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Health & Wellness[®] MAGAZINE

June 2022

Collier Edition - Monthly

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Providing comprehensive kidney care & transplant services since 1984.

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Understanding Polycystic Kidney Disease

By Neetu Malhotra, MD

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

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

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

The primary symptoms of PKD are as follows:

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

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

PKD Treatment

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

How Can the Progression of Kidney Disease Be Delayed?

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

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

Associates in Nephrology

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

Chronic Kidney Disease Program

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

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

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

Services Provided

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

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

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

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PHYSICIANS REGIONAL WELCOMES INTERVENTIONAL CARDIOLOGIST LARRY LESLIE, M.D.

Physicians Regional Healthcare System is excited to welcome Dr. Larry Leslie to their medical staff. One of Southwest Florida's most respected physicians and a proud father of seven, Dr. Leslie joins Physician's Regional's highly skilled team of cardiologists and cardiac-disease specialists, including Vinh Luu, M.D., Sarah deLeon Mansson, D.O., Matei Popa-Radu, D.O., Richard Prewitt, M.D., Scot Schultz, M.D., Dennis Stapleton, M.D., and George Yiachos, M.D.

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

Dr. Leslie is Board Certified in Interventional Cardiology and Cardiovascular Disease, specializing in cardiovascular disease management, transcatheter aortic valve replacement (TAVR), chronic hypertension, acute myocardial infarctions (AMI), aortic stenosis, atrial fibrillation (arrhythmia), hyperlipidemia/lipid management, peripheral vascular disease, valvular disorders, and patient education.

He holds a Doctor of Medicine from the University of Kentucky College of Medicine and a Bachelor of Arts in Biology & Computer Science from Transylvania University, both in Lexington, Kentucky. Dr. Leslie also has an impressive list of achievements obtained through advanced training.

Having practiced medicine in the Naples community since 2016, Dr. Leslie has a strong interest in patient education and advocacy.

As is so often the case, his choice of specialty resulted from a very personal experience. "I first became interested in cardiology as a child when my grandmother had open heart surgery. The concept of replacing a heart valve with an artificial one fascinated me," he recalls. "As I progressed through training, I found myself most comfortable treating heart patients. I enjoy invasive procedures. Healing patients' hearts is very gratifying."

Today, Dr. Leslie treats most types of cardiovascular disease and is trained in specialized diagnostic and cardiac intervention procedures. Procedures include right and left heart catheterization, percutaneous coronary intervention (PCI), Cardiac Stent Placement, and transcatheter aortic valve replacement (TAVR).

"I think I am unique because I try to treat every patient as an extended family member. Listening to patients is a lost art in modern medicine. I take my time and never rush," he says. "Plus, I try to be personable and light-hearted. My patients will tell you I'm kind and compassionate."

More simply put: Dr. Leslie truly loves people and acknowledges, "I have never met a stranger!"

The heart is one of the most essential muscles in the body, yet more than 84 million Americans suffer from a form of cardiovascular disease. To combat this sobering statistic, Dr. Leslie wanted to be aligned with the best medical team possible. "I was attracted to Physicians Regional Healthcare System because of their desire and commitment to building the best cardiac care in Southwest Florida."

Physicians Regional Healthcare System's expanded Heart Center includes advanced surgical equipment and technologies, allowing a range of interventional

cardiology procedures, including minimally invasive structural heart procedures.

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



Dr. Leslie is now accepting new patients.

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24231 Walden Center Drive, Bonita Springs

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RECOGNIZING RESILIENCE DURING NATIONAL CANCER SURVIVOR MONTH

By Dr. Amy Fox

Every June, the country celebrates National Cancer Survivor Month. During this month, the first Sunday in June is National Cancer Survivor Day.

There are approximately 16.9 million cancer survivors in the United States. According to the National Cancer Institute, someone is considered a cancer survivor from the time of diagnosis through the rest of their life. Some patients prefer to count from their day of diagnosis while others begin counting after their first cancer-free post-treatment scan.

The National Cancer Survivor Day Foundation (NCSDF) states that National Cancer Survivor Day is a celebration for those who have survived, an inspiration for those recently diagnosed, a gathering of support for families, and an outreach to the community. It is also a time to recognize the unique challenges that cancer survivors face whether they are physical, emotional, or financial.

Each cancer survivor's journey is a unique one. The month of June gives us all an opportunity to celebrate their resilience in the face of a serious and challenging diagnosis.

This national observance also serves to increase awareness about the importance of cancer screening. Almost everyone knows someone who has been personally affected by a cancer diagnosis. The month shines a light on all forms of cancer, including the types that are most commonly diagnosed in the state of Florida:

- Breast (Female)
- Prostate
- Lung and Bronchus
- Colon and Rectum
- Melanoma of the Skin
- Uterine
- Non-Hodgkin Lymphoma
- Bladder



Your Partner in the Fight Against Cancer

As Southwest Florida's local partner in the fight against cancer, Advocate Radiation Oncology understands that every patient is different. For our team of board-certified radiation oncologists, each patient is a unique individual with his/her own cancer journey. After all, a cancer diagnosis and oncology appointments can feel overwhelming. Our team knows firsthand how important it is to provide the most comfortable experience possible during each patient's journey. We are committed to every single patient we serve, offering the support and care they need to treat and conquer their cancer.

With decades of experience, our world-class experts deliver personalized treatment plans that use the latest techniques to address given individual's needs. The length of any given patient's treatment varies based on many factors, including their type and stage of cancer.

Advocate Radiation Oncology offers the following treatments:

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- Stereotactic Radiosurgery (SRS)
- Stereotactic Body Radiation Therapy (SBRT)
- Surface-Guided Radiation Therapy (SGRT)
- Deep-Inspiration Breath Hold (DIBH)

As the region's premier locally owned and operated radiation oncology practice, we are honored to offer the best cancer treatment technology available. Along with a compassionate medical staff, our conveniently located practices make it easier for many patients to begin treatment quickly and complete treatment comfortably.

Honoring National Cancer Survivor Month

Please join our team in observing National Cancer Survivor's Month. Together, we can bring critical awareness to the need for cancer screenings and advocate for those battling cancer and recovering from cancer treatment.



About the Author

Dr. Amy Fox is a board-certified radiation oncologist at Advocate Radiation Oncology.

For more information, please visit AdvocateRO.com.



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Choosing Hospice to Enhance Quality of Life

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



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

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

What You Should Know About Hospice Care

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

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

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

Why Hospice? Improving Quality of Life

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

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

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

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

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TALLYING THE BENEFITS OF CHOCOLATE

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

Is chocolate healthy? It sure can be! To take advantage of its health benefits, however, you first need to understand its science.

Chocolate comes from the cacao tree. Seeds are extracted from the pods and fermented, dried, and roasted into what we know as cocoa beans. Once shelled, resulting cocoa solids or "meat" and cocoa butter are separated and then ground and melted to produce a raw chocolate liquid or liquor. Sounds heavenly, huh? Here's the catch: Once in the hands of commercial manufacturers (think Hersey, Nestle, Cadbury), cocoa liquor is then often processed with other, not-so-healthy ingredients, like sugar, milk powder, and emulsifying chemicals, to name just a couple.

Cocoa liquor can be hardened and served raw, combined with cocoa butter to make it creamy, or processed with sugar or milk products to sweeten its flavor. Chocolatiers have their signature blends based on the below formulas with varying proportions of ingredients:

- **Unsweetened chocolate:** 100% cocoa, no added ingredients
- **Dark chocolate:** 50-70% cocoa, cocoa butter, and some sugar added
- **Milk chocolate:** 35-50% cocoa, cocoa butter, and sweetened with sugar and milk products
- **White chocolate:** less than 35% cocoa from only cocoa butter (no cocoa meat) and sweetened and with sugar and milk

Chocolate has long been sensationalized, based on research that cocoa provides a plethora of health benefits. However, keep in mind that not all chocolate is created equally, and some mass-produced chocolate contains very little cocoa (as low as 7 percent in many cases) and a lot of additives, like fats, oils, flavors and colors.

Dark chocolate is your healthiest choice of chocolate, and the U.S. Department of Agriculture's MyPlate guidelines even allows for it, in moderation, as a healthy treat. Here's how to choose your best bar to reap those health benefits:



Flavanols.

Cocoa naturally has a very strong, pungent taste, which comes from a nutrient called, "flavanol". Flavanols are a type of flavonoid found in plants that protects against environmental toxins and repairs damage. They can be found in a variety of foods, such as fruits and vegetables, and when we eat foods rich in flavonoids, it appears that we also benefit from this "antioxidant" power. However, when cocoa is processed - whether in milk chocolate concoctions or with additives like sweeteners or colors - flavanols are lost.

To benefit the best from chocolate's flavanol properties, choose dark chocolate that contains unprocessed cacao beans or raw cacao powder.

Maximize the cocoa percentage.

The benefits of chocolate come from the cocoa - not the additives. So, the greater the percentage of cocoa, the greater the benefits. Quality dark chocolate advertises the percentage of cocoa, and it's suggested to aim for above 75 percent.

Low fat, high fiber.

Dark chocolate can be surprisingly high in nutrients. The fat in dark chocolate mostly comes from cocoa butter and is made up of the heart-healthy monounsaturated fat. A bar of dark chocolate also contains fiber, which aids in digestion health. The fiber in dark chocolate is soluble fiber, which is broken down and fermented by our bowel bacteria into the healthy anticancer fat. Read your chocolate nutrition label, and look for high fat and fiber bars.

Low sugar.

Sugar is added to cocoa to reduce its bitter taste. Milk and white chocolates not only has less cacao and fewer flavanols, but also contains about twice as much sugar as dark. And, while dark chocolate may contain sugar, look for the lowest possible content to keep those calories low.

Avoid additives.

Dark chocolate is absolutely science - especially if it both tastes good and is good for you. The more ingredients on your chocolate bar's nutrition label, the more additives it contains. To smooth and stabilize chocolate, many manufacturers use an emulsifier, like soy lecithin. Lecithin is a thick GMO substance, often derived from soybeans and sometimes eggs. Vegetable oils are often used in cheaper chocolate to mask poorly fermented and/or roasted cacao beans. And artificial flavors, like vanilla, are incorporated to disguise low-quality beans.

Caffeine kick.

Cocoa naturally contains coffee, though varies widely according to where it is grown (South American and Caribbean cocoa is known for its high caffeine content). The higher the cacao percentage, the higher the caffeine. 100% unsweetened chocolate can have as much caffeine as an espresso shot. Most dark chocolates, however, contain less caffeine and can be healthier if you need an energy kick. Dark chocolate can give the boost of energy and focus, but you probably won't experience any jitters or midday crash, and you'll most likely sleep better at night.

Dark chocolate can indeed be good for you! If chosen wisely, dark chocolate is a food to love that will love you back.



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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.



GLAUCOMA & VISION LOSS

By Duane Wiggins, M.D.

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

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

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

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



GLAUCOMA TREATMENT

Medication

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

About Quigley Eye Specialists

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

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

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

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

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

Laser surgery

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

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

Surgery

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

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

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

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

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

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



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BE STILL MY

Did you know your heart is the second most valuable organ in your body? As part of the cardiovascular system, it - along with blood vessels and blood - function to make sure your body gets the oxygen and nutrients it needs.

Heart and vascular, or cardiovascular, disease (CVD) is a catch-all for conditions affecting the heart and blood vessels. This includes coronary heart disease (clogged arteries); heart attack; arrhythmias (heart beat abnormality); stroke (blocked brain vessels); heart failure; peripheral artery disease (blocked leg vessels); high blood pressure; and congenital heart defects (heart abnormality at birth).

Cardiovascular diseases are the number one cause of death in the world, according to the World Health Organization. The United States is a big contributor to that statistic. An estimated 800,000 Americans succumb to cardiovascular diseases (CVD) each year. Listen up, folks - that is one in every four deaths!

The good news is that many types of CVD are preventable. And, once diagnosed with CVD, lifestyle changes to increase cardiovascular health can reduce your risk of developing further health problems.

Introducing the American Heart Association's (AHA) "Life's Simple 7". The AHA dubbed the following seven criteria for ideal cardiovascular health.

1: Smoking.

Toxins in cigarette smoke lead to narrowing of blood vessels and disruption of blood flow, making it a major cause of cardiovascular disease (CVD), according to a 2021 AHA Update. At least 1 in 5 men and 1 in 10 women who smoke will ultimately die of CVD. In fact, you may be surprised to learn that smokers are more likely to succumb to heart disease than even lung cancer.

But, here's the bait: Smokers who quit start to improve their heart health immediately. In as little as 20 minutes after the last smoked cigarette, blood pressure begins to drop. Within a year of quitting, the risk of a CVD drops drastically. And, within five years, prior smokers lower their risk to about that of a person who has never smoked.



2: Get Active.

It is without question that physical activity is beneficial to cardiovascular health. According to the AHA, people who are more active tend to develop less CVD than their sedentary counterparts, and if CVD does develop, it occurs at a later age and tends to be less severe. Furthermore, they add, increases in physical activity even in our middle ages are associated with a decrease in CVD mortality. And - yet - only about one in five adults get enough exercise to maintain good health.

The AHA recommends at least 2.5 hours per week of moderate intensity aerobic activity, preferably spread throughout the week. This level of activity means you're working hard enough to raise your heart rate and break a sweat. Introducing physical activity doesn't have to be intimidating. For starters, make a daily date with yourself to take a walk through your community, a gentle wade in your pool or beach, or maintain your yard and garden. When you're ready to move on, try fast walking, walk the course during your next golf round, go bike riding, or try water aerobics. Advanced options include pickle ball or doubles tennis.

If it's an option for you, consider physical activity with a friend. A partner in crime is more fun and increases your chances of sticking to your routine. Does your community have a gym or can you join a neighborhood gym? Perhaps a personal health trainer can help?

3: Eat Healthy.

First things first: you are what you eat! Foods high in saturated fats, sugars, and salt absolutely increase your risk of obesity, cholesterol, diabetes and high blood pressure - all discussed in detail below.

Changing eating habits is often tough, but once you know what foods to eat more of and what foods to limit, you'll be on your way toward a heart-healthy diet. Here are some simple swaps:

- Choose low-fat proteins, like lean meats, poultry, or fish. Avoid fatty, marbled meats, spareribs, hot dogs, sausages, and bacon.
- Opt for low-fat dairy in milk, yogurts and cheeses.
- Use heart-healthy oils, like olive, canola, vegetable, or nut. Butter and many margarines tend to be high in saturated or trans fat.
- Steam, bake, or grill foods rather than pan-fry.
- Select whole grains, for example whole wheat or grain breads, high-fiber cereals, whole-grain rices, and whole-grain pastas. Steer clear of refined grains, like white breads and other pastries and desserts made with white, refined flour.
- Reduce sodium (salt) by avoiding salty snacks (i.e. chips, French fries, popcorn). Choose instead unsalted nuts, whole grain crackers, low-fat cheese and fruit.

4: Maintain a healthy weight.

Obesity leads to structural and functional changes of the heart, which can cause heart failure. It is also associated with other medical conditions that have indirect CVD risk, including high cholesterol, type 2 diabetes, and hypertension.

42.4 percent of the U.S. adult population were obese in 2018, according to the Center for Disease Control (CDC). Obesity is calculated by our Body Mass Index (BMI) and uses our height and weight as variables. For adults, BMI 25.0 to <30 falls within the overweight range; BMI 30.0 or higher falls within the obesity range. Visit the CDC webpage, Adult BMI Calculator, to calculate your BMI.

Lifestyle changes, such as diet and exercise are the mainstay of treatments for maintaining a healthy weight. There are also medical devices and surgeries that may be available. Seeking help from your primary care physician is an important first step.

5. Control Cholesterol.

Cholesterol comes from two sources: 1) your body, which naturally produces high-density lipoprotein, or good cholesterol, and 2) low-density lipoprotein (LDL), or bad cholesterol, which comes from eating animal byproducts, such as red meats, full-fat dairy, fried foods, and desserts.

High cholesterol foods can cause fatty deposits in your blood vessels. Eventually, these deposits grow, making it difficult for enough blood to flow through your arteries. Sometimes, those deposits can break suddenly and form a clot that causes a heart attack or stroke.

Following a healthy diet (outlined above) is important in lowering your cholesterol. Additional high-fiber foods, like oatmeal, kidney beans, apples, pears or bananas, are known to help lower your cholesterol. Speak to your physician to learn if medications that control cholesterol may be an option for you.

6: Managing Blood Pressure.

Blood pressure is the force of blood pushing against blood vessel walls. Sometimes the pressure in the arteries is higher than it should be - a condition known as high blood pressure or hypertension. Uncontrolled hypertension can lead to a heart attack or stroke, aneurysm, or heart failure. Normal blood pressure for most adults is defined as a systolic pressure (top) of less than 120 and a diastolic pressure (lower) of less than 80.

Salt is known as the enemy of hypertension, as it raises pressure in the arteries. Avoid high salty foods, as outlines above. Make an appointment with your physician to see if you are a candidate for medications that control blood pressure.

7: Reduce Blood Sugar.

High blood glucose (sugar) can damage your blood vessels and the nerves that control your heart and blood vessels. Over time, this damage can lead to type II diabetes and heart disease.

Thankfully, lifestyle changes can prevent or even reverse high blood sugar. Maintaining a healthy weight by exercising and eating healthy is vital.

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ERECTILE DYSFUNCTION AND TREATMENT OPTIONS

By Dr. Kristina Buscaino

Are you experiencing changes in your sexual health and erectile quality?

Erectile dysfunction (ED) may present as difficulty obtaining or maintaining an erection. It can be an embarrassing issue, not only when it happens to you, but also when you seek medical treatment. Many men live quietly with poor erectile quality without determining the etiology due to feeling self-conscious about what they are going through. It is important to discuss this issue with your doctor, as 1) ED may be due to underlying medical conditions such as cardiovascular disease or diabetes, and 2) ED may affect your quality of life by decreasing your confidence and causing strain on your relationships.

Most men start treatment with oral medications, penile injections, or vacuum erection devices. These options may not be tolerable due to side effects of medications or fear of needles; men may also prefer not to utilize these options as it may only mask their ED, rather than fix their ED.

So, what other options are there?

Low Intensity Shock Wave Lithotripsy (LiSWT)

LiSWT is a non-invasive treatment that utilizes a small external probe to apply soundwaves to your penis. These soundwaves stimulate tissue and blood vessel regeneration, improving penile blood flow and erectile quality. Studies have demonstrated improvement in erectile hardness scores.¹ There is minimal downtime with this procedure. You may resume sexual activity the same day as your LiSWT.

Priapus Shot (P-shot)

The P-shot consists of platelet rich plasma (PRP) spun down from your own blood. PRP contains platelets and growth factors. This is injected directly into your penis with or without stem cells. These components help rejuvenate and stimulate cells to regenerate, increasing tissue and blood supply to improve your erectile quality. Studies have demonstrated PRP is a safe and effective treatment for ED.² As with LiSWT, there is minimal down time, and you may resume sexual activity the same day of your injection.



Penile Implant

There are two types of penile implants, the semi rigid (malleable) and inflatable penile prosthesis. Penile implants require surgery to be placed. Semi rigid (malleable) penile implants are always firm, and as the name entails, can be straightened for sexual intercourse or bent for concealment. The inflatable penile implant is meant to mimic penile firmness (when inflated) and flaccidity (when deflated). Major benefits of undergoing penile implant surgery are no longer relying on time sensitive options, as you are in control of your erections. With a penile implant, patient satisfaction rates are greater than 85%, with improved sexual quality of life among patients and their respective partners.³

What To Do Next

If you are not satisfied with your sexual health and current erectile quality, and are considering these treatment options for ED, contact Advanced Urology

Institute today. Schedule your appointment for an in-depth evaluation of your symptoms and history to determine the best treatment option for you.

About the Author

Kristina Buscaino is the only urologist in Southwest Florida who is fellowship trained in sexual medicine and andrology, with a focus on erectile dysfunction, Peyronie's Disease, and infertility. She received her medical degree from Touro University Nevada, completed her urology residency at McLaren Macomb in Metro Detroit, and completed a fellowship in sexual medicine and andrology at University of South Florida in Tampa.

Please Contact Advanced Urology Institute Today.

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INTRODUCING A REVOLUTIONARY TREATMENT FOR MEN AND WOMEN

By Dr. Valerie Sorge and Dr. Lisa Caprio

Alma Duo™ is one of the latest sexual health devices on the market. It's quick, non-invasive, and has been shown to provide sexual health improvements that last for up to two years!

The Alma Duo is the first FDA approved device to use low intensity extracorporeal shock wave therapy that is painless. Through its patented hydraulic tip, it delivers shock waves deep into intimate tissues to cause microscopic damage thereby stimulating regeneration of blood vessels, a process called angiogenesis.

This means more blood flow and a solution to the vascular component of erectile dysfunction. It's named Duo because it has been shown to increase blood flow in women's intimate tissues thus facilitating orgasm, alleviating vaginal thinning and dryness and treating lichen sclerosis. Also offered is PRP and Wharton's Jelly injections directly into the intimate tissues after anesthetized. In women, this is commonly known as the "O" shot which alleviates incontinence when coughing or sneezing and regenerates tissue to help achieve orgasm. For men, commonly referred to as the "P" shot, this injection stimulates new growth and turgor to the intimate organ for girth and firmness. Both are regenerative natural ways to stimulate growth.

First introduced in the 1970s for stone fragmentation, LI-ESWT has since evolved to successfully address medical concerns in orthopedics for its anti-inflammatory benefits and in cardiology to promote angiogenesis, the formation of blood vessels.

What Is Alma Duo™?

LI-ESWT was first used in a medical context in the 1970s to fragment kidney stones. Since then, it has been used in orthopedics because of its anti-inflammatory benefits and cardiology to promote the formation of blood vessels. The effectiveness of LI-ESWT for ED was proven by several clinical studies that provided encouraging results.

How Does Alma Duo™ Work?

When the patented shockwave therapy is applied to the treatment site, it exerts mechanical stress and causes a wound healing response. This process causes new blood vessels to form and breaks up the plaque in existing vessels, resulting in improved blood flow.



ED can occur due to various factors, but Alma Duo™ appears to work best for ED caused by blocked blood vessels. It treats the underlying cause of ED by increasing blood flow.

Am I a Good Candidate for Alma Duo™?

If you have ED caused by vascular disorders, you may be a good candidate for Alma Duo™. However, it's best to schedule a consultation with Dr. Brenman to find out if Alma Duo™ would be the right solution for you. Alma Duo™ is not effective for men with ED caused by psychological or behavioral problems.

Is Alma Duo™ Painful?

Alma Duo™ is a comfortable, pain-free procedure that does not require any topical anesthesia.

How Long Does a Typical Treatment Take?

A typical Alma Duo™ treatment takes about 15 minutes to complete.

Is There Any Downtime?

There is no downtime after Alma Duo™, so you can resume regular activities immediately after treatment. It will therefore appeal to men with busy lifestyles.

How Long Will the Results Last?

The results experienced with Alma Duo™ last an average of 2 years.

Who is more likely to develop erectile dysfunction?

ED affects more than 50% of men over the age of 40 (about 30 million men in the United States alone.)

Globally, 322 million men are projected to suffer from sexual performance issues due to declining vascular function by 2025.

Age is a major determining factor in risk for experiencing ED. Diabetic men are more likely to have ED, while testosterone levels, blood pressure, heart disease, and other health conditions can also play a role.

Including men of all ages, more than 18% of men have some sort of performance issues.

With ED, statistics are imperfect since most surveys are self-reported, meaning men have to be willing to discuss ED to get accurate data. Therefore, we can assume the reported statistics are low.

While men in Denver may find it embarrassing and difficult to talk with a health care professional about ED there are treatments available. No matter how embarrassing this topic can be, remember that a healthy sex life is important for your quality of life and is an important part of a healthy life overall.

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HEART CENTER AT PHYSICIANS REGIONAL CELEBRATING 100 TAVR MILESTONE

Physicians Regional Healthcare System also offers transcatheter aortic valve replacement (TAVR)—a minimally-invasive, life-saving innovation for patients with critical aortic stenosis. This valve disease is caused by calcium deposits that hinder blood flow and can potentially cause congestive heart failure. Patients with severe symptomatic aortic stenosis have a 97% death rate at 3 to 5 years if left untreated. Both cardiologists and heart surgeons perform the FDA-approved procedure, which involves inserting a new valve that expands inside the existing valve.

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

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

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

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

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

"In 2020, heart disease was the cause of death for over 49,000 Floridians. That can cause some fear and frustration for patients, but I want to alleviate that," said Dennis Stapleton, M.D. "Together, we



The Heart Center team celebrated 100 TAVR procedures completed in May of 2022.

can get their life back. Despite the problems that brought them to the hospital, I want them to get back to doing the things they enjoy."

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

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

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

Physicians Regional cardiologists have now screened dozens of patients for the Watchman procedure. The minimally invasive procedure allows

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

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

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

 **HEART CENTER AT
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MEN'S PLASTIC SURGERY

By Gunnar Bergqvist, MD

Plastic surgery was done nearly 4,000 yrs ago for injuries sustained from war or crime punishments. Plastic surgery comes from the Greek word "plastikos" i.e. Mold or give form. Modern plastic surgery was developed during the first and second world wars a tremendous number of horrific injuries were sustained and forced the new development of plastic and reconstructive procedures to help all these victims. This later led to the development of cosmetic surgery. The first transplant surgery (of a kidney) was done by a plastic surgeon, Joseph Murray MD. An advancement that he later got the Nobel Prize for. He proved that a "match was available between twin brothers by first doing a skin graft from one to the other. Plastic surgeons now perform Face and hand transplants.

I have seen a steady increase of male patients seeking cosmetic procedures in my practice, and more so an increased openness and public approval. In 2021 cosmetic surgery had a higher approval rating among men at 57% , higher than any political party.

In the US 80% of all cosmetic procedures are non-surgical. The most common cosmetic male surgical procedures in 2021 were liposuction, eyelids, nose, and breast surgery. Most all can be done in Dr. Bergqvist's, private office.

However, also on the rise as poorly trained or no trained providers emerge in the cosmetic surgery field. Non surgical procedures are still often invasive and can have severe complications. As the popularity of cosmetic surgery has increased, so has confusion related to what is cosmetic surgery and who can do it? Does a spa with or without medical expertise have it? Does board certification in family medicine, anesthesia, gynecology or dentistry implicate expertise? There are a plethora of



unrecognized "Boards" related to cosmetic and plastic surgery. The American Board of Medical Specialist ABMS only recognizes the Board of Plastic and Reconstructive Surgery as such. Membership in ASPS American Society of Plastic Surgeons implies not only board certification in plastic surgery, but also experience in the field and that your provider is held to a higher standard. Be careful and informed about unrecognized experience. There is nothing "weekend" about real plastic surgeons trained here in the US. ASPS Plastic surgeons in general have at least seven years of surgical training after medical school, and have been in practice for several years.

Non surgical Cosmetic procedures

Botox is most commonly used between the eyebrows and around the eyes, and forehead.

Injectables are used to fill deeper lines and defects. All have their pros and cons and last 3 -12 mos. The indication is when you have lost or lack fullness in your face and can sometimes be used instead of a face lift.

Laser stands for Light Amplification by Stimulated Emission Radiation. There are many types. A specific wave length of light is used to target energy at a specific source. Uses range from skin tightening to reduction of hair, removal of age spots, red spots and vessels. Keep in mind that an "IPL" is intense pulsed light it is NOT specific and is not a laser. Tattoo removal has drastically changed in the last several years. The right Laser technology, once again not IPL, can now reduce and remove tattoos in ways never done before. There are other modalities that tighten skin with no cutting such as my Ultherapy system.

Surgeries common among males

Liposuction - A procedure to reduce fat deposits. This is a contouring procedure not a weight loss procedure, skin is not removed if skin need to be removed it's a tummy tuck. You will need to wear a special garment for some time. Results will take about a month to finalize. Added with the new technology of J-Plasma, skin may also be tightened in the area at the same time.

Eye lids surgery to reduce the bagginess and excess skin around your eyes. One week of significant bruising. A brow lift may be done at the same time.

Face lift (Rhatidectomy) - This procedure helps redefine the neck and downward drifting of the face. The scars need to be placed differently in men than women due to beard growth. After surgery you are socially unacceptable for at least one week bruising and swelling for several weeks. Mini lifts are not that mini. Thread lift often brake and recovery is not "mini."

Face lift procedures now also include noninvasive and minimally invasive procedures, where we now can tighten skin thru very small incisions. One example is (Jplasma) Renuvion. This can be done in an office setting or operating room.

Breast reduction in males - Correction of gynecomastia is very common; most men have the condition at some point. Causes range from normal temporary growth, side effect to medication, use of steroids and marijuana. If the condition last for more than a year is most likely not going to go away by itself. This type of surgery has increased by 182 % in the last 20 years.

Rhinoplasty (Nose surgery), is a reshaping of the nose and also reconstructive to help breathing.

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Pain, Dryness & Irritation:

How Women Are Rejuvenating Their Lives

By Joseph Gauta, MD, FACOG

Who doesn't want to feel better and more confident about their sexual health? Many women try to hide their condition from their partner, or suffer in silence because they believe it's "normal" for them. That couldn't be further from the truth. Whether your pain is caused by endometriosis, pelvic conditions, vulvovaginal atrophy, hormonal dysfunction, or from medications, there are answers.

Female Sexual Dissatisfaction Has Many Causes

Natural processes like aging, childbirth and menopause can have deleterious effects on a woman's sexual well-being and sensations. Since we all tend to avoid anything that doesn't feel good, a woman's sexual desires and success in achieving them are inversely related to the atrophy and scarring in the vaginal canal that these life-events can create, like tearing of the vagina during childbirth, dryness of the vaginal tissues after menopause, and the laxity of the vagina causing decreased sexual sensation. Sexual satisfaction can be negatively impacted by hormonal changes after menopause, but many women cannot take vaginal estrogens or do not find this treatment to be effective or convenient enough. This is where laser energy comes in: CO2 laser energy has been proven to regrow normal collagen (a necessary protein found in all of our organs) in the vaginal and vulvar tissues leading to improved "accommodation" and "stretchiness" of the vagina which in turn leads to greater sexual satisfaction and lubrication and a decrease in discomfort during and after sex.

CO2RE Intima

Although, hormone therapy can be used to treat vaginal vulvar atrophy and dyspareunia (painful intercourse), sometimes it isn't enough. The CO2RE Intima procedure has helped countless women enjoy life like they used to. It is noninvasive, nonsurgical and is performed in your physician's office.



You don't have to live with pain and dryness any longer. There is a better way to age well, enjoy intimacy again and regain your life.

CO2RE Intima Benefits:

- CO2RE Intima is an in-office, non-surgical laser procedure to restore vaginal health, by improving hydration and promoting healthy vaginal pH
- Each CO2RE Intima treatment relieves symptoms of vulvovaginal atrophy, rejuvenates vaginal tissue and treats exterior tissue to improve vaginal cosmetic appearance.
- 100% showed significant improvement in vaginal health (elasticity, fluid volume, pH level, epithelial integrity and moisture)
- 91% reported an improvement in dryness



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Joseph Gauta MD

Dr. Gauta is the founder of The Florida Bladder Institute located in Naples, FL. He is the first physician in SW Florida to be dual board certified in Female Pelvic Medicine & Reconstructive Surgery as well as OB/Gyn. The Florida Bladder Institute continually delivers the highest quality of care with compassion, discretion and dignity to their patients. A full array of the latest diagnostic, therapeutic, rehabilitative and surgical techniques are offered. The Florida Bladder Institute is an independent healthcare practice, not employed by a hospital or insurance companies.

NEW TECH TO TREAT NEUROLOGICAL CONDITIONS

BY DR. LINELL KING

What is MeRT?

MeRT, which stands for Magnetic Resonance Therapy, is a highly customized use of Transcranial Magnetic Stimulation or TMS, based on sophisticated diagnostics. It is a non-invasive, painless, and drug-free option for the treatment of a wide range of neurological conditions. MeRT protocols start with a quantitative EEG or qEEG. The qEEG allows us to see patterns of dysfunction that identify varying disorders of the brain, such as learning and behavioral issues, emotional disorders, brain injury, and others. The qEEG done on each patient provides us with a map that guides each individually tailored treatment. The equipment used for treatment with MeRT is FDA-cleared. It generates magnetic waves that allow us to gently stimulate specifically targeted areas of the brain. MeRT Treatment protocols have seen some incredible success in improving conditions such as Autism Spectrum Disorder, Post-Traumatic Stress Disorder (PTSD), Traumatic Brain Injuries and Concussions, Depression, Anxiety, Sleep Disorders, and many more. Our Platform analyzes brainwave data to deliver targeted treatment parameters and give you the best outcomes possible. By combining our deep expertise in neuroscience with machine learning analysis, we can decode and classify functional indicators in the brain that can be changed by using individualized treatment tools.

How can MeRT help you?

The brain is composed of approximately 100 billion neurons. It's interesting because the brain works through populations of neurons interacting with each other. One of the ways that they interact is through tiny electrical oscillations or brain waves. If we can positively affect injured or non-neurotypical brains, we may not be far from improving connections in healthy brains and enhancing intelligence in a generalized way. The quality of behavior between your neurons can be disrupted by many things; you may have a sleep disorder, congenital condition, chemical trauma / addiction, an acute injury to the head, and high amounts of stress / emotional trauma. Disruptions can be minor or significant - everyone has different thresholds of tolerance, but what is amazing is that with a little nudging in the right direction, the brain can be improved.



Through the measurement and analysis of your brainwave activity, we identify disruptions to your brain network and build treatment parameters specifically tailored to your needs. In most cases we can visibly reshape brainwave activity, regardless of what may have caused the disruption to begin with. The MeRTSM platform is a patent protected process that is currently undergoing rigorous research by the Department of Defense and several private institutions. Studying brainwaves is the future of care for so many illnesses and disorders. By assessing the communication quality between the networks of neurons in your brain, we are informed about how you might be experiencing the world.

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



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Bunions Are Quite Painful

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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



Fashion and trends in shoe wear are often the cause of women's discomfort and issues with their feet. One condition in particular that has been plaguing women for years is bunions. Like other inflammatory arthritic conditions, bunions can be hereditary. It's not uncommon for patients to tell their podiatrist that their mother, sister, or aunt had bunions. After the age of 40, many women begin to notice that their big toe joint hurts, and in moderate to severe cases, it may even begin to protrude and rub on the inside of their shoes. Once this happens painful sores can form, and the joint may begin to swell, causing even more discomfort.

What Can You Do?

Many women will try and work through the pain, but bunions are progressive and once they become inflamed, many people succumb to wearing more comfortable shoes, or using gel toe inserts that help keep the toes in the proper alignment. Icing the foot can help to tamp down inflammations, as well as taking NSAID's (ibuprofen) as needed to lessen the discomfort.

When the conservative approach begins to stop working, which is NOT unusual as most bunions fail to heal on their own, surgery is the definitive answer.

Collier Podiatry Offers Advanced Surgical Options

In bunion surgery, the toe bone is cut in half, and part of the bone is removed. In many cases, there is a need to relieve tension on surrounding ligaments and tendons to try and realign the joint and bones. Generally, bunion surgery is done under an ankle block, which means that your foot will be completely numb, but you will not need to go under general anesthesia in most cases. Surgery can include removing boney spurs, removing part of the toe bone, relieving tension on ligaments and tendons, realigning and reconnecting the joint and

bones. Depending on the complexity of your surgery depends on your need and level of anesthesia.

The total recovery can take a few months, but initially, you will be in a protective boot or cast for the first two to four weeks. You will be able to get around, but you must take precautions as to not injure your surgical site, and instead, allow the foot and toe time to heal properly.

BUNIONS ARE PAINFUL! It's always best to be proactive and get them treated before they get too advanced.

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Ready to Lose Weight? We Can Help

By Cederquist Medical Wellness Center

Dr. Cederquist understands the most common reasons you are not losing weight. When exercise, dieting, and calorie counts to the tenth of a decimal point have not worked for you, we can offer you real help and simple solutions.

This is not a one-size-fits-all approach.

We understand how frustrating and humiliating it can be to try everything to lose weight without any real results. When exercise, dieting, and calorie counts to the tenth of the decimal point have not worked for you, Cederquist Medical Wellness Center is here to help.

We offer you real help and simple solutions. You likely have a metabolic condition that makes it extremely difficult to lose weight, and very easy to gain weight. If you want to achieve steady, regular weight loss, you must first correct this metabolism before you can begin to lose weight.

With her team of specialists, Dr. Cederquist is able to diagnose and treat the reasons why individuals have so much trouble losing weight. This is not a one-size-fits-all approach. Based on laboratory results, Dr. Cederquist creates a customized program designed specifically for you. With your own personal dietitian, as well as constant medical

supervision, you will begin to see results. Our patients begin feeling healthier, leaner, and more energetic than ever before.

What makes us different from every other weight control program in country is our ability to personalize our recommendations exactly to your food preferences, allergies, and schedule. Keeping in mind that your time is valuable, we can tailor a program just for you, and modify it as needed every step of the way.

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It's Not Just For The Ladies!

By Dr. Anne Marie Tremaine

The male aesthetic market continues to grow and expand year over year. Male patients are undergoing cosmetic procedures with the goal of a natural, but rejuvenated, face and skin. Motivation for such procedures is a mixture of social and work-related pressures to look young and fit.



Each year, prestigious medical societies poll physicians to determine the number and type of treatments provided to patients. Statistics from the American Society of Plastic Surgeons reported that male patients most commonly received the following non-invasive cosmetics procedures:

#1 Injectable neurotoxins: Botox® and Dysport®

- Treats wrinkles of movement on the face and neck.
- Used to smooth forehead furrows, frown lines, crow's feet, dimpling of the chin, lift the corners of the mouth, and correct a gummy smile.

#2 Injectable fillers: Juvederm® and Restylane®

- Used to replace areas of volume loss and fill fine lines.
- Commonly used to smooth the nasolabial folds and marionette lines.

#3 Chemical peels/ Facials

- Our medical aesthetician, Doris Butchin, can customize a treatment that reinvigorates the skin and is also a relaxing getaway.

#4 Laser treatments for brown spots, sun damage, wrinkles, broken blood vessels, and laser hair removal

- We have multiple laser treatments at Skin Wellness Physicians depending on what you are looking to treat, and how much down time you can afford.
- Our most popular laser treatment for men is the Pulsed Dye Laser which treats redness and broken blood vessels on the face. This laser has little down time (some redness and swelling) and is repeated 2-4 times at four-week intervals.
- The Broad Based Light treatment (BBL) is another favorite. It is beneficial in that it treats both redness and brown spots and has little downtime. This is also a series of several treatments.
- Halo™ is an ablative laser treatment that packs a little more punch. It does have more downtime than the previous two, but it is very effective for improving skin texture and tone, and removing brown spots and fine lines.
- Fractionated Co2 is the gold standard for wrinkles. Men may choose to treat their entire face or spot treat. For example, those trying to put off a surgical procedure to tighten the skin around the eye, will often turn to this laser first.

#5 Platelet-rich plasma (PRP) therapy is a rapidly growing treatment for hair loss, specifically male pattern hair loss.

- Hair loss often needs a multifaceted approach with topicals, oral supplements, oral prescription medications and PRP.
- PRP is injection of a patient's own platelets back into the body. A small amount of blood is taken and spun down to extract the concentrated plasma. This concentrate is then injected into the scalp to stimulate new hair growth.

I've covered a lot of information and I know it can be overwhelming to know what might be right for you. That's why it is always best to come in for a cosmetic consultation where a one-on-one evaluation will allow us to create a treatment plan specifically tailored for you!

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 dermatology. 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



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Relief for Parkinson's Symptoms

People with Parkinson's disease are becoming more interested in learning how medical marijuana and cannabidiol (CBD) can relieve symptoms associated with the disease. Medical marijuana is a type of complementary and alternative medicine (CAM) that has not traditionally been used in the medical community. Parkinson's disease is a neurodegenerative disease with no cure, but some studies have shown that medical marijuana helps relieve symptoms.

The endocannabinoid system is in the brain and made up of cannabinoid receptors (a receptor is molecular switch on the outside of a cell that makes something happen inside a cell when activated) that are linked to neurons (brain cells) that regulate thinking and some body functions.

Researchers began to show enthusiasm to study cannabis in relation to Parkinson's Disease (PD) after people with PD gave anecdotal reports and posted on social media as to how cannabis allegedly reduced their tremors. Some researchers think that cannabis might be neuroprotective—saving neurons from damage caused by PD. Cannabinoids (the drug molecules in marijuana) have also been studied for use in treating other symptoms, like bradykinesia (slowness caused by PD) and dyskinesia (excess movement caused by levodopa).

With the legalization of medical marijuana, many states are approving the use of it in a non-traditional way to treat the symptoms of certain conditions, including Parkinson's disease. Marijuana has two major components to it—tetrahydrocannabinol (THC) and cannabidiol (CBD). Both may help with nausea and muscle pain or spasms, but unlike THC, CBD doesn't give you the "high" feeling marijuana is most known for. This makes it an enticing, natural way for many to help treat their Parkinson's disease symptoms. What's more, is that because CBD is a natural compound from the Cannabis sativa plant, using it may also leave you side effect-free, unlike many prescription medications.

The body of research on using CBD for Parkinson's disease symptoms is rapidly growing, as Parkinson's disease affects 1% of the population over 60 years old. Parkinson's disease is a neurological condition, affecting the nervous system. Parts of the brain that produce dopamine, which is responsible



for sending messages to the body to direct movement, become damaged or die. This results in tremors, muscle stiffness, the inability to use facial expressions, and trouble balancing.

Those dealing with Parkinson's disease may also have trouble sleeping due to REM sleep behavior disorder (RBD), a condition in which patients 'act out' their dreams while asleep. A study published in the *Journal of Clinical Pharmacy and Therapeutics* found that four patients with Parkinson's disease who also suffered from RBD had a decrease of RBD symptoms during sleep with the use of CBD.

CBD has been discovered as an effective way to help treat Parkinson's disease symptoms because it interacts with two cannabinoid receptors in the body found on certain cells called CB1 and CB2. By interacting with one or both receptors, CBD may delay tremor development as well as have protective neurological benefits. But as seen with the above studies, there is no uniform approach or conclusion on this treatment method. This means that patients may react differently to using CBD, some having tremendous success while others seeing little difference. But regardless of whether CBD is an effective treatment option for you, you always need to consult your treating physician to make sure this treatment will not cause side effects.

While the research on CBD to treat Parkinson's disease symptoms is largely inconclusive, its mild effect on patients makes it enticing to try in addition to an existing traditional treatment plan. Parkinson's disease has no cure. But with prescription medication, therapy, and now perhaps the use of nontraditional options like CBD, patients may be able to experience less frequency and severity of symptoms that affect their motor skills.

If you're interested in trying CBD for Parkinson's disease, talk to your healthcare provider about it. They will be able to point you to the latest research and provide recommendations on how much you should take. They will also be able to monitor your progress with the rest of your care team to conclude if this is the right treatment plan for you.



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ARE YOU ONE OF THE MILLIONS OF AMERICANS SUFFERING FROM MIGRAINES?

By Dr. Melissa MacVenn, *WellcomeMD, Naples*

I would like to talk about some new research on help with a debilitating chronic condition that thirty-nine million Americans suffer from: Migraines.

Migraines are severe headaches characterized by intense, throbbing pain throughout the head. It can last up to two days and attacks can occur several times a month – talk about a condition that can really diminish your quality of life! Women are three times more likely than men to suffer from the condition, and often experience more symptoms such as nausea and vomiting.

Men, however, are more likely to have migraines with auras; flashes of light, a blind spot, a change in vision or tingling sensation in the face or hands. These symptoms can be very concerning and upsetting.

I often recommend keeping a headache journal to record what you ate, what you were doing, and where you were when you felt a migraine come on. This can be useful. But if your trigger is a change in weather or a drop in hormone levels during your menstrual cycle, it's going to be extremely hard – if not impossible – to eliminate these triggers from your life.

New research by the *Journal of Headache and Pain* identifies inflammation as a key component in migraine attacks. The study found inflammation, which is our body's immune response, signals protein clusters to stimulate neurons and cause pain. Therefore, getting to the root of the issue, making changes to eliminate chronic inflammation, can produce better results for migraine relief than limiting the medical response to triggers.

Key contributors to migraine related inflammation, according to recent research:

- **Stress:** Prolonged stress leads to elevated cortisol in the body, which causes not only inflammation, but can disrupt the digestive system, reproductive system, and growth processes in the body.



- **Inflammatory foods:** These include red and processed meat, soda and sugary beverages, refined carbohydrates (white bread, white rice, pasta, pastries, etc.), refined sugars, fried foods, and trans fats.
- **Excess weight:** Research from Washington University School of Medicine in St. Louis confirmed that fat cells inside the abdomen secrete molecules that can increase inflammation.
- **Low vitamin levels:** If you're low in Vitamin D, folate, magnesium, Riboflavin (B12) and CoQ10, you may be more prone to migraine headaches.
- **Not eating enough antioxidants:** Foods such as berries, leafy greens, nuts, olive oil and fatty fish are all excellent sources of anti-inflammatory antioxidants.
- **Caffeine and alcohol:** Women metabolize caffeine and alcohol more slowly than men, and while every individual is different in tolerance levels, limiting caffeine and alcohol to no more than 1-2 servings a day may help limit the negative effects both these toxins have on the body.
- **Not getting enough exercise:** According to the American Migraine Foundation, regular exercise can help reduce the frequency of migraines. Exercise releases endorphins which are the body's natural pain killers, and it helps reduce stress, improve sleep quality, and maintain a healthy weight—all things that can contribute to inflammation and subsequently, migraine headaches.

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SEVEN HEART-HEALTHY TIPS FOR SUCCESSFUL AGING

By Greg Pascucci

A heart-healthy lifestyle and successful aging typically go hand-in-hand. It's never too late to begin assessing your risk for heart disease and taking steps to protect your heart while staying healthy.

HERE ARE SEVEN TIPS FOR STAYING HEART-HEALTHY:

1. Eat the Right Fats

Reduce your intake of unhealthy fats such as saturated and trans fats like fatty meats, cakes and pies. Instead, increase your intake of healthy fats like avocado and nuts.

According to the Academy of Nutrition and Dietetics, a general goal is for 20-35 percent of your total daily calories to come from healthy fats, such as polyunsaturated and monounsaturated fats, and fewer than 10 percent of calories per day from saturated fats.

2. Reduce Salt Intake

High salt intake can increase your blood pressure and put you at risk of heart disease. Limit your intake to less than 140mg of sodium per serving and avoid processed foods.

"Seniors may experience a decline in taste or smell, causing them to begin adding too much sugar or salt to food to improve the flavor," explained Marlon Perez, executive chef at The Carlisle Naples, an active retirement community. "This, in turn, can impact their health long term. "If the decline is not connected to an underlying issue such as an upper respiratory infection, consider using herbs and spices to enhance the flavor of food without adding extra calories or sodium."

3. Increase Fruits & Vegetables

Fruits and vegetables contain important antioxidants and phytochemicals that help protect your heart. Aim to get five servings of fruits and vegetables per day.

The Carlisle's FreshZest menu, part of the expansive dining choices available in the community's restaurant, incorporates plant-based, whole-food options such as Artichoke with Cremini Mushroom Eggplant Cannelloni, Crispy Bean Chimichanga, Potato and



Spinach Gnocchi and Pad Thai Spaghetti Squash. The delicious and nutritious options are perfect for residents wishing to incorporate more fruits and vegetables into their diets.

4. Get Moving & Stay Active

Set a fitness goal! Aim for 30-40 minutes of physical exercise per day, including two times a week of muscle strengthening exercises. Make sure all exercise programs include flexibility and stretching.

At The Carlisle, there are a myriad of health and wellness opportunities. From aquacise in our outdoor pool to a workout in our state-of-the-art fitness center, our community offers programs to encourage a healthy lifestyle.

Plus, an added bonus is residents find motivation and inspiration from their neighbors in addition to the convenience of classes within steps of their residences

5. Keep a Healthy Weight

A healthy body weight improves your cholesterol levels, reduces inflammation and controls blood pressure. Your BMI (Body Mass Index) is a way to calculate if you're at a healthy weight. A BMI between 18.5 to 25 is a heart-healthy weight.

The National Institutes of Health reports that our metabolism can change as we age. This means some older adults must become more active or eat fewer calories to maintain or achieve their ideal weight.

The Carlisle's heart-healthy selections and delicious yet nutritious dining options help residents make smart food choices, keys to optimal weight.

6. Make Healthy Choices

Limit alcohol and avoid tobacco. If you're a smoker, speak with your doctor on ways to quit.

Smoking increases the risk of developing cardiovascular disease, cancer and diabetes. However, research shows quitting at any age can reduce one's risk and improve overall health.

7. Monitor Blood Pressure

As we age, our blood vessels lose elasticity. Lower elasticity equals higher blood pressure. Seniors should take extra steps to protect their hearts. 120/80 is normal blood pressure and 60-80 beats per minute (resting) is a healthy pulse range.

Resident blood pressure checks are offered monthly as part of the numerous health and wellness programs offered at The Carlisle Naples.

"There's an entire team dedicated to fostering a heart-healthy lifestyle – from activities to fitness classes and dining," said resident Mary Bradley. "I feel younger and healthier than I did when I moved to The Carlisle!"

Located at 6945 Carlisle Court in Naples, The Carlisle offers independent and assisted living lifestyles featuring spacious one-and two-bedroom residences, weekly house-keeping and flat linen services, basic cable TV, all utilities except telephone, and delicious dining with daily, chef-prepared specials. The community is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF), an important distinction that provides residents with the assurance that the highest standards of quality care, services and safeguards are maintained. For more information about the community, please call 239-221-0017 or visit www.TheCarlisleNaples.com.



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ARE CRYPTOCURRENCIES CONSIDERED ASSETS IN A DIVORCE?

By Kenneth V. Mundy, Florida Divorce Attorney



Many of you probably have numerous questions about cryptocurrencies, such as are they legal assets? Are said currencies considered an asset at all? How are these currencies treated in a dissolution of marriage proceeding? Naples family law and divorce attorneys at Woodward Pires & Lombardo, P.A. are here to answer these very questions.

What Are Cryptocurrencies?

For a family law attorney to provide sound advice regarding a spouse's assets, he or she must understand what the assets actually are of any given marital estate. Cryptocurrency is effectively digital money that is mined for and managed electronically through computers. The most popular version of cryptocurrency is Bitcoin, followed by Ethereum. However, more than 5,000 different types of such currencies now exist.

Are They Legal Tender?

No, cryptocurrencies are not legal tender. Nevertheless, this does not mean cryptocurrencies are not legal assets. If divorce counsel refuses to target a spouse's assets claiming they are not legal, they may not know what cryptocurrency is. Every single type of cryptocurrency is a legal asset, meaning it is subject to equitable distribution of the parties in a dissolution of marriage action.

Why Is It Important to Know This?

It is vitally important to become informed of cryptocurrency because a spouse may try to hide assets by using it, such as Bitcoin. Does your spouse currently claim they are broke, but somehow manage to live a luxurious lifestyle? Perhaps they are intentionally concealing assets in a form of cryptocurrency.

When it comes time for the assets and property of both spouses to be divided in a divorce settlement, an experienced family law attorney will want to discover everything in the other party's arsenal. This includes uncovering the existence of any cryptocurrencies and thereafter, determining how much of it they possess. If you are facing divorce, you will want to know the answer to this question to ensure you receive your fair share of the marital estate.

What Difference Can a Naples Family Law Attorney Make?

First, it is critical you retain a lawyer having vast knowledge of cryptocurrency so they know precisely what to look for. With over 5,000 specific types of cryptocurrency, it will require extensive digging. Therefore, your lawyer must be willing to put in the time and effort to uncover the existence of said assets.

As we mentioned earlier, people who are anticipating a divorce may hide assets in one or more forms of cryptocurrency. As the estranged spouse of this person, you are entitled to your share of this as well as native currency and property.

How Are Cryptocurrencies Treated in a Divorce Settlement?

In Florida, cryptocurrencies are treated like any other asset. The key is hiring a lawyer willing to go that extra mile for you to determine if your spouse has any of them and thereafter, ascertain how much of said currencies exist.

What Should You Do If This Situation Applies to You?

If you suspect your soon-to-be-ex spouse is withholding or concealing assets via different forms of cryptocurrency, promptly contact a family law attorney to assist. Our divorce attorneys in Naples, Florida at Woodward Pires & Lombardo, P.A. are here to help.



ABOUT THE AUTHOR

Kenneth V. Mundy is an associate attorney with the law firm of Woodward, Pires & Lombardo, P.A. For undergraduate school, Ken graduated cum laude from Florida Gulf Coast University in 2013. Thereafter,

Ken graduated summa cum laude from Ave Maria School of Law in 2016, where he obtained his Juris Doctor. Originally from New Jersey, Ken moved to Naples, Florida, with his parents and sister in 1997. Ken continues to happily reside in Naples with his wife, Taylor, and son, Dallas.

Ken is a Certified Financial Litigator focusing on family and marital law, including but not limited to complex divorces, child custody disputes, child support and alimony issues, relocation, paternity actions, and domestic violence proceedings. Ken is committed to protecting, educating, and guiding each client through the difficult and challenging processes associated with family law matters. In every case, Ken ensures his clients are placed in a position to make decisions in the best interest of themselves and their families, while also maintaining their dignity and self-respect.

Ken is also very involved in the community as he is on the Board of Directors for Meals of Hope and the Naples Junior Chamber, both of which are not-for-profit entities.



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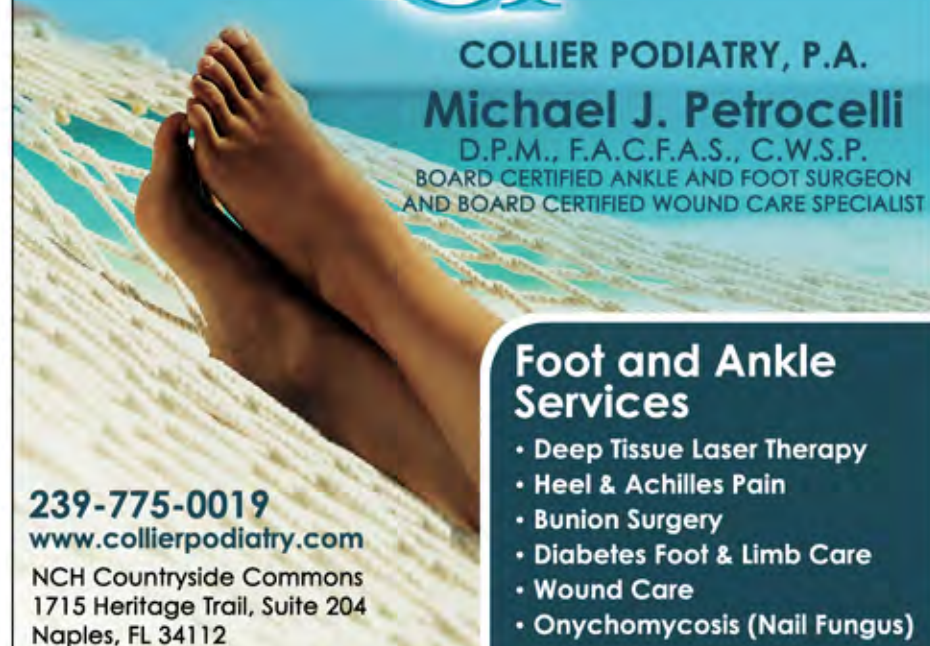
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Empower yourself: understanding treatment options for breast cancer

"You have breast cancer," are four words no woman wants to hear. As scary as they may sound, it's important to know that advancements in treatment are allowing patients to live longer, healthier lives. If you are one of the nearly 287,850 women diagnosed with invasive breast cancer, or another 51,400 diagnosed with non-invasive breast cancer this year¹, it is important for you to understand your options.

In general, breast cancer treatment typically includes a combination of therapies, such as breast surgery, medical oncology (chemotherapy or hormonal therapy), and radiation oncology.

Surgery

Nearly all women will require surgery as part of their breast cancer treatment. Many times, surgery is done first after a diagnosis has been made but there are also times where systemic therapies can be used first to help shrink the tumor. Common types of surgery include:

- Excisional biopsies, which are done when a needle biopsy was not conclusive or if the results of a biopsy do not match concerning features on mammogram, ultrasound, or MRI.
- Breast-conserving surgery (sometimes called a lumpectomy or partial mastectomy, and examination of the lymph nodes), which removes the tumor and some surrounding tissue.
- Mastectomy, which removes the entire breast, is more commonly recommended if the tumor is large (greater than five centimeters), if there is a genetic mutation increasing the risk of future breast cancers, or if there are multiple tumors in the breast.

While surgery can sound overwhelming, there are certain procedures that, if appropriate, can help spare the nipple or reconstruct the breast following removal.

Medical oncology

Systemic therapies may be recommended before or after surgery. This includes chemotherapy, hormonal therapy, targeted agents, and/or immunotherapy. Chemotherapy, when provided prior to surgery, may help shrink the tumor and allow for a less invasive procedure. When chemotherapy is given after surgery, it may help kill cancer cells that were left behind and help prevent recurrence. Depending on the genomic and genetic makeup of a person's cancer, targeted therapy or immunotherapy may be prescribed as well. And in many instances, hormonal therapy, which blocks the effects of estrogen on breast cancer cells, is offered at the end of treatment to help reduce the risk of recurrence.

Radiation oncology

In addition to systemic therapies, radiation therapy is often administered. Over the past several years, radiation therapy has advanced, allowing for a more targeted and precise approach that spares surrounding healthy tissue. Radiation therapies for breast cancer include:

- External beam radiation therapy (EBRT), which aims a carefully shaped x-ray beam from multiple angles directly toward the treatment site within the breast, chest wall, or under the arm.
- Accelerated partial breast irradiation (APBI), which can either be delivered from outside the body or from within the body with the use of tiny radioactive seeds temporarily placed inside or catheter placed during a surgery. Treatment is usually delivered in one week, making it a convenient option for women with early-stage disease.
- Intraoperative radiation therapy (IORT), which is delivered at the time of surgery, is also a convenient type of treatment offered for early-stage invasive cancers. Because of its condensed dose, some follow-up radiation treatments are sometimes needed.

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1. American Cancer Society. cancer.org.



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The Lumbar Spine Puzzle: Interventional Pain Management

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

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

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

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



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

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

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



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9 TIPS TO PREVENT ALZHEIMER'S DISEASE

By Nasser Razack, MD, JD

Alzheimer's has a devastating effect that many people take for granted. Let's discuss nine ways to prevent the disease and promote better brain health.

1. Engage in brisk walking for at least 30 minutes five times a week. This can reduce Alzheimer's disease risk by 33%. Vigorous aerobic exercise performed three times weekly for at least 20 minutes can also bring it down to 50%. Quite simply, exercise delivers more oxygen and nutrients to your brain, helps repair damage, and removes toxins.

2. Partake in activities that are interactive and mind-engaging. These include playing challenging games such as chess or bridge. Other activities include learning a new instrument or a new language; you can also partake in a new practice such as yoga. These new and diverse activities allow your brain to grow by forming more neural connections. In a sense, all these are also exercise for the brain.

3. Avoid toxins. For example, midlife smoking can double the rate of dementia. Smoking is a fairly obvious toxin, but we are also constantly barraged by other harmful substances throughout our life without knowing it. Please visit Cosmeticsdatabase.com to find out what toxins may be affecting your health. You can check any product you currently use to determine their toxicity.

4. Engage in social activities. A recent Harvard study demonstrated individuals with at least five strong social ties (people they enjoy spending time with) had a 50% reduced rate of cognitive decline compared to those who were more isolated.

5. Have a purpose and life direction. Researchers at Rush University Medical Center demonstrated that people with the highest level of purpose and direction in life had a 2.4-fold reduced risk of developing dementia. So find your passion, pick a cause that is meaningful to you, and work on it regularly!

6. Relax and rejuvenate. There are different ways to do this including prayer, meditation, exploring nature, reading a book, visiting the spa, getting a massage, doing yoga and other forms of exercise. This is important because the opposite of relaxation is stress which can actually damage your brain.

7. Protect your head to prevent brain injury. Patients with head injuries have 2 to 4 times the rate of developing Alzheimer's disease. For most



people, the highest risk of head injury is while driving, so always wear your seatbelt and avoid texting. People who text behind the wheel increase their risks for accidents by as much as 23 times compared to those who don't. One study demonstrated this was equivalent to driving after having four alcoholic drinks. Head injury is also believed to result in increased inflammation, another factor associated with Alzheimer's disease. Recovery from stroke can also increase brain inflammation, with approximately 30% of stroke survivors unfortunately developing dementia.

8. Reduce inflammation. You can achieve this with a non-inflammatory eating plan such as the Mediterranean diet which favors 7 to 10 servings of fruits and vegetables daily. This diet also includes wild fish twice weekly, plus lots of nuts, almonds, walnuts, beans, and legumes. Additionally, there is a significant social component to this diet as advocates typically interact with each other while they dine.

Researchers also demonstrated that natural substances can reduce inflammation. Neurcumin® is an all-natural supplement which contains many natural agents uniquely formulated to synergistically fight inflammation.


9. Have a positive outlook. A positive mindset offers tremendous protection against Alzheimer's disease. In "The Nun Study", researchers demonstrated nuns who had the highest usage of positive words and emotions in their journals aged better and lived longer, healthier lives. Even more remarkable, these incredible women donated their bodies to science. When their brains were examined after death, the researchers found biomarkers typically associated with Alzheimer's disease (neurofibrillary tangles and beta-amyloid plaques). However, these nuns did not have Alzheimer's disease symptoms. It's as if they derived a neuro-protective effect by maintaining a positive outlook. Further, this is an extremely strong message that we have to reduce any negativity in our lives. Negativity is literally toxic, even deadly.

You can remember all of these preventative measures by simply recalling the acronym, "PREVENT AD".

P	Purpose and life direction
R	Relax and rejuvenate
E	Exercise daily
V	Very positive outlook
E	Engage in social interactions
N	No head injuries
T	Toxin avoidance
A	Activities that stimulate your mind
D	Diet (anti-inflammatory)

It also helps to partner with a prevention-oriented physician. Specifically, find a physician that understands the importance of exercise and nutrition in the prevention of Alzheimer's disease. Notice that this is the last item on the list because everyone must be proactive when it comes to healthcare. No one is more concerned with your health than you are. Partnering with a physician is great but you must be in control of your daily activities which, compounded over time, will either hurt you or help you.

To learn more about Neurcumin® and the prevention of inflammatory diseases such as Alzheimer's disease, stroke and heart attacks, please visit Neurcumin.com. You may also call 727-289-7139 or email us at strokenerd@gmail.com for more information.

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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.



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

By Richard Hiler, DABCN

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

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

PERIPHERAL NEUROPATHY SYMPTOMS

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

STOP MASKING SYMPTOMS AND PAIN

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

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



Physical medicine provides alternative therapeutic and rehabilitating procedures can significantly improve the condition, offer pain relief and limit drug dependency.

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

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Parkinson's Disease

What You Need to Know

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?

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A DIFFERENT HEALTHCARE CAREER PATH

By Dr. Francis Ikeokwu

Not all healthcare careers lead to patient care. If you have a passion for numbers, hospitals and other medical facilities need controllers, auditors and senior accounting directors to oversee the financial side. These positions require the Certified Public Accountant (CPA) designation and a master's degree.

Why do these organizations want a CPA? It's a widely-recognized and respected professional standard that demonstrates you're knowledgeable and dedicated to the accounting profession. To earn this designation, you must graduate with a master's degree, which prepares you to take the CPA licensure exam.

Why become a CPA? There are plenty of reasons, ranging from opportunities to salary. If you're already working for an organization, then passing the CPA exam may mean a bonus for you. More importantly, it could mean advancement within the organization. Over the course of a career, CPAs will make, on average, \$1M more than a non-certified professional will. Public accounting is a steady and stable career choice. Having the CPA designation behind your name makes you an even more attractive candidate for any position you seek.

At Hodges University, we are offering the Masters in Accountancy degree program, and classes start in the fall. You can graduate in 14 months and it's offered 100 percent online. This allows you to continue working while earning your degree. Your professors, myself included, bring practical and real-world experience to every class, so that you build upon your foundational skills. We have a true passion for all that is accounting. Your classes are eight weeks each, and areas of study and application include forensic accounting, international accounting, government and non-profit accounting, tax practice and representation, advanced managerial accounting, and advanced independent auditing. You'll also get real-world experience with an internship.



There is a need, especially in Florida, for CPAs. According to the Bureau of Labor Statistics (BLS), Florida is in the top five of states in the country that needs CPAs. The average annual salary is

\$76,320, but a quick look on job sites shows that many of those organizations are offering even higher wages.

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Dr. Francis Ikeokwu is the lead faculty/professor for the accounting and finance programs at Hodges University.

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We're all Looking for Ways Age Well: Why That Must Also Include Eye Health

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

Recently, the American Academy of Ophthalmology presented an article entitled, "Fighting the Signs of Aging? Don't Forget the Eyes," by Reena Mukamal. I wanted to share it due to its critical points on many eye symptoms that individuals often ignore. Ignoring these symptoms can intensify treatable disorders and exacerbate disease. It can even lead to low vision or vision loss.

Common eye concerns for adults 40 and older

It's a fact of life for adults. Just like wrinkles, slowing metabolism and graying hair, your eyes are eventually affected by age. It's important to understand how your eyes change with age and what you can do to keep them in the best health possible.

Here is a summary of common eye conditions and diseases experienced at different stages of adulthood. Some of these changes are normal, age-related developments. Others may be signs of a vision-threatening disease or condition. But all of these are reasons why the American Academy of Ophthalmology recommends that everyone start seeing an ophthalmologist at age 40 to ensure early diagnosis and treatment that may save your sight.

Presbyopia

Beginning in the late 30s and early 40s, the lens in your eye loses flexibility, making it difficult to read up close. This condition is called presbyopia (which literally means "aging eye") and is commonly treated with over-the-counter reading glasses, though other treatments are also available.

Dry eye

Dry eye develops with age and is a common problem for women during pregnancy and menopause. These hormonal changes cause changes in the eye's tear production. Certain medications can also cause dry eye. If you have dry eye, you may be prone to an eyelid irritation called blepharitis, a common cause of irritation or swelling of the eyelids. In addition to seeing an ophthalmologist, there are many simple things you can do at home to keep your eyes moist.

Diabetic retinopathy

People in their 50s, 60s and 70s with diabetes are most at risk for this disease. Diabetic retinopathy occurs when the small blood vessels inside the retina

swell, leak fluid or close off completely due to elevated blood sugar levels. But you can take steps to prevent diabetic retinopathy with tight control of blood sugar and blood pressure levels. It is also critical to see your ophthalmologist regularly for diabetic retinopathy screening exams.

Cataracts

Cataracts are very common in older people. As you age, proteins in your lens begin to clump together. These clumps, known as cataracts, make the lens less transparent and cause blurry, cloudy or dim vision and increased glare. Many people with the condition describe it as similar to looking out of a dirty windshield. Cataracts can interfere with daily activities like driving at night and distinguishing colors. Treatment can include glasses for early stages of cataracts and surgery to remove them.

Glaucoma

Glaucoma damages the optic nerve, which transmits visual information to the brain. This damage often leads to loss of side vision. Left untreated, this can lead to complete blindness. Glaucoma is most common in people age 55 and older. One of the problems with glaucoma, especially open-angle glaucoma, is that there are typically no symptoms in the early stages. Many people who have the disease do not know they have it. This is why it is important, especially as you get older, to have regular medical eye exams.

Floaters and Flashes

As people grow older, the fluid that fills the inside their eye starts to shrink, forming clumps or strands. These can appear as "floaters" (small specks or lines moving in your field of vision). This fluid can also pull away from the back wall of the eye, causing you to see "flashes" (flashing lights or lightning streaks in your vision). This is normally harmless, but in some cases, it can lead to retinal detachment and cause blindness. If you experience new floaters and flashes, it's important to see your ophthalmologist as soon as possible, especially if you are over age 45, are nearsighted or have had eye injuries in the past.

Source: <https://www.aao.org/eye-health/news/fighting-signs-of-aging-don-t-forget-eyes>

Age-related macular degeneration (AMD)

AMD affects the central vision, limiting a person's ability to read and recognize faces. This can be caused by a thinning of the macula (the light-sensitive part of the retina) or by a growth of abnormal blood vessels under the retina. AMD can lead to blindness if not treated and it is the leading cause of blindness in Americans over 65. But early and regular visits to the ophthalmologists can reduce vision loss and, in many cases, recover vision.

So what's the best defense for aging eyes?

You can keep your eyes in the best shape possible by being proactive. Don't wait to develop symptoms before seeing an ophthalmologist. The Academy recommends that all healthy adults, even those without symptoms, have a comprehensive eye exam by age 40, as this is when age-related changes begin to happen to our eyes.

After the baseline exam, adults should have comprehensive exams:

- Every two to four years until age 54
- Every one to three years until age 65
- By age 65, every one to two years, or as recommended by your ophthalmologist.

Some adults may need more frequent eye exams if they have a disease or condition that may impact their eyes, such as diabetes.

If you are experiencing any changes in your eye health, whether it is blurry vision, pain, impaired vision, or any other visual irregularities, you should see an ophthalmologist right away. The earlier a disease is detected, the better the outcome and treatment options are for you. You will find a friendly and warm environment at Personalized Retina Care of Naples. Please call (239) 325-3970 today to schedule your eye exam. When necessary same day appointments can often be accommodated.

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



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3 REASONS WHY KETAMINE IS VIEWED AS AN EFFECTIVE TREATMENT FOR PTSD

By Dr. Robles

#1: Ketamine resets brain circuitry

Glutamate regulates large regions of the nervous systems and is the most prominent neurotransmitter in the brain. When glutamate receptors are over-activated, as in cases of major depressive disorder (MOD) and post-traumatic stress disorder (PTSD), a person may experience depression and anxiety. Ketamine works by blocking glutamine receptors in the brain. Some studies suggest PTSD may stem from a lack of synaptic connectivity. Ketamine therapy works by enhancing synaptic connectivity in brain circuitry, which may provide relief from PTSD symptoms.

#2: Ketamine may be able to reverse tire effects of stress

Because glutamate synapses play a critical role in the brain, it is possible that the use of ketamine may enhance synaptic connectivity in brain circuits, ultimately relieving, and even reversing, the effects of stress.

#3 Ketamine is an effective PTSD treatment because it works quickly and may work when other treatments have failed

Ketamine may work especially well among patients who are resistant to other forms of treatment like anti-depressants and cognitive therapy. According to the National Center of Biotechnical Information, Ketamine is gaining popularity in treating major depressive disorder (MOD) that has previously been treatment-resistant.



How Ketamine is Administered

During the treatment, the initial infusions usually take place twice a week for 3 weeks and are administered every other day.

Ketamine works by creating new connections in parts of the brain that control mood and emotions, ketamine infusion creates new connections in the brain. These new neurological connections help the brain to send positive signals to the psyche, along with beneficial physical conditions to the body. The effect is notable within hours, but most patients report the results are instantaneous. These astonishing changes can be seen on brain scans and imaging. And the results are long-lasting.

Ketamine impacts both mood and anxiety and can result in positive treatment outcomes for the following disorders:

- Severe or Chronic Depression
- Bipolar Disorder
- Obsessive Compulsive Disorder (OCD)
- Post-Partum Depression (PPD)
- Post-Traumatic Stress Disorder (PTSD)
- Produces Rapid Onset of Neural Connections

The *Ketamine Institute of Naples* (KIN) provides comprehensive care, including holistic support for patients outside of the provision of ketamine infusions and customization of patients' treatment plans to meet individual needs. Dr. Monica Robles and her team at KIN provide ketamine through an IV. Sessions last approximately 45 minutes, during which your vital signs are monitored throughout, while providing a calm and comfortable environment in order to facilitate the best experience. According to Dr. Robles, "The experience during ketamine infusions is set to be a pleasant one." Typically, patients return for subsequent sessions for longer lasting benefits.

For more information, contact Ketamine Institute of Naples for a free consultation.



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INVENTORY INCREASING, BUT STILL A SELLERS' MARKET

By Robert Nardi, Broker/Owner



Demand for the Naples lifestyle remains strong as closed sales in March increased 49.9 percent compared to those reported in February. Although closed sales decreased 36.5 percent to 1,205 in March 2022 from 1,899 in March 2021, the increase from February to March was a welcome result of a steady wave of new listings. According to the March 2022 Market Report released by the Naples Area Board of REALTORS® (NABOR®), which tracks home listings and sales within Collier County (excluding Marco Island), new listings decreased only 4.3 percent to 1,637 new listings from 1,711 new listings in March 2021. If this wave of new listings remains steady during the coming months, it could mean more options for buyers navigating the area's limited inventory.

The March report showed that inventory decreased 23.5 percent to 1,392 properties from 1,819 in March 2021. However, the good news is that March inventory increased 20 percent compared to inventory levels NABOR® reported in February (1,176 homes). In March, more homes for sale meant sellers enjoyed 43,206 showings that ultimately inspired 1,611 pending sales (homes under contract). The median closed price increased in March, up 39.6 percent to \$575,000 from \$412,000 in March 2021, and 62.7 percent of the month's closings were cash sales. The

NABOR® March 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 in chart format. If you would like a copy, please e-mail Robert Nardi at Robert@NardiRealty.com.

The March report showed about a third of the homes for sale (417) decreased in price during the month, a typical scenario where sellers list their property at a high price at the beginning of the winter season. Then as the season ends sometime after Easter, they reduce the listing price with the hope of selling their property before they head back to their primary home. There were 51 percent more price decreases in March than in February, indicating that they were too high for the market.

What does this all mean?

Higher mortgage interest rates and the increase in inventory are having a direct effect on slightly lowering prices. Condominiums and single-family homes are coming onto the market more rapidly. The season is over, and properties have been used or rented. Snowbirds and landlords decide to sell to "ride the wave." As of today, there are 1422 properties available in Naples, Florida. Just three months ago, there were only 825 properties available for sale. Inventory has gone up 58%!

The median price jumped nearly 40% from a year ago, reflecting economic theory. When you have lower supply and higher demand, prices go up. Southwest Florida, for years, has been undervalued, and it was time for it "catch up" with other coastal cities.

Naples, FL, is in the news for its ideal weather, beaches, and quality of life. Recently, Healthgrades recognized Naples Community Hospital Health System as being in the Top 5% of Hospitals in the U.S. for Patient Safety Excellence. Impressive for Collier County, where there are only 370,000 inhabitants in season and 250,000 inhabitants out of season.

Advice

If you are a landlord or a snowbird and wish to sell, I would do it sooner than later. I do not believe that prices will go down significantly, but I think days on the market will be longer. There is always an unknown of other listings coming on the market, either the same model or square footage in your community or area, at a lesser price. Recently, I listed a single-family home, and a similar model came on the market for thousands less. There was no comparison because the newly listed house was barebones, builder-grade, and sat on an inferior lot. Yet, Buyers for my listing were throwing out low ball offers. It was like comparing apples to oranges, not apples to apples. However, Buyers see the prices going down slightly and think now they can get a deal. Prices are only going down because they were priced too high from the start. It is still a Sellers' market and will remain that way for many more months until the market is in equilibrium.

My best advice is to find a REALTOR® that understands the market and can price your home based on comps, knowledge, and experience. They also have access to licensed handypersons, electricians, plumbers, housekeeping, professional staging companies, real estate attorneys, title companies, etc. Working with a skilled REALTOR® can be invaluable and make the selling process so much easier.

Any questions or need assistance, please feel free to contact me at 239-293-3592, send an email to Robert@NardiRealty.com.



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ORAL HEALTH: ARE YOU OVERDUE FOR YOUR EXAM?

Regular Dental Visits Are Important

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

Are you overdue for a dental cleaning and exam?

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

Aging Restorative Treatment

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

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

Missing Teeth and Extractions

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

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

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

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

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

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

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When Insulin Injections Can Be a Concern with Type 2 Diabetes

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

There are varying opinions on the use of insulin for type 2 diabetes patients. These opinions vary by physician and patient.

Some believe it makes life so much easier to inject insulin to reduce high glucose levels. Some are afraid to even consider the prospect of having to inject insulin every day. Who is right?

Both and neither.

Insulin is a life-saving drug. Too much insulin can keep you alive but may not keep you healthy. Insulin can be prescribed as a basal, like a slow drip throughout the day to help manage glucose or be fast working to help manage glucose at mealtime to keep spikes to a minimum. In many cases, both are prescribed when glucose is greatly out of control. This can be a way to lower your A1c.

Why do I need insulin?

With insulin resistance when your body does not effectively use the insulin that is produced.

Your pancreas works harder to get your insulin into cells; then over time cannot produce enough insulin to meet your body's need. When this problem persists for too long, eventually the pancreas gets too tired to even try. This can be referred to as beta cell dysfunction or burnout.

Many people learn to respond by starting a keto diet to reduce carbohydrate intake. That will work for a while. However, too much unhealthy fat in your diet can also affect how well your pancreas functions. Therefore, also affecting your glucose control.

What is the problem with injecting insulin if I need it?

There is an education problem leading to a usage problem. In my experience, surprisingly a high number of type 2 diabetes patients have not been properly taught when and how much insulin to inject.

How do you know? When your A1c remains above 7.0% that can be an indication that there may be improper use. Are you aware that in addition to high glucose, high levels of insulin can be harmful to your health?

Insufficient doses of insulin keep your glucose levels too high. Too much insulin can cause weight gain or make it difficult to lose weight. You may hear your doctor say, "You need to lose weight," but you can't. The effect of using too much insulin to compensate for unhealthy food choices adds to one's struggle with type 2 diabetes. Your glucose and insulin levels remain high or unstable.

Over time, the use of too much insulin can affect the kidneys causing you to retain salt, water, and uric acid. This all contributes to cardiovascular disease. High insulin in your system can also lead to or be part of your increased blood pressure.

In the beginning of insulin therapy, you most likely notice an improvement in glucose. Over time, it seems to wane requiring increased doses.

I learned firsthand what it's like to inject four insulin shots each day.

In the beginning, I was horrified and ashamed that I was reduced to having to inject myself. I put those feelings aside and started my medication and insulin therapy as directed.

My glucose levels began to decrease. What a relief! Until....

I realized it was difficult to balance food with medication and insulin. Frequently my glucose would drop too low. To compensate, I ate something with sugar and then I would have to manage a high glucose spike. I felt like a mouse in the never-ending wheel.

My A1c did improve, however not as good as when I was able to eliminate the need for insulin. Most importantly is how you reach a better A1c. It just became a numbers game. Using more insulin was not the answer.

I learned that I did not feel healthy. Big swings in glucose to reach a 'good' A1c was not a healthy long-term solution. Understanding what needed to be changed in my life to be healthy ~ overall healthy, became my goal. That was a challenge I was able to win.

Fighting insulin therapy is just a fight that you may not win. Understanding how to heal your pancreas to decrease or eliminate the need for insulin is a wonderful change in the perspective of reversing the effects of type 2 diabetes.

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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
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Email Denise@ReverseMyDiabetes.net.

Hear Better, Feel Better this Summer!

By Adriana Villalobos, M.A. CCC-A

Did you know hearing loss can have a significant effect on your health and quality of life?

Hearing loss is associated with cognitive impairment and dementia. If hearing loss is left untreated it can lead to: Stress, fatigue and tension; depression or anxiety as well as poor memory and difficulty following directions.

Also surprising to some people, studies have found that hearing loss is also associated with falls. The inner ear is not only responsible for our hearing but also for our balance. These research studies show the greater the hearing loss, the higher the risk for falling. Falls are the leading cause of fatal and non-fatal injuries among the elderly.

A study in 2009 found a correlation between hearing loss and cardiovascular disease and a study in 2008 found that people with diabetes were more likely to have hearing impairment.

Where is the good news in all this research?
The consistent use of hearing aids has been found to improve cognitive abilities and overall sense of well-being.

The important message is that some of the health issues we thought were due to aging may be related to hearing loss and if we start using hearing aids early, we may avoid some of these problems all together!

This is good news since we are all getting older, and we can start getting hearing tests at a younger age and be proactive to protect our hearing.



Once we find we have a hearing loss we need to start using hearing aids to prevent these long-term effects that come from untreated hearing loss.

What should you do to prevent the effects of untreated hearing loss?

ONE- if you are over age 55 get a hearing test, even just as a baseline for future reference. If slight or mild hearing loss is detected, repeat the test every 1- 2 years to monitor.

TWO- If the hearing test indicates hearing loss, don't wait to get started with hearing aids. The time it takes for people to accept hearing loss and get help has been researched as well. According to an article in Hearing Review, the average person waits up to 7-10 years before getting hearing help.

THREE- Once you are fitted with hearing aids, wear them consistently. They won't help you hear better or lessen the effects on your health if they are sitting in a drawer.

*Call to schedule your own, in home hearing test.
Or if you have questions call me today!*

Why Choose Adriana?

Adriana Villalobos, M.A. CCC-A, has been an Audiologist in Naples since 1999. Adriana is a 1991 graduate of the University of Texas and winner of the Sertoma Outstanding Graduate Student Award. Throughout her more than 30 years of experience as an Audiologist, Adriana has worked in an array of environments, including completing her clinical fellowship at Houston Ear, Nose and Throat Clinic in Houston, Texas. Adriana's specialties include fitting and dispensing services, as well as Assistive Listening Device technology. These specialties allow her to create individualized solutions for her patients in order to meet their unique hearing needs. Adriana is a Bilingual Spanish Speaker and also volunteers her time to assist with the large Spanish speaking community in need in Southwest Florida.

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10 Reasons NOT to go to the Gym... and Why Zoom Fit is the Answer...

1. YOU'RE INTIMIDATED

Excuse: Trying something new is scary especially when I really don't know what I'm doing because I've never strength trained before and I can't afford a personal trainer. Plus, there are other people at the gym, which can be intimidating if you're shy or self-conscious.

Solution: Zoom Fit is a whole new concept that eliminates intimidation and eliminates the need for personal trainers. It's all in the Zoom Fit band. Let me explain:

- On your first visit you will receive a Zoom Fit wrist band and will get "onboarded" onto each of the 16 pieces of strength equipment. This onboarding will take into consideration any range of motion restrictions you have so you don't go beyond your comfort level. The seat adjusts, the resistance adjusts, the reps adjust... all to YOUR individual needs.

- Next you will complete a body composition analysis on our scale. Our machine will read your BMI, percent body fat, your segmental muscle mass and a number of other key indicators to establish your current baseline health makeup.

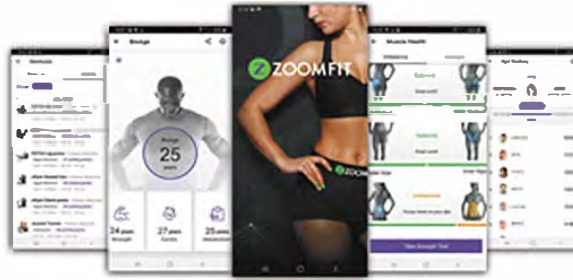
- Your personal body metrics, including your physical strength, are recorded on our Zoom Fit app so you can monitor your results and progress. Every time your recorded strength increases, your workout rep weight automatically increases to keep you challenged and engaged. Watch your Biological Age decrease as your physical strength increases. It's all contained in the Zoom Fit app!

- Walk to the machine, scan your Zoom Fit band, and follow the prompts on the 15" monitor. That's it. No excuses.

2. YOU'RE TOO BUSY

Excuse: Making the time to work out is tough when you're already on the go. With so much to do during the day, who has time to hit the gym?

Solution: 30 minutes. You can complete the WHOLE 16 piece Zoom Fit strength circuit in less than 30 minutes. The proprietary anaerobic cardio program is completed in just 15 minutes. Exercise boosts productivity. When you go to the gym, you make it easier for yourself to get more done in a day. Zoom Fit is open 24 hours a day, 7 days a week. Their app gets you in the door securely and the whole gym is always monitored by security cameras. You are safe inside their facility no matter when you choose to work out.



3. YOU'RE TOO TIRED

Excuse: Life can be exhausting. If you're tired, it can be hard to muster up enough energy to workout.

Solution: You gain energy and boost your mood when you exercise, so the gym can be your pick-me-up. Increasing muscle mass, reducing body fat and water retention will increase your energy and your motivation.

4. YOU'RE NOT REACHING YOUR GOALS

Excuse: It can be downright discouraging when you are trying hard and still not reaching your goals. When that happens, you might feel like giving up on the gym.

Solution: After every six training sessions the machine will prompt you to complete a strength test. This is a great, consistent way to stay motivated and encouraged as you see your strength increasing. You will also SEE your progress on your monthly body composition analysis and in your BioAge readings on the Zoom Fit app. Numbers don't lie. You want more progress, Zoom Fit more often. You want faster results, Zoom Fit more often. The power is in the Zoom Fit Band.

5. YOU WANT TO LOSE WEIGHT

Excuse: If you think that weight loss only happens by doing cardio, you might deem strength training unnecessary.

Solution: Strength training can help you gain muscle and lose body fat because the more muscle you have the more calories your body will burn, even when you're not doing anything. You lose weight in the kitchen primarily and you gain muscle at the gym. Maximize your weight loss by committing to both. Zoom Fit's app will allow you to see how you're doing with both!

6. YOU DON'T WANT TO "BULK UP" WITH MUSCLES AS A FEMALE

Excuse: If I strength train as a female I will build an unnatural looking body with large muscles.

Solution: Women who strength train usually see a *decrease* in the size of their arms, legs and other "fatty" parts of their bodies. While muscle is heavier than fat; fat takes up more volume than muscle so you will actually appear "smaller". Something to also remember as a female is that strength training builds bone density and helps prevent osteoporosis.

7. YOU DON'T WANT TO SOCIALIZE

Excuse: Workout time is you time. If you hit the gym, people might try to make it a social hour. You just want to enjoy your workout - alone and *Zoom in and Zoom out!*

Solution: Zoom Fit is a timed circuit, so you don't have to wait for someone to get off your next piece of equipment. Everybody finishes on their machine at the same time and moves on to the next machine which keeps everybody moving. There's really no time to chit chat so you can stay in your own personal zone without distractions.

8. YOU'VE HIT A PLATEAU

Excuse: You lost the pounds you wanted to at first, but now you're not seeing results anymore. You've hit a fitness plateau, so the gym just bores you.

Solution: Zoom Fit's built-in trainer continually changes your workout routine, so you never get bored and are always being pushed and motivated. The entire premise behind Zoom Fit is to train your muscles differently so you don't hit a plateau. There's always another level of fitness to master. Strength training, cardiovascular health, reducing or eliminating medications... your body is a temple. You owe it 30 minutes three or more times a week.

9. YOU LACK THE MOTIVATION

Excuse: What's the use of working out when it's going to take forever to see any results?

Solution: Everybody has times they don't "feel like" working out. That's the best time to go to the gym, though. Seeing those numbers change on your Zoom Fit app and feeling the increase in energy will be enough motivation to keep you coming back for another Zoom Fit session.

10. YOU CAN'T AFFORD IT

Excuse: A gym membership can be expensive. For many people, cost is the number one reason not to go to the gym.

Solution: Zoom Fit is only \$55 a month for fitness and tanning with no commitment, cancel online anytime. Get there and lock in your price now!!

FIND YOUR REASON TO ZOOM

Zoom Fit is the right solution for every age, sex and fitness level. The best way to get past all the reasons NOT to go to the gym is to remind yourself of WHY you DO go. Think of the people you love who benefit when you're healthy. Focus on your own goals. Give Zoom Fit a try. Each time you complete a new body composition analysis scan, you will SEE the progress and Zoom back for more.



www.zoom.fit

Summer Travel Safety Tips

During the summer months here in Florida, numerous people are looking forward to finally getting together with small groups of friends and family for beach outings, vacations, relaxing poolside, and enjoying BBQs, but with all of this activity, it's important to stay safe during these long, hot, sun-filled days. When the times comes for our travel or fun to begin, there are often injuries that can coincide.

Should You or Shouldn't You Wear a Mask?

The CDC has stated that wearing masks is optional for those that have been fully vaccinated from COVID-19, but it's still wise to choose what is best for you specifically. If you have underlying health issues, wearing a mask, practicing good hygiene and staying away from large crowds might be important for a while longer.

Planes, Trains and Automobiles

When traveling for long distances, whether by car, plane, or other means, we can become somewhat cramped up in small spaces. It's wise to take breaks, get up and stretch or move and to get the muscles moving and the blood circulating to prevent injuries. Moving throughout the trip can help limit stress on the spine, shoulders, neck, back, and hips.

It's also essential to think about the heavy luggage that you'll need to lift in and out of the car or place in the overhead bin. Is it too heavy, and do you know how to lift it correctly? Lifting from the waist is not a good idea as it can put extreme stress on



your back. Bending your legs is the proper way to lift heavier objects. Try to pack as lightly as possible and ask for help if you've got several bags.

Hottest Times of the Day

The summer months can be unbearably hot. With weather approaching the upper 90's and on some days, triple digits, the heat can be unbearable at times and downright dangerous, this is particularly the case when we factor in high levels of humidity. Along with the risk of heat stroke and cardiovascular issues, being outside in the summer heat can cause muscles to cramp and tear. It's best to limit or alleviate any activities outside when the is too hot. Going out in the early morning or evening may be best as it's usually cooler. Staying inside, in the airconditioned areas are best. Remember to stay hydrated, avoid caffeinated and sugary drinks, and be smart about the heat.

Ways to stay cool and avoid the heat-related health issues

- Drink extra water
- Talk to your physician about reducing your diuretic pills
- DO NOT exercise, garden, or walk around in the heat

- Avoid the hottest times of the day (10 am to 4 pm)
- Eat plenty of cooling foods like vegetables and fruit
- Stay in an air-conditioned room
- Avoid caffeinated and sugary drinks

This Summer, the best advice is to enjoy your time with family, relax, but be extra cautious and proactive about your health during this time of year.

Contact Well-Being Medical Center of Naples today at (239) 315-7801.



Dr. Ricardo Martinez

Dr. Ricardo Martinez is an internist in Naples, FL and is affiliated with NCH Baker Hospital. He received his medical degree from Superior Institute of Medical Sciences of Santiago de Cuba and has been in practice 20 years. He also speaks multiple languages, including Spanish. He specializes in hospital medicine, ambulatory care and is experienced in hospice and palliative medicine, bariatric medicine, diabetes mellitus, food allergy, and infectious disease. As of March 16th, 2020, Dr. Martinez has founded Well-Being Medical center in Naples Florida. He is looking forward to providing Medical care within primary care settings and urgent care service throughout the Naples Florida area.



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COVID and Posttraumatic Stress Disorder (PTSD)

As we continue turning the corner on the COVID-19 pan/epidemic, some of us may still be more affected than others. If you survived hospitalization with COVID, suddenly lost a loved one to the virus, or perhaps worked as a first-responder or healthcare worker during the two-year ordeal, moving on might not be so simple.

In the aftermath of COVID-19, those directly exposed to and affected are now reporting PTSD-like symptoms, says, Dr. Richard Capiola, a Psychiatrist practicing in Naples.

Posttraumatic Stress Disorder or PTSD develops following the direct or indirect exposure to death, threatened death, or actual/threatened serious injury. Exposure to COVID-19 absolutely constitutes as a traumatic event, but it's the symptoms that occur as a result, how much the symptoms interfere with functioning, and for how long that helps us understand if it's PTSD, Dr. Capiola adds.



PTSD vs. Stress:

PTSD is different from stress, which has also surged during the pandemic. The initial uncertainty of COVID - what it was, how it spread - unsurprisingly caused stress and anxiety for the majority. The social and political aspects of minimizing the effects of the virus (quarantine, masks, vaccines) further compounded the stress. As we slowly emerged from the pandemic, however, the stress likely settled, too.

PTSD vs. Grief:

There was a lot of loss as a result of the COVID-19 pandemic - notably the loss of life - and also of our livelihoods, like job security, housing and food, and even community. Grief following loss is normal and feelings of sadness, anger or detachment may last several weeks. But, while immediate grief can

look very similar to PTSD in terms of symptoms, they are different, says Dr. Capiola. Namely, he adds, in PTSD "the symptoms persist for at least a month and overwhelm people to the point they seek treatment."

PTSD:

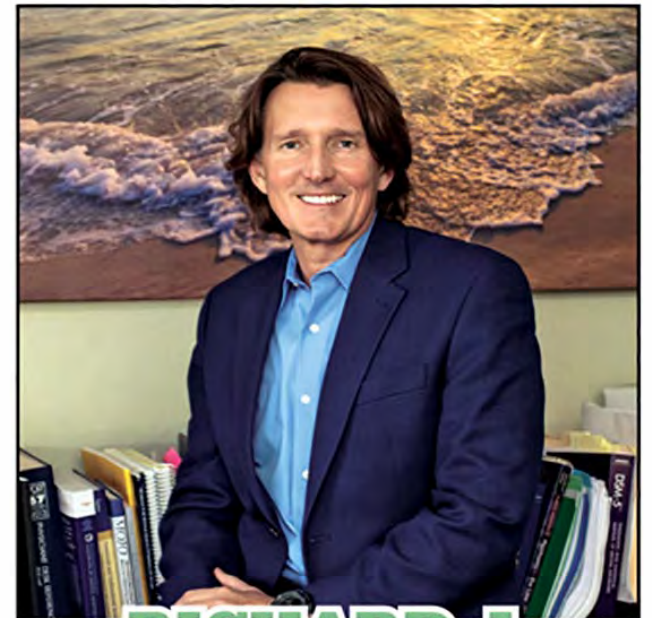
Could you have PTSD as a result of the COVID-19 pandemic? Symptoms may include:

- Recurrent and upsetting memories or nightmares about your experiences with COVID
- Attempts to distract or avoid thoughts and feelings related to COVID or avoiding people and places that remind you of it
- New and exaggerated negative beliefs about yourself or the safety of world
- Persistent negative emotional state (fear, guilt)
- New and marked feelings of depression
- Feeling detached or estranged from other people
- Feeling irritable or having unexplained angry outbursts
- Being overly alert of dangers, especially of safety and health

Stress, Grief, and PTSD Treatment:

If you're still feeling stressed or prolonged grief as a result of the pandemic, mental health treatment can help you process and problem-solve. A benefit of the pandemic is the emergence of tele-health. Take advantage of online or tele-mental individual or groups counseling. Consult the Centers for Disease Control and Prevention for COVID-19 mental help resources and hotlines. CDC - Coping During the Pandemic

If you are experiencing symptoms of PTSD as the result of COVID-19, it is vital to seek mental health treatment as soon as possible. Psychotherapy, including Cognitive Behavioral Therapy (CBT), Cognitive Processing Therapy (CPT), and Prolonged Exposure are well-researched PTSD treatments that, if started quickly, can be effective. Medication options, like antidepressants and sleep aids can be simultaneously helpful.



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

Keep Summer Going with a Hectic Trip Drip

Summer fun and travel are two of my favorite things. Watching baseball, watching the waves, and exploring new destinations make my heart happy. But when my brain and body are tired and a little too sun-kissed, I call the Wellness Lab to recharge. What can an IV boost do for you while making summer memories?

A common element of IVs: vitamin B12, is an excellent supplement for managing both stress and travel fatigue. The vitamin plays a part in nerve health and neurotransmitter signaling, meaning deficiencies can result in problems with memory and focus. Companies in the United States are even starting to offer shots of the vitamin as part of their corporate wellness packages.

B12 also plays a role in regulating the internal clock and circadian rhythm, making it helpful to treat jet-lag. Every morning the presence of light signals the brain to begin waking up. Vitamin B12 helps to boost the brain's response to external light and turn off Melatonin (a sleep-inducing hormone) signaling in the brain, helping make the transition from sleep to a more active awake state. Intravenous (IV) infusion is a way for the body to absorb essential vitamins directly into the bloodstream. This method is often preferred by people who have difficulty absorbing vitamins through food. IV infusion allows the patient to get the full dose of the vitamin, which can be especially important in cases of a vitamin B12 deficiency.



There are several reasons why someone might need IV vitamin B12 therapy, such as Crohn's disease or gastric surgery. IV vitamin B12 therapy is a safe and effective way to treat a vitamin B12 deficiency.

Vitamin B12 is an essential vitamin that is found in meat and dairy products. It helps the body to produce red blood cells and keep the nervous system working properly. Vitamin B12 is also important for pregnant women, as it helps to form the baby's neural tube. A lack of vitamin B12 can cause several health problems, such as anemia, nerve damage, and even infertility.

Most people are somewhat dehydrated without even realizing it, functioning in a sub-optimal state becomes routine. Combining dehydration (which is exacerbated by pressurized cabin environments during air travel), with the sleep loss from long flights results in fatigue upon arrival. Intravenous fluids are by far the most efficient way to rehydrate

and replenish energy quickly, and when combined with immune system boosting vitamins, they represent a great option for post-travel recovery. Air travel also means exposure to thinner high-altitude atmosphere and greater free radical exposure. A powerful antioxidant like glutathione before and/or after flying can help to neutralize this effect.

Keep your body healthy and hydrated this summer. Call The Wellness Lab and schedule a "Hectic Trip Drip" that will keep you enjoying the fast pace of summer fun. When the trip took more out of you than expected. Loss of electrolytes and fluids and the stressors of travel can wreak havoc on one's body and mind. This restorative combination of an infused cocktail of electrolytes, vitamins, and restorative enzymes along with focused medication can restore you back to your normal vibrant self after a long and stressful trip.

Ingredients: Vit. B12, Vit. B complex, Magnesium, Zinc, Biotin, Glutathione, and Toradol. Best used after a hectic trip or stressful event which leaves you achy, sore, tired, stressed, and with a headache. This selective combination revitalizes, re-energizes, and reduces the aches and pain of your experience.

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Medicare Things to Know...

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

CMS (Centers for Medicare & Medicaid Services)

CMS regulates marketing and plan presentations, including when companies are allowed to market, and how they market. **Unsolicited direct contact that was not requested or initiated by the consumer is prohibited.** This includes in-person (e.g., door-to-door marketing), telephonic (e.g., outbound telemarketing), electronic (e.g., email, voicemail messages, text messages) solicitation. DO NOT give anyone that contacts you without your permission your personal information.

There are companies that are using unethical marketing practices; do not let yourself be taken advantage of. Medicare and Social Security will never call you unless you reached out to them for a return call. There are companies calling individuals pretending to be Medicare, claiming to be there to help. Again, **Medicare will not call you to enroll you in a plan!** Some companies that may have your prescription Part D drug plan have been calling customers saying they are entitled to some free benefits. They try to switch you to an Advantage Plan Part C because they are more profitable. If that occurs you will not have Original Medicare anymore and, since it is illegal to have an Advantage Plan and a Medicare Supplement (Medigap) at the same time, you will lose your Medicare Supplement plan. You might never be able to get a supplement plan again. You must medically qualify for a supplement plan; if when you re-apply you are older and have developed illnesses that come with age, you could be ineligible.

Florida is an entry age state for Medicare Supplements; this means that all premium increases will be based off the age you were when you joined the plan. There are lower cost Medicare Supplements that work well if you are healthy and do not need a lot of care. The price of the lower cost supplement plan plus the out-of-pocket maximum you could pay if you got really sick is still less than the out-of-pocket maximum cost of most Advantage Plans. Insurance agents and insurance companies like to sell Advantage Plans because they make more money. I'm not saying they are bad, but you need to understand the true differences and what could happen in the future.



Did you miss Medicare/Health Insurance Open Enrollment?

THERE ARE: Special Enrollment Periods

- 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 requiring a Special Needs Plan
- 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.

Individual/Family Medical Insurance – 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 particularly good plans with comprehensive coverage. You can buy them any time during the year. Do not go without coverage!

Travel Insurance – Most of our USA Health plans do not include coverage when leaving the United States, including Cruises. We recommend always getting a comprehensive Medical Travel Insurance Policy. They are less than you think and can make a world of a difference. There are Trip cancellation insurance policies that cover you for delays, cancellation, lost baggage; they can be costly but may also be well worth it; but check that the medical coverage is enough.

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 and copays. 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 or call a local agent, build a relationship and if in the future you have a question you can back and see them.

Also remember when moving you may have a special enrollment period to apply or change your health insurance coverage. Also check your wills, trusts, and make sure they follow Florida's laws and guidelines. Establish yourself with a local Insurance Broker, Attorney and CPA. Ask a professional; most of the time your first consultation is at no charge.

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

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Men's Health Month: How to Keep Your Man Happy & Healthy For The Future

By Dr. Carolina Young

If you are experiencing problems with ED and sexual performance, you might find it reassuring to learn that 3 out of 5 men experience sexual disorders in the US. Although it's common, it's, of course, NOT ideal. You may think your options are limited; however, that's not true. You don't have to take synthetic drugs that have severe side effects, and you don't have to suffer alone—hiding your issue behind closed doors.

There are viable alternatives that work. One of those treatment options is known as the P-Shot, which is a PRP (Platelet rich plasma treatment).

PRP

The P-Shot is spun down blood of platelet-rich plasma that is taken from the patient 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.

GAINSWave

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

Amino Acids

Amino acids are critical for muscle strength, energy, tissue growth and regeneration. Essential amino acids are not self-produced in the body, so getting them from food or supplementation is ideal. This is especially true as age. Amino acids start to deteriorate from the body progressively with aging. As with many supplements and food, our bodies have a difficult time absorbing the nutrients. IV Therapy is an innovative way to create high bioavailability to transport nutrients into the bloodstream and throughout the body.

Amino acid IV therapy is comprised of multiple amino acids to optimize your bodies needs and produce optimal results. To name a few, L-Arginine is a powerful amino acid that improves circulation; L-Citrulline is known to increase energy and performance, and L-Glutamine works in much the same way to produce endurance.

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

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

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

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

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



Vampire Facelift

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

Vampire Facial

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

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

The O-Shot

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

P-Shot®

Penile rejuvenation for Peyronie's disease & erectile dysfunction.

Vampire Breast Lift

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

Aesthetic Treatment Centers

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

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

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KEEP YOUR PET SAFE FROM THE CANE TOAD

A species of warty, toxic toads invades Florida backyards every year as it multiplies across the southern part of the state. When you see heavy rains, be on the lookout for the Cane Toad. The cane toad, also known as the bufo toad, is a poisonous amphibian that, when provoked, can produce a milky white toxin on its back, a substance that is particularly dangerous to house pets.

The toxin could leave a dog or cat in serious distress or dead in as little as 15 minutes, according to the Florida Fish and Wildlife Commission. The creatures breed after periods of rainy weather, according to Toad Busters, a south Florida company specializing in the removal of the dangerous toads. The rainy season lasts through the summer.

The state's wildlife commission encourages homeowners to kill Cane Toads whenever possible. The white toxin is visible near the sacs on the left side of the toad. What do they look like? Honestly, cane toads are gross. They're tan to reddish-brown, dark brown or gray, and their backs are marked with dark spots, according to the University of Florida. They have warty skin. Cane toads have large, triangular parotoid glands on their shoulders that secrete a milky toxin. (Native toads' parotoid glands are oval.) Unlike native southern toads, cane toads do not have ridges or "crests" on top of the head.

Even cane toad tadpoles are toxic. You can spot a cane toad by its size and its triangular glands. Cane toads usually are 4-6 inches long, sometimes growing to 9½ inches. With very few exceptions, any toad in Florida that is larger than 4 inches is not native and almost certainly is an invasive cane toad,

according to the University of Florida. A cane toad's favorite place is the ground. They don't like to climb.



Cane toads are native to South and Central America and were introduced into Palm Beach County to control pests in sugar cane fields, according to the University of Florida. They can be found in central and south Florida and in an isolated population along the Florida Panhandle. They live in urbanized habitats and agricultural lands but also in some natural areas, including floodplain and mangrove swamps. The cane toad (*Bufo marinus*) can hurt or kill pets.

Cane toads prey on anything they can get into their mouths, according to the University of Florida, but they normally feed on beetles, centipedes, crabs, millipedes, roaches, scorpions, spiders and other invertebrates. They also have been known to eat frogs, snakes, small reptiles, small birds and small mammals.

If a pet bites, licks or even sniffs a cane toad, it could become sick and, if not treated, it could die. Symptoms of poisoning in pets include excessive drooling and extremely red gums, headshaking, crying, loss of coordination and sometimes convulsions. If a dog bites or encounters a cane toad, use a damp cloth or towel and wipe the inside of the dog's mouth to make sure no toxins were swallowed. Do not flush the dog's mouth with a hose. It could send toxins down the animal's throat.

Dogs should be taken to a veterinarian as soon as possible to treat symptoms such as seizures, heart problems such as arrhythmia and body temperatures that skyrocket, then plunge. Dog droppings should be picked up; cane toads are attracted to proteins in the droppings.

There is a humane way to get rid of cane toads. The University of Florida recommends euthanizing them by rubbing or spraying 20% benzocaine toothache gel or sunburn spray (not 5% lidocaine) on the toad. In a few minutes, it will become unconscious. Put the toad in a sealed plastic bag in the freezer for 24-48 hours to ensure it is humanely euthanized.

The best trapping method is a net and a deep bucket with steep sides, according to the University of Florida. Make sure to put a board or lid on top of the bucket. The Florida wildlife commission recommends wearing latex, rubber, or nitrile gloves to safely handle the toads.

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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.boulaardii*, *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.

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PUT SOME SPRING IN YOUR HEARING!



Google the season “spring” and you’ll see images of blooming flowers, butterflies and birds, or find quotes about gardens, happiness and new beginnings.

At Starkey, we hear a lot from our hearing aid wearers that spring signals a time of planning and renewal. It’s the season many of you visit your hearing professional to get earwax buildup removed or bring your hearing aids in for a “spring cleaning”.

It’s also the time of year people who have been on the fence about treating their hearing loss finally decide to do something about it.

Across the country people are opening windows for the first time in a long time, planning summer vacations, planting gardens, biking, hiking, and going back outside.

After months of being cooped up, who can blame people for not wanting to miss a thing?

So, while we encourage everyone to be proactive about their hearing health year-round, spring tends to be the perfect time for procrastinators to add “get my hearing checked” to their to-do list. We back that thinking 100 percent! Here’s why:

- **Take in spring’s sounds** — The birds are here. Cool breezes are blowing through wind chimes.



Parks, paths and playgrounds are filling with people and laughter. If these wonderful sounds aren’t as clear or meaningful as they once were, a hearing test and consultation with an experienced hearing professional is in order. Let them help you hear and enjoy your favorite sounds again.

- **Take advantage of new technology** — If your current hearing aids are a few years old, chances are you’re not benefitting from today’s best features, styles or technology. Spring is when many manufacturers introduce updates and new features to their hearing aids, making it a smart time to upgrade to a new pair or — if you’ve been hesitant to try hearing aids out — test drive the latest technology for yourself. Improved sound quality, rechargeable hearing aids, and 2-Way Audio are just a few of the many recent enhancements that make the latest styles of hearing aids worth looking (or should we say “listening”) into.

- **Prepare for summer** — Before you know it, summer will be here and you’ll be in the thick of vacations, family picnics, outdoor concerts, weekend sporting activities and more. Prepare now and be ready to enjoy every minute of summer’s fun by getting all your hearing concerns taken care of before it’s too late!

Whether it’s cleaning your ears, tuning up your current hearing aids, upgrading to a new set, or just starting the process of treating your hearing loss, we can help ensure this spring lives up to your memories, hopes and expectations. Simply visit www.starkeyhearcare.com, type in your zip code and you’ll get a list of hearing healthcare professionals in your area who are ready to help!

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WHAT IS THE MIND DIET?

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

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

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

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

HISTORY OF THE MIND DIET

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

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

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

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

FOODS TO EMPHASIZE

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

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

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

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

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

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

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

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

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

FOODS TO AVOID

Some foods to avoid include:

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

Butter and margarine: less than a tablespoon daily.

Cheese: less than one serving per week.

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

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

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

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

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

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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.

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



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When You Are At Your Wits End

By Pastor Timothy Neptune

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 'some thing' 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.



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