting your primary care physician. From there, Advocate will partner with you and your physician to develop a comprehensive plan to defeat cancer.



About the Author

Dr. Alan Brown is a board-certified radiation oncologist at Advocate Radiation Oncology. For more information, please visit AdvocateRO.com.

Spanish-fluent doctors and care staff



CAPE CORAL OFFICE
909 Del Prado Blvd. S
Cape Coral, FL 33990
(239) 217-8070

BONITA SPRINGS OFFICE
25243 Elementary Way
Bonita Springs, FL 34135
(239) 317-2772

FORT MYERS OFFICE
15681 New Hampshire Ct.
Fort Myers, FL 33908
(239) 437-1977

PORT CHARLOTTE OFFICE
3080 Harbor Blvd.
Port Charlotte, FL 33952
(941) 883-2199

NAPLES OFFICE
1775 Davis Blvd.
Naples, FL 34102
(239) 372-2838



Many Cancer Patients May Benefit from a Healthy, Low Sugar Diet

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

Glucose fluctuations make us hungry and disrupt our mood and health, Blending keto with the Mediterranean diet may be a powerful method to combat this.

Understanding Ketosis

When we limit sugar intake in the form of bread, pasta, cookies, crackers, sugar, honey, high sugar fruits, and white potatoes, the body learns there are no longer enough carbohydrates to burn for energy and shifts over to burning fat, which creates ketones. Instead of using glucose for fuel, it uses ketones. For most of us, this occurs each night when we fast during our sleep. However, many health benefits can accompany the state of ketosis.

The ketogenic diet looks different to different people, but in the original version, it looked a lot like high protein, high fat, and very low carbohydrate. Many people eat eggs, cheese, and meat on this diet and think that it is a healthy lifestyle choice because they've lost 50lbs. While high ketone levels and low glucose will help people lose weight, and it is recommended for those with certain disorders like epilepsy, diabetes, and dementia, there is a healthier version that includes more healthy vegetables and resembles the Mediterranean diet minus the legumes and grains.

The Mediterranean diet consists primarily of fish, cheese, vegetables, olive oil, nuts, seeds, and some berries and meat. Some red wine is usually thrown into the mix as well, but it's not needed and, in excess, can hinder ketosis.

What happens when we take the Mediterranean Diet and blend it with a well-constructed ketogenic diet?

Where the Mediterranean and ketogenic diet cross is where the lines begin to blur; the sweet spot in the middle is where I would like to see the bulk of the population – a well-balanced low-carbohydrate/ketogenic diet. This is starting to sound like a Mediterranean Ketogenic Diet, and that is exactly what I am endorsing.

The Mediterranean Ketogenic Lifestyle:

1. Keep carbohydrates low

The golden number varies, but nutritional ketosis requires it to be less than 20-50 grams per day, while a very-low and low-carbohydrate diet can range from 0-150 grams per day. This is highly dependent on the individual and personal needs.

2. Green, leafy, and colorful vegetables

Eating plenty of leafy greens, colorful vegetables, and cruciferous vegetables is a must, with the goal of having them at every meal. These fibrous vegetables contain a plethora of healthy immune system-stimulating and anticancer chemicals, along with soluble fiber to feed our bowel bacteria.

3. Fat

A true ketogenic diet or even a periodic ketogenic diet relies on plenty of fat. Take a couple of hints from the Mediterranean area and eat plenty of high monounsaturated olive oil (make sure it is real and not laced with harmful oxidized vegetable oils), fatty fish with high omega-3 fatty acids, high-quality meats, some nuts, and macadamia, coconut, avocado, and palm oil are great for garnishing and cooking.

4. Replace sweet foods with bitter ones

Like many green and cruciferous veggies, bitter foods, herbs, and spices contain chemicals that increase our defense system. Furthermore, they train our taste preferences to shy away from unhealthy sweet foods.

5. Physical Activity

Get plenty of daily activity with periods of inter-mixed intense activity, resistance training, and lifting heavy things. There are no elevators and escalators in the hilly communities of the Mediterranean, and simply walking around provides a muscle-pumping leg work out that becomes exponentially harder when carrying something. Lifting heavy things and contracting your muscles prompts them to release anti-inflammatory and anticancer chemicals and hormones and should be part of everyone's repertoire.

6. Fasting

The above-mentioned foods will provide us with plenty of nutrients to function optimally while remaining a healthy weight, but that does not mean we should be eating them all day long. Avoid snacking and aim for longer stretches between meals. This is very prevalent in the real Mediterranean diet, as the Greeks and other groups fast for

up to 103 days per year, providing a handful of benefits like improved heart health, improved brain health, and potential anticancer effects (initial Mediterranean diet studies left out all discussion of fasting). Increasing periods without any food will lower blood glucose and insulin while activating autophagy, which signals our cells to get rid of any clutter or junk.

7. Rest, Relaxation, and Recovery

In modern society's go, go, go atmosphere, we forget that following a healthy lifestyle is more than just our food and activity. The times when we are not eating or exercising refuel our body to recover from exercise and replenish our muscles, while high quality and adequate sleep help promote a healthy metabolism to deal with the foods we eat, maintain a low/normal blood sugar level, and keep our mitochondria functioning optimally to help fight disease.

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 optimizing overall health and body composition via nutrition discussions, resistance training, and closely monitored exercise programs individualized for each cancer patient.



INSPIRE
EXERCISE MEDICINE

239.429.0800

www.inspireem.com

3555 Kraft Road, Suite 130, Naples, FL 34105

Dr. Colin Champ, MD, CSCS

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

Source:

<https://colinchamp.com/the-mediterranean-ketogeniclifestyle/>



Diabetic Retinopathy: You May Not Know You Have It

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

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

According to the American Academy of Ophthalmology:

Diabetic Retinopathy

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

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

Diabetic retinopathy symptoms usually affect both eyes

Treatment Options:

Medical control

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

About Quigley Eye Specialists

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



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

Medicine

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

Laser surgery

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

4 Ways to Prevent Vision Loss from Diabetic Retinopathy

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

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

Source:

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



675 Piper Blvd., Naples, FL 34110
(239) 466-2020 | www.QuigleyEye.com

Quigley Eye Specialists, founded in 1988, consists of more than 100 medical professionals, including surgeons, optometrists, retina specialists and technicians. Offices are conveniently located throughout Southwest Florida in Sarasota, Venice, North Port, Port Charlotte, Punta Gorda, Cape Coral, Fort Myers, Lehigh Acres, Bonita Springs, Naples and Coral Gables.

For more information, call (239) 466-2020 or visit www.QuigleyEye.com.

A COMMON ENEMY OF SLEEP YOU MAY NOT KNOW ABOUT

For many of us, sleep can be hard work, especially as we get older. With all of today's constant distractions (smartphones, emails, YouTube, text messages) and life stresses (bills, deadlines, daily traffic), it is no wonder we have difficulty with getting restful sleep. The last thing we need is to add one more to the list of "sleep disruptors," right? Unfortunately, there is and it can be attributed to one of our most basic biological functions. If you guessed urination, you're right! While a necessary and normal part of our daily lives, it can be a major hurdle in getting that good night's sleep, which just so happens to be one of our most important tools to maintain good health. Enter nocturia.

Nocturia, by urological definition is waking up during sleeping hours to urinate more than one time each night. Unless you are one of the lucky ones where it would take at least a seven magnitude earthquake to rattle you from your sleep, most of us are familiar with waking up and feeling the need to go to the bathroom. The problem lies in the frequency of these bathroom trips and what is causing them. "While never truly considered normal, nocturia does become more common with aging or progression of chronic medical issues," says **Dr. Alexandre Rosen, board-certified Urologist** at Physicians Regional Medical Group. "Nocturia can be both a nuisance and a warning sign." Unfortunately, many people with this condition do not seek help, accepting it just as a natural consequence of aging. Studies show that a whopping 50 million people in the United States are affected with nocturia with only 1 million actually diagnosed and only 1.5 million receiving therapy.¹ Dr. Rosen points out that nocturia can also lead to frustration, poor concentration during the day, and even indirect issues such as falls and injuries during bathroom trips in the night.

Causes of nocturia will vary and can be as simple as lifestyle habits like too much fluid intake before bed, alcohol or caffeine use, and poor sleep habits, or it can be a result of an underlying health condition that includes sleep apnea, diabetes, heart disease, bladder



tumors, urethral strictures, or an enlarged prostate. "The diagnosis is made simply by the history taking when a patient complains of awakening to urinate at night but finding the cause is much more complex," says Dr. Rosen. "Also, possible treatment options can be quite broad and very specific to the individual patients."

Nocturia is a condition that warrants specific clinical attention. If you are waking up more than one time each night to go to the bathroom, it is important to get an evaluation to find out the root cause and begin treatment as soon as possible.

**PHYSICIANS REGIONAL
MEDICAL GROUP**

Dr. Rosen'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.ncbi.nlm.nih.gov/books/NBK518987/>

NERVOUS STOMACH CRAMPS

A HOLISTIC PERSPECTIVE

By Svetlana Kogan, M.D.

With the psychological burden of Covid-19 pandemic upon us, one of the common questions I hear from my patients is: "Doc, I am so upset by what is going on and I get these stomach cramps. What can I do without taking medications?"

The truth is that our gut has a mind of its own. It is truly our second brain. There are several reasons for that. On the molecular level, there are more receptors for serotonin - a happiness neurotransmitter - in the gut, than in the brain. On a quantum level, there are memories being recorded as electromagnetic imprints in our gut. If you doubt this fact, just talk to any organ recipient and they will tell you that they often have memories of things that never happened to them but did happen to the deceased organ donors. Now, because our organs store memories, which consist of thoughts and experiences coupled with emotions, we effectively have a second mind within our physical body, populated with this information.

You will often hear people say: "I know this with my gut". And it is true. Any stimulus you are exposed to, like the news on TV for example, is then instantly matched through a huge database of associative memories - the gut then releases the neuro-hormones coupled with that memory. For example, if you lost someone in 9/11 - the overwhelming emotion of grief has been registered with your gut. The fear for your loved ones while listening to the anxiety-provoking statistics on TV today - will trigger the very peptide cascade which made you 'feel it in your gut' back in 2001. This vicious cycle will continue until you take action. What can you do?

First of all, avoidance of the negative information from TV and internet is important. Remember: they exist to sell you bad news. Instead, increase your exposure to 'feel good' experiences like Nature walks and day trips. Thankfully, Collier County abounds with parks, beaches and nature trails to make this an easy fit.



Take probiotics preventively. Our gut does not just have a mind of its own - it also has its own immune system. We are home to trillions of bacteria, fungi, viruses, and even parasites - collectively known as a Microbiome. Each person's Microbiome is determined not only by their genetic blueprint, but also by the food they are eating, the stress they are exposed to, and the environmental pollution that surrounds them. Most of the "citizens" of this Microbiome reside in our large and small intestine, but some live on the skin and even other parts of the body. When this intricate system is ideally balanced, every player has a purpose.

The job of the Microbiome is to maintain healthy digestion, immunity, neurologic function, and skin health, respiratory, and even reproductive and urinary functions. Unfortunately, the end of the 20th century has been marked by antibiotics being overprescribed to the majority of patients in the western world. As a result, most of us have emerged with our good bacteria being exterminated as a collateral damage in pursuit of the virulent bacteria.

While it is very important to address psychosocial factors like anxiety and stress we have discussed above, a recommendation for a good probiotic is often useful. Truth be known, probiotics are not just repopulating the gut. They also interact with the immune cells, digested food molecules, and other existing Microbiome bacteria - and this

intricate cooperation is what truly boosts our homeostasis. Among some exciting scientific breakthroughs in this field is the hope that soon engineered probiotics will enable people to retain more nutrients from the foods they are eating.

Here is a tip for picking out the most appropriate probiotic formula for your nervous gut: If you are trying to improve digestive function, combat excess gas, or alleviate abdominal cramping, go for the formula that has *S.boulardii*, *B.lactis*, and *L.plantarum*, and *L.acidophilus* probiotic strains built into it. And even if your probiotic product does not officially require refrigeration - it is prudent to keep it in the dark and cool place, to avoid spoilage. Because probiotic manufacturing is not regulated by FDA, you should always discuss using your Microbiome needs with your physician. If, despite your best efforts, you have still come down with nervous stomach cramps - drink some warm peppermint tea - it has an antispasmodic effect on the gut. Eating dark chocolate may offer a mild relief. A good rule of thumb is that quick fixes do not work to fix the root of the problem with your nervous gut. Try implementing meaningful lifestyle changes as discussed above, coupled with meditative visualizations, deep breathing, and restorative yoga. All of these holistic modalities can be very helpful in drug-free restoration of gut homeostasis.



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.

720 Fifth Ave S, Unit 209
Naples, FL 34102
Phone: (239) 676-6883
www.customlongevity.com

CERVICAL SPINE, NECK PAIN:

WHAT YOU SHOULD KNOW ABOUT THE CAUSE AND YOUR TREATMENT OPTIONS

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

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

Why Does My Neck Hurt and Give Me a Headache?

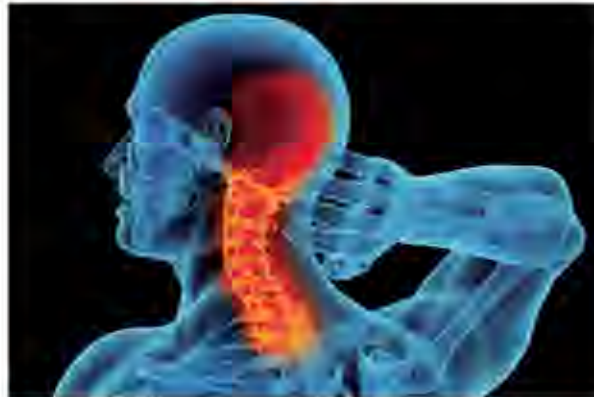
As you develop in the womb, your head and upper neck develop together, forever linking pain in one to the other. Hence, the upper neck joints, discs, muscles, and nerves can cause pain that goes into your head (headaches). When this happens it's called cervicogenic headache. Figuring out which of these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

What Are the Things that Cause Cervicogenic Headache?

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

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

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



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

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

What Does a Cervicogenic Headache Feel Like?

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

How Do You Treat a Cervicogenic Headache?

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

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

Cervical/Neck Pain

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

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

Getting You Out of Pain Without Surgery

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

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

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

Alternative Treatment

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



(239) 659-6400

info@flpaincenter.com

730 Goodlette Rd North, #200, Naples, FL 34102

April: Parkinson's Disease Awareness Month

Parkinson's Explained

Parkinson's is a complex disease that progresses over the years, and to date, has no cure. It is a neurodegenerative disease that wreaks havoc on the brain, which in turn interferes with the body's fine motor skills. The brain's neurons (nerve cells) are what create dopamine and the deterioration of this process is the cause of Parkinson's disease.

In Parkinson's patients, the dopamine chemical production is slowed down and over time it can be completely diminished. Some of the first symptoms of early Parkinson's disease are impaired sense of smell, constipation and sleep disorders. These early signs are found in the medulla and the enteric region of the brain. Some patients will have diminished voices, develop rigid muscles and show little to no expression on their faces within the middle stages of the disease.

As the disease progresses, it eventually reaches the substantia nigra region of the brain, which controls the bodies movements. Once this stage is reached, patients have a difficult time controlling their bodily functions, and they develop tremors and have jarring irrepressible movements.

Treatment Options

There are some speculations that natural remedies will help alleviate some of the symptoms of Parkinson's, like omega 3 and coconut oil, but the research is not conclusive of that fact. And because there is no cure, the main treatments are given through traditional pharmaceutical medications, which are available to slow down the diseases development. Many of these drugs increase the dopamine in the brain, and in some cases, replaces the dopamine altogether. Along with medication management, physical therapy for balance and stretching is helpful. Speech pathology is also very effective in maintaining and improving speech related issues that the disease so commonly causes. In advanced cases there is the option for surgery. Surgical deep brain stimulation has proven to be highly effective in repairing some of the communication in the brain and body through electrical stimulation. In this case a small device is placed in the chest and can be controlled by your physician.

Each year, doctors diagnose 60,000 new cases of Parkinson's disease (PD). With advances in pharmacology and surgery giving PD patients longer lives and increased motor function, interventions to prepare family caregivers, empower patients in their daily lives, and improve patient peace of mind become more involved. While many patients live more than 20 years after the diagnosis, the median survival has been measured at 12 years.¹ The speed of progression underscores the value of that time and the importance of promoting quality of life during this important time of life. It's obvious but noteworthy that Parkinson's is more than a nigrostriatal disorder. While dopaminergic therapy improves rigidity, tremor, and bradykinesia, other symptoms do not respond. These include hypersomnolence, imbalance, dysphagia, dysarthria, and autonomic failure. Most notably, this includes cognitive decline, dementia, and drug-related hallucinations. These latter symptoms create the most concern for families. In Parkinson's, these symptoms progress more rapidly with age.

Getting The Help You Need

Unfortunately, when the elderly are stuck dealing with the degenerative effects of Parkinson's disease, it can be extremely taxing on their quality of life. It's quite common that those suffering with this disorder rely on external help for basic needs, as well as medical requirements. That is where home health care can be so beneficial to the individual as well as the caregiver.

At Maison Healthcare, we provide the highest quality of compassionate and empathic home care assistance services in the region. We provide our team of experienced caregivers with home care facilities for the elderly, seniors, and older adults.

All our caregivers are professional, trained, and experienced in providing home care assistance. We use advanced techniques to ensure that your elderly loved one gets proper nutrition, enough physical exercise along with intellectual stimulation, socialization enhancing the overall quality of life for the elderly.

Here are a few points to ponder on and/or questions to ask to your doctors.

- How definitive is my diagnosis and how are we confirming it?
- Is a DAT scan always necessary to diagnose PD?
- How often and how easy it is for a DAT scan to be technically limited or misread? Can DAT scan differentiate PD from the so called "imitators" of PD?
- I have tremor in both hands, how can it be established that it is PD and not Essential Tremor (ET)?
- I am being treated with more than one drug for PD, however, my symptoms don't seem to improve... Why?
- Levodopa remains the most effective symptomatic drug for PD. What are the advantages of the newer formulations over the standard IR preparations?
- Is there effective medical treatment for "early PD?"
- Who is a candidate for deep brain stimulation (DBS) as part of the treatment for PD? When or how early can surgery be performed to treat PD?
- "My medication does not last long enough. Is there something that can be done?"
- Is there scientific evidence to support the use of marijuana as treatment for PD?
- I have heard about "non motor symptoms of PD." Which ones are the most common and are they treatable?

References:

1. Hely M, Reid W, Adena M, et al. The Sydney Multicenter Study of Parkinson's Disease: The inevitability of dementia at 20 years. *Movement Disorders*. 2008; 23 (6): 837-844.

We provide hourly care and in-home 24-hour care for your loved ones. Get in touch with us now to learn more.



Maison
Healthcare

833-614-8606

www.maisonhealthcare.com

6621 Willow Park Dr Ste 2, Naples FL 34109
AHCA License #: HHA 299995190



SHINGLES

IT'S NOT JUST A RASH

By Gary Webb, MD, MS, FAAFP

Shingles - a disease that's so painful and yet prevalent that most of us have at least heard of it. It is a disease we should try hard to prevent, so a re-read of the what's, why's and if's may be worth your review.

Shingles is a severe outbreak of rash or blisters of the skin caused by the varicella-zoster virus — the same virus that causes chickenpox. After you've had chickenpox (or the chickenpox vaccine), the virus finds itself a home around nerve cell clusters in the brain and along the spinal cord. There it lies, waiting, but can be awakened from its incubation into what is called, shingles or Herpes zoster.

Although shingles can occur anywhere on your body, it most often appears as a single band of pink or red blisters that wraps around either the left or the right side of your trunk and around the waistline. It can also appear on one side of face. The blisters present on the skin but are seeded deep down in the nerve fibers below.

About 1 million cases of shingles occur in the United States (U.S.) each year. One in three people in the U.S. will get shingles during their lifetime. Your risk of getting shingles and having serious complications increases with age, and older adults are more likely to experience longer lasting and more intense pain, because of weakened immune systems. While not usually life threatening; shingles can nevertheless cause severe complications, especially if shingles appear on the face and/or if you are immune compromised. Recognizing the early symptoms and getting treatment as soon as possible is pivotal.

Symptoms: Some people are able to detect shingles symptoms even before the tell-tale rash. It may initially present flu like - fever, headache, chills, and fatigue - plus pain, itching, tingling or burning in the area where the rash will soon appear. After several days to a week, a rash of fluid-filled blisters, similar to chickenpox, appears in one area on one side of the body. Shingles pain can be mild to severe. Some people have mostly itching but some can feel intense pain. Typically, blisters grow larger, burst, and then form a scab. For most healthy people who

receive treatment soon after the outbreak of blisters, the lesions heal, the pain subsides within 3 to 5 weeks, and the blisters often leave no scars.

Complications: The most common complication of shingles is long-term nerve pain called, postherpetic neuralgia (PHN), affecting up to 20 percent of shingles sufferers. PHN occurs in the areas where the shingles rash was, even after the rash clears up. It can last for months or years after the rash goes away. The pain from PHN can be so severe and debilitating that it interferes with daily life. Your risk of PHN increases with age. Shingles on the face can affect the eyes, and may lead to serious complications involving the eyesight, including blindness. It is pivotal to seek medical attention for lesions on the face.

Treatment: As a prevention, the U.S. Center for Disease Control recommends most Americans age 50 and older to get two doses of the recombinant (not live) shingles vaccine. Adults 19 years and older who have weakened immune systems because of disease or therapy should also get two doses of the vaccine. Immunity stays strong for at least the first 7 years after vaccination, according to the CDC. The recombinant shingles vaccine reduces risk of shingles and post-herpetic neuralgia by more than 96 percent. The recombinant vaccine cannot cause shingles. If you do get shingles, you can significantly reduce the severity and duration of a shingles episode by getting immediate medical treatment with antiviral drugs, which include Acyclovir, Valacyclovir, or Famcyclovir. These antivirals also help stave off the painful after-effects of PHN. Other treatments for PHN include steroids, antidepressants, anticonvulsants including Pregabalin and Gabapentin, and topical agents.

Transmission: A person with shingles cannot give shingles to someone else. However, a person with shingles can transmit Varicella zoster to a person who is not immune to the virus. In that case, the person would develop chickenpox, not shingles. Transmission occurs via the fluid from the shingles blisters. A person is infectious from the time the blisters appear to the time the blisters crust over and no longer contain fluid. Accordingly, people with shingles blisters are advised to avoid bringing blistered areas in contact with others.

Shingles and shingles vaccines can be managed by your primary care provider (PCP). Dr. Gary Webb is a board certified PCP, who specializes in general family health care for patients of all ages to include preventive care, acute illness, geriatrics and management of chronic conditions such as hypertension, diabetes and heart disease. In addition, he specializes in treating asthma, thyroid, gastrointestinal issues, anxiety and depression. His direct-care practice provides comprehensive primary care services, including immediate appointment scheduling and home visits. As a direct-care provider, Dr. Webb contracts with you - the patient - rather than an insurance company. His practice requires a monthly membership. Visit Dr. Webb's practice webpage at, <https://www.docplusmedpc.com>, to learn more.

GARY A. WEBB, MD, MS, FAAFP

A board-certified family physician and fellowship trained geriatrician.

Dr. Webb did his medical school training at the American University of the Caribbean.

His third year of training took him to Epsom England just south of London and for his fourth year he went to Metro Health In Cleveland, Ohio.

His residency was at the University of Nevada where he also was the Chief Resident. His fellowship in geriatrics took him to the University of Hawaii John A Burns School of Medicine. He has had a private practice in the past, was the medical director of West Hawaii Community Health Center, a physician in a critical access hospital in the Panhandle of Texas where he not only did family medicine but also was the emergency room physician, hospitalist, Nursing Home Medical Director and Director of the local hospice. He is a fellow of the American Board of Family Medicine and can treat all aspects of family medicine. He is knowledgeable in Diabetes management, hypertension, hyperlipidemia, thyroid disease, anxiety and depression, dementia, asthma, COPD and other general care problems. A great attribute of Dr. Webb is his ability to listen. Dr. Webb is married to his lovely wife Olivia and share 5 daughters and 5 grandchildren.



12272 TAMAMI TRAIL EAST, UNIT 401, NAPLES, FL 34113

WWW.DOCPLUSMEDPC.COM

IN OFFICE HYSTEROSCOPY

By Joseph Gauta, MD, FACOG

What is a hysteroscopy?

Hysteroscopy is a procedure that can be used to both diagnose and treat causes of abnormal bleeding. The procedure allows your doctor to look inside your uterus with a tool called a hysteroscope. This is a thin, lighted tube that is inserted into the vagina to examine the cervix and inside of the uterus. Hysteroscopy can be a part of the diagnosis process or an operative procedure.

What is diagnostic hysteroscopy?

Dr. Gauta normally performs a diagnostic hysteroscopy in the office. The patient receives analgesia so they will be comfortable during the test. It is used to diagnose conditions such as abnormal uterine bleeding, adhesions, fibroids, polyps or to locate displaced intrauterine devices IUDs.

One of the newest technologies he uses in the office and in conjunction with the hysteroscope is RESECTR™. RESECTR allows Dr. Gauta to gently remove and eliminate intrauterine fibroids without the need to remove or even cut the uterus and without harming your uterine lining. This is especially important if you want to have children in the future. The procedure is performed under local analgesia and most patients experience only mild to moderate cramping. Patients go home the same day and on average, a 3 cm fibroid (about the size of a grape) can be removed in approximately 10 minutes.

What is operative hysteroscopy?

Operative hysteroscopy is used to correct an abnormal condition that has been detected during a diagnostic hysteroscopy. If an abnormal condition was detected during the diagnostic hysteroscopy, an operative hysteroscopy can often be performed. Many conditions can be treated in the office using advanced technologies such as RESECTR which eliminates the need for a second visit and is a cost savings to the patient.

The time it takes to perform a hysteroscopy can range from less than five minutes to more than an hour depending on your specific condition. If an operative hysteroscopy is required Dr. Gauta will determine if it should be done in the office or surgery center. The choice is yours however where you would like your procedure done.



When is operative hysteroscopy used?

Your doctor may perform a hysteroscopy to correct the following uterine conditions:

- **Polyps and fibroids:** Hysteroscopy is used to remove these non-cancerous growths found in the uterus.
- **Adhesions:** Also known as Asherman's Syndrome, uterine adhesions are bands of scar tissue that can form in the uterus and may lead to changes in menstrual flow as well as infertility. Hysteroscopy can help your doctor locate and remove the adhesions.
- **Septums:** Hysteroscopy can help determine whether you have a uterine septum, a malformation (defect) of the uterus that is present from birth.
- **Abnormal bleeding:** Hysteroscopy can help identify the cause of heavy or lengthy menstrual flow, as well as bleeding between periods or after menopause. Endometrial ablation is one procedure in which the hysteroscope, along with other instruments, is used to destroy the uterine lining in order to treat some causes of heavy bleeding.

When should hysteroscopy be performed?

Your doctor may recommend scheduling the hysteroscopy for the first week after your menstrual period. This timing will provide the doctor with the best view of the inside of your uterus. Hysteroscopy is also performed to determine the cause of unexplained bleeding or spotting in postmenopausal women.

How is hysteroscopy performed?

Prior to the procedure, your doctor may prescribe a sedative to help you relax. You will then be given analgesia appropriate for where you are having the procedure done. The procedure itself takes place in the following order:

- The doctor will dilate (widen) your cervix to allow the hysteroscope to be inserted.
- The hysteroscope is inserted through your vagina and cervix into the uterus.
- Carbon dioxide gas or a liquid solution is then inserted into the uterus, through the hysteroscope, to expand it and to clear away any blood or mucus.
- Next, a light shone through the hysteroscope allows your doctor to see your uterus and the openings of the fallopian tubes into the uterine cavity.
- Finally, if surgery needs to be performed, small instruments are inserted into the uterus through the hysteroscope.

What can I expect after a hysteroscopy?

Most patients require nothing more than tylenol or ibuprofen to help with mild cramping.



JOSEPH GAUTA, MD



NICOLE HOUSER, PA-C



MACKENZIE HUDSON, PA-C



AMBER THOMPSON, PA-C



www.FloridaBladderInstitute.com
1890 SW HEALTH PKWY., SUITE 205, NAPLES, FL
info@floridabladderinstitute.com

Screens, Surges, Staying Out of Health Trouble

By Dr. Melissa MacVenn, *WellcomeMD, Naples*



Sometimes health research reminds me of a river. Its course is generally predictable, but storm surges can open new channels. Its direction can change a bit over time, but the destination remains the same.

The pandemic has been a major storm, and not just for those with Covid. It caused millions of us to stay away from hospitals and skip or delay mammograms, colonoscopies, ovarian cancer tests and other screening.

Only a few years ago, there was some concern in the research that Americans are tested more than necessary. The pandemic jolted that conversation towards worry that a wave of late-stage cancers, missed earlier because of testing delays, will overwhelm hospitals just as Covid has. Breast, colorectal and cervical cancer screenings declined very sharply in 2020.

Other research indicates somewhat less concern about a surge. Resolving that question will take time. But this advice is quite clear: keep all your screening appointments and schedule any that were delayed. We can't let the pandemic ruin the progress we have made in the fight against cancer. Delayed or skipped tests make cancer treatment much more difficult once it is discovered. Now it is safe again to be tested.

Also crucial: your relationship with your primary care doctor is a key factor in staying out of the hospital. When patients are not seeing a primary

care doctor regularly, they end up in the hospital more often, and may have developed more serious health problems. If you or your family doctor are out of touch, you may be tempted to skip test appointments or to seek other care you need. Then health problems can accelerate.

A different health focus

At WellcomeMD, we have more time for you and your health. Longer and more frequent visits allow our patients to establish a proactive relationship with their doctor. Our physicians see patients with same-day or next-day appointments. We have a "waitless" waiting room, because we stay on schedule. Appointments aren't rushed.

My patients have my email address and office phone number for day-to-day needs and questions. For after hour/weekend/holiday emergencies I also give patients my direct cell phone number.

Our annual fee includes a very thorough annual physical exam and follow-up monitoring: we're pro-active about health, with lifestyle counseling about diet and exercise, and extensive bloodwork and genetic testing to assess for potential health problems that can be prevented before the condition becomes sick care.

Looking for guidance on making healthy choices?

- Consider the cost of avoiding a preventable disease, the value of early detection of serious health problems, and ready access to a doctor who knows you well.

- In the event of a hospitalization, you have a health advocate. I have visiting privileges at both Naples Community Hospital and Physicians Regional Healthcare System, to advocate for her patients who are hospitalized. We also help guide your specialist treatments.
- Unhurried, 30-minute consultations or video conference appointments -- or just a quick call -- you choose. Our members even have my cellphone number for emergencies.

WELLCOME**MD** Naples

If you are ready to plan your healthcare for your specific needs, let's talk.

To schedule a tour of our practice and a complimentary consultation with me, contact WellcomeMD today at (239) 451-5105 or wellcomemd.com/naples-florida.



MELISSA MACVENN, M.D.

 **WELLCOME**MD****

Your premier concierge medical practice for individualized, quality health care

11181 Health Park Blvd Ste 2260

Naples

(239) 451-5105

REGENERATIVE THERAPY/BIOLOGICAL ALLOGRAFT

REPAIR, RESTORE, REVITALIZE

By Dr. Valerie Sorge

Regenerative Therapy offers great promise for new medical treatments. Regenerative therapy is an exciting alternative that can provide your body the help it needs to get you back on your feet and enjoying life!

If COPD, chronic knee, back, hip, shoulder pain, osteoarthritis, arthritis or other joint pain is limiting your daily routine or preventing you from activities you enjoy; this therapy may be the answer you've been looking for! Regenerative therapies are still developing, but those available can offer relief to patients with chronic pain and difficult-to-treat conditions. If you or a loved one is considering Regenerative therapy, it is important to understand what it is, how it works. Regenerative Therapies have the ability to transform into almost any kind of cell, they are ideal for repairing a wide variety of issues. Many specialists believe that, as research continues, there will be more uses in the future.

MAIN BENEFITS OF REGENERATIVE THERAPY: Orthopedic Injuries

One of the many uses of this therapy is to treat orthopedic injuries. Research has revealed that Mesenchymal cells can rejuvenate tissues in muscle, bones, cartilage, tendons, and ligaments, not only speeding recovery but also reducing chronic pain and improving mobility. Research has revealed that cells from bone marrow are stronger and more reliable so most orthopedic therapy procedures involve cells from bone marrow. Once these cells are concentrated, they can have up to 25 growth factors and beneficial substances.

Treating Cardiovascular Diseases

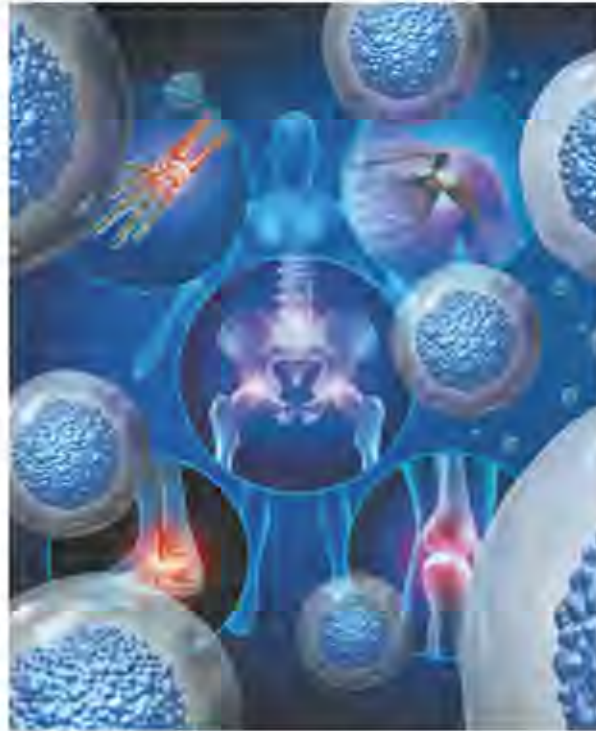
Regenerative therapy can also treat cardiovascular diseases. Most cardiovascular diseases function by preventing enough oxygen from getting to the heart, causing issues with blood flow and causing scar tissue.

Speeds Up Healing of Wounds and Cuts

One of the capabilities of Regenerative Therapies is that they increase the amount of collagen in an area. Increased collagen levels make it easier for the body to repair a wound.

Helps Treat Neurological Issues

Recently, scientists have discovered that Regenerative therapy can help with diseases such as traumatic brain injuries, Alzheimer's, MS and Parkinson's.



May Help with Autoimmune Disorders

People with autoimmune disorders struggle to retain healthy tissue and cells. Regenerative therapies may be able to adapt to become the cells that the autoimmune disorder is destroying at an increased rate.

Our goal is to contribute to the professional advancement of efficacious alternative medicine and make it readily available. We have formed compelling treatment protocols designed to prevent undue aging and circumvent disease while promoting patient experience of balanced, high level health. Vidaful seeks to improve health through IV therapy, Regenerative Therapy, Hyperbaric Chambers, Ozone Therapy, Colonics and other alternative therapies without the use of drugs. We're committed to blending the best of traditional medicine with the fundamentals of naturopathic principles. We have formed compelling therapies designed to prevent undue aging and circumvent disease while promoting the patient experience of balanced health. How well you take care of your body is a major component in how long you live. Traditional medical practices primarily focus on reactive medicine by offering drugs. Alternative medicine can aid in making you more happy and healthy with long term positive effects.

TESTIMONIAL:

"Thank goodness Dr. Sorge opened Vidaful Medicine here in Naples. The services offered for patients fill a void that has been needed in this area for a long time. The clinic is state of the art, welcoming and comfortable."

"It is unusual to find a doctor that cares SO deeply for her patients. Dr. Sorge makes each of us feel that we are in exceptionally capable hands while providing compassion and giving her patients confidence that we are under the care of a highly qualified doctor. I wholeheartedly recommend Vidaful Medicine to anyone in need of specialized care for illness or for achieving wellness goals."

- Lori Hamilton



VIDAFUL
MEDICINE

To find out more, or to schedule your appointment, please call 239.920.7676 or visit www.vidaful.com.

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

The Redness of Rosacea

By Dr. Anne Marie Tremaine

April is Rosacea Awareness Month, thus, I thought it was a great time to discuss this common skin condition affecting 16 million people in the United States. Rosacea is a chronic but treatable condition that presents with redness, broken blood vessels, swelling, flushing, and acne-like lesions on the face. Much less commonly, rosacea can cause the nose to enlarge and become more bulbous, a variant known as rhinophyma (W. C. Fields is a famous example). Rosacea can also affect the eyes causing a myriad of symptoms including redness, irritation, conjunctivitis, blepharitis, and frequent styes. Rosacea tends to wax and wane overtime and is triggered by different things in our environment.

What triggers rosacea?

The National Rosacea Society surveyed patients with rosacea. The most commonly reported triggers, in descending order of prevalence, included: Sun, emotional stress, hot weather, wind, heavy exercise, alcohol consumption, hot baths, cold weather, spicy foods, humidity, indoor heat, certain skin care products, hot beverages, medications, and different types of foods

Who gets rosacea?

Anyone can be affected by rosacea, but it is most common in adults between the ages of 30 and 50. Individuals with fair skin, such as those with Celtic or Scandinavian ancestry have an increased risk of getting rosacea. This disease is more common in women, but men with rosacea tend to have more severe skin findings.

What causes rosacea?

There is not a clear cause for rosacea, but we know it tends to run in families, so there is likely a genetic component. Other factors that may play a role are an overactive immune system, and Demodex, which is a mite that lives on the skin.



What are the treatment options?

There are several treatment options, and your dermatologist will determine which is best for you. Often it is necessary to try different treatments or use several of the treatments in combination to see improvement.

The most important treatment is daily use of broad-spectrum SPF 30 or higher, in addition to sun avoidance because sunlight is a major trigger for rosacea. Patients with rosacea should seek shade when outside, wear wide-brimmed hats and sunglasses. Use of the appropriate skin care products is crucial because people with rosacea tend to have sensitive, dry skin that can be easily irritated by common products for our hair and skin. It is extremely important for those with rosacea to use gentle cleansers and moisturizers. If you are having trouble finding skin care products or sunscreens that your skin can tolerate, ask your dermatologist for recommendations.

There are several prescription strength topical products that your doctor may recommend. Medication creams containing metronidazole, azelaic acid, sulfur, and ivermectin can address the redness and acne-like lesions of rosacea. Topical brimonidine and oxymetazoline can be applied daily to reduce the severity of skin flushing. Oral antibiotics can be used when topical creams fail or if there is any ocular involvement.

Laser and light-based devices such as the Pulsed Dye Laser and Intense Pulsed Light are also fantastic treatment options. These procedures are quick, have little downtime, and are highly effective at reducing redness and the appearance of broken blood vessels. Most patients need a series of three to four treatments to achieve a clearer complexion, followed by intermittent touch ups to maintain the results. Unfortunately, these treatments are generally considered cosmetic in nature and are not covered by insurance.

Although we cannot yet cure rosacea, thankfully, we have many treatment options to help control this disease.

Anne Marie Tremaine, MD

Board Certified Dermatologist
Harvard Cosmetic and Laser Medicine Fellowship

Dr. Tremaine is a board-certified dermatologist with fellowship training at Harvard Medical School in laser and cosmetic surgery. She has contributed as a dermatology expert for online and print magazines including Family Fun, msn.com, menshealth.com, and ccn.com. In addition, she frequently lectures to professional societies on her diverse research. For more information about skin care visit the Skin Wellness Physicians website at: www.skinwellnessflorida.com



239.732.0044

www.SkinWellnessFlorida.com

IRRITABLE BOWEL SYNDROME (IBS)

BY DR. LINELL KING

Irritable Bowel Syndrome (IBS) is one of the most common gastrointestinal (GI) disorders encountered in clinical practice. In fact, in the United States, it is estimated that 8-15 percent of the adult population suffers from IBS symptoms, with women affected nearly twice as often than men.

IBS is a group of symptoms that occur together, including recurrent pain in the abdomen and changes in bowel movement, which may include diarrhea, constipation, or both. People with IBS suffer uncomfortable stomach cramping, bloating, and excessive gas. It's no surprise, then, that IBS reduces health-related quality of life to a greater degree than even diabetes or end-stage renal disease.

Until recently, the cause of IBS wasn't well understood. Patients with IBS do not have visible signs of damage or disease in their digestive tract. In fact, doctors generally diagnosed IBS merely by symptoms. Emerging science on the microbiome has led to advances in knowledge of not just IBS, but its relationship to mental health.

Microbiome: The microbiome refers to the trillions of bacteria, fungi, and viruses (together known as microbes) that live primarily in the gut. These microbes can help us in many ways - but some, in smaller numbers, can be potentially harmful. Recent research has shown that gut microbes help us digest certain foods, break down toxins that stick to the gut lining, manufacture vitamins and other nutrients, and maintain a healthy immune system. Microbes in your GI tract are critical to a well-functioning gut.

IBS and the brain: Patients suffering from IBS are significantly more likely to develop mental health conditions. But how might your belly be related to your brain? The connections are multi-fold:

IBS can have significant negative impact on your personal and professional life, causing stress, anxiety, depressed mood, and disrupted sleep. We know that excessive anxiety and stress paradoxically lead to additional GI problems, like diarrhea. The relationship is cyclical.

Importantly, evidence has also linked microbes in your belly to mental health. Microbes in the gut send hormonal signals or neurotransmitters, like Serotonin, GABA, and cortisol to name a few - to the brain. Microbes in your gut are critical to a well-functioning brain.

Dysbiosis: A healthy gut leads to good body and brain health. But what happens when the microbes in your GI tract become unbalanced? It's called 'dysbiosis' and can be caused by the following:

- A dietary change that increases your intake of bad fats or food additives or insufficient vegetables
- Medications that affect gut bacteria, such as antibiotics, acid-reducing medications, over-the-counter pain relievers, steroids, or oral contraceptive pills
- High levels of stress or anxiety that can weaken your immune system
- Excessive alcohol consumption causing bacterial overgrowth
- Poor dental hygiene, which allows bacteria to grow out of balance in your mouth

IBS treatment: Fortunately, there are dietary, behavioral, and pharmacologic approaches that can help treat IBS.

Probiotics: A probiotic supplement contains natural bacteria that are similar to microorganisms you naturally have in your digestive tract. Ample research has shown that probiotics help restore an unbalanced microbiome by helping your GI tract crop out the bad bacteria, strengthen the intestinal barrier, and reduce inflammation. Probiotics can be a vital option for some IBS sufferers; however, some types of probiotics may worsen some conditions or symptoms, so it's important to talk to your healthcare provider before starting a regime.

Diet: Some IBS symptoms respond to dietary modification. According to the National Institute of Diabetes and Digestive and Kidney Diseases, symptoms may be eased by simple diet modifications, including eating more soluble fiber, found in beans, some fruits, and oats; limiting caffeinated beverages and fatty foods; reducing intake of carbohydrate-rich foods, like lactose, fructose and sorbitol; and avoiding gluten.

For more severe and persistent IBS, your doctor may recommend a trial of a low FODMAP (fermentable oligosaccharides, disaccharides, monosaccharides and polyols) diet to reduce or avoid certain foods that contain carbohydrates that are hard to digest. A FODMAP diet typically lasts for a limited time, followed by slowly reintroducing foods as tolerated.

Counseling: General therapy is most often recommended to help sufferers manage the uncontrollable and unpredictable symptoms of IBS. Patients learn relaxation and stress management tools and meditation and mindfulness for pain. Research in GI Psychology,

a newer and specialized field, has shown promising results for cognitive-behavioral and exposure therapies. These therapies address specific IBS symptoms and behaviors, for example isolation due to humiliation.

Medications: Your healthcare provider may prescribe further supplements or medications based on your specific IBS symptoms. Over-the-counter laxatives and antidiarrheals are first-line treatments.

Antidepressants or anti anxiety medications, for example, are suggested if you have abdominal pain and constipation and have depressive, anxiety, or disrupted sleep symptoms.

For more severe IBS, FDA-approved IBS medications include Alosetron and Eluxadoline - both antidiarrheals, and laxative agents like Lubiprostone and Linaclotide. Rifaximin is an antibiotic that can decrease bacterial overgrowth and diarrhea.

Irritable bowel syndrome can present as mild to severe in symptoms. A thorough understanding of IBS is unravelling and there is yet no cure. Research is busy understanding the exact causes and best treatment options for sufferers. As science and technology evolves, so too will be the understanding and treatment of IBS.

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

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.



NAPLES VITALITY
DR. LINELL KING, MD

239-465-0098

WWW.NAPLESVITALITY.COM

**3411 TAMiami TRAIL N. SUITE 200
NAPLES, FL 34103**



PRENUPTIAL AGREEMENTS IN FLORIDA: YOUR GUIDE

By J. Christopher Lombardo, Florida Divorce, Marital & Family Law Attorney

Congratulations! You have gotten engaged to the partner of your dreams. There is so much to do before your big wedding day... find a venue, create a menu, make a guest list...and that only scratches the surface. It can be easy to forget to research and decide on other important things that will matter in the long run, such as a prenuptial agreement or "prenup."

What is a Prenuptial Agreement?

A prenuptial agreement is a written contract in which both parties of the couple agree on their rights and responsibilities regarding their accounts and assets in case of divorce or death. Considering a prenuptial agreement before even getting married can seem like you are betting against your own relationship, but that is not the case. On the contrary, discussing a prenuptial agreement can open the door for necessary conversations about money. In addition, studies show that couples who have prenuptial agreements actually have a lower divorce rate.

Why Do You Need a Prenup?

The most common reason to get a prenuptial agreement is to prepare in case of divorce or death, but the process of getting the agreement can prepare your marriage for a stronger future. Discussing complex topics like money, debts, savings goals and overall attitudes about finances can help you understand your partner's views and priorities before you even walk down the aisle. The conversations around a prenuptial agreement may be challenging to begin with, but in the long run, it can open that line of communication and make your relationship stronger.

What is a Postnuptial Agreement?

Postnuptial agreements are virtually the same as prenuptial agreements, except the two parties have already tied the knot. Postnuptial agreements can also be more expensive because any marital assets must be considered, not just personal assets, as in a prenuptial agreement. So, if you are looking for a marital lawyer in Naples, look no further than Woodward Pires & Lombardo. We would be happy to help you draft either an effective prenuptial or postnuptial agreement.



Why Use an Attorney for Your Prenuptial Agreement?

For a prenuptial agreement, what are some reasons to contact family law attorneys in Naples, Florida? First, if you are entering into a marriage and one or both parties have already been previously married or have children, it is wise to have a prenuptial agreement. Furthermore, an individual who has already been through a divorce likely knows what a headache it is to deal with the assets and responsibilities of not having a prenuptial agreement. These individuals will probably want to avoid that stressful situation in the future. If one or both parties already have children, it is wise to protect the children's financial assets from the previous marriage or an inheritance they received. Finally, if there were to be a death in the family, a prenuptial agreement could prevent a fight over a Will.

Protect Your Assets

Contact Woodward Pires & Lombardo, P.A., family law attorneys in Naples, Florida, to help you get ahead of these issues and others when it comes to prenuptial and postnuptial agreements. If you want to protect your assets, your wealth, your children and their inheritances, or your business, it is best to contact a divorce or family attorney for a prenup or postnup. As family law attorneys in Naples and Marco Island, we would be happy to assist you with all your legal needs in this area.

ABOUT THE AUTHOR

J. Christopher Lombardo is a family law litigation attorney at Woodward, Pires & Lombardo, P.A. in Naples and has over three decades of experience practicing law in the state of Florida. Chris serves clients in marital and family law matters in Southwest Florida. He also provides Florida legal services in civil litigation, commercial litigation, contracts, appellate practice, securities, and personal injury law. Chris is a Certified Financial Litigator (CFL™) and Founding Member of the American Academy for Certified Financial Litigators (AACFL). Chris received his Juris Doctorate from Florida State University.



NAPLES OFFICE:
3200 TAMiami TRAIL N. STE 200
NAPLES, FL 34103
239-649-6555

MARCO ISLAND OFFICE:
606 BALD EAGLE DR. STE 500
MARCO ISLAND, FL 34145
239-394-5161

WWW.WPL-LEGAL.COM

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

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

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

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

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



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

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

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

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

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



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



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

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

They look forward to serving you!

3555 Kraft Rd., Suite 350
Naples, FL 34105

Managing Daily Life with Parkinson's Disease...

Parkinson's disease affects the nervous system and causes problems with muscle movement. Parkinson's doesn't go away, and the symptoms get worse over time. You can work with your family doctor and other professionals to slow the progress and manage Activities of Daily Living (ADL's).

Specialized nerve cells in the brain make the chemical dopamine. Dopamine sends signals to help coordinate movement and coordination. In people who have Parkinson's disease, these cells die or do not work properly. The level of dopamine produced decreases. This affects the person's ability to control their movement normally. Tremors of the hands, arms, legs, feet, jaw, neck or face can cause embarrassment for some Parkinson's patients and make them feel like they don't want to leave home. However, staying active is the BEST way to slow the muscle degeneration. It is imperative that Parkinson's patients keep moving as long as it is safe to do so.

Bradykinesia is the slowed movements of muscles used to perform ADL's. Getting out of a chair, feeding yourself, cutting your food, buttoning your clothes, these all may take longer with Parkinson's, but it is imperative that care takers not take over. Let the person continue to TRY and take care of these personal needs, even if it takes longer than it used to. Caregiver patience and encouragement is a powerful pill.

Rigidity, or stiff muscles is also a symptom of Parkinson's Disease which affect ADL's. Getting up and down from the toilet, a kitchen chair, walking to the mailbox may all prove to be more difficult than in the past but if these tasks can be managed without a fall, then they should be attempted. The care giver can stand nearby, offer a hand when needed, but the muscles need to move to stay useful.

Posture and balance are also ADL's that are affected by Parkinson's. Walking, sitting up straight and standing should be done with care, but should also be attempted independent and daily for as long as safely possible. Using a walker or cane, an elastic supportive back brace, extra pillows for support while sitting and handrails in restrooms and showers are simple aids that can foster independence and encourage muscle use.



Other daily living activities that need to be encouraged daily to keep Parkinson's patients active are handwriting, making facial movements and grasping objects. Some examples to work fine motor muscles for an adult would be drawing or coloring, using clay or playdough, using scissors to clip coupons or comics, assembling a jig saw puzzle or knitting. Keeping the hands moving as much as possible is key to slowing muscle degeneration.

There is no cure for Parkinson's disease. But medicines and physical therapy can help control the symptoms. They often produce very good results, especially in the earlier stages of the disease. Your doctor will recommend the best treatment for you. Never underestimate the power of exercise, encouragement and daily tasks to keep your mind and body healthy, even with a life changing diagnosis of Parkinson's.

Living with a chronic illness can be frustrating and discouraging. Parkinson's will gradually get worse. You will eventually have trouble with simple tasks. These include walking, talking, and eating, among many others. It is common for people with Parkinson's to develop depression. Antidepressant medicines are available and can help with your depression symptoms. If you've been feeling persistently sad or hopeless, call your doctor. There is help available.

Joining a support group can be particularly helpful for Parkinson's patients. It is helpful to have people around you who know exactly what you're going through. It is also a good idea to eat a healthy diet, exercise, and stay as active as you can.



Dr. Ricardo Martinez

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

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



239-315-7801

www.well-beingmedicalcenter.org

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

Understanding the Pros and Cons of Alternative Investments

Courtesy of: Juan Ocanas, Financial Advisor at Morgan Stanley

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

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

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

Potential Upsides of Alternative Investments

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

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

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

Potential Downsides of Alternative Investments

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

Lack of regulation. Alternative investments are not regulated and are not subject to reporting requirements. In addition, the underlying assets



of alternative investments are often difficult to value, which leads to challenges in pricing and price transparency.

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

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

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

Footnotes

¹ Jordà, O., et al. *The Rate of Return on Everything, 1870-2015*. Published June 2017. Available at http://conference.nber.org/confer/2017/SI2017/EGS17/Jorda_Knoll_Kuvshinov_Schularick_Taylor.pdf.

Disclosures

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

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

This article has been prepared for informational purposes only. The information and data in the article has been obtained from sources outside of Morgan Stanley. Morgan Stanley makes no representations or guarantees as to the accuracy or completeness of the information or data from sources outside of Morgan Stanley. It does not provide individually tailored investment advice and has been prepared without regard to the individual financial circumstances and objectives of persons who receive it. The strategies and/or investments discussed in this article may not be appropriate for all investors. Morgan Stanley recommends that investors independently evaluate particular investments and strategies, and encourages investors to seek the advice of a Financial Advisor. The appropriateness of a particular investment or strategy will depend on an investor's individual circumstances and objectives.

Morgan Stanley Smith Barney LLC ("Morgan Stanley"), its affiliates and Morgan Stanley Financial Advisors or Private Wealth Advisors do not provide tax or legal advice. Clients should consult their tax advisor for matters involving taxation and tax planning and their attorney for legal matters.

Alternative investments often are speculative and include a high degree of risk. Investors could lose all or a substantial amount of their investment. Alternative investments are appropriate only for eligible, long-term investors who are willing to forgo liquidity and put capital at risk for an indefinite period of time. They may be highly illiquid and can engage in leverage and other speculative practices that may increase the volatility and risk of loss. Alternative Investments typically have higher fees than traditional investments. Investors should carefully review and consider potential risks before investing.

Diversification does not guarantee a profit or protect against loss in a declining financial market.

Juan Ocanas may only transact business, follow-up with individualized responses, or render personalized investment advice for compensation, in states where he is registered or excluded or exempted from registration, <https://advisor.morganstanley.com/the-calleja-group>

© 2020 Morgan Stanley Smith Barney LLC.
Member SIPC. CRC 2877726 12/2020

Morgan Stanley



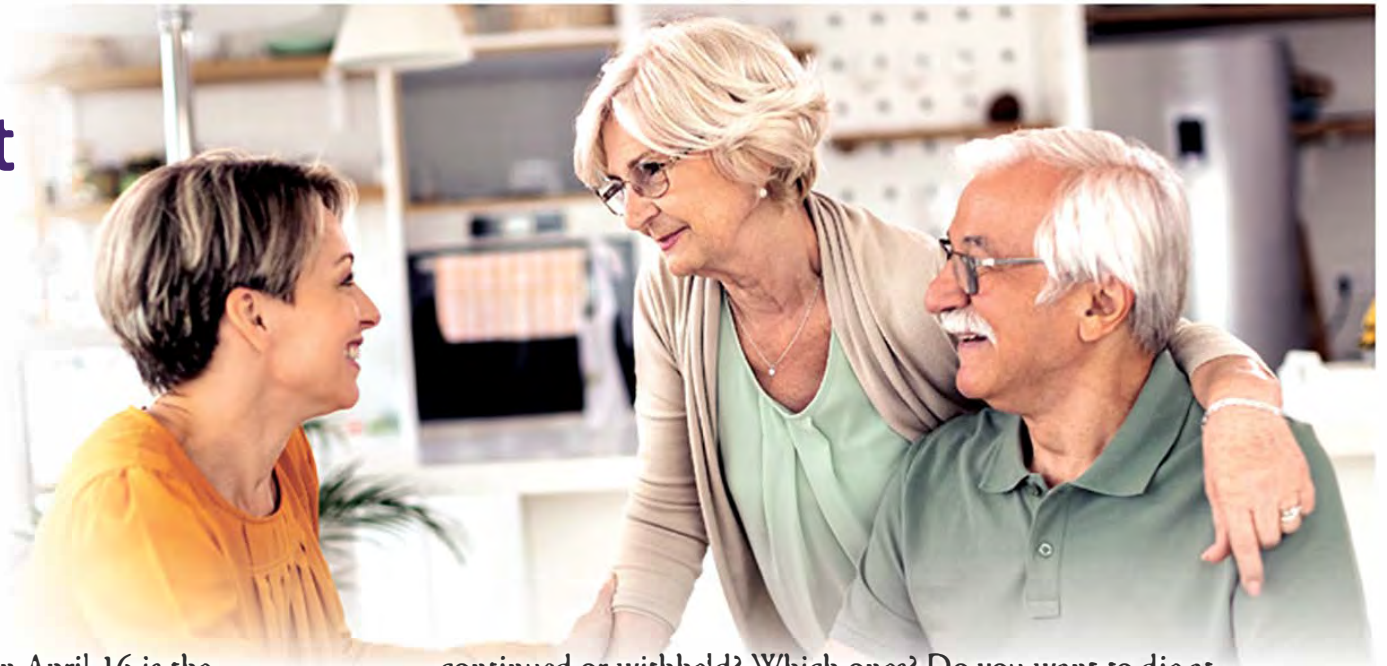
Juan Ocanas, CRPC®
First Vice President
Senior Portfolio Manager
Family Wealth Advisor
Financial Planning Specialist
Financial Advisor
NMLS 641775

Morgan Stanley Naples Branch
(239) 449-7853

advisor.morganstanley.com/the-calleja-group

Talking About End-of-Life Care With Loved Ones

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



National Healthcare Decisions Day on April 16 is the ideal time to have a conversation about the type of care you want if you develop an advanced illness. While this may seem far off now, none of us knows when we will approach the end of life.

When that time comes, it is possible you may not be able to speak for yourself. If a medical condition leaves you incapacitated, your loved ones will need to make decisions for you. Most family members do not want to guess what type of care you prefer. They may not agree on what is best for you either.

Choosing Your End-of-Life Preferences

Advance care planning helps you, your loved ones, and your medical team. VITAS survey data from 2021 finds growing interest in talking about end-of-life wishes: 69% of consumers believe discussions on EOL wishes is important; 56% have had the conversation; and 32% have documented their wishes in writing.¹

In thinking about what to include in an advance care plan, consider these questions: Do you want certain treatments

continued or withheld? Which ones? Do you want to die at home or in a healthcare facility? Who should make decisions for you if you are unable? Is it important to you to engage in spiritual support?

Writing Your Wishes Down

Your loved ones should know what you want in writing. To ensure your plans are preserved:

- Talk about your end-of-life care preferences.
- Write them down.
- Share them with those close to you as well as your doctor.

Make sure you tell family members where you keep these documents, too.

Hospice Can Help

Hospice services can enhance your quality of life when you have months or weeks to live. At VITAS® Healthcare, we offer an interdisciplinary team of physicians, nurses, aides, social workers, chaplains, and bereavement managers to support patients and their families. Our four levels of care include:

- Hospice care at home
- Inpatient care
- Intensive Comfort Care®
- Respite care

Choosing hospice gives you control over how and where you are cared for near the end of life. If you decide to receive compassionate hospice care, include this desire in your written advanced care plan.

VITAS
Healthcare

Comfort. Personal Attention. Consider Hospice.
Learn more at [VITAS.com](https://www.vitas.com)     | Since 1980

¹ VITAS-sponsored Ipsos survey of 1,000 Americans, March 2021.



FALLING BACK ON PHYSICAL THERAPY

By Dr. Cynthia Vaccarino, PT, DPT

Many people tend to believe physical therapy is only needed when recovering from an injury. Makes sense, right? However, that's not always the case. As we get older, physical therapy can play just as much of a role in preventing injuries as it does in helping us successfully through our recovery. That's why it's important as we age to be proactive about high-risk injuries such as those that result from falling.

Falls are a worldwide public health concern, especially for seniors. According to the World Health Organization (WHO), 37.3 million falls that are severe enough to require medical attention occur each year. Additionally, the WHO noted that falls are also the second leading cause of unintentional injury deaths worldwide. Strategies to prevent these falls from occurring should include additional education, training, and safer environments according to the WHO.

So, what proactive measures can you take to prevent these potentially life-threatening falls? This is when physical therapy can come into play. The physical therapist will evaluate and assess the patient for risk of falls, and physical therapist assistants will assign fall prevention strategies and interventions to seniors based on select tests and measures that are designed to gauge one's strength, agility, and balance. For example, physical therapist assistants conduct tests such as the Functional Reach Test and the Timed Up & Go Test (TUG) as ways of better understanding a patient's fall risk and recovery potential. Physical therapist assistants can then assign and assist in exercises with senior patients to properly counteract these risks.

The Shirley Ryan Ability Lab details the Functional Reach Test as an exercise that is administered while a patient is standing next to, but not touching a wall. The patient is then instructed to, with the arm that is closer the wall, "reach as far as you can forward without taking a step." Three trials are done, and the final score of the test comes out to the average score of the second two trials. The TUG Test begins with a patient sitting in a chair with their back against the chair's backrest and arms on



the chair's arm rests. From that position, the patient is then timed while standing up, walking three meters, turning around, and returning to their original resting position in the chair. Test results from these quick and easy evaluations help provide a reliable foundation for physical therapist assistants to measure a patient's fall risk and conduct the necessary preventative training.

As a patient, or to perhaps avoid becoming one, taking care of your body through the proper preventative measures before an injury happens is just as important as the recovery process after an injury has already occurred. That's why we often see professionals in fields that require a lot physically constantly training in attempts to get ahead of potential injuries. But you don't have to be a professional athlete, bodybuilder, or manual laborer to take the important steps necessary to take care of your body. That's why when working with a patient, injured or not, it's vital for physical therapist assistants to understand the full scope of their patients' strengths and limitations to assign

the correct interventions to prevent any injuries in the future. Workouts and testing exercises such as these are a significant part of a physical therapist assistant's training and responsibilities in the field.

Working with a physical therapist assistant today can prevent tomorrow's injury.

For more information on Hodges University's Physical Therapist Assistant Program, Visit Hodges.edu.

Dr. Cynthia Vaccarino, PT, DPT, is the Director of the Physical Therapist Assistant Program at Hodges University.



239-938-7744 | Hodges.edu

VOLUNTEERING OFFERS MIND, BODY & SOUL BENEFITS

Carlisle Residents Give Back to the Guadalupe Center

By Greg Pascucci

Research shows there are a wealth of health benefits associated with volunteering. Giving of one's time and talents instills a sense of purpose, increases physical and mental wellness, and is even tied to longevity. April is National Volunteer Month, dedicated to honoring volunteers and encouraging volunteerism.

At The Carlisle Naples, thanks to the active retirement community's maintenance-free lifestyle, residents find they now have time to volunteer with organizations they find near and dear to their hearts. For example, the annual "From the Heart" initiative encourages random acts of kindness directed to local nonprofits, schools and even first-responders.

This year, The Carlisle selected the Guadalupe Center as the "From the Heart" recipient. As part of the "do-good-feel-good" event, residents and staff donated school supplies, shoes, toys and clothing. Fifty boxes were donated to the nonprofit whose mission is to break the cycle of poverty through education.

"This was more than just a project for The Carlisle team," said Zest Director Marcia Aldana, who coordinated the donation. "We were thrilled to partner with the Guadalupe Center because they are a purpose-driven organization that creates endless possibilities for the children of Immokalee by providing access to quality education. Everyone came together to collect the items and have a great time doing it."

Along with the donated items, Carlisle staff and resident Mallie Logan delivered pizza and juice boxes for all the children at the center. Logan says it was very meaningful to talk with students and listen to their stories.

"We strive to be good neighbors," added Aldana. "Whether working with Sabal Palm Elementary School, which we have an ongoing partnership with or supporting our local fire department and EMS, residents relish opportunities to give back and support our external community."



Studies continue to find that when young and old come together to form fun, meaningful relationships, both generations reap a wealth of emotional and physical benefits, including improved self-esteem and overall health.

There are numerous ways you can give back and reap the many benefits associated with volunteering:

• Reach out to the Local Library

Libraries are always in need of volunteers to read aloud to preschoolers. Older adults who are retired are perfect for this role which typically requires mid-morning hours. You'll have the satisfaction of knowing you're playing a critical role in getting the youngsters prepared for school.

• Share Your Expertise

Were you a former chairman or a corporate executive? Why not share your breadth of knowledge with entrepreneurs as they try to avoid the pitfalls of small business ownership? Organizations such as SCORE provide confidential business mentoring services and host workshops to help small business owners achieve success. Retired executives and CEOs are always welcomed.

• Tap into Your Hobbies

Seniors who enjoy knitting or crocheting will find their crafts can be enjoyed by more than just family and friends. From hospitals to oncology departments, there are many organizations that can make use of baby hats and lap blankets.

• Support a Cause

Post-retirement is the perfect time to champion a cause that is near and dear to one's heart. Homelessness, education, women's equality and accessibility to health care are just a few of the areas in which older adults can lend their voice. A simple internet search can locate a charity that addresses these issues. From making telephone calls to writing letters of support, there is a task for everyone looking to get involved.

• Look Around – Opportunities Abound

Walking a dog at an animal shelter or greeting guests at a museum are just a few of the numerous tasks performed by volunteers across the country. Organizations such as Senior Corps and AARP are wonderful resources for matching older adults' talents and interests with noteworthy charities in need of assistance.

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.



Luxury Rental Retirement Living
6945 Carlisle Court, Naples, FL 34109
239-221-0017 • www.TheCarlisleNaples.com



SRG
Senior Retirement Group

Distinctive Retirement Living since 1988



The Importance of Vascularization in Diabetic Wound Healing

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

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

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

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

Because of this nerve damage, people with diabetes are at a higher risk of developing foot ulcers. A foot wound may not sound overly alarming to most people, but foot ulcers can be life-threatening. These small sores go undetected due to the lack of feeling. If a patient delays treatment, foot ulcers can lead to amputation, strokes, heart attacks and severe infections that can spread throughout the entire body.

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



Diabetic Wounds & Vascularization

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

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

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

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

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

Wound Care Treatment:

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

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

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.



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

239-775-0019
www.collierpodiatry.com

NCH Countryside Commons
1715 Heritage Trail, Suite 204
Naples, FL 34112
Phone: (239) 775-0019
Fax: (239) 775-0219

Advanced Treatment for OVERACTIVE BLADDER

Have you tried treatment for overactive bladder and still suffer from any of the symptoms below?

- ✓ Urgency to get to the restroom in time
- ✓ Increased frequency of urination
- ✓ Getting up at night 2 or more times to urinate
- ✓ Wearing adult protective undergarments or pads
- ✓ Inability to empty your bladder completely
- ✓ Curbing your usual activities because you must be near a restroom at all times

If you are a man or woman who said yes to any of these, then you should know about some of the advanced therapies that are available and can drastically improve your quality of life.

Commonly used therapies such as behavioral modification, bladder training and medications are a first line of therapy for overactive bladder (OAB). Unfortunately, in many patients, these do not work or don't work well enough. Some patients may even be unable to tolerate the common side effects of medications such as dry mouth, dry eyes or constipation. If you or someone you know has OAB, the use of sacral neuromodulation or Botox may be the answer. In a specialty trained urologists' hands these treatments can succeed where others have failed.

SACRAL NEUROMODULATION

Sacral neuromodulation (SNM) allows regulation of the nerves that go to the bladder. This works by sending messages back to the brain to regulate the "on-off" switch for bladder function. A simple way to think of SNM is as a pacemaker for the bladder. It can help to bring your bladder function back to normal function if it is too active or even underactive.

SNM is approved by the FDA for the treatment of refractory OAB, urge incontinence and urinary re-tention. Currently one company (Medtronic Inc., Minneapolis) produces this SNM device for international use under the name InterStim®. In Europe, it



is also used successfully to treat bowel dysfunction including severe constipation, fecal urgency, frequency and fecal soiling. This is possible because there are nerves in the pelvis that work on both the bladder and bowel.

SNM is a very appealing option to patients due to its high success rate (up to 80%) and a unique trial phase. This trial phase of 3 to 7 days is called a percutaneous nerve evaluation (PNE) and is a simple procedure that places a thin temporary lead next to the nerve that controls bladder function. This can be placed using local anesthesia or light sedation and takes minutes to perform. This gives the patient the ability to "test drive" the device without going through the full implant. It also helps patients to gain insight on just how much the InterStim could help them. At the end of the trial, the leads are removed in the office without damaging the nerve.

If the PNE is successful in reducing symptoms, it is likely that the full implant will work in these patients. The InterStim uses an implantable lead and small battery that are placed for long-term treatment of OAB or urinary retention. Once placed, the InterStim can last up to ten years depending on its use. The battery can be easily changed under local anesthesia. After implantation, the InterStim is virtually undetectable even in a bathing suit. This device can drastically improve a patient's quality of life.

BOTULINUM TOXIN (Botox)

Botox injections are another option in the treatment of OAB. The Botox is placed directly in the bladder muscle for treatment of OAB and urge incontinence.

This is done with a simple cystoscopy (small telescope) and can be done under local anesthesia or sedation. It works by binding to nerve endings allowing for relaxation of the bladder muscle. This has been shown to improve symptoms in up to 70% of patients and up to 60% of patients will have complete resolution of their OAB or urge incontinence. Botox, however, only lasts 6 to 9 months and needs to be repeated. The FDA considers this an off-label use even though it has been used successfully for years. Use of Botox in the bladder carries no greater risk to the patient than cosmetic procedures.

These are only a few of the many options that can significantly improve quality of life. A full range of treatments for OAB and any other urologic concerns are offered at Advanced Urology Institute.

Please Contact Advanced Urology Institute Today.



Jonathan Jay, M.D.



Rolando Rivera, M.D.



David Wilkinson, M.D.



ADVANCED UROLOGY
INSTITUTE

239.465.4157

www.advancedurologyinstitute.com

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



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

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

Arterial or Venous Circulatory Problems?

Naples Cardiac & Endovascular Center



Peripheral Artery Disease | Venous Insufficiency | Endovascular Center

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.*

We are able to evaluate and treat lower extremity arterial and deep venous disorders using minimally invasive (catheter-based) procedures without surgical incisions. Many of these procedures can be performed in our state-of-the-art Office-Based Endovascular Suite. This results in improved patient convenience and satisfaction.

For more information call us at:

239-300-0586

1168 Goodlette N., Naples, FL 34102
9400 Bonita Beach Rd., Suite 203, Bonita Springs, FL 34135

www.heartvein.com

Experience Matters



Meet our Cataract Super Specialists

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

When it comes to your vision, experience matters.

World-renowned cataract surgeons Dr. Thomas Quigley and Dr. Duane Wiggins have performed more than 100,000 cataract procedures to date. Using state-of-the-art diagnostic tools, advanced lens technology and skilled, surgical hands, these super specialists can help you achieve your best possible vision.

Proud to be the #1 Choice for cataract treatment in Southwest Florida*



Scan for a location near you!

Schedule your cataract evaluation today!

239-788-0658

Visit QuigleyEye.com

 **Quigley Eye**
SPECIALISTS

See The Life You Love

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

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.



ARHI
ADVANCED RESEARCH FOR HEALTH IMPROVEMENT

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:

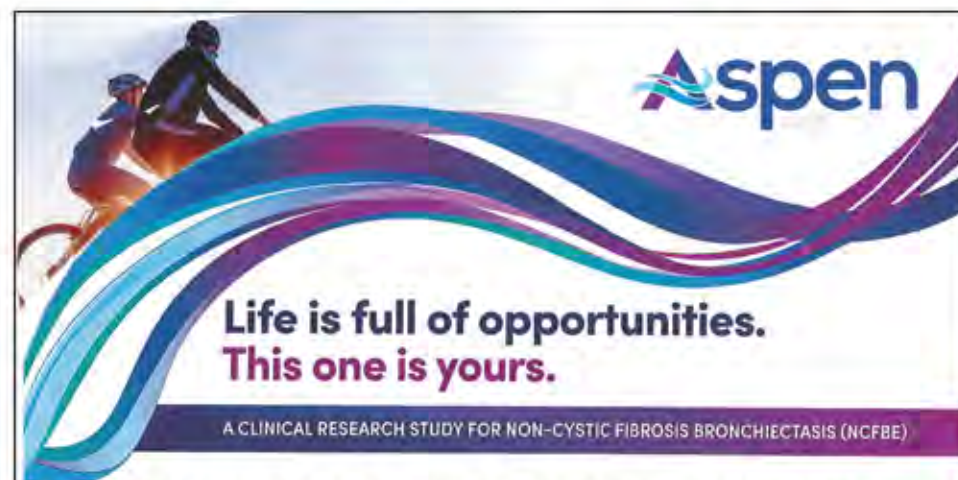
- Be at least 18 years old and recently diagnosed with NTM lung disease caused by MAC
- Be able to produce sputum (phlegm from your lungs)
- Have your sputum sample test positive for MAC within the 6 months prior to the study screening and also at the time of the study screening
- Have had a CT scan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

1172 Goodlette Rd. North #201 | Naples, Florida, 34102

© 2021 Insmid Incorporated. All Rights Reserved. MED-00232 - INSMED_415_416_Flyer_V2.1_USE_23Mar2021



Life is full of opportunities.
This one is yours.

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

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

ARE YOU ELIGIBLE FOR THE STUDY?

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

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

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

For more information about the ASPEN Study please call **239-230-2021** or visit NCFBEASPEN.com
1172 Goodlette Rd. North #201 | Naples, Florida, 34102

© 2021 Insmid Incorporated. All Rights Reserved. MED-00216 - Aspen_INS1007_301_Flyer_V1.0_USE_05Feb2021

Alternatives to Eating for Comfort in Times of Stress

By Cederquist Medical Wellness Center



If you consider how often and how automatically we rely on food to manage our anxiety, medicate our feelings and manipulate our moods the link between stress and food is undeniable.

Yet we've grown up in a culture in which food has become much more than a source of fuel. It symbolizes a spectrum of human needs and wants, including comfort, companionship, reward, punishment, escape, control and power.

As infants, our caretakers popped a bottle into our mouths to relax and quiet us. As kids, cookies and candy became rewards for good behavior or a fine report card. You may remember being bribed with food, like the fellow who recalls that twice a year, his payoff for enduring his dental checkups without resistance was –go figure—candy!

Food – and the withholding of it—has long been used to control children's behavior. Remember the threat of all threats: being sent to bed with no supper? And how many times was dessert the reward for eating all your dinner, even if it meant cramming down more food than you were even hungry for?

So it is any wonder that stress and food rank right up there with Mickey and Minnie Mouse among the world's most enduring combinations? When you look at how our culture has conditioned us to think about and use food, it should come as no surprise that so many of us have grown up relying on it to cope with the stress and anxiety of our everyday lives.

Because emotional eating is such a big factor in the development of obesity, we're going to take a closer look at stress, identifying the sources of it and managing the effects of it.

To hit the ground running, begin thinking about the things you do to manage your stress when you can't have that snack you're prone to grab for. Some might not be any better for you than the snack reaction.

But there are much healthier ways of handling momentary periods of pressure, ways that can free us from our reliance on food as comfort, and actually come in pretty handy when we're stressed out and it's just not convenient to have a hot fudge sundae.

Two that we are big advocates of are massage and focused relaxation. Now, if you were in the middle of some work-related pressure cooker, you'd probably be thinking, "Who's got time for a massage? Give me the corn chips!" But both these stress tools can be fairly

quick mechanisms. We're talking about self-massage here, and simple meditation techniques that don't require any more than a few minutes.

Sticking your neck out

When you're stressed out, where do you typically feel the tension first? For most of us, stiffness and tenderness in the neck and shoulders are immediate clues to stress. Rather than medicate or mask the tension by crunching potato chips or munching brownies, try a more active, hands-on approach.

First, reach up with both hands to the base of your skull, with one hand under each ear. Feel the muscles and the bones. Press firmly against the bone with some pressure. If you do this correctly, at first it will feel uncomfortable. Then move your hands back and forth in short, lateral movements down the muscles of your neck so that you cover the entire width and length of the muscle. If it feels uncomfortable, remind yourself that the relief will last longer than the discomfort.

When you first begin doing it, make a point to apply at least one minute of uninterrupted pressure as you massage your neck. It takes that long to begin relaxing muscle tension, which is caused by an excess of acids accumulating in the muscle. Rub from the base of your skull under your ears, down the sides of your neck and out to your shoulder blades.

If you do this every day, a few times a day, you can often prevent the muscle tightness that leads to tension headaches. You may feel some tenderness on the second day, but don't let it deter you. Even a little bruised feeling is normal; it's a natural result of having worked acidic muscles.

If you do this every day, within four to seven days, you'll notice a distinct lessening of the neck and shoulder tension that you're probably used to feeling. Give yourself a quick check-up a couple times a week by pressing firmly into the back of your neck at the base of your skull. If it's not particularly tender, you're keeping the tension down. If you do find a trigger point that hurts –and sooner or later, you're bound to—then massage it away.

Just Relax

About the oldest formal technique for relieving stress is meditation. Almost all of the world's major religions have some practice of meditation, but non-religious meditation has been practiced throughout the world for health reasons, too. Western science has been able to quantify and identify the beneficial effects of mediation, both physical and mental.

While there are different techniques of meditation, usually focused on breathing or a repeated mantra, most kinds begin with a deliberate self-relaxation routine that is remarkably effective, even when it isn't followed by a 20-minute meditation. Instead of a chocolate bar, try this:

Find a comfortable position. Just sit comfortably in a straight-backed chair, or even lie down on your back with your hands palm up.

Relax your muscles consciously, starting at the toes and working up through the body: ankles, calves, knees, thighs, pelvis, abdomen, chest, shoulders, arms, hands neck, head. Think deliberately about relaxing these body parts, one at a time. Some people find it helpful to say in their mind, "My toes, (or thigh, chest, etc.) are completely and utterly relaxed."

As you are thinking your way up your relaxing body, breath deeply through your nose and exhale slowly, focusing on your body movements and sensations as you breath air in. As you breath out, silently repeat your statement of relaxing your body parts.

With either the self-massage or the focused relaxation, remember that your skill with these techniques, and hence, their effectiveness and your overall health, will improve the more that you do it.

Whereas if you keep opting for the comfort snack, that candy bar or bag of chips, you'll probably feel crummy again 20 minutes after the little pick-me-up, and over the long haul, the extra empty calories can only drag you down.

If you're dealing with stress and would like help managing what you eat, let us know. We provide comprehensive, healthy eating plans along with the accountability that many need. Call 239-249-3647 to set an appointment.



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



Caring for cancer patients is our privilege.

WE PUT OUR PATIENTS FIRST

Advocate Radiation Oncology is Southwest Florida's local partner in the fight against cancer, bringing world-class radiation treatment closer to home. **We are the region's premier locally-owned radiation oncology practice.** Our team of board-certified radiation oncologists has decades of experience and is dedicated to working with each patient to develop a compassionate, personalized treatment plan.



ADVOCATE

Radiation Oncology

Spanish-fluent doctors and care staff

www.AdvocateRO.com

Cape Coral Office
909 Del Prado Blvd. S
Cape Coral, FL 33990
(239) 217-8070

Bonita Springs Office
25243 Elementary Way
Bonita Springs, FL 34135
(239) 317-2772

Fort Myers Office
15681 New Hampshire Ct.
Fort Myers, FL 33908
(239) 437-1977

Port Charlotte Office
3080 Harbor Blvd.
Port Charlotte, FL 33952
(941) 883-2199

Naples Office
1775 Davis Blvd
Naples, FL 34102
(239) 372-2838

Have You Made Your Decision?

Choosing your end-of-life care preferences

No one knows when the end of their life will come. To ensure your loved ones understand your wishes for care, share them in conversation. In honor of National Healthcare Decisions Day on April 16, write them down and give your family a road map for your preferences.

Need help starting the conversation?

Download our "Thinking About Hospice" guide at VITAS.com

VITAS
Healthcare

800.723.3233 | VITAS.com
f | in | @ | | Since 1980

NEED TO REACH OUR OFFICES BUT HAVE CONCERNS ABOUT SOCIAL DISTANCING?

Don't be,
Telemedicine is available for
New and Existing Patients.

CALL 239-465-4157



ROLANDO
RIVERA, M.D.

DAVID
WILKINSON, M.D.

JONATHAN
JAY, M.D.

www.advancedurologyinstitute.com/au-naples-office/

Complimentary In-Home Assessment

At Maison Healthcare, we provide the highest quality of compassionate and empathic home care assistance services in the region. We provide our team of experienced caregivers with home care services for the elderly, seniors, and older adults.

Why should you choose Maison Healthcare?

- Companionships
- Alzheimers/Dementia Assistance
- Medication Management
- Skilled Nursing Services
- In Home Live In Care
- Doctor's Appointments

Receive the care you know
you need **Contact Us Today.**

833-614-8606

If you are looking for experienced and the highest quality of home care assistance, get in touch with us at MaisonHealthcare.com now.



Maison
Healthcare

6621 Willow Park Dr Ste
Naples FL 34109
AHCA License #: HHA 299995190

*Care for Your Feet, Relieve Discomfort
and Enjoy Walking Again*



COLLIER PODIATRY, P.A.

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

Foot and Ankle Services

- Deep Tissue Laser Therapy
- Heel & Achilles Pain
- Bunion Surgery
- Diabetes Foot & Limb Care
- Wound Care
- Onychomycosis (Nail Fungus)

239-775-0019

www.collierpodiatry.com

NCH Countryside Commons
1715 Heritage Trail, Suite 204
Naples, FL 34112



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

By Richard Hiler, DABCN

REGENERATIVE MEDICINE FOR CARTILAGE WEAR OR TEAR

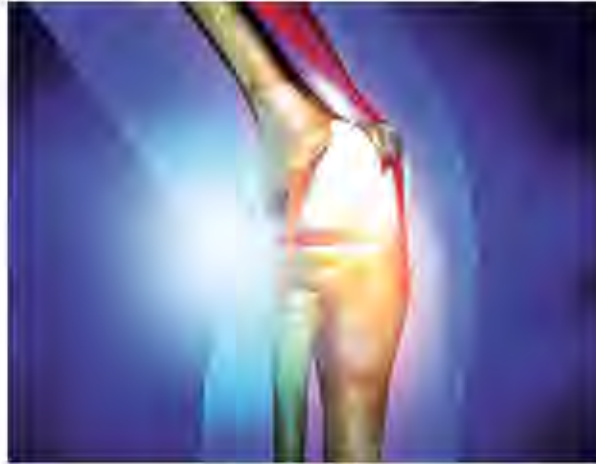
Due to injuries, mechanical issues, or overuse and aging, cartilage may be damaged or lost. Resulting in pain.

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

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

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

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



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

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

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

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

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

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

We also offer a vast array of physical therapies: light therapies, electrical therapies, laser, shock-wave/acoustic wave, as well as Ozone and Peptide therapy.

Feel Amazing Institute proudly serves the Naples area with comprehensive physical medicine, regenerative medicine, and chiropractic services since 1998. Our office strives for excellence. Whether you suffer from chronic pain, are recovering from an injury, or seeking overall improved health and performance, we have the skills and experience to help you work toward your goals.

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



**FEEL AMAZING
INSTITUTE**

239.330.1000

3031 Airport Pulling Rd N
Naples, FL 34105

FEELAMAZING.COM

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.



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

Regenerative, Physical, & Preventative Medicine

FEEL AMAZING SPINE & JOINT INSTITUTE

"Comprehensive programs for spine, joints, neuropathy, and wellness."



- Platelet Rich Plasma
 - Prolozone
 - Ozone
 - Peptides
- Chiropractic
- Nutritional IVs
 - Massage
 - Float

239.330.1000

3031 AIRPORT PULLING RD. N.
NAPLES, FL 34105
FEELAMAZING.COM

SUFFERING FROM CHRONIC PAIN SPORTS INJURIES

Whether you're driven by a passion for the game or a fierce determination to let nothing get in your way, you might be tempted to keep playing despite the discomfort. Keep in mind, however, that disregarding the pain can mean ignoring serious issues that are causing it.

SERVICES WE OFFER

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



ANTI-AGING & ALTERNATIVE MEDICINE

VIDAFUL

MEDICINE

239.920.7676 | vidaful.com

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



Dr. Valerie Sorge
Owner/Operator



Does your doctor make you a priority?

Discover the power of concierge medicine - a personal relationship with your physician

MEMBERSHIP BENEFITS INCLUDE:

- Patient advocacy, even through hospitalization
- Personalized results-driven approach
- 24/7 physician access and same- or next-day appointments



Melissa MacVenn, MD

Call to schedule your complimentary consultation today
(239) 451-5105

 **WELLCOMEMD**
11181 Health Park Blvd, Ste 2260, Naples, FL 34110
Located in the medical office complex by NCH North
www.WellcomeMD.com

BUSINESS LAW • ESTATE PLANNING • FAMILY LAW
LAND USE & ZONING • LITIGATION
LOCAL GOVERNMENT LAW • PERSONAL INJURY
PROBATE & TRUST ADMINISTRATION • REAL ESTATE LAW



50 WPL 1971 - 2021
WOODWARD, PIRES & LOMBARDO, P.A.
ATTORNEYS AT LAW
A TRADITION OF EXCELLENCE

Providing Legal Services to Collier County for 50 Years

MARCO ISLAND OFFICE
606 Bald Eagle Dr., Ste 500
(239) 394-5161

NAPLES OFFICE
3200 Tamiami Trail N., Ste 200
(239) 649-6555

WPL-LEGAL.COM

MEDICAL MARIJUANA FOR ANXIETY & PTSD:

DOES IT REALLY WORK?

Stress & Anxiety

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

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

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

PTSD

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

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

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

Standard Anxiety Medication's Negative Effects

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

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

Medical Marijuana for Anxiety Disorders

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

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

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

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

Dr. Ralph Rodriguez

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



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

Dr. Alejandro Blanco

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



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

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



1726 MEDICAL BLVD SUITE #201
NAPLES, FL 34110
(239) 596-8804 OR 8806
QUESTIONS: ADMIN@IMP NAPLES.COM



Our assisted living is accredited for two reasons. You. And your family.

Because having the confidence and peace of mind of accreditation is important.

We think you'll find that our accreditation is only one of the many reasons to take a good look at The Carlisle.

Call 239.249.3247 to schedule a personalized tour.



INDEPENDENT & ASSISTED LIVING RESIDENCES • ECC LICENSED

6945 Carlisle Court • Naples, FL • 239.249.3247

TheCarlisleNaples.com

ASSISTED LIVING FACILITY #9408



MISIR PHARMACY IS AN INDEPENDENTLY OWNED RETAIL PHARMACY. OUR STAFF PHARMACIST HAVE MORE THAN 75 YEARS OF TOTAL EXPERIENCE.

OUR COMPOUNDING ABILITIES ENABLE US TO HELP OUR PATIENTS ACHIEVE THEIR GREATEST THERAPEUTIC OUTCOMES BY PROVIDING PHARMACEUTICAL COMPOUNDING SERVICES WHICH TAILORS MEDICATIONS SPECIFICALLY CUSTOM TO EACH INDIVIDUALS NEED.

- DERMATOLOGY COMPOUNDING
- PAIN MANAGEMENT
- VETERINARIAN COMPOUNDING
- FLAVORING OF MEDICATIONS
- SPECIALIZED CHILDREN'S FORMULATIONS

FREE DELIVERY

WE ACCEPT MOST MEDICARE, MEDICAID, PRIVATE INSURANCE, DISCOUNT PROGRAMS



"Our pharmacists do more than fill your prescriptions, they take an active role in your health care"

At Misir Pharmacy, we have a singular focus on service, collaborating with our clients to develop products and services that help them provide quality care, control costs, and remain compliant with ever-changing regulations.

MISIR PHARMACY

**8795 TAMiami TRAIL EAST, NAPLES, FL 34113
239-403-0060**

BREAST CENTER OF NAPLES



WE OFFER THE AREA'S MOST COMFORTABLE MAMMOGRAM



Breast imaging is all we do!



KRYSTAL SMITH, D.O.

We as the Breast Center of Naples exist to provide world-class, compassionate, patient-centered breast care to the women of Southwest Florida. This care is provided respectfully and privately in the unique setting of the area's premier dedicated breast imaging center.

239-238-1210

BREASTCENTEROFNAPLES.COM

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

If you are 40 or older, we do not require a doctor's order for your screening mammogram.

A CAREER *On The Move!*



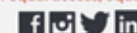
Physical Therapist Assistants help their patients live active lives. Train with the best at Hodges University!

- Learn from experts in the field
- Gain field experience
- Modern labs and classrooms
- 100% of Dec. 2020 class passed license exam!
- CAPTE-accredited program
- Demand for PTAs is 30% through 2026

GET STARTED NOW!



CONTACT US AT (239)-938-7744 | ADMISSIONS@HODGES.EDU | HODGES.EDU
Hodges University is an equal access, equal opportunity organization.



SW Florida's Premier Board Certified Urogynecology Practice

FEMALE PELVIC MEDICINE & RECONSTRUCTIVE SURGERY



Specializing in the treatment of:

- Urinary & Fecal Incontinence
- Overactive Bladder
- Complex Pelvic Disorders
- Cosmetic Gynecology
- Pelvic Organ Prolapse
- Recurrent Urinary Tract Infections
- Heavy Bleeding
- Emsella



JOSEPH GAUTA, MD



NICOLE HOUSER, PA-C



MACKENZIE HUDSON, PA-C



AMBER THOMPSON, PA-C

(239) 449-7979

www.FloridaBladderInstitute.com

1890 SW HEALTH PKWY., SUITE 205
NAPLES, FL

AESTHETIC TREATMENT CENTERS
REVIVE. RENEW. REJUVENATE.

BODY

FAT REDUCTION SKIN TIGHTENING
LASER HAIR REMOVAL THERMIVA

SKIN

INJECTABLES & FILLERS ADVANCED SKIN
REJUVENATION FACIALS

IV HYDRATION

TREATING

- Extreme fatigue
- Headache
- Nausea
- Dry skin
- Dizziness
- Constipation

Convenient Financing Options

Call Today for Your **FREE FACIAL**

720 Goodlette-Frank Rd. Suite 300, Naples, FL 34102
Phone: (239) 322-3790
aestheticreatmentcenters.com

That's an Impressive Drive!

High handicap in the bedroom?

Concerned about your putter

not performing the way it used to?

IMMEDIATELY text "Putter" to 239-350-1908

to learn more about how to get back in the game

WITHOUT relying on pills, surgery or clunky devices.




Suncoast Regenerative
Medical Clinic

1575 Pine Ridge Rd #19, Naples, FL 34109

SKIN WELLNESS

PHYSICIANS

Welcomes

REBECCA JONES
Medical Aesthetician
Expertise in:
Aesthetic services
with a special focus
in photoaging
treatments.

ANITA GRASSI
MD, FAAD
Expertise in:
General Dermatology
Skin Cancer
Laser Surgery
Cosmetic Rejuvenation

DOWNTOWN NAPLES
1300 Goodlette Rd. N., Ste. 101
Naples, FL 34102

EAST NAPLES
Main Office
8625 Collier Blvd.

MARCO ISLAND
Marco Island Medical Center
531 Bald Eagle Dr.

239.732.0044 • www.SkinWellnessFlorida.com  

DISCRETE • SIMPLE • PROFESSIONAL • LEGAL



INTERNAL MEDICAL PARTNERS

Have you or anyone you know experienced an illness which you believe low THC or Medical Marijuana could provide relief?

Chronic Pain • Cancer • Epilepsy • Glaucoma • Positive Status for Human Immunodeficiency
HIV/AIDS • Post-traumatic Stress Disorder (PTSD) • ALS • Crohn's Disease
Parkinson's Disease • Multiple Sclerosis • Chronic Seizures • Chronic Muscle Spasms
Anxiety and Any Terminal Condition

GET ANSWERS NOW! CALL 239-596-8804 TODAY!

In the state of Florida law THC or Medical Marijuana is legal to use in form of oil, pills or vapes for qualified medical condition. If you have one of these medical conditions and have tried other treatments without success, our physicians are happy to help you.



Accepting New Patients



**Dr. Ralph Rodriguez
& Dr. Alejandro Blanco**
239-596-8804 or 239-596-8806
1726 Medical Blvd., Suite 201
Naples, FL 34110



email: admin@impnaples.com
www.impnaples.com

Hours of Operation:
Monday - Friday: 9-5pm

Book your 15-minute Discovery Call

To discuss

The "Scary Times" Success Strategy

Highest Risk Factors for Having a Compromised Immune System Include:

- Stress
- Lack of Exercise
- Obesity
- Poor Diet
- Diabetes
- Autoimmune Disorders
- Cardiovascular Disease
- Smoking
- Respiratory Disease

**You don't have to live in fear over COVID-19.
You can do something about it!**



**Personal Consultation with
Wellness & Functional Medicine Expert,
Dr. Linell King, MD**



NAPLES VITALITY
WELLNESS & FUNCTIONAL MEDICINE

**Call 239-465-0098 to Reserve
Your Spot & GAIN ACCESS
to Our Immune Boosting Webinar!
www.naplesvitality.com**

There are a limited number of spots on Dr. King's calendar so call now to reserve yours for only \$47. **STOP LIVING IN FEAR!**

Morgan Stanley

One Size Doesn't Fit All

You don't want off-the-shelf advice for your personal wealth plan. Not all advice is the same. As Morgan Stanley Financial Advisors, we can help tailor a strategy that fits you. We can work with you to align your goals with your plan, adjust it as the markets change and measure your progress over time.

Call us at 239-449-7892 to learn more.

More than 20 years of experience serving local, national, and international clients.



**The Calleja Group
at Morgan Stanley**

Jorge Calleja
Executive Director
Senior Portfolio Management Director
Wealth Advisor
International Client Advisor

8889 Pelican Bay Boulevard
Suite 300
Naples, FL 34108
jorge.calleja@morganstanley.com
advisor.morganstanley.com
the-calleja-group
NMLS# 1395600

© 2021 Morgan Stanley Smith Barney LLC. Member SIPC.
FAS012 CRC 3917948 12/21 CS 2007089 12/21

YOUR HEALTH COMES FIRST



Ricardo Martinez, MD

Our Services Include:

- Routine Exams
- Health Consultations
- Addiction Medicine
- Urgent Care Services

We are a team of specialized health professionals who work to achieve the optimal health of all of our patients.

239-315-7801

www.well-beingmedicalcenter.org
851 5th Ave. N. Suite 102 Naples, FL 34102



Can Specific Foods Boost Eye Health and Vision?

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

There have been numerous reports and studies on the effectiveness of certain foods that may boost eye health. Dr. Taba, Ophthalmologist and Retina Specialist, recommends the following informative article published by the American Academy of Ophthalmology, titled, known vitamins, 3 of which have been proven to help your eyes, 36 Fabulous Foods to Boost Eye Health.

36 Fabulous Foods to Boost Eye Health

If you're looking for a diet that's healthy for your eyes, here's some good news: The same diet that helps your heart and the rest of your body will help your eyes. Plus, you'll enjoy many delicious choices. For 2020: The Year of the Eye, the American Academy of Ophthalmology intended to list 20 vision-healthy foods. Instead, we came up with 36. It's a diet rich in fruits, vegetables, beans and fish.

Why Is Nutrition Important for Good Vision?

"Some nutrients keep the eye healthy overall, and some have been found to reduce the risk of eye diseases," said Rebecca J. Taylor, MD, an ophthalmologist in Nashville, Tennessee.

Eating a diet low in fat and rich in fruits, vegetables and whole grains can help not only your heart but also your eyes. This isn't surprising: Your eyes rely on tiny arteries for oxygen and nutrients, just as the heart relies on much larger arteries. Keeping those arteries healthy will help your eyes.

What Should I Focus On for Eye-Healthy Eating?

Orange-colored vegetables and fruits with vitamin A

Perhaps the best-known eye-healthy nutrient is vitamin A. Your retina needs plenty of vitamin A to help turn light rays into the images we see. Also, without enough vitamin A, your eyes can't stay moist enough to prevent dry eye.

Carrots are a well-known source of vitamin A. **Sweet potatoes** provide even more vitamin A, Dr. Taylor said. "A sweet potato has more than 200% of the daily dose of vitamin A doctors recommend." Fruits, including **cantaloupe** and **apricots**, can be a good source of vitamin A.

Fruits and veggies rich in Vitamin C

Vitamin C is critical to eye health. As an antioxidant, vitamin C helps protect the body from damage caused by some things we eat, unhealthy habits and environmental factors. Fried foods, tobacco smoke and the sun's rays can produce free radicals--molecules that can damage and kill cells. Vitamin C helps repair and grow new tissue cells.

Good sources of vitamin C include citrus fruits, such as **oranges**, **tangerines**, **grapefruit** and **lemons**. Lots of other foods offer vitamin C, including peaches, red bell peppers, tomatoes and strawberries. Antioxidants can prevent or at least delay age-related macular degeneration (AMD) and cataracts, according to the Age-Related Eye Diseases Study (AREDS).

Vitamin E

Another important antioxidant is vitamin E, which helps keep cells healthy. Vitamin E can be found in **avocados**, **almonds** and **sunflower seeds**.

Cold-water fish with omega-3 fatty acids

Diets rich in omega-3 fatty acids from cold-water fish may help reduce the risk of developing eye disease later in life, research suggests. These fish include **salmon**, **tuna**, **sardines**, **halibut** and **trout**. "Omega-3's are good for tear function, so eating fish may help people with dry eye," Dr. Taylor said.

Leafy green vegetables rich in lutein and zeaxanthin
Lutein and zeaxanthin are antioxidants found in the pigments of leafy green vegetables and other brightly colored foods. They are key to protecting the macula, the area of the eye that gives us our central, most detailed vision. Kale and spinach have plenty of these nutrients. Other foods with useful amounts of lutein and zeaxanthin include romaine lettuce, collards, turnip greens, broccoli and peas. And while not leafy and green, eggs also are a good source of these nutrients.

Beans and zinc

The mineral zinc helps keep the retina healthy and may protect your eyes from the damaging effects of light. However, zinc can lower the amount of copper in your body, which we need to help form red blood cells. Fortunately, you can increase both

at once with all kinds of beans (legumes), including **black-eyed peas**, **kidney beans** and **lima beans**. Other foods high in zinc include oysters, lean red meat, poultry and fortified cereals.

Should I Get Eye-Healthy Nutrients Through Vitamin Supplements?

Eating the right food is the best way to get eye-healthy nutrients, Dr. Taylor said. "In general, most Americans can and should get enough nutrients through their diet without needing to take supplements."

People who have macular degeneration are an exception. "In this case, taking supplements is recommended by the Age Related Eye Disease Study 2, a follow-up to the AREDS (Age-Related Eye Disease) Study. Talk with your ophthalmologist if you or a family member has AMD," Dr. Taylor said.

No matter your age, it's not too late to start eating healthy, she said. "So many of my patients focus on a healthy diet only after they've been diagnosed with a serious health problem. Start eating well now to benefit your vision and your health for the rest of your life."

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 eye irregularities, it is imperative that you see an ophthalmologist right away. The earlier disease or disorders are detected, the better the outcome and treatment options are for you.

Personalized Retina Care of Naples provides incomparable diagnosis, medical and surgical treatment for retinal conditions and disorders. Dr. Taba is a Board-Certified Ophthalmologist and is Fellowship trained in surgical and medical retinal diseases.

There are ways to prevent the progression of low sight, regain your independence and correct your vision. To find out more, or to schedule your appointment, please call (239) 325-3970 today.

Reference:

1. American Academy of Ophthalmology, C. Vimont, 36 Fabulous Foods to Boost Eye Health, January 10, 2020, <https://www.aao.org/eye-health/tips-prevention/fabulous-foods-your-eyes>



PERSONALIZED
RETINA CARE
of naples

www.retinanaples.com | 239-325-3970
3467 Pine Ridge Rd., Suite 103, Naples 34109

INFLAMMATION AND PARKINSON'S DISEASE

By Nasser Razack, MD, JD

April is Parkinson's awareness month. There are many actions we can take to impact the future of Parkinson's disease, but none greater than its prevention. Our emphasis must switch from the treatment of the disease to its prevention by promoting better health and well-being.

Inflammation is our immune system's response when the body is attacked by foreign substances. It allows the body to defend itself by producing a hostile environment to kill unwanted intruders. Inflammation is great when our body is under attack; however, inflammation can also be triggered to attack normal healthy tissue. In this scenario, inflammation produces a hostile environment within the body that damages healthy tissue instead of destroying unwanted invaders.

For decades, inflammatory changes have been recognized to occur within the brain of patients with Parkinson's disease. However, it was only recently that inflammation has been identified as a cause, and not merely a result, of this progressive disease.

Inflammation within the brain has unique inflammatory markers specific to their corresponding inflammatory disease. For example, inflammation of blood vessels within the brain results in arterial plaque that reduces blood flow (Figure 1). Inflammation in the brain of Alzheimer's disease patients results in the production of amyloid plaques and neurofibrillary or tau tangles (Figure 2). On the other hand, inflammation in the brain of Parkinson's disease patients results in the production of Lewy bodies (Figure 3).

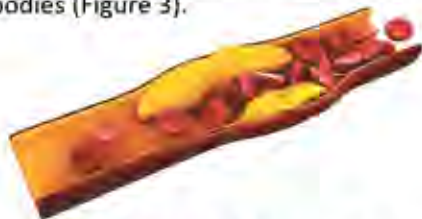


Figure 1. Arterial plaque is an inflammatory marker resulting from inflammation of blood vessels.



Figure 2. Alzheimer's disease "plaques" and "tangles" are inflammatory markers of inflammation in the brain.



Figure 3. Parkinson's disease Lewy bodies are inflammatory markers of inflammation in the brain.

It is not imperative to recall the names of these different inflammatory-related structures. Instead, it is more important to realize that all of these structures—arterial plaque, Alzheimer's disease-related plaques and tangles, and Parkinson's disease-related Lewy bodies—have long existed within the brain of patients with these progressive disorders. In fact, there is evidence that inflammatory markers begin to accumulate in people as young as 20 years old. As these markers proliferate, they trigger more inflammation which results in the formation of more of these inflammatory markers. This positive feedback cycle results in the progression and severity of the specific disease.

Numerous studies have been conducted to address factors that may contribute to the development of these progressive diseases. An article published in the *Annals of Clinical and Translational Neurology* on May 31, 2018, demonstrated certain types of immunosuppressant drugs administered to patients resulted in a lower risk of developing Parkinson's disease. Additionally, the long-term use of ibuprofen (also an anti-inflammatory drug) for pain relief was associated with a lower risk of Alzheimer's disease, according to a study published in the May 6, 2008 issue of *Neurology*. This study demonstrated people who used ibuprofen for over five years were more than 40 percent less likely to develop Alzheimer's disease. The results also demonstrated that the longer ibuprofen was used, the lower the risk for dementia.

Now you're probably thinking that all you have to do is take these drugs to reduce your chances of developing Alzheimer's or Parkinson's disease, right? Well not exactly. Although studies demonstrate the reduction of both Alzheimer's and Parkinson's disease with these drugs, both drugs have significant side effects. In fact, nonsteroidal anti-inflammatory drugs (NSAIDs) have been associated with the increased risk of heart attack and stroke, not to mention liver, kidney and G.I. problems.

But what if we could reduce inflammation in the body without significant risk? Are there substances existing in nature that can naturally accomplish this without the negative side effects?

The answer is **YES!** In fact, recent research demonstrates that the dietary intake of polyphenols or phenolic compounds may exert neuroprotective properties that target multiple negative processes which result in cognitive disorders such as Alzheimer's and Parkinson's disease. While the investigation of the effects of these substances is still early, two things are certain. First, these compounds are well tolerated with little if any side effects and second, they are extremely potent anti-inflammatory agents. Additionally, polyphenols are now known to undergo metabolism and transformation by the gut microbiome into other bioactive molecules whose effects on the brain may be considerable.

Stroke, Alzheimer's and Parkinson's disease are inflammatory-based disease processes with specific inflammatory markers. These inflammatory markers and conditions in the brain and other parts of the body result in a positive feedback cycle, culminating in end-stage disease whether it be Parkinson's, Alzheimer's or stroke. Theoretically, blocking brain inflammation and other degenerative processes can delay the onset of inflammatory-based neurodegenerative diseases such as Parkinson's and Alzheimer's. For example, twin-based studies have demonstrated the use of ibuprofen can delay the onset of Alzheimer's disease and thus its incidence.

Recently, however, animal models have established that polyphenol compounds such as curcumin are more effective than ibuprofen and other nonsteroidal anti-inflammatory drugs in blocking inflammation with nearly no side effects. Neurcumin® is an all-natural supplement which, in addition to curcumin, contains many other polyphenols and other natural agents uniquely formulated to synergistically fight inflammation. To learn more about Neurcumin® and the prevention of inflammatory diseases such as Parkinson's, Alzheimer's, stroke and heart attack, please visit Neurcumin.com. You may also call **727-289-7139** or email us at strokenerd@gmail.com for more information.



About Nasser Razack, MD, JD

Dr. Razack currently practices as a neurointerventional surgeon 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.

Erectile Dysfunction: How PRP/Stem Cell Therapy is Helping Countless Men Naturally Regenerate

By Dr. Carolina Young

It's important to see a medical professional if you are experiencing difficulty in getting and maintaining an erection. For men between the ages of 40 to 70, erectile dysfunction is extremely common. Some causes of the disorder are vascular disease, which leads to narrowing of the arteries and decreased blood flow, diabetes, heart disease, high cholesterol, physiological effects, and prostate cancer.

Peyronie's disease is defined as relating to symptoms of the curvature of the penis. Peyronie's is a buildup of scar tissue in the penis that causes a bend in the erected penis. This disorder typically causes a great deal of pain during intercourse. This condition affects nearly 12% of the male population.

The standard treatments for erectile dysfunction are prescription medications that cause an erection for a limited amount of time. However, there is a better way than the standard of care that actually treats erectile dysfunction at its core.

Umbilical Cord Stem Cells (Wharton's Jelly)

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 ED. Stem cells work wonders in repairing and regenerating damaged tissue, and the human body completely readily accepts them.

P-Shot (Priapus Shot)

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 stimulate 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 ED and Peyronie's disease.

How to Get Started?

Dr. Young has been helping men regain control of their ED and identifies the exact cause of your sexual health to create a customized treatment plan. Almost everyone will experience a decline in sexual functioning. But with the advent of Regenerative medicine, Erectile Dysfunction is no longer an inevitable part of aging.

APRIL SPECIALS

BUY 2 REGENERATIVE

WHARTON JELLY

AT DISCOUNT AND GET A

2 FREE GAINSWAVE

TREATMENT FOR FREE

DYSPORT 50 UNITS AT \$220.00

BUY 2 PACKAGES OF DYSPORT

SPECIALS GET B12 SHOT FREE.

IMPROVE TEXTURE AND FINE LINES

WITH REVE PEEL AT \$275.00

ORCHIDIA MEDICAL GROUP

239-333-8809

www.orchidiamedicalgroup.com

2590 Golden Gate Parkway, Suite 104
Naples FL 34105

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

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

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

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

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

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

Orchidia
Medical Group



Board Certified Physicians
Dr. Cuberos & Dr. Young

Compounded Hormone Replacement Therapy

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

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

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

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

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



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

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

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

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

MISIRx Compounding Pharmacy

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



St. Andrews Square - 8795 Tamiami Trail East
Naples, FL 34113

(239) 403-0060 | FREE DELIVERY

www.misirpharmacy.com

OUR TREATMENTS

- Botox & Fillers
- Facial Rejuvenation
- Vaginal Rejuvenation
- Erectile Dysfunction (GAINSWave)
- Hair Removal
- Acne Treatments
- Body Sculpting
- Lipotropic Injections
- Medical Weight Management
- Hair Restoration for Male & Females
- Health for Men
- IV Vitamin Infusion Tx.
- Nonsurgical Facelift with Silhouette Instalift
- P-Shot and O-Shot Available
- Testosterone Testing Available - Results in Minutes

239-333-8809 | www.orchidiamedicalgroup.com | HABLAMOS ESPAÑOL!
2590 Golden Gate Parkway • Naples, FL 34105 • Suite 103 & 104

PSYCHIATRIC CONSULTATION SERVICES

Dr. Capiola focuses on the treatment of:

- Depression and Anxiety
- Mood Disorders
- Alcohol use disorders
- Substance abuse
- Obsessive Compulsive Disorder
- ADHD

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

Dr Capiola's mission is to focus on the strengths inherent in all of us to help overcome any problems and life stresses that make us feel stuck and limited. He combines psychotherapy and medication management into all patient visits.

RICHARD J. CAPIOLA, MD
239.649.7494
704 Goodlette Frank Road North
Suite 222
Naples, Florida 34102



INVENTORY CONTINUES TO DECLINE

Still a Seller's Market

By Robert Nardi, Broker/Owner

A 34.5 percent increase in new listings sparked 19,277 more showings during January compared to new listings and showings reported in December 2021. While an increase in new listings demonstrates a solid start for the real estate market this year, low inventory continues to harness the market's potential. As a result of tight inventory, January sales activity could not meet the level of sales activity reported in January 2021. Historically, month-to-month sales activity during season ascends through April. But according to the January 2022 Market Report released by the Naples Area Board of REALTORS® (NABOR®), a 74.9 percent decrease in inventory for January to 1,122 homes from 4,474 homes in January 2021 will not provide the same level of sales transactions that occurred last season.

Buyers could explore an inventory that included 1,272 new listings. Those new listings translated to a 32 percent increase in pending sales to 1,373 pending sales during January compared to 1,038 pending sales reported in December. The overall median closed price increased 39 percent in January to \$549,000 from \$395,000 in January 2021.

The condominium market continued to report sales at an above list price trend for the second month in a row and a 47.2 percent increase in median closed price in January to \$427,000 from \$290,132 in January 2021. In addition, the median closed price for single-family homes rose 25.1 percent in January to \$675,000 from \$539,500 in January 2021.

With less than a one-month supply of homes, closed sales during January could not realize the level of activity it experienced a year ago and decreased 27.9 percent to 818 closed sales from 1,134 closed sales in January 2021. Pending sales which reflect the number of new homes under contract, dropped 37.9 percent to 1,373 from 2,210 in January 2021; but, as mentioned above, pending sales in January increased by 335 contracts (32 percent) compared to pending sales reported in December 2021 (1,038). The NABOR®

January 2022 Market Report compares single-family home and condominium sales (via the Southwest Florida MLS), price ranges, and geographic segmentation and includes an overall market summary. NABOR® sales statistics are presented in chart format, including overall (single-family and condominium) findings for 2022. If you wish to receive a copy of this chart, please send your request to Robert@NardiRealty.com.

New lending rules from Fannie Mae and Freddie Mac go into effect April 1, 2022 and add more requirements from those purchasing a second home or condominium. The change, in a nutshell, is that it is going to cost more to procure a loan, and when it comes to investment properties, there is more risk, and they'll have their specific underwriting process by the lender, therefore, more costly to the mortgagee. So, one way around it would be for you to take a home equity loan from your current primary home to purchase your second or investment property.

What does this mean?

Buyer demand is not likely to slow down anytime soon because homes in Naples are still much more affordable than homes in other parts of states with coastal cities like California, New York, New Jersey, and Massachusetts. It continues to be a strong Seller's market. Therefore, I encourage owners to sell their properties:

- 1) that require substantial maintenance to gain the same or more profit from investment dividends,
- 2) who would be moving to a retirement or assisted living community,
- 3) who are empty nesters who do not require a large single-family home anymore or,
- 4) that are second-home owners who would enjoy a profit and purchase a Naples home closer to retirement.

Rentals for next season in demand

It seems everyone wants to live in Southwest Florida in some capacity or another, so much so, that Nardi Realty has a large rental department with over 170 seasonal rentals and over 150 annual



rentals. This season we saw many short-term rentals expand their stay to three months beginning January 1, 2022. In years past, we used to see more one or 2-month rentals. The bottom line is that people want to be in Southwest Florida for a longer time. Also, staying here for three months does give the renter the ability to look for property to purchase vs. rent. We give a first-come, first-serve basis regarding their current rental unit for those who have rented this year. If they pass on it, we place someone else within the property. Demand is so high that we have 250 potential renters on a waiting list! Therefore, we need more rentals to fill this gap. I encourage everyone who has a home or condo not to leave it empty. Our One Source Rental team at Nardi Realty can work with you to make it an annual or seasonal rental. Rental prices are at an all-time high. The upside is that rents received can assist you with paying your taxes, insurance, HOA dues, etc.



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

Knowledge is power!

Please get in touch with me directly if you wish to find out what your home's potential list price can be or if you want to explore making your current residence in Southwest Florida a rental by either sending an e-mail to Robert@NardiRealty.com or by calling me at 239-293-3592.

I wish you a great spring!

HEARING LOSS, HOSPITALS AND ADMISSION RATES

There are a ton of good reasons to fix your hearing loss. From improving your risks of falls and cognitive decline to helping you live and enjoy your best life.

Here's one more — because people who struggle hearing are more likely to be readmitted to the hospital after discharge.

It's true. According to a study by researchers at New York University, discharged patients 65 and older who were hard of hearing had a 32% higher readmission rate than peers without hearing impairment.

If you've ever been to a hospital, you can understand why this is true. Hospitals are loud, busy places, and ensuring you clearly hear and understand discharge instructions — like medications to take, warning signs to look out for, etc. — is important to proper healing. If you don't catch the details or miss the doctor's directive, it could negatively impact recovery.

As if that weren't enough, a University of Michigan study found that hearing loss treatment has been shown to result in fewer hospital and ER visits by older adults — meaning treating hearing loss may help keep you out of the hospital in at least two different ways.



Want more reasons to treat hearing loss? Then talk to a local hearing healthcare professional. They'll be happy to walk you through all the benefits of hearing better. To find a hearing professional near you, visit www.starkeyhearcare.com and type in your zip code. You'll see a list of local providers you can call and help you on the path toward better hearing.

Discharged hospital patients who reported trouble communicating with their doctors were **32% more likely to be readmitted** the following month.



HOGLUND FAMILY HEARING AND AUDIOLOGY CENTER
Fifteen 8th Street, Suite B (Next to Royal Scoop Ice Cream)
Bonita Springs, FL 31434
(239) 256-3458

SOUTHWEST FLORIDA TINNITUS AND HEARING CENTER
10020 Coconut Rd. Ste.120 (Next to LabCorp)
Estero, FL 34135
(239) 984-9511

AUDIOLOGY CENTERS OF HOGLUND FAMILY HEARING
13710 Metropolis Ave. Suite 101
(One block west of Gulf Coast Hospital)
Fort Myers, FL 33912
(239) 690-6033

HOGLUND FAMILY HEARING AND AUDIOLOGY CENTER
2209 Santa Barbara Blvd., Ste. 102
(Shops at Santa Barbara, next to IL Primo Pizza)
Cape Coral, FL 33991
(239) 984-9491

Neurcumin 

ORDER NOW!

BENEFITS OF NEURCUMIN®
Physician formulated Neurcumin® is a unique blend of Eastern and Western health concepts in a single dietary supplement.

- Brain and cognitive function
- Immune system response
- Heart, blood pressure and cardiovascular function
- Nervous system function
- Bone strength, and healthy teeth and gums
- Energy levels
- Weight levels

available at  **727-289-7139**
www.Neurcumin.com



**Hearing Loss?
Ringing Ears?
WE CAN HELP!**

FREE SCREENINGS for Hearing or Tinnitus and Help with your Hearing Aids!

Hoglund Family Hearing and Audiology Centers

HOGLUND FAMILY HEARING AND AUDIOLOGY CENTER
Fifteen 8th Street, Suite B
(Next to Royal Scoop Ice Cream)
Bonita Springs, FL 31434
(239) 256-3458

SOUTHWEST FLORIDA TINNITUS AND HEARING CENTER
10020 Coconut Rd. Ste.120
(Next to LabCorp)
Estero, FL 34135
(239) 984-9511

AUDIOLOGY CENTERS OF HOGLUND FAMILY HEARING
13710 Metropolis Ave. Suite 101
(One block west of Gulf Coast Hospital)
Fort Myers, FL 33912
(239) 690-6033

HOGLUND FAMILY HEARING AND AUDIOLOGY CENTER - NEW LOCATION:
2209 Santa Barbara Blvd., Ste. 102
(Shops at Santa Barbara, next to IL Primo Pizza)
Cape Coral, FL 33991
(239) 984-9491


TINNITUS Care Provider

WHEN ALCOHOL GETS IN THE WAY

Few things are more American than drinking. Supermarkets now not only sell wine, but offer wine bars welcoming customers to shop and sip. Barbers now serve brews, nail salons market themselves as 'tips and sips'. Chipotle sells margaritas; cinemas serve hand-crafted cocktails; our zoos even have beer and wine for purchase.

And while our salons and entertainment venues shuttered during the COVID-19 pandemic, liquor stores were essential business and remained open. In fact, alcohol consumption rose among adults over age 30 by 14 percent during the pandemic alone, with a 41 percent increase in women heavily drinking, according to a September 2020 RAND Corporation study.

America has a drinking problem. Do you?

The 2020-2025 Dietary Guidelines for Americans suggests adults using alcohol to not drink daily, and when drinking, to do so in moderation by limiting intake to 2 or fewer drinks a day for men or 1 or fewer drinks a day for women. A drink is defined as a 12-ounce (oz) beer or a 5-oz glass of wine. However, emerging research suggests that even drinking within the recommended limits may increase the overall risk of adverse health effects. So how much is too much?

"If your relationship with alcohol impacts your relationship with people and results in problems functioning in your daily life, then there is a problem," says Dr. Richard Capiola, a Psychiatrist practicing in Naples.

Unhealthy drinking can be mild, moderate or severe and can lead to Alcohol Use Disorder, which is diagnosed if you have two or more of the below symptoms:

- Difficulty limiting the amount of alcohol you drink
- Unsuccessful attempts to cut down on drinking
- Failing to fulfill tasks at work, school, or home because of repeated alcohol use
- Spending a lot of time thinking about drinking, getting drunk, or recovering from drinking
- Repeated use of alcohol in situations where it's not safe, such as driving
- Tolerance to alcohol, leading to drinking more and/or drinks with higher alcohol content



If you have any of these symptoms, your drinking may already be a cause for concern. The more symptoms you have, the more urgent the need for change.

While drinking is acceptable in American culture, diagnosis and treatment for alcohol use can seem stigmatized. Well-known 12-step programs or inpatient rehabilitation still exist, but many new therapies have emerged, thanks to significant advances in the field. Simply knowing the options can be an important first step.

Your primary care physician can be an important first step in treatment—he or she can be a good source for referrals and medications.

Behavioral treatments are aimed at changing drinking behavior through counseling and tend to incorporate empathy, motivational support, and a focus on changing drinking behavior. Behavioral treatment is provided by psychiatrists, psychologists, and other licensed mental health professionals.

Mutual-support groups, like Alcoholics Anonymous (AA) and other 12-step programs, provide peer support for people quitting or cutting back on drinking. Combined with treatment led by health professionals, these groups can offer a valuable added layer of support.

Three medications are currently approved in the United States to help people stop or reduce drinking and prevent relapse. These FDA-approved medications are not addictive and can be used alone or as part of other treatments. Consult with your health professional to understand if medications are a good fit for you and your treatment plan.

Additional research-based information on alcohol use and treatment can be found at <https://www.rethinkingdrinking.niaaa.nih.gov/How-much-is-too-much/>. Ultimately, there is no one-size-fits-all solution to treatment. Your health care professional can advise and help you to find the right options.



RICHARD J. CAPIOLA, MD

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

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

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

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

RICHARD J. CAPIOLA, MD
239.649.7494

704 Goodlette Frank Road North, Suite 222
Naples, Florida 34102

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

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

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

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

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



A missing tooth will affect the dentition

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

Dental Implants

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

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

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

Periodontal Disease

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

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

Dental health and proactive measures are essential. Staying on top of your dental health through cleanings, x-rays, and dental examinations are critical to avoid in-depth procedures and to maintain a healthy mouth that's free of decay, bacteria, and oral cancer. There are multiple treatment options; however, if you need to replace missing teeth, getting dental implants is the best solution for overall health.

Caring Dentistry of Naples

At Caring Dentistry of Naples, we are a genuine team of dental professionals that always strive to treat our patients with love and kindness. Dr. Dianelis Blanco values excellent communication, which helps guide you to the right treatments to meet your individual needs. We are committed to helping you feel at home and do everything possible to help you have an excellent dental experience.

We provide general dentistry, cosmetic, surgical, restorative, and advanced technology, and software to offer the best solutions and treatment outcomes for our patients.

We welcome you to our dental office and look forward to helping you learn to love your smile. You are welcome to browse through our website to learn more about our services for dental care in Naples, Florida, and we invite you to feel free to call us with any questions. Schedule an appointment with our dentist today and let us be the reason you smile! **Please call Caring Dentistry of Naples at (239) 455-1044.**



Lynch Lymphedema
1044 Castello Dr., Suite 213, Naples, Florida 34103
THERESA LYNCH
Certified Lymphedema Therapist, LLC
www.lynychlymphedema.com
239-776-4001

TREATMENTS

- CDT for Lymphedema
- Post-Surgical Edema
- Soft Tissue Mobilization Using Graston Technique
- Kinesiotaping
- Fitting for Compression Sleeves, Stockings, Bras, and Garments



WE CARE ABOUT YOUR SMILE
DR. BLANCO CARES ABOUT YOU!



Caring Dentistry
OF NAPLES
4983 GOLDEN GATE PKWY.
NAPLES, FL 34116
(239) 455-1044

PATIENT SPECIALS!
WE ARE PLEASED TO
OFFER SEASONAL
PATIENT PROMOTIONS!
CHECK OUT OUR
SPECIALS TODAY!



WWW.CARINGDENTISTRYOFNAPLES.COM



How Mental Health Benefits from Physical Exercise

Mental health professionals sometimes prescribe exercise as part of the treatment for specific mental illnesses. Stress or anxiety is one of the most often reason to prescribe exercise. Why? It works.

What Is Stress?

Stress is a healthy “alarm” reaction in your body. A primal instinct planted firmly in your brain signals the presence of internal or external threats and tells your brain it must react quickly. Within a few seconds, various stress hormones – adrenaline, insulin, cortisol, and norepinephrine – are released.

Your heart rate goes up and your muscles tense, while you start to breathe more quickly. Your cardiovascular system is running at top speed. For a large part of human history, it was vital for our ancestors to react to dangerous situations and challenges with fight or flight. That means that when your body is under stress, it’s on high alert and ready to give its all.

Stress Factor: Neither Fight Nor Flight

Today it’s rare that we have to fight with our fists or run for our lives. On the contrary, it’s usually the case that we don’t ever release this tension – the concentrated energy and stress hormones – and instead we don’t move enough, if at all, keeping our bodies in a loop of stress.

These contradictory behaviors result in a classic problem for today’s humans: Tension and energy aren’t released adequately and the stress hormones produced aren’t reduced.

In a stressful everyday life, your physical activity and nutrition plans can sometimes fall by the wayside. Take advantage of our free Body Check to get back on track, with nutritional advice and product recommendations tailored to your fitness level and goals.

Stress Release: Couch or Exercise?

If you’re looking to chill out after a turbulent day at work by flopping onto the couch and letting your favorite series wash over you, your body will relax, but you won’t get the benefits of exercise and stress relief.

Your heart rate, blood pressure, and your breathing will all decrease, but your muscles will still be tense and the stress hormones that were released earlier will continue to circulate in your body.

Exercise, on the other hand, relieves stress by producing more hormones (endorphins and serotonin) to neutralize those stress hormones.

If your body continuously produces stress hormones and is unable to release its inner tension through movement, your body will go into a permanent state of alarm.

When your stress hormones aren’t neutralized by other hormones like endorphins, they’ll suppress the production of other hormones necessary for your health.

If your body continuously produces stress hormones and is unable to release its inner tension through movement, it will go into a permanent state of alarm. The consequences can play out as physical and mental health problems such as concentration difficulties, sleep disorders, or digestive problems.

4 Reasons Why Working Out Is Better For Stress Relief Than The Couch

Movement reduces built-up tension and energy; we all know that. Here are four more reasons why exercise is key to stress relief!

1. Working Out Makes You Happy

Studies show that moderate aerobic exercise with a duration of 30 to 60 minutes releases mood-boosting endorphins¹ and serotonin. They give you that relaxed feeling after an intense workout and lift your spirits. Who doesn’t like a natural shot of happiness hormones?

2. Natural Energy Boost for More Creativity at Work

Regular exercise stimulates the flow of oxygen to your brain, strengthening your “mental fitness,” and refreshing your gray matter. So, get off your office chair, get into your running shoes, and clear away the cobwebs in your brain to make way for new inspiration.

3. Exercise as a Distraction from Everyday Stress

No matter what was on your mind – work, conflicts with friends, or tension with co-workers – during your workout you’re only focusing on your body. Thinking about executing the exercise correctly makes for a great distraction.

4. Working Out Makes You More Resistant to Stress

Regular exercise regulates the stress levels in your body. Exercise activates your metabolism, which improves stress hormone regulation, making you more resistant to stress so you can cope with it in a more relaxed way.

Exercise That’s Perfect for Fighting Stress: The Manduu Difference

Manduu goes above-and-beyond to ensure you get the safest, cleanest and most effective workout possible, so you can have peace of mind while transforming your body.

We go beyond group fitness to provide you a semi-private training experience, which means there are far less people in our facilities at any given time—compared to a gym. Our certified personal trainers supervise your entire session, and you’ll spend considerably less time in a Manduu studio (under 30 minutes) to get a great workout.

Additionally, our equipment and surfaces are sanitized regularly, and each Manduu studio has state-of-the-art air purification that kills and prevents viruses and bacteria.

With Manduu, you can get in, get fit and get out.

Get started by booking your free first session today.

Feel the Pulse of Fitness in Naples Today!
(239) 631-5204 • manduu.com

Easter and Springtime Hazards for Dogs and Cats

When it is time for spring cleaning, you often stow away your winter decor, perhaps dig out your Easter or springtime decorations, and transform your home for the season. If you have a cat or dog in the house, you might want to steer clear of seasonal items that might pose potential threats to your pet's health. Prevent a trip to the emergency vet by pet-proofing your spring-spiffy house.

Easter Grass

Cats love anything that moves. Easter grass moves easily in a room with a breeze or draft, makes interesting sounds, and, for some cats, it is simply irresistible and must be eaten.

Stringy things like Easter grass or tinsel at Christmas, pose a deadly threat if ingested. Veterinarians consider Easter grass a linear foreign body. Signs that your pet has this problem, aside from the material being visible from the mouth or anus, are vomiting, straining to defecate, and a painful abdomen.

Trying to pull out visible grass strings is not recommended. Pulling the strand can cause more damage if the piece is long and trapped far inside the body. Call your veterinarian if you suspect that your cat has sampled the Easter grass. While linear foreign bodies are more common in cats, dogs may also ingest non-food material, and the same concerns apply here.



Chocolate

Chocolate is typically more of a dog hazard, as many dogs have a sweet tooth, a great nose, and the determination to find chocolate—hidden or not. More often than not, your dog will find Reese's Peanut Butter Cups or Hershey's Kisses in eggs hidden in your backyard Easter hunt before your kids, so, keep them away.

The toxic components in chocolate are theobromine and caffeine, and the level of toxicity is based on the type and quantity of chocolate consumed as well as the size of your pet.

Different types of chocolate have different amounts of theobromine and caffeine; dark chocolate contains the highest concentrations and white "chocolate" contains the least. Early clinical signs are vomiting, diarrhea, and trembling.

The toxicity level for either a dog or cat is the same depending on weight, however, dogs are more so in danger than cats since dogs are drawn to sweets meanwhile cats are not. A cat may try some chocolate but is less likely to continue eating it.

Xylitol

If you're baking a cake for Easter beware of xylitol. It's an artificial sweetener used in home baking and found in many products including some sugar-free gums and diet foods. It can also be found in some Easter eggs. Dogs are extremely sensitive to xylitol and even small amounts can cause toxicity. Early symptoms of xylitol poisoning include lethargy, vomiting and loss of coordination. Seizures and even death may occur. Assistance dog Ginny made a remarkable recovery after eating a toxic amount of xylitol.

Spring flowers and plants

Spring flowers and plants can be found in many homes and gardens around Easter. Unfortunately, several are poisonous to dogs, with the bulbs posing the biggest risk. Daffodil, lily and spring crocus bulbs are all highly toxic. Symptoms of plant or bulb poisoning can include vomiting, upset stomach and heart and kidney problems.

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

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

239-431-9667

www.aovethospital.com

We're Not a Gym. We're Better.



Full-Body Workout



Only 15 Minutes



FDA Cleared

Your First Session Is Free!

Manduu is a boutique fitness studio concept, and the first FDA-cleared electrical muscle stimulation training program in the U.S., where clients complete a 15-minute, trainer-guided workout while connected to a whole-body EMS suit. One session at Manduu produces results that take six to eight hours to achieve in a regular gym.

manduu
The Pulse of Fitness

(239) 631-5204 • manduu.com

9118 Strada Place • Suite 8110 • Naples, FL 34108

YOUR PET'S HOME AWAY FROM HOME!



ANIMAL OASIS
Veterinary Hospital

Animal Oasis Veterinary Hospital in Naples offers the most up to date and progressive veterinary services for your pets.

Ranging from Laser Surgery, Ultrasound, Dental Xrays, Radiology, Full Pharmacy and In House Diagnostics, Animal Oasis Veterinary Hospital provides your pets with the necessary options for treatment.

Dr. Kimberly Greene
Dr. Liz Vacendak
Dr. Lien d'Hespeel

239.431.9667

www.aovethospital.com

2700 Immokalee Road, Suite 16, Naples, FL 34110

Head and Neck Lymphedema Related to Cancer and Radiation

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

Lymphedema is very common in patients with head and neck cancers, surgery and radiation.

Lymphedema is a condition in which lymph fluid accumulates in the soft tissues resulting in swelling. Lymph fluid is part of our immune system and consists of proteins, chemicals, white blood cells and cellular debris. Lymph is normally formed as fluid seeps out of small blood vessels, transported through lymph nodes and eventually returned to our bloodstream. When this system is interrupted by removing lymph nodes, cutting lymph vessels or scarring capillaries during the treatment of cancer the fluid cannot flow in its normal pathways and can cause a build up in the tissues, inflammation and fibrosis of internal and external structures, resulting in lymphedema.

Head and Neck cancer survivors are at a high risk of developing lymphedema and is present in 75% to 90% of survivors

Symptoms of lymphedema

- Heaviness or fullness
- Visible swelling
- Decreased range of motion in mouth, neck, shoulders
- Pain, soreness in neck and shoulders
- Difficulty swallowing (dysphagia) solids, liquids, pills
- Feeling of something stuck in throat
- Scarring, fibrosis (hardening of skin and tissue)

Lymphedema typically presents as diffuse swelling in the neck and may be more pronounced over an incision and under the chin, jawline and cheeks. Trauma to head and neck can cause decreased range of motion of jaw, neck and arms externally. If internal, it can cause changes in swallowing, voice and breathing. If left untreated chronic lymphedema leads to worsening inflammation and permanent skin changes or fibrosis of the tissues.

How is head and neck lymphedema diagnosed?

Lymphedema is a clinical diagnosis but there are a number of objective scoring systems that your doctor may use to determine the severity of it.

One of the commonly used grading systems is the MD Anderson Cancer Center Head and Neck Lymphedema Scale. Standardized face and neck measurements are also used to track progression and/or treatment success. It is ideal to get pre-surgery measurements as a baseline. Internal lymphedema may be evaluated by your physician using an endoscopy.

MD Anderson Cancer Center Head and Neck Lymphedema Rating Scale

Stage	Exam Findings
0	No swelling, but a sense of heaviness in the neck
1a	Visible mild swelling without pitting. Reversible
1b	Visible mild swelling with pitting. Reversible
2	Firm pitting swelling that is irreversible. No visible tissue changes
3	Irreversible tissue changes with scarring and fibrosis

How is head and neck lymphedema treated:

The gold standard for treatment of lymphedema is Complete Decongestive Therapy CDT, which has 4 components. 1) Manual lymph drainage MLD – is like a massage to direct the flow of lymphatic fluid to intact lymph vessels and nodes. 2) Compression bandaging to keep the swelling down. 3) Skin Care



to the effected area to prevent infections and 4) Exercises to promote lymphatic flow and improve range of motion. CDT has been shown to have lasting effects on the severity of lymphedema at all stages and to improve overall quality of life in lymphedema sufferers.

CDT should be performed by a Certified Lymphedema Therapist whose education includes at least 135 hours of classroom and hands on training. The highest rates of success are seen in patients who consistently and properly receive CDT 3-5x per week over a specified period of time depending on the severity of lymphedema, usually 2-4 months.



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

Theresa Lynch is a Certified Lymphedema Therapist with over 300 hours of specialty training in CDT and treating lymphedema everywhere it occurs. Please call 239-776-4001 with questions or have your physician fax a referral to 949-757-6651

Lynch Lymphedema

www.lynychlymphedema.com
239-776-4001

Theresa Lynch, Certified Lymphedema Therapist, LLC

1044 Castello Dr., Suite, 213
Naples, Florida 34103



Health Insurance – 2022 Enrollment Periods and Exceptions

Did You Miss Medicare/Health Insurance Open Enrollment?

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

THERE ARE: **Special Enrollment Periods**

- If you turn 65 or are new to Medicare
- MOVING out of the AREA/ MOVING to a New Area.
- You qualify for extra help with Medicare Prescription Drugs
- You dropped a Medigap Policy for the 1st time within the 1st 12 months
- Special Needs Plans - New or no longer need
- Losing Coverage

**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.*

Things to know!

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.

Payment of Office Visits – If you DO NOT have a copay, you should not pay for the office visit in the office if it is avoidable. You always want to pay the insurance company's negotiated rate. So, pay your provider once you login or get your statement from your insurance company that states what you owe. If you overpaid call the provider's accounting department and request a refund; **it's not too late.**



Payment for Medications - Does your insurance cover medications? If so, you should always check to see if a coupon on, for example, Goodrx, has a better price. The pharmacy is obligated to give you the best price.

Rehabilitation - If you are being discharged from the hospital and you need rehabilitation, if you would be better off in a rehab facility you should ask about it. You have a choice as to where you can go. So, if you like one place, ask to see if it is in your plan's network. If you are on Original Medicare, you are required to be admitted to the hospital for 3 consecutive days before Medicare will pay for rehab. You can request a Home Health company as well. **Very important: if you don't feel you should be discharged out of the hospital speak-up!** Under Original Medicare if you call Medicare and tell them you don't agree with the discharge the hospital cannot discharge you until Medicare completes it's review of your case, which normally takes 24-48 hrs. These are just some of the tips I review with our clients.

International Travel - Most of our USA plans do not cover us when leaving the United States; that includes 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, Facebook, WebEx solicitation, if you do not know them, please be careful. There are so many scams out there. Go see 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, trusts, and make sure they follow Florida's laws and guidelines. Establish yourself with a local Insurance Broker, Attorney and CPA. Ask a professional, most of the time your first consultation is at no charge.

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

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

**We also do a complimentary homeowners review*

PERSONALIZED RETINA CARE
of Naples

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

Retinal Conditions and Diseases We Treat

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

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

239-325-3970 | retinaples.com

Logical Insurance Solutions USA
 239.362.0855

Save Money. Gain *Peace of Mind.*

We specialize in:
MEDICARE Plan Options
 Medical Insurance for Individuals / Families
 Employer Health & Wellness Benefits

We are contracted with most insurance companies and our services are **FREE** to you!

<p>Phone, Web, Fax, Seminars Available In Person Appointments Available</p>	<p>Other services but not limited to:</p> <ul style="list-style-type: none"> ■ Homeowners ■ Flood Insurance ■ Life Insurance ■ Long Term Care ■ Disability Insurance ■ Travel Insurance ■ Pet Insurance ■ Supplemental Policies ■ Dental & Vision Plans 	<p>Make the logical choice and contact us today for all your insurance needs.</p> <p>2161 McGregor Boulevard Suite C, Fort Myers, FL 33901 info@logicalinsurance.com</p> <p>239.362.0855 www.LogicalInsurance.com</p> <p><i>Family Owned and Operated Since 2007.</i></p>
--------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------



Doctor Says You Can't Reverse Type 2 Diabetes

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

There seems to be confusion by many with the ability to reverse type 2 diabetes. Physicians and patients alike see the poor outcome when a patient tries to reverse their diabetes but never quite achieve it.

A realistic view of reversing diabetes is essential. I like to use the term, "reversing the effects of type 2 diabetes." Think about those terms we use regarding cancer – "remission" and "cure."

Merriam-Webster defines "cure" as to restore health, soundness, or normality; to bring about recovery from. Remission of an illness is defined as a stage during which symptoms are much less severe. The term "reverse" is to turn completely about in position or direction; effecting reverse movement.

If one can be in remission or cured from cancer, why not be able to reverse the effects of type 2 diabetes?

The human body is amazing. It has the innate ability to heal when properly treated and cared for. Our health is fluid. Yes, it changes. The better we maintain our health, the better we can ward off illness or lessen the effects.

Sometimes we get lost in life and no longer make our health a priority. To heal, it takes additional effort, time, and dedication to bring our body back to or toward optimal health.

Type 2 diabetes is a chronic disease. This disease is usually a part of a cluster of health problems:

- High glucose
- High blood pressure
- Abnormal cholesterol or triglyceride levels
- Weight gain or loss

Consider your journey to reverse type 2 diabetes. Were you successful? Did you eliminate or avoid medication as you hoped?

Did you achieve success for the first several months only to find yourself back to where you started?

Was your doctor right?

What went wrong?

There are mistakes that diabetes patients can make. Dieting to reverse diabetes is a short-lived action. Why is that?

When we improve and see better results we tend to go back to our previous lifestyle or were unable to identify the steps needed to be successful. This is most likely why your physician does not buy into "reversing diabetes." Many of their patients just can't seem to do it.

It's common for diabetes patients to look for a list of food or a diabetic diet to follow. Following someone else's diet may not work for you. It's important to note that your health is unique to you. Therefore, your healing process needs to be just for you.

Proper healing from diabetes should not be a food elimination process. Bringing in food that you enjoy, supports healthy glucose levels, and overall health is part of the roadmap to healing.

It's necessary to get your body into a healing mode by implementing small healthy habits. This takes time and consistency. Getting to know how your body reacts to food, exercise, sleep, stress, and current medications will help you to achieve success.

One of the biggest challenges that a client shared, "Until now, there was no roadmap to help me put the pieces together."

Ill-advised advice for someone who has not healed from diabetes by encouraging them to reward themselves with food which results in large glucose spikes. Giving your body the time to heal and reverse the effects of diabetes is a must to be successful. How long does it take? That answer is different for everyone.

Most everyone can see improvement in two months. It's very exciting to see better glucose readings! Even after two months, there is work to be done.

Education and awareness has a place in reversing and healing from diabetes, and realize you are working on your overall health. Over time your glucose levels improve, weight loss begins and can be maintained, blood pressure, and your heart health can improve.

The inability to reverse the effects of diabetes is not an issue because it's impossible. Finding success is in the customized roadmap set for you to successfully

improve and achieve your health goals. Sometimes we just need a little help.

Take it from someone who did it. At my worst I had a 10% A1c and was prescribed diabetes medication and four daily insulin shots. My outcome was eliminating all medication and insulin and maintaining an A1c well below 5.7% for over a decade. I was consistently told it was impossible.

Book your complimentary consultation to learn about your roadmap to reversing type 2 diabetes.

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.



Diabetes & Holistic Lifestyle Coach
Speaker • Author

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

KEEPING OUR CLIENTS SAFE AT HOME DURING COVID-19

Dear Chef For Seniors Community,

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

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

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

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

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



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

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

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

Phone: **239-776-1758**

Email: bill.springer@chefsforseiors.com



CHEFS FOR SENIORS®

chefsforseiors.com

COACHING

Reverse My Diabetes
Denise A. Pancyrz

Diabetes & Holistic Lifestyle Coach
Speaker • Author

**Start to reverse your diabetes today...
see results in weeks.**

A One-of-a-Kind Online Diabetes Coaching Program!
Affordable • Practical Learning • Great Food • Motivating • Results

REGISTER: REVERSEMYDIABETES.NET/SERVICES/TRAINING
Call: (888) 848-1763 | eMail: Denise@ReverseMyDiabetes.net



WEBINAR

VIRTUAL GROUP
COACHING WEEKLY SERIES.
VISIT US ONLINE
TO LEARN MORE.

CHEF-MADE MEALS FOR SENIORS

Our chefs shop, cook meals for the week, and clean up for the week, and clean up. Cost similar to meal delivery. Customized to your diet.



CHEFS FOR SENIORS®

239-776-1758

chefsforseiors.com

Email: bill.springer@chefsforseiors.com

BOOK YOUR CHEF

Schedule weekly or bi-weekly visits with your chef. There are no long-term contracts to worry about.

WE COOK FOR YOU

Our professional chefs bring fresh ingredients and cook delicious, homemade meals in your kitchen.

ENJOY YOUR MEALS

You're set for the week! We leave you with customized, nutritious meals that can be eaten when you need them.

Is it Time for a Liver Tune-Up?



In Traditional Chinese Medicine, each season is ruled by a particular organ system and spring is connected to the liver and gallbladder. What does this mean? You probably notice changes in the way you feel, both physically and mentally, as the seasons change. Many of us feel more contemplative and introspective during the winter months. Once spring hits, we may feel ready to recharge and get things done.

As with any seasonal change, we must pay close attention to our body's needs during this turbulent time of seasonal change. Moving from the indoor sleepy coldness of winter and into the warm, active spirit of spring can be tough on your system when not handled with care.

Spring is the season of the Liver and Gallbladder. Now, it is important to note, that from a Chinese Medicine perspective, when we talk about a particular organ, such as the liver or gallbladder, we are not talking about the physical organ that sits inside your body. Rather, we are talking about a complex system of energy that flows within particular pathways and has a particular physiological function.

The gallbladder governs decision-making and controls the muscles, tendons and ligaments of the body. The liver is in charge of detoxification and keeping the energy or Qi (pronounced "chee") flowing smoothly. Liver energy is strong and assertive, the type of energy you need to create plans and propel them into motion. However, if your liver is out of balance, you might notice that you are more irritable or on edge than usual. The liver tends to be a bit of a "bully" for many people, overwhelming bodily systems, so it's important to keep it healthy.

Here are a few signs that your liver is in need of an acupuncture tune-up:

1. You've noticed an increase in headaches, and these headaches seem to feel worse when you aren't active. Generally, headaches tend to manifest at the top of your head.

2. You feel constipated or bloated. Your bowel movements have become irregular, alternating between constipation and loose stools. Hard, difficult stools that appear pebbly are also a sign of liver imbalance.

3. Friends and coworkers are scared of you because you are cranky, cranky, cranky! When liver energy is out of balance, you can feel agitated, irritated, and generally out of sorts. Sometimes irritation flares into outright anger more easily than it would if this energy was flowing smoothly.

4. You may notice PMS symptoms have been worsening. Bloating, breast tenderness, sensitivity can all be exacerbated by liver imbalance. If your periods are more painful or clotted, this can also be due to a stagnation of liver energy.

5. Shoulders, neck, or jaw are uncomfortably tight. If the liver energy is out of balance, it can flow upward. This causes inflexibility, and everything in your body to "rise up": you might grind or clench your teeth, hold your shoulders up, experience symptoms of TMJ, or have headaches at the top of your head.

6. Maybe you've noticed that your allergies are in full force, complete with itchy, red, irritated, and watery eyes.

6 Ways to Rebalance Your Liver and Gallbladder

Stretch! Stretching enlivens the connective tissue, which the gallbladder system controls. Take a yoga class, or devote some extra time to stretching post-workout. In particular, try to incorporate stretches that get to the sides of your body, as this is gallbladder meridian territory.

Move. Of all the systems in the body, the gallbladder system perhaps craves movement the most. The gallbladder meridian will become cranky and painful with a lack of movement. So do your best to incorporate some sort of exercise each day.

Get outside. Spending more time outside is another easy and powerful way to strengthen the liver and gallbladder energies in the spring. For people with kids and families, getting outside is an excellent way to stay healthy and have fun together.

Eat more greens. Eating fresh leafy greens is supportive of the liver's detoxification function and can also help strengthen vision.

Avoid overstimulation. It is also recommended to avoid excessive stimulants during the spring months. Things like coffee and caffeine supplements are considered expansive and energizing, which can be somewhat helpful during the cold winter months. However, during the spring, when life is abounding, excess energy can actually become harmful to the body. Symptoms can manifest themselves as headaches, insomnia, anger, and more.

Get your seasonal tune-up. To keep the liver and gallbladder working smoothly, things like acupuncture, herbal formulas, and nutritional counseling can make a world of difference. Acupuncture can balance the body as it reacts to the changes in the weather and activity levels. Regular acupuncture treatments have also been shown to boost immunity.

Spring can also cause flare-ups associated with seasonal allergies and acupuncture treatments can help with the inflammation, sneezing, runny nose, chest congestion, and watery eyes that accompany the allergic reactions. But most of all, acupuncture can help regulate those emotional imbalances that are often common during this transitional period.



If you are suffering from any of these issues, your body is crying out for acupuncture. Please, come and talk to me! Schedule online at www.Acupuncture-SolutionsOnline.com or call (239) 260-4566. Let's get you a Spring tune-up with tried and true TCM solutions that can help right away.

Your Clean Home is Our Business



Did you know that a cleaning service company can do so much more than keep your home clean? Did you know that a service like this can actually help to reduce the amount of stress that you are suffering from? Let me explain. Cleaning takes a lot out of you. I mean, even the slightest clean to your home can take a lot of effort.

This is just going to add more stress onto you. Things become extra bad if you have had a pretty stressful day as it is. You just don't want to clean. If you don't clean the problem becomes much worse. You see, studies have shown time and time again that living in an unclean environment can actually lead to all sorts of stress and health concerns, anxiety attacks and high blood pressure which can lead to heart issues. Being unable to clean this environment how you want to is just going to make things a lot worse.

Don't sell yourself short, your time is extremely valuable. Need a dollar value? Just calculate how much you make per hour, and multiply it by the amount of time it will take to clean your place, and then multiply that by the value you place on spending that time with your family. Chances are it's much less expensive to hire a house cleaning company, than to do it yourself.

Maid Pro understands the stress that comes from worrying about a clean house. At Maid Pro, they understand that their customers are the reason they exist. That's why all of their team members follow a set of core beliefs that center around you, the customer. They know that listening to the wants and needs of their customers and delivering a personalized service makes for a more enjoyable experience for everyone.

Less Stress: a healthy organized home can reduce stress levels and ensure you're feeling your best even when not at home.

Healthy Lifestyle: airborne pollutants and allergens can irritate our immune systems and trigger respiratory issues such as asthma.

Have Friends & Family Over: a clean home is an inviting home. Don't stress about having people over because of the clutter in your home. Stay on top of it with Maid Pro's cleaning services and spend more quality time with those you love.

When you are surrounded by a mess, the hormone Cortisol is released into your system. This is a stress causing hormone that can speed up aging and increase your chances for heart disease. When your messy home is cleaned up, endorphins are released. This makes you feel great.

There are plenty of reasons to choose, and love, Maid Pro. Maybe it's because they work with you to build a cleaning plan, tailored to your needs and budget. Or because their cleaning staff are expertly trained to provide the highest quality clean. It could be because they allow you to choose when and how often they clean so that they fit perfectly into your life and schedule. No matter the reason, at the end of the day cleaning is their passion and it's what they bring to each and every home they touch.

February is dedicated to raising awareness about heart disease and increasing knowledge about prevention. Eliminate stress and worry from your life where and when you can. Your heart will thank you. Maid Pro can help reduce that unwanted stress and keep your home clean and beautiful which will allow you more quality time with your family and loved ones.



A clean house is also beneficial towards our general health. When our houses are not maintained and cleaned often, the germs, and bacteria, if not taken care of properly, can accumulate to the point that they create sickness. Our body's natural immune systems can only tolerate so much. If we let the germs and bacteria get out of hand, then not only our health, but our family's health will be at risk. When we take care of and maintain a clean home it will ensure long term good health for your family to enjoy for years to come.

Valentine's day is right around the corner give the gift of a clean healthy home give Maid Pro a call, let them know what you need and they will give you an estimate right then and there. They believe that everyone should have a clean and healthy home. That's why they make sure the products, tools and processes they use are in the best interest of the planet and every customer whose life they touch.

Maid Pro takes the work out of "housework" for you. Your home is in good hands with Maid Pro they clean so you don't have to.

239.596.5200 maidpro.com/naples
239.437.5527 maidpro.com/fortmyers
239.206.2881 maidpro.com/marcoisland





NARDI REALTY

Robert Nardi Broker/Owner

Sales & Rentals
239-293-3592

Robert@NardiRealty.com
www.BuyNaples.net

3400 Tamiami Trail N. Ste 103
Naples, FL 34103





"We treat every customer like our only customer!"

We've taken cleaning to a whole new level.

SERVICES AVAILABLE

Home & Office Cleaning



MaidPro MUSCLE Service



NOT YOUR STANDARD CLEANERS

- Damage and theft protection
- Employee backgrounds
- Knowledgeable cleaners
- Satisfaction Guaranteed

NOW OFFERING! MaidPro MUSCLE Services

- Immediately Dry & Green
- Carpet Cleaning
- Upholstery • Tile & Grout
- Pressure Washing
- Window Cleaning




\$75 off CLEANING SERVICES

\$25 OFF YOUR 1ST, 3RD & 5TH CLEANING

plus up to

\$125 off INDIVIDUAL MAIDPRO MUSCLE SERVICE

MUSCLE SERVICE OFFER CANNOT BE COMBINED WITH OTHER OFFERS

maidpro.com
239.596.5200

Servicing Marco Island, Naples, Bonita Springs and Fort Myers Area

When You Are At Your Wits End

Have you ever been at your wits' end? Have you ever been so confused that you didn't really know which way was up? Have you ever had the feeling, "I know I need to do something...but I don't know what 'something' to do."

The Bible tells the story of a group of sailors who went out to sea and encountered a huge storm that almost killed them:

23Others went out on the sea in ships; they were merchants on the mighty waters. 24They saw the works of the LORD, his wonderful deeds in the deep. 25For he spoke and stirred up a tempest that lifted high the waves. 26They mounted up to the heavens and went down to the depths; in their peril their courage melted away. 27They reeled and staggered like drunken men; they were at their wits' end. 28Then they cried out to the LORD in their trouble, and he brought them out of their distress. 29He stilled the storm to a whisper; the waves of the sea were hushed. 30They were glad when it grew calm, and he guided them to their desired haven. 31Let them give thanks to the LORD for his unfailing love and his wonderful deeds for men. Psalm 107:23-31

Can you relate to this group of sailors? Maybe the circumstances in your life have caused your courage to melt away. Perhaps you are going through a storm of your own. You may find yourself at your wits' end without any clear direction as to what to do next. If so, follow the example of the sailors in the Bible.

There first thing they did was cry out to the LORD in their trouble. Don't underestimate the power of prayer. An old gospel song says, "when God is all you have, you'll find He's all you need." God responded to the sailor's prayer by bringing them out of their distress. In fact, it says he stilled the storm to a whisper and the waves of the sea were hushed. God can do that in your life and in your situation as well. Call out to him. His timing is not always as quick as we may like but He knows what is best for each of us.

When the storm was over, the text says that God guided the sailors to their desired haven. They found their place of rest and peace. Storms don't last forever... and neither will yours. Keep your faith in God. Cry out to Him in your pain. Trust that He knows what's best and keep praying and seeking your desired haven... it may be just around the corner.



And then, don't forget to thank God when He does bring you through the storm. The story concludes by saying, "Let them give thanks to the LORD for his unfailing love and his wonderful deeds for men."

Storms, crises, pain and problems are an unfortunate reality of life. We grow through the pain and learn valuable lessons during these times. Don't give up, give in, or quit. When you find yourself at your wits' end...hang on, cry out to God, and look for His deliverance.

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



VENTURECHURCH
Naples

venturenaples.com

Board Certified M.D. with 20+ Years of Experience in Concierge Holistic Internal Medicine



- Moved practice from NYC to Naples
- A Cornell University graduate - authored hundreds of print & online publications and has appeared as a medical expert on FOX, CBS, ABC, and NBC.
- Author of *'Diet Slave No More!'* book, phone app, & weight management program.
- A luxury concierge-style private practice with direct access to the doctor herself & instant feedback to your questions & needs
- Holistic Primary Care with meticulous attention to lifestyle, nutrition, and Mind-Body balance. Will help you manage your most important asset - your health.

Svetlana Kogan, M.D.

720 Fifth Ave S, Unit 209, Naples, FL 34102
(239) 676-6883 | www.customlongevity.com



TIRED OF MANAGING PAIN WITH MEDICATION?

See what acupuncture can do for you.

2355 Vanderbilt Beach Rd, Suite 146
Naples, FL 34109

Acupuncture & Natural Health Solutions

Pediatric · Adult · Senior Acupuncture

Acupuncture Effectively Treats:

- Back Pain · Neck Pain · Headaches
- Sports Injuries · Chronic Pain · Fibromyalgia
- Neuropathy · Women's Health and much more...

Toni Eatros, Acupuncture Physician

20 Years of experience and expansive medical knowledge.

Call NOW To Schedule An Appointment

239-260-4566

www.AcupunctureSolutionsOnline.com

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.

► **COMING SOON**

Nutritional IV's as well as nutritional supplements, custom formulated CBD oils, regenerative medicine, chiropractic and physical therapy.



Florida Pain Center of Naples

Florida Pain Center of Naples treats all types of pain throughout the body, such as neck and back, joint, pain from shingles, migraines, fibromyalgia, and they do it all with a comprehensive approach to your overall wellness needs.

Located at 730 Goodlette Rd North, #200, Naples FL 34102

For more information visit us online at www.flpaincenter.com

NEED A GREAT PHYSICIAN?

CALL
855-85-GREAT.

(855-854-7328)

No need to wait.

Online scheduling is now available at
PhysiciansRegionalDocs.com.

 **PHYSICIANS REGIONAL
MEDICAL GROUP**

