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July 2022

Collier Edition - Monthly

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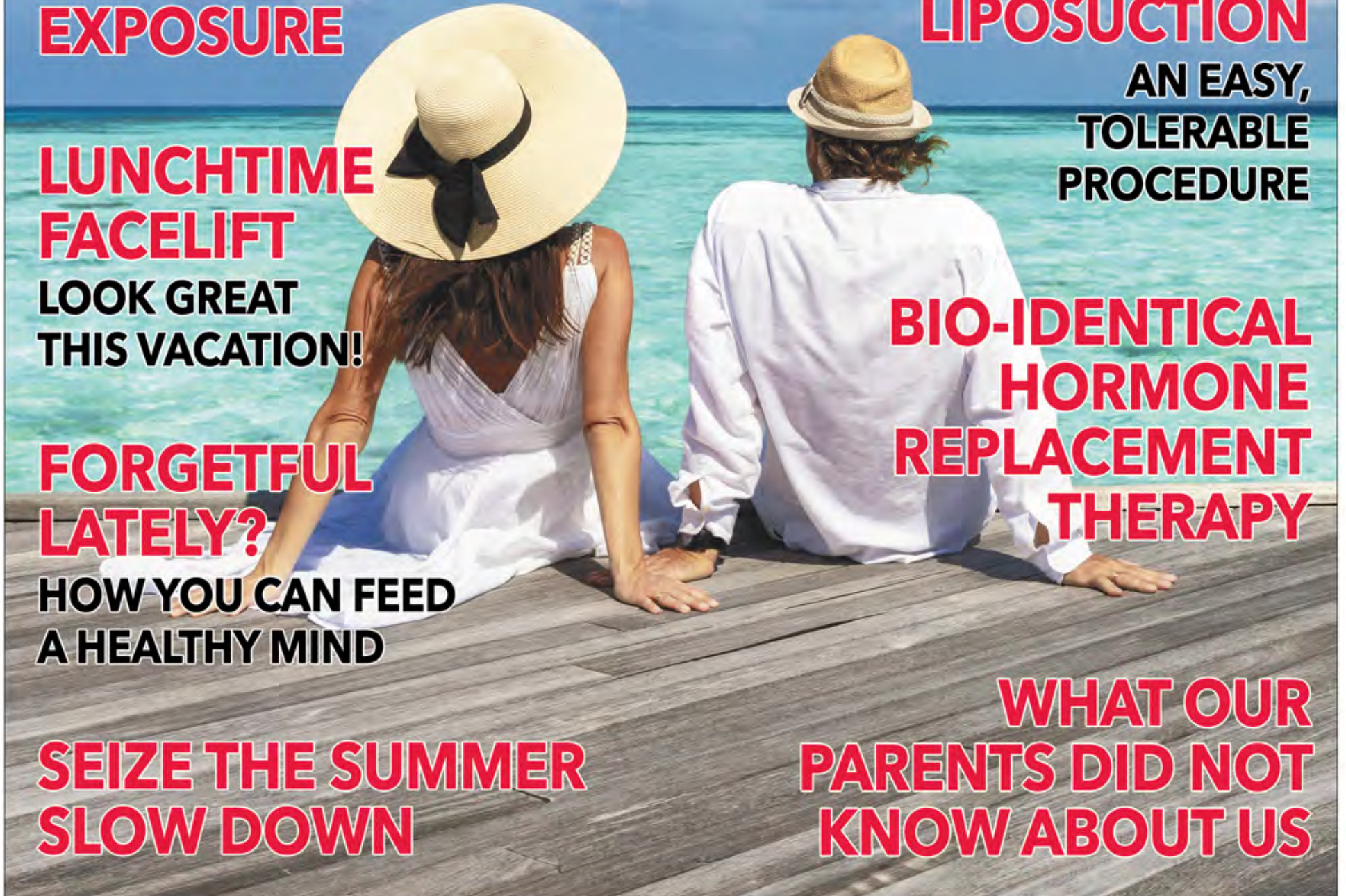
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*Julian J. Javier,  
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## Dr. William M. Hasbun, M.D.

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Dr. Hasbun is announcing that he'll be accepting patients for home evaluation and management.

At present, he is an Assistant Clinical Professor of Geriatrics at Rowan University in New Jersey. He is a former Assistant Clinical Professor of Medicine & Geriatrics at the College of Physicians & Surgeons at Columbia University in NYC. He has been the Medical Director of various nursing homes in the New Jersey area. He is also the inventor of numerous medical devices and owns numerous patents in the medical field. He will be available for home visits to patients in gated communities within the Collier County area. He will be accepting private patients starting September 1, 2022.

For more information, Dr. Hasbun can be contacted at (856) 577-6627 from 10 am until 2 pm Monday thru Friday. His hours of service are from 10 am until 2 pm except in cases of an emergency. Fluent in Spanish and English.

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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
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- Glomerulonephritis
- Hypertension
- Injections of Aranesp for Anemia related to Kidney Disease
- Kidney Transplant Services: Patient and Donor Evaluations, Post-Transplant Follow-up Care
- Lupus Nephritis
- Nephrotic Syndrome
- Pyelonephritis
- Polycystic Kidney Disease
- Recurring kidney stones
- Renal Failure
- Renal Insufficiency

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

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# THE IMPORTANCE OF ANNUAL MEDICARE CHECK-UPS

**M**any people can't remember the last time they had a doctor's visit. They may say they never get sick or they just don't have any risk factors. However, sometimes the problem is not always visible on the outside or perhaps has only just begun, but could be avoided altogether if prevented. Annual Wellness visits with your primary care provider are made to create or update a personalized prevention plan. This plan may help prevent illness based on your current health and risk factors. It is not a head-to-toe physical.

An annual wellness visit for a Medicare patient consists of taking the vital signs, reviewing their medications, confirming their current physicians and subspecialists. Although there is no direct physical examination Physicians Regional Medical Group's providers do go over questionnaires regarding their memory recall and a neurologic questionnaire. This includes depression screening, reviewing current medical issues and clarifying any questions they may have regarding treatment plans. Lastly, the physicians review the current preventative medicine topics. For example, ensuring patients have had a yearly eye exam, a current mammogram, and a colon cancer screening done per guidelines.

One of Physicians Regional Medical Group's Internal Medicine physicians, **Dr. Anthony Scola, M.D.**, suggests that an annual wellness visit is a good chance for both the patient and provider to review and assess health risks and as a result come up with a prevention plan to keep you healthy and moving forward.

"In order to develop a prevention plan that is personalized for you, your provider needs to determine where your personal health risks are," Dr. Scola explains, "The Health Risk Assessment is a questionnaire, and one of the main tools your provider will use to do this."



*Dr. Glaser and Dr. Scola are located at Physicians Regional Regional Medical Arts Building, 8340 Collier Blvd., Naples, FL 34114.*

Your primary care physician can help keep you on track with your annual checkups that can help ensure that chronic diseases resulting from uncontrolled hypertension, hyperlipidemia, and diabetes can be prevented. Exams are typically recommended 12 months after the patient obtains Medicare. They are yearly exams in addition to routine follow-up and management of the patient's chronic medical problems.

Physicians Regional Medical Group's Internal Medicine physician, **Dr. Leonard Glaser, M.D.**, recommends that anyone above the age of 50 should be receiving annual physical exams. Below the age of 50 annual exams can be done on a 2-3 year basis depending on the patient's chronic medical conditions.

Dr. Glaser also ensures that recommended routine screenings are current. This has a major impact on reducing breast cancer, cervical cancer, prostate cancer and colon cancer.

"I always ensure that when the patient has a new diagnosis that they have a clear understanding of the potential causes, treatment and what they can do to mitigate worsening symptoms. I confirm they are on a correct treatment plan," Dr. Glaser states, "and I encourage them to follow-up with the subspecialist if recommended."

Anyone is a candidate for annual wellness visits and Medicare encourages patients to have an annual checkup each year. It doesn't matter how sick, or how healthy you are: An ounce of prevention is worth a pound of cure!



To schedule an appointment with Dr. Glaser or Dr. Scola call (239)-348-4221 or visit [PhysiciansRegionalMedicalGroup.com](http://PhysiciansRegionalMedicalGroup.com).

# PROTECT YOUR SKIN FROM HARMFUL UV EXPOSURE

By Dr. Alan Brown

**D**id you know that exposure to ultraviolet (UV) light constitutes the greatest risk factor for melanoma? Countless studies have long established the connection between harmful UV exposure and skin cancer.

Most UV exposure originates as energy from the sun, reaching the surface of our planet as two types of UV light: UVA rays and UVB rays. Made up of varying wavelengths, each kind emits a different level of energy that affects the skin differently. UVB rays pose a greater risk of skin cancer, where UVA rays are responsible for visual changes such as aging, wrinkling and loss of elasticity.

As any Florida resident knows, avoiding UV exposure entirely is nearly impossible in the Sunshine State. While invisible to the naked eye, both types of UV light will equally damage your skin and can potentially cause skin cancer. When these rays come into contact with skin, melanin in these cells work to absorb the UV light. A developing tan indicates that your skin has been injured by the sun's rays. When the amount of UV damage exceeds the amount of protection that your skin's melanin can provide, it results in a sunburn.

At a cellular level, harmful UV rays affect how skin cells appear, grow and repair over time. The good news is that there are several simple steps you can take to reduce the risk of a future skin cancer diagnosis. At Advocate Radiation Oncology, we counsel our patients to follow these five recommendations to avoid harmful UV rays and protect the body's best natural defense – your skin.

## 5 WAYS TO AVOID HARMFUL UV EXPOSURE

**1. Wear protective clothing and a hat.** According to research, clothing can be one of the most effective barriers between our skin and the sun. Try to cover as much skin as possible and choose a tightly woven fabric to maximize protection.



**2. Apply SPF 30+ sunscreen.** Reach for a broad-spectrum, water-resistant variety. Ensure your sunscreen has UVA symbol or offers a minimum four-star rating. Use a generous amount and reapply every two hours, no matter what the directions advise. Don't forget your ears, neck and lips!

**3. Avoid tanning booths.** Not all UV rays come from the sun. Manmade sources like tanning beds deliver concentrated doses of UV light that can cause melanoma and other skin cancers. Far less safe than the sun, indoor tanning increases the risk that a benign mole may progress into melanoma. Researchers estimate that UV light from tanning beds causes an estimated 400,000 cases of skin cancer each year in the United States.

**4. Accessorize with sunglasses.** Protective eyewear like sunglasses help shield your eyes from the rays that would otherwise damage your eye's cornea, lens and surface tissue. Additionally, long-term sun exposure increases the chances of developing cataracts, growths on or near your eyes, or even eye cancer.

**5. Stick to the shade.** Outside of heat-related conditions like sunstroke, shade helps to reduce your exposure to solar UV radiation. Head for shade during the hottest portions of the day, which typically fall between 10 a.m. and 4 p.m.

Keep in mind that you will likely be the first to spot signs of sun damage on your skin. That's why Advocate Radiation Oncology encourages patients to complete an annual skin check. Be sure to use a hand mirror to inspect hard-to-see areas like your back. If you find any issues or observe changes to existing moles, discuss them with your doctor right away. Skin cancer is much easier to treat when caught early.



### About the Author

*Dr. Alan Brown is a board-certified radiation oncologist at Advocate Radiation Oncology, a locally owned and operated practice with convenient locations in Southwest Florida. For more information, please visit [AdvocateRO.com](http://AdvocateRO.com).*



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# SEIZE THE SUMMER SLOW-DOWN

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

Let's face it, life can be busy year-round. But, the magic of Summertime - with its longer days, warmer temperatures, and endless outdoor exploration - is a terrific time to slow down.

Shedding our hectic lifestyles, even if only in the Summer months, can be tremendously beneficial for our health. By slowing down, we can focus on ourselves - our eating, exercise, and emotional well-being.

## Home-cooked meals:

It's true: the health benefits of a home-cooked meal outweigh almost any other method of dining, no matter the recipe. Namely, home cooking allows you to control the ingredients, so you know exactly what you're eating, including salt, added sugars, fats (butter), and calorie intake. This is important not only for people with dietary restrictions but also for anyone trying to lose weight or just eat healthier.

For your next Summer get-together or block party, plan to grill or opt for some no-oven meals, like vegetable salads (think tomatoes, cucumbers, and maybe a feta or mozzarella cheese), gazpacho, or ceviche.

## Choose in-season fruits and veggies:

Warmer weather means more fresh produce, which makes it simple to eat a huge variety of produce rich in antioxidants and phytonutrients. Eating in-season produce is also often less expensive because those fruits and vegetables don't have to be transported as far. And, they're more nutrient rich because they stay on the branch longer.

Farmers markets are a fantastic place to find the freshest in-season produce. Buying at markets allows you to ask farmers where their produce is grown and if pesticides or other chemicals were used in the process. Store-bought strawberries, for example, tend to be imported from far-away lands like Mexico and have heavy pesticide residue. Same story with apples, peaches, tomatoes, greens, and other Summertime staples, according to the Environmental Working Group.

## Grilling - the healthy way:

Nothing quite says Summer like a backyard BBQ, so it's a bonus that it can also be healthy. Grilling is known as the "lightest" cooking method, as it doesn't



require the extra oils or breading used in frying or baking. Additionally, our food preserves more of its vitamins and nutrients when grilled compared to other cooking methods.

When grilling, choose healthier proteins such as fish, chicken, turkey, or ground poultry for burgers. Avoid processed meats like hot dogs and sausages. If eating red meat, cut visible fat off before grilling and opt for leaner cuts, like center-cut pork chops or sirloin steaks. Grilling red meats helps to melt and minimize the unhealthy fat, so is a healthier cooking option.

Avoid grilling over open flames or charring. Food - especially meats - grilled at such high temperatures can form chemicals called heterocyclic amines (HCAs) that can cause cancer. Marinating your meat for at least 30 minutes before grilling can also reduce HCAs.

## Drink up:

Hydration is always important, but especially in hot and humid weather, as we tend to lose a lot of our body fluids through sweat.

Not all beverages are created equally, however. Water is ideal to ensure hydration, as it keeps the body cool. Foods high in water, such as cucumber, tomatoes, watermelon, strawberries, and cantaloupe can also help hydrate. If exercising in hot weather, a low-calorie sports drinks or coconut water are options to help replace the sodium and potassium lost in sweat.

What's so great about summer months is that there's no shortage of simple ways to replenish our hydration. Add herbs like mint and basil, or slices of fruits and cucumber to your water glass to fill up with flavor. You also have the option of sipping iced tea or iced green tea, which is full of EGCG, an antioxidant which has been shown to boost your metabolism.

## Get moving:

Summer's weather opens the door on a multitude of ways to work out. Take advantage of the cool mornings and evenings to get moving.

Taking a walk is probably the easiest and most available form of exercise we can all do. If you prefer more of a challenge, though, you might want to consider hiking. Studies show exercising in nature lowers stress levels, heart rate and most importantly, blood pressure.

Gardening is a low-intensity work out that can also be therapeutic and nutritious! Routine garden upkeep activities, like raking, weeding and trimming, engage multiple muscle groups at once, improving your overall fitness level. Digging holes with a shovel (for planting) is one of the highest-intensity gardening activities. Start by planting a simple garden with herbs you tend to use in cooking, and extend into easy-to-grow vegetables, like greens, peas, green beans, and tomatoes. Gardens can be started in advance with seeds or purchased seedlings and can be potted on decks or planted in a prepared ground garden.

Keeping cool with water activities can be a fantastic way to exercise. Water aerobics, like walking, jumping, or lunging in waist-deep water, provides some resistance to your normal movement, which will give you a slightly tougher workout. Water aerobic classes are often offered at local pools. For higher intensity water workouts, consider swimming, kayaking or paddleboarding.

Summer is a great time to explore a new form of exercise. Whatever it is - pickleball, aim for at least 150 minutes of moderate exercise or 75 minutes of vigorous exercise each week.

Summer is a time to slow down and have fun. Why not do it healthily?



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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.

# FALLS CAN BE DUE TO BLURRED EYESIGHT

By Elizabeth Schwartz, O.D. - Quigley Eye Specialists

**F**alling is one of the greatest health risks older adults face. Each year, one in four Americans 65 and older experiences a fall, the leading cause of injury among older adults, and impaired vision more than doubles the risk, according to the National Academies of Sciences.

Every second, an older adult falls and every year there are 36 million falls among those age 65 and older, according to the Centers for Disease Control and Prevention. One out of five falls cause serious injury such as broken bones or a head injury.

Vision impairment may be to blame in many of these cases. Blurred vision may cause you to not see objects in your path as clearly as you once did, which will increase your chances of falling. In some cases, other eye conditions such as undiagnosed near-sightedness, an out-of-date eyeglass prescription, eye infections, glaucoma or macular degeneration can increase the risk of falling.

That's why the ophthalmologists at Quigley Eye Specialists recommend that all people, but especially those 65 and older, receive a comprehensive eye exam every year. Changes in your vision can be monitored and treatment can be started as soon as the first signs appear. We also assess your risk of falling and make recommendations on how you can make your home safer.



**Here are some tips to help:**

- Small throw rugs are a tripping hazard and should be rolled up and put away.
- Clear the clutter. Random items left on the floor make it more difficult to have a clear path for walking.
- Use bright bulbs where they are needed most, but especially at room entrances and the top and bottom of stairs.
- Wear rubber-soled shoes around the house to gain traction.
- Use hand rails in the shower since slippery surfaces make you more prone to falling;
- Watch your balance, which decreases as you age. Exercises are available to help maintain and improve balance.
- Know where your pets are located at all times. We all love our pets, but they can be tripping hazards if you're not aware that they are running across your path.

- Review your medications with your doctor. Some medications for arthritis, high blood pressure, heart disease and sleeping can cause dizziness. Your doctor can recommend alternatives.
- Consider a fall detection device that will alert help should you need it.
- Limit alcohol consumption. Older adults cannot process alcohol as easily as they did when they were younger which can produce dizziness and light-headedness even 24 hours later.

Your primary care physician also should be consulted. Blurred vision can be a sign of diabetes, high blood pressure, and arthritis. One of the first things that an arthritis flare-up might affect is the eyes. Impaired sight can be a direct result of the inflammation that comes from arthritis and affects the rest of the body from there.

The important thing to remember is that falls are preventable. Quigley Eye Specialists is here to work with you to gain the best vision possible and keep you safe from falling.

**Elizabeth Schwartz, O.D.**

*Dr. Elizabeth Schwartz is an optometrist with Quigley Eye Specialists with locations throughout Florida. Quigley Eye Specialists specializes in cataracts, laser cataract surgery, glaucoma, LASIK, dry eye, eyelid surgery, facial plastic surgery, retina, cornea conditions, optical and routine eye care. For more information, call 239-466-2020 or visit [www.QuigleyEye.com](http://www.QuigleyEye.com).*



**Every second, an older adult falls, and every year there are...**



Data sources: National Vital Statistics System, National Electronic Injury Surveillance System-All Injury Program, and Behavioral Risk Factor System.



**(239) 466-2020**

**[www.QuigleyEye.com](http://www.QuigleyEye.com)**

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

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



## HOW TO CHOOSE THE RIGHT SPECIALIST FOR YOUR HEART OR VASCULAR CONDITIONS

Choosing a specialist is very difficult; many times, you don't know which kind of specialists you need for your health problem, and if you do know, it can still be challenging to know which physician to choose.

For instance, you have "circulation" problems because your legs are tired and cramping, skin is hardening and getting dark spots, you have a non-healing ulcer in your feet or ankle, and you have been having leg or ankle swelling.

By having these symptoms, you immediately think you should see a vascular specialist but which one? Do you see a cardiologist or a vascular surgeon?

The best way to go about it is choose a cardiac and vascular specialist with great clinical knowledge and great procedural skills. They will perform an evaluation, and once your doctor has done a thorough examination, they will guide you to whom you should see.

**Making sure your specialist is board certified and qualified is critical.**

Different vascular specialists care for similar conditions. For example, for individuals with vascular or

circulation problems of the legs, cardiovascular specialists, vascular surgeons, and interventional radiologists are all capable of treating vascular-related problems of the leg. All three specialists are highly trained individuals skilled in treating complex vascular conditions, although there are some differences among them.

Many specialists only offer invasive or surgical treatment and would refer you to other specialists for conservative or non-interventional therapy, requiring that you see another specialist.

**Finding a comprehensive physician and practice is beneficial in numerous ways for patients.**

*The Naples Cardiac and Endovascular Center, also known as NCEC, was founded by Dr. Julian J Javier, a board certified cardiac and endovascular expert.*

The center is dedicated to conditions of the heart and arterio-venous disease and was created with the purpose of providing a "patient-centered care" approach for patients with heart and vascular problems in one location.

Vascular-related problems go hand to hand with heart disease and share the same risk factors: age, hypertension, high cholesterol, genes, smoking, diabetes, obesity, all risk factors that lead to cardiac and vascular problems of venous and arterial origin.

**Not all conditions require invasive procedures.**

The NCEC specialists offer preventive and conservative care, diagnostic testing, and the most highly sophisticated interventions at the comfort of their center. Understanding that not all heart and vascular conditions need to be treated invasively or surgically, the center offers its knowledge of conservative and preventive therapies as well.



Julian Javier, MD



Leandro Perez, MD



Tracey Roth, MD

Dr. Julian J. Javier, Dr. Leandro Perez and Dr. Tracey Roth are Interventional Cardio-Vascular specialists with emphasis on peripheral arterial and venous disease and valvular heart problems. They are board certified in interventional cardiology and recognized nationally and internationally, authors of multiple articles in prestige peer review journals and book chapters.

They are affiliated with Physicians Regional Medical Center and Collier Regional and are accepting new patients.



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

**Naples Cardiac and Endovascular Center**  
**(239) 300-0586**  
**www.heartvein.com**

1168 Goodlette-Frank Rd N Naples, FL 34102

# MEDICAL MARIJUANA & INFLAMMATION

**M**edical Marijuana is now being recognized for its anti-inflammatory properties, making medical marijuana for inflammation an exciting treatment alternative. When the white blood cells in your body detect a foreign substance like a virus, your immune system starts working to protect your body from further complications. However, sometimes your immune system triggers an inflammatory response even though no foreign threats are present in the body. The result is that your own cells attack your body, often causing the inflammation you notice.

Medical marijuana for inflammation is effective at reducing inflammatory-related pain and chronic inflammation due to its two primary cannabinoids, CBD (cannabidiol) and THC (tetrahydrocannabinol). Both CBD and THC help reduce inflammation associated with several diseases. However, beta-caryophyllene, another compound found in marijuana, affects your CB2 receptor. During a 2008 study, researchers analyzed mice with swollen paws. The researchers gave the mice oral beta-caryophyllene doses that resulted in a 70 percent reduction in inflammation. Mice that didn't have CB2 receptors didn't show any improvement.

Both CBD and THC not only work to treat and prevent inflammation, but they also demonstrate efficacy in reducing both the production and release of pro-inflammatory cytokines. They also cut LPS-induced STAT 1 transcription factor activation which contributes to certain inflammatory processes. Since researchers find that CBD is most effective in tackling inflammation, CBD-rich marijuana strains can be helpful for individuals with extreme inflammation.

CBD helps support the concentration of endogenous cannabinoids that provide your body with the ability to ward off disease and self-heal. Endocannabinoids help to control: Muscle tone, Pain, Appetite, Mood state and Inflammation.

There are over 100 different cannabinoids in marijuana, giving it the capacity for numbness and analgesia through neuromodulation in descending and ascending pain pathways, anti-inflammatory and neuroprotective mechanisms. Not all states allow patients to receive medical marijuana for



inflammation. Meet with a licensed medical marijuana doctor in your state to find out if you qualify. A doctor can answer your questions and help you get the treatment you need. Cannabis makes a great alternative to prescription medication that can come with serious addictive properties and side effects. In many cases, medical cannabis for inflammation can also provide a better quality of life solution than traditional medication.

Medical cannabis strains rich in CBD appeal to patients looking for anti-pain, anti-inflammatory and anti-spasm effects, all associated with inflammation. The suggested strains below can help treat inflammatory diseases and the symptoms that go with them. They also treat symptoms related to the treatments for the diseases like pain, inflammation, spasms, depression, anxiety and more.

When compared with other ways to treat inflammation and the potential side effects of traditional

anti-inflammatory medications, marijuana is a safe and natural alternative with little risk. While marijuana can have various effects on the body, side effects are generally mild and go away when you aren't using cannabis.

**Schedule an appointment to see if you qualify for a Medical Marijuana Card, please call 239-935-8998 or visit [MiracleLeafNaples.com](http://MiracleLeafNaples.com).**



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

**239.935.8998**

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

# What Our Parents Did Not Know About Us

## The belated key to why we do the things we do.

By Svetlana Kogan, M.D.

**T**he best way to understand why we are the way we are today - is to look back at our early childhood and to scrutinize what exactly happened. Just like animals, when we are born, we are placed with our first “herd”. This first herd can be as tiny as a single parent and a child, or it could be huge - like two parents with many children, and grandparents living together. Regardless of the size, we need our first herd for survival. Small children have no problem recognizing family adults as leaders. After all, children are small and fragile while adults are tall and strong - no conflict there.

As a baby, your brain is like a spider-web with gazillions of connections, which are growing every day. This and other phenomena were well-studied by the scientists even back in the 20th century. Our parents did not know about the super-exciting finding the scientists made about children’s brains – they emit a special type of electromagnetic waves. That’s right. Waves don’t just happen in microwaves and oceans. Our brains make waves too! In the lab, they hooked up special electrodes to kids’ heads and read these waves with the special device called EEG, and a striking pattern emerged. If it’s a newborn or a toddler up to 2 years of age – you record mostly Delta waves, very slow waves, which occur in adults only when they are asleep. This means that *babies before 2 years of age are essentially asleep with their eyes open*. And that makes sense – you passively sleep, eat, pee and poop, and learn to walk and play with the objects, under the watchful eyes of your first herd – your family.

If you hook up the same kind of electrodes to the head of a slightly older child - from 2-6 years of age, you will record a completely different picture – mostly Theta waves – the same waves my adult hypnosis patients are giving off. As stunning as it sounds, folks, *your 2-6 years olds are walking around in a hypnotic trance*. This explains a lot. You often say to a child: “Please pick up your stuff!” ten times in a row, and sometimes have to raise your voice to get your kid’s attention. If we think of our development in terms of survival, the hypnotized brain of the 2-6 year old makes sense.



This is when the knowledge and know-how are being transferred from the elderly animals to the youngest in the herd. However, this also means that whatever you teach them from 2-6 years of age, will become so sealed in their deepest parts of the brain, forming a subconscious mind, that no-one and nothing will be able to undo that. These are your child’s first lessons of good versus evil. This is their time to understand kindness versus cruelty, and so much more.

So, your princes and princesses now enter a pre-school and all of a sudden, their clustered world undergoes a huge transformation. Now the second “herd” emerges: a pre-school class or a kindergarten class, with a teacher as an adult in charge. Classroom is where teachers rule and your kids instantly sense a new leadership, and their brains adjust to accommodate to this new half-day or full-day authority. When we were growing up, there were few day care opportunities, and we used to spend much more time with our first herd – our family, than today’s kids.

Equipped with these findings about children’s brain development, which our parents did not know, we can ask ourselves as parents or grandparents: Is a “secondary herd” (a babysitter, a kindergarten, or a school) teaching my 2-6 year old child or grandchild the right things? After all, they are molding my child’s hypnotized brain most of the day, five days a week. Do I like what information my child is exposed to?

The information which populates these young brains at this critical stage in development will determine much of their future choices in life. In my practice, one of the consequences I have to deal with in adults is their less than optimal eating habits. Due to the unique property of early childhood brainwaves, it would have been so much easier to instill healthy eating habits in childhood, than to try to build them in adulthood. Naturally, other foundations are being cemented into the children’s brains at this critical age as well: politics, a person’s role in a society, the views on sexes, world view, and just about everything else.

Our parents most likely did not know about the brainwaves of young children, but now that we are equipped with this information, we have to face the hard truth: either we spend more time molding these minds or someone else will.



*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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# Stop Overlooking Signs of Incontinence

By Rolando Rivera, MD, FACS

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Advanced treatment modalities for refractory patients to conservative therapy and anticholinergics are available in the urologic armamentarium. Urological evaluation of these patients will most likely include a cystoscopy, urine cultures and urine cytology to rule out bladder pathology and bladder malignancies. As well, a detailed, computerized assessment study of bladder function called urodynamics may help the clinician in establishing the best treatment option.

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

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

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

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

*Please Contact Advanced Urology Institute Today.*



Jonathan Jay, M.D.



Rolando Rivera, M.D.



Kristina Buscaino, D.O.

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

# 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**

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730 Goodlette Rd North, #200

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# PHYSICIANS REGIONAL IMAGING

## Know the Difference between a Wide Bore vs Traditional MRI Machine

**I**maging studies always require a good balance between patient comfort and efficacy of the imaging work.

For many years, the only option on the MRI market was a small bore (opening) machine, essentially a tube that patients lie inside. The main problem with these is claustrophobia among patients. For larger patients, it can be very daunting to lie inside a tight metal tube for the exam.

Wide bore MRI machines is a version of the traditional, closed machine, but with a wider bore that is more comfortable for many claustrophobic or larger patients.

Physicians Regional Healthcare System has two wide bore MRI machines. One is located at our Collier Blvd Campus and the other at our Pine Ridge campus.

☒ Why get an MRI at Physicians Regional?

Physicians Regional has recently installed a new MRI machine at our Collier Blvd location. This machine is the first 1.5T MRI system with BioMatrix Technology. This technology automatically adjusts to each patient, allowing for fewer scans and consistent high quality personalized images with a potential total exam time reduction by up to 30-50%.

Both our MRI machines are designed to accommodate different size patients, which allows our patients to have a comfortable experience. The wide bore designs reduce anxiety and claustrophobia while producing quick and clear imaging. With these machines, our clinicians have greater diagnostic confidence and better coordination of care.

**MRI's are available daily for:**

- Breast
- Brain
- Spine
- Prostate
- Orthopedics
- Abdomen Studies
- and More!



Physicians Regional offers a full range of imaging and diagnostic applications. Our radiology services team includes trained technologists with advanced registries, board certified radiologists, and dedicated nurses to deliver comprehensive imaging care. We take great pride in delivering the highest quality care while focusing on patient safety and comfort. Our imaging services include: MRI, X-Ray, Ultrasound, Nuclear Medicine, Interventional Radiology(IR), 2D and 3D Mammography, Computed Tomography(CT) and Bone Density. Walk INS are available for X-Ray and Mammography.

Same or next day availability with some insurances. To schedule an appointment please call (239) 304-4888.

 **PHYSICIANS REGIONAL  
HEALTHCARE SYSTEM**

**2 CONVENIENT LOCATIONS**

*Physicians Regional - Pine Ridge  
6101 Pine Ridge Rd, Naples, FL 34119*

*Physicians Regional - Collier Blvd.  
8300 Collier Blvd, Naples, FL 34114*



# IN-OFFICE LIPOSUCTION, AN EASY TOLERABLE PROCEDURE

By Gunnar Bergqvist, MD

Liposuction has become a rather easy and safe procedure that does not require anesthesia. Plastic Surgeon, Dr. Gunnar Bergqvist, performs liposuction in his private surgery suite on just about any area of the body, such as the abdomen, thighs, flanks, arms, jawline, trunk, and breasts.

Liposuction began in France over 100 years ago. The interest in the procedure reduced due to unrefined techniques, however, it has now become a common and safe procedure due to medical advancements. The tumescent technique for local anesthesia has revolutionized liposuction by eliminating both risks of general anesthesia and bleeding once associated with liposuction. The associated vasoconstriction has permitted the extensive use of microcannulas and superficial liposuction, thus dramatically improving aesthetic results. Without proper training, its nearly impossible to perform liposuction without anesthesia. It requires much experience and training, thus it is very important that patients evaluate who they will choose to do this procedure.

### What to expect

After a consultation with Dr. Bergqvist, the procedure is booked in an office setting with "awake" anesthesia, which is currently the preferred method. It can also be done in a surgery center setting so you can receive anesthesia if chosen. The day of the procedure, patients are asked to make sure they have a ride home, as it is not safe to drive yourself after any medical procedure. When the patient arrives, they change into a bathrobe and are given something to reduce anxiety if they so chose. The patient then is marked by Dr. Bergqvist and made comfortable before he begins to administer the tumescent slowly. This normally takes about 45 min. Then the patient rests for about an hour. Some patients, however, choose to receive some botox and fillers if they want that, as per their consultation. Or, they may choose to have a HydraFacial by our lovely Aesthetician.



When the numbing medication has taken effect, the doctor begins the process of removing the fat which takes about 45 min – an hour. There are no incisions that require stitches. Once this process is finished, there are two other options that can be done should the patient have chosen one of the following during their consultation:

1. They can have their fat transferred to another area of the body, such as the breast or buttocks. This process is known as "Fat grafting." Dr. Bergqvist processes the fatty tissue that was removed and then injects where extra volume is desired.

Or,

2. J- Plasma which is another short process that is fantastic for skin tightening. This can be done with or without the liposuction procedure. Some patients are thin and want tightening only. This canula is inserted in the exact same place the liposuction



cannulas were. It has a tip that gives off a helium plasma beam that induces the deposition of collagen and skin tightening. The process reveals tightening within the first few months but the full benefits from this show after about 5 months. It's like a tummy tuck, yet without having had the surgery or scar.

Liposuction and J-Plasma can be performed on practically any area of the body that has extra fat. Many patients have been offered to neck lift surgery by Dr. Bergqvist. However, most patients can choose the liposuction/J-Plasma combination which would give outstanding results and there would be no need for anesthesia, stitches or scar concerns. Once the fat is removed from an area, no additional fat cells repopulate that area.

### Recovery

There is little to no downtime and most patients have some swelling and bruising for a few weeks. The benefit of Tumescent anesthesia is the drastic reduction of pain and discomfort after this procedure. Most patients manage pain using over the counter pain medication if needed and are asked to refrain from strenuous activity. The most important part of recovery is the use of compression garments which are provided. This will help build and create your new shape!

Dr. Bergqvist is double boarded by the American Board of Plastic & Reconstructive Surgery as well as the American Board of Surgery and a member of the American Society of Plastic Surgeons which hold the Highest standard of care in the field. In 2019 Dr. Bergqvist and Dr. Jeffery Klein, (the inventor of Tumescent Anesthesia), showed new results with an even more advanced formula called TLAD, (Tumescent Lidocaine Antibiotic Delivery), which further reduces pain and discomfort after even more invasive surgeries that can be used for all types of surgeries. This solution has allowed Dr. Bergqvist to expand its use for many other procedures allowing many procedures to be done directly in his office.

The Plastic Surgery Center of Naples  
860 111th Ave., N., Suite #6, Naples Florida, 34108  
239.431.7967 | www.SwedishDr.com



# Home-Concierge Medicine a Benefit to Aging Individuals

By Dr. William M. Hasbun

**G**eriatricians specialize in the unique health needs of the elderly, including chronic diseases, nutritional problems, skin ailments, cognitive loss, memory impairment, adverse effects of medications, immobility, and balance issues.

Older age involves a distinct set of challenges. Many older people are living with multiple long-term conditions and are much more vulnerable to a range of problems. Your reaction to medication also changes in older age. A geriatrician is a specialist in how different conditions interact with one another, how various medications will affect you, and how to spot the signs of potential problems such as vulnerability to falls.

Geriatricians work alongside different specialties to plan and coordinate your care. They can work in many different medical settings, or even come to the patient's home or residential facility. A geriatrician will assess a patient holistically and look not only at the multiple medical issues, they may have but also how it impacts their day-to-day functioning. This is a comprehensive medical assessment plays a key role in assuring quality of life and daily living activities.

In addition, because of the many conditions older patients may have, they may be taking multiple medications. While the medication may be appropriate and in line with current guidance for the single organ needing treatment, it may be having a harmful effect on another organ. The other issue is that the more medications a patient takes, the more likely they are to suffer from harmful interactions between different drugs.

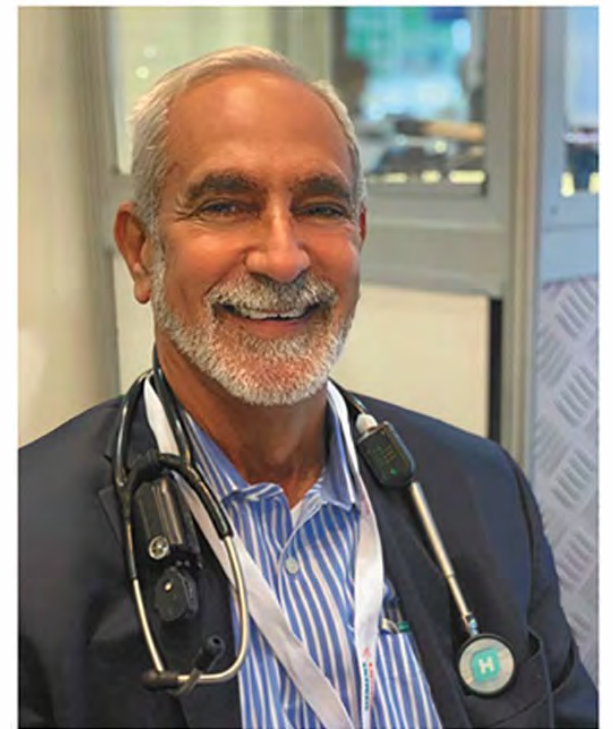
When you go to the General Practitioner you might have several complaints, not all of which can necessarily be addressed fully. A geriatrician's job is to work out the most important problems you face, including those you haven't identified yourself, and put together a program of individualized care. A geriatrician's work is a complex balancing act and listening to your priorities and the things that are most important for you in life is a key part of the role. Geriatricians often see patients who have been seen by a range of specialists for an individual condition, an organ problem for example. However, these specialists have frequently failed to see the person behind the condition and how their various conditions impact them as a person.



Geriatricians are also important when planning your care after an operation or accident. They will work with clinicians as well as social care staff to plan your care and help you maintain your independence. Finally, geriatricians are trained to talk to patients towards the end of their life and help them make appropriate plans. This can include setting out treatment preferences in advance and planning care at the very end of life.

Concierge medicine is a health care model in which a patient pays a monthly or annual fee to see their physician. Concierge medicine creates affordable health care plans for small businesses and self-employed professionals, or those that need more coverage than their basic health care plan provides. Concierge medicine is like an agreement with an attorney on retainer, in which the lawyer provides legal services for a flat fee, rather than charging by the hour or case. A patient could call or see a doctor whenever he needed to, much the way a client could call a lawyer on retainer whenever he or she needed legal advice. Many health care consumers have a high-deductible plan where nothing is covered until the deductible – in the thousands of dollars for some people – is paid out of pocket. Paying for a concierge plan might be less costly for these consumers than paying toward their deductible for their primary care needs.

Doctors in concierge medicine groups typically have fewer patients than physicians who are in traditional medical practices. That means shorter waits for patients, who can access their doctor or another concierge physician immediately, even on holidays. Patients can typically reach a doctor quickly by phone or text and make an appointment the same day. Some concierge medical practices even make house calls. A concierge provider is also an excellent option if you are traveling or away from your primary home and other medical providers would be "out of network".



## **William M. Hasbun, M.D.** **Board Certified in Internal Medicine & Geriatrics**

*Personalized Geriatric Services*

**Dr. Hasbun is announcing that he'll be accepting patients for home evaluation and management.**

At present, he is an Assistant Clinical Professor of Geriatrics at Rowan University in New Jersey. He is a former Assistant Clinical Professor of Medicine & Geriatrics at the College of Physicians & Surgeons at Columbia University in NYC. He has been the Medical Director of various nursing homes in the New Jersey area. He is also the inventor of numerous medical devices and owns numerous patents in the medical field. He will be available for home visits to patients in gated communities within the Collier County area. He will be accepting private patients starting September 1, 2022.

For more information, Dr. Hasbun can be contacted at (856) 577-6627 from 10 am until 2 pm Monday thru Friday. His hours of service are from 10 am until 2 pm except in cases of an emergency.

*Fluent in Spanish and English.*

# PAIN: IS IT ALWAYS PART OF GETTING OLDER?

By Dr. Melissa MacVenn, *WellcomeMD, Naples*

**W**e've been taught to believe that aches and pains are a part of getting older. But what if I told you the two are not inextricably linked? The latest studies do not show a direct relationship between pain and age. In fact, a National Center for Health Statistics report found the highest prevalence of chronic pain peaks at age 65.

Population-based studies found a lower prevalence of lower back, neck, headache, and abdominal pain among older adults when compared to younger adults, and according to the Arthritis Foundation, of all adults with doctor-diagnosed arthritis, 64% are under the age of 64.

Greater risk factors than just age alone for arthritis are genetics, obesity, and prior injuries.

There is no denying that as we age, muscle fibers become less dense, making them less flexible, but there are plenty of things you can do help keep your joints in great working condition and reduce the chances of pain and injury.

## Tips for keeping joints limber and strong:

**1. Manage weight.** Excess weight on our cartilage and bones causes the breakdown of joints. The additional load causes a release of chemicals that can lead to joint destruction. Osteoarthritis gets worse faster and is more severe in people who are overweight. They are also more likely to need hip or knee replacement surgery and have more complications post-surgery.

**2. Keep moving.** Staying active is one of the best ways to prevent pain and joint stiffness. It's important to move every day. As we get older, we need to modify our workout routines to equally focus on strength training, cardio, and stretching. Strength training is vital because it helps us build muscle and improves the flexibility of the ligaments that support the joints. Cardio, or aerobic exercises such as walking, swimming, running or cycling help burn calories, keep our endurance up, and keep the weight off. And stretching, of course, helps us stay flexible. Most important, consistent movement helps prevent injury which can lead to pain later in life. Many injuries I see as



a physician are from people who sit behind a desk five days a week and then hit the tennis or pickleball courts hard on the weekend. That's the quickest recipe for injury. If possible, add some activity to your weekdays as well, constant movement is the best way to keep your joints pliable and prevent injury.

**3. Start slow and listen to your body.** Many people want to start off strong when they begin a new exercise regimen. They work out too hard on the first day and risk inflaming or stressing the joint muscles. It's important to give yourself time to build muscle strength around the joints, this allows the muscles to support the joints to take the impact of a more intense workout. If you are trying to start up a new routine, listen to your body, it will tell you if you've had enough. If you experience any pain during activity, cut back or stop. What you do not want to do is injure yourself or make your muscles so sore you can't work out again the next day. Remember the goal is to build a new routine, which means consistency, not power. If you haven't exercised in a long time start out light with walks or bike rides. If you're starting a new workout, go slow enough in the beginning to develop the proper form and technique. Another quick way to injure yourself is by putting a lot of weight or impact on your bones and ligaments improperly.

**4. Hydrate.** Drink plenty of fluids. The fluid that directly lubricates your joints is primarily made up of water. This fluid is important to reduce friction in your joints which can cause pain. Hydration also helps build and strengthen the muscles around your joints to further protect with shock absorption and boosts our endurance.

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# DO YOU SUFFER FROM NUMBNESS AND TINGLING IN YOUR HANDS OR FEET?

By Dr. Matthew Davis, DC

**A**re you suffering from numbness and tingling in your hands or feet? Common symptoms of neuropathy include numbness and tingling, frequent falls, muscle weakness and difficulty walking, and low blood pressure. Neuropathy is damage or dysfunction of one or more nerves that typically results in numbness, tingling, muscle weakness and pain in the affected area. Neuropathies frequently start in your hands and feet, but other parts of your body can be affected too.

Neuropathy, often called peripheral neuropathy, indicates a problem within the peripheral nervous system. Your peripheral nervous system is the network of nerves outside your brain and spinal cord. Your brain and spinal cord make up your central nervous system. Think of the two systems working together this way: Your central nervous system is the central station. It is the control center, the hub from which all trains come and go. Your peripheral nervous system are the tracks that connect to the central station. The tracks (the network of nerves) allow the trains (information signals) to travel to and from the central station (your brain and spinal cord).

Sensory nerves carry messages from your five senses (sight, hearing, smell, taste, touch) through your spinal cord to your brain. For example, a sensory nerve would communicate to your brain information about objects you hold in your hand, like pain, temperature, and texture.

Motor nerves travel in the opposite direction of sensory nerves. They carry messages from your brain to your muscles. They tell your muscles how and when to contract to produce movement. For example, to move your hand away from something hot.

Autonomic nerves are responsible for body functions that occur outside of your direct control, such as breathing, digestion, heart rate, blood pressure, sweating, bladder control and sexual arousal. The autonomic nerves are constantly monitoring and responding to external stresses and bodily needs. For instance, when you exercise, your body temperature increases. The autonomic nervous system triggers sweating to prevent your body's temperature from rising too high. The type of symptoms you feel depend on the type of nerve that is damaged.

Diabetes is the number one cause of neuropathy in the United States. Other common causes include trauma, chemotherapy, alcoholism, and autoimmune diseases.

- **Diabetes:** This is a leading cause of neuropathy in the United States. Some 60% to 70% of people with diabetes experience neuropathy. Diabetes is the most common cause of small fiber neuropathy, a condition that causes painful burning sensations in the hands and feet.

- **Trauma:** Injuries from falls, car accidents, fractures or sports activities can result in neuropathy. Compression of the nerves due to repetitive stress or narrowing of the space through which nerves run are other causes.

- **Autoimmune disorders and infections:** Guillain-Barré syndrome, lupus, rheumatoid arthritis, Sjogren's syndrome and chronic inflammatory demyelinating polyneuropathy are autoimmune disorders that can cause neuropathy. Infections including chickenpox, shingles, human immunodeficiency virus (HIV), herpes, syphilis, Lyme disease, leprosy, West Nile virus, Epstein-Barr virus and hepatitis C can also cause neuropathy.

- **Other health conditions:** Neuropathy can result from kidney disorders, liver disorders, hypothyroidism, tumors (cancer-causing or benign) that press on nerves or invade their space, myeloma, lymphoma and monoclonal gammopathy.

- **Medications and poisons:** Some antibiotics, some anti-seizures medications and some HIV medications among others can cause neuropathy. Some treatments, including cancer chemotherapy and radiation, can damage peripheral nerves. Exposure to toxic substances such as heavy metals (including lead and mercury) and industrial chemicals, especially solvents, can also affect nerve function.

- **Vascular disorders:** Neuropathy can occur when blood flow to the arms and legs is decreased or slowed by inflammation, blood clots, or other blood vessel disorders. Decreased blood flow deprives the nerve cells of oxygen, causing nerve damage or nerve cell death. Vascular problems can be caused by vasculitis, smoking and diabetes.

- **Abnormal vitamin levels and alcoholism:** Proper levels of vitamins E, B1, B6, B12, and niacin are important for healthy nerve function. Chronic alcoholism, which typically results in lack of a well-rounded diet, robs the body of thiamine and other essential nutrients needed for nerve function. Alcohol may also be directly toxic to peripheral nerves.

- **Inherited disorders:** Charcot-Marie-Tooth (CMT) disease is the most common hereditary neuropathy. CMT causes weakness in the foot and lower leg muscles and can also affect the muscles in the hands. Familial amyloidosis, Fabry disease and metachromatic leukodystrophy are other examples of inherited disorders that can cause neuropathy.

At Neuropathy of Naples, we offer a scientific, four step approach that heals your nerves and reverses the symptoms of neuropathy. Here's how:

- 1) Increase blood supply to your nerves
- 2) Repairing and re-educating your nerves
- 3) Increasing blood flow to your hands and feet
- 4) Increasing your balance and mobility

**Our treatments include NO MEDICATIONS. NO INJECTIONS! NO SURGERY!** There are FOUR essential components to the Naples Neuropathy Protocol.

**Electromagnetic Infrared Therapy:** This technology will increase blood flow and repair the nerve. It is our new Low-Level Light Therapy (LLLT). The light therapy signals Vasoendothelial Growth (VEGF), which signals the production of angiogenesis. Angiogenesis is the creation of the new blood vessels, which is needed to repair nerve damage. The blood vessels grow back around the peripheral nerves and allow them with the necessary nutrients to heal and repair. This technology has 21 peer-reviewed studies with a 97% success rate with peripheral neuropathy.

**Electrostimulation:** We use state of the art digital electro therapeutic stimulation to help in the growth of the nerves called Nerve Re-Education. Used by the Cancer Centers of America to help Chemotherapy patients rebuild the nerves. Nerve Re-Education is often done at home, so therapy can be done multiple times a daily! Results can be immediate in both pain relief and restoration of normal sensation.

**Advanced Nutrition Therapy:** Proper nutrition to build a basis for our other IMPORTANT COMPONENTS is necessary for tissue and nerve repair. Our Premium Nutritional Therapies have been developed to speed healing time by affecting the processes of inflammation, blood flow, and bioavailable nitric oxide.

**In-Clinic Visits & Online Education:** Along with your home care, you will have office visits 1x per week to support and monitor progress. Each ESSENTIAL component is equally important for patient outcome. The amount of treatment you need to heal the nerves varies from person to person. It can only be determined after a detailed neurological and vascular evaluation.

**DR. MATTHEW DAVIS, DC  
NEUROPATHY SPECIALIST**

**239.326.2152**

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

3940 Radio Rd #105, Naples, FL 34104

# After Childbirth Many Women Have a Weakened Pelvic Floor & Urinary Incontinence:

## How EMSELLA™ Can Help You

By Joseph Gauta, MD, FACOG

**A**fter childbirth, the pelvic floor, which protects and supports the internal pelvic organs may become weakened, stretched, less elastic, and less resilient. The weakened pelvic floor muscles can also cause overactive bladder and incontinence issues.

35% of women experience a weakened pelvic floor after childbirth, and this also occurs in women that have had C-sections because the unborn baby's weight is stabilized on the pelvic floor muscles.

The problem of incontinence is so common among women because, until now, there has not been an effective way to treat a weakened pelvic floor. If you're noticing that you leak when you laugh, jump, cough, or sneeze due to postpartum incontinence from a weakened pelvic floor, it only gets worse without treatment. **YOU DON'T HAVE TO ACCEPT THIS AS YOUR FATE OR AS "NORMAL."**

While there are multiple ways to treat urinary incontinence, a revolutionary in-office "chair" is the most advanced, non-invasive, simplest treatment to date. Women are declaring it's impressive results in droves. EMSELLA™ treatment can help get your pelvic floor back in shape and help prevent further pelvic floor problems later in life.



The EMSELLA Chair is a non-surgical, non-invasive treatment that can greatly improve incontinence. Each 28-minute session is the equivalent of 11,200 pelvic floor exercises. The EMSELLA™ chair is being touted as the Kegel throne. It produces high-frequency vibrations with thousands of contractions per session that tighten the pelvic floor muscles and the bladder sometimes as quickly as the first treatment

**Urinary incontinence pads cost women upwards of \$900 per year! You no longer have to miss out on life or suffer embarrassment due to incontinence issues. EMSELLA is the answer.**

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



**BEFORE**  
Pelvic floor muscles insufficiently support pelvic organs and affect bladder control.

**TREATMENT**  
BTL EMSELLA™ effectively stimulates pelvic floor muscles.

**AFTER**  
Stimulation leads to regained control over pelvic floor muscles and bladder.



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EMSELLA™ is an excellent option for postpartum pelvic floor weakening as a solution for urinary incontinence and improvement in your quality of life.

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# LUNCHTIME FACELIFT - LOOK GREAT THIS VACATION!

A New Procedure Available at ATC can Help Patients Avoid Pricy Cosmetic Surgery

It's evident that that lotions and potions are never going to correct the underlying weakening of the facial, neck and décolletage muscles and collagen fibers. When sagging skin, dullness and lack of elastin are taking a toll on maturing faces, Alma Lasers ClearLift™ is the answer many people have been waiting for.

### The Virtually Painless Alternative to Skin Resurfacing

ClearLift™ is a non-ablative approach to laser skin resurfacing. ClearLift providers are able to offer patients skin resurfacing treatments that are fast and virtually painless with visible results and no downtime.

The innovative technology delivers a controlled dermal wound deep beneath the skin, (up to 3mm in depth). The outer layer of the skin is left undamaged. All stages of healing and skin repair occur under the intact epidermis.

### ClearLift Offers Numerous Advantages:

- **Fast Treatment Time** - no topical numbing is required and treatments can take as little as 20 minutes.
- **Virtually Painless** - patients report a comfortable, skin resurfacing experience.
- **No Downtime** - after a ClearLift treatment, patients can immediately return to their daily life.

Alma Lasers introduced ClearLift to serve the thousands of patients who desired the results of skin resurfacing without the usual post treatment recovery time and pain associated with traditional skin resurfacing.

ClearLift patients report visible improvement in their skin's appearance in as little as one treatment.<sup>1</sup>

#### References

1. Alma Lasers, Clearlift, The Virtually Painless Alternative to Skin Resurfacing, Buffalo Grove, ILL, 2017 [almalasers.com](http://almalasers.com)

# ClearLift™



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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).

# BIO-IDENTICAL HORMONE REPLACEMENT THERAPY

By Valerie Sorge, NMD, PhD and James McGee, MD

**L**earn about our hormone replacement therapy services, what it does, why we do it, who is it for, and more.

Bio-identical hormone restoration therapy is restoring hormone levels in a patient to balance physiological levels of a more youthful age. In bio-identical hormone replacement therapy (BHRT), hormones are biologically identical to human hormones on a molecular level, which helps the body accept the hormone more effectively and avoid side effects commonly experienced with synthetic hormones.

The first objective in bio-identical hormone balancing is to address the patient's symptoms. When proper balancing is obtained patients feel better very quickly. However, equally important is the goal of providing the protective benefits the hormones offer to the cardiovascular system, the brain and central nervous system, bones, muscles, skin, eyes, and practically all the tissues of the body.

When hormone levels are balanced, neither deficient nor too excessive, both the protective benefits and the symptom management objectives can be met.

Many factors effect hormone balance including the body's ability to produce and regulate sufficient hormone levels, stress, lifestyle, and environmental factors. Addressing patient's symptoms with physiological dosing, therefore, is not a "cookie cutter" approach. Occasionally, it takes time to find the sweet spot on an individual basis. We understand that everyone wants their body to experience an immediate and appreciable response.

## HORMONES REPLACED INCLUDE:

### PROGESTERONE

Much more than a female sex hormone, progesterone can support GABA, the brain's relaxation neurotransmitter (progesterone receptors are highly concentrated in the brain).

### ESTROGEN

Estrogen is the major female sex hormone (though men have it, too). When a woman doesn't have enough of it, it impacts her libido, her immune system, her mental health and her heart health, to name a few.



### TESTOSTERONE

The primary male sex hormone, testosterone in men is responsible for sex drive, muscle mass, bone density and an overall sense of wellbeing.

### THYROID

The thyroid gland drives the production of many neurotransmitters that run the brain. If your thyroid is low, you feel sluggish, mentally foggy and depressed; if it's high, you feel anxious, jittery and irritable.

### DHEA

Dehydroepiandrosterone (DHEA) is a precursor hormone to the sex hormones, meaning testosterone, estrogen and progesterone are all converted from DHEA.



VALERIE SORGE, NMD, PHD

In recent decades, Dr. Sorge has directed numerous and well-known projects in various countries. She obtained an MBA to further her abilities to function as an owner-administrator, enhancing her network to the point where she is currently engaged in fourteen locations globally, specializing in the administration and application of regenerative therapy and research. Dr. Sorge enhanced her training with naturopathic programs to round out her medical knowledge. This allowed the integration of traditional medicine with organic and natural treatments to maximize medical efficacy.

She has demonstrated and confirmed a lifelong passion as she was recently selected as International Regenerative Therapy Director, for BioGen, Inc., located in California.



James M. McGee, MD

After an Associates Degree in Marketing and Sales from the Coastline Community College District in Southern California, he volunteered at Desert Hospital which sparked his interest in medicine. From there, he became a paramedic for AMR and then a 'critical care medic' and 'field training officer' along with QA/QI positions.

Dr. McGee graduated cum laude with a BSEMC from Loma Linda University. He attended the University of Nevada School of Medicine and received his MD in 2001 with a residency in Emergency Medicine at St Luke's Hospital 2001-2004. Board certification by ABEM in 2007.

Working at numerous Emergency Departments since 2004, his practice emphasized training new resident and physician assistants. Dr. McGee has been on numerous advisory committees and panels, including large corporations such as Air Products. Has been the medical director for several ambulance squads and companies.

Previous to joining Vidaful, Dr. McGee served as the medical director of MX Sports, International Air Medical Services, and Comforting Care Home Health.

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# UV Safety

**W**ith summer in full swing, you may be headed outdoors to enjoy the weather or flocking to the beach for some fun in the water. Staying out of the sun can be tough, especially when you live in South West Florida. Whether you're spending your time cheering on university athletics, splashing in the private water park, playing a game of bocce ball, tennis, or a round of golf course, it's important to stay protected.

In recognition of July being National UV Safety month, here's some important information — along with a few tips — to keep in mind as you head outdoors.

## Sun Safety

The skin is the body's largest organ. It protects you against heat, sunlight, injury, and infection. Yet, some of us don't consider the necessity of protecting our skin from the effect of UV rays.

According to the American Cancer Society, an estimated 5.4 million basal skin cancers are diagnosed annually, and nearly 3.3 million people are diagnosed with squamous cell skin cancers annually.

## Skin Cancer Facts

- Skin cancer is the most common form of cancer in the United States
- One in five Americans will develop skin cancer during their lifetime
- A person's risk for melanoma doubles if he or she has had more than five sunburns
- Most people diagnosed with melanoma are white men over age 50
- People who first use a tanning bed before age 35 increase their risk for melanoma by 75 percent

## Unprotected sun exposure can:

- Cause skin cancer
- Cause vision problems and damage your eyes
- Suppress your immune system
- Age your skin prematurely



## Protecting Your Skin

The sun's glare is most intense at midday. Staying in the shade between the hours of 10 a.m. and 4 p.m. will further protect your skin. Ave Maria residents have access to fun activities indoors too. The community is centered around a quaint Town Center that provides residents with many of life's necessities and plenty of shade. Friends and families gather nightly at the local pizza shop or meet up to sip a few beers at the pub.

Walk indoors at the fitness center or do a little shopping at the many boutiques in town.

There are simple, everyday steps you can take to safeguard your skin from the effects of UV radiation from the sun.

- **Cover Up:** Wearing a hat, or other shade-protective clothing can partly shield your skin from the harmful effects of UV rays. Protective gear may include long-sleeved shirts, pants, hats, and sunglasses.

- **Select the Right Sunscreen:** The U.S. Food and Drug Administration's (FDA) new regulations for sunscreen labeling recommend that your sunscreen have a sun protection factor (SPF) of at least 15 and should protect against both UV-A and UV-B rays.

- **Apply the Right Amount of Sunscreen:** Apply at least one ounce or a palm-full of sunscreen every two hours. You should apply it more often if you are sweating or swimming, even if the sunscreen is waterproof.

By learning about the risks associated with too much sun exposure and taking the right precautions to protect you and your family from UV rays, everyone can enjoy the sun and outdoors safely. If you are having any problems after being in the sun, be sure to talk to your healthcare provider.

If you are worried about sun damage, Dr. Martinez at Well Being Medical and his staff are ready to answer your questions. If you're feeling sick you may be wondering what to do about getting treatment. Should you see your regular doctor, or should you head over to an urgent care clinic or even the local hospital? If you are dealing with non-life-threatening health problems, the good news is that you can still come to us for the same general medical and dental care you always get but without an appointment. Visit the walk-in clinic at the Well-Being Medical Center. Located in Naples, FL, we are here for your medical needs.

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



## Dr. Ricardo Martinez

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



**239-315-7801**

**[www.well-beingmedicalcenter.org](http://www.well-beingmedicalcenter.org)**  
851 5th Ave. N. Suite 102, Naples, FL 34102

# TIPS FOR CHOOSING A SENIOR LIVING COMMUNITY

By Greg Pascucci

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

Be sure to include the following on your checklist:

## 1 Curb Appeal

What are your initial thoughts upon arrival at the community? Remember, first impressions make lasting impressions and can be a tell-tale sign of how well the community is maintained. Pay attention to the landscaping and signage. Are you impressed with their attention to detail?

## 2 Inside the Community

Lillian Paciotta said she knew she was home the moment she walked into The Carlisle Naples, an active retirement community. She loved the friendly interaction between residents and staff. These are just a few things to be mindful of when touring a community. Also, how is the staff dressed? Are elevators, if available, convenient and in working condition?

## 3 Lifestyle and Amenities

Each senior living community has its own spirit, attitude and culture. Finding one that fits your lifestyle and personality is important to your overall well-being and happiness. Be sure to ask what is included in the monthly fee, such as housekeeping and linen services. Review the community's monthly calendar and ask yourself if the classes and fitness program are appealing? Could you see yourself living at the community?

Carlisle resident Barbara Veghte says the CARF-accredited community's wealth of onsite amenities helped solidify her decision to move. She was impressed by the onsite restaurant's flexible 12-hour dining as well as the outdoor swimming pool, which provides the perfect backdrop for water fitness classes.



## 4 New Residence

The staff at The Carlisle Naples work with residents and their families to ensure a smooth move. There are a variety of spacious one and two-bedroom floor plans to fit most everyone's preferences. Plus, the community is pet-friendly, enabling residents to continue the special bonds they share with Fido or Fluffy.

Ask if you're allowed to decorate or modify your residence to suit your personal preferences. Check for conveniences within your residence such as a washer and dryer or even a full-size kitchen to prepare your own meals if you so choose.

## 5 Management

When time allows, ask to meet the executive director or general manager. Do they convey the same warmth and hospitality of the community? Do they appear experienced in their role of managing the senior living community? To aid in your decision-making, research the senior living community's owner/operator and their reputation in the industry; have they been recognized by any awards or third-party endorsements?

You'll find you may have to visit a community several times before finalizing a decision. Try touring on different days or times of the day and asking to stay for lunch or dinner. Chat with current residents and consider attending one or two social events open to prospective residents.

"Any move can certainly cause a bit of anxiety, but remember to focus on all the benefits of your new home: peace of mind, new friendships and the unlimited opportunities for social, educational and cultural activities," said The Carlisle's Executive Director Bill Diamond. "Once you've settled, you'll inevitably say you wish you'd made the move sooner."

To learn more tips for selecting a retirement community, please visit:  
<https://www.srgseniorliving.com/choosing-a-community>.

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).



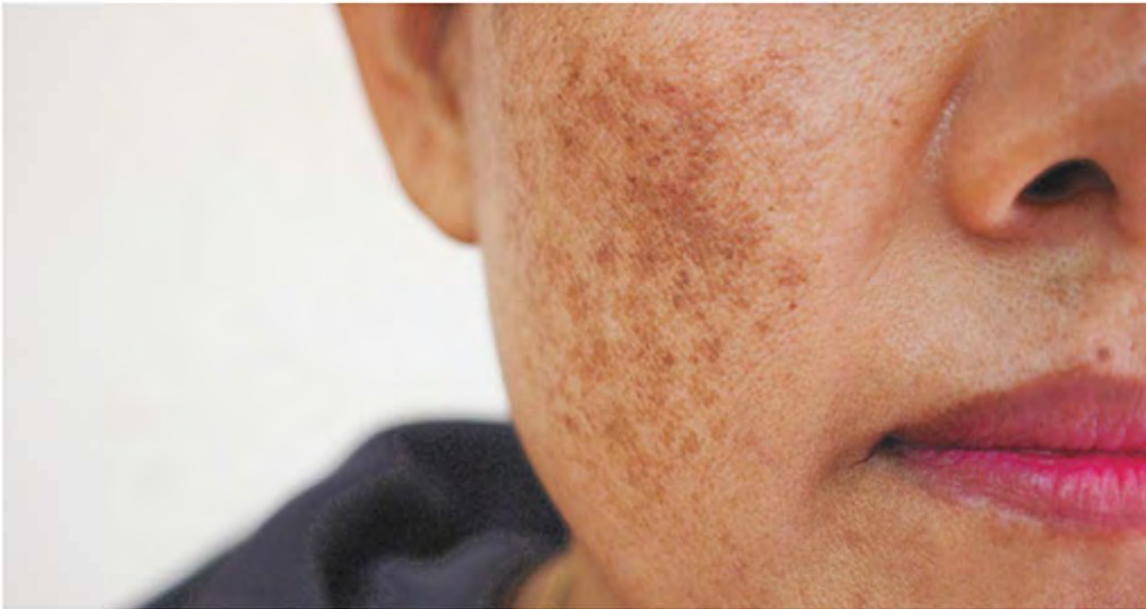
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# Melasma: Persistent Hyperpigmentation

By Dr. Anne Marie Tremaine



**M**elasma is a common, stubborn, and recalcitrant skin condition that typically affects pre-menopausal women and is characterized by brown patches on sun exposed areas, specifically the face. These asymptomatic brown patches are usually symmetric and with irregular borders. Melasma is not harmful, but a cosmetic nuisance.

The most common triggers for melasma include hormones (estrogen and progesterone), birth control pills, ultraviolet light, visible light, and heat. Melasma is often called the "mask of pregnancy" because it is commonly triggered by the hormonal changes associated with pregnancy.

Melasma is something that we treat, but do not cure. The treatments improve melasma, however, further exposure to triggers is likely to cause a recurrence. Florida is unfortunately a difficult place to treat melasma because even exceedingly small doses of light (for example, walking to the car/mailbox) is enough to further worsen the hyperpigmentation. That being said, persistence with a good skin care regimen, proper treatment, and sun avoidance will keep melasma under control.

Thankfully, there are numerous treatment options and I will cover some of them today. The most important treatment is sunscreen and sun avoidance!!!! Avoiding the sun and heat is paramount. In addition to sunscreen, wide brim hats, sunglasses, and neck gaiters are extremely helpful. There are also full-face visors for those looking to go the extra mile.

A thoughtfully crafted topical regimen is critical to treatment success. Again, the first step is daily sunscreen application. The best sunscreen for melasma is one containing iron oxides (typically a tinted zinc-based sunscreen). There are different topicals that reduce hyperpigmentation, including, but not limited to antioxidants (SkinCeuticals CE Ferulic

and Phloretin CF), tranexamic acid (SkinCeuticals Discoloration Defense), hydroquinone, kojic acid, azelaic acid, alpha/beta hydroxy acids, and retinols. Heliocare is an oral herbal supplement, derived from the Polypodium leucotomos fern plant. When taken daily, it works in conjunction with your sunscreen to block the effects of UV light. Light to medical depth chemical peels are also effective for treating melasma, and there are many options, including alpha hydroxy acids, beta hydroxy acids, and trichloroacetic acid (TCA). Finally, laser and light-based devices can be used to treat melasma but must be used with caution. If the laser settings are too aggressive, they can cause worsening of the pigmentation. Although melasma is a chronic condition, it can be managed with the help of your dermatologist.

## 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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# ALZHEIMER'S AWARENESS

BY DR. LINELL KING

**F**unctional Medicine is the medicine of the future. We use it to restore your body's innate healing potential, and not just treating symptoms. It uses a combination of science-driven testing with healthier lifestyle practices, to treat the whole person and not just parts of your body. A "one size fits all" approach never works. Therefore, people often don't get the answers they are looking for from their primary care doctors. At Naples Vitality, we don't rely on basic solutions or guesswork, we pinpoint the real reason why you don't feel well – even if you've been told that "everything's fine".

Neurons, our brain cells and nerve cells, play a fundamental role in our cognitive function, including memory, thinking, and learning. Neurons are constantly repairing themselves, especially during sleep, but when brain cells or nerve cells can't repair themselves, due to a variety of factors, it can ultimately affect cognition. Alzheimer's disease is associated with a build-up of compounds, such as active microglial cells, tau proteins, and beta-amyloid plaques, among several others.

The body can't break down these compounds, so they can start to block the synapses where brain cells or nerve cells communicate with each other. This is believed to be one of the most common causes of Alzheimer's Disease and other types of dementia. A build-up of these compounds can occur due to toxins, infections, inflammatory biomarkers, and genetics.

This is where Functional Medicine goes deeper. Rather than solely focusing on the removal of amyloid plaques, functional medicine asks why plaques arise and seeks to prevent their development in the first place. The whole-body systems approach of functional medicine has proven optimal for treating the chronic illnesses that lead to Alzheimer's disease, including obesity, diabetes, hypertension, heart disease, and more. Consequently, these efforts have led to unprecedented success for treating Alzheimer's.

Alzheimer's, now affecting more than 5.5 million Americans, is a devastating situation, not just for the patient, but for the families and caregivers as well. That is absolutely no meaningful medical treatment for this disease that will ultimately affect a full one-half of those of us living to 85 years of age. Alzheimer's disease, like coronary artery disease, arthritis and even cancer, is triggered by inflammation.

While most of us can easily recognize the role of inflammation in a painful arthritic joint, it is the exact same process that has now been identified as playing a pivotal role in Alzheimer's disease. In fact, the same laboratory markers used by doctors to measure the degree of inflammation in the body to determine cardiac risk are just as effective in predicting risk for Alzheimer's disease.

Beyond the laboratory studies, lifestyle choices aimed at reducing inflammation – the same ones that are recommended for weight loss, reducing the risk for heart disease and diabetes – can absolutely help to keep your brain healthy and resistant to Alzheimer's disease. The top five recommendations to prevent and reduce the effects of Alzheimer's are:

**1. Reduce foods that raise blood sugar.** Higher blood sugar increases inflammation. Avoid refined grains and reduce grain consumption in general. Eat more vegetables than fruit, and favor vegetables that are grown "above ground."

**2. Eat more fat.** While this may run counter to what you've been told, studies clearly show that higher levels of good fats like those found in virgin olive oil, avocado, raw nuts and seeds, wild fish, and even grass-fed beef, are brain protective. It's the bad fats, meaning those fats that have been modified or hydrogenated, as well as trans fats, that are clearly bad for the brain.

**3. Exercise.** Research demonstrates a marked reduction in Alzheimer's risk among those who regularly exercise aerobically. 20 minutes of aerobic exercise 6 or 7 days each week is recommended. In fact, new research shows increased growth of the brain's "memory center" in people who exercise regularly.

**4. Sleep at least 8 hours each night.** Inadequate sleep is strongly associated with Alzheimer's risk.

**5. Take an omega-3 supplement containing DHA.** According to the well-respected Framingham Study, individuals consuming the highest levels of DHA, a powerful natural anti-inflammatory, may have as much as a 40% risk reduction for Alzheimer's disease.

Don't limit prevention or treatment. Functional Medicine, a full-spectrum approach to mental and physical wellbeing is our focus at Naples Vitality. Now, more than ever, it's important to spread awareness so that those suffering from Alzheimer's get the attention they need. Scientists know that the lifestyle choices corresponding with the tenets of functional medicine play a huge role in the risks, development, prevention, and treatment of Alzheimer's disease. Eating healthy, interacting with friends and family, and getting quality exercise do more than we might imagine mitigating all these factors.

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



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# Happy Feet—Happy Life— How Foot Procedures Can Help

**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 have pain in your feet from issues such as bunions, plantar fasciitis, hammertoes or multiple other conditions, you may have tried different at-home remedies like self-massage, soaking, taping or bracing, but these often leave individuals still in pain and dealing with stiffness, immobility and the list goes on and on.

The force we place on our feet each day with every step is two to three times your body weight. To put it in perspective, if a person weighs 150 lbs., they can potentially be putting 450 lbs. of pressure on their feet! In this intricate body part, many things can cause foot pain.

Painful feet make daily living and activities challenging. The good news is, there are viable options to correct, regenerate, and improve your condition, and many of those are noninvasive.

## Muscle Spasms | Sciatic Pain | Joint Pain Leg Pain | Foot & Ankle Pain

Deep tissue laser therapy is a noninvasive, advanced technology used to accelerate your body's own natural healing process. In a process called photo-bio-stimulation the laser sends photons into damaged cells, which increases blood flow, stimulates the healing process, and reduces inflammation by penetrating throughout the layers of tissue, ligaments, and muscles.

Using this non-invasive laser therapy will reduce the amount of tissue or joint pain in just one session, and after the 6th session it usually feels better, but 90% of healing usually comes after 10 sessions. The regenerative effects are long-lasting.

## Heel Pain | Plantar Fasciitis | Heel Spur Achilles Tendonitis | Achilles tendinosis

Heel pain is one foot condition that strikes with surprise. You may be totally fine one day and then all of a sudden, your heel hurts with every step you try and take. Because several conditions can lead to heel pain, it's important to be seen by an experienced podiatrist.

You will need an examination of your foot and ankle using high-definition X-rays or an ultrasound. In some cases, Dr. Petrocelli or Collier Podiatry sends patients out for an MRI to confirm a tear or fracture.

• **Plantar fasciitis and heel spur:** If you notice pain and inflammation in your heel, you might have plantar fasciitis. If the condition worsens, it might develop into an abnormal heel bone growth called a heel spur.

• **Achilles tendonitis and Achilles tendinosis:** Achilles tendonitis is a condition where you feel pain in your Achilles tendon, which is located at the back of your leg near your heel. It can turn into Achilles tendinosis, where the tendon breaks down and tears.

If you think you may have one of these conditions, contact Dr. Petrocelli to identify the source of your pain and receive the best treatment.

After examining your foot and determining the precise cause of your pain, Dr. Petrocelli might recommend the following approaches, depending on your condition:

- Laser therapy
- Custom orthotics to help your feet absorb shock as you walk
- Surgical shoe or boots are used so that the fracture will heal
- Taping of the foot
- Physical therapy or gentle stretches
- Ice application for 24 to 48 hours and then heat application

If the condition does not improve, our doctor may recommend surgery, cortisone injections for plantar fasciitis or heel spur, and corticosteroid shots for Achilles tendonitis or Achilles tendinosis.

## Bunions

Bunions are a type of foot deformity, caused by the joint of your big toe protruding. It is often caused by wearing pointed or ill-fitting shoes that squeeze your toes into unnatural positions.

Bunions can be treated by wearing proper shoes, or wearing specialty splints or orthotics, but sometimes surgery is needed.

*Here are signs that you need to consider surgery:*

- It Is Often Times Hereditary
- Pain That Limits Your Everyday Activities, Even with Proper Shoes
- Inability to Walk More than a Few Blocks Without Pain
- Toe Deformity
- Pain Persisting Even with Anti-Inflammatory Drugs
- Bunions Not Healing Even After a Change in Shoes or Medication
- If It Is Affecting Your Quality Of Life, We Recommend Surgery

## Hammer Toe

When the muscles in your toes get out of balance, they can start contracting into a claw like position. This causes the toe to bend in an upward position in the middle joint of the toe. When this happens, it can create severe pain. Hammertoe can be genetic and many times occurs in people with either a high arch or a flat foot. Various forms of arthritis can contribute to this issue as well. And unfortunately, ill-fitting footwear can also cause hammertoe, due to pushing the toes out of their normal position for long periods of time.

## Treatment

- Padding the toe
- Wearing more comfortable shoes
- Outpatient surgery (This involves redirecting the lower tendons of the toe to the top of the toe to help straighten it into the correct position)

The causes of foot pain are vastly numerous and depend on your specific circumstances. Consulting with a podiatric specialist is the best decision for a proper diagnosis and a successful treatment outcome.

## 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 at (9239) 774-0019, or visit their website at [www.collierpodiatry.com](http://www.collierpodiatry.com)



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**Michael J. Petrocelli**  
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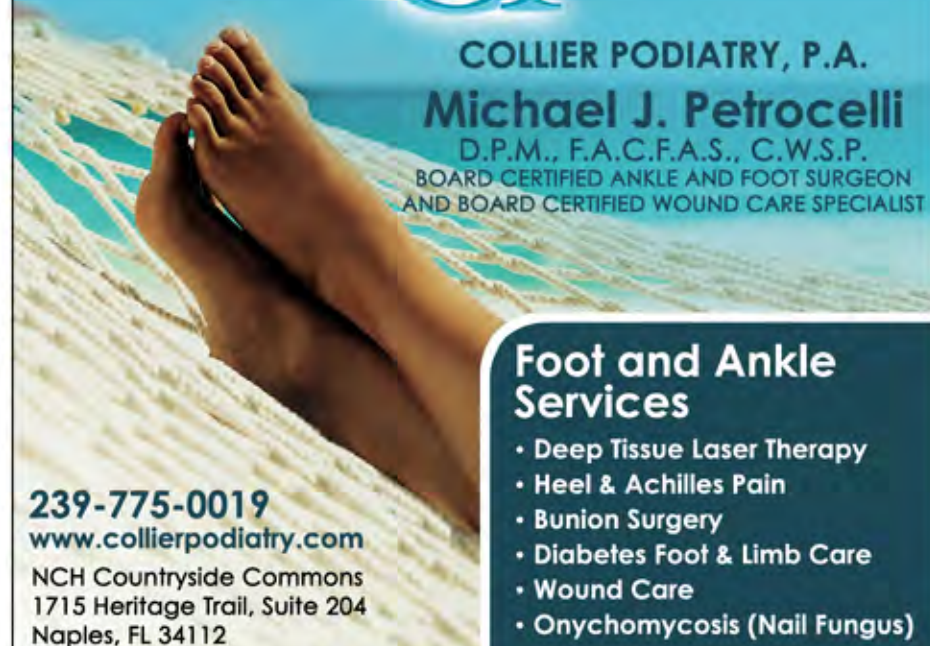
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# Forgetful Lately?

## How You Can Feed a Healthy Mind

By Cederquist Medical Wellness Center

**R**emember the days when you didn't have to think twice about where the keys were, or the actor's name in your favorite movie? You never forgot why you walked into a room, or what you needed at the store. Gray matter declines as we age, and this is the tissue in the brain that is rich in nerve cells. Unfortunately this drops with every passing moment, especially as we get older.

Some new research highlights the best ways to preserve your brain and potentially ward off Alzheimer's or other dementia's.

### Our Best Bet? -- Exercise

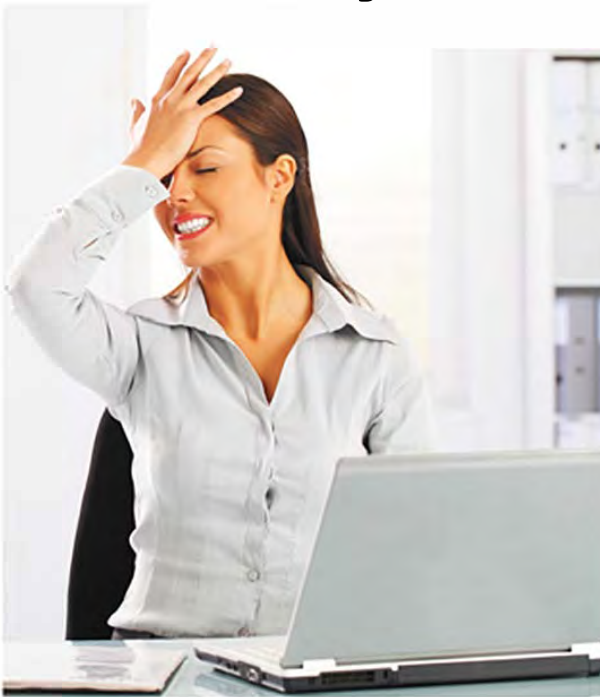
Women who walked at least 1 ½ hours per week scored better on memory tests two years later. They did better than those who walked 40 min per week or less.

Too late to start walking? Not at all! A group of researchers took participants aged 60-80 and assigned them to an exercise regimen - mostly brisk walking - three days per week for 45 minutes per day. The other option was stretching and toning exercises three times a week. After six months, they found increases in the volume of gray matter in the different regions of the brain, especially the hippocampus. This area is key to relational memory, like where you met someone, or where you sourced you information from.

That is the type of memory that goes as we get older.

Better yet, the researchers found that those who were in better shape before the study had larger gray matter to start with, and it continued to increase with their prolonged exercise routine. Even those patients who are at risk for Alzheimer's showed modest improvement when they joined an exercise program for 6 months.

Exercise can decrease your long term risk of disease - diabetes, stroke, hypertension, and coronary heart attack. And in the short term, it can also change the brain's structure and function. There is not a downside to exercise!



### Caffeine Candidate

Many, many studies have reported less dementia in coffee drinkers. In the most recent one, 1,400 people were observed for 21 years, and those who drank 3-5 cups of coffee per day in middle age had a lower risk of Alzheimer's, or other dementia's, than those who drank more or less than that.

Other European studies found that coffee drinkers showed less of a decline in scores for memory tests, as well as other cognitive tests, as they aged. In mice studies, caffeine cuts off the production of beta-amyloid, which is a protein that aggregates in the brain and leads toward the development of Alzheimer's. Caffeine does this by suppressing the enzymes involved in making beta-amyloid. When the mice received the human equivalent of about 5 cups of coffee, or 500mg, they did better on memory tests, and their hippocampal areas had less protein build-up than the mice who did not receive any caffeine.

People who drink regular coffee also have a lower risk of Parkinson's and either regular or decaf coffee may help prevent diabetes. Keep in mind, Starbucks coffee has twice as much caffeine as a normal cup of Folgers, so you likely need less if you are going out for your brew.

### Trim the Waistline

The spare tire around your waist is trouble for a healthy mind. Risks of dementia triples for those in middle age who let their stomachs swell a bit. It's isn't just obesity, it's specifically abdominal weight gain, which collects and deposits around vital organs like the liver. This causes higher insulin levels throughout the body, which eventually can lead to type 2 diabetes and/or dementia, which is so closely linked that researchers are beginning to consider calling it "type 3" diabetes.

If you can avoid getting diabetes, you will be helping your memory and your mind. It is well established that type 2 diabetes increases the risk of cognitive decline.

### BP Decree

High blood pressure, especially in middle age, does damage to the brain that shows up later in life. Why? The simple explanation is that it causes "small strokes" as part of cerebrovascular disease inside the brain, which kills brain cells by cutting off their supply of oxygen. This makes nerve cell communication in the brain very difficult.

Another theory is that high blood pressure may weaken the barrier that separates the brain from the rest of the body. It becomes more permeable to proteins that could be toxic to the brain tissue.

### Ways to Stay Mentally Healthy

- Exercise 30-60 minutes daily
- Lose (or keep off) excess weight
- Keep blood pressure under control
- Consider drinking more coffee if it doesn't make you jittery
- Stay socially and mentally engaged
- Get enough Vitamin D
- Eat more leafy green vegetables and fish

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Hodges University has answered that call by offering a Bachelor's of Science in Nursing (BSN) program. Classes are held in the evening and on weekends, which is convenient for our students. It's accredited by the Accreditation Commission for Education in Nursing (ACEN), which means our program is of the highest standard of quality. The program is intense, but what you learn in the classroom and in our new, modern nursing labs will help you prepare for the licensing exam, along with the skills needed to make an immediate, positive impact where you work.

There are three key advantages to our BSN program.

First, our students receive personal attention from professors who have nursing experience, so they share their first-hand, practical knowledge. They are there to help our students succeed.

The second is the environment where our students learn and practice their skills. Our modern nursing labs include a practical skills lab, and a sophisticated simulation suite with "patients" that experience symptoms ranging from coughing, seizures and heart attacks to giving birth to babies, and the many complications that can arise from that. Our "patients" are mannequins controlled by computers, so the instructor, from another room, can have the "patient" talk back to the nurses, experience onset symptoms, and more.

This simulation suite is designed to look and function like a hospital emergency room. Each room is equipped with video and audio recording capabilities so that each time we run a patient simulation, it's recorded. Once the scenarios are completed,

the professor and students go to our debriefing room to watch the video. This is a great learning tool because it helps our students see what they did right, and what they need to improve upon.

Our students also play various roles in scenarios. They may be the nurse or a family member. This gives them the added perspective of how others in their patient's lives may be feeling. As a result, our students gain a higher sense of empathy for not only their patient, but their loved ones as well.

The third is the format of the program. Most BSN degree programs take five semesters to complete. Ours is structured so that you can graduate in four semesters. Our graduates are using their new knowledge and skills in the workforce quicker, and our community is the ultimate benefactor.

We are hosting monthly, virtual BSN Information sessions so you can learn more about our incredible nursing programs. Classes start in the fall.

## THE DEMAND FOR NURSES

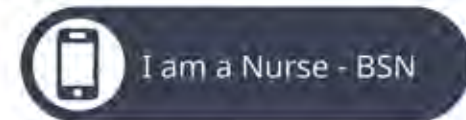
- 50% of nurses have a BSN degree
- Demand for nurses in Florida projected to grow 21%
- Demand for nurses nationwide project to grow 12%

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# WHO REPORTED ME TO CODE ENFORCEMENT?

By Lenore T. Brakefield, Local Government Law Attorney

**D**o you like your neighbors? Hopefully, you do, but if not, have you ever considered filing an anonymous code enforcement complaint against them? Maybe you have a legitimate complaint, or perhaps you want to file an anonymous complaint for other reasons such as spite or revenge. Changes to Florida law in 2021 have put the kibosh on what I will refer to as "spite complaints" (i.e., frivolous complaints without merit).

Historically in the State of Florida, absent local regulations, code enforcement complaints could be made anonymously by anyone, for any reason (i.e., a legitimate concern, revenge, spite, or just because). Florida residents were able to file code enforcement complaints anonymously, so in the event your neighbors made a public records request to find out who reported them, you were in the clear. The beauty and appeal of an anonymous complaint is that no one knows who submitted the complaint. You could anonymously report your neighbors Monday, give a friendly wave Tuesday, and your neighbors would be none the wiser. Statewide, this all changed on July 1, 2021. Now, individuals making a code enforcement complaint are required to provide their name and address for the alleged complaint to be investigated. If you have a question about code enforcement in Florida, contact a Naples-Marco Island attorney at Woodward, Pires & Lombardo, P.A. to assist you.

## Anonymous Code Violation Complaints are Not Allowed in Florida

The 2021 changes to the Florida Statutes provide, "[a] code enforcement officer may not initiate an investigation of a potential violation of a duly enacted code or ordinance by way of an anonymous complaint. A person who reports a potential violation of a code or ordinance must provide their name and address to the respective local government before an investigation may occur."<sup>1</sup> This change in the law and practice does not apply if a code enforcement officer has reason to believe that the violation presents an imminent threat to public health, safety, or welfare or imminent destruction of habitat or sensitive resources.<sup>2</sup>



## To Report or Not to Report, that is the Question

This change in the law is intended to reduce the overwhelming number of baseless complaints. Many code enforcement officers report, and in our law practice we see, many complaints result from feuding neighbors. Some of these complaints are legitimate and made for a good purpose; unfortunately, this is not always the case. The practical effect is the high volume of spite complaints prevents code enforcement agencies from doing their job, enforcing codes and ordinances enacted by the county or municipality. Some would go so far as to say spite complaints are an abuse of the system and a waste of taxpayer dollars.

While local governments may experience a cost increase in updating codes and ordinance enforcement mechanisms to comply with this change, the hope is that local code enforcement agencies will utilize less resources going forward.<sup>3</sup> On the other side of the spectrum, local and state officials and some neighborhood organizations are concerned this requirement may have an adverse impact as it may discourage people from reporting issues that warrant an investigation. For example, you may live next to someone who refuses to comply with the local code, and while you probably should make a report, you might be deterred by the thought of your neighbor knowing it was you who complained.

### References:

- 1 §162.21(b), emphasis added.
- 2 §162.21(b).
- 3 Bill Analysis and Fiscal Impact Statement for CS/SB 60.

## Act Quickly to a Notice of Violation from Code Enforcement

On the other hand, should you be reported to your local code enforcement agency in Florida by your neighbor or anyone for that matter, it is critical to act quickly. Whether you believe the complaint is legitimate or a spite complaint, failure to respond timely could leave you dealing with imposed compliance deadlines and fines. Contact a Naples local government attorney at Woodward, Pires & Lombardo today for assistance in Collier and Lee County with code violation issues.



## ABOUT THE AUTHOR

**Lenore Brakefield** is a Naples native and graduated cum laude from the University of Florida Levin College of Law. She focuses her law practice in civil and commercial litigation, including construction litigation matters. Lenore also handles local government law, code enforcement violations, community association law, real estate law, and contract and transactional matters.

Lenore is a Certified Financial Litigator (CFL™) by the American Academy for Certified Financial Litigators. She has been voted Top Lawyer in Commercial Litigation & Business Litigation by Naples Illustrated and as Florida Legal Elite® in Commercial Litigation by Florida Trend.



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# PERIPHERAL NEUROPATHY: ALTERNATIVE TREATMENT OPTIONS

By Richard Hiler, DABCN



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

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

### Symptoms of Neuropathy

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

### Neuropathy Causes and Treatment

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

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

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

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

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

### Treatment Benefits

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

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- Restless Leg Syndrome
- Headaches, dizziness, vertigo, or balance problems
- Disc bulge or herniation, sciatica, or stenosis
- Auto Accident, Whiplash Injuries

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

If you are in need of a highly experienced chiropractor, or regenerative medicine 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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# 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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# 9 TIPS TO PREVENT ALZHEIMER'S DISEASE

By Nasser Razack, MD, JD

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

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

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

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

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

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

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

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



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

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

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


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

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

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

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

*To learn more about Neurcumin® and the prevention of inflammatory diseases such as Alzheimer's disease, stroke and heart attacks, please visit [Neurcumin.com](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 



**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.



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# Medicare Things to Know...

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

## CMS (Centers for Medicare & Medicaid Services)

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

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

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



## Did you miss Medicare/Health Insurance Open Enrollment?

### THERE ARE: Special Enrollment Periods

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

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

**Individual/Family Medical Insurance** – There are other options available if you do not have pre-existing conditions. These plans can be a lot less expensive especially if you do not qualify for government subsidy. There are national carriers that offer particularly good plans with comprehensive coverage. You can buy them any time during the year. Do not go without coverage!

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

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


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

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

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# Shockwave Therapy and Platelet Rich Plasma for Pain Relief and Mobility

By Dr. Viviana Cuberos

**H**ave you suffered an injury that has impacted your ability to move easily or without pain? Does it feel like you have tried everything to to experience relief, but nothing seems to help? Musculoskeletal pain can be frustrating, and there are a range of occurrences that may cause it for an individual. While there are a variety of exercises or pills that may help provide relief, sometimes they are not enough. Shockwave therapy is a treatment method that uses acoustic waves to help reduce the frustrating causes of pain and immobility. Explore the possibilities of these treatments during a consultation with our team at Orchidia Medical Group in Naples, FL.

## What Is Shockwave Therapy?

Shockwave therapy is a powerful treatment option for pain relief and mobility enhancement. The processes use shockwaves, which are acoustic waves, to address a variety of concerns related to musculoskeletal pain. This therapy may be used for the:

- Dispersion of pain mediator
- Dissolution of calcified fibroblasts
- Formation of new blood vessels
- Release of trigger points
- Reversal or reduction of chronic inflammation
- Stimulation of collagen production

Shockwave therapy is typically recommended for those who are living with acute or chronic musculoskeletal pain. By targeting these specific areas and delivering high energy to areas of concern, pain relief is promoted, and range of motion may be increased.

## What Could I Expect from Treatment?

While shockwave therapy may sound intimidating, it is a relatively simple process! Once your area of concern is located, gel is applied to the treatment area. The gel helps facilitate the transfer of energy from the device to your tissues. The device is then applied with gentle pressure to the treatment area to deliver acoustic waves.

There may be some discomfort associated with the treatment process. However, the actual shockwave delivery process is relatively short and may only last for a few minutes! There is no set downtime with treatment, and you should be able to return to your normal daily activities in Florida. However, you may experience some soreness in the treatment area.

Results achieved with shockwave therapy will vary for each person and treatment area. Most people enjoy pain relief after just one treatment session, but results are cumulative and may be best achieved after a short series of treatments.

In our office we have seen excellent outcomes for Tennis and Golfers Elbow with Shockwave therapy. Golfer's Elbow is one of the most persistent conditions many people are faced with. Whether it's due to a sudden trauma or the result of repetitive strain, once damaged, the elbow can be incredibly resistant to healing. Patients with Golfer's Elbow rarely take the time necessary to rest their elbow so it can heal completely. For medical professionals it is impractical to expect the patient to not use an arm for weeks or months while the body heals itself. For the practical treatment of Elbow Tendonitis, a more proactive solution is required. Shockwave therapy can help get you back on the court or the course more quickly.

## Am I a Good Candidate?

If you are a generally healthy adult with realistic expectations for results, shockwave therapy may be for you. It is commonly recommended for those experiencing:

- Calcifications
- Chronic tendinopathy
- Heel spurs
- Hip pain
- Insertional pain
- Jumper's knee
- Medial tibial stress syndrome
- Painful shoulder
- Golfer's Elbow
- Tennis elbow

## PRP for Joint Pain

PRP, or platelet rich plasma, is a naturally occurring substance within blood that is responsible for healing and restoration in the body. This ultra-healing component contains many growth factors that aid in the regeneration of healthy tissue following an injury. For patients who are experiencing an injury or pain related to tendon irritations, tendinitis, or bursitis around the shoulder, knee, elbow, or ankle joints, PRP for joint treatments can help you reclaim comfort and functionality. These common conditions are caused by inflammation and a degeneration of collagen fibers that form the tendon. Once delivered, PRP works to stimulate the release of regenerative medicine to further augment repair of the joint, while also encouraging the production of collagen on a cellular level. With this minimally invasive and natural remedy, you can reclaim healthy and stronger joints.

## How Does PRP for Joints Work?

Following an initial consultation and medical evaluation, a personalized treatment plan is created. To begin the process, a small sample of the patient's own blood is first obtained. The blood is then placed in a specialized centrifuge where it is rapidly spun to separate the PRP from the rest of the blood. Once the platelet rich plasma is collected, it is re-delivered to the injured area through a series of tiny injections. Once injected, the PRP and growth factors perform their natural function for activating a healing response within the body. The release of regenerative medicine is stimulated for the repair and regeneration of healthy tissue. Collagen production is also encouraged which works to mend damaged collagen fibers within the joint. In the days following your treatment, you can continue to notice improvements in joint pain and stability.

## Benefits of Adding PRP Therapy

There are many benefits that this ultra-healing treatment can provide including:

- Minimally invasive
- Safe treatments
- Quick process
- No required downtime
- Promote natural healing in the body
- Alleviate discomfort
- Restore healthy joints

PRP joint treatments offer a safe and effective solution that can have you feeling and performing without pain once again. PRP can be paired with Shockwave Therapy for added benefits.

A consultation with our team in Naples can help determine if this non-surgical pain relief therapy is a fit for you. They can also help develop your unique treatment plan. Curious to see if this pain relief treatment is right for you? Contact us today at Orchidia Medical Group and schedule your consultation to learn more about shockwave therapy! Our qualified team of professionals proudly serves you from Naples, Florida. We are committed to helping you experiencing relief and regaining optimal mobility.

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## TURNING TO A BALANCED & HEALTHY MARKET

By Robert Nardi, Broker/Owner

**D**uring April, the overall inventory in Naples increased 16.5 percent to 1,668 properties from 1,432 properties in April 2021. After reviewing the April 2022 Market Report by the Naples Area Board of REALTORS® (NABOR®), which tracks home listings and sales within Collier County (excluding Marco Island), the Naples area housing market appears to be making a turn toward a balanced and healthy market. With the swell of new single-family home listings, up 5.7 percent over last year, and with 549 price reductions (33 percent of the inventory), we have 1.5 months of inventory, the highest level since March 2021. However, demand for the Naples lifestyle remains strong. Days on market for April were 16 days, considerably less than the historic 90-day average.

In April, the overall median closed price increased 39.2 percent to \$599,000 from \$440,000 in April 2021. Median closed prices continue to rise in the single-family home market, up 8.7 percent from March, but median closed prices during April in the condominium market decreased 1.1 percent from March. One "stand-out" observation is that with the increased appreciation over the past year, and the depletion of properties listed at \$300,000 or less, there were only 96 properties below this amount in April 2022. Wow!

If you want to see the NABOR® April 2022 Market Report in chart form, please send an e-mail to Robert@NardiRealty.com. It compares single-family home and condominium sales (via the Southwest Florida MLS), price ranges, and geographic segmentation and includes an overall market summary.

### What does this all mean?

It simply means that the Naples market is starting to correct itself, however, do not count on prices plummeting. We see a lot of price decreases, but that is because these properties were overpriced, to begin with when they hit the market. The current market is dictating the selling price.

In 2004 & 2005, mortgage lenders financed Buyers through no-doc loans, which accelerated demand, causing properties to increase in value

dramatically. It was relatively easy to get a mortgage by simply stating yearly income, running the Buyers' credit score, and performing a desktop appraisal. However, in today's housing market, Buyers getting a mortgage must go through a tremendous amount of scrutiny when securing a mortgage. Several of my customers have complained about the underwriting process because it feels like an "invasion of privacy." Also, the Naples area is in a bit of a bubble because many people sell their homes for large amounts of monies in coastal regions and then purchase in cash here. In fact, in April 2022, 66.7% of property buyers paid cash. Therefore, people waiting on the sidelines for prices to drop dramatically will be waiting a long time. It will not be a repeat of the "Great Recession" because everyone who is purchasing can afford to buy the property.

### What should you do in this housing market?

If you are a Seller in Southwest Florida, then sell your property. If it is not moving, it is likely priced too high and will need a price deduction. I am not saying a significant reduction, but some reduction. Because the market is correcting, it will take longer to sell your property. Please keep that in mind.

If you are a Buyer in Southwest Florida, keep your eye out for properties entering the Multi-Listing Service (MLS) every day. You can also enlist the help of a REALTOR® to assist you. A REALTOR® can set up automatic searches for properties with the same characteristics or if you are looking in a particular area or development. Once a property comes on the market, you will need to act quickly on it. Make an appointment immediately and if it is something you like, put an offer in with few contingencies.

The NABOR® contract's three major contingencies are financing, inspections, and closing date. My best advice for those who have cash but want to get a mortgage is to select "Cash" on the contract. In essence, you are waiving all financing contingencies; however, you most likely can get approved for a mortgage in 35 or fewer days. Therefore, when selecting a closing date, I would make 40+ days from the effective date (when both parties come to terms and sign).



I would tighten the time frame from 15 to 10 days as far as inspections go. In addition, I would seriously consider an "As Is" contract that would allow you to inspect within the designated period. If you find something wrong with the property, you can walk away and receive your escrow monies back. However, if you see something wrong and still want the property, then "As Is" means precisely that. You are saying that you will not request from the Seller any remedial action or a credit at closing to fix those items.

Once the inspection period is over, then the only other contingency is the closing date. The NABOR® contract makes the closing date, "Time is of the essence." You must close on the date specified in the contract. According to the agreement, if you refuse or cannot close, the escrow money you put down is forfeited. The Seller is entitled to this money as "damages." You can always ask for a closing extension, but I highly doubt they would extend the closing date because it is a Sellers' market.

Need help with any of this? Please feel free to write me at Robert@NardiRealty.com or phone me at 239-293-3592. Enjoy your summer!



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# Student Highlight of **Global1jiujitsu.com**

**N**atalie Patino is a 16-year old female in our adults/teens Brazilian Jiu jitsu program. Initially, Natalie's father brought her in to the studio to improve self-confidence as well as to learn self-defense as a young lady.

To everyone's surprise, including Natalie's family, there was a noticeable difference in Natalie's demeanor, fitness, and confidence within a very short period of time. Her parents were very surprised and became interested in doing a Jiu Jitsu program for themselves. Not long after, her parents joined in for our *Family Brazilian Jiu jitsu* program. Being constantly on the mat, training, and working hard everyday with their daughter has formed a stronger bond within the family.

BJJ training has become their weekend activity as well as their weekday activity. It is a program that they all can enjoy, get fit, as well as improve their overall health and bond tighter as a family.

Natalie is only one of the success stories at our studio of young teens, improving their lives, getting ready for adulthood, as well as improving life skills for them to tackle what may be ahead of them, from peer pressure in high school to better stress management to overall better fitness and self-confidence. This is what jiu jitsu does. This is a perfect picture of an awesome Jiu jitsu family and an outstanding young lady.

With Brazilian Jiu jitsu, not only do you learn martial arts but you learn more about yourself as well as learn more about the capabilities that you did not know you even had. BJJ is one of the most fascinating martial arts because of the way it can allow a smaller person to subdue a stronger and bigger opponent. In a way, it is for this reason why Brazilian Jiu jitsu is so addicting and appeals to every member of the family as it branches out to women, teens, and children as well.

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# ZOOM 7 - INTENSITY BEATS DURATION™

"Anaerobic" means "Without Oxygen". Anaerobic exercise means you are working at such high intensity that your cardiovascular system can't deliver oxygen to your muscles fast enough. Anaerobic activity can improve both your endurance and muscle strength. Muscles need oxygen to continue working, therefore anaerobic exercises can only last for short periods, allowing you to cut your total workout time. When you are completely breathless during a workout or made it to 90% to 100% of your maximum heart rate, you are performing anaerobic exercise.

Both cardio and strength training activities can be anaerobic. The biggest difference between aerobic ("with oxygen") and anaerobic ("without oxygen") exercise is the intensity at which you are working. While anaerobic exercise used to be something that professional and college athletes did to increase performance, everyday exercisers can also benefit from this type of training. When you train at high levels of intensity, you increase your anaerobic threshold. That means you can work harder for longer periods of time, all while burning more calories.

**Other Anaerobic Cardio benefits include:**

**Endurance:** Do some anaerobic training and your other workouts will get easier. Short bursts of intense exercise or strength training can help in your longer workout sessions, as well.

**Improved VO2 max:** Your body learns how to use more oxygen, which it converts into energy to allow you to exercise longer.

**Stronger muscles:** Instead of producing energy from oxygen (as it does during aerobic workouts), your body uses energy stores in the muscles during anaerobic exercise. That means it helps maintain and improve muscle mass.

**Stronger bones:** Some anaerobic exercise (such as intense resistance training) can improve bone density and strength. This, in turn, reduces the risk of osteoporosis.

**Fat loss:** One study found that high-intensity intermittent exercise (that is, interval training) can be more effective than aerobic workouts at helping exercisers burn fat.

**Improved mood:** Just like aerobic exercise, anaerobic training has been shown to decrease feelings of depression, anxiety, tension, and anger.

**Maintains muscle:** As we age, our muscles lose their mass. Anaerobic exercise helps to maintain our muscle's makeup and builds strength.

**Considerations:** This is a very challenging way of exercising, so it is recommended that you pace your output in order to complete the exercise while gradually increasing your output until you at full effort during each of the maximum exertion periods. Going too hard and fast starting out could put you at risk for



injury and discomfort. Because anaerobic exercise is more demanding on your body than aerobic exercise, proper recovery is key. Once you do work up to incorporating some anaerobic exercise into your workouts, remember that you'll need full recovery afterward. You should only do this type of exercise two to three times a week with one to two rest days in between.

Whenever you're starting a new workout regimen, remember to begin slowly. Give your body time to adjust to the new sequence of moves and don't push it past its limits. Always perform a warm-up routine before beginning a high-intensity anaerobic workout as well as a cool down period when you have completed your activity.

The Zoom 7™ anaerobic workout is the best cardio workout you can put your body through, and it only takes 15 minutes from warm-up to cool-down. However, what is in between will transform your body and your health! Seven 30-second all out sprints each followed by 90 seconds of Active Recovery is why we trademarked Maximum Intensity Interval Training™ (MIIT™). Members will find a never-ending challenge with the Zoom 7™ workout. Members can push themselves to continually improve their scores which will ultimately improve their health.

References:  
 David Braden, MD1, 2; Jeff Ross, MD1; Leigh C. Gray, MD1; Cheri Walker, RN, MSN1; Alvin Hoover, MS, MEd1; and S Duane Burt, MS1, 3 1  
 King's Daughters Medical Center, Brookhaven, MS, USA 2 University of Mississippi Medical Center, Jackson, MS, USA 3 Copiah-Lincoln Community College, Wesson, MS, USA  
 Corresponding Author: S Duane Burt, Science Department, Copiah-Lincoln Community College, 1028 IC Redd Dr., Wesson, MS, 39191, USA. Email: duane.burt@colin.edu Phone: (601) 643-8369

The Zoom 7™ anaerobic workout was derived from the Sprint 8 program with consultation with its author, Phil Campbell, and the study conducted at King's Daughters Medical Center, Brookhaven MS. The objective of the clinical study included 22 females who participated to reduce body fat and improve overall health. *The Sprint 8 exercise protocol is a novel approach to fighting obesity efficiently among middle-aged females by substantially increasing GH serum levels naturally.* (Full study can be found here: <https://sprint8.com>).

*"The goal of this novel approach to fighting obesity was to efficiently maximize natural GH release among middle-aged African-American and Caucasian females [mean age = 45.9 (±7.7 yrs)] to metabolize adipose tissue and reduce hyperlipidemia by utilizing the Sprint 8 protocol. By documenting pre- and post-trial GH and lipid serum values, body fat %, and BMI, the correlated health benefits produced by each subgroup were established for future studies."*

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# 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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# VITAMIN C ON THE GO

## Tired? Overwhelmed? Feeling sluggish? Haven't fed your body the best "fuel" lately?

When you can't get a dose of Vitamin Sea to reset your mind, a high dose IV of Vitamin C might be right kind of fuel your body is craving to get back on track.

High dose Vitamin C administered through IV will support your immune system, aids in iron absorption, and has antioxidant properties that help protect against damage from stress.

Vitamin C is an essential vitamin, meaning your body can't produce it. Yet, it has many roles and has been linked to impressive health benefits. Vitamin C is water-soluble and found in many fruits and vegetables, including oranges, strawberries, kiwi fruit, bell peppers, broccoli, kale, and spinach. While it's true we should be eating our vitamin C from fresh foods, many people turn to supplements to meet their needs.

## Here are 7 scientifically proven benefits of taking a vitamin C supplement.

### 1. May reduce your risk of chronic disease

Vitamin C is a powerful antioxidant that can strengthen your body's natural defenses. Antioxidants are molecules that boost the immune system. They protect cells from harmful molecules called free radicals. When free radicals accumulate, they can promote a state known as oxidative stress, which has been linked to many chronic diseases. Studies show that consuming more vitamin C can increase your blood antioxidant levels and helps the body's natural defenses fight inflammation.

### 2. May help manage high blood pressure

Approximately one-third of American adults have high blood pressure. High blood pressure puts you at risk of heart disease. Vitamin C may help lower blood pressure in both those with and without high blood pressure. People with high blood pressure should not rely on vitamin C alone for treatment, but it can lower high blood pressure in the short term.

### 3. May lower your risk of heart disease

Heart disease is the leading cause of death worldwide. Many factors increase the risk of heart disease, including high blood pressure, high triglyceride or LDL (bad) cholesterol levels, and low



levels of HDL (good) cholesterol. Vitamin C may help reduce these risk factors, which may reduce heart disease risk.

While eating Vitamin C rich foods most likely means you follow a healthier lifestyle, adding at least 500 mg of vitamin C daily may reduce the risk of heart disease.

### 4. May reduce blood uric acid levels and help prevent gout attacks

Gout is a type of arthritis that affects approximately 4% of American adults. Gout is incredibly painful and involves inflammation of the joints, especially those of the big toes. People with gout experience swelling and sudden, severe attacks of pain. Gout symptoms appear when there is too much uric acid in the blood. Uric acid is a waste product produced by the body. At high levels, it may crystallize and deposit in the joints. Several studies have shown that vitamin C may help reduce uric acid in the blood and, as a result, protect against gout attacks.

### 5. Helps prevent iron deficiency

Iron is an important nutrient that has a variety of functions in the body. Iron is essential for making red blood cells and transporting oxygen throughout the body. Vitamin C supplements can help improve the absorption of iron from the diet. Vitamin C assists in converting iron that is poorly absorbed, such as plant-based sources of iron, into a form that is easier to absorb. This is especially useful for people on a meat-free diet, as meat is a major source of iron.

### 6. Boosts immunity

One of the main reasons people take vitamin C supplements is to boost their immunity, as vitamin C is involved in many parts of the immune system. Vitamin C helps encourage the production of white blood cells known as lymphocytes and phagocytes, which help protect the body against infection. Vitamin C helps these white blood cells function more effectively while protecting them from damage by potentially harmful molecules, such as free radicals. Vitamin C is an essential part of the skin's defense system. Vitamin C is actively transported to the skin, where it can act as an antioxidant and help strengthen the skin's barriers.

Low vitamin C levels have been linked to poor health outcomes. For example, people who have pneumonia tend to have lower vitamin C levels, and vitamin C supplements have been known to shorten the recovery time of pneumonia patients.

### 7. Protects your memory and thinking as you age

Dementia is a broad term used to describe symptoms of poor thinking and memory. Studies suggest that oxidative stress and inflammation near the brain, spine, and nerves (altogether known as the central nervous system) can increase the risk of dementia. Vitamin C is a strong antioxidant. Those with low levels of vitamin C have been linked to an impaired ability to think and remember. People with dementia generally have lower blood levels of vitamin C. High vitamin C intake from food or supplements has been shown to have a protective effect on thinking and memory as we age. Vitamin C supplements may aid against conditions like dementia if you don't get enough vitamin C from your diet.

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# How Hearing Loss Affects Cognition

By Adriana Villalobos, M.A. CCC-A

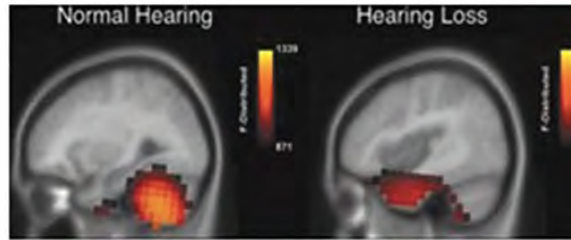
**T**here are some well known factors that contribute to reduced cognitive abilities as we age. Some of these are reduced speed of processing, decreased working memory, and attention difficulties due to noise and distraction. Some loss of cognitive function is due to reduced brain plasticity or less active neural responses. Auditory deprivation or unaided hearing loss may also contribute to reduced cognitive function.

Our ears are merely the entry point for sound to enter the neural pathways which lead to the brain. The brain performs the function of analyzing and understanding the auditory information. The auditory comprehension is therefore only as good as the information coming into the brain.

As an example, if I say, "How's it going today?" but the person with the hearing loss hears "Owl is going to play", that person will be understanding the situation incorrectly. That person's brain did not process the information correctly because it was "heard" incorrectly. We've all heard jokes like this example above, but when it happens to you, it's more than a joking matter.

Research supports the idea that wearing hearing aids if you have hearing loss with help improve your cognitive abilities. Here are three research studies and their findings.

- June of 2016 a study from the University of Texas at El Paso was published in the *American Journal of Audiology*. It found that hearing aids improve brain



function in people with hearing loss. According to lead researcher Dr. Jamie Desjardins, assistant professor of speech language pathology, "... hearing aids can not only improve one's ability to hear, but also restore lost brain function," she says.

- A 2018 study at the University of Maryland Department of Hearing and Speech Sciences monitored a group of first-time hearing aid users with mild-to-moderate hearing loss over a period of six months. At the end of the six months, participants showed improved memory, improved neural speech processing, and greater ease of listening because of the hearing aid use.

- The University of Melbourne 2020. Researchers tested the use of hearing aids in almost 100 adults aged 62-82 years with hearing loss. "A significant improvement in cognitive function across the whole group was observed for executive function (GML), equivalent to 13.2% of the baseline mean score, that would not generally be expected in older adults". After 18 months of hearing aid use, self-reported overall quality of life was significantly improved.

Researchers at Johns Hopkins have done studies looking at how hearing loss may influence cognitive decline. In each case, they met with seniors

over several years and tracked which ones developed Alzheimer's and how quickly the disease progressed. In each study, the people with hearing loss had higher rates of dementia.

In one study, people with hearing loss were 24% more likely to have Alzheimer's. In another, they found that the worse the hearing loss was, the more likely the person was to develop dementia. These studies don't suggest that hearing loss itself causes dementia, but it does show that there's a link between the two. The researchers have a few theories as to why that might be. Without elaborating, these are brain function, cognitive load and social isolation.

### Why Choose Adriana?

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

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# Fireworks Eye Safety

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

The numbers are clear: Fireworks are dangerous and July 4 is an especially risky time for eye injuries. According to the U.S. Consumer Product Safety Commission's most recent annual fireworks injury report (PDF) fireworks caused 12 deaths and 10,000 injuries in 2019. Three-quarters of the fireworks injuries treated in emergency rooms happened between mid-June and mid-July.

The most recent *Consumer Product Safety Commission* report found that 15% of fireworks injuries were eye injuries. In the most severe cases, fireworks can rupture the globe of the eye, cause chemical and thermal burns, **corneal abrasions** and **retinal detachment** — all of which can cause permanent eye damage and vision loss.

Children and young adults are frequent victims. Children age 15 and under accounted for 36% of the total injuries, according to the commission's report. And half of the injuries requiring an emergency room visit were to people age 20 or younger. Even sparklers can be dangerous, as they burn at more than 2,000 degrees Fahrenheit. Sparklers were responsible for 1,200 of the injuries in the latest report, and a sparkler mishap caused one of the fireworks deaths reported in 2017.

The people injured by fireworks aren't necessarily handling the explosives themselves. In fact, **65% of people injured by fireworks were bystanders**, according to another study. The statistics don't lie. Children and people not handling fireworks themselves are in as much danger as the people actually lighting fireworks.

## What to Do for a Fireworks Eye Injury

Fireworks-related eye injuries can combine blunt force trauma, heat burns and chemical exposure. If an eye injury from fireworks occurs, it should be considered a medical emergency.

- Seek medical attention immediately.
- Do not rub your eyes.
- Do not rinse your eyes.
- Do not apply pressure.
- Do not remove any objects that are stuck in the eye.
- Do not apply ointments or take any blood-thinning pain medications such as aspirin or ibuprofen unless directed by a doctor.



## Fireworks Safety Tips

The best way to avoid a potentially blinding fireworks injury is by attending a professional, public fireworks show rather than purchasing fireworks for home use.

## If you attend or live near a professional fireworks show:

- Respect safety barriers, follow all safety instructions and view fireworks from at least 500 feet away.
- Do not touch unexploded fireworks; instead, immediately contact local fire or police departments to help.

For those who decide to purchase and use consumer fireworks in states where they are legal (PDF), follow these safety tips from the *Consumer Product Safety Commission*:

- Do not allow young children to play with fireworks. Sparklers, a firework often considered by many to be the ideal "safe" device for the young, burn at very high temperatures and should be not be handled by young children. Children may not understand the danger involved with fireworks and may not act appropriately while using the devices or in case of emergency.

Source:  
<https://www.cpsc.gov/eye-health/tips-prevention/injuries-fireworks-eye-safety>

- Older children should be permitted to use fireworks only under close adult supervision.
- Do not allow any running or horseplay.
- Set off fireworks outdoors in a clear area, away from houses, dry leaves, or grass and other flammable materials.
- Keep a bucket of water nearby for emergencies and for pouring on fireworks that fail to ignite or explode.
- Do not try to relight or handle malfunctioning or "dud" fireworks. Soak them with water and throw them away.
- Be sure other people are out of range before lighting fireworks.
- Never light fireworks in a container, especially a glass or metal container.
- Keep unused fireworks away from firing areas.
- Store fireworks in a cool, dry place.
- Check instructions for special storage directions.
- Observe local laws.
- Never have any portion of your body directly over a firework while lighting.
- Do not experiment with homemade fireworks.

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

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



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# Reversing Type 2 Diabetes Seems to Work for Everyone But You?

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

**D**id you ever feel like everyone is successful in reversing type 2 diabetes except for you? They get to eliminate medicine and go on their merry way.

You seem to improve your glucose for a while, but you never seem to get it to last. You either stay in the prediabetes stage or you finally succumb to taking that medication you worked so hard to avoid.

You read articles telling you it's possible to reverse type 2 diabetes. Your doctor tells you to diet and exercise before even considering eliminating your medication. It didn't quite work out.

So, what's the secret?

You.

You need to have inciteful lab testing done.

You need to be educated to understand your lab results.

You then take action on this newfound knowledge.

You get to see and feel the results!

Sounds easy. It's not completely easy, but it is very doable. There are tests that you most likely have not had ordered. Typically, you have your fasting glucose and A1c ordered. Ordering tests that reveal the health of your pancreas, a c-peptide, is a great place to start. This test is not used alone, it's a piece in the puzzle of needed information.

Testing does not stop there. Learn about the foods that you are consuming, foods that you have been told to eat because they are healthy.

What if I told you that some perfectly healthy food may not be healthy for you? Eating these foods may be blocking your ability to lose weight and reduce your glucose. Testing the health of your digestive tract is going to be another piece of the puzzle in getting your metabolism working optimally.

Believing that only two tests should tell your fate in reversing diabetes (fasting glucose and A1c), you can't succeed long term. Type 2 diabetes is a metabolic issue. So why not get to the root of the metabolic problem?

This testing brought my health to the next level! Find out what it can do for you.

## 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.

Visit [www.ReverseMyDiabetes.net](http://www.ReverseMyDiabetes.net) for coaching and training information, to book a free consultation, or to set up a speaking event | Call (888) 848-1763  
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# Behavioral Changes and Depression Could be the First Signs of Alzheimer's

By Richard J. Capiola, MD

According to the Alzheimer's Association, up to 40 percent of people with Alzheimer's disease suffer from significant depression. Identifying depression in someone with Alzheimer's can be difficult since dementia can cause some of the same symptoms. Examples of symptoms common to both depression and dementia include:

- Apathy
- Loss of interest in activities and hobbies
- Social withdrawal
- Isolation
- Trouble concentrating
- Impaired thinking

In addition, the cognitive impairment experienced by people with Alzheimer's often makes it difficult for them to articulate their sadness, hopelessness, guilt, and other feelings associated with depression.

Depression in Alzheimer's doesn't always look like depression in people without Alzheimer's. Here are some ways that depression in a person with Alzheimer's may be different:

- May be less severe
- May not last as long and symptoms may come and go
- The person with Alzheimer's may be less likely to talk about or attempt suicide

As a caregiver, if you see signs of depression, discuss them with the primary doctor of the person with dementia. Proper diagnosis and treatment can improve sense of well-being and function.

**Diagnosing depression with Alzheimer's disease**  
There is no single test or questionnaire to detect depression. Diagnosis requires a thorough evaluation by a medical professional, especially since side effects of medications and some medical conditions can produce similar symptoms.

Because of the complexities involved in diagnosing depression in someone with Alzheimer's, it may be helpful to consult a geriatric psychiatrist who specializes in recognizing and treating depression in older adults. Ask your doctor for a referral.



The National Institute of Mental Health established a formal set of guidelines for diagnosing the depression in people with Alzheimer's. Although the criteria are like general diagnostic standards for major depression, they reduce emphasis on verbal expression and include irritability and social isolation.

For a person to be diagnosed with depression in Alzheimer's, he or she must have either depressed mood (sad, hopeless, discouraged, or tearful) or decreased pleasure in usual activities, along with two or more of the following symptoms for two weeks or longer:

- Social isolation or withdrawal
- Disruption in appetite that is not related to another medical condition
- Disruption in sleep
- Agitation or slowed behavior
- Irritability
- Fatigue or loss of energy
- Feelings of worthlessness or hopelessness, or inappropriate or excessive guilt
- Recurrent thoughts of death, suicide plans or a suicide attempt

## Treating depression

Getting appropriate treatment for depression can significantly improve quality of life. The most common treatment for depression in Alzheimer's involves a combination of medicine, counseling, and gradual reconnection to activities and people that bring happiness. Simply telling the person with Alzheimer's to "cheer up," "snap out of it" or "try harder" is seldom helpful. Depressed people with or without Alzheimer's are rarely able to make themselves better by sheer will, or without lots of support, reassurance, and professional help.

## Non-drug approaches

- Support groups can be very helpful, particularly an early-stage group for people with Alzheimer's who are aware of their diagnosis and prefer to take an active role in seeking help or helping others; counseling is also an option, especially for those who aren't comfortable in groups.
- Schedule a predictable daily routine, taking advantage of the person's best time of day to undertake difficult tasks, such as bathing.
- Make a list of activities, people, or places that the person enjoys and schedule these things more frequently.
- Help the person exercise regularly, particularly in the morning.
- Acknowledge the person's frustration or sadness, while continuing to express hope that he or she will feel better soon.
- Celebrate small successes and occasions.
- Find ways that the person can contribute to family life and be sure to recognize his or her contributions.
- Provide reassurance that the person is loved, respected, and appreciated as part of the family, and not just for what she or he can do now.
- Nurture the person with offers of favorite foods or soothing or inspirational activities.
- Reassure the person that he or she will not be abandoned.

## Medication to treat depression in Alzheimer's

There are several types of antidepressants available to treat depression. Antidepressants called Selective Serotonin Reuptake Inhibitors (SSRIs) are often used for people with Alzheimer's and depression because they have a lower risk than some other antidepressants of causing interactions with other medications.

As with any medication, make sure to ask about risks and benefits, as well as what type of monitoring and follow-up will be needed.

**RICHARD J. CAPIOLA, MD**  
**239.649.7494**

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

# WEARING HEARING AIDS CAN AFFECT CERTAIN CHRONIC ILLNESSES



In 2018, a team from the University of Michigan studied a group of older adults who reported they had severe hearing loss to see if hearing aid use impacted how they use our health care system. Some in the group treated their hearing loss with hearing aids, while others did not.

Knowing that hearing aids can be a significant investment, the team was curious to find out if the cost of hearing aids was offset by fewer hospital visits or healthcare expenses.

In addition to finding that those in the group who had hearing aids were less likely to have gone to the hospital or emergency room the year prior to

the survey, those who had hearing aids were also “less likely to have chronic illnesses such as diabetes and high blood pressure.”

The study didn’t dig into why illnesses like diabetes and high-blood pressure were more reported in those who didn’t wear hearing aids, but speculated that it’s likely because hearing aids enable wearers to live more active and engaged lives, which typically results in a more healthy life, especially for seniors.

It’s just one more good reason — in a list of many good reasons – why treating hearing loss beats ignoring loss every time.

If you have hearing loss and want to talk to someone about treating it, we can help. Simply visit [www.starkeyhearcare.com](http://www.starkeyhearcare.com) and type in your zip code. You’ll generate a list of local hearing professionals and audiologists who you can contact to ensure you’re always hearing and living your best.

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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)



# Summer Cleaning

**S**ummer has finally arrived! Summer months in Florida mean humidity, rain to shine (and back, again) within minutes, and all of the fun that comes with being outside. The best things about summer are getting a tan while grilling, enjoying company, and breaking out those dusty pool noodles. Kicking back and relaxing is nice, but before you do... think about something else, cleaning. Cleaning is definitely not at the top of most people's list of summer activities, but it can make the rest of your summer more carefree.



Let's start with the inside. Humidity can mean many things to Floridians. The list includes, but is not limited to, swarms of mosquitos, unbearable sweat, and that overall heavy feeling in the air. Keeping the bathroom fan turned on during, and even 15-20 minutes after a shower, will reduce the humidity that mold thrives on. When removing mold and mildew, non-scrubbing products can reduce the amount of time spent stuck inside. On a cooler note, refrigerators become more active than usual in summer months while grabbing some refreshing beverages. Lemonade goes with summer like sugar goes with "sticky". Avoiding messes due to spilt liquids can be accomplished by purchasing refrigerator shelf liners is quick and easy. Removing and replacing the liners makes cleaning up a snap.

Garbage can be a uniquely smelly fixture in the home. Sludge, grime, and old food all add up to a recipe for disaster; mix in the summer heat and it can make a bad situation much worse. Many times

the reason our garbage smells so bad is not what's inside the bag, but outside and beneath it. Placing a garbage liner inside the can will reduce the risk of leakage and spills. A collection of mold and bacteria can build up inside. Take the time to address this kitchen mainstay, your nose will be happy you did.

We all love to sit on our lanais at night and enjoy the company of friends and family. Outdoor lighting is utilized more often in the summer, but after a period of non-use they can collect pollen, dust, bugs, and more. Dusting is a given, yet taking down the fixture and washing it inside and out is the proper solution. A little bleach or vinegar with water ensures that the lights stay brighter and the company stays longer.

Grilling out in summer has to be one of the great American pastimes. A few beverages, friends, and the smell of a New York Strip being cooked to perfection

makes for an ideal summer day. Before you grab the peppercorn sauce, make sure the grill has been cleaned after a long winter. No dangerous chemicals are needed to clean the grill; just take some rolled-up tin foil and dip it in white vinegar. Then scrub the grate for a few minutes and presto... you are ready to start cooking.

If you want to leave the summer cleaning to someone else, contact MaidPro at (239) 431-9080. The folks there are experts in every aspect of cleaning; whether indoors or outside. They have the supplies and know-how to prep your home for a relaxing summer. You can also visit them at [www.maidpro.com/naples](http://www.maidpro.com/naples).

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# SUMMER PET SAFETY

July is full of pool parties, fireworks, patriotism, and barbecues. Humans enjoy their summer holidays in their backyard or around the water. Although these weekends are extra fun for humans, they are the riskiest for your pets. Humans will think of sunscreens and watch out for the kids but not enough will think of dangers that come with the summer to their pets.

Statistics from The American Humane Association show that one out of three pets is lost at some point in their lives. The same statistics show that about ten million pets, both dogs and cats, are stolen or lost in the US every year. Additional information from Coalition for Reuniting Pets and Families shows that less than twenty-five percent of these pets are reunited with their families.

Cases of pet death are also on the rise during the summer. These cases are caused by the increasing number of crimes towards animals and the conducive temperatures and weather conditions. Summer increases cases of heat stress-related injuries and possible deaths for both cats and dogs.

As sad as those statistics are, the summer also provides a perfect chance to be smart and creative with how you keep these cuties comfortable and safe. Here's a list of some summer dangers for pets and smart tips to avoid them.

## Dehydration and Heatstroke

This is the first and the most overlooked pet danger that is very common during the summer. Dogs can become dangerously overheated, becoming sluggish, tired, and restless. They may also start to vomit and diarrhea or excessively salivate. During your summer outings with your pet, always check for dehydration. Pinching the skin to check whether it's elastic is a viable way of checking whether the pet is dehydrated. It's also important to provide shade, rest, and sunscreen to your pets. The nose, the ears, eyelids, and the paws are especially susceptible to sun burn. Pets are especially at risk if they are light colored (ginger/white) or have any thin fur/bald patches. It's important to protect your pet from sunburn, not only because it's painful but because it can also sometimes lead to skin cancer.

## BBQ dangers

There are obvious risks of burning and some grave risks, such as overeating. This shows that you should be very careful with your children and pets



in case of outdoor cookouts. The dog can be invited to overeat or any other danger. The trash should be covered, and children strictly advised not to overfeed the dogs and cats. All bones are NOT the same! Bones can get stuck. Sometimes they get stuck across the roof of the mouth. This causes the dog to paw at their face and drool heavily. More worryingly, they can lodge of the back of the throat. The signs of this include breathing difficulties, choking noises, and heavy salivation. When a dog eats a lot of bone, there's a risk it knits together inside the intestine. That ball of bone then forms a blockage, much like hair clogging a drain. The consequences of a blocked gut are more serious. Firstly, food can't pass along so the dog vomits and becomes dehydrated. Then the stagnant gut contents release toxins, which poison the dog. And finally, the gut wall can die off. Avoid your pet eating poultry bones. If they do sneak a bone from a chicken or turkey, monitor your pet closely for signs of distress.

## Pet drowning in swimming pools

As you enjoy your time in an outdoor swimming pool, be aware that it can only take a few seconds for a dog or a cat to drown. There are some breeds of cats and dogs that are at the greatest danger. This is an overstated summer danger because most people assume their dogs and cats are excellent swimmers. The fact remains that even excellent swimmers may fail to get out of the swimming pool safely. Puppies and Kittens are at the greatest danger of drowning.

## Spiders and snakes

Another pervasive danger that comes with summer is one humans don't always see. Although the risks of a snake and spider bites are not common in all the places, some areas report more severe cases than others. This means that you should protect your pet from venomous animals such as rattlesnakes and black widow spiders. How serious a snake and spider bites is depends on several factors. Some common factors are the pet's age, size, weight, and breed. It's now essential to be on the lookout for slithering snakes and spiders when walking your dog in rural areas.

## Solar dermatitis

Solar dermatitis is a common condition caused by prolonged exposure to direct sunlight. This condition is prevalent in cats and dogs that have pale and white patches on the skin. The condition usually affects the non-pigmented areas such as the ears, nose, and eyelids. We all know that the harmful rays of the sun can cause skin damages to humans. This is the same issue with cats and dogs. Remember, humans can wear sunscreens, unlike pets. So, always provide enough shade for your pets during those long summer outings.

## Pool poison

You will probably be spending a lot of your time in the swimming pool with your dog. Although experts never disclose this, the ingestion of chlorine and other pool chemicals can cause more problems in pets than in humans. For example, dogs may experience stomach distress (diarrhea and vomiting in dogs) and kidney problems. Ingesting some of these chemicals can be hazardous for some pets and can cause serious heart diseases and kidney failure.

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# Navigating the Health Care System for Your Aging Parents is Tough

**N**avigating the health care system for your aging parents is tough. Navigating health care services for a parent who lives miles or states away can be almost impossible. If you find yourself the primary caretaker for a person who lives outside of your zip code, there is help a mere phone call away.

Imagine this scenario. You are a working family who lives in Ohio and your parents have moved to their retirement dream home in Florida. You've noticed some changes in your mom's behavior and communication patterns, but due to your demanding job, your own family, or the increased price of travel you just can't get to Florida to get mom to the appointments you fear she needs. Dad can drive her there, sure, but can you trust dad to give you the full picture of what is going on with mom's health? Does mom fear going to the memory care specialist because she is afraid they will confirm what she doesn't want to admit? Does dad have his own health concerns that have you worried for both of them? Will both mom and dad brush off your questions and your urging to see a specialist? Do you lay awake at night and wonder who will take advantage of your aging parents? No one wants to leave their home, and aging in place is becoming more and more prevalent and there are options, but do we really understand the maze of healthcare?

This is not a scenario or possibility for many working families. This is a real problem, and these are real fears for those of us in the middle. Young



children who need us, aging parents who need us, careers that demand us, those adults are "the middle". We are in the middle of our lives but caring for those above and below. We have plenty of love and respect for our families, but not enough time to take care of everyone to the degree we want. That's where Ultimate Resource Healthcare Navigators comes in.

With resources and knowledge and understanding of the continuum of care in the healthcare arena, the Navigators can step in with a team of patient advocates to be your eyes and ears. The owners of Ultimate Resource have over 20 years of experience in the healthcare service industry. We have worked in hospitals, with doctors and medical directors in an acute and post-acute setting, care managers, social workers, ran physical therapy groups and worked directly with patients to provide a helping hand where your hands cannot reach. Navigating the healthcare maze is our life's work. Both from

experience and from need. We are not a franchise, we are a team of dedicated, caring experts who understand that communication and coordination and passion are the key to a long and prosperous, healthy life.

Our advocates understand your health insurance to assist in making appointments, attend medical appointments, visit your loved one in case of a hospital stay, create a care plan and keep medical records organized to keep you in the loop and report back to you as to the direction the medical team is communicating in layman's terms, so it is easy to understand from a distance to alleviate your stress. Is mom covered by dad's VA benefits? We can find out. Is this specialist "in network"? We already know. Will you be able to return home with a private duty medical aide? We can find one to suit even the most particular person. Is this the time for a medical power of attorney? We have a screened list of Elder Law Attorneys who can make that happen, or is it time for an Assisted Living or Memory Care Community, we do that also. Will a stay in a Skilled Nursing Facility deplete my parents' savings or is that covered by Medicare? Do I need more long-term care insurance, and how do I understand it? Our healthcare Patient Advocates can help you make those decisions with our vast depth of experience and expertise. If it's time to make tough decisions, a Patient Advocate is your first step that will help you sleep at night knowing that your loved one is being taken care of while you take care of the rest of your family. The rest we can Navigate together.

Need more information, reach out to **Ultimate Resource Health Care Navigators** at **239-994-8116** to see what options are available in your area.

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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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# Failure is a Part of Growth

By Pastor Timothy L. Neptune

**T**he Apostle Peter was a bold man. He stepped up when others stepped back. He was often the first to speak in a group setting. Because of his faith, he was able to walk on water. And, like most risk takers, he experienced his share of failures.

Faith involves risk. Failure is a possibility. But that's okay. Step out of the boat anyway. I love a small part of a speech given by President Teddy Roosevelt back in 1910. He said,

"It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat."

I would rather die on the playing field engaged in the battle than rot in the grandstands as a spectator.

Did Peter fail when he started to sink? Yes, he failed. But I think there were 11 bigger failures sitting in the boat afraid to even try to walk on water.

We need men and women of courage today. High-impact people who are willing to take risks and trust God with the results.

Failure is an indispensable part of growth.

The greatest lessons I've learned in life are from the many mistakes I've made along the way.

If you want to be a high-impact person, you too, will make some mistakes and need God to bail you out.

Peter took his eyes off of Jesus and his faith began to waver. But give Peter some credit... he was in the middle of a really big storm, he was outside of his boat in the darkest part of the night. Can you imagine how scary that must have been? I get nervous just standing at the back of cruise ship at night looking out at the sea!

Nevertheless, if we keep our eyes on Christ, what do we really have to fear?

As followers of Jesus Christ, we've been called to live a life of adventure that requires great risk and great faith.

Perhaps you've tried before but failed. That's okay. Admit your lack of faith and move on.



Whatever you do, don't give up, give in, or quit.

You lose more often than you win in life. There are more bad days than good days. You fail more often than you achieve. Remember that God is sovereign and always in control. Nothing can happen to you except by divine permission or divine directive.

Don't live with regrets and second guesses. Learn from your mistakes and then move on. It does no good to dwell on the past and wish you could do it over. Just keep moving forward... that's how your faith grows.

*Tim Neptune is the lead pastor of Venture Church Naples, a new church located on the campus of Florida SouthWestern State College in Naples, FL. For church times and other information, visit [www.venturenaples.com](http://www.venturenaples.com).*

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

# Trauma-Informed Care for Serious Illness and Beyond

## Hope Hospice Provides Comfort and Compassion, Respecting Choices during Life's Closing Chapter

If you're like most people, you have at least one tender place in your heart that hurts. When we're reminded of painful episodes from the past, we can start hurting all over again. The source of our pain can be nearly anything. Violence and tragedy are unsurprising causes. We understand that prisoners of war, rape survivors, or victims of assault will experience profound suffering. Car accidents or severe hurricanes may create fear, anxiety, and ongoing difficulty for those who survived. Other traumas seem less dramatic – childhood feelings of being ignored, shamed, or blamed. Many moments can create those painful, tender places in our hearts.

For people who need hospice care, there is a unique trauma created by serious illness and the prospect of death. As the body struggles with disease, it may begin to change in unexpected ways. When someone looks in the mirror, the face looking back at them might seem unfamiliar.

Patients often need help with personal care, bathing, and dressing. A woman whose body was violated as a child could feel like each touch is another assault.

A caregiver whose spouse is living with dementia hears screams in the middle of the night. He wants to go to her, hold her hand, and rub her back to comfort her. Instead, he lies in bed paralyzed. The screams remind him of his mother's cries when she was abused.

A veteran always believed in the commandment "Thou shall not kill," but wonders if his Maker will forgive him for following orders during the war.

There are heavy burdens we may carry with us. Unless our traumas were processed during our lifetime, they can emerge in life's closing chapter and rob us of a more peaceful ending.

How does the Hope Hospice team help someone navigate this journey? People who work or volunteer for hospice often feel called to this special mission. It is a privilege for them to support families through these transitions. Doctors, nurses, aides, social workers, chaplains, bereave-



ment counselors, and others provide care in a way that feels safe and comforting to those in need.

A soft voice, a gentle touch, a warm smile, or soothing words may help. Often, patients and loved ones may find themselves able to talk about thoughts, feelings, and emotions that they could not communicate before. They feel free to share their stories and secrets. Hospice team members are able to listen without interruption. They will simply be present.

The Hope Hospice team also encourages choice. One of the worst things about a traumatic event is that it happened without consent. That's the very core of the problem – it came into someone's life without permission, leaving them with no way out.

Having the power of choice can mean something as simple as deciding whether to have apple juice or orange juice. It could also be of the utmost significance like answering the question, "Do you want to allow natural death or be resuscitated if your heart stops beating?" Either way, it's vitally important to respect the choices of the person involved. A fundamental principle of hospice care is always offering and

honoring those choices.

After the loss of a loved one, Hope Hospice's bereavement counselors continue to support the entire family through the trauma of bereavement. They will sit quietly as mothers, fathers, husbands, wives, partners, brother, sisters, or parents cry. Even when the loss feels so overwhelming that it may be hard to breathe, they are ready to listen. With their guidance and support, grieving friends and family begin to adjust to the reality of life without their loved one.

By offering a safe haven, listening carefully, and providing choices, the Hope Hospice team can help all people who still have tender places in their hearts. Every person's story matters, and everyone is deserving of comfort and compassion during serious illness, the closing chapter of life, grief, bereavement, and beyond.

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