

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

# Health & Wellness<sup>®</sup> MAGAZINE

May 2022

Collier Edition - Monthly

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**IDENTIFYING  
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Neetu Malhotra, MD

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### CONTACT US

OWNER / ACCOUNT EXECUTIVE  
**Cristan Gensing**  
cristan@gwhizmarketing.com

OWNER / CREATIVE DIRECTOR  
**Sonny Gensing**  
sonny@gwhizmarketing.com



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# OCD Clinical Trial

## DO YOU SUFFER FROM OCD?

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



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



## What is OCD?

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



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## Why Participate?

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

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

## See If You Qualify

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

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

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

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# KIDNEY CANCER: Are You at Risk?

By Neetu Malhotra, MD

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

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

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

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

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

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

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

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

### Treatment

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

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

### Associates in Nephrology

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

### Chronic Kidney Disease Program

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

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

Source:

1. [https://www.nftr.org/cancer-types/kidney-cancer/?gclid=CjwKCAIAYc2BBhAaEiwA44-wW9qTM7gXbIKsBU1ldxNN-rM7OKwmG3j43bZni6h175MIIQCzwNsKORoCE5QQAvD\\_Bwe](https://www.nftr.org/cancer-types/kidney-cancer/?gclid=CjwKCAIAYc2BBhAaEiwA44-wW9qTM7gXbIKsBU1ldxNN-rM7OKwmG3j43bZni6h175MIIQCzwNsKORoCE5QQAvD_Bwe)

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

### Services Provided

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

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

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

## ASSOCIATES IN NEPHROLOGY

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# STROKE CARE AND YOU:

## Physicians Regional Stroke Program is Joint Commission Certified

**D**id you know stroke accounts for about 1 out of every 19 deaths, ranking No. 5 among all causes of death in the United States? According to the American Heart Association/American Stroke Association, on average, someone suffers a stroke every 40 seconds; someone dies of a stroke every four minutes; and 795,000 people suffer a new or recurrent stroke each year in the United States.

Most recently, Physicians Regional Pine Ridge was awarded with the Joint Commission Disease Specific Certified Thrombectomy Capable Stroke Center and the Physicians Regional Collier Blvd campus was awarded with the Joint Commission Disease Specific Certified Primary Stroke Center.

Physicians Regional Pine Ridge has received the American Heart Association/American Stroke Association's Get With The Guidelines®-Stroke Gold Plus Quality Achievement Award. The award recognizes the hospital's commitment to guaranteeing stroke patients receive the most appropriate treatment according to nationally recognized, research-based guidelines based on the latest scientific evidence.

In addition to the aforementioned award, Physicians Regional Pine Ridge's Thrombectomy Capable Stroke Center also received the Association's Target: Stroke Honor Roll Elite and Target: Type 2 Honor Roll awards. To qualify for these recognitions, hospitals must meet quality measures developed to reduce the time between the patient's arrival at the hospital and treatment with the clot-buster tissue plasminogen activator, or tPA, the only drug approved by the U.S. Food and Drug Administration to treat ischemic stroke. The hospital must also meet quality measures developed with more than 90 % of compliance for 12 consecutive months for the "Overall Diabetes Cardiovascular Initiative Composite Score."



Physicians Regional's Neurointerventional services consist of minimally invasive, image guided techniques to treat complex vascular disorders of the brain, neck and spine. One of the primary objectives is optimal stroke care, which is achieved by understanding each stroke patient has unique and specific needs. In addition, PRHS offers education to their community, staff and emergency medical service personnel (EMS). To this end, they have partnered with EMS to develop a unique pre-hospital large vessel occlusion acute ischemic stroke screening tool termed "MANGO" that allows EMS to identify potential patients within 30 seconds or less.

**(M) Motor Weakness**—Weakness in the arms or legs usually one side of the body

**(A) Aphasia** – Does the patient have the ability to understand or express speech? Can they name two objects (Expressive)? Can they follow two commands (Receptive)?

**(N) Neglect** – Is the patient unable to feel both sides at the same time, or unable to identify their own arm, or ignoring on one side?

**(G) Gaze Preference** – Does the patient have the inability to track an object or are they experiencing double vision?

**(O) Optic Field** – Is the patient's optic field cut or are they experiencing any new blindness?



**Nasser Razack, M.D.**, Neurointerventional Radiologist says, "Since time optimization is critical for the effective treatment of ischemic stroke, this also allows EMS personnel to bring

severe stroke patients to the correct facility the first time, reducing treatment time, transfer rates and increasing diagnostic and treatment efficiency. Physicians Regional Healthcare System is pleased to have one of the most experienced Neurointerventional teams in the region."



**Dr. Mazen AbuAwad**, Neurointerventional Radiologist and Medical Director of Stroke for Physicians Regional Healthcare System, and Dr. Nasser Razack have more than 40 years of combined

experience in treating neurovascular disease. By integrating with neurosurgery, neurology and critical care specialists, they offer a unique multidisciplinary approach that makes Physicians Regional Healthcare System a community leader in the field of neurointerventional services.



For more information on Physicians Regional Healthcare System's Stroke Care please visit [PhysiciansRegional.com](http://PhysiciansRegional.com) or call 855-85-GREAT to schedule an appointment with one of our neurointerventionalists today.

# Breast Cancer: What's Your Best Treatment Option?

According to the American Cancer Society, about 287,850 new cases of invasive breast cancer will be diagnosed in women in 2022. Diagnosis is just the initial step. The individual patient will work with their expert care team to establish a treatment plan and begin receiving treatments to combat cancer. Sometimes a treatment plan will combine more than one approach (chemotherapy, radiotherapy, surgery) to achieve the best possible outcome. A standard recommendation for treatment involves surgery to remove the tumor, followed by radiotherapy to the breast or chest wall.

What many people might not realize, though, is that radiographers (sometimes called a radiotherapist) often use small permanent black ink tattoos to line up the radiotherapy machine for each treatment. This ensures that they treat the same area each time. While these tattoos are small (about one to two millimeters in diameter), they are permanent. The patient will have these tattoos for the rest of their lives, long after any surgical scars have faded.

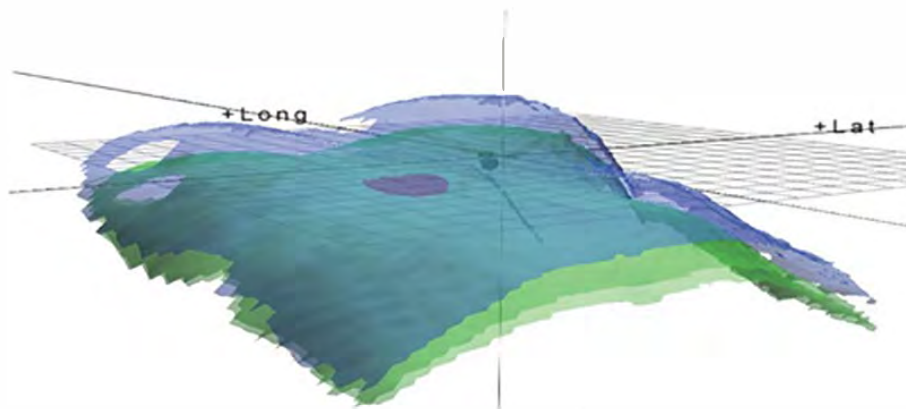
But a new technique, called surface guided radiotherapy (SGRT), enhances radiation quality and precision during treatment. It eliminates the need for marks or permanent tattoos on the patient's body. This technique shortens setup and usage time with quicker and more accurate patient positioning using SGRT, streamlining daily treatments.

### How SGRT Works

Surface-guided radiation therapy (SGRT) delivers radiation with unprecedented accuracy and efficiency using 3-dimensional stereo camera units and skin surface tracking to detect slight movements. Radiation is delivered using a machine known as a linear accelerator (linac) per the recommended treatment plan. The radiation beams automatically pause in situations where the patient shifts during treatment to ensure the protection of the surrounding healthy tissues.

### The Emotional and Psychological Benefits of Tattoo Free Treatment

The use of permanent tattoos during targeted radiation therapy can be a concern to some patients and may impact the individual's body image in the longer term. Some women liken the marks to lack of choice, disempowerment, and a loss of control. The marks can serve as a lasting reminder that what they experienced was not a minor health event but something more traumatic, something that required a permanent spot as a reminder and marker of the enormity of the cancer condition.



### Naples Breast Cancer Team

At GenesisCare, radiation oncologists use a range of radiation therapies to destroy cancer cells and spare healthy tissue. Your cancer care team will work with you to choose the right treatment method based on your cancer type and health situation.



Dr. Elizabeth Arguelles  
Breast Surgeon



Dr. Chaundre K. Cross  
Radiation Oncologist



Dr. Tiffany Davis-Garcia  
General Surgeon



Dr. Mark A. Liberman  
General Surgeon



Dr. Adam I. Riker  
Surgical Oncologist



Dr. Sonal Sura  
Radiation Oncologist



Dr. Justin D. Warner  
General Surgeon

### GLOBAL LEADERS IN CANCER CARE

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

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





# CARDIOLOGIST DR. ROTH - JUST GETTING STARTED

**I**nterventional Cardiologist, Dr. Tracey Roth, has joined the Naples Cardiac & Endovascular Center (NCEC). Dr. Roth has been pivotal in advancing cardiology procedures in Southwest Florida. In 2017, he helped develop a Structural Heart Program that introduced the TAVR (Transcatheter Aortic Valve Replacement) for aortic stenosis.

## Aortic Stenosis

Stenosis means narrowing. Aortic stenosis is the narrowing of the aortic valve opening that results in restriction of blood flow to and from the heart. Although aortic stenosis can be congenital - called, "bicuspid aortic valve defect" - it more commonly develops during aging as calcium deposits in the valve.

Aortic stenosis (AS) is one of the most common but deadliest valve diseases affecting millions in the United States alone, according to Dr. Roth. It's especially common in people 65 and older and affects 1 in 8 people over age 75. Left untreated, people with severe symptomatic AS have survival rates as low as 50 percent at two years and 20% at 5 years post diagnosis. There's no one cause of heart valve disease, but it's important to know what can put you at risk: Family history of heart disease, high blood pressure, high cholesterol, diabetes, and chronic kidney disease.

**Symptoms:** Calcium collection and stenosis can start as early as age 60; however, symptoms may not present at all or for many years, making diagnosis delayed. Furthermore, symptoms of AE can be subtle and often mistaken as other illnesses or mere aging. It's important to recognize these symptoms in yourself or a loved one: feeling excessively tired - even after plenty of sleep; lightheaded or dizziness spells; shortness of breath after light activity or even when resting; rapid or fluttering heartbeat or chest pain; and swelling in your ankles or feet.

**Early Treatment:** There's no way to prevent AS, so early diagnosis is key to preventing heart failure. Regular checkups with your Primary Care Provider can help to identify a heart murmur - a possible indicator of an aortic valve condition. Once diagnosed, you may be referred to a Cardiologist Clinic, like the Naples Cardiac & Endovascular Center, for continued monitoring and treatment.



**Valve Replacement using Transcatheter Aortic Valve Replacement (TAVR):** TAVR is a less invasive procedure for replacing a diseased aortic valve. In TAVR, a catheter is placed either through a tiny incision in the femoral artery (transfemoral) or through a small incision in the chest (trans-apical). The catheter guides a new prosthetic valve, which is inserted within the old valve and pushes away the diseased, damaged tissues, creating a robust wall for the blood to pass through.

TAVR is a critical alternative to open-heart surgery or a "sternotomy", in which the chest is surgically separated (opened) for the procedure. The TAVR procedures can be done through very small openings that leave all chest bones in tact.

Given that TAVR is minimally invasive, patients should not experience the otherwise painful side affects from open-heart surgery, and healing time is considerably shortened. Patients will also be able to breathe better, have more energy, and begin to live a higher quality of life much sooner than those that undergo open-heart surgery.

Don't wait for your aortic stenosis to worsen. Contact the Naples Cardiac & Endovascular Center (NCEC) to learn more about transcatheter aortic valve replacement (TAVR).



## Dr. Tracey Roth at Naples Cardiac & Endovascular Center (NCEC):

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



Julian Javier, MD | Leandro Perez, MD

**To Schedule your appointment with Naples Cardiac and Endovascular Center, please call (239) 300-0586.**



**Naples Cardiac and Endovascular Center**

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[www.heartvein.com](http://www.heartvein.com)

# PROACTIVE SKIN CANCER AWARENESS SAVES LIVES

By Dr. Graciela Garton

According to the American Cancer Society, 1 in 5 Americans will develop skin cancer by the age of 70. With more than 5 million cases diagnosed annually, skin cancer is the most common type of cancer in the U.S.

Even more sobering is the widespread misconception that breast, prostate, lung, brain and bone cancers are the deadliest cancer diagnoses. Instead, that distinction belongs to melanoma, an aggressive form of skin cancer that accounts for most skin cancer deaths. In 2022, the American Cancer Society estimates 197,700 new cases of melanoma will be diagnosed across the country.

May is designated as National Skin Cancer and Melanoma Awareness Month. As the summer sun heats up, this serves as a timely opportunity to educate men and women of all ages about the dangers of skin cancer.

## Risk Factors

About 90% of skin cancers, including 85% of melanoma cases, are primarily caused by exposure to ultraviolet (UV) radiation from the sun. Studies also show men are at a greater risk of developing and dying from melanoma than women. Researchers believe that is because a higher percentage of men work outdoors than women. Additionally, women's skin care products, such as moisturizers, often contain SPF and provide low-level daily protection.

Skin cancer is also prevalent among individuals with fair complexions. Other risk factors include:

- Longterm, unprotected exposure to natural sunlight
- Exposure to artificial sunlight, such as tanning beds
- Unusual or rapidly growing moles
- Dry, pre-cancerous patches of skin
- Family health history
- Previous diagnosis of skin cancer
- Weakened immune system or related conditions



## Types of Skin Cancer

No two skin cancers look alike, but all share a common symptom: a new or changing freckle, growth, lesion, bump, mole or rough, dry patch of skin.

Although there are multiple types of skin cancer, most are curable when caught early.

- **Basal cell carcinoma:** This type of cancer starts in the basal cells, which is where the skin produces new cells while older skin cells die. It presents as a transparent bump in areas that are exposed to the sun, such as the arms, legs, neck and head.
- **Squamous cell carcinoma:** Developing on areas of the body where sun exposure occurs, this type of skin cancer can appear as firm, red nodules or flat lesions with a crust-like surface.



- **Melanoma:** This forms within skin cells that manufacture a pigment called melanin, forming large, brownish spots like freckles. This can occur anywhere on the human body in the form of moles or lesions that change in size, shape, color and texture. Melanoma can also form in the mucous membranes surrounding the lips, nose and eyes.

## Screening

Proactive screening can detect skin cancer and precancerous patches that may one day develop into a diagnosis. Use the **ABCDE** Rule to check for moles. Contact your doctor right away if you notice any of these signs:

- **Asymmetric** – The mole is not symmetrical.
- **Border** – The edges of the mole are jagged, rough or blurry.
- **Color** – Changes occur to the mole, such as spreading or multiple colors, darkening or loss of color.
- **Diameter** – The mole grows to more than one-fourth of an inch in diameter.
- **Evolving** – The mole changes in shape, size or color.

Other signs of cancer include a scaly or crusted growth on the skin, or a sore that just won't heal.

## Treatment at Advocate Radiation Oncology

Advocate Radiation Oncology's board-certified radiation oncologists specialize in the treatment of all types of skin cancers, in addition to breast, prostate, lung, liver and bone, brain, rectal, and head and neck cancer. Treatment varies greatly and depends on each patient's individual needs. Options include freezing, medicated creams, laser therapy, radiation, chemotherapy, biotherapies and more.

If you are concerned about skin cancer, contact Advocate Radiation Oncology. Our experienced team is happy to work with you to develop a comprehensive plan to defeat cancer.



## About the Author

Dr. Graciela Garton is a board-certified radiation oncologist at Advocate Radiation Oncology. For more information, please visit [AdvocateRO.com](http://AdvocateRO.com).

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# CATARACTS: YOUR TREATMENT OPTIONS

By Duane Wiggins, M.D.

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

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

## What are the symptoms?

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

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

## How did I get Cataracts?

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

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

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

## How do I treat my Cataracts?

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

## About Quigley Eye Specialists

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



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

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

## What is an IOL?

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

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

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

## Which IOL is Best for Me?

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

## Cataracts with Astigmatism

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

## Laser Cataract Surgery

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

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

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

## References:

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



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

**For more information, call (239) 466-2020 or visit [www.QuigleyEye.com](http://www.QuigleyEye.com).**



# How Being Overweight Can Increase Cancer Risk

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

**T**he correlation between cancer risk and obesity is clear, what causes this increased risk is less clear.

To understand how obesity can increase cancer risk, one must understand obesity. What is obesity? Simply stated, obesity is a disease in which a person has an unhealthy amount and/or distribution of body fat. (Obesity and Cancer, 2022) Body Mass Index is most commonly used to determine if someone is obese. BMI is calculated by dividing a person's weight (in kilograms) by their squared height (in meters). This method provides a more accurate record of obesity than weight alone. Most American adults weigh more than recommended. Being obese or overweight puts these people at a much higher risk for various cancers. (Cancers Associated with Overweight and Obesity Make up 40 Percent of Cancers Diagnosed in the United States, 2017)

Obesity places a person at a greater risk of at least 13 types of cancer and an elevated risk of death from all causes. (Cancers Associated with Overweight and Obesity Make up 40 Percent of Cancers Diagnosed in the United States, 2017) Research shows that it is primarily due to increased inflammation caused by visceral fat -the fat that surrounds your vital organs. (How Does Obesity Cause Cancer, 2017) Excess fat affects processes in your body. Obesity affects processes like how your body manages hormones like estrogen and insulin that can lead to increased cancer risk by affecting when and how cells divide and die. The correlation between being overweight or obese and cancer risk is complex. The risk also varies based on the specific cancer type, but altogether is believed to be associated with increased insulin and hormone levels and chronic inflammation.

## How can obesity increase the risk of cancer?

"Cancer happens when cells reproduce uncontrollably, damaging the cells around them and causing illness. The more cells divide and reproduce, the higher the risk that something will go wrong and a tumor will form." (Obesity and Cancer, 2022) Adipose tissue (fat tissue) produces high amounts of estrogen. Increased estrogen levels have been associated with an increased risk of breast, endometrial, ovarian, and other cancers. Chronic inflammatory conditions are often found in people with obesity. Conditions like gallstones or non-alcoholic fatty liver disease can lead to DNA changes. These conditions increase the risk of biliary tract and other cancers.

Increased insulin levels are due to insulin resistance and precede the development of type 2 diabetes. High insulin levels promote the growth and development of colon, kidney, prostate, and endometrial cancers. (Cancers Associated with Overweight and Obesity Make up 40 Percent of Cancers Diagnosed in the United States, 2017)

"The link between overweight/obesity and cancer risk is complex and varies with the specific type of cancer, but is thought to involve increased insulin and hormone levels, and chronic inflammation. While some overweight/obesity-related cancers, such as breast cancer, colorectal cancer, and kidney cancer are common, others are relatively rare. The extent to which being overweight or obese increases the risk of cancer also varies with cancer site." (Overweight/Obesity-Associated Cancers, 2021)

## Statistics from 2005 2014 regarding cancer types associated with overweight and obesity:

- Of cancers linked to being overweight and obese, fifty-five percent are diagnosed in women and 24 percent of those diagnosed in men.
- Of cancers linked to being overweight and obese, Black males and American Indian/Alaska Native males had higher incidence rates than white males.
- Of cancers linked to being overweight and obese, higher incidence rates were found among non-Hispanic blacks and non-Hispanic whites compared with other racial and ethnic groups.
- Cancers associated with overweight and obesity increased by 7 percent, not including colorectal cancer. During that same time there was a decrease of 13 percent in cancers not associated with overweight and obesity. There was also a 23 percent decrease in colorectal cancer, due in large part to screening.
- Cancers associated with overweight and obesity increased among 18 to 75 year-olds, not including colorectal cancer, (Cancers Associated with Overweight and Obesity Make up 40 Percent of Cancers Diagnosed in the United States, 2017)

## Cancer and Obesity – What can you do?

Not all cases of the cancers mentioned above can be attributed to obesity or being overweight. However, excess body weight is a modifiable risk factor. What does that mean? It means that there are steps that a person can take to prevent obesity and decrease their risk of some types of cancer.

**Stay Active:** 150 minutes of moderate activity or 75 minutes of vigorous activity per week.

**Eat a healthy diet:** Fill your plate with fattier cuts of meats, healthy fats such as avocados and olive oil and non-starchy vegetables and fruit. Avoid processed foods.

**Limit your alcohol intake:** If you drink, limit yourself to one drink per day if you are a female and two a day if you are a male.

**Get plenty of rest:** being tired can lead to unhealthy choices and make you want to eat more. (How Does Obesity Cause Cancer, 2017)

There remain many unanswered questions about excess weight and cancer risk. Still, knowing the proven health benefits of losing weight, obese individuals are encouraged to get to and maintain a healthy weight. Working toward achieving a healthy weight will aid in reducing cancer risk while helping reduce other chronic illnesses.

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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.*

# SIMPLE RULES TO PREVENT PICKLEBALL INJURIES

**R**ecognized as one of the fastest growing sports in the United States, pickleball is a fun-filled way to stay competitive and active at any age. Like any sport, there are risks involved and injuries can and do occur, especially if preventative measures are not taken. Pickleball can be strenuous on the joints and the most common injuries include Achilles tendinitis, calf strain or tennis leg, plantar fasciitis, and lateral epicondylitis or tennis elbow. "These types of injuries are more common in new or less conditioned players," says Board Certified Orthopaedic Surgeon at Physicians Regional Medical Group, Dr. Christina Kabbash. "It is easy to overdo it, stressing tendons around the ankle, knee, wrist and elbow joints that have not been used in a while."

Pickleball is a sport that combines tennis, badminton, and ping pong, and is played on an indoor or outdoor court measuring 20x44 feet, with the net hung at 36 inches on the ends. It can be played with either two or four players using paddles and a plastic ball with holes. Lending to its popularity, pickleball is a great aerobic workout, easy to learn, and can be enjoyed by people of all ages. In fact, 75% of the core participants playing pickleball are over the age of 55, according to the USAPA (USA Pickleball Association).

Dr. Kabbash recognizes that sports injuries, including those in pickleball do not discriminate among age, but certain susceptibility factors do play a role among older players. "Older players will be more likely to have accumulated wear and tear over time creating increased susceptibility to injury at the weak points or nagging injuries that keep recurring," says Dr. Kabbash. She also points out that age-related decreases in strength and flexibility increase risk of injury coupled with decreases in levels of growth hormone and testosterone, increasing the amount of time it takes to heal.

The good news is there are many protection and prevention strategies that can greatly decrease the risk of injury and allow players at any age to enjoy the sport for years to come.



**Dr. Kabbash offers the following advice:**

**1) Play Within Your Limits.** It is easy to let the competitive juices start flowing and lunge for shots you have no business lunging for. Recognize your capabilities and allow for experience, strength, and flexibility to develop.

**2) Do balance and core exercises.** Pickleball involves extensive side to side and backward motions requiring neuromuscular training. This can be honed with balance and core exercises decreasing the risk of trips and falls, especially as we get older.

**3) Wear court shoes.** Running shoes are engineered for front to back, rolling heel to toe motion, heel cushioning, and good traction which is not conducive to the sport. Court shoes are engineered for side to side, lateral motion, with smoother soles less likely to "catch an edge" when side shuffling and sliding for a shot.

**4) Warm up prior to playing.** Warming up involves dynamic exercises to get the blood flowing to the muscles and tendons, and gets the joints moving smoothly. Dynamic warm ups can consist of brisk walking or biking to the pickleball court, and/or five to ten minutes of knee lifts, arm circles, lunges, touching the toes and walking the hands out into plank position and then back.

**5) Do static stretching exercises.** These can be performed AFTER a dynamic warm up to avoid overstretching injury to "cold" muscles and tendons.

**6) Allow for proper resting.** Muscles and tendons in the body need to rebuild and strengthen after exercise. Stress and overuse injuries occur when you play daily and do not allow for adequate time to rebuild.



**Dr. Kabbash** is an elite athlete who has competed in many triathlons, and is very familiar with the physical demands that sports can play. "Unfortunately, my athletic background has given me the

ability to commiserate with my athletic patients as I have experienced many of the common injuries. It has also given me insight on how to stay active despite injuries, allowing a quicker return to play and sometimes overall improvement due to cross training." Dr. Kabbash emphasizes the importance of rest and following the RICE (Rest, Ice, Compression, Elevation) protocol for the first 48-72 hours following an injury. Icing should be cycles of 20 minutes on and 20 minutes off and never placed on bare skin. Compression can be an ACE bandage or compression sleeve or brace. It is ideal to elevate the affected limb higher than the heart to drain the swelling. If the injury affects the ability to bear weight or does not improve in 48 hours, see a medical professional.

"I really enjoy pickleball and feel that it is a great sport for people who are new to racket sports, and for those who have accumulated wear and tear," says Dr. Kabbash. The dynamics of the game can mean less stress on joints, however, as with any sport there are risks involved and proper precautions should be taken."

Dr. Kabbash is Board Certified in Orthopaedic Surgery, and Fellowship Trained in Orthopaedic Foot and Ankle trauma and reconstruction. Her services include treatment for hammer toe and bunion reconstruction, sprains or fractures of every foot and ankle joint, tendon ruptures and injuries including Achilles tendon, foot and ankle post-traumatic arthritis, including total ankle replacements.

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*Dr. Kabbash's office is located at Physicians Regional - Pine Ridge Medical Office Building, at 6376 Pine Ridge Rd, Naples, FL 34119.*

*For more information, or to schedule an appointment, please call (239) 348-4221 or visit [PhysiciansRegionalMedicalGroup.com](http://PhysiciansRegionalMedicalGroup.com).*

# Holistic Answers to Your Questions for Common Health Concerns

By Svetlana Kogan, M.D.

**Patient asked:** Over the past month, I have been experiencing severe lower back pain while lying in bed. I have no idea what's causing it since I have not done any heavy lifting or unusual activity. Some nights the pain is so sharp that I can't even fall asleep. Why is this happening to me?

**Dr.Kogan's opinion:** Back pain – which affects 80 percent of Americans at some point in their lives – is one of the top complaints in primary care practice. Make sure to have your primary care doctor check this out with an X-ray or MRI first. Assuming the outcome of the above is all good, you can then approach this issue holistically. Since your pain is worse when you lie down and you have not overexerted yourself, you could be suffering from muscle spasms, which are often brought on by a magnesium or calcium deficiency. You may be feeling bad now because warmer weather raises the risk of a magnesium shortfall. To restore the proper flow of nutrients to muscle cells and ease your pain, try taking 200 mg of magnesium citrate twice a day and at least 500 mg of calcium citrate once a day. You may also want to include magnesium-rich foods like wheat-bran cereal (if you are not gluten-sensitive) into your diet. If you are gluten sensitive, pumpkin seeds, bananas, avocados, and spinach are excellent sources of magnesium. It can take three to four weeks to correct the deficiency, so in the meantime, consider rubbing a bit of magnesium oil on your back before going to bed. The oil penetrates the skin and gets to the muscle layer, and could help improve the discomfort in about a week. I would also recommend Mind-Body techniques such as Progressive Muscle Relaxation, in which you can relax different parts of your body, one muscle group at a time. Another great holistic modality is Ondamed (pulsed low frequency electromagnetic fields) – a painless treatment in which the vibrational frequencies of the muscle groups receive a tune up. For acute pain, a series often 30-minute treatments are typically sufficient. For more information on Ondamed, check [ondamed.net](http://ondamed.net).



**Patient asked:** I have read a lot about the dangers of acid reflux medications. Are there any natural fixes that will help?

**Dr.Kogan's opinion:** You are right to be leery of proton pump inhibitors and H2 blockers. Their chronic use has been linked to bone fractures and increased risk of infections. These pharmaceuticals can also decrease calcium absorption and wipe out stomach acid, which is needed for breaking down any and all food proteins. If your GI doctor agrees with you trying to wean off of your meds, try sleeping with 2 pillows – this will help to prevent acid from accumulating in your esophagus and throat. Also, try not to eat after 7 pm and go to sleep no later than 10pm to avoid unnecessary acid production in the late evening. There are some foods that increase acid production which you should try to avoid: caffeine, alcohol, tomatoes, chocolate, and spicy foods. There are also several simple natural remedies that will improve your reflux. My favorites is Rhizinate Chewable supplement by Integrative Therapeutics. The main ingredient - deglycyrrhizinated licorice stimulates and accelerates the natural protective factors in the digestive tract which help relieve occasional heartburn. In Rhizinate, the glycyrrhizin compound--associated with high blood pressure--has been removed. It's chewable because saliva enhances the effect of Rhizinate's natural compounds, and it tastes great. Alternatively, you can try slipper elm bark and mastic gum - based supplement called Pylori-Plex by Douglas Labs. Mastic gum, a resin obtained from the tree, Pistacia lentiscus, is used traditionally in the Mediterranean as both a food ingredient and a traditional healing plant for the gastrointestinal system. Several animal and human

studies indicate that it may have the ability to reduce the H. Pylori bacteria, commonly related to many cases of heartburn and acid reflux. This in turn can play an important role in supporting the body's exposure to H. pylori and maintaining the body's natural defenses against ulcer formation. Either supplement can be ordered here: <https://us.fullscript.com/welcome/skogan>

**Patient Asked:** Every time I fly, I get very gassy. I've tried avoiding fiber and gassy foods, but it does not work. Our vacation is coming up. Is there anything I can do?

**Dr.Kogan's Opinion:** This is actually a very common problem and here is why: The gases in the digestive system expand when the aircraft descends, meaning that even the slightest bit of turbulence can lead to bloat and gas. Many people describe holding in bowel movements to avoid using the plane's cramped restroom, but that can make things even worse. My advice is: Always use the facilities when you need to (especially on long flights), and avoid carbonated beverages, beans, legumes, broccoli, cauliflower and cabbage on the day of your trip. Also smart: When the "fasten seat belt" sign dims, get up every half hour and walk up and down the aisle for 5 minutes. This movement will uncrunch your abdomen, relieving additional pressure on your intestines. If all else fails, keep the following natural remedies in your bag: you can try Gasalia by Boiron – a homeopathic remedy, which you can use as directed on the box or if you prefer herbal remedies – try Gas and Bloating Herbal capsules by Gaia available here: <https://us.fullscript.com/welcome/skogan>

This fennel seed and chamomile based supplement helps promote the absorption and elimination of gas, while a unique blend of synergistic herbs and essential oils improves digestive function and provides natural relief to the intestine.

Here is to your Health!



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

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# The Florida Pain Center Treats Their Patients With Whole-Body Care



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

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

#### Pain Conditions We Treat:

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



#### Pain Management Treatments

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

#### The Florida Pain Center

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

We are a group of pain management physicians offering full-time interventional pain management. We believe that chronic pain is a uniquely human condition that requires us to respond with the utmost compassion and perseverance. Our treatments include non-surgical and surgical methods, as well as more non-traditional techniques, from exercise protocols to the insertion of spinal cord stimulators and spinal infusion catheters for pain and spasticity. When difficult pain problems are referred to us, we know that the physicians and patients see us as a last resort. We accept that responsibility and will work as the patient's partner to improve his or her condition.

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



**Florida Pain Center**

NAPLES

**(239) 659-6400**

info@flpaincenter.com

730 Goodlette Rd North, #200

Naples, FL 34102



# PERIPHERAL NEUROPATHY: THERE IS A TREATMENT!

By Richard Hiler, DABCN

**D**o you have numbness or tingling in your arms, hands, legs, feet, or toes? Perhaps you are dealing with inflammation, restless legs, or burning sensations. If you have any of these issues, it's essential to seek medical attention as these are frequently warning signs of peripheral neuropathy. It's not uncommon; 20 million Americans have peripheral neuropathy.

Peripheral nerves run from the spinal cord to the arms, hands, legs, and feet. If the nerves are damaged due to injury or disease, it can cause some of the following symptoms:

### Peripheral Neuropathy Symptoms

- Numbness
- Tingling
- Burning sensations
- Painful aching
- Balance issues
- Skin discoloration & texture changes
- Muscle cramps
- Feelings of stiffness or pressure
- Non-healing foot & ankle ulcers
- Cold feet
- Walking on marshmallows (sensations)

Many times, peripheral neuropathy is related to cancer treatment, medications, spinal injuries, or diabetes. In the case of diabetes, there is an extremely high storage of glucose; Glucose damages many organs in the body but also has a severely adverse effect on nerves. This nerve damage happens because the small blood vessels, which supply blood and nutrients to the nerves, becomes impaired. When the nerves are no longer fed nutrients, they either die, or their signals to the brain are ineffective. Symptoms of numbness, tingling, stumbling, and foot injuries are common. The lack of brain signaling from the nerve endings makes it difficult for a person to feel pain in their foot, so often, injuries and these disorders are overlooked.

There are viable ways to treat your condition's root cause and not just mask symptoms with pain medications, which is unfortunately what many providers will recommend.



### You Don't Need Addictive Drugs—You Need to Treat the Cause of The Neuropathy

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.

### Your Options

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

### Feel Amazing Institute's Alternative Care

- Red LED and Low Level Infrared Light Therapy help to heal and regenerate the small nerve endings that are damaged in peripheral neuropathy
- Gentle electrical stimulation therapy improves nerve function, reduces pain, and improves movement.
- Stem Cell Allografts
- Platelet Rich Plasma
- Spinal Decompression Therapy
- Ozone Therapy
- Peptide Therapy
- Acoustic Wave Therapy
- Natural supplementation to regenerate myelin sheath

### Neuropathy Treatment at Feel Amazing Institute

Clinical studies show that 90% of the people who undergo the treatment experience excellent results with one or more of the following: Reduced pain and cramps, reduced tingling and numbness, ability to experience normal touch without pain, reduced cold or burning sensations, improved balance and coordination, lowered dependency on medications, improved sleep, reduced sensation of restlessness in

the legs. People also experience reduced local swelling and inflammation, increased range of motion, increased blood flow to the extremities, decreased tension, and decreased muscle spasm. An important side benefit to the treatment is that it reduces the risk of falls significantly by improving balance and position awareness of the feet.

### Feel Amazing Institute

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

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

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

- Severe neck & back pain
- Shoulder, elbow, or wrist pain
- Hip, knee pain treatment, ankle, or foot pain
- Arm or leg pain, or numbness
- Peripheral Neuropathy pain or numbness
- Restless Leg Syndrome
- Headaches, dizziness, vertigo, or balance problems
- Disc bulge or herniation, sciatica, or stenosis
- Auto Accident, Whiplash Injuries

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



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# VITAS Is Committed to Serving Our Armed Service Members

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

In May, we pause to recognize all that our United States veterans have done to protect our country. As we acknowledge the high cost of preserving our freedom, we look for ways to support the valued men and women of our Armed Forces.

As veterans reach the end stages of their lives, they can face many challenges. Providing a specialized approach to care can help support them and their families in meaningful ways. Hospice care can address their specific needs by utilizing an interdisciplinary team approach to offer compassionate clinical, spiritual, and psychosocial care.

## Tailored Hospice Care for Veterans

Veterans have unique experiences—from the rigors of military training to the harsh stress of combat. It is important to respond to their resulting needs with specialized training that demonstrates empathy and understanding. These needs may include:

- Service-related injuries
- Moral/soul injuries
- Illness (from infectious disease or biological/chemical exposures)
- Post-traumatic stress disorder (PTSD)
- Depression
- Financial concerns
- Impact of drugs and alcohol on the end-of-life process

At VITAS® Healthcare, clinical staff, (including licensed clinical social workers), and chaplains help counsel veteran patients and their families through our interdisciplinary team approach.

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## Utilizing Department of Veterans Affairs (VA) Benefits

Navigating the process of understanding VA benefits can seem like a daunting task. VITAS staff members aim to bridge this gap between veterans and the VA with knowledge and expertise in:

- Military separation papers, DD-214
- VA pensions, including aid and attendance
- Service-connected compensation benefits
- Survivors' benefits for spouses and dependents
- Dependency Indemnity Compensation (DIC)
- Burial benefits

The VITAS team can also assist you with completing the application process for hospice benefits.

## Funding Hospice Care for Veterans

We want to ease the burden veterans and their families face by ensuring they receive appropriate benefits, which in many cases amount to significant financial assistance. VITAS hospice care is a covered benefit for all enrolled veterans.

Veterans generally have no out-of-pocket expenses for hospice-related services. Your VITAS team can help you obtain information about potential benefits, assess challenges, and connect with a veteran service officer to engage the VA and community resources for further assistance.

We at VITAS thank the members of the United States Armed Forces, both currently serving as well as veterans, for their dedication to our country and their unwavering will to keep us safe. VITAS appreciates their service and continues to provide the care that supports veterans and enhances their quality of life during an advanced illness.

# NAPLES NEWEST PLASTIC SURGERY CENTER

From the cool waters and sophistication of Scandinavia to the vibrant and lush beaches of Naples, Dr. Gunnar Bergqvist, also known as, “Swedish Dr”, has transported his unparalleled skills and experience in Plastic & Reconstructive surgery.

Dr. Bergqvist offers private, exclusive, and tremendous experience in his new practice: The Plastic Surgery Center of Naples (PSCN), located in the Coventry Square Medical Park, 860 111th Ave., N., Suite #6, Naples Florida, 34108.

At PSCN, we offer an extensive array of services. Dr. Bergqvist, one of the principal investigators of TLAD (Tumescent Lidocaine Antibiotic Delivery) for surgical procedures, in which he has unprecedented expertise, allows him to perform surgery with the use of only local anesthesia. No IV needed. No breathing tube or mask needed. TLAD reduces post-surgical pain and infection as well. Dr. Bergqvist is kept in high demand due to his leading technologies in Renuvion (J-Plasma) skin tightening. Dr. Bergqvist is also a specialist for in-office surgical procedures including liposuction anywhere on the body, eye lift, facelift, neck lift and injectable fillers along with skin cancer reconstruction.

One of the best features of this new Plastic Surgery Center is the location, for the privacy it offers patients. Our office sits adjacent to the Physicians Day Surgery Center, where patients can easily have access to anesthesia for procedures such as rhinoplasty, breast augmentation, abdominoplasty, or other procedures.

PSCN is a high end, exclusive boutique, where you can have all your cosmetic needs met in one visit with undivided attention from Dr. Bergqvist.



**Gunnar Bergqvist, MD**  
*Practice Made Perfect*

For example, while getting liposuction, a patient can, at the same time, obtain fillers and Botox, perfect for those wanting maximum benefits for limited downtime. Another perfect “day with the surgeon” could encompass a non-invasive facelift with Ultherapy, and at the same time, receive lip injections, facial fillers, Botox and Qwo treatments for cellulite removal.

The Plastic Surgery Center of Naples has a large arsenal of lasers for tattoo removal, scar care, rosacea, acne, skin resurfacing, and tightening. Cellulite removal is offered with the Velashape III machine and Qwo injections for cellulite removal. Another treatment offered is the HydraFacial, which many patients like to have before Botox, fillers or laser treatments.



**Gunnar Bergqvist, MD**

Dr. Gunnar Bergqvist is double board certified by the American Board of Surgery and the American Board of Plastic Surgery. He maintains his certification in both and in addition to his training, completed a chief residency in both plastic surgery and general surgery. Dr. Bergqvist completed his training in Plastic Reconstructive & Microvascular Surgery at Duke University, the leading program in the world for Surgery. He also has additional training in Hand & Micro-surgery from the Christine Kleinert Institute. He gained his inspiration from his father who is a world-renowned Pediatric Neonatologist, M.D., PhD in Sweden; his sister, a professor and a pediatric neurologist at the Children’s Hospital of Pennsylvania in Philadelphia.

Dr. Gunnar Bergqvist, in addition to being double Boarded by the American Board of Plastic & Reconstructive Surgery and in General Surgery by the American Board of Surgery, is a member of the ASPS (American Society of Plastic Surgeons), which upholds the highest standards of training and safety for providers of plastic surgery.

“Swedish Dr” completed two years of clinical research during his training and continues to publish. He has extensive experience teaching resident surgeons. After 20 years of private practice with over 16,000 patients, he has the experience to make your plastic surgery goals a reality.

The Plastic Surgery Center of Naples

860 111th Ave., N., Suite #6, Naples Florida, 34108

239.431.7967 | [www.SwedishDr.com](http://www.SwedishDr.com)



# DO YOU HAVE OVERACTIVE BLADDER?

## What You Should Know

**A**re you constantly rushing to the bathroom, or excusing yourself from multiple situations per day to relieve your bladder? Many people start living on the sidelines of life due the inconvenience of having the urge to urinate frequently. You don't have to continue to live this way; there are options to help you cope with and to treat your condition successfully.

In people with an overactive bladder (OAB), the layered, smooth muscle that surrounds the bladder (detrusor muscle) contracts spastically, sometimes without a known cause, which results in sustained, high bladder pressure and the urgent need to urinate (called urgency). Normally, the detrusor muscle contracts and relaxes in response to the volume of urine in the bladder and the initiation of urination.

People with OAB often experience urgency at inconvenient and unpredictable times and sometimes lose control before reaching a toilet. Thus, overactive bladder interferes with work, daily routine, intimacy and sexual function; causes embarrassment; and can diminish self-esteem and quality of life.

### Urinary Incontinence

Urination (micturition) involves processes within the urinary tract and the brain. The slight need to urinate is sensed when urine volume reaches about one-half of the bladder's capacity. The brain suppresses this need until a person initiates urination.

Once urination has been initiated, the nervous system signals the detrusor muscle to contract into a funnel shape and expel urine. Pressure in the bladder increases and the detrusor muscle remains contracted until the bladder empties. Once empty, pressure falls, and the bladder relaxes and resumes its normal shape.

Urinary incontinence has recently gained considerable attention in the United States. It is estimated that approximately 10 to 20 million people (10-35% of the U.S. population) are suffering from urinary incontinence. Nearly 50 percent of the institutionalized elderly are incontinent.

The estimated cost of diagnosis and treatment of this group is \$15 billion per year. Though these numbers are staggering, about half of incontinent patients do not alert their physician or family members of their



problem. Unfortunately, most of these individuals assume nothing can be done for incontinence or feel that leakage is a normal part of aging.

Urinary incontinence is defined as the involuntary loss of urine from the bladder. It is important to remember that not all incontinence is the same.

### There are several types of incontinence:

- Stress incontinence
- Urge incontinence
- Mixed incontinence
- Overflow incontinence
- Functional incontinence

Correct diagnosis of the type of incontinence is the first and most important step in developing an appropriate and effective treatment plan for incontinence.

### Treatment Options

There are numerous treatments available for OAB and Frequent Urination. Depending on the severity of your disorder and the cause, your physician at Advanced Urology Institute will provide you with the best plan of action for your specific treatment.

### Below are the most common treatment options:

- Behavioral and Medication Therapy
- Bladder Pacemaker
- Botox Injections into Bladder
- Implanted slings
- Nerve Stimulation

### Advanced Urology Institute

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

AUI was developed as a single-specialty physician led organization to respond to the mounting changes in healthcare. Solo-practitioners and small groups cannot keep up with the increased governmental burdens and continue to stay focused on providing the highest level of care to their patients.

We believe that by combining our efforts, geographically disparate Urology groups can function most efficiently and effectively to deliver the highest quality medical care to our patients.

### Services Offered & Conditions We Treat

- Erectile Dysfunction
- Benign Prostatic Hyperplasia (BPH)
- Kidney Stones
- Da Vinci Robotic Assisted Surgery
- Prostate Cancer Treatment
- Vasectomy & Vasectomy Reversal
- Urinary Tract Infection
- Pediatric Urology
- Women's Urological Health

### We Value Patient-Centered, Evidence-Based Care

As a patient, you can be certain that you are a critical member of our treatment team. We will answer your questions and strive to provide the best services and the best care, based on your individual needs, preferences, and choices. AUI Physicians emphasize the use of proven treatment guidelines within our specialty, to optimize clinical decision making. Through our internal measures, our involvement in research studies, and our passion for continuous learning, you can be confident that our treatment team is providing you with the best treatment options.

**Please Contact Advanced Urology Institute Today.**



Jonathan Jay, M.D.



Rolando Rivera, M.D.



Kristina Buscaino, D.O.

**AUI**  
ADVANCED UROLOGY  
INSTITUTE

239.465.4157

www.advancedurologyinstitute.com

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

# IV THERAPIES

By Dr. Valerie Sorge

**R**evitalize your body quickly and efficiently by infusing the cells in your body with powerful nutrients. Through Nutrient IV Therapy, these nutrients can enter your circulatory system in just over one minute, providing you with crucial vitamins, minerals and amino acids for health and healing. Vitamin IV therapy delivers a custom blend of nutrients directly into your bloodstream for an instant boost of health and wellness. Research shows that vitamins and fluids given intravenously are significantly more powerful and effective, with 100% bio-availability compared to a 20-30% absorption rate through oral consumption. Sit back, relax, and take your vitamins in a whole new way.

## Vitamin C Cocktail

We use a high dose vitamin C and multivitamin/mineral combination that is great for those who are worn down by stress or illness, or those just seeking to stay healthy and energized. The combination is great for the change of the seasons and can be followed by our custom formulations for even more antioxidant protection.

## Classic Myers' Cocktail

Based on the research done by Dr. John Myers, the Myers Cocktail for Fatigue contains Vitamin C, six different B vitamins, calcium, magnesium, sodium bicarbonate, and IV hydration solution.

## Mercury Extraction Therapy

We use Calcium-EDTA to chelate toxic heavy metals from the body, including aluminum, cadmium, lead, and more. DMPS is used to chelate toxic metals and is particularly good at binding to mercury, a potent neurotoxin and endocrine disruptor.

## IV NAD Therapy for Anti-Aging

IV NAD infusion therapy or the administration of Nicotinamide Adenine Dinucleotide directly into the bloodstream is an exciting and new treatment modality that is being used for a variety of ailments and illnesses.

## IV NAD Therapy for Detox

IV NAD therapy and amino acid replacement therapy has been shown to effectively help decrease the discomfort of withdrawal as well as cravings in someone who desires to detox from an addiction.

Plus: IV Glutathione, Antioxidant Therapy for Purification, IV Vitamin for Hangover Cure, Vitamin Balance and Customized IVs, Shots, Pushes and Boosters.



In addition to instant, glowing results vitamin IV therapies come with an impressive list of beauty and wellness benefits. Depending on your treatment, results can include an energy boost, increased immune system function, glowing skin, enhanced focus and mental clarity, acceleration of wound healing, and improved detoxification.

Don't forget about the extra vitamin boosts! Vitamin boosters have a greater absorption rate to deliver nutrients more effectively than food or oral supplements. Plus, added vitamin boosters can give an instant boost of energy! Additionally, vitamin boosts only take seconds to inject into the body, have minimal side effects and downtime, and have long-lasting benefits.

After your consultation with the medical staff at Vidaful, we will customize your IV therapy to fit the results you are looking for.

## GLUTATHIONE

Known as one of the most powerful natural antioxidants, glutathione cleanses the body inside and out. This substance is a tripeptide of three amino acids (glycine, cysteine, and glutamic acid,) and assists your body in nearly all cellular functions - from providing a glowing complexion to breaking down fat to detoxifying the body. Get clearer, brighter skin and a boost of general wellness as this IV fights free radicals and provides a multitude of health and beauty benefits.

## NAD+

The human body relies on NAD+, or Nicotinamide Adenine Dinucleotide, for nearly all essential functions. This coenzyme to Vitamin B3 does everything from improving mental clarity and reducing stress to boosting energy and helping you appear more youthful. The bad news? It decreases due to age, genetics, and other factors. That's why you need the NAD+ IV to deliver this substance directly into your bloodstream for a boost of overall wellness! Improve your mood, mindset, energy levels, mental clarity and more with this NAD+ IV.

## IMMUNITY

Stay fighting fit by boosting your immune system in the face of adversity. Guard against viral, bacterial and parasitic infections with an IV drip to enhance your immune system.

## HANGOVER

Dehydration and electrolyte imbalance are the main causes of hangover symptoms. Hangover drip rehydrates your body, replenishes lost vitamins and electrolytes, and flushes alcohol toxins out of your system.

## PMS

Boosts your mood and eases the pain and discomfort associated with the days leading up to your period. Experience real relief from monthly PMS symptoms like cramps, bloating, nausea, weight gain, irritability and more.

## TRIM

Helps target stubborn body fat and support muscle health. Powerful tool to enhance your physique and optimize your regular exercise regimen.

## JET LAG

This enriching blend of B Vitamins mixed with Vitamin C gives you a boost of mental stamina and increased energy for the ultimate pick-me-up, helping you increase focus and easily adjust into your daily routine.

**Throughout May, Vidaful Medicine in Naples is celebrating Mother's Day month with a 50% off special on a makeover which includes Microneedling, Vampire Facial and Radio Frequency. This is a wonderful gift idea for Mom--a well deserved treat for her special day. Reserve your day and time now, please call 239.920.7676 for you appointment and additional information.**

**Anti-Aging & Alternative Medicine. We all have blind spots in our awareness. We all want to feel like someone is watching our back. At Vidaful Medicine, we believe our assessment tools and practical solutions can help YOU! Contact us today at 239.920.7676 or [info@vidafulmedicine.com](mailto:info@vidafulmedicine.com) or visit [www.vidafulmedicine.com](http://www.vidafulmedicine.com).**

**VIDAFUL**  
MEDICINE

To find out more, or to schedule your appointment, please call 239.920.7676 or visit [www.vidaful.com](http://www.vidaful.com).

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

# Lack of Sleep Leads to Lots of Problems

If stress and anxiety are keeping you up at night, Medical Marijuana from Miracle Leaf, Naples is an option for you. Qualifying medical conditions for medical card under the Florida state law that are eligible for a medical recommendation in Florida are listed below. Our doctors at Miracle Leaf will assess your medical condition during your evaluation and, if your conditions falls under the qualifying conditions in the state of Florida, they will recommend you a medicinal card to obtain and consume medical products.

According to Florida's Amendment 2, you may be eligible for a Florida Medical Marijuana Card providing you suffer from the following symptoms:

- Cancer
- Crohn's Disease
- Epilepsy
- Glaucoma
- HIV/AIDS
- Multiple Sclerosis
- Parkinson's
- PTSD
- Anorexia
- Anxiety
- Arthritis
- Back Pain
- Cachexia
- Diabetes
- Hepatitis C
- Irritable Bowel Syndrome
- Lyme Disease
- Migraine
- Muscle Spasms
- Muscular Dystrophy
- Severe & Chronic Pain
- Severe Nausea
- Sickle Cell Anemia
- Spasticity

A good night's sleep will cure a lot of ailments, and let you have the strength and energy to deal with the stress in your life in a more productive way. Chronic stress that disrupts your bodies natural rest time trickles down to create other issues. To improve sleep quality and cope with chronic stress, some strategies are more effective than others. One of those strategies is a medical cannabis treatment plan.

When you experience a perceived threat (physical or psychological, real or imagined), your body's hormonal stress response gets triggered, creating a cascade of physical changes that lead to the release of glucocorticoids like cortisol by the endocrine system. The release of cortisol and other stress hormones creates a burst of energy that allows you to fight or run from a real and present danger.



A healthy stress response involves a quick cortisol spike followed by a rapid decrease once the stressful event has passed. This endocrine system response is controlled by negative feedback loops mediated by the hypothalamic-pituitary-adrenal (HPA) axis in the central nervous system.

What's important to know in this context is that the HPA axis also plays an important role in modulating the 24-hour sleep-wake cycle. Prolonged stress levels have been correlated with HPA axis hyperactivity, decreased sleep duration, as well as reduced REM sleep and delta power, leading to poorer quality sleep, impaired memory, poorer mood regulation, which can, in turn, lead to more stress.

If your sleep problems are being compounded by the effects of stress, sleep may come easier with the implementation of healthy stress management techniques before bed. Coping with stress takes many forms and can involve emotional engagement or emotional disengagement.

Notably, one study found that strategies that reduce emotional avoidance and enhance emotional awareness are helpful for reducing the impact of stress on sleep onset latency, while strategies that increase avoidance, such as alcohol use, can lead to longer sleep delays. Medical cannabis is a much healthier alternative to good sleep than sedatives such as alcohol.

Healthy coping strategies that reduce emotional avoidance include meditation and simple breathing exercises, which can reduce stress and tension

in the body, lower stress hormone levels, and help sleep come more easily. Problem-solving can also be a way to reduce stress, but it can be stimulating and should be done earlier in the day rather than before bed.

It is important to leave enough time for stress management and also enough time for sleep itself. Educate yourself about additional stress management sleep strategies and read more about the benefits of a good night's sleep to inspire you to figure out a plan to create space in your busy life to reduce your stress before bed.

Not all sleep problems are due directly or entirely to stress. Certain hormonal changes that come with menopause or even natural aging can alter sleep patterns. Certain medications can also have an effect on sleep, as can caffeine, alcohol, and other things you consume. If you are feeling that you are managing your stress well and find that your sleep has not improved, you should consult your doctor to see if one of these other causes could be affecting you or if you might have a sleep disorder.



5201 TAMiami TRAIL N, UNIT #3, NAPLES, FL 34103

239.935.8998

[www.MiracleLeafNaples.com](http://www.MiracleLeafNaples.com)



# What is Plantar Fasciitis?

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

If you suffer from heel pain, you are well accompanied by over a million others that see their doctor for heel pain each year. The most common foot and heel discomfort is caused by a painful disorder known as plantar fasciitis.

The foot is comprised of many different bones, joints, tendons, and ligaments; these include the plantar fascia. The plantar fascia is a band of ligament tissue. It stretches from the heel of your foot to the middle, and it is responsible for reinforcing and supporting your arch. When this area becomes inflamed due to extreme tension on the ligament, pain erupts every time you take a step, and if left untreated, many people will even experience discomfort while at rest.

Because plantar fasciitis is one of the most common foot issues; one in ten people will experience it at some time in their life. Usually, the pain is concentrated in the heel area, and it is generally caused by small injuries that occur over an extended period of time. It's quite common for heel spurs, which are bony protrusions under the heel bone to coincide with plantar fasciitis.

There are many treatment options that you can do at home with the guidance of your podiatrist to try and alleviate the painful symptoms of plantar fasciitis. But, because of weight bearing, this area of the foot, in particular, is challenging to heal on its own, The key to getting your foot health back to normal, and you free from pain is to have medically based procedures provided by your podiatrist.

## TREATMENT OPTIONS

### Rest

Rest is one of the most important aspects of healing plantar fasciitis. It can take between 6 and 18 months for the issue to resolve completely. Taking it easy on the arches which you are healing is important.



### Arch Supports & Orthotics

Arch taping or using orthotics can help to alleviate pressure and some of the pain associated with plantar fasciitis.

### Stretching Exercises

Dynamic stretches can be very helpful to relax and create more flexibility within the tendon. Your podiatrist will give you a detailed list of exercises that you can safely do at home.

### Anti-Inflammatory Medications

Ice and NSAIDs such as ibuprofen can help to reduce inflammation. These work best in conjunction with other treatments.

### Ultrasound- Guided Corticosteroid Injections

This is an innovative treatment available from Collier Podiatry. It allows the podiatrist to view the precise placement of the cortisone injectable via an advanced ultrasound machine to make certain that all of the pain and tension relieving material is placed accurately.

### Laser Treatment

Laser therapy is one of the top methods to reduce your pain and inflammation. Deep tissue laser therapy uses a process called photobiomodulation, which penetrates deep into the muscles tissues using photon energy. This therapy increases cellular metabolism while decreasing inflammation and pain.

Collier Podiatry sees great results in their patient's foot health with this treatment option. The best part is that there are no side effects, no harmful medications and more importantly, long lasting results.

### Collier Podiatry

Dr. Michael Petrocelli has been practicing podiatric medicine for well over 20 years. He is an expert in his field and a leader to his peers. If you are experiencing any foot pain or foot conditions, please contact Collier Podiatry. Their kind and well-trained staff are ready to answer your questions and concerns and get you back on your feet again.

Contact Collier Podiatry to make your appointment. Please visit their website at [www.collierpodiatry.com](http://www.collierpodiatry.com), or call them at (239) 775-0019



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

239-775-0019  
[www.collierpodiatry.com](http://www.collierpodiatry.com)

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

# ARE YOU STRUGGLING WITH URINARY INCONTINENCE?

**W**hen it comes to urinary incontinence, you have many choices and treatment options, but you must be honest with yourself in order to finally get long-lasting medical help. If you answer yes to one or more of the following questions, it's time to see a specialist.

## Yes or No:

- Do you often have an uncomfortable or uncontrollable urge to urinate?
- Do you have frequent urination during the day?
- When you get the urge to go, do you make it to the bathroom on time?
- Do you wake up to urinate one or more times per night?
- Does urine leak when you cough, sneeze, laugh, jump, exercise, or lift heavy objects?
- To help your symptoms, have you tried wearing pads or briefs, drinking less, doing Kegel exercises, rearranging your daily routine?

## THE TRUTH: WHAT YOU NEED TO KNOW

**#1 It's important that you don't just see someone claiming to be a pelvic floor specialist.**

A modern subspecialty called Female Pelvic Medicine & Reproductive Surgery (a.k.a. Urogynecology) was developed to harness this knowledge to benefit women of all ages. A Urogynecologist has advanced training in treating these disorders that a gynecologist and a urologist may not have. A gynecologist specializes in the female reproductive system (vagina, uterus, and ovaries) and a urologist specializes in the urinary tract of both men and women. A urogynecologist blends the knowledge of a gynecologist and urologist to give women the best possible outcomes for disorders that affect these two closely integrated systems.

The Florida Bladder Institute, based in Naples Florida, is one of the country's first urogynecology practices. Typically, a woman would have to see a gynecologist for one problem, a urologist for another and a gastroenterologist for another. Dr. Joseph Gauta explains, "A Urogynecologist has the skill and experience to assess the entire pelvic region including the uterus, bladder, vagina and rectum as well as the muscles, ligaments, connective tissue and nerves that support those systems." He added, "This means a thorough evaluation is done of your urinary, lower gastrointestinal and reproductive systems as a whole to ensure you receive the best possible treatment and outcome in the most efficient and cost-effective manner."



**#2 It's not cookie-cutter. Your treatment should depend on the type and severity of your disorder.**

"Urinary incontinence" is a general term and symptoms can range from mild leaking to uncontrollable wetting. It can happen to anyone, but it becomes more common with age. There are many types of urinary incontinence, and sometimes a woman may have more than one of the following types:

- Stress
- OAB
- Urgency
- Mixed incontinence (i.e., stress and urgency can occur together)

Your treatment should be custom-tailored to the specific cause of your incontinence, your medical and surgical history, your overall health, age, and goals.

**#3 It's not always incontinence.**

Sometimes there are other conditions that may feel like an incontinence problem or cause unusual pain. The Florida Bladder Institute is well-prepared to evaluate and treat related problems of the urinary system that may be causing your discomfort.

The Florida Bladder Institute can offer several options used in combination or individually depending on your needs. They may include medications, diet modification, bladder retraining and Kegel exercises to strengthen the pelvic muscles.

**#4 There are numerous incontinence treatment options.**

The good news is that virtually all types of incontinence are treatable. The Florida Bladder Institute's expert team is dedicated to helping you achieve the highest level of health and quality of life.

The clinical staff of the Florida Bladder Institute is well-versed and experienced in using a variety of techniques including medication, rehabilitation, minimally invasive surgical intervention, and lifestyle education to improve your overall health and help you regain control and reclaim your freedom.

## The Florida Bladder Institute's Innovative Techniques and Treatment Options:

- Bladder Retraining
- Emsella (Kegel chair)
- Pelvic Floor Rehabilitation including Kegel Exercises, physical therapy and electrical stimulation
- Laser and Muscle Therapy
- Biofeedback
- Botox Bladder Injections
- Pessary Vaginal Device
- Injections including Botox and bulking procedures
- Outpatient Surgery
- Surgery for Organ Prolapse / Dropped Bladder Repair
- Axonics® Sacral Nerve Stimulation

At the Florida Bladder Institute, you will experience a thorough approach to the evaluation and treatment of pelvic organ prolapse, bladder and lower urinary tract disorders, bowel and gas incontinence, bleeding, pelvic pain and menopause. Our compassionate and expertly trained team will guide you along the way using state-of-the-art technology in our comfortable and private setting.



JOSEPH GAUTA, MD



NICOLE HOUSER, PA-C



MACKENZIE HUDSON, PA-C



AMBER THOMPSON, PA-C



239-449-7979

[www.FloridaBladderInstitute.com](http://www.FloridaBladderInstitute.com)

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

# HIGH BLOOD PRESSURE

BY DR. LINELL KING

**H**igh blood pressure (hypertension) is called the “silent killer” for good reason. It often has no symptoms but is a major risk of heart disease and stroke. And these diseases are among the leading causes of death in the United States.

Almost half of U.S. adults have high blood pressure. Your blood pressure is measured in millimeters of mercury, which is abbreviated as mm Hg. There are two numbers involved in the measurement:

- **Systolic blood pressure.** The top number represents the force of the pressure when your heart pushes blood into the arteries throughout the rest of your body.
- **Diastolic blood pressure.** The bottom number represents the pressure in your blood vessels between beats, when your heart is filling and relaxing.

Your blood pressure depends on how much blood your heart is pumping, and how much resistance there is to blood flow in your arteries. The narrower your arteries, the higher your blood pressure.

Blood pressure lower than 120/80 mm Hg is considered normal. Blood pressure that's 130/80 mm Hg or more is considered high.

If your numbers are above normal but under 130/80 mm Hg, you fall into the category of elevated blood pressure. This means you're at risk of developing high blood pressure.

The good news about elevated blood pressure is that you can make changes to significantly reduce your numbers and lower your risk — without requiring medications.

Here are some tips for making lifestyle changes for treating blood pressure through healthy eating and physical activity.

**Eating healthy.** One lifestyle change that can help lower blood pressure is the DASH eating plan. DASH stands for Dietary Approaches to Stop Hypertension. The DASH eating plan is high in fruits, vegetables, and low-fat dairy products. The Dash plan also includes whole grains, poultry, fish, beans, nuts and seeds, and has low amounts of total fat, saturated fats, red meats, sweets, and sugared beverages. Researchers believe that it is the combination of 8 to 10 servings a day of fruits and vegetables and 3 servings of low-fat or nonfat dairy products that causes the DASH eating plan to lower blood pressure. These



foods are low in sodium and high in calcium, potassium, and magnesium which can lower blood pressure. It is best to get these nutrients from eating foods, because taking calcium, potassium, and magnesium supplements does not have the same synergistic effect.

The DASH plan is a healthy way of eating for everyone, but especially if you want to prevent high blood pressure and other health problems.

**Getting regular physical activity.** You don't have to train for a marathon to get all the benefits of physical activity. Find an activity that you enjoy and make it part of your daily routine. The Department of Health and Human Services' Physical Activity Guidelines recommend building up to at least 150 minutes of activity each week — that's 30 minutes a day, five days a week. Do aerobic activities for at least 10 minutes at a time. Aerobic activities are walking, running, swimming, cycling, rowing, anything that gets you breathing harder and your heart beating faster. If you haven't been active for a while, start with a low, comfortable level, but slowly build in intensity and length of time of the activity.

There are DVDs available that you may use to walk or be physically active indoors in any weather and at any convenient time of day or night. Your physical activity may become a special time to not only refresh your body, but relieve your mind of stressful thoughts. Coping successfully with stress is another lifestyle method for controlling high blood pressure.

If you have a heart problem or a chronic disease, it is always a good idea to talk with your healthcare provider about increasing your physical activity level. Usually, they are happy to see that you are choosing a more active lifestyle.

**Lifestyle modifications can significantly help improve blood pressure:**

- **Eating strategy:** prioritize whole foods and get plenty of vegetables, limit or avoid processed foods
- **Sleep:** 7-8 hours every night
- **Stress:** address chronic stressors, meditation, yoga, walking in nature, journaling, etc.
- **Exercise/movement:** intentional movement 30 minutes per day
- **Community:** Get friends and/or family involved!

If you find yourself in the category of needing a higher level of treatment for your high blood pressure, keep in mind that lifestyle changes, especially increased physical activity and healthier eating patterns, are worthwhile to your overall well-being, whether or not you are prescribed medication for treatment of your high blood pressure.

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

[www.naplesvitality.com/consult](http://www.naplesvitality.com/consult)

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



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



**NAPLES VITALITY**

DR. LINELL KING MD

239-465-0098

[WWW.NAPLESVITALITY.COM](http://WWW.NAPLESVITALITY.COM)

3411 TAMiami TRAIL N. SUITE 200  
NAPLES, FL 34103





# Do You Really Need to do Self-Breast Exams?

By Krystal Smith, D.O.

**S**elf-breast exams are a useful tool to help diagnosis breast cancer early. It is imperative to use self-exam tools at home coupled with traditional medical imaging and other diagnostic recommendations by your physician. If you feel a new lump, don't panic, just make an appointment with your doctor as soon as you can. Very often lumps are benign, caused by hormonal changes, but they should never be left unexamined by a medical professional. Early detection saves lives.

## Self Examination Details

**Step 1:** Begin by looking at your breasts in the mirror with your shoulders straight and your arms on your hips.

### Here's what you should look for:

- Breasts that are their usual size, shape, and color
- Breasts that are evenly shaped without visible distortion or swelling

If you see any of the following changes, bring them to your doctor's attention:

- Dimpling, puckering, or bulging of the skin
- A nipple that has changed position or an inverted nipple (pushed inward instead of sticking out)
- Redness, soreness, rash, or swelling

**Step 2:** Raise your arms and look for the same changes.

**Step 3:** While you're at the mirror, look for any signs of fluid coming out of one or both nipples (this could be a watery, milky, or yellow fluid or blood).

**Step 4:** Next, feel your breasts while lying down, using your right hand to feel your left breast and then your left hand to feel your right breast. Use a firm, smooth touch with the first few finger pads of your hand, keeping the fingers flat and together. Use a circular motion, about the size of a quarter.

Cover the entire breast from top to bottom, side to side — from your collarbone to the top of your abdomen, and from your armpit to your cleavage. Follow a pattern to be sure that you cover the whole breast. You can begin at the nipple, moving in larger and larger circles until you reach the outer edge of the breast. You can also move your fingers

up and down vertically, in rows, as if you were mowing a lawn. This up-and-down approach seems to work best for most women. Be sure to feel all the tissue from the front to the back of your breasts: for the skin and tissue just beneath, use light pressure; use medium pressure for tissue in the middle of your breasts; use firm pressure for the deep tissue in the back. When you've reached the deep tissue, you should be able to feel down to your ribcage.

**Step 5:** Finally, feel your breasts while you are standing or sitting. Many women find that the easiest way to feel their breasts is when their skin is wet and slippery, so they like to do this step in the shower. Cover your entire breast, using the same hand movements described in step 4.

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

## Breast Cancer Screening

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

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

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

## Breast Cancer Risk Factors

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

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

## Breast Center of Naples

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

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Source: breastcancer.org

  
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# THREE TIPS FOR “AGING YOUR WAY”

By Greg Pascucci

**M**ay is Older Americans Month, created to highlight the contributions of those 55 and over and honor their vital role in our communities and society,” and this year’s theme is “Age My Way.”

The Administration on Aging, part of the Administration for Community Living (ACL), leads our nation’s observance and reminds us that no matter where we are in life, there is no better time than now to age your way:

## Stay Active

According to the National Council on Aging, “regular activity can help give us more energy and greater self-confidence, enabling us to embrace our later years with gusto.”

The Carlisle Naples, an active retirement community, offers a myriad of exercise opportunities – from low-impact tai chi to an invigorating cycling class. Whether a resident is an avid fitness enthusiast or just beginning a healthier lifestyle, there is something to pique every interest.

“I love the mix of classes offered,” said resident Maraline Rane. “Regular exercise has played a significant role in maintaining my independence.”

## Pursue Interests

Studies have shown that pursuing a hobby or learning a new skill can help counter cognitive aging. Start by thinking about an activity you’ve always been curious about such as gardening, painting or knitting. Then, seek out resources, tutorials and expert guidance. A local book store may be a great place to begin your research. You can also visit YouTube to watch tutorial videos. Most importantly, remember to have fun!

At The Carlisle, a full-time Zest Director is charged with appealing to residents’ mind, body and soul. Zest focuses on positive ways for residents to feel their best—from social engagement and physical activities to diet and nutrition. Carlisle residents have done everything from competing in a Summer Olympic Challenge to learning to play the harmonica and performing with an acting troupe!



## Form Social Connections

Our ability to connect with others plays a significant role in our overall health and wellbeing. Researchers at the Center for Healthy Aging at Penn State found that when adults between the ages of 70 and 90 reported more frequent, pleasant social interactions, they also had better cognitive performance on that day and the following two.

There are many ways to connect with others such as participating in local activities, adopting a pet and volunteering.

Carlisle residents often find their social circles expand with a move to the community. The Zest team works to introduce residents with shared interests and hosts a monthly Meet & Greet for newcomers. The Carlisle’s Living Room also serves as a “village square” and is the hub of activities. Residents can see their neighbors coming and going and even catch up over before-dinner drinks.

“I found myself becoming more and more isolated before moving to The Carlisle,” explained resident Amy Rego. “Now, there’s always something to do and someone to do it with.”

“The Carlisle is home to residents in their 80’s, 90’s and beyond and they amaze The Carlisle team with their vibrancy and vitality,” said The Carlisle’s Executive Director Bill Diamond. “They are shattering stereotypes and redefining what it means to *age their way*.”

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



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# MENTAL HEALTH IS PHYSICAL HEALTH

By Dr. Melissa MacVenn, *WellcomeMD, Naples*



**T**here's no denying that the pandemic has taken a toll over the past two years. A study by the Kaiser Family Foundation found that 1 in 4 U.S. adults reported symptoms of anxiety and depressive disorder during the pandemic, more than double from 2019 where depression was estimated in 1 in 10 people.

Often overlooked: Helpful support for you or your family can be as close by as your primary care doctor.

May is Mental Health Awareness month and as the world starts to open back up again after a two-plus-year pandemic, it's a great time to reflect on how closely linked our mental health is to our physical health. The clinical definition of "good" mental health is more than just not having a mental illness. The World Health Organization defines it as being able to cope with the normal stresses of life, work productively, realize your own abilities, and contribute to your community.

In a national poll on healthy aging by the University of Michigan, 29 percent of adults said they were unsure or had reservations about seeing a mental health professional. There is so much more to be done nationwide to address the stigma associated with the topic of mental health, and it's important to remember many mental health related issues can manifest in the body physically.

A trusting relationship with your primary physician is key. If you're not sure how to broach the subject with your doctor about feeling blue or stressed at

work, you may find it easier to open up about sleepless nights that are beginning to add up, fatigue or a worsening chronic condition. A good physician won't immediately prescribe medication. Instead, he or she will take the time to ask questions that reveal patterns behind new or worsening ailments.

On the flip side, suggesting a 30-minute meditation routine isn't realistic for someone with a busy schedule or brand new to these techniques. But taking time for yourself every evening to work in the garden or take a walk along the beach may be the perfect prescription to help clear a busy mind and increase melatonin for a good night's sleep.

Small changes like establishing routines, maintaining a regular sleep schedule, incorporating regular exercise and natural light, and minimizing alcohol can all help improve mental health and well-being. Deep breathing techniques like "box breathing" are a great way to manage stress and anxiety. It may seem like pseudoscience but numerous studies show these techniques can help you cope with panic and stress when you feel overwhelmed. Focusing on your breath helps lower blood pressure and decrease cortisol, a stress hormone.

**Looking for Guidance on Making Healthy Choices?** The journey to optimal health looks different for everyone, and WellcomeMD can help! We limit memberships so that each of my patients has quicker and easier access, and more time with me.

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# Staying Focused in Turbulent Times

Courtesy of: Juan Ocanas, Financial Advisor at Morgan Stanley

**W**hen the market is volatile, almost everyone thinks about their financial future and the potential impact such fluctuations may have on their retirement accounts. However, it is during these turbulent times that it's important to remember certain basic, time-tested principles of investing.

## Continue Contributions

It may not seem intuitive, but continuing to contribute to your retirement plan—even during market downturns—can potentially enhance your returns over the long-run. A down market can be an opportunity for you to acquire more shares of your investments at a lower price. Consistent investing through market ups and downs is called “dollar-cost averaging.” If an investment’s price is high, you buy fewer shares, or units. When prices are low, you buy more. Investing regularly, using dollar-cost averaging, can help reduce the risk associated with buying during big swings in market prices.

## Diversify

If you’ve ever heard the saying, “Don’t put all your eggs in one basket,” then you already have a basic understanding of diversification. Diversifying your portfolio can reduce risk and volatility. Review your account and make sure your portfolio is not too heavily weighted in company stock, or in any single asset class.

## Stay Invested

You may be anxious about the decrease in the value of your investments. But don’t be tempted to move out of the market, sit on the sidelines and wait for prices to rebound. Trying to time the market could potentially jeopardize your financial strategy—and your future goals.

## Maintain a Long-Term Focus

Any investment decisions you make should be based on your financial goals and objectives, time horizon and risk tolerance, rather than concerns about market volatility. Even if the market seems volatile, remember that ups and downs are normal. It is important to stay focused on your financial future and refrain from making short-term decisions on long-term investments.

History demonstrates that there will always be some degree of uncertainty and volatility in the markets. While market events are out of our control,



we do have control over our financial objectives and how our investments are allocated to help us achieve them. If you would like assistance in determining the mix of asset classes that can help you meet your financial objectives, contact your Morgan Stanley Financial Advisor.

## Disclosures

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

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

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# Reapplying Our Focus on Skin Cancer

By Dr. Anne Marie Tremaine

I know that I sound like a broken record, but I am always looking for a reason to discuss skin cancer prevention. It is time for a refresher for all my sun loving Floridians because skin cancer is the most common cancer in the United States and the world.

First, I want to review the most common types of skin cancer. Approximately 95 percent of skin cancers in the U.S. are non-melanoma skin cancers: basal cell carcinomas and squamous cell carcinomas. These two cancers make up most of what I see in my practice. Unfortunately, it seems that melanoma, a more dangerous skin cancer is on the rise. Melanoma can be aggressive and deadly. On average, one person dies from melanoma every hour! Melanomas often resemble moles (most are black or brown) and can develop on their own or from a changing existing mole.

Skin cancer, when recognized early, is almost always curable. If left untreated, skin cancers can rapidly grow, spread to other areas of the body, and become fatal. Therefore, regular skin exam screenings are incredibly important. I also recommend intermittent self-skin exams (and scan your partner) to assess for new or changing lesions. Prevention and early detection are key!

Let's talk more about prevention, specifically sun safety. Most skin cancers are caused by excessive intense ultraviolet sun exposure. Below are some important tips for sun safety and skin cancer prevention.

- Seek the shade, especially between the peak hours of sun exposure (10 AM and 4 PM)
- Cover up with SPF clothing, wide brimmed hats, and UV-blocking sunglasses
- Apply a broad spectrum (UVA/UVB) sunscreen with an SPF of 30 or higher every day! For extended outdoor activity, use a water-resistant sunscreen with an SPF of 50
- Apply 1 ounce (2 tablespoons) of sunscreen to your entire body 30 minutes before going outside. Reapply every two hours or immediately after swimming or excessive sweating
- Avoid tanning beds, as this UV exposure is even more dangerous than natural light



## 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](http://www.skinwellnessflorida.com)*



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# AA DEGREE IS A CAREER STARTER

By Dr. Diana Schultz

**A**re you dreaming of a healthcare profession? Consider starting with associate level courses.

Most career paths, such as nursing, dental hygiene or physical therapy, require that you complete pre-requisite courses at the associate degree level before applying to the professional programs. At Hodges University, you can take healthcare programs' pre-requisite courses as part of an Associate in Arts in Health Sciences. Those prerequisite courses build the knowledge you'll need when you continue your education and training through core courses and hands-on experience within healthcare professional programs. Our Associate in Arts in Health Sciences offer the prerequisite courses required for degrees in nursing, physical therapist assistant and dental hygiene, degrees that we also do offer at Hodges University.

In addition to doing class work, online and on-campus, our students have the advantage of learning in our modern anatomy and physiology, chemistry, and microbiology labs, labs that are located in our Health sciences building, the same building that houses our nursing, physical therapist assistant and dental hygiene programs. Our students learn about the structure and function of the human body in Anatomy and Physiology classes. They also apply what they learn by performing experiments to understand the concepts they're taught in class, like extracting DNA from fungi, testing their own DNA, and making bacteria glow. Some of the lab instruments and equipment our students use include scalpels and forceps, extraction columns, centrifuges, electrophoresis instruments, and PCR machines.

By learning the concepts and applying them in lab settings, our students can take that knowledge with them when they choose their career path. At Hodges University, those career paths include nursing, physical therapist assistant, dental hygiene and health sciences, programs that are also housed in the Health Sciences building. Our students cross paths from day one.

All of these paths offered here, at Hodges University, in Florida lead to careers that are in demand.



The need for nurses, especially those with a bachelor's degree, is in high demand. Florida is ranked in the top three states for employment, and the average annual salary for Registered Nurses (RNs) with a Bachelor of Science in Nursing (BSN) is \$69,510.\*

The average annual salary for a Physical Therapist Assistant (PTA) with an associate degree in Florida is \$64,940.\* Florida is ranked second in the country for highest job openings for PTAs.\*

Like nursing and PTA, the demand for dental hygienists in Florida is expected to grow by 11 percent through the year 2030, and Florida is one of the top states that needs dental hygienists. The average annual salary for a dental hygienist is \$67,870.\*

\*Bureau of Labor Statistics: [bls.gov](https://www.bls.gov)

\*\*CareerOneStop.org

With a bachelor's degree in health sciences (BS-HS), one of the paths is to become a health education specialist. Demand is expected to grow 12 percent through the year 2030 with an average annual salary of \$56,500\*\*. Alternative opportunities for a BS-HS is application to masters and doctoral graduate programs in medicine, dentistry, physical therapy, optometry, pharmacy, among others.

A healthcare career continues to be a promising one that is also greatly needed in Florida. There are many paths to build a healthcare career: take the AA path and build yours at Hodges University!



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## Identifying Why Weight Loss Matters

By Cederquist Medical Wellness Center

If you're getting ready to make an effort towards losing weight try this simple and eye-opening approach to get yourself motivated.

### What's My Motivation?

**T**he big reunion is coming up. You want the energy to play ball with your kids. You've been seriously frightened by a near-fatal heart attack. Maybe you're just sick and tired of being sick and tired?



Or, if you live in Florida, maybe you've seen people around you hurt, economically devastated; just folks who've lost so much, and you suddenly appreciate your health and want to improve and preserve it.

Typically, the main reasons for wanting to lose weight are to feel better and look better, but the nuances to those motivations are as varied as the people who have them.

During the hurricanes, we considered the dramatic motivation that kind of event can offer to someone who needs to get healthy. But most of us are inspired to lose weight by something far more mundane, so it can be helpful to figure out ways that even the humblest motivations can support our overall weight-loss efforts.

### Identifying personal motivators

Patients facing a new weight-loss attempt aren't always terribly excited about the prospect. Some don't want to change, but their health problems have forced them into it. Many have been browbeaten into it. Others have tried before and failed.

Often the first thing we have to do with patients is help them identify their own motivation for losing weight. There's usually some compelling reason that gets people to start a weight-loss effort. For a woman, it might be a question about when your baby is due-but you're not pregnant! For a man, he might notice the activities at this year's company picnic seemed so much more difficult than last year.

These turning points are often the impetus for an effort, but by themselves, they won't keep us on task. No single incident or experience, no matter how jarring, can continue to stand up to the daily onslaught of "eat-more" messages and our own ingrained, unconscious habits. We have to dig a little deeper to find values that are at least as ingrained as our bad habits, to identify positive goals that we want to achieve as much as we want to avoid the negative consequences of our overweight.

If you are getting ready to take another stab at losing weight and getting healthy, or even if you just need some new vigor to a current effort, try this simple approach for getting focused.

Get yourself some index cards. Sit down and think about what benefits you hope to get from losing weight. Write one such benefit per card, as many as you can think of.

"I'll be able to wear my red dress again."

"I will sit comfortably in movie seats."

"I won't be winded from going up the stairs."

"I will feel more self-confident when I walk into a room."

"My life will increase in both quantity and quality."

"Regular sunglasses will fit my head."

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



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



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

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

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



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

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

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- \* *Some people have atypical symptoms.*

#### PAD pain may feel like:

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

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# CHICKEE HUTS AND THE FLORIDA BUILDING CODE

By Cameron G. Woodward, Florida Land Use & Zoning, Code Enforcement Attorney

**M**any, if not all, visitors and residents in Florida have at one point enjoyed a meal or tropical beverage relaxing under a Chickee Hut, also known as a “Tiki Hut” or “Tiki Bar.” Such huts have become synonymous with living in paradise, and many residents and businesses have added them to their properties to increase their home’s beauty and usability. However, many are unsure what, if any, regulations apply to such structures, with some even incorrectly assuming there are no regulations at all.

## What Is a Chickee?

“Chickee” is the word that Seminole Indians used for “house.” Today, under 553.73(10)(i) Florida Statutes, Chickees, defined as “open-sided wooden hut that has a thatched roof of palm or palmetto or other traditional materials, and that does not incorporate any electrical, plumbing, or other non-wood features,” are exempt from the Florida Building Code if constructed by the Miccosukee Tribe of Indians of Florida or by the Seminole Tribe of Florida. Unfortunately, many have interpreted this exemption to mean that so long as a member of one of the Tribes constructs the Chickee they can essentially build them anywhere without issue. This assumption is factually incorrect, and many property owners have found themselves on the wrong side of a Florida Code Enforcement action due to this belief.

## Local Regulations & Permitting

Although Chickee Huts do not require permits, nor do they need to comply with the Florida Building Code, they do need to comply with local regulations such as property setbacks and zoning requirements regarding accessory structures.

Consequently, it is imperative that a property owner seeking to have a Chickee Hut constructed on their property ensure that its proposed location complies with all applicable local regulations. Further, those seeking to add electrical and/or plumbing to the chickee (installing an outdoor kitchen, for example) must ensure that those additions are properly permitted as they fall outside the above statutory exception.



## What To Do Next

If you are considering having a Chickee Hut constructed at your home or business, contact a code enforcement, or Land Use lawyer at Woodward, Pires & Lombardo today to make sure all legal issues are addressed prior to building so that you can enhance and enjoy more of the Florida lifestyle.



## ABOUT THE AUTHOR

Cameron Grant Woodward, Esq. is a Naples native graduating from Naples High School before attending Stetson University in Deland, Florida, and then Ave Maria School of Law in Naples. Cameron proudly joins his father, Mark J. Woodward, Esq. and Uncle, Craig R. Woodward, Esq. at Woodward, Pires &

Lombardo, P.A. His law practice focuses on real estate law, code enforcement, land use and zoning, landlord-tenant law, evictions, local government law, and estate planning. He is a graduate of Leadership Marco by the Marco Island Chamber of Commerce.



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# OCD: PARTICIPANTS NEEDED

ARHI | Clinical Trial | Biohaven Pharmaceuticals

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

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

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

## There are different types of OCD

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

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

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

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

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



## What You Should Know About Clinical Trials

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

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

## How Clinical Trials Help

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

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

## CURRENT STUDIES

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

To find out more, please contact them today at, 239-230-2021, or email them at [info@arhiusa.com](mailto:info@arhiusa.com).



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

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

### What is the purpose of this trial?

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

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

### Who can join?

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

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

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

### What happens if I take part?

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

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



MOVE-AHEAD



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

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

### ¿Cuál es el propósito de este juicio?

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

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

### ¿Quién puede unirse?

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

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

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

### ¿Qué pasa si participo?

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

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

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

Talk to your doctor to see if you qualify today.

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

### ARE YOU ELIGIBLE FOR THESE STUDIES?

You must meet these (and other) eligibility criteria:

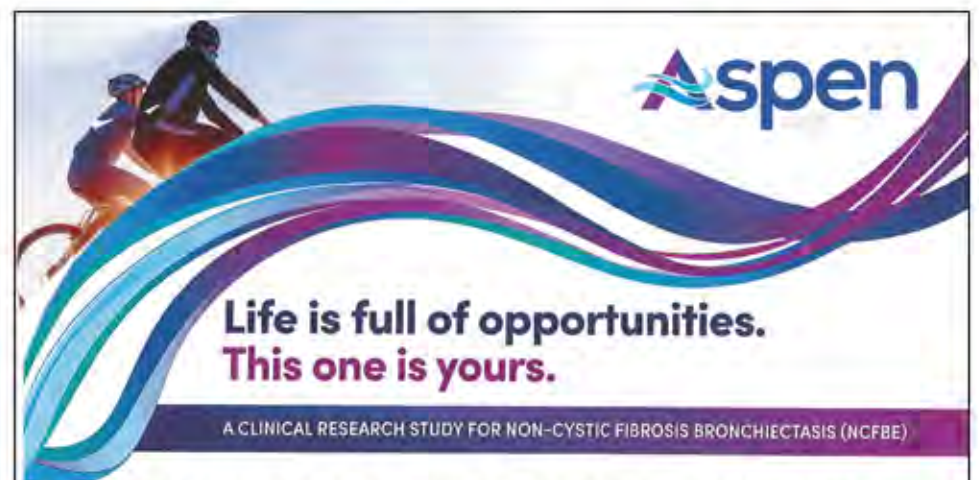
- Be at least 18 years old and recently diagnosed with NTM lung disease caused by MAC
- Be able to produce sputum (phlegm from your lungs)
- Have your sputum sample test positive for MAC within the 6 months prior to the study screening and also at the time of the study screening
- Have had a CT scan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

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

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

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### ARE YOU ELIGIBLE FOR THE STUDY?

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

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

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

For more information about the ASPEN Study please call 239-230-2021 or visit NCFBEASPEN.com  
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# STROKE NUT

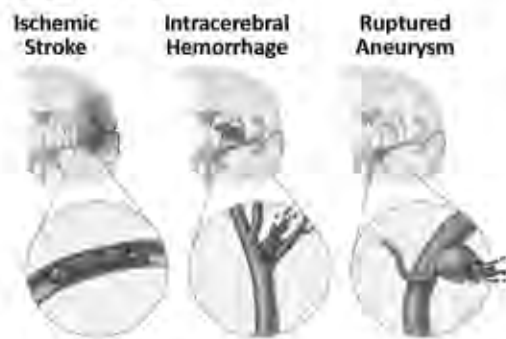
By Nasser Razack, MD, JD

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

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

A stroke occurs when blood flow to the brain is interrupted, causing a deprivation of oxygen and nutrients to that section of the body. There are two types of strokes: (1) ischemic stroke caused by blocked arteries that supply oxygen to the brain and, (2) hemorrhagic stroke which results from a leaking or ruptured brain blood vessel (Figure 1).

Figure 1. Types of Stroke



Ischemic stroke accounts for the vast majority (80%) of all stroke cases and can result in the following signs and symptoms: speech difficulties, confusion, vision problems, balance issues, headaches and paralysis or numbness of the face, arm, or leg (Figure 2).

Figure 2. BEFAST to stop stroke in its tracks!

If you think someone is having a stroke, BEFAST and do these simple tests:



Figure 3. Brain Nut

Increasing evidence demonstrates that inflammation plays an important role in the development of cardiovascular and cerebrovascular disease (stroke). A significant cause of inflammation is our diet. Specifically, diets high in red and processed meat, refined grains and sugar-sweetened beverages are all associated with increased inflammation which can heighten the subsequent risk of stroke compared to diets comprised of anti-inflammatory foods. Certain diets such as the Mediterranean diet—abundant in olive oil, nuts, whole grains, fruits, vegetables and seafood with reduced consumption of red and processed meat—can lower inflammation in the body (as measured by inflammatory biomarkers) and thus reduce the risk of stroke. Conversely, diets consisting of refined sugars and grains, fried foods, soda, red and processed meat which promote inflammation (as marked by increased inflammatory biomarkers), had a higher risk of stroke.

Research demonstrates that regular nut consumption is associated with lower cholesterol levels and a reduced risk for heart disease (including stroke). One study specifically examined whether a diet containing walnuts could lessen inflammation. This study examined 634 participants and determined that the regular consumption of walnuts (30 to 60 g per day or around 2 to 4 walnuts) showed reduced levels of inflammation in six of the 10 inflammatory biomarkers that were measured. Monserrat Cofan, PhD, lead author of this study, stated, "The anti-inflammatory effect of long-term consumption walnuts demonstrated in this study provides novel mechanistic insight for the benefit of walnuts consumption on heart disease risk beyond that of cholesterol-lowering." Other studies also demonstrate that regular walnut consumption can boost brain function and

slow down cognitive decline. Walnuts are rich in omega-3 fatty acids and polyphenols, both of which reduce inflammation and fight oxidative stress which are the main causes of cognitive decline (Figure 3).

Another study published in the Journal of Nutritional Metabolism demonstrated that a single serving of Brazil nuts containing one, four or eight Brazil nuts resulted in an almost immediate improvement in bad (LDL) cholesterol levels. Elevated cholesterol is a known risk factor for stroke and other forms of cardiovascular disease. However, researchers followed up on the participants' cholesterol levels five days and then 30 days later. Note that during this period, the participants only had the initial single serving of one, four or eight Brazil nuts. Amazingly, they maintained lower cholesterol levels for a month after only eating that initial serving of Brazil nuts. The researchers also concluded that eating a single serving of four Brazil nuts was enough to maintain lower cholesterol levels for up to a month.

This sounds too good to be true and further research is definitely required. However, when the intervention is inexpensive, easy, harmless and healthy—such as eating four Brazil nuts a month—it's quite reasonable to adopt this habit until proven otherwise. In case you're wondering, the theory behind this amazing process is the selenium content of Brazil nuts. As an added benefit, the study also demonstrated these effects were achieved "without producing liver and kidney toxicity."

Stroke is an inflammatory-based disease process. Theoretically, blocking inflammation and other degenerative processes can delay the onset of inflammatory-based diseases such as stroke. Neurcumin® is an all-natural nutrient which, in addition to curcumin, contains many other polyphenols and natural agents uniquely formulated to fight inflammation.

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

available at amazon



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.

# SKIN CANCER PREVENTION:

## Learn How You Can Reduce Melanoma Risk

**T**here are a number of different types of skin cancer, however, melanoma is the most harmful of them all. Every hour a person dies of melanoma; this year alone, over 130,000 new cases will be diagnosed. Preventative measures and early detection are key. On average, skin cancer screenings take about fifteen minutes. These few minutes of your time could potentially save your life.

Along with melanoma, your dermatologist can detect and diagnose a number of other disorders. A thorough skin cancer screening and examination is able to diagnose up to 3,000 different skin conditions. Screening should be scheduled annually. However, some types of skin cancer grow rapidly. If you notice new lesions, bumps, or moles, schedule a visit with a dermatologist immediately.

Visual changes should never be ignored. Moles or freckles that have changed in color (halo effect), border irregularity with a diameter greater than six mm, any asymmetry, and evolving or ongoing changes, are all signs that require attention.

Because early detection aids in successful treatment, continual emphasis on the importance of regular skin screenings are critical to your health. Preventative measures, like limiting skin exposure to the sun and applying sun screen while outdoors continue to be effective strategies for maintaining healthy skin.

**Wearing protective clothing, like light-weight, long-sleeved shirts and broad-rim hats are great ways to protect your skin from damaging rays that cause skin cancer.**

When you are out enjoying the sun, apply a broad-spectrum sunscreen, which protects against UVA & UVB rays. It's also important to reapply sunscreen at least every 30 minutes, depending on formula strength. Avoiding the sun between 10:00 a.m. and 3:00 p.m., peak times, decreases the risk of over-exposure and skin cancer.



**The symptoms to look for in moles or lesions are outlined in this simple acronym, ABCDE:**

- A—Asymmetry
- B—Border Irregularity
- C—Color-Variigated or a Halo Effect
- D—Diameter (>6 mm)
- E—Evolving

**In Addition to the symptoms above, there are supplementary signs to look for, which include:**

- A—Amelanotic (Pink or Red Lesion)
- B—Bleeding/Bump (Raised Lesion)
- C—Color Uniformity
- D—De Novo Development  
(A New Development <6mm)

#### **Wearing SPF Every Day**

A commitment to wearing SPF is incredibly important. The reason we hear so much advice on wearing sunscreen, sunglasses, and avoiding over sun exposure between 10:00 am to 4:00 pm, is due in large part to the sun's harmful UV rays during the time when the sun is the highest in the sky. But just because it's darker, cloudier, and cooler, doesn't mean it's any safer. Reapplying sunscreen every two hours is recommended, and even though you might be inside or driving in your car, UV rays can penetrate glass windows, so be sure you are well protected.

If you find something suspicious, you should go to your primary care provider. If the provider is uncertain what it is, it should be biopsied to be sure.



#### **Dr. Ricardo Martinez**

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

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



**239-315-7801**

**[www.well-beingmedicalcenter.org](http://www.well-beingmedicalcenter.org)**

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

# Parkinson's Disease

## What You Need to Know

**P**arkinson'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.<sup>1</sup> The speed of progression underscores the value of that time and the importance of promoting quality of life during this important time of life. It's obvious but noteworthy that Parkinson's is more than a nigrostriatal disorder. While dopaminergic therapy improves rigidity, tremor, and bradykinesia, other symptoms do not respond. These include hypersomnolence, imbalance, dysphagia, dysarthria, and autonomic failure. Most notably, this includes cognitive decline, dementia, and drug-related hallucinations. These latter symptoms create the most concern for families. In Parkinson's, these symptoms progress more rapidly with age.

### Getting The Help You Need

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

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

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

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

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

### References:

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

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# SHINGLES

## IT'S NOT JUST A RASH

By Gary Webb, MD, MS, FAAFP

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

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

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

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

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

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

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

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

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

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

### GARY A. WEBB, MD, MS, FAAFP

*A board-certified family physician and fellowship trained geriatrician.*

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

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

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



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

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

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

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

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



### Vampire Facelift

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

### Vampire Facial

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

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

### The O-Shot

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

### P-Shot®

Penile rejuvenation for Peyronie's disease & erectile dysfunction.

### Vampire Breast Lift

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

### Aesthetic Treatment Centers

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

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

Mindy and Kathy



### PRP Facial Rejuvenation



To find out more about their procedures and expertise, please call 239-322-3790 for an appointment, or visit them online at [atcnaples.com](http://atcnaples.com).



# Five Questions to Ask Your Pediatrician at Your Child's Next Wellness Visit

By Stephanie Haridopolos, M.D., Florida Healthy Kids Corporation Chair and Board-Certified Family Medicine Practitioner

**A**s a parent, ensuring your child's health and wellness is a top priority and, as a mother of three myself, I understand the stress that can go along with that. Scheduling and keeping routine appointments with a trusted health care provider – like your child's pediatrician – is one way to make sure your child stays on track and is healthy and happy.

Getting your child the best care at an affordable price is a priority from infancy to adolescence. Fortunately, Florida KidCare provides low-cost, high-quality health care coverage options to make sure children throughout the state have access to the necessary health services they need to grow strong and healthy, both physically and mentally.

Beyond the regular childhood concerns like catching a common cold or falling off a bike, children's mental health also must be examined and treated. Early research has shown the effects of the COVID-19 pandemic have impacted children and many are experiencing heightened levels of anxiety and depression that must not be ignored.

Talking to your child about mental health provides an opportunity to share important information and guidance. Having an open dialogue helps decrease the stigma that often surrounds this sensitive topic. Children who are more comfortable talking about mental health concerns are able to better recognize the signs and symptoms in themselves and others, and are more likely to seek earlier treatment and extend more compassion to their peers.

In addition to talking to your child about mental health, kids need a regular routine and consistency in their lives to ensure they have a healthy mind. Yet, the typical forms of socialization, like in-person school, still may not be available to everyone. Wellness visits are the perfect opportunity to speak with your child's pediatrician about their mental health and any concerns you may have that could be affecting their overall well-being. These appointments also give your child the opportunity to check in with a trusted professional and provide additional stability and consistency.



Most parents consider the many questions to ask a pediatrician during a wellness visit about their child's physical health, yet few consider addressing mental health concerns. Here are **five essential questions** to ask your pediatrician at your child's next wellness visit:

**1. How do I know if my child is experiencing an anxiety and/or depression disorder?**

Anxiety and depression disorders refers to multiple mental illnesses with specific symptoms. A child suffering from anxiety or depression may experience chronic symptoms that interfere with daily life – feeling distressed and avoiding certain situations. If you notice your child has had a change in behavior, appetite, loss of concentration or interest in activities, they may be facing an anxiety or depression disorder.

**2. What do the behavioral changes my child has been going through mean?**

During a wellness visit, take time to list your child's symptoms – such as mood swings, social skills impairment, restlessness or problematic behaviors like tantrums – so they can be discussed with a pediatrician. Notifying your child's pediatrician of changes in behavior may help diagnose anxiety disorders sooner. Having an open line of communication with your child's pediatrician is the first step to learning more about their mental health.

**3. Is there treatment available for my child?**

Finding help from a doctor who makes your child feel comfortable is an important component in receiving effective treatment. It is vital to find a permanent medical home for your child so they

receive consistent, trusted care. In addition to prescription medications, effective forms of therapy may aid in helping your child cope with anxiety or depression disorder. Ask your pediatrician if they have training and experience in treating anxiety disorders or if they can refer you to another health care professional.

**4. How will this diagnosis affect my child in school or other social settings?**

If untreated, anxiety and depression disorders often lead to poor performance in school and underdeveloped social skills. If your child is struggling, acknowledge their disorder with school administrators so accommodations can be made and teachers can monitor your child to keep you informed.

**5. How can I help my child at home?**

If your child has been diagnosed with an anxiety or depression disorder, it can be worrisome for you as a parent. Rather than tread lightly around your child and avoid their mental health disorder, work toward helping them manage it. Implementing structure is a great way to support your child, through such things as a bedtime routine.

When addressing your child's health, it is just as important to seek mental health treatment as it is to treat physical health problems. It is critical to find a pediatrician who makes you and your child feel comfortable, especially when there's a need for mental health guidance. Florida KidCare offers affordable health care coverage for children with a network of high-quality providers across the state where your child can establish a consistent medical home for necessary care.

To learn more about Florida KidCare's benefits and service and the importance of caring for children's mental health, visit [floridakidcare.org](http://floridakidcare.org).

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# SELLERS MAKING THE RIGHT MOVE!

By Robert Nardi, Broker/Owner

**M**ore sellers are motivated to enter the market as home values continue to rise because of limited inventory and high demand in the Naples area. According to the February 2022 Market Report released by the Naples Area Board of REALTORS® (NABOR®), which tracks home listings and sales within Collier County (excluding Marco Island), the overall median closed price in February was \$550,000, a 37.5 percent increase over the median closed price in February 2021. The number of showings demonstrates the high demand for homes in February, 43,032. When divided by the number of homes in inventory during February (1,176), it averages 36 showings per home. For perspective, in 2019, there were 2.9 showings per home. The data also shows that homes sold fast in February, within 23 days on the market, and the percent of list price received was 100.6 percent, which pleased many sellers. While inventory during February decreased 47.1 percent to 1,176 homes from 2,224 homes in February 2021, the actual inventory number is higher because the report does not capture the number of off-market listings.

In February, the median closed price increased 37.5 percent to \$550,000 from \$400,000 in February 2021. It appears that the median closed price is starting to stabilize. It only increased .2 percent from January to February, and the report shows February had more price decreases [276] during the month than price increases [170]. During the years leading up to the pandemic (2017-2019), Closed sales in February averaged in the low 600s. Still, demand for the Naples lifestyle and the amenities have driven buyers to the paradise coast in record numbers in recent years. It is only due to a lack of inventory that home sales in Naples did not fare as well as last February. Overall, closed sales decreased 39.5 percent to 804 in February from 1,330 in February 2021. The only area where we see a decrease in closed sales over the last year is the \$300,000 and below range because there were only 26 single-family homes at this price level.



The NABOR® February 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 in chart form. Please send an e-mail to [Robert@NardiRealty.com](mailto:Robert@NardiRealty.com) to receive your copy.

### What does this all mean?

It continues to be a Seller's market. I recently listed a two-bedroom/two-bath condo in North Naples for \$249,900. Great location and schools. It was over 1150 sq. ft. of living area. Within a few days, I received over 30 highest and best offers. Yes, 30 offers, you read correctly. With this large number of competing bids, it sold for a much higher price. I worked with my Seller to create a strategy for producing offers, and then when offers were rolling in, I had to categorize each and break down their terms in a language my Seller could understand. In addition, offers have become very complicated with escalation clauses, appraisal waivers, cash vs. a mortgage contingency, etc. Five seemed to contain the best terms and pricing out of the submitted offers. Out of the five, one had the least number of contingencies and the highest price. That offer won the race.

My best advice to all Sellers out there is not to do a "For Sale by Owner" unless you are willing to take a lower offer or know the person and want to give them a discount concerning pricing. It is essential not to go alone in this market if you are a Seller and utilize a REALTOR®. Why not maximize one of your greatest assets?

### Renting after Selling?

Sellers need to have a game plan because the property will sell and perhaps sell quickly. Therefore, one option they have after closing is to rent. However, the rental market is like the sales market; very tight and has few choices. Recently, Naples, Florida, was deemed one of the most expensive cities for rentals in the national news. On average, renting a two-bedroom/two-bath condominium is \$2000.

Demand has increased 100-fold regarding seasonal rentals as well, and therefore, monthly prices have increased anywhere from \$1000 to \$3000 per month. Other factors that fuel the fire are its distance to the beach or if it resides in a resort community. Nardi Realty has a waiting list of 350 people seeking rentals from January through March of 2023, paying anywhere from \$4000 to \$42,000 per month for a luxury high-rise on the Gulf of Mexico. Simply mind-blowing!

The best advice I can give to Sellers is to do their due diligence and have a moving plan. Don't leave anything up to fate.



*Please feel free to reach out to me at 239-293-3592 or send an e-mail to [Robert@NardiRealty.com](mailto:Robert@NardiRealty.com) with any questions.*

### Knowledge is power!

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

I wish you a great spring!



# Ketamine - Could it be a Cure for Depression?

By Dr. Robles

**D**epression. We've all experienced it to some degree - whether in grievance from a loss, such as in family or a job; in Winter, as in Seasonal Affective Disorder; or perhaps even diagnosed at postpartum. In fact, nearly 16 million people in the United States are affected by depression. That's a lot of people, so thankfully, psychotherapy and medication ease depressive symptoms for most. But - what if it doesn't?

For one-quarter of us suffering from depression, our symptoms persist. The sapping of energy and motivation, sleep and appetite disruptions, and the feelings of hopeless and worthless can last for years. Little to no benefit is gained from available treatments - whether drugs or therapy, and symptoms that might improve only return. This is called chronic, treatment-resistant depression (TRD). A cure sounded too good to be true - until now.

Ketamine has recently emerged as a promising option for TRD. Though relatively new in the field of mental health, it has been used in animal medicine and on battlefields as an anesthetic since 1970. Unlike conventional antidepressants, which work by increasing levels of serotonin, norepinephrine, or dopamine in the brain, ketamine appears to impact a neurotransmitter called glutamate, which is known to have antidepressant-like properties.



The National Institute of Mental Health (NIMH) has been pretty enthusiastic about Ketamine. In early NIMH studies, ketamine showed consistent success when, given intravenously, it relieved depressive symptoms. Furthermore, the relief, says the NIMH, was "rapid, robust, and relatively sustained". The Food and Drug Administration (FDA) in 2019 approved a nasal spray called, "Esketamine", derived from ketamine, as an option for TRD.

Thanks to the successful studies and case stories, new ketamine providers have popped up across the country and further research is ongoing using ketamine on other diagnoses, such as post-traumatic stress and anxiety disorders and substance abuse.

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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# Lymphatic System Benefits Thru Massage

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

**L**ymphedema refers to chronic swelling in one or both of your arms, legs, or can occur in any part of the body. It is caused by a disruption or blockage in the lymphatic system. The blockage prevents lymph fluid from draining properly, and the result is a build-up of fluid, which leads to swelling.

Lymphedema may be caused by injury, infection, chronic venous insufficiency, the removal of lymph nodes after cancer treatment, after cancer radiation treatment, chemotherapy, surgery, burns or trauma. Lymphedema occurs when your lymph vessels are unable to drain lymph fluid adequately. Lymphedema can also be a genetic condition, called primary lymphedema, and is the result of the malformation of vessels from birth, which may not appear until adulthood. The gold standard and most effective treatment method for lymphedema is called complete decongestive therapy (CDT).

Lymphedema is a progressive condition that occurs when the lymphatic transport system falls below the capacity needed to handle the fluids that normally leak from the blood vessels into the lymph system. The accumulation of fluids leads to the swelling of subcutaneous tissue because of obstruction of lymphatic vessels or lymph nodes. Any disease process that interferes with or disrupts the normal mechanical process by which the lymphatic system collects, filters, and returns lymph fluid back into the circulatory system can result in excessive accumulation of lymph fluid in the area affected by the blockage. Since the arterial capillaries continue to function normally and deliver fluid to the tissue, the volume of fluid increases significantly until the venous capillaries are no longer able to compensate for the defective lymph vessels. At the point where drainage has been reduced by 80% or more, symptoms of lymphedema become apparent.

Although lymphedema can develop in any area where the normal flow of lymph fluid has been interrupted, it is most seen in the extremities and almost always takes place at the most superficial level of the lymph vessels, namely under the skin (subcutaneous). Other areas where lymphedema can develop include the head/neck region, chest, body cavities, pelvic region, and genitals. When lymph fluid accumulates due to blockage, it can reduce the amount of nutrients that reach the cells and can interfere with wound healing, which results in increased risk of infection.

There are varying degrees of severity of lymphedema, from mild to extreme swelling which can cause life-threatening complications. Initially, patients may notice that one limb is slightly larger than the other.

Approximately 50% of patients with mild lymphedema report feelings of heaviness or fullness in the affected limb. As the swelling progresses, it may become difficult to fit clothing over the affected limb. Eventually, the size and weight of the edematous limb may cause fatigue, embarrassment, and have a significant impact on the quality of life. Maximal girth of the limb is usually reached within the first year of onset of symptoms. The earlier the diagnosis of lymphedema is established, and treatment initiated, the lower the risk of developing a large, distorted limb and multiple skin changes.

Lymphedema may develop immediately after many surgical procedures. It is usually mild and resolves within a couple of weeks. If lymphedema develops approximately 6-8 weeks following a surgical procedure or radiation therapy, it also typically resolves within a few weeks following treatment for the lymphedema. The most common form of lymphedema, however, develops very slowly over time and may become manifest many months or years following the original procedure. Regardless of severity, lymphedema must be treated as soon as possible and as aggressively as possible to prevent further complications. Treatment of lymphedema is most effective when it is initiated at an early stage.

Lymphedema differs from edema. Edema is a secondary symptom of an underlying medical condition that is the result of too much fluid being released from the capillaries into the tissue, overwhelming the capacity of the lymphatic system. In lymphedema, on the other hand, it is the lymphatic system itself which is compromised. The arterial capillaries continue to function normally and continue to release their fluid in the interstitial spaces, but that fluid is not being drained away from the site because of a "faulty" lymphatic system. Although compensatory mechanisms may develop at early stages of faulty drainage, at some point, the increasing lymph load becomes too great for any compensatory mechanisms to be effective. Therefore, lymphedema may be latent for many years before the symptoms become evident.

**If lymphedema is left untreated, complications ensue and may result in:**

- Repeated infections, such as cellulitis (skin infection) and lymphangitis (inflammation of lymph vessels)
- Progressive trophic changes to the skin such as skin thickening, hyperkeratosis (scaly, warty growth), deepening skin creases, and difficulty picking up skin folds between the fingers or toes
- Progressive decline in quality of life and activities of daily living



If you or a loved one has been diagnosed with lymphedema, it's critical to learn everything you possibly can about this condition so that you can make informed decisions about your treatment. The International Society of Lymphology's classification system that is used by doctors to grade the severity of lymphedema. Other underlying medical conditions that may be confused with lymphedema and must be taken into consideration in the differential diagnosis of lymphedema.

**The primary goals of treatment for massage patients with lymphedema with Theresa Lynch, Certified Lymphedema Therapist include:**

- Control swelling and other symptoms associated with the condition.
- Promote the flow of lymph and prevent secondary complications.
- Help patients to better cope with the psychological aspects of lymphedema.
- Prevent progression of lymphedema.
- Enable patients to lead a reasonably good quality of life.

Understanding the standard treatments - and the treatment options - is critical for successfully achieving the goals of treatment for lymphedema.



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

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

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# Featuring the In-Home Hearing Appointment

By Adriana Villalobos, M.A. CCC-A

If transportation or mobility are limiting your need to see a hearing specialist, or if you need routine ear health, AV Audiology and Hearing can help. A licensed Audiologist with over 30 years experience can visit your home to:

- \*Check for ear wax
- \*Conduct a comprehensive hearing exam
- \*Provide hearing aid consultations
- \*Fit or adjust your hearing aids

### Hearing Testing

Adriana Villalobos MA, CCC-A, provides at home hearing tests using state of the art equipment paired with noise reducing earphones to obtain accurate results. The hearing test includes pure tone and bone conduction testing as well as speech recognition testing to accurately assess auditory function.

### Hearing Aid Consultation

If testing demonstrates a hearing loss, Adriana will program a pair of fully digital hearing devices to the current hearing loss to allow you to experience the potential benefits of amplification. The at-home experience allows for the most accurate assessment of the potential benefits allowing the patient to listen in their natural environment with the people and objects they interact with daily.

### Hearing Aid Fitting and Dispensing

Following the hearing aid demonstration custom measurements will be taken and appropriate amplification will be selected based on the individuals' listening demands, lifestyle, and budget.

### Hearing Aid Repairs and Adjustments

Adriana is available seven days a week for in home repairs and adjustments to help maintain uninterrupted hearing.

### Tinnitus Management

Tinnitus, or ringing in the ears, is the sensation of hearing ringing, buzzing, hissing, chirping, whistling or other sounds. The noise can be intermittent or continuous and can vary in loudness. Approximately 15-20% of the general population is affected and 80% of tinnitus patients have some evidence of hearing loss. By using tinnitus therapy in combination with an educational, counseling and stress-reduction program, patients can decrease the degree to which their tinnitus negatively impacts their quality of life.

### Custom Hearing Protection

According to OSHA, noise-related hearing loss has been listed as one of the most prevalent occupational health concerns in the United States for more than 25 years. Exposure to high levels of noise can cause permanent hearing loss. Loud noise can also create physical and psychological stress, reduce productivity, interfere with communication and concentration. Adriana Villalobos can provide custom hearing protection that can be uniquely created for musicians, motor sport enthusiasts, occupational work exposure, and hunting.

### Aural Rehabilitation

Adriana will pair high quality hearing devices with listening strategies and exercises to help maximize the hearing benefit and help with the adjustment period. Get the most out of your hearing aids with

our in-home aural rehabilitation program. We have developed a hearing program based on highly accredited research which consists of hearing exercises and listening techniques to help improve speech understanding in difficult situations.

### Why Dr. Villalobos?

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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# Heart Disease, The Sister Ailment of Type 2 Diabetes

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

**P**eople with type 2 diabetes are two to four times more likely to die of heart disease than people without diabetes. People with type 2 diabetes have a tendency to be diagnosed with heart disease at a younger age than those without diabetes.

The concern grows as we age. Sixty-eight percent or more of people aged 65 or older that have diabetes die from heart disease, and 16% die of stroke.

A high-sugar diet can decrease HDL cholesterol (your good cholesterol) and increase triglycerides. In turn, high cholesterol and blood pressure effect your arteries by plaque buildup causing your arteries to harden over time.

Type 2 diabetes is a systemic issue. It is a part of metabolic syndrome which is a cluster of conditions. In the U.S., approximately one-third of adults have metabolic syndrome.

## How do I know if I have metabolic syndrome?

*Having three or more of the following conditions is metabolic syndrome.*

- High glucose levels
- High blood pressure
- Abnormal cholesterol levels (high LDL/low HDL)
- High triglycerides
- Excess body fat around the waist

## How did I get metabolic syndrome?

Over the years, we turned to convenience foods; foods that are highly processed. Tasty, but unhealthy beverages have also emerged as a norm in the American diet and should be considered as a “processed” product.

The addition of super-sized meals is marketed as a better buy and tend to lead to over consumption. They contain empty calories which create cravings and hunger causing the need for frequent snacking and larger meals.

Frequent dining out minimizes the control of how your food is prepared and the quality of ingredients used. Dining out can tempt you to change your mind to order a meal you want versus what you should have.

Busy lifestyles, a lack of a work-life balance, put people in the path for continued high stress. High stress and poor nutrition can lead to poor sleeping habits that can contribute to higher glucose levels.

A sedentary lifestyle at work and home contributes to the risk of diabetes and heart disease. All of these add to unhealthy weight gain, especially body fat around the waist.

Genetics can play a small part in the development of type 2 diabetes. Multiple family members with this diagnosis can increase one’s risk. Consider that similar lifestyles within families a factor in the increased risk as opposed to only genetics.

## What can I do?

The following points will help you to get started in improving your health:

- Reduce glucose levels by consuming whole fresh foods at home and dining out. Begin with foods you like.
- Reduce and eliminate after dinner snacking.
- Drink plenty of water. Avoid high calorie and sugary beverages.
- Exercise regularly. If you dislike exercise, try walking for 20-30 minutes after a meal.
- Get plenty of rest. Turn off your phone, iPad and other electronics. Move your bedtime 30 minutes earlier. Breathe slow and deep to relax.
- Know your glucose levels.
- Learn about various lab testing to help keep you moving forward and understand what your results mean to you.
- If family members are diagnosed with type 2 diabetes, evaluate their lifestyle and yours....

The lifestyle that brings on diabetes and heart disease can be improved, and the unhealthy effects can be reversed. Holistic lifestyle changes play an important role in the choices you make.

The term “holistic” indicates we look at more than diet and exercise to successfully make long-term improvements; we look at your overall lifestyle which has a direct correlation to your health. Depression can take hold when multiple medications and insulin are prescribed, diet and exercise efforts become overwhelming, progress has stopped, and you revert back to the food and lifestyle that brought on high glucose levels.

**Holistic lifestyle coaching addresses the root cause.** Keep practices that are good and healthy and adjust those that impede your progress. The key is to be armed with the tools to keep you healthy and moving forward long-term.

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

## DENISE A. PANCYRZ'S STORY

*National Diabetes & Holistic Lifestyle Coach - Speaker - Author*

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

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

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

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



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

# Summer and Pets-Keep Them Safe!

**S**ummer is finally here and this “fun in the sun” season also happens to bring with it some hazards – especially for our pets. To make sure your pet’s summer season is as fun and safe as possible, Animal Oasis Veterinary hospital would like to share these important Summer Pet Safety Tips:

Never leave your pet in a car! Parking in the shade and leaving the windows open is not an option. Even if you are just running a quick errand, in a hot car your pet’s temperature can rise rapidly and they can overheat in a very short period of time. It only takes minutes to reach dangerous levels leading to heatstroke and even death.

Always make sure your pet has cool, clean water available. This is one of the easiest ways to avoid heat injuries in the summer months. Dogs, and even cats, drink more on hot days, and water warms up quickly, so make sure to change your pet’s water often.

Food and drinks you serve your family and friends may be poisonous to your pets. Backyard BBQs and pool parties are what we all look forward to during the summer, but keep an eye on what your pet is eating when you get the party started. Dogs and cats can experience severe digestive ailments when a change of diet takes place. The following products are extremely poisonous to pets: raisins, grapes, onions, chocolate, and sugar-free gum, candies and baked goods with the artificial sweetener Xylitol, also known as Birch Sugar.



Do not walk your dog near fireworks. Besides the obvious danger, the loud noise can be very scary. Do not force your dog into the water if he/she is frightened. Some dogs do not like to swim. If your dog likes to swim, do not leave him/her unattended. Bathe your dog afterwards to remove all sand, mud, and chlorine. Also, be sure all pool chemicals are stored safely out of reach.

Do not allow your dog to hang out of the window of a moving car. Objects such as rocks or tree limbs could seriously injure your pet, or he/she might fall or jump out.

Do not allow your animals to ride in the back of a pick-up truck. They could be thrown out, or they may jump out.

Take your pets inside if there is the possibility of a thunderstorm. Loud thunder may frighten them, or lightning could strike them.

Have your pet checked for heartworm. Though commonly found in dogs, heartworm can affect cats, too. Heartworm disease is more commonly seen in warmer weather. Easily transmitted through insect bites and/or contact with another infected animal, this disease inhibits proper pumping and functioning of the heart muscle, and may cause heart failure if not treated. Have your pet checked and administer a heartworm preventative.

Check your pet daily for fleas and ticks. It is important to apply flea and tick prevention to your pet monthly or as indicated on the specific product label of the product that is used. Fleas and ticks can cause anemia, carry other harmful parasites, as well as carry other diseases such as Lyme Disease. There are several options available for flea and tick prevention. Ask your veterinarian which product addresses the specific needs of your pet given its individual environment.

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

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# Learn What Peptides Can Do For Your Health You Might Be Surprised

By Dr. Viviana Cuberos

**P**eptides are comprised of numerous short chain amino acids that are the foundation for collagen and elastin and they contribute to the primary health of our skin. Peptides can be administered for multiple reasons and they can be topical, oral or iv administered.

## Peptides for the skin

For the skin, peptides can firm, reduce inflammation, smooth wrinkles and increase hydration for a youthful glow and firmer complexion.

## Peptides for Libido

Peptides are well-studied and known to increase libido in both men and women. If you're looking for a more natural alternative to traditional drugs, peptides work wonder and turn back for greater intimacy and pleasure.

## Peptides for Healing

Peptides are also well known for decreasing inflammation, stimulating healing properties and promoting body and brain health.

The Science of Specific Peptides That Orchidia Med Spa Offers Their Patients

## Bremelanotide PT 141 – Erection and Libido Neuropeptide

Deriving from the hormone Melanotan II, bremelanotide (PT-141) can safely and effectively counteract the effects of aging on the genitalia and libido. Bremelanotide (PT 141) has been shown to have erectogenic properties thought to be caused when melanocortin receptors become intertwined within the central nervous system.

Clinical trials of this unique peptide supported the use of melanocortin to safely and effectively counteract erectile dysfunction and promote firmer, longer-lasting erections. Based on many past treatments, administration of a melanocortin agonist is well tolerated and does not risk lowering blood pressure that some ED prescription medications may. Bremelanotide PT 141 can also be used to enhance libido in women.

In the U.S., approximately 43% of women struggle with sexual dysfunction and 30 million men experience ED, with these concerns rising between the



ages of 40-70. Bremelanotide currently has no contraindications and is estimated 80% effective in men who don't respond well to certain ED medications such as Cialis or Viagra.

## GHK-Cu Peptides

First discovered in human blood plasma, the GHK-Cu peptides are a naturally-occurring copper complex that serves a wide array of roles in the human body such as the promotion of wound healing, stimulation of collagen synthesis in dermal fibroblasts, anti-inflammatory properties, promoting hair growth and blood vessel growth among others. As with other peptides naturally found in the body, its concentration decreases with age and may become evident with wounds that take longer to heal, lacking hair growth, and more. Some benefits of GHK-Cu peptide therapy include:

- Healthy, natural hair restoration
- Optimized wound healing
- Minimizes inflammation for greater comfort
- Facial skin rejuvenation for healthier, youthful skin

## BPC 157 Peptides

BPC-157 is an all-natural gastric juice peptide that can optimize regeneration and healing of cells within muscles as well as the nervous system. This unique peptide is capable of healing different types of injuries such as sprains, nerve damage, ligament damage, tendon and muscle tears. This peptide is also able to decrease inflammation and stimulate collagen synthesis within the skin. Additionally, BPC 157 can effectively address gastrointestinal issues including IBS, leaky gut, and Crohn's disease while also preventing the growth of gastric ulcers. Benefits of this form of peptide therapy include:

- Stimulated collagen creation for youthful, healthier-looking skin
- Elevated healing towards muscular, tendon, or ligament injuries
- Decreased inflammation
- Reduced pain and discomfort
- Remedied symptoms of gastrointestinal conditions

Orchidia Medical Group's mission is to utilize the latest in medical science and apply this with the simple understanding that you want to look, feel, and live better. Let them help you realize your potential wellbeing and become the individual that you have long desired. Your wellbeing is worth it!

Would you like to learn more about peptides for libido therapy here at Orchidia Medical Group in Naples? Contact us today at 239-333-8809 to schedule your consultation and take the next step towards greater health and happier living!

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

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the strength and dosage form of a product, salve or medication according to individual needs. This may include preparing a drug that is no longer commercially available, changing a medication from pill to penetrating skin cream, adding flavors, or preparing a dye-free or preservative-free medication. The possibilities are endless. Their pharmacists can formulate almost any kind of medicine and specifically design it just for you, including children's dosage forms and flavors, capsules and suppositories, hospice formulations, skin preparations, lip balms, medicated lozenges. Ask Misir Pharmacy how compounded medications may help you.

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# ALCOHOLISM

## HIDDEN IN PLAIN SIGHT

**W**e have a classic image of an alcoholic - someone who drinks too much and who cannot keep their life together because of it. The alcohol is wrecking their relationships with family, friends, infringing on their jobs and their health.

But, not all alcoholics look like this. High-functioning alcoholics have either succeeded or even over-achieved throughout their lifetimes. Outwardly, they have a happy family, an active social circle, successful career and steady income, and personal and profession accomplishments. However, below the surface, life isn't so rosy.

According to the National Institute on Alcohol Abuse and Addiction (NIAAA), of the nearly 15 million Americans with Alcohol Use Disorder (AUD), at least 20 percent are considered high functioning. These alcoholics tend to be middle aged, have a graduate degree, and lead high-profile, stressful professions, such as doctors, lawyers, or CEOs, among others.

According to Dr. Richard Capiola, a Psychiatrist practicing in Naples, "high-functioning alcoholics often lack insight about their drinking so struggle with their addiction in silence." Sometimes, families or friends may be aware of the pattern drinking but enable it by not acknowledging or confronting it.

Dr. Capiola adds that high-functioning alcoholism can in fact be more dangerous than "standard" alcoholism because it may take much longer for a related consequence to arise, such as an injury, DUI, or divorce. Furthermore, because of heavy drinking and delayed treatment, high-functioning alcoholics are at a greater risk of certain cancers, liver and pancreatic diseases, and cardiovascular-related diagnoses.

**Are you or is someone you love a high-functioning alcoholic?**



#### Here's how to identify:

- You can't stop at just one drink
- You stash alcohol so others can't find it
- You drink alone
- You replace meals with alcohol
- You don't seem to get hangovers any longer due to tolerance
- You need alcohol to feel confident and social
- You obsessively think about drinking - when and where next

#### Here's how to help:

Functional alcoholism is often hidden in plain sight - among your family, friends or coworkers. It is a treatable disease, and there is hope in recovery from high-functioning alcoholism before it escalates too far. Understanding alcoholism and signs of a high-functioning alcoholic is an important first step.

#### If you or someone you love is suffering:

- Have a sober conversation about your concerns. Be honest, non blaming or judgmental
- Visit your primary care doctor or accompany your loved one to an appointment and request a standard lab test. Blood tests can identify B12 and liver functioning levels that signal chronic drinking. Seeing the scientific and medical evidence might also help you or your loved one realize the problem and seek treatment.
- Request referrals from the primary care physician. Mental health clinicians, such as Dr. Capiola, focus on addiction and are a good source for treatment options.

*Additional research-based information on alcohol use and treatment can be found at <https://www.rethinkingdrinking.niaaa.nih.gov/How-much-is-too-much/>.*



**RICHARD J. CAPIOLA, MD**

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

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

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

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

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



# Health Insurance – 2022 Enrollment Periods and Exceptions

## Did You Miss Medicare/Health Insurance Open Enrollment?

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

### THERE ARE: **Special Enrollment Periods**

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

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

### Things to know!

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

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



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

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

**International Travel** - Most of our USA plans do not cover us when leaving the United States; that includes Cruises. You should always take a comprehensive Medical Travel Insurance Policy. They are a lot less than you think and can make a world of a difference.

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

You should really work with a local broker to explore all your options. Don't invite strangers into your house or give them your personal information over the phone. With social media, Facebook, WebEx solicitation, if you do not know them, please be careful. There are so many scams out there. Go see or call a local agent, build a relationship and, if in the future you have a question, you can go back and see them.

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

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# A Healthy Aging Guide to Strength Training

**W**eight lifting and stretching are useful at any age, but there are specific benefits for older adults.

With aging comes concerns about strength, balance, and mobility. But integrating resistance training and stretching into your routine can keep you feeling healthy and strong.

Not sure where to start? Read on for a primer on how aging affects your body and how movement can make a difference.

## How does aging impact our bodies?

Age may just be a number, but some physical changes do occur as we get older — and these can affect our health. They include:

### Decreased range of motion

Notice that your shoulders, hips, or knees don't move as well as they used to? As you age, your range of motion — the full movement potential of a joint — decreases due to changes in connective tissue, arthritis, loss of muscle mass, and more.

### By how much?

In a study published in the *Journal of Aging Research*, researchers analyzed shoulder abduction and hip flexion flexibility in adults ages 55–86.

They found a decrease in flexibility of the shoulder and hip joints by approximately 6 degrees per decade across the study participants, but also noted that in generally healthy older adults, the age-related loss of flexibility does not significantly impact daily life.

### Strength loss

Declining strength is another hallmark of aging.

Older research found that muscle mass decreases by approximately 3–8% per decade after age 30, and this rate increases after age 60.

More current research found the rate of muscle atrophy was closer to 1% per year after age 50, which has an exponential (continually increasing) effect when considered over time.



This phenomenon is known as sarcopenia — a loss of muscle mass and function as we get older. This decrease in muscle mass comes from several factors, including:

- hormonal changes
- declines in activity
- an unbalanced diet that's low in calories and protein

Sarcopenia is strongly related to falls and overall frailty, so it's an important factor to address as you get older.

### Decreased balance

If your balance isn't what it used to be, there's an explanation for that as well.

### You maintain your balance using:

- your eyesight
- your vestibular system (structures in the inner ear)
- feedback from joints in the spine, ankles and knees

These systems send signals to your brain to help your body maintain its balance as you move about your day.

As you age, however, these signals aren't communicated as effectively. Your eyesight gets worse, your cognitive abilities start to decline, and your joints become less mobile.

### The importance of strength training as we age

One of the ways to combat physical age-related concerns — plus maintain range of motion, strength, and balance — is to incorporate consistent strength training into your weekly routine.

### Strength training can benefit older adults by:

- **Increasing bone density.** When you strength train, you're putting stress on your bones from the movement and force patterns, which leads bone-forming cells to jump to work. This creates bone that is stronger and denser.
- **Increasing muscle mass.** More muscle means more strength, better balance, and an increased metabolism. One study found that by implementing a training program, older adults were able to improve their muscle mass and muscle strength by 30%.
- **Enabling better balance and functionality.** Having strong muscles contributes to better daily function. After all, activities like sitting down in a chair, reaching up to get something from a shelf, or even tying your shoes all require balance, flexibility, and strength. And for older adults in particular, these benefits translate into a reduced risk of falls or other catastrophic injuries.
- **Improving body composition.** Maintaining muscle mass is important to decrease the chances of obesity, especially as we age.
- **Improving quality of life.** Older adults who participate in a regular resistance training routine often see improvements in their psychosocial well-being.

Consistently strength training and stretching, even for short periods 3 times per week, can help tremendously in delaying or preventing many age-related ailments. Start slow and watch your strength, balance, and mobility improve.

**Get started by booking your free first session today.**

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## Acupuncture Provides a Safe & Effective Alternative for the Treatment of Mental Health Disorders

**S**tress is our body's natural response to the various demands that we put on it. In ancient times, our stressors usually came from life from life threatening situations like being confronted by a wild animal or an attack from another village. When under stress, our body begins to pump out stress chemicals including cortisol and norepinephrine, so that we are more alert, stronger, and faster. This is also known as our fight or flight response. When facing the ancient stressors, this response system was extremely beneficial and could even save our life.

In our modern world, stress is considerably higher, more frequent and more consistent than in ancient times. Unfortunately, when we encounter stress now, we are usually not able to fight or flee the situation. Rather, we need to stay and face the situation and submit to our boss or the situation at hand. This results in the body being flooded with stress chemicals which can lead to anxiety, nervousness, anger, irritability, or depression. Over time, ongoing stress and unhealthy responses to stress can be detrimental to our health.

The statistics are bleak. According to the National Center of Health Statistics, during 2011-2014, 8.6% of males and 16.5% of females, aged 12 and over, took antidepressant medication. 25% of those people had been taking these medications for 10 years or longer.

The Journal of Affective Disorders analyzed 207 clinical studies in 2010 on the effectiveness of acupuncture in treating depressive disorders. According to this analysis, the efficacy of acupuncture was comparable to antidepressants alone in improving clinical response and alleviating symptom severity of Major Depressive Disorder.

Anxiety disorders are the most common mental health disorder in the U.S, affecting 40 million adults and costing more than \$42 billion per year, according to the Anxiety Disorders Association of America. These disorders include generalized anxiety disorder (GAD), social anxiety disorder, panic disorder, and post-traumatic stress disorder (PTSD).

A clinical study conducted in China in 2010, has concluded that acupuncture is a "safe and effective" treatment for mood disorders including anxiety and depression making it a great alternative for people that have intolerable side effects to medication or choose not to take medication.

The good news is that acupuncture can significantly help the entire spectrum of mood disorders. There are three mental health patterns that I commonly see in my clinic and that respond beautifully to acupuncture therapy within a relatively short period of time.

The first pattern is the Jueyin-Yangming Pattern and is characterized by nervousness. These people are jittery, speak fast, tend to shake their legs and have a hard time settling down. They are often plagued with fear and suspicion and have a very hard time accepting compliments. Physical symptoms may include a tight chest, palpitations, allergies, insomnia, heart disease, headaches, PMS and stress induced digestive disorders. All physical symptoms are worse with stress.

The Jueyin-Shaoyang pattern is characterized by a rigid or stiff personality and they often feel rushed for time. They are so inflexible in their personality that it leads to muscle tension and stiffness in the entire body. These people think things should be a certain way and have difficulty when things don't go that way or if they feel out of control. Physical symptoms of this pattern include pain on the sides of the body including the head, jaw, shoulders, chest, ribs and hips. Other manifestations of this pattern include insomnia, PMS, nausea, constipation, abdominal pain, hyperthyroidism, seizure, stroke, and Parkinson's Disease.

The Shaoyin-Shaoyang Pattern is characterized by physical and mental exhaustion. Their outlook on life is very negative. These people often are depressed and lack the motivation and enthusiasm to participate in activities they once enjoyed. These people usually sleep frequently.

It is my job, as an acupuncturist, to perform a thorough diagnostic evaluation and determine which pattern is at the root of your imbalance. Your unique treatment plan will restore balance, uplift mood, alleviate your physical symptoms and assist you in handling stress more effectively.

Acupuncture provides a safe, natural, drug-free and effective way to address all mental health disorders. Most people feel tranquil and relaxed after the first treatment, however acupuncture is not a "quick fix". You may need to receive weeks or months of treatment in order to see lasting results. Give yourself the time required so you can experience the maximum benefits acupuncture has to offer. Call now to schedule an appointment, 239-260-4566 or go to my website, [www.AcupunctureSolutionsOnline.com](http://www.AcupunctureSolutionsOnline.com) for more information.

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## Prevention and Treatment for Dry Age-Related Macular Degeneration

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

In adults over the age of 50, age-related macular degeneration (AMD) is the leading cause of blindness. It is estimated that more than 10 million Americans have some degree of AMD, and unfortunately, there is still no cure for the disease. But there is a great treatment for some forms of the disease.

In AMD the portion of the retina responsible for our central vision, the macula, becomes damaged leading to a loss of vision, distortion or blind spots in central vision. Although it is a very complex disease and still not completely understood, it can be brought on by both hereditary and environmental factors.

There are two main types of AMD, wet and dry. Dry macular degeneration is the most common form of the disorder. Whitish deposits (drusen) adhere to the retina, just under the macula and eventually, the drusen weaken and deteriorate the macula, that can lead to severe central vision loss and blindness. Typically, AMD starts as the dry type and may progress into the wet form of the disease in 10-15% of high-risk dry macular degeneration.

**Macular degeneration has several therapies that prevent the disease from progressing. One of the main treatments is the anti-VEGF injection.**

Dr. Taba, Ophthalmologist and Retina Specialist explains, "In a National Eye Institute (NEI) study, researchers concluded that before the anti-VEGF (anti-vascular endothelial growth factor) injections, 2/3 of wet macular degeneration patients went legally blind within two years of diagnosis. Now, we are able to keep vision 20/40 or better in more than half of our patients. Early detection is essential for prevention of visual loss from AMD. The earlier we can treat a newly diagnosed wet AMD lesion, the higher chance the patient has of preserving central vision.

The Following information was published by the American Academy of Ophthalmology.

### The Impact of Diet

While clinicians wait for dry AMD treatments, what concrete steps can be recommended to patients today?



"Diet plays a major role in macular degeneration, and it seems to be important in all stages" of the disease, said Emily Chew, MD, Deputy Director of Division of Epidemiology and Clinical Research at NIH. Her review

of data from the Age-Related Eye Disease Study 1 (AREDS1) and AREDS2 took advantage of the largest data pool available on macular degeneration with the longest follow-up ever conducted.<sup>1</sup> "We had 13,204 eligible eyes in 7,756 participants with a 10-year follow-up, looking at diet and progression to late AMD, GA, and neovascular AMD," Dr. Chew said.

The key takeaway? "Greater adherence to the Mediterranean diet—particularly fish intake—is associated with a lower risk of progression in eyes with different severity of AMD," she said. "We found that if you have very early AMD, progression from the early to intermediate stage could be reduced by about 25% by eating a Mediterranean diet." She added, "When we looked at patients in the intermediate group, a very high adherence to the Mediterranean diet had almost a 30% reduction in progression to late macular degeneration. It's a dose/response effect: The more you follow this diet, the greater the benefit," particularly with regard to geographic atrophy, the advanced form of dry AMD.

### Impact of Genetics

Complement factor H may also play a synergistic role.<sup>2</sup> "If you have complement factor H genetic changes and eat the Mediterranean diet, you get even more of a beneficial treatment effect," Dr. Chew said.

If you make just one change. What one dietary change should ophthalmologists encourage their patients to adopt? "What really drove the results of the Mediterranean diet was eating fish," she said. "Patients should consider eating fish twice a week."

If you go full Mediterranean. The nine "eating points" from the Mediterranean diet are as follows: Decrease your intake of 1) red meat and 2) alcohol even as you increase your intake of 3) fish, 4) vegetables, 5) whole fruit, 6) whole grains, 7) nuts,

8) legumes, and 9) "good" fats. The latter, notably olive, walnut, and safflower oils, have a beneficial ratio of MUFA:SFA (monounsaturated fatty acid to saturated fatty acid).

And remember AREDS2 supplements. Dr. Chew's work has also confirmed the benefits of the AREDS2 supplements.<sup>2</sup> "They reduce the risk of developing vision-threatening late disease by about 25%," Dr. Chew said. "We hope ophthalmologists are recommending this to their patients with intermediate AMD."

### Other Beneficial Ways to Prevent and Protect Vision

- Stop smoking
- Wear protective eyewear
- Wear sunglasses
- Control blood pressure
- Control blood sugar
- Exercise
- Reduce sugar and salt intake
- Eat a healthy diet that consists of omega-3 fatty acids, flaxseeds, lean protein (avoid red meat) and plenty of fruits and vegetables.

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

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

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

#### Reference:

1 Keenan TD et al., for the AREDS1 and 2 Research Groups. *Ophthalmology*. 2020;127(11):1515-1520.

2 Chew EY. *Am J Ophthalmol*. 2020;217:335-347.



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# PUT SOME SPRING IN YOUR HEARING!



**G**oogle 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](http://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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# INTERESTED IN STRAIGHTENING YOUR TEETH WITH CLEAR ALIGNERS?

## THE TOP 7 THINGS YOU SHOULD KNOW ABOUT INVISALIGN

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

### #1: Do clear aligners effectively straighten teeth?

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

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

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

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

### #3: How long does treatment take?

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

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

### #4: How often should I wear aligners?

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

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

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

### #6: How much does it cost?

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

### #7 The Benefits of Straightening Your Teeth

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



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



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Please call Caring Dentistry of Naples at (239) 455-1044.



# Great Summer Cooking Begins with Proper Grill Maintenance

by **maidpro**

**H**eavy-duty grill cleaning is a once-a-year job best done at the start of each new grilling season. For gas grills, ensure all knobs are set to off and disconnect propane. When cleaning the main grill apparatus, focus on getting the outside shiny and appealing, but don't put too much effort into cleaning the inside; remove loose debris and ash but refrain from scrubbing away all that great cooked-on 'seasoning' that helps to control the grill's cooking heat, ultimately producing better food.

When it comes to cleaning grill grates, there are two schools of thought.

If you have loads of time on your hands and are into burning extra calories, go the cold-cleaning route. Use your sink, bathtub or a plastic tub large enough to accommodate your grill grates. Soak them for several hours in warm, soapy water. Then apply serious elbow grease to scrubbing, scraping, rinsing, and drying your grates and more effort to removing greasy particles and residues left behind in your sink or tub. Never use toxic cleaning solutions, rinse all solutions thoroughly and allow extra time for grates to heat on their first outing to ensure all residues burn off before cooking. A tip for cold cleaning without harsh chemicals is to soak grates in brewed coffee for an hour or longer before scrubbing.



Depending on your propensity to grill with sugary marinades, cheeses and other substances that ossify with intense heat over time, even the most assiduous cold cleaning may not produce pristine grates. If you are more interested in speed and efficiency, your mantra for cleaning and maintaining grill grates should be: heat and treat. If you are lucky enough to have a self-cleaning oven, simply stick your grates and other removable metal parts into the oven and run the self-cleaning cycle. The extreme high heat will burn away grill grime and muck, leaving you with clean grates and a clean oven for the summer.

If you do not have a self-cleaning oven, invest in a high-quality wire grill brush and pair of high-heat-safe gloves or mitts. When the grill is hot, brush the grates firmly with as much pressure as you can apply safely without toppling the grill. After grilling, either brush grates while still hot and, when cooled, treat lightly with cooking spray, vegetable or olive oil to protect; or, simply leave the grates dirty

as protection against the elements until the next time you grill. If you do not have a grill brush, a scrunched up piece of heavy-duty aluminum foil or half an onion used with extreme care (and high-heat-safe gloves) will also work to remove most stuck-on grime when the grill is hot.

For charcoal grills, be sure to remove cooled, spent ash after every use (and especially before it gets rained on). Gas grill briquettes should be periodically removed, shaken or brushed and gas jets cleared of grease and food debris, which can prohibit even distribution of heat. Flipping gas-grill briquettes periodically takes advantage of the grill's high interior heat to clean them with virtually zero effort.

Finally, when not in use, remember to always cover your grill. Good eating!

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# TOP 4 Reasons Chefs for Seniors Might Be The Right Choice For You

## #1 Shopping is Challenging

In light of our global pandemic, shopping has proven to be challenging for all ages, but if you have an underlying medical condition or are over 65, the risk of infection has become a significant concern. Along with COVID-19, shopping at the grocery store heightens the risk of other communicable illnesses such as the flu or the common cold.

In addition to these concerns, many seniors find it taxing or may not be able to drive themselves safely to the store due to mobility issues, diminished eyesight, cognitive issues, or other aspects that might make driving, parking, shopping, walking, or calculating a genuine challenge.

## #2 Cooking is Becoming Difficult or Dangerous

Perhaps you used to love cooking, or maybe you've never been keen on whipping up a meal. Some individuals find that following a recipe and cooking can be difficult, time-consuming, or in some cases, dangerous.

If you'd prefer to have someone else make your meals out of convenience, or you'd rather not unintentionally burn or overcook your food, many people feel the same way. This is especially true for seniors who no longer need to cook for an entire family and those that have issues with getting around easily or are developing neurodegenerative disorders.

## #3 You or Your Loved one Need Special Meals (Low Sodium, Low Fat, etc.)

Have you or your loved one undergone a heart procedure, stroke, or been diagnosed with diabetes? If so, you know the importance of following a strict diet that will help manage and sustain your disease and longevity.

Many people find it challenging to understand which foods are best and how to prepare those foods so that they are delicious and appetizing.

## #4 You Want Nutritious Food Without the Hassle

Combining all of the reasons that so many seniors could benefit from a chef-prepared meal is easily identified in the previously mentioned issues and

conditions. You want to eat the healthiest meals possible, meals that are good for your body, and that taste amazing so that it's easy to stick to eating the way you know you should. That's where Chefs for Seniors can help.

### Chefs for Seniors

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

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

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

### Professionally Prepared Meals and Clean Up!

Chefs for Seniors offers rotating menu options, which includes select Chef creations inspired by the region. Clients select their desired meal in advance, allowing the chef to shop and prepare the meals on the designated cooking day. Chefs prepare the meals between two to two and a half

hours. And an added benefit is that after the meal is prepared and stored according to the client's preferences, the chefs clean before leaving the house.

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

### Cost and Insurance Coverage

The price of our services are region-specific and depends on your individual needs. Our goal is to provide an affordable solution that seniors can use long-term. We offer three different service packages to meet a variety of needs: Standard, Custom, and Non-Standard.

Some Long Term Health Insurance Policies may cover certain in-home services like Chefs For Seniors.

### Multiple Meals During Visit

During a 2-hour home visit, your personal chef will prepare 4 different entrées and 10-12 individually-packaged servings of meals. The exact number of servings depending on your appetite and the types of meals ordered and serving sizes can be adjusted with your chef.

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

### Special Diets

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

*For any questions, please contact Chefs For Seniors at 239-776-1758.*



**CHEFS FOR SENIORS**

[chefsforseiors.com](http://chefsforseiors.com)

Phone: **239-776-1758**

Email: [bill.springer@chefsforseiors.com](mailto:bill.springer@chefsforseiors.com)

# Slowing the Pace of Your Life

By Pastor Timothy Neptune

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

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

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

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

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

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

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

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

The Apostle Paul said this about contentment. *<sup>11</sup>I am not saying this because I am in need, for I have learned to be content whatever the circumstances. <sup>12</sup>I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. <sup>13</sup>I can do everything through him who gives me strength.* Philippians 4:11-13

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

What he is saying in these passages is that we need to understand that life isn't about things.

**Contentment means this:** I don't need more in order to be happy.

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

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

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

If you find yourself making statements like this:

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

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

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



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