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

August 2022

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# BACK TO SCHOOL DENTAL

**H**eading back to school is a time of refresh and reset. We plan to get up earlier, eat healthier, set aside time for homework and chores. We make incentive charts and buy the back-to-school supplies. We pick out cute outfits and buy a new book bag to psych our children (and sometimes ourselves) to mentally prepare for the rush that hits each August. We promise ourselves we will do better, try harder, be on time and give this new school year our best!

When making your back-to-school check list, don't fail to add a visit to Park Family and Cosmetic Dentistry to your schedule. Regular dental visits are important year-round, but a back-to-school checkup is key in fighting the most common chronic disease found in school-age children: cavities. In fact, dental disease causes children to miss more than 51 million school hours each year. Prevention and early detection can help avoid pain, trouble eating, difficulty speaking and school absences.

Make brushing your teeth just as important as homework or soccer practice. Good mental health, physical health and dental health are all important life skills to schedule into each day. Children thrive on routine and teaching kids to take care of their own body is one of a parent's most important jobs. Set your child up for success by encouraging these age-appropriate dental habits early and often. Teach kids to brush twice a day for two minutes and floss once a day.

## Ages 6 and Under

At this age, your child might want to do all the brushing by themselves, but they don't have the fine motor skills needed to do a thorough job. Let them start and jump in when needed. During this age, the mouth is changing so much that children who are 5 or 6 are often brushing their teeth in the way they were when they were 2 or 3. They're not accommodating the new molars, and they're not accommodating the fact that the mouth is growing. Provide tangible rewards until good habits are developed. Consider a family reward if a cavity free checkup is achieved.

## Ages 7-12

By now, your child knows what to do, they just might not want to do it. Keep encouraging healthy brushing and flossing habits. Know sometimes you must encourage even more at this age. By the time they're teenagers, they're starting to understand self-care, accountability for their actions and so on. "A clean mouth makes a friend; a smelly mouth makes you lonely."



## Ages 12-18

This is a critical time for dental health. Research shows cavities tend to appear in young kids. However, the teenage years and early adulthood are also time to teach good food choices and more personal hygiene responsibilities. Teenagers may have gone for many years and never had a cavity. Teens stop taking as much care of their teeth because they have never had to have a filling. Teens often think "out of sight, out of mind." The behaviors of teenagers translate into the behaviors of adults. We want to be able to support teens and be respectful of them because they're not little kids anymore. But teens need just as much time and attention as toddlers to make healthy decisions and habits. This age group is also when we start making decisions about braces and wisdom teeth. Other dental topics that need to be visited and re-visited often are the affects of smoking, mouth jewelry, drug use and eating disorders on the teeth and mouth. If your teen is experiencing any of these issues, get them to a dentist quickly and often.

What will your back-to-school dental visit look like? The dentist will be looking at the big picture of your child's mouth, including teeth and gums. We will check to make sure teeth are lining up correctly, your child's bite is in good shape, and to keep an eye out for any [orthodontic] issues that may show up later. A professional cleaning will be done to remove bacteria and keep gum tissue healthy. X-Rays are done annually to see how the teeth are developing and make sure tooth roots are healthy.

Sealants can be another way to keep your child from getting cavities, but they're no substitute for brushing and flossing. A sealant is a thin, protective coating (made from plastic or other dental materials) that your dentist can place on the chewing surfaces of your child's permanent back teeth (called molars.)

Once they're on, sealants work to keep cavity-causing bacteria and bits of food from settling into the nooks and crannies your child's toothbrush can't reach. This helps keep cavities from forming and tiny existing spots of decay from getting worse. Having sealants on your permanent molars reduces the risk of cavities by 80%. It's best to get sealants as soon as your child's permanent molars come through their gums (usually at age 6, then again at age 12.)

If your child plays sports, make sure you bring his or her mouthguard along so your dentist can check for wear, tear and fit. A growth spurt, new teeth or lost teeth could require a new or adjusted mouth guard.

## Dr. Ana Scopu, DDS, MSc



In 2014, Dr. Ana Scopu DDS, MSc was one of fewer than 20 general dentists in the United States to have completed a Master's degree in Specialized Orthodontics at the prestigious International Medical College at Munster University in Germany. This illustrious master's program is recognized in 29 European countries and is a collaboration between six universities across Europe and Asia – all of which are listed, signed and stamped by the dean of each university on her academic Certificate of Achievement. Dr. Scopu radiates when recalling, "It was amazing and exciting to collaborate with doctors from all around the world, learning new techniques and treating patients in Europe." The master's program consisted of over 1,500 study hours and completion of a master's thesis prior to graduation. Dr. Scopu's paper was specifically on orthodontic treatment in conjunction with skeletal anchorage in the treatment of Maxillary Vertical Excess as an alternative to bimaxillary orthognathic surgery.

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# PREVENTING MACULAR DEGENERATION IN YOUR EYE BEFORE IT DEVELOPS

**O**ur eyes, believe it or not, are one of the most essential parts of our body and it is important that we know what takes place within the eye and how we can prevent eye diseases before they even develop. Dr. Paul Kuck, board certified ophthalmologist, specializes in medical retina including macular degeneration and diabetic retinopathy as well as medical diseases of the eye, including dry eye disease.

Dr. Kuck believes that a pivotal factor in taking care of your eyes is getting routine eye exams to prevent eye diseases such as macular degeneration, diabetic retinopathy, and various other diseases within the eye. As we age, it is important to take note of how our body is changing and if we notice anything out of the ordinary to speak with a physician.

One of Dr. Kuck's specialties includes treating age related macular degeneration, an eye disease that over time blurs your central vision and can lead to vision loss. Dr. Kuck says that it is important to realize that macular degeneration affects the central vision which is your most useful vision. In the early stages of macular degeneration it is typically asymptomatic, the early symptoms are often noted by seeing a localized distorted area or small dark areas within your central vision.

With macular degeneration, ophthalmologists will notice two variations, macular degeneration will either develop in a dry form or it may develop in a wet form. The dry form of AMD is characterized by small deposits in the retina in the back of the eye and changes in the pigmented layer adjacent to the photoreceptors in the back of the eye. At this stage, eye supplement vitamins can slow the progression slightly. The patient can self-monitor their central vision with something called an Amsler Grid. Close follow up by an ophthalmologist is recommended. Whereas, the wet form of AMD develops when the barrier between the blood vessels and the light sensitive area in the back of the eye breaks down. Abnormal blood vessels then develop and leak fluid or bleed. This results in damage to the light sensitive area and severe loss of central vision.



The abnormal blood vessels are stimulated to grow by a vascular growth factor. In the past 10 years, new medications have been developed that inhibit the growth factor and can "dry up" the fluid leaking in the back of the eye. These treatments have been shown to dramatically prevent severe central vision loss in many patients.

You may be asking yourself, how can I take action in my own life to prevent age related macular degeneration prior to it developing? "Avoiding excess sun exposure by wearing good sunglasses at all times outdoors is a simple action we can all take daily in our lives to help prevent macular degeneration. Another factor that can increase your risk of developing age related macular degeneration (AMD) is smoking. Having high blood pressure and eating a diet high in saturated fats are also factors that can lead to an increased risk in developing wet AMD. In general, staying healthy (exercise and a good diet) helps. Unfortunately, some people have a hereditary predisposition and they need to be extra careful about smoking and sun exposure," says Dr. Paul Kuck. The risk for macular degeneration increases significantly as we age, and it is strongly recommended that past the age of 50 you schedule an annual dilated eye exam.

The way in which wet AMD is treated may sound daunting to some patients but Dr. Kuck assures individuals that while it may sound scary most patients experience minimal to no pain with the treatments. The process of treating the wet form of

macular degeneration is medication delivered directly into the inside of the eye with a very small needle. He notes that for the treatments to be most effective they must be repeated regularly. The treatments, when performed regularly have been able to help patients time and time again to maintain good central vision and remain functional and active.



**Dr. Kuck's** offices are located in Naples at Physicians Regional – Collier Blvd, 8340 Collier Blvd, and Physicians Regional - Pine Ridge, 6376 Pine Ridge Rd.

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

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# THE IMPORTANCE OF MENTAL HEALTH CARE FOR PATIENTS: CARING FOR THE WHOLE PERSON

By Dr. Arie Dosoretz

Cancer and the process around its treatment can have a profound effect on the whole person. We often focus on the physical aspects of cancer, but it is important to recognize the mental aspects associated with this diagnosis as well. An individual's mental and emotional well-being before, during and after treatment demands our focus through every step of a patient's journey.

According to the American Cancer Society, one in four cancer patients experiences clinical depression. The National Cancer Institute defines clinical depression as having one or more of the following symptoms, which persist for more than two weeks.

- Persisting feelings of sadness or emptiness
- Having a sense of guilt or feeling unworthy
- Feelings of helplessness or hopelessness
- Moodiness or a short-temper
- Insomnia or oversleeping
- Feeling guilty or worthless
- Difficulty concentrating
- Feeling emotionally numb
- Loss of pleasure and interest in activities
- Withdrawing or isolating from friends and family
- Changes in weight, not due to illness or treatment
- Feeling nervous, tearful or shaky
- Thoughts about self-harm or suicide

## Understanding the Connection Between Mental Health and Cancer

If unaddressed, these mental health symptoms can develop into psychosocial problems that affect one's body image, and relationships with others. Naturally, many patients feel a loss of control and increased vulnerability. The common uncertainty about one's future is often accompanied by anxiety, fatigue and general emotional distress. Oncologists must always provide mental health support as soon as possible to minimize emotional distress and its downstream effects.



At the time of diagnosis, a patient may experience fear, numbness, sadness or anger. During treatment, complications such as hair loss or nerve pain can take a heavy toll on one's mental health. Patients may experience psychological distress from a lengthy course associated with chemotherapy, radiation and surgery. Financial concerns around the cost of treatment are frequent as well. Anxiety commonly develops from anticipating medical appointments or results. Physical side effects related to a particular course of treatment may limit freedom and keep patients from doing what they love most.

The time after treatment also poses unique challenges. Patients must often adapt to a "new normal" as their bodies recover and slowly heal from treatment. The transition from being constantly surrounded by a caring medical team to less frequent visits can also be difficult and follow-up visits often revolve around important test results that generate fear and anxiety as well.

The global pandemic has introduced further challenges to patients and their caregivers in recent times. Patients have faced heightened stress amidst a constantly changing health care landscape while managing the challenges of living with a weakened immune system.

## Choosing the Right Medical Partner

Experiencing these symptoms should be viewed as a natural part of the cancer journey. While still at times unfortunately overlooked, the connection between a patient's mental and physical health is increasingly considered a core component of high-quality patient care.

Partnering with a medical provider who understands these struggles is the best approach to ensure one receives the support that every patient needs and deserves. At Advocate Radiation Oncology, we believe it is critical that conversations about mental health should be deeply ingrained in the diagnosis and treatment process. We frequently partner with the mental health professionals in our community as well as part of our multi-disciplinary approach.

As your partner in the fight against cancer, our compassionate team of world-class experts knows how critical mental health care is for every cancer patient we diagnose and treat. We are here to care for the whole person as each patient gets the personalized support they need.



### About the Author

Dr. Arie Dosoretz is a board-certified radiation oncologist at Advocate Radiation Oncology.

For more information, please visit [AdvocateRO.com](http://AdvocateRO.com).



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# LET US KEEP YOU IN THE GAME

By Robert Swift, D.O.

Board Certified Orthopedic Surgery and Sports Medicine

It's back to school for our kids and Football season is around the corner and for a lot of people it can't come soon enough. However, with the onset of football season a lot of athletes can and will suffer injuries. High school and college football camps start and unfortunately injuries can occur. Hopefully many athletes took the opportunity to rest and recover during the off-season, have any ailments addressed and undergo rehabilitation recovery. Or started a rigorous off-season training program.

The highest rate of injuries occur in the preseason, followed by the regular season and then the playoffs or post season. The most common injuries typically are ligamentous injuries involving the ankle, the knee, the shoulder and the hip. Athletes who play football are seven times more likely to get injured in a game than in practice. Unfortunately, despite the improvements in equipment, and tackling techniques, concussions are still a significant part of the sport. Repeat injuries are common, as well as injuries occurring to compensate for a recovering body part. It's important to get the appropriate rehab, rest, and treatment to avoid significant season ending injury.

What can the college or high school athlete do to prevent these injuries? First, get a preseason physical. Make sure your previous ailments were addressed and you have no other injuries that require rehab before you get involved with your preseason conditioning program. Second, be involved in a preseason conditioning program that also includes cross training and participating in other sports.

Understand the importance of nutrition and hydration when training and recovering from your previous season. Single sport training can result in overuse injuries. 10% of athletes will have an injury from over training. Mix up your training. Consider bike riding, hiking, swimming, yoga, or beach volleyball to keep your whole body in shape. Isolating your training within a single sport can result in injury and loss of playing time.



With many nationally recognized high school and college football programs in the state of Florida, appreciate that summer camps are hot and humid. It's important to drink crystal clear, cold water as well as sports drinks to keep yourself hydrated, prevent cramps, and heat related injuries. Make sure all of your protective equipment fits and is in good serviceable condition. A piece of tape should not replace a broken strap or snap.

If an injury occurs in preseason, the regular season or game, no matter how slight, let your trainer or orthopedic sports medicine doctor know. Early intervention, bracing, rehab, and exercise can often quickly get you back in the game safely, preventing a season ending injury. The goal of athletic trainers and orthopedic professionals is to get you back on the field of play, provide education and intervention so you can return safely and successfully to the game of football. Help us do our job by keeping us informed early so we can keep you on the field and in the game.

## About Dr. Robert D. Swift, D.O.

Robert D. Swift, D.O. is a board-certified orthopedic surgeon and a Fellow of the American Osteopathic Association of Orthopedics. He has advanced training in minimally invasive surgery of the shoulder, knee, ankle, hip, and orthopedic trauma training.

Dr. Swift attended medical school at the New York College of Osteopathic Medicine. He completed a general surgery internship with the US Army at Dwight D. Eisenhower Army Medical Center. While stationed in Europe as an army physician, he supported missions and troops throughout Bosnia and Kosovo.

Dr. Swift completed his orthopedic residency training at the University of Medicine Dentistry of New Jersey, also known as UMDNJ-SOM/Copper Medical Center. After residency, he rejoined the military and was stationed at Ft. Campbell, KY. He was deployed as Chief of Orthopedics in Bagram, Afghanistan. His services are decorated by the Bronze Star Medal and the Meritorious Service Medal.

Dr. Swift is accomplished in his field. He has been a course instructor, presenter, and author on fracture care and on the minimally invasive shoulder and knee surgery.

Dr. Robert D. Swift, D.O., Board Certified Orthopaedic Surgeon, is a national leader in sports medicine and orthopedic joint care with over 20 years of experience in:

- Shoulder, rotator cuff injuries, dislocations, replacement, fractures, and regenerative treatments
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# WHAT IS VASCULAR DISEASE?

**V**ascular disease (vasculopathy) affects the blood vessels that carry oxygen and nutrients throughout your body and remove waste from your tissues. Common vascular problems happen because plaque (made of fat and cholesterol) slows down or blocks blood flow inside your arteries or veins. Lifestyle changes often help, but some people need medication or surgery.

Vascular disease includes any condition that affects your circulatory system, or system of blood vessels. This ranges from diseases of your arteries, veins and lymph vessels to blood disorders that affect circulation. Blood vessels are elastic-like tubes that carry blood to every part of your body. Blood vessels include:

- Arteries that carry blood away from your heart.
- Veins that return blood back to your heart.
- Capillaries, your tiniest blood vessels, which link your small veins and arteries, deliver oxygen and nutrients to your tissues, and take away their waste.

Some vascular diseases affect your arteries, while others occur in your veins. They can also happen only in specific parts of your body. Types of Vascular Diseases include:

- **Peripheral artery disease:** Like the blood vessels of your heart (coronary arteries), your peripheral arteries (blood vessels outside your heart) also may develop atherosclerosis, the buildup of plaque (fat and cholesterol deposits), inside them. Over time, the buildup narrows the artery. Eventually, the narrowed artery causes less blood to flow, which may lead to ischemia, or inadequate blood flow to your body's tissue. Types of peripheral arterial disease include:

- **Peripheral artery disease:** A blockage in your legs. Total loss of circulation can lead to gangrene and loss of a limb.
- **Intestinal ischemic syndrome:** A blockage in the blood vessels leading to your gastrointestinal system.
- **Renal artery disease:** A blockage in your renal arteries can cause renal artery disease and kidney failure.
- **Popliteal Entrapment Syndrome:** A rare vascular disease that affects the legs of some young athletes. The muscle and tendons near the knee compress the popliteal artery, restricting blood flow to the lower leg and possibly damaging the artery.
- **Raynaud's Phenomenon:** Consists of spasms of the small arteries of your fingers, and sometimes toes, from exposure to cold or stress.
- **Buerger's Disease:** Most commonly affects the small and medium-sized arteries, veins and nerves.

Although the cause is unknown, there is a strong association with tobacco use or exposure. The arteries of your arms and legs become narrowed or blocked, causing lack of blood supply (ischemia) to your fingers, hands, toes and feet. With severe blockages, the tissue may die (gangrene), making it necessary to amputate affected fingers and toes. Superficial vein inflammation and symptoms of Raynaud's can occur as well.

**Carotid artery issues happen in the two main carotid arteries in your neck.**

- **Carotid artery disease:** A blockage or narrowing in the arteries supplying your brain. This can lead to a transient ischemic attack (TIA) or stroke.
- **Carotid artery dissection:** Begins as a tear in one layer of your artery wall. Blood leaks through this tear and spreads between the wall layers.
- **Carotid body tumors:** Growths within the nervous tissue around your carotid artery.
- **Carotid artery aneurysm:** A bulge in your artery wall that weakens the wall and may cause a rupture.

Venous disease occurs in the veins. Veins are flexible, hollow tubes with flaps inside, called valves. When your muscles contract, these one-way valves open, and blood moves through your veins. When your muscles relax, the valves close, keeping blood flowing in one direction through your veins. If the valves inside your veins become damaged, the valves may not close completely. This allows blood to flow in both directions. When your muscles relax, the valves inside the damaged vein(s) will not be able to hold the blood. This can cause pooling of blood or swelling in your veins. The veins bulge and look like ropes under the skin. The blood begins to move more slowly through your veins and may stick to the sides of your vessel walls. Symptoms include heaviness, aching, swelling, throbbing or itching. Blood clots can form.

- **Varicose veins:** Bulging, swollen, purple, ropey veins, seen just under your skin. Damaged valves within the veins cause this.
- **Spider veins:** Small red or purple bursts on your knees, calves, or thighs. Swollen capillaries (small blood vessels) cause this.
- **Klippel-Trenaunay syndrome (KTS):** A rare congenital (present at birth) vascular disorder.
- **May-Thurner syndrome (MTS):** Your right iliac artery compresses your left iliac vein, which increases the risk of deep vein thrombosis (DVT) in your left extremity.
- **Thoracic outlet syndrome (TOS):** A group of disorders that happen with compression, injury or irritation of the nerves and/or blood vessels (arteries and veins) in your lower neck, armpit and upper chest area.

- **Chronic venous insufficiency (CVI):** A condition that happens when the venous wall and/or valves in your leg veins are not working effectively, making it difficult for blood to return to your heart from your legs.

Blood clots are formed when clotting factors in your blood make it coagulate or become a solid, jelly-like mass. When a blood clot forms inside a blood vessel (a thrombus), it can come loose and travel through your bloodstream, causing a deep vein thrombosis, pulmonary embolism, heart attack or stroke. Blood clots in your arteries can increase the risk for stroke, heart attack, severe leg pain, difficulty walking or even the loss of a limb.

- **Hypercoagulable states or blood clotting disorders:** Conditions that put people at increased risk for developing blood clots because they make blood more likely to form blood clots (hypercoagulable) in the arteries and veins. You can inherit these conditions (congenital, occurring at birth) or acquire them. These disorders include high levels of factors in your blood that cause blood to clot (fibrinogen, factor 8, prothrombin) or not enough natural anticoagulant (blood-thinning) proteins (antithrombin, protein C, protein S). The most aggressive disorders include circulating antiphospholipid antibodies, which can cause clots in both arteries and veins.
- **Deep vein thrombosis (DVT):** A blood clot occurring in a deep vein.
- **Pulmonary embolism:** A blood clot that breaks loose from a vein and travels to your lungs.
- **Axillo-subclavian vein thrombosis, also called Paget-Schroetter Syndrome:** Most common vascular condition to affect young, competitive athletes. The condition develops when your collarbone (clavicle), first rib or the surrounding muscle compresses a vein in your armpit (axilla) or in front of your shoulder (the subclavian vein). This increases your risk of blood clots.
- **Superficial thrombophlebitis:** A blood clot in a vein just under your skin.

Vascular diseases are very common in America, partly because so many people weigh too much and have diabetes. The most common vascular diseases include peripheral artery disease (PAD) and carotid artery disease.



Julian Javier, MD Leandro Perez, MD Tracy Roth, MD

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# INSTANT GRATIFICATION

## THE NEGATIVE EFFECTS ON YOUR DIET

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

**A**fter weeks of watching my diet, I find myself tranced while checking out at my local supermarket. The chip bags on my left...the M&Ms on my right. I know I shouldn't, but I do it anyway, and in no time, I'm munching on a MilkyWay. Wait - what just happened? Why did I cave when I knew well those 264 calories were a bad idea? I fell victim to the phenomenon of instant gratification, and I'm not alone.

We live in a world of instant access, and this isn't necessarily good news for our health. Fast food on nearly every corner, Uber eats to deliver whatever our craving desires, and Pizza Hut Express on your way out of Target. Temptation is everywhere, and we get what we want when we want it with little effort or thought.

There is actually a whole field of psychology dedicated to gratification. 'Instant gratification' is the desire to experience immediate pleasure or fulfillment instead of a better return in your future. You feel like you want something - and you want it now! Even though you know patience and discipline would yield a better reward, you cannot resist the urge of indulging in immediate bliss. "Damn it", you say soon after.

The most common examples of instant gratification occur with food. The bad news is that need for gratification and pleasure from food ends up as extra weight on our thighs or a roll we would rather be without. And, there is no instant or pleasurable way to fix the consequence.

*Here are some strategies to help you make the mindset switch from immediate to delayed gratification:*

**1) Is your health worth it?** To fight the temptation for unhealthy eating, we must feel that eating well to maintain our health is WORTH it. Ask yourself, "Is that hamburger worth developing cardiovascular disease?" "Is that Snickers worth a cavity?" Whatever your eating impulse, ask yourself if it's worth your future.



**2) Trust in the outcome.** To maintain healthy eating, we must feel it is worth pursuing BEFORE we have proof. No-one gets a small waistline after one day of eating healthy. We have to trust in the long-term outcome of our eating habits.

**3) Make small but sustainable goals.** Instant gratification stems from wanting everything right away, but overly ambitious diet goals often lead to failure. Examples of this can be in fast food. If you usually eat fast food daily, instead of quitting cold turkey, experiment with first limiting to maybe five times per week. Then, perhaps three, then one... then eventually none.

**4) Reinforce your motivation with milestone rewards.** Set small goals and reward yourself for their completion. That way, it gives you something to look forward to at each stage, and renews your motivation when you reach each milestone.

**5) Distract and avoid.** If the smell of fresh-baked pastries at Whole Foods causes your belly to rumble and your willpower to give in, skip those aisles. Don't pack your pantry with junk food you can't refuse. You will find it easy to resist the urges if you do not face the temptation at all.

We have the capacity to delay instant gratification. While toddlers have trouble with this, we should be able to manage!



**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.*



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# CATARACTS: YOUR TREATMENT OPTIONS

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

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

### What are the symptoms?

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

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

### How did I get Cataracts?

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

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

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

### How do I treat my Cataracts?

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

### About Quigley Eye Specialists

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



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

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

### What is an IOL?

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

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

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

### Which IOL is Best for Me?

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

### Cataracts with Astigmatism

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

### Laser Cataract Surgery

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

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

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

### References:

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



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

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



# Male Infertility

## A Brief Overview

**A**pproximately 1 in 6 couples will experience difficulty in conceiving 1 year after unprotected intercourse. About 7 million couples seek fertility evaluation in the U.S. annually. A male factor is solely responsible in 20% of the time. It is contributory in 30-40% of the cases. Because couples are delaying pregnancy to a later age is now recommended that if fertility is ever question that both male and female be evaluated.

### The goals of male infertility evaluation include:

- Identify potentially correctable conditions
- Diagnosis irreversible conditions that can be treated with assisted reproductive techniques using sperm of the male partner
- Diagnosis irreversible conditions that will require donor sperm for conception
- Identify life or health threatening conditions that affect fertility and require medical treatment
- Detect transferable genetic abnormalities if assisted reproductive techniques are used

The initial fertility evaluation consists of a complete medical and reproductive history, a physical exam, and 2 semen analysis. The reproductive history should include the timing infrequency of intercourse related to the menstrual cycle, prior fertility of both partners, duration of past or present infertility, childhood illnesses, developmental history, systemic medical conditions such as diabetes mellitus or chronic respiratory illnesses, prior surgeries, gonadal toxin exposures, sexual history including sexual transmitted disease history, and family fertility history. The physical exam will include examination of the male genitalia to determine abnormalities of the penis, urethra, testes, epididymides, vas deferens, and spermatic cords.

### The semen analysis will show the following:

- Presence or absence
- Sperm count and concentration
- The motility of the sperm
- The morphology or shape of the sperm

Based on the results of the initial evaluation, additional testing may be ordered. This may include blood work, imaging with ultrasound, genetic screening, post ejaculatory urinalysis, or sperm integrity testing.

### The following her common male infertility conditions that her correctable:

- **Scrotal varicose sees or varicocele.** This is a condition of abnormal varicose veins of the spermatic cord. This can affect both sperm production and maturation. The treatment consists of an outpatient surgery culture varicocelectomy.
- **Obstructive azoospermia.** This is a condition where there is normal production of sperm but they were unable to reach the ejaculatory duct. This is most commonly caused from a previous vasectomy. This can be treated with a phase sec to me reversal or with testicular sperm extraction which can be used for assisted reproductive techniques.
- **Hypogonadism.** This condition relates to inadequate signal into the testicles to produce sperm. This can often be treated with medication.

This particle gives a very brief overview of male infertility evaluation and treatment. Evaluation is is important not only to diagnosis underlying malignancies (6% of male infertility patients) but also to identify potential genetic abnormalities that can be transferred with assisted reproduction. Because some conditions are irreversible, it is essential for couples and no that they will need to consider donor sperm or adoption.



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# SO, IS SUGAR THAT BAD FOR ME?

By Svetlana Kogan, M.D.

**W**hen we think of bad sugars, most of us conjure up the images of fast carbs – the ones that send blood sugar soaring-like bagels, cookies, and white bread. While these will surely pack on pounds, there are some important truths about carbohydrates in general. They are essential for peak energy and brain-power, since the glucose they are converted to is the preferred form of fuel for the body and the brain.

And why is it a preferred source of energy? Because it is the fastest! Unfortunately though, the fast carbs we tend to turn to have a high glycemic impact. This means that they will flood the bloodstream with glucose (sugar) triggering a rapid insulin peak, which fosters fat storage. It makes sense: we don't need all that much sugar for energy, so insulin will move some of it into the liver and some into the muscle for storage as glycogen, and the rest will be stored as a fat. Some common examples of high GI sugars: white bread, white rice, corn flakes, cookies, and candy.

The analogy I used in my book "Diet Slave No More!" is: "As sugars rapidly enter our bloodstream, the liver "policeman" calls upon his partner pancreas to release a "police dog" called insulin – and together they all go to work, trying to clear "the streets" of blood vessel from all the sugar floating in there.

Sugar criminals that cannot be caught and cuffed as glycogen - turn to fat deposits.

This explains why people whose diets are highest in fast sugars are also the most obese. Moreover, a study published in The Lancet, a reputable British medical journal, found that a diet rich in fast carbs doubled body fat storage. This redundant fat storage happens to be very dangerous for people with fatty liver. This is a very common condition in which a person does not have any symptoms, but on a routine blood test the doctor discovers that the liver numbers are off and the ultrasound of the liver shows extensive fatty deposits. Over the course of time, this condition could lead to liver cancer. So, you can see how everything is interconnected and how loading yourself with cookies can lead to unexpected nasty issues over the years.



In addition to harmful fat deposits, fast sugar with its powerful insulin peaks causes a subsequent steep drop of blood sugar below normal levels. Such dips result in mood swings and appetite spikes. This of course fuels a cycle that makes over-eating inevitable. Studies show that people, who eat meals high in fast carbs, eat way too much food over the next 5 hours – about 82% more than average.

Another downside to fast (high Glycemic Index) sugar foods, which is very relevant for today's world – is that a sugar overload creates a high oxidative stress on the body. To put it simply, when the body's resources are being used up on sugar utilization and "clearing up the streets of arteries" – the person is actually at highest risk from having viruses like Coronavirus wreak havoc on their immune system, cardiovascular integrity – and lead to poor clinical outcomes.

But I don't mean to give sugar a bad name. I don't like extremes. In fact, people who steer clear of sugars entirely, hoping to burn their inner fat stores – a so-called ketogenic diet – end up in another trap. When energy derived from sugar is in short supply, the body starts consuming lean muscle as a fuel long before it will tap into the fat as energy source. Do you really want to start losing your muscles on a ketogenic diet? I didn't think so. I saw a study in which subjects whose carbs consumption was extremely low, lost an average of 32%

of lean tissue in 12 weeks! And the body is not stupid: when it senses how the muscle gets "cannibalized" by ketogenic diet, it slows down its metabolism altogether. This is what I described in my book as a "Starvation mode" – an energy-conserving state which can slow your metabolism by 40%. And since carbohydrate deprivation robs the brain of the sugar needed for peak performance on the go, you are guaranteed to have brain fog and inability to focus.

Avoiding the high glycemic index and processed foods, and eating smaller portions frequently – will help avoid the extremes and steer your metabolism in the golden middle.



**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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# Diabetes Adversely Affects Foot and Leg Health

*Dr. Michael J. Petrocelli, Board Certified in Ankle and Foot Surgeries*

**D**iabetic neuropathy is a progressive disease that affects nearly 200,000 new patients per year. Roughly, 29 million Americans have diabetes. Many of these cases are undiagnosed, but for those individuals that struggle with the disease, symptoms of diabetic neuropathy can be debilitating.

People with diabetes have an extremely high storage of glucose; Glucose damages many organs in the body but also has a severely adverse effect on nerves. This nerve damage happens because the small blood vessels, which supply blood and nutrients to the nerves becomes impaired. When the nerves are no longer fed nutrients, they either die, or their signals to the brain are ineffective.

Individuals with diabetes are at a higher risk of developing foot ulcers. These are not just simple wounds that are to be overlooked. When a diabetic person develops these foot ulcers, it can be life threatening.

Understanding the disease state is complex, but in short, having high blood sugar levels, along with low blood and oxygen supply, damages the nerves throughout the body. This damage affects the long peripheral nerves that feed sensations to the legs, feet, and toes from the spinal cord, through communication with the brain. If your condition has progressed, along with nerve damage, you may develop lingering sores on your feet and toes that are resistant to healing.

## Diabetic Foot Neuropathy Symptoms

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



Once the peripheral nerves are damaged, there is no cure. Along with medications and drug therapies, there are proven methods to lessen the symptoms of diabetic foot neuropathy.

## Foot Ulcers

Because of the nerve damage, the feet will most likely not secrete oils or sweat properly and can develop cracks and deep slits from dry skin. Calluses can also split, and once these issues start to take place, bleeding, infections and non-healing wounds form on the bottom of the foot and toes. The lack of blood supply and the nerve issues, do not allow the wound to heal properly on its own. Along with this disorder, the individual will continue to put pressure on the foot; this rubbing action is similar to wearing a hole in your sock or shoe.

It's critical to keep your glucose levels regulated.

## Diabetic Foot Ulcer Treatment

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

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

## 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. Podiatrists treat the entire knee down area of the leg, so if you are experiencing diabetic leg, ankle, or foot wounds, rest assured that Collier Podiatry's podiatric care is your best option.

Their kind and well-trained staff are ready to answer your questions and concerns and get you back on your feet again. Collier Podiatry is available to answer your questions and make your appointment. Please call them at (239) 775-0019.



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You meet for class once a week at a location that is convenient for you. Classes will be held on campus at Hodges University in Fort Myers, or in the Hodges Direct classrooms located in the Community Resource Center of Goodwill in Port Charlotte or in Naples at a location to be announced. You can attend class one evening a week or on a Saturday.

"This flexible schedule is great for students that are balancing a full-time job, a family or a shift schedule," added Dr. Meyer. "There is the added benefit of building a network and a sense of camaraderie with your classmates."

Classes start at the end of August. To find out more about The Wheel, you can visit [Hodges.edu](http://Hodges.edu), stop by the Hodges University campus at 4501 Colonial Blvd. in Fort Myers, call (239) 938-7700, or email [Admissions@hodges.edu](mailto:Admissions@hodges.edu). Scholarships and financial aid are available.



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# PHYSICIANS REGIONAL WELCOMES PRIMARY CARE PHYSICIAN, DR. LLOYD HUGHES D.O.

**P**hysicians Regional Healthcare System is excited to welcome Dr. Lloyd Hughes to their medical staff. Dr. Lloyd Hughes, is Board Certified in Family Medicine and specializes in all aspects of primary care for adolescents and adults. His preventative care services include physical exams, pro-operative assessments, and Medicare wellness visits. He holds a Diplomate status of American Board of Family Medicine by maintaining CME and passing the board exams since 1989 in good standing.

Family Medicine is a medical field of primary care that provides continuing and comprehensive health care for families. A Primary Care physician provides care across all ages, genders, diseases, and parts of the body. Dr. Hughes says "It is a privilege to help people and allows me to meet and enjoy caring for a wide spectrum of people and do the best I can to meet their health needs."

A doctor of osteopathic medicine (D.O.), such as Dr. Hughes, has graduated from a U.S. osteopathic medical school. A doctor of medicine (M.D.) has attended and graduated from a conventional medical school, are allopathic doctors. Both are fully trained, licensed doctors and complete residency training in their chosen specialties. They both must also pass the same licensing exam before treating people and prescribing medications. D.O.s tend to focus more on holistic health and prevention and provide manual medicine therapies as part of their treatment. In holistic health, all parts of the patient are considered during treatment, including their mind, body, and emotions.

Dr. Hughes has always had a love for people, science and healthy living. His aspirations for medicine grew in his early college years as a volunteer in hospitals and with private physicians in rotations. He says "Family Medicine seemed a natural choice for me because it allows one to spend time with patients and manage the family and community in which you serve to help in gaining and maintaining a healthy lifestyle and practice preventative care."



Before moving to Florida, Dr. Hughes practiced in Wisconsin for 33 years. During that time his emphasis has always been to listen to the patients first and try to solve any problems with them, not dictate to them. His focus is health and prevention with emphasis on disease prevention.

Dr. Hughes specializes in all aspects of primary care for adolescents to adults. He provides treatment for sports injuries, diabetes, hypertension, arthritic disorders, asthma, COPD, lipid disorders, cryosurgery of pre-cancer skin lesions and warts, various infections, anxiety/depression and simple wound management. Dr. Hughes prefers to sit down with patients and speak to their needs and try to address concerns or he will call with labs results and address them then.

Typically, one should visit their Primary Care Physician for routine health visits annually. Or every 3-6 months if health concerns are more demanding. Many common questions that can be answered by your Primary Care Physician are weight loss, prevention of diabetes, hypertension and cancer prevention.

Dr. Hughes assures his patients he will always be there to answer their questions and concerns. By having a one on one conversation and listening intently, he learns the concerns of the patient and can make well thought out solutions for all their health care needs. With no other distractions or computer between him and the patient, Dr. Hughes is able to make a personal connection with each of his patients.



**DR. LLOYD HUGHES D.O.**

Dr. Hughes practices comprehensive medicine for your family, he also enjoys everything from fishing to hunting to swimming and golf in his free time. Schedule your next appointment with Dr. Hughes. Physicians Regional Healthcare System welcomes Dr. Lloyd Hughes.



#### 2 CONVENIENT LOCATIONS

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# FACELIFTS PERFORMED WITH OR WITHOUT ANESTHESIA

By Gunnar Bergqvist, MD

**F**acelifts are performed as Full or Limited procedures and give lift to different areas of the face. These can be done surgically, with or without anesthesia. The minimally invasive treatments do not produce the same results, but may be just what a patient needs. Which approach that is best for you, is a decision made during your consultation with Dr. Bergqvist. He also evaluates if a patient would like to replace lost fatty volume by way of fat transfer or fillers and offers skin treatments such as laser, peels or resurfacing improve the skin's texture. Although a facelift can improve the appearance of sagging, wrinkles and aging, it does not stop the aging process.

**Deep Plane Full Face Lift**, is the most common facelift with long-term effects, which involves tightening the deeper structures. Its also known as **SMAS**, which stands for submuscular aponeurosis system. This is performed on the deeper tougher tissues which retain the deep structures of soft tissue within your face. Anticipated recovery: 2 weeks of sutures and swelling, (can be longer). There are incisions for this surgery around the ear, extending into the hairline posteriorly, and a small incision under the chin. A compression garment is necessary to wear for a total of 1 month. Initially, all the time for the first two weeks, then, reduced night time wear. Generally, your friends and family will be quite aware that you had a surgical intervention.

Limited surgical face lifts, like the **Thread Lift** tightens the lower face and cheek area by inserting threads with small hooks them. Often used on lesser sagging and these do not last as long.

**Ponytail Lift** requires a cut above ear in hair line. A small amount of skin and deep structures are lifted at the midface.



**Renuvion/J Plasma** is a newer modality that was just cleared by the FDA for face and neck tightening. This procedure uses a small canula that is inserted under the skin. A helium plasma beam delivers energy to the tissue thereby generating collagen creation and skin tightening. There are no incision, but a small puncture. This procedure has shown to have great results and is state of the art in technology. The benefit of this compared to facelift is reduced downtime and no true incisions. Results are great but not immediate, about 3-5 months.

Other less invasive modalities include stimulation to the skin by means of either needles, ultrasound or chemicals which can improve the appearance of the face.

A well-known noninvasive facelift is Ultherapy which is focused ultrasound energy that creates microwave injuries at multiple levels of the skin and deeper tissue, thereby creating tightening over the next 3-6 months. This can be very good option for some candidates and requires no downtime.

Often to get the best results, Dr. B may have to restore some volume in the face which may involve injectables such as hyaluronic acid or taking some fat from the patient itself and fat grafting.

All procedures can be done with or without anesthesia. The benefits for having no anesthesia would be reduced bruising, nausea and increased privacy. Nausea and vomiting after anesthesia cause pressure and may create much more swelling and bruising. Under the experience and skill of double boarded Plastic & Reconstructive Surgeon, Dr. Gunnar Bergqvist, MD, any of the facelift procedures may be done in-office, using the Tumescent Lidocaine Delivery, offering more privacy. However, Dr. & patient may choose to use anesthesia in the surgery center. It's important these procedures are only to be performed by a board-certified Plastic Surgeon. They should have training in Tumescent surgery in addition to a Certificate proving they are Boarded by the *American Board of Plastic Surgeons, ASPS*.

Ask your doctor how many facelifts they have done, where and how long they trained. No one should be delivering cosmetic procedures if they have completed residency training in another field or doing procedures if they are for example, an Internal Medicine Doctor who has gone to weekend courses for cosmetic clinical applications. Beware of "Physicians" who go to medical school and skip any residency. It's not safe or cheaper! In fact, DR. Bergqvist sees the damage done by many patients from undertrained "aesthetic" clinicians. Just because someone with less training offers a less invasive treatment, does not mean it's the correct one. Why not go to the right surgeon who offers ALL the options with the best advice possible for the specific results you are looking for?

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



# THE AUVAN CLINIC - WHAT MAKES US DIFFERENT?

**W**eight loss starts in the mind. Most adults can tell you HOW to lose weight. Take in less calories, exercise to burn more calories. Weight loss is a simple concept, but a deeper issue. Shedding pounds doesn't just make you look better. Shedding pounds makes you FEEL better. But until your MIND is ready to accept that the goal of weight loss is your whole body FEELING better and LOOKING better, you will make no progress.

At the **AuVan Clinic** we begin at the cellular level to assess any underlying health conditions that may be hindering your weight loss, causing you fatigue that decreases your desire to exercise or preventing your body from functioning efficiently.

Our medically supervised concierge weight loss program makes the AuVan Clinic an exclusive source for accountability and success. We focus on changing the way you look at food. We offer counseling, a partnership, education and retraining the mind. Some clients need to change the environment where they consume food, some need meal plan ideas, some need health coaching, work out instructions or more interactions with the provider. At the AuVan Clinic, we tailor your weight loss program to help you reach your goals.

In our busy lives, it's easy to choose what's fast or easy over what is healthy. When you have good food options in your pantry, freezer, and refrigerator you can easily pull together meals and snacks to keep you and your family on track. The AuVan Clinic offers a customizable shopping tool to help you plan, purchase and prepare meals. A meal plan centered around nutritional patterning is then created with your input. It is individually tailored to increase energy and improve wellness. Additionally, we can help you organize your kitchen which may just help you organize the rest of your life.

Health and Wellness Magazine sat down with **Aubrey Fulton, APRN** to find out how the AuVan Clinic's approach to weight loss is different from other programs. Below are highlights from the interview.

**Health & Wellness: "How would you define a concierge weight loss program?"**

**AuVan Clinic:** A concierge weight loss program is a retainer program where the client pays a retainer fee. The client has personal access to the provider



for personal support, to ask questions, change and modify goals, meals, exercise program and medication etc. A program that is not concierge requires clients to make or schedule appointments, your desired time may not be available, but the concierge client is not subjected to this inconvenience.

**Health and Wellness: "What sets you apart from other types of weight loss programs?"**

**AuVan Clinic:** Most importantly is the availability of our provider, this is key because you may not be able to wait for an appointment and thus, availability is an asset. This is convenience. Other programs usually require appointments and wait times etc. and usually when you get in you are a number and is given 5 minutes, very little can be done within such timeframe. In this concierge program you are not a number, a client, a patient, but a partner. Our program provides a personalized plan of care due to it being concierge, every plan of care is tailored not from a bank. In this program we partner with you, meaning you assist in your goals, plans etc. AuVan focuses on a mindset change, accountability, and commitment. Most program provides you with medication only, while we provide holistic care. Instead of us looking at just your weight and treat this separately, we focus on what may be contributing to the weight gain and treat that issue.

**Health and Wellness: "Can you help our whole family become healthier?"**

**AuVan Clinic:** Yes, that is the mindset and environment change. Weight gain is usually not unique to just an individual, your mindset changes and attitude most often will influence family members to adopt your lifestyle, thus overall, the shift. For example, the parent's choices will provide for the children, thus breaking the cycle.

**Health & Wellness: "What about when I travel or eat at a restaurant? How will I know what the best option for me is?"**

**AuVan Clinic:** It is not an issue, that is the reason we do not promote shakes and fad diets because that is not realistic, secondly it is not sustainable. We promote a mindset change that prepares you to fit into the regular environment/world that does not compromise of shakes and fad diets. Almost every restaurant inclusive of fast-food chains have healthy choices, but attitude and mindset if unhealthy will lead to ignore these, but once educated, eating out is not an issue.

**Health & Wellness: "What if I cheat? or have a bad day and fall off the wagon?"**

**AuVan Clinic:** It happens, and for that reason accountability is a part of the program. If you cheat, it is your responsibility to admit the error and make the relevant changes. Having a bad day is normal, no one is perfect, and a bad day does not mean failure. A bad day must be seen as a learning experience, experience brings forth wisdom.

**Health & Wellness: "Can I drink alcohol while trying to lose weight?"**

**AuVan Clinic:** Yes, you can, the offence is not the alcohol, the offence is ignorance to the content and type of alcohol. Each brand and content are different, some may contain more carbs, sugar, and excessive calories etc. While enrolled with our weight loss program, this is an easy question to text or ask our provider at the appropriate time, while on other programs this is usually not possible.

#### **Aubrey Fulton APRN**

Aubrey is a graduate with honors from South University, fully licensed, autonomous board-certified Nurse Practitioner, who brings to the community, his wealth of knowledge. With over 21 years of nursing experience, he provides a unique clinical experience, enhanced by his diverse background in nursing. He is committed to act as a patient advocate, and practice medicine with a holistic approach.

Aubrey has served in the community as a nurse educator and was recognized as Nurse Mentor of the Year by NCH Healthcare System in 2015. Aubrey has been successful in creating a personalized, concierge weight loss and management program which aims at not only weight loss, but a total body health and wellness.



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**239.799.7219**

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

# DETOXIFY AND RESTORE THE BODY AT THE CELLULAR LEVEL

**HOCATT™ stands for Hyperthermia Ozone Carbonic Acid Transdermal Technology.**

**H**yperthermia means your body is raising its internal temperature. That raises your metabolic rate and burns fat cells and kills microbes causing infections.

The HOCATT™ device looks like a ceramic pod. After sitting on the chair, the doors are closed with your head outside the pod, allowing you to view everything happening in the room. A soft towel supports your neck as you breathe in oxygen through an oxygen mask. While you're in this position, your body is being worked on from the inside of the pod. Steam fills the inside but it's not as hot as a sauna. As your skin heats up, the healing effects begin. Pulsed EMF enters your cells from the back and infrared heat fills the pod from near the floor. Your cells breathe in ozone, and the extra oxygen combines with the steam to form carbonic acid that brings stress relief. You're in the pod for 30 minutes, and then shower before leaving.

You'll feel light, refreshed, and clean on the inside and outside. You've been detoxified, rejuvenated, oxygenated, and are deeply relaxed, happy, alert and WELL. Each session deepens these feelings and life takes on new meaning.

You always make choices in health. Maybe you are trying to overcome an illness or reverse aging. You could soon come to a point where it's time to make choices. Treatments A, B, and C will help the most but your personal funds only allow you to get treatment A this month, B next month, and treatment C only when A and B are finished.

Not anymore... since HOCATT™ treatment has come to Vidaful Medicine in Naples, Florida. It's the first type of medical treatment equipment that actually combines not 2 or 3 powerful treatments but 10 treatments all at the same time, saving you time of getting individualized treatments as well as money for all of them. It's actually the ultimate holistic approach toward wellness, and that's why athletes,



top executives and even motivational speakers like Tony Robbins - all champions in their own right - count on HOCATT to keep them at the top of the heap.

**The HOCATT offers a combination of benefits including but not limited to:**

- **Detox** – improves immune function and promotes longevity
- **Weight loss** – reduces cellulite and enhances weight loss, burning up to 600 calories per session
- **Anti-aging** – increases oxygen delivery to your cells
- **Improves complexion** – blood flow is improved to your skin, creating a healthy glow
- **Stimulates collagen and elastin synthesis.** Improves skin tone and activates skin tissue
- **Improves brain function and memory**
- **Oxygenates the body** – improves energy levels quickly
- **Promotes healing** – faster recovery from sports injuries and exercise

- **Reduces inflammation**
- **Relaxes muscle tension**
- **Reduces pain**, calms nerves and increases Serotonin levels (relaxing)
- **Improves cardiovascular function** by cleaning arteries and veins, improving circulation and maintaining healthy blood pressure
- **Inactivates and kill viruses**, bacteria, yeast, fungi, parasites and protozoa
- **Oxidizes toxins** and facilitate their excretion
- **Scavenges free radicals**
- **Stimulates antioxidant enzyme production**
- **Improves absorption of nutrients**
- **Normalizes hormone and enzyme production**

HOCATT is the brainchild of Andre Smith, with the initial prototype designed in 2002, and the first machines for sale in 2004. Since its inception, HOCATT has been all about integration of as many of the greatest health therapies as possible into a single, synergistic experience, allowing for greater benefit than through any of the individual modalities alone. Over the years, more and more therapies have been added.

A CLINIC WITH HOCATT OFFERS TOTAL BODY WELLNESS IN THE FRACTION OF TIME IT NORMALLY TAKES

The logo for Vidaful Medicine features a stylized green leaf icon to the left of the word "VIDAFUL" in a large, serif font, with "MEDICINE" in a smaller, sans-serif font below it. Below the logo, the text reads: "To find out more, or to schedule your appointment, please call 239.920.7676 or visit www.vidaful.com." At the bottom, the address is listed: "7955 Airport-Pulling Rd, Suite 101 Naples, FL 34109".

**VIDAFUL**  
MEDICINE

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

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

# Can't Get Started on Writing Your Will? Free Help Is Here

By Annalise Smith, Chief Philanthropy Officer, Avow Foundation, Inc.

I can still see the anxiety on the faces of the family gathered in room 3 North of our hospice house: their beloved friend and brother was dying without a will. During his career as a professor, he had built an enviable reputation and a small fortune, as well as a collection of valuable artwork and antiques. But because he had not completed an estate plan, his family did not know what to do with the assets he would leave behind. They had no legal power to make decisions for him – they could not pay his bills, sell or give away his possessions, or make gifts on his behalf to the charities that reflected his interests and values. At a time when his family was frozen with grief, they were also frozen legally, unable to speak for our patient when he could not speak for himself.

August is National Make A Will Month, a time for all of us consider how we want our assets to be distributed after we have passed. Wills are an important part of a comprehensive estate plan, which may include instructions on who should take custody of dependents and pets, who can step in to pay our bills when we can't, and how we choose to be cared for at end of life. At Avow Foundation, we call this a "peace of mind plan" because it relieves both the drafter and his or her heirs from worry about end-of-life issues that otherwise could be overwhelming, complex, and/or expensive to resolve.

All our work at Avow Foundation, in fact, is about peace of mind. We help community members understand how a will and estate plan can help them use their assets after their passing to support the people and the causes they love. While we are not attorneys, we can give general guidelines about how various estate planning tools can help community members avoid taxes or probate court and protect their assets through charitable gifts. This free guidance can be helpful for those new to estate planning or those who don't know quite where to start. We also offer planned giving information on our website at <https://avowcares.giftplans.org/>.

Avow Foundation also helps people learn how to make charitable gifts that reflect their values – and that are used appropriately by the recipients. For most of us, a donation to a charity is a deep beat of



our hearts: it is the life force that pushes who we are – and all the sacrifices we have made in our lifetimes – into the causes we love long after we are gone. We deserve to know that our gifts will be cherished and used in the ways we intend. Does a charity you like have a solid program to reach out regularly to its donors, for example? Does it welcome visits, report how donor gifts are used, and show the meaningful impacts they are making for their cause? Does it have a special membership group like Avow's Living Legacy Society to recognize those who make a planned gift? Does the charity have top-quality ratings for its transparency on websites such as GuideStar? Does it work cooperatively with its local community foundation?

We understand that it's easy to put off making a will or estate plan to "later" or "after" some future event in your life. Unfortunately, too many people like the patient described previously suffer an unexpected illness or disability that derails their lives and leaves loved ones unprepared to step in to help.

To help you get started, and in recognition of National Make A Will Month, Avow Foundation invites you to a free, no-obligation lunch and learn featuring attorney George Wilson of Wilson & Johnson, estate attorneys serving Southwest Florida families. Mr. Wilson will present "How to Avoid a Probate Administration! Keep Life Simple for Your Family" on Tuesday, August 30, 2022 from 11:30 am to 1:00 pm in the Ispiri community center on Avow campus in Naples. The address is 1095 Whippoorwill Lane (off Pine Ridge Road just west of the I-75 overpass). *To reserve your seat, send a message to [foundation@avowcares.org](mailto:foundation@avowcares.org) or call (239) 280-2288.*

*Additionally, you can join us Friday, September 16, 2022, from 11:30 a.m. to 1:00 p.m. for a free lunch and learn presentation in Ispiri on Five Wishes, an easy-to-use advance directive document written in everyday language that will be distributed, along with helpful information about the resource. You can reserve your spot for this event by emailing [mark.beland@avowcares.org](mailto:mark.beland@avowcares.org) or calling (239) 280-2288.*

We also welcome your questions about Avow Foundation and our work in the community. We are privileged to be one of the rare charities in Southwest Florida that has the potential to benefit every person, regardless of age or any other measure. To learn more about Avow, visit [www.avowcares.org](http://www.avowcares.org). Click on the "Ways to Give" or "Planned Giving" options in the menu for more information about Avow Foundation. You can always reach us by phone at (239) 649-3683 or by email at [foundation@avowcares.org](mailto:foundation@avowcares.org).





# Refresh your Body and Sexual Health

Kathleen M. Marc, MD, Medical Director  
Board Certified by the American Board of OB/GYN

**N**obody talks about it but women should know. There is no reason that women must suffer from symptoms of low estrogen, called Genitourinary Syndrome of Menopause. Sexual symptoms can include lack of lubrication, discomfort or pain, and sexual dysfunction. Urinary symptoms can include urinary urgency, frequency, burning, and recurrent urinary tract infections.

There are a number of reasons and circumstances that can cause low estrogen including menopause, during the postpartum period after childbirth, during lactation, after a hysterectomy, or due to anti-estrogen treatments used in breast cancer

There are both hormonal and non-hormonal treatments. Estrogen therapy is the most common and can help but not everyone is a candidate for that.

There are a number of new and exciting non-hormonal treatment options that are based on the idea of Regenerative Medicine, and the concept of using the power of your own body to regenerate your own tissue.

One of the best and most effective non-normal treatments is called ThermiVa and is based on the use of a radio frequency device that encourages new collagen production, blood supply, and moisture. It is a non-invasive solution for changes in the labia and vagina that happen with childbirth or after menopause. ThermiVa improves sexual function, increases sensitivity, and improves sexual satisfaction. ThermiVa can also enhance the aesthetic appearance of the vagina and labia. It tightens the labial tissues and can reduce sag, resulting in softer and smoother skin. It improves vaginal dryness, helps with painful intercourse, and helps to reduce urinary incontinence.

Treatments are once a month for three treatments and generally take about 30 minutes. The device is a small, smooth probe about the size of a finger inserted into the vagina with



ultrasound gel. It is a pain-free procedure and requires no downtime. The treatment is gentle and relaxing and has been described as feeling like an internal warm massage.

Results vary with some patients having immediate improvement, while most effects become noticeable in two weeks and continue to improve over a three-month period of time as collagen formation occurs. A maintenance treatment once a year is recommended to continue enjoying excellent results.

ThermiVa may be used by itself or in combination with another effective procedure called the O-Shot.

The O-Shot is another non-hormonal treatment that can be performed as an alternative procedure or done in combination with ThermiVa, called Thermi-O.

It again calls on the power of your own body to regenerate tissue. It is an all-natural, painless, non-surgical procedure that can rejuvenate and revitalize vaginal and clitoral function giving markedly improved sensitivity and significantly enhancing sexual function. Many women lose urine when coughing, laughing, sneezing, or exercising. It can be an embarrassing and frustrating problem. Because the O-Shot procedure offers rejuvenating capabilities, there is help without the need for surgery.

The O-Shot is an in-office procedure where the patient's blood is drawn and placed in a centrifuge which is used to isolate the red blood cells from the clear plasma. The red cells are discarded, and the plasma is treated with a special process to activate the plasma, which contains a high concentration of platelets (PRP- platelet-rich plasma). Then, using a very tiny needle, the PRP is injected back into the clitoris and

lower vagina into the area most important for sexual response. When the PRP is injected, the body sees it as an injury and calls forth 7 different growth factors as well as the patient's own stem cells to start the healing cascade which causes collagen production, the production of small blood vessels, and stimulates nerves. The O-Shot can help with decreased libido, stress urinary incontinence, vaginal dryness and resulting painful intercourse, urge and stress urinary incontinence, lichen sclerosis, and lichen planus. It improves sexual response.

The combination of ThermiVa and the O-Shot seems to have additive benefits in alleviating these symptoms. The addition of vaginal estrogen, for those who are candidates, can also have a combined effect and enhance improvement.

There is no need to suffer from these symptoms. Because people don't talk freely about these types of symptoms, many women are unaware that help is available. We hope to spread the word that patients can refresh their health and improve their lives with these regenerative non-invasive treatments.

## Aesthetic Treatment Centers

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

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



Hours: Monday - Friday 9-5  
Saturday: By appointment

**(239) 322-3790 | atcnaples.com**

Office  
720 Goodlette-Frank Road, Suite 300  
Naples FL 34102



# ASK THE EXPERT

## 5 Ways to Support Your Hearing Health

Dr. Rachel Edwards, AuD

### 1 Know the Signs

More than 466 million children and adults have disabling hearing impairment, according to the World Health Organization, but nearly all hearing loss can be treated. One of the first steps is recognizing the potential signs. If you experience muffled speech sounds, difficulty hearing on the phone or in a crowd, trouble understanding women’s or children’s voices, or complaints from loved ones about your TV or radio volume, consider a professional hearing test.

### 2 Curb the Noise

Did you know? Noise-induced hearing loss – a largely preventable public-health problem – affects children and adults and is on the rise, according to the Hearing Health Foundation. Whether rocking out at a summer concert, enjoying New Year fireworks, or using power tools, consider limiting the duration of your noise exposure and wearing quality hearing protection.

### 3 Hold the Swabs

If you like the feeling of a cotton swab rubbed in your ear, you’re not alone. It’s a common habit but, oh, so dangerous. Sticking objects in your ear can cause injury and push earwax farther into the ear canal. To remove excess cerumen, use a warm soft cloth after washing or showering, or soften the wax with drops of warmed olive oil, water, or a commercial solution — as long as you don’t have a perforated eardrum. In cases of persistent ear pain, hearing loss, or blockage of the ear canal, contact us for a professional evaluation.

### 4 Bring on the Bananas

Healthy eating offers endless benefits, including better hearing wellness, so consider selected fruits, vegetables, legumes, and other key foods that can make a difference. Bananas, for example, pack potassium, which plays a role in regulating the inner-ear fluid crucial to healthy hearing. Look for foods rich in vitamins and minerals such as A, C, E, folate, magnesium, and zinc, too.



### 5 Schedule Regular Checkups

It’s easy to make better hearing a family affair by scheduling hearing evaluations for the whole household. How often? At least once a year, just as you would for your eyes or teeth. Staying atop your hearing health helps catch any potential changes or problems early, which is important for overall wellness.

Many prevalent health conditions have a very strong link with hearing loss. We know today that the consequences of untreated hearing loss can have a far-reaching and devastating impact on one’s health.

- Untreated hearing loss can affect cognitive brain function and is associated with the early onset of dementia.
- 21% of diabetics have hearing loss compared to 9% of non-diabetics.
- Hearing loss is tied to a higher incidence of injury-causing falls, and more frequent and longer hospitalizations.
- High frequency hearing loss is a side effect of cisplatin and carboplatin, both chemotherapy medications used to treat certain cancers.
- Women of all ages and adults age 18 to 69 with hearing loss are more likely to experience significant depression.

At Decibels Audiology, our in-depth hearing exams are performed by university trained Audiologists who truly understand the relationship between hearing loss and underlying medical conditions. This is why more than 250 local physicians refer their patients to our office.

**Call us today to schedule your FREE hearing test! We can’t wait to HEAR from you!**

*Dr. Rachel Edwards, AuD, joined Decibels Audiology in the summer of 2019. Rachel is a Tennessee native and received her Bachelor of Science in Audiology and Speech Pathology from the University of Tennessee in 2016 (Go Vols!). She graduated with her Doctorate of Audiology from Northeastern University in Boston, MA. Rachel has been loving enjoying the Florida sun and escaping the frigid cold of the northeast. Rachel is passionate about forming positive relationships with patients and improving their overall quality of life through hearing health care.*

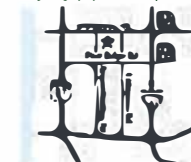


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# Can a High-Tech Chair Cure Incontinence

By Joseph Gauta, MD, FACOG

Do you wear urinary pads or diapers? Do you leak when you exercise or sneeze? Aging, childbirth, and menopause can all lead to incontinence. There are many treatments such as surgical procedures, pessary devices, and medications to help cure or reduce incontinence.

**T**here is a new device by BTL called Emsella that makes incontinence treatment as simple as sitting in a chair! The Emsella is a unique chair that patients can simply sit and relax in (fully clothed) and have their pelvic floor significantly strengthened during a 28 minute treatment.

The Emsella chair is being touted as the Kegel throne. Each treatment provides the equivalent of doing over 10,000 kegel exercises. It produces high-frequency vibrations with thousands of contractions per session that tighten the pelvic floor muscles and the bladder. Results can often be noticed as quickly as the first treatment. Most women and men will undergo just six sessions in a full three-week program to restore their pelvic muscle strength. The best part is, 67% of treated patients totally eliminated or decreased the use of hygienic pads, and 95% of treated patients improved quality of life.

## Who Is The Right Candidate For BTL Emsella?

BTL Emsella™ is a great option for patients of any age who desire solution for urinary incontinence and improvement in their quality of life.

## How Long Is The Treatment?

### How Many Sessions Do I Need?

Your provider will tailor a treatment plan for you. A typical treatment takes 28 minutes and you will need about 6 sessions, scheduled twice a week.

## What Does The Procedure Feel Like?

### Is It Painful?

You will experience tingling and pelvic floor muscle contractions during the procedure. The treatment is painless and you may resume daily activities immediately after the treatment.



## The following patients should not seek Emsella treatment.

1. Subject is pregnant, planning to get pregnant or within 3 months postpartum;
2. Subject has a pacemaker;
3. Subject has an implant or IUD containing metal (e.g. copper 7);
4. Subject has piercing between the waist and knees and is not willing to remove it before each treatment

## How Fast Will I See Results?

You may observe improvement after a single session. The results will typically continue to improve over the next few weeks.<sup>1</sup>

This progressive treatment is helping numerous men and women find their freedom, confidence, and get their life back without having to worry about urinary incontinence. Emsella has been featured on the Doctors and in various news and media outlets.

### References:

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



## Some comments from local users:

- I don't have to worry about peeing when I sneeze anymore
- My husband definitely notices the difference
- I just feel lighter down there.

To learn more about this technology please go to our website at [www.FloridaBladderInstitute.com](http://www.FloridaBladderInstitute.com). Call 239-449-7979 to schedule your Emsella consultation today.



JOSEPH GAUTA, MD



NICOLE HOUSER, PA-C



MACKENZIE HUDSON, PA-C



AMBER THOMPSON, PA-C

  
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# Immunizations Are Not Just for Children

**A**ccording to the US Center for Disease Control and Prevention, in the United States, vaccines have greatly reduced or eliminated many infectious diseases that once routinely killed or harmed infants, children, and adults. However, the viruses and bacteria that cause these diseases still exist and you can still get these diseases if you aren't vaccinated.

Every year thousands of adults in the U.S. become seriously ill and are hospitalized because of diseases that vaccines can help prevent. Many adults even die from these diseases. By getting vaccinated, you can help protect yourself from much of this unnecessary suffering. Even if you received the vaccines you needed as a child, the protection from some vaccines can wear off. You may also be at risk for other diseases due to your job, lifestyle, travel, or health conditions. Find out what vaccines you may need based on different risk factors.

## Vaccines Are Very Safe

- Vaccines are tested and monitored. Vaccines go through years of testing before the Food and Drug Administration (FDA) licenses them for use. Both the CDC and FDA continue to track the safety of all licensed vaccines.
- Vaccine side effects are usually mild and go away in a few days. The most common side effects include soreness, redness, or swelling where the shot was given. Severe side effects are very rare.
- Vaccines are one of the safest ways to protect your health. Talk with your doctor about the vaccines you should safely receive based on your health or other conditions.

Vaccines can lower your chance of getting certain diseases. Vaccines work with your body's natural defenses to help you safely develop immunity to disease. This lowers your chances of getting certain diseases and suffering from their complications. For instance:

- Hepatitis B vaccine lowers your risk of liver cancer.
- HPV vaccine lowers your risk of cervical cancer.
- Flu vaccine lowers your risk of flu-related heart attacks or other flu-related complications from existing health conditions like diabetes and chronic lung disease.

## Vaccines lower your chance of spreading disease.

- Some people in your family or community may not be able to get certain vaccines due to their age or health condition. They rely on you to help prevent the spread of disease.

- Infants, older adults, and people with weakened immune systems (like those undergoing cancer treatment) are especially vulnerable to infectious disease. For example, newborn babies are too young to be vaccinated against whooping cough. Unfortunately, whooping cough can be very dangerous or even deadly for them. Pregnant women should get the Tdap vaccine during every pregnancy to help protect their babies from whooping cough. Anyone who is around babies should be up to date with their whooping cough vaccine.

Immunizations are not just for children. Protection from some childhood vaccines can wear off over time. You may also be at risk for vaccine-preventable disease due to your age, job, lifestyle, travel, or health conditions.

All adults need immunizations to help them prevent getting and spreading serious diseases that could result in poor health, missed work, medical bills, and not being able to care for family. All adults need a seasonal flu (influenza) vaccine every year. Flu vaccine is especially important for people with chronic health conditions, pregnant women, and older adults.

Every adult should get a Tdap vaccine once if they did not receive it as an adolescent to protect against pertussis (whooping cough), and then a Td (tetanus, diphtheria) or Tdap booster shot every 10 years. In addition, women should get the Tdap vaccine each time they are pregnant, preferably at 27 through 36 weeks.

## For Adults over 50

Almost 1 in 3 people in the United States will develop shingles in their lifetime. Your risk of shingles increases as you grow older. Additionally, over 60 percent of seasonal flu-related hospitalizations occur in people 65 years and older. As we get older, our immune systems tend to weaken over time, putting us at higher risk for certain diseases. In addition to seasonal flu (influenza) vaccine and Td or Tdap vaccine (tetanus, diphtheria, and pertussis), you should also get:

- Shingles vaccine, which protects against shingles and the complications from the disease (recommended for healthy adults 50 years and older)
- Pneumococcal polysaccharide vaccine (PPSV23), which protects against serious pneumococcal disease, including meningitis and bloodstream infections (recommended for all adults 65 years or older, and for adults younger than 65 years who have certain health conditions)

- Pneumococcal conjugate vaccine (PCV13), which protects against serious pneumococcal disease and pneumonia (recommended for all adults with a condition that weakens the immune system, cerebrospinal fluid leak, or cochlear implant)
- Adults 65 years or older who have never received a dose of PCV13 and do not have one of the conditions described above may also discuss vaccination with their vaccine provider to decide if PCV13 is appropriate for them.
- In addition, the hepatitis B vaccine is recommended for all adults age 19 through 59 years, and adults age 60 years or older with risk factors for hepatitis B infection. Adults aged 60 years or older without any known risk factors for hepatitis B infection may get the hepatitis B vaccine. The vaccine provides protection from hepatitis B which can cause serious health problems, including liver damage, cirrhosis, liver cancer, and even death.

## You Can't Afford to Get Sick

You have a busy life and too much responsibility to risk getting sick. Vaccines can help you stay healthy, so you don't miss work. If you can avoid getting sick, you will have more time for your family, friends, and hobbies. Getting recommended vaccines can give you some peace of mind. You will have the best possible protection available against serious diseases. Talk with your doctor or other healthcare provider to find out which vaccines are recommended for you at your next medical appointment.



**Dr. Ricardo Martinez**

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



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

By Richard Hiler, DABCN

## REGENERATIVE MEDICINE FOR CARTILAGE WEAR OR TEAR

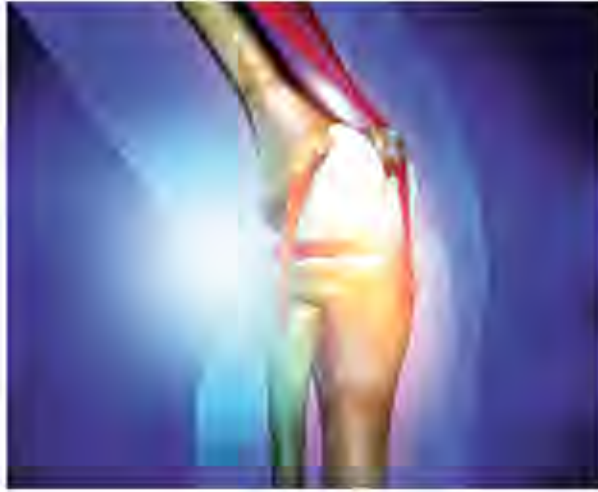
**D**ue to injuries, mechanical issues, or overuse and aging, cartilage may be damaged or lost, Resulting in pain.

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

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

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

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



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

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

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

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

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

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# Banish the Burn

By Dr. Anita Grassi

**A**ll of us have experienced a sunburn in the past, most likely in childhood. Even people who are careful with sun protection can forget to wear sunscreen on cloudy days, neglect to reapply after swimming or miss those hard-to-reach spots.

What exactly is a sunburn at the cellular level? A sunburn is a first or second degree burn that is caused by ultraviolet radiation. Overexposure to sunlight starts a cascade of events in the skin including dilation of blood vessels producing redness, release of inflammatory mediators that create swelling and eventual death with elimination of the damaged skin cells. Clinically the result is redness that begins about 3-5 hours after exposure, peaks at 24 hours and subsequent peeling of the superficial layer of skin. If the sunburn is more severe, then blistering may occur, indicating a second-degree burn involving the deeper dermal layer of skin. Blistering sunburns take longer to heal and can leave discoloration.

The treatment of sunburn is mostly directed at relief of the associated symptoms of redness, heat, pain and swelling. Once the skin cells have been damaged, they are destined to slough off. There is little to do to reverse that process. If you do develop a sunburn, take the following steps:

- Get out of the sun right away and keep the affected area covered and protected from additional sun exposure as it heals.
- Try cool baths or soaks. Colloidal oatmeal baths with products such as Aveeno may be particularly soothing.
- Apply bland moisturizing creams to the sunburn daily. Ointments although soothing are occlusive and may make the skin feel even warmer.
- Drink water to prevent dehydration.
- Take an over-the-counter, non-steroidal anti-inflammatory drug (NSAID) such as ibuprofen (Motrin, Advil) or aspirin to reduce pain and swelling
- Don't pick! Peeling off blisters increases the risk of both infection and discoloration. Likewise avoid loofahs or exfoliation. Instead moisturize the skin and allow it to slough off naturally.
- If the skin becomes itchy as it peels, consider an over-the-counter oral antihistamine.
- Avoid topical products containing benzocaine or lidocaine for pain relief. They can cause a secondary allergic contact dermatitis in susceptible individuals.
- Although not specific for sunburn, over-the counter topical 1% hydrocortisone cream may reduce the swelling and discomfort. Stronger topical steroid creams may be prescribed by your doctor.
- If you experience systemic symptoms such as chills, fever or have an extensive area of skin covered with blisters, such as an entire back, call your doctor. This is especially true for children.

Sunburns are best prevented in the first place. Repeated sunburns damage cellular DNA which promotes premature aging, wrinkles, brown spots, precancerous actinic keratoses and skin cancers including melanoma. Studies have shown that more than 5 blistering sunburns between the ages of 15-20 increase the risk of melanoma by as much as 80%.

It is intuitive that people most at risk for sunburn are those with fair skin, red to blonde hair and blue eyes. Remember other risk factors that contribute to sunburn such as:

- **Medications**--Common medications including antibiotics (doxycycline, Bactrim, ciprofloxacin), blood pressure medicines (HCTZ), and retinoids can increase sun sensitivity.
- **Reflection**--Highly reflective surfaces such as water and snow increase exposure to the sun's rays. Shade only protects against direct sunlight. If seated under an umbrella at the beach, 20% of sunlight is still reflected from the sand. On a boat, 10% is reflected from the water and an additional 10% from the boat itself. Fresh snow reflects up to 90% of ultraviolet radiation.
- **Cloud coverage**-- Be careful on cloudy days! Cloud coverage is not necessarily protective and may actually enhance UV radiation due to scattering of light.
- **Latitude**--UV levels increase closer to the equator.
- **Altitude**--UV radiation increases 4% for every 1000 ft. increase in elevation. Denver at 5280 ft. elevation ("Mile High City") has 20% higher UV radiation than at sea level.

Practice good sun habits. Protect yourself from both the acute and long-term consequences of sunburn. Avoid peak midday hours, wear sun protective clothing, hats, sunglasses and regularly apply broad-spectrum sunscreens with SPF > 30 such as EltaMD UV Clear or the more water-resistant EltaMD UV Sport.



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# AUGUST IS PSORIASIS ACTION MONTH

BY DR. LINELL KING

## What Is Psoriasis?

Psoriasis is an immune-mediated disease\* (a disease with an unclear cause that is characterized by inflammation caused by dysfunction of the immune system) that causes inflammation in the body. There may be visible signs of the inflammation such as raised plaques (plaques may look different for different skin types) and scales on the skin.

This occurs because the overactive immune system speeds up skin cell growth. Normal skin cells completely grow and shed (fall off) in a month. With psoriasis, skin cells do this in only three or four days. Instead of shedding, the skin cells pile up on the surface of the skin. Some people report that psoriasis plaques itch, burn and sting. Plaques and scales may appear on any part of the body, although they are commonly found on the elbows, knees, and scalp.

Inflammation caused by psoriasis can impact other organs and tissues in the body. People with psoriasis may also experience other health conditions. One in three people with psoriasis may also develop psoriatic arthritis. Signs of PsA include swelling, stiffness and pain in the joints and areas surrounding the joints. PsA often goes undiagnosed, particularly in its milder forms. However, it's important to treat PsA early on to help avoid permanent joint damage.

Symptoms often start between ages 15 and 25 but can start at any age. Men, women, and children of all skin colors can get psoriasis. Psoriasis can appear anywhere on the body, even on the eyelids, ears, lips, skin folds, hands, feet, and nails. Plaques can be a few small patches or can affect large areas. It's possible to have psoriasis plaques and scales in more than one location on the body at a time.

There are five types of psoriasis. It's possible to have more than one type of psoriasis at one time and more than one type in a lifetime. Treatments may vary depending on the type and location of the psoriasis. While scientists do not know what exactly causes psoriasis, we do know that the immune system and genetics play major roles in its development. One thing we do know: psoriasis is not contagious. You cannot catch psoriasis from another person. Usually, something triggers psoriasis, causing symptoms to appear or worsen. Triggers vary from person to person.

Psoriasis triggers vary from person to person. What may worsen your psoriasis might not have any impact on someone else. Common psoriasis triggers include:



- **Stress:** Stress is one of the most common psoriasis triggers. At the same time, a psoriasis flare can cause stress. This may seem like an endless loop. However, relaxation techniques and stress management may help prevent stress from impacting psoriasis.

- **Injury to Skin:** Psoriasis can appear in areas of the skin that have been injured or harmed. This is a result of the Koebner phenomenon, which states scratches, sunburns, bug bites and vaccinations can all trigger a psoriasis flare.

- **Illness:** Anything that can affect the immune system can trigger psoriasis. That is why you may experience a flare following an ear infection, bronchitis, tonsillitis or a respiratory infection. There is a connection between streptococcus infection (strep throat) and guttate psoriasis, as it often triggers the first onset of guttate psoriasis in children. It is possible to have strep throat without showing symptoms. If you have had strep throat in the past, talk with your health care provider about getting a strep throat test if your psoriasis flares.

- **Weather:** The weather may trigger a flare. Cold weather can often cause psoriasis flares due to less sunlight and humidity, heated and drier indoor air, as well as stress and illness. Warm weather can often improve psoriasis because of natural sunlight and higher humidity.

- **Other Possible Triggers:** Although it is less common, some people with psoriasis suspect that allergies, certain foods, alcohol or environmental factors trigger

their psoriasis. A great way to learn about your unique set of triggers is to track them over time. Keeping records of your symptoms and triggers can help you anticipate and treat your flares.

As with other chronic diseases, psoriasis may affect areas of your life other than your physical health. Psoriasis may affect your emotional health, your relationships, and how you handle stress. It could even affect areas of your life that you wouldn't expect, such as the clothes that you choose to wear. For some people, living with psoriasis can be a challenge. However, there are ways to handle those challenges so you can thrive with psoriasis.

**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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# THE IMPORTANCE OF PARTICIPATING IN LOCAL LAND-USE DECISIONS IN FLORIDA

By Zachary W. Lombardo, Florida Local Government Law attorney

**A** significant part of how your community, county or city develops is determined by decisions made by local government planning commissions or boards and their governing boards or councils. In many counties and cities, these have the ability to recommend or grant significant deviations and variances from many requirements of land use and zoning codes. Because Florida real estate is unique and can vary significantly, this ability to grant deviations and variances is important, but it is equally important for the surrounding property owners and stakeholders to participate in this process. This is because, at its core, zoning regulates growth and development to generally protect the health, safety and welfare of the public and the expectations of surrounding property owners and stakeholders.

Local governments in Florida hold their meetings publicly, which means you have an opportunity to participate. Further, local governments in Florida have expansive public records laws, which means most, if not all, of the material that the local governments review in making these decisions, is also available for your review.

Development and redevelopment projects often involve neighborhood information meetings and notices of public hearings before planning commissions, committees or boards. If you have a concern or an opinion about the direction development should go, it is important to participate and make your concerns and opinions known to the decisions makers. Growth and development are essential to the economic vibrancy of southwest Florida, and while objecting to growth and development outright may seem counter to this vibrancy, participating in the process is not. And, of course, every rule has an exception, and in some cases, growth and development may be totally objectionable for a number of reasons, including but not limited to, environmental reasons.

In fact, I would argue that participating in the process is a part of the vibrancy of the local economy in SWFL. Participation before a local planning body provides the opportunity to have the concerns of the community and neighborhood heard and considered. Through open discussion and public involvement in these hearings, applicants and objectors can

produce creative solutions to harmoniously redevelop or to newly developed parts of the community while protecting existing development and environmental resources.

Development and redevelopment impact everything from traffic to stormwater (drainage) to environmental protection to Florida property values. More than anything, it is paramount that as a member of your community, you keep yourself aware of what the local planning bodies, commissions and councils are reviewing and when you have something to add, or a concern, you participate.

## Talk to Our Florida Land Use & Zoning Lawyers

Should you have any questions about Florida Local Government Law or Land Use & Zoning, please feel free to contact any of the attorneys at Woodward, Pires & Lombardo listed below:



**Zachary W. Lombardo** is a Naples native and an associate attorney at Woodward, Pires & Lombardo, P.A. His Juris Doctorate is from the Florida State University College of Law. He focuses his land use, zoning, business, contract drafting, and litigation practice in the Southwest Florida community.



**Lenore T. Brakefield** is a Naples native and partner at Woodward, Pires & Lombardo, P.A. Her Juris Doctorate is from the University of Florida Levin College of Law. Lenore focuses her law practice on civil and commercial litigation and is experienced in construction litigation matters, as well as local government law, code enforcement violations, community association law, real estate law and transactional matters. Additionally, Lenore is a Certified Financial Litigator by The American Academy for Certified Financial Litigators.



**Anthony P. Pires, Jr.** is a partner at Woodward, Pires & Lombardo, P.A. and a Board Certified Specialist by The Florida Bar in City, County & Local Government Law. He represents numerous public and governmental entities, special districts, concerned citizens and private sector clients throughout Collier and Lee Counties in Local Government Law, Land Use and Zoning Law, and Government Relations.

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# 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".



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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.

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# AUGUST HIGHLIGHTS JOYS – AND BENEFITS – OF PET OWNERSHIP

By Greg Pascucci

August is filled with several holidays to show our four-legged friends some extra-special love: National Spoil Your Dog Day on the 10th and National Dog Day on the 26th.

At The Carlisle Naples, prospective residents are often thrilled to learn our active retirement community is pet-friendly and celebrates the significant role pets play in our lives. A new study by researchers at the University of Florida, University of Michigan and Virginia Commonwealth University found that older adults over the age of 50 who had owned a pet for more than five years showed a slower decline in verbal memory. Statistics also prove older adults who own pets cope better with stress, participate in more physical activities and experience heightened levels of self-esteem.

Carlisle residents Richard and Lois McArdle found that while several retirement communities were pet-friendly, many lacked the outdoor spaces offered at The Carlisle. A dog park, for example, has become a great location for people and pooches to connect.

It's also not uncommon to see residents enjoying a stroll along The Carlisle's meandering walking paths with their dogs. Lois credits her dog, Millie, with keeping her active. And, the research concurs. A study published in the journal BMC Public Health reported dog owners walked 22 minutes more per day compared to non-pet owners.

Carlisle residents who don't own a pet also benefit from being in a pet-friendly community. Everyone is invited to attend Yappy Hours planned by the Zest Department to see the dogs and their antics.

**"A HOUSE OR AN APARTMENT BECOMES A HOME WHEN YOU ADD ONE SET OF FOUR LEGS, A HAPPY TAIL AND THAT INDESCRIBABLE MEASURE OF LOVE THAT WE CALL A DOG,"**  
- ROGER CARAS



"Whether they bring back a loving memory of a former pet or bring a smile to the face of other residents, our pet population adds to the spirit of community found at The Carlisle Naples," said Zest Director Marcia Aldana. "It's heartwarming to see the smiles and laughter the approach of a friendly pooch brings."

In addition to dogs, The Carlisle is home to several cats. Residents have also enjoyed onsite visits by pet therapy animals and even a petting zoo!

The staff at senior living communities such as The Carlisle understands the important role pets play in residents' lives and encourages the bond between pets and their owners. They also realize the choice to move to a senior living community is made easier by knowing a beloved pet is welcome, too.

*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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# Understanding Polycystic Kidney Disease

By Neetu Malhotra, MD

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

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

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

## The primary symptoms of PKD are as follows:

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

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

## PKD Treatment

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

## How Can the Progression of Kidney Disease Be Delayed?

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

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

## Associates in Nephrology

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

## Chronic Kidney Disease Program

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

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

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

## Services Provided

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

- All forms of Dialysis – Hemodialysis and Peritoneal
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- Disorders of Blood Chemistry
- Electrolyte Disorders
- Fluid Overload, Edema (swelling)
- Glomerulonephritis
- Hypertension
- 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 educational 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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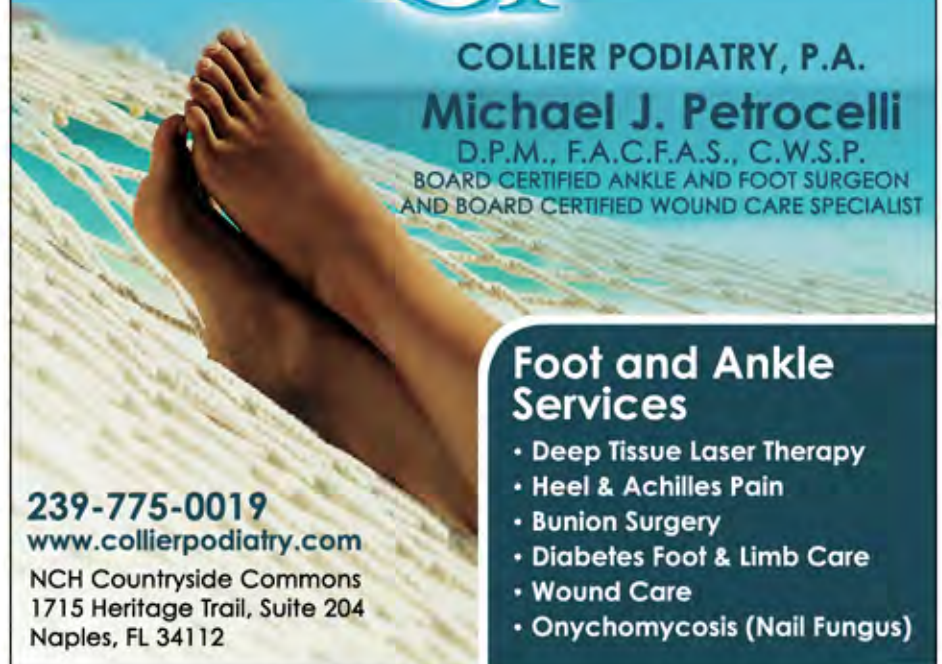
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Dispill® Multi-dose Packaging is a safer, easier way for you to help patients adhere to their medication schedules. It's a patented system that lets you provide prescribed medication to patients in an all-inclusive blister pack. Not only will it help you protect the independence of your patient's medications, Dispill® eliminates the need for pillboxes and single-dose bingo cards, which in turn decreases the risk of patients mixing up medication or forgetting the time of day they have to take them. And, each cell is perforated, making it easy for patients to take them on the go. Giving patients a safer, easier way to take their medications correctly is a convenience that helps them maintain their quality of life.

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If you need to rush in, grab your medication and go, we understand, and with a simple phone call or notification through our online system, we can have your prescription ready for you. If you have questions or need us to go over your instructions once, or a few times, the pharmacists at independent pharmacies can give you as much time as you need. We understand that it's hard to remember how to take your medications sometimes and, to prevent taking them incorrectly, you need to have them properly explained to you.

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# ARTHRITIS, PAIN & INFLAMMATION

## The Medical Cannabis Alternative

**A**rthritis is inflammation of one or more joints, which can cause severe pain and deformity. However, arthritis is not simply one disease with one cause. The term, "arthritis" is commonly used to describe joint and musculoskeletal pain, but actually, there are about 200 different conditions that can be painful or disfiguring such as the following:

- Rheumatoid Arthritis
- Fibromyalgia
- Gout
- Lupus
- Osteoarthritis
- Psoriatic Arthritis
- Scleroderma
- Polymyalgia Rheumatica
- Sjogren's Syndrome
- Ankylosis Spondylitis
- Polymyositis
- Chron's Disease
- And more

Inflammatory disease can develop in people of any age, gender or race. The initial symptoms are usually thought to be minor aches and pains until the pain becomes recurrent, severe or individuals start to see other inflammatory changes. Many forms of arthritis can affect other vital organs, or skin, in addition to the musculoskeletal system. Soon, over the counter medications begin to not be as effective. Some causes of the varied forms of inflammatory disease are genetic, autoimmune related, infection, repetitive motion injuries, and sometimes, we never find the specific cause. However, they all involve inflammation.

Currently, there is no known cure for any of the various forms of arthritis. Symptom management with pain medication, NSAIDs, steroids, immunosuppressants, and creams are sometimes helpful, but the conditions are usually recurrent and progressive. Some of the medications currently used for arthritis can be life-saving, but that doesn't mean they don't have side effects, too.

I would like to focus on the treatment of inflammatory disorders through immune system moderation with medical marijuana. It is interesting to note that



there is considerable credible cannabis research for many conditions such as Crohn's disease, HIV, and MS. Years ago, we didn't know that all these conditions are related! We didn't know they were all inflammatory conditions caused by or worsened by autoimmune dysfunction.

Cannabinoids, which are some of the chemicals naturally occurring in marijuana, are also naturally occurring in our bodies. THC and CBD are the most well studied, are known for their anti-inflammatory properties. It is also documented that it is possible to have pain relief without becoming intoxicated. There are forms of medical marijuana that contain smaller amounts of THC and larger amounts of CBD. Many people find that they are more functional with activities of daily living without being impaired. It is also not necessary to smoke to consume. Recently, however, the Florida legislature approved smokable marijuana for medicinal use.

It is generally felt that we heal best during our normal sleep. If your pain keeps you awake consistently, you are probably not healing optimally. Medical marijuana is not meant specifically to replace your chronic medications, and in fact, I don't recommend changing a patient's other medications when they begin using medical marijuana. It may turn out that the patient will soon need less of their current medications, but the time to try other changes is after finding a safe,

effective dose and delivery method for the marijuana. Always speak with a physician who prescribed the medication before changing or stopping your medication.

Medical marijuana can be an important addition to the treatment of chronic inflammatory conditions like arthritis. It should be considered along with other modalities such as pharmaceutical medication, diet and lifestyle changes.

We are committed to helping people get on track to ensure compliance with state law and help them receive a state Medical Marijuana Card as quickly as possible. Come visit us and get to know our local and friendly staff and great patient care team.

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

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

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

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

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

#### **A missing tooth will affect the dentition**

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



#### **Dental Implants**

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

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

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

#### **Periodontal Disease**

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

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

Dental health and proactive measures are essential. Staying on top of your dental health through cleanings, x-rays, and dental examinations are critical to avoid in-depth procedures and to maintain a healthy

mouth that's free of decay, bacteria, and oral cancer. There are multiple treatment options; however, if you need to replace missing teeth, getting dental implants is the best solution for overall health.

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

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

# Back to School Separation Anxiety

By Richard J. Capiola, MD

Going back-to-school is an exciting time for many children, and some parents. For some children however, it also stirs up stress and anxiety. Are they going to like their new teacher? Are they going to enjoy their new school? Are their friends going to be in their class? Do they have the cool new shoes, or did they pick the wrong ones? It is normal for children of all ages to experience anxiety when separating from parents or caregivers. If your child is changing schools, don't gloss over their feelings of anxiety and stress. Even changing from one building to another, like the change from an elementary school to a middle school, or the change from middle school to high school, even when most of your classmates are going to with you can be very stressful. Leaving high school for college, even if you will still be living at home is (hopefully) one of the most exciting and yet stressful events a young person will face for their age.

Dealing with stress and anxiety is part of parenting. It's common and necessary for people to talk with their children experiencing separation anxiety and life stage changes. When children experience more intense fears and anxieties that interfere with going to school or are over a prolonged period, or that interfere with how they function at school and/or how they interact with others, this is what psychiatrists call separation anxiety disorder. Separation anxiety disorder is the most common anxiety disorder in children under 12 years of age. Anxiety can affect even the happiest, most well-adjusted children.

Separation anxiety can unfold in different ways. Children may refuse to go to school or participate in new activities in the absence of their parent. They may also refuse to go to bed without their parent or sleep away from home. Some children experiencing separation anxiety have physical symptoms such as

stomach aches and nightmares, while others may experience headaches or a racing heartbeat. Others may have persistent thoughts that something bad is going to happen to themselves or to their parents. At this point it is advisable to seek professional help.

## Strategies to help you and your child have a successful School Start

Whether you know your child has struggled significantly with anxiety before, or they seem worried or anxious about going back to school, we offer several strategies below to help you navigate these feelings with them.

- **Validate your child's fears and anxieties.** Feeling anxious about separating from the comfort of caregivers is a normal response to stressful events. When children express anxiety, let them know you hear them and understand. You can validate and normalize their feelings by saying: "I get that you feel worried. I bet many other kids are feeling that way too. Let's talk about it." Let your child lead the conversation. This may not be a onetime conversation. Feelings may come out in small doses. Always be ready to listen and validate.
- **Encourage positive self-talk.** Help children develop a growth mindset that includes positive and productive statements such as: "I am brave, I can do this." Positive self-talk has been linked to increased self-esteem in kids. Try practicing this at home well before the first trip to school. Make self-talk familiar and routine. Then it will be easier for kids to use these statements when they are separated from you or get anxious at school.
- **Plan to take small steps through the fall.** It is a lot to ask children to go from limited social interactions during the summer to extended social interactions in a small space at school. During the first few weeks of school, try to resist the temptation to fill the evening weekends with outings and events. Consider doing home-based

activities that children are familiar with to help provide some consistency in their environment. As your children get more comfortable with social interactions, start progressively adding more activities to their calendar as time permits.

- **Stick to routines.** The transition to a new school climate may feel unpredictable to children. This can result in increased anxiety. One way to reduce such anxiety is by having consistent routines at home. For example, stick to a consistent schedule when it comes to eating, bath time, screen time and bedtime. Research has found this has helped children experience more well-being during the pandemic. So, keep that momentum going!

- **Talk about the positive aspects of going to school and venturing out in new ways.** Children and adults can have a hard time seeing the positive aspects of anxiety-inducing situations. Parents can help children see the positive side of the back-to-school, including learning new things, time with friends or participating in extracurricular activities.

- **Model positive behaviors.** Children are not the only ones that have seen an increase in their anxiety these past two years. There have also been rises in parental anxiety as well. Even with respect to school, many parents may also be anxious about being separated from their child. When parents discuss their anxiety and stressors, children may internalize these worries. Try to avoid discussing your life stressors in front of your child. And for goodness sakes, avoid exposure to alarming media, which has been shown to increase children's anxiety. If you think the world news stresses you out, imagine what all that negativity can do to a child!

If you have questions about whether your child could benefit from additional support, you can consider reaching out for professional help, including talking to your family physician. Dr. Richard J. Capiola is a psychiatrist in Naples, Florida and is affiliated with Willough at Naples Hospital. He received his medical degree from Tulane University School of Medicine and has been in practice for more than 20 years. Call Dr. Capiola today at 239-649-7494.

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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.

# Erectile Dysfunction and True Test Aging

Erectile dysfunction (impotence) is the inability to get and keep an erection firm enough for sex.

By Dr. Carolina Young

**H**aving erection trouble from time to time isn't necessarily a cause for concern. If erectile dysfunction is an ongoing issue, however, it can cause stress, affect your self-confidence, and contribute to relationship problems. Problems getting or keeping an erection can also be a sign of an underlying health condition that needs treatment and a risk factor for heart disease.

If you're concerned about erectile dysfunction, talk to our team at Orchidia Medical. There is zero need to be embarrassed. Sometimes, treating an underlying condition is enough to reverse erectile dysfunction. In other cases, medications or other direct treatments might be needed. We have several options to address the underlying issues. There is no one size fits all treatment, but there are options for everyone. In many cases, erectile dysfunction is caused by something physical. Common causes include:

- Heart disease
- Clogged blood vessels (atherosclerosis)
- High cholesterol
- High blood pressure
- Diabetes
- Obesity
- Metabolic syndrome — a condition involving increased blood pressure, high insulin levels, body fat around the waist and high cholesterol
- Parkinson's disease
- Multiple sclerosis
- Certain prescription medications
- Tobacco use
- Peyronie's disease — development of scar tissue inside the penis
- Alcoholism and other forms of substance abuse
- Sleep disorders
- Treatments for prostate cancer or enlarged prostate
- Surgeries or injuries that affect the pelvic area or spinal cord
- Low testosterone

**At Orchidia Medical, we offer four different treatments to address erectile dysfunction.**

• **GAINSWave®** is a therapy utilizing low-intensity extracorporeal shockwave therapy to optimize men's sexual health and performance. Shockwave therapy is an acoustic wave that, when applied to the soft tissue of the male genitals, results in the repair of existing blood vessels and the growth of new blood vessels. This protocol allows the penis to accept more blood, leading to better quality erections.

The science behind GAINSWave® reveals benefits lasting up to 2 years. However, patients can continue to receive treatments ongoing as part of the GAINSWave® maintenance protocol. Compounding benefit not only helps maintain the results, but clients have also reported continued improvement and enhanced sexual performance.

• **P-Shots with Platelet Rich Plasma** are non-surgical, minimally invasive treatments that can help reduce the frustrating side effects of erectile dysfunction and promote male enhancement. The Priapus Shot®, or the P-Shot®, uses PRP, or platelet-rich plasma, to encourage natural body growth processes. There is no set downtime associated with this non-surgical, minimally invasive treatment option. You should be able to return to your normal daily activities after a treatment session, and you may experience results and a spontaneous erection within 24 hours of treatment!

• **The P-Shot® with Regenerative Medicine, or Priapus Shot,** is a popular sexual rejuvenation treatment for men. This non-surgical treatment harnesses the abilities of your body's natural growth factors to reduce the effects of erectile dysfunction and promote male enhancement. Our professional staff in Naples performs the P-Shot with regenerative medicine with regenerative medicine from Wharton's jelly from Predictive Biotech. These ethically sourced regenerative medicine cells are collected from this umbilical cord layer. These cells can protect and cushion the area as well as promote regenerative processes. Results achieved with the P-Shot with regenerative medicine will vary for each person. However, some initial results may be enjoyed shortly after treatment. These results will gradually improve as your body responds to the growth factors. With a series of regular treatments, optimal results may last up to 18 months.

• Our **testosterone replacement therapy** treatments in Florida involve a combined usage of topical testosterone pellets and IM injections. Bio-identical hormone pellets are naturally derived concentrated hormones in a compressed form, which are biologically identical to an individual's naturally occurring hormones. These have been successfully used since the 1930s and provide a longer acting alternative to other hormone combinations such as tablets, patches, creams, or injections.

**IM injections, or intramuscular injections,** are administered on the side of the body in the pelvic area. They are administered deeply into the muscles. This promotes quicker and better absorption of the testosterone as the hormone goes directly into your bloodstream. While

you may experience some discomfort at the injection site, you should be able to return to your normal daily activities after the testosterone injection.

Results achieved with testosterone replacement therapy will vary for each person, and it is important to have realistic goals and expectations. It may take some time to enjoy the best results of hormone therapy as your body absorbs and responds to the hormones. Consistent and regular treatment is necessary for the best results.

TruAge Testing uses a small blood sample, our lab uses ultra-precise technology and complex algorithms to sort through your DNA. We look at millions of tiny markers and analyze their patterns on your DNA. When you get your report back, your provider will offer in-depth analysis of areas in your life that are affecting your Biological Age.

**CHRONOLOGICAL AGE** is the number of years that have passed since our birth. Chronological age cannot be influenced by lifestyle and eating habits and it has little relevance to how you feel and function.

**BIOLOGICAL AGE**, however, tells us how old our cells really are, therefore, our real age. Biological age can be reversed by attending to your health and is the most important component to the aging process.

**Biological Age is deeply tied to your long-term health.** Many diseases occur at higher rates when you get older, because more and more of your cells aren't functioning the way they should. A higher Biological Age is correlated with a higher risk of developing age-related diseases (like Alzheimer's Disease and Cancers). A lower Biological Age is correlated with reduced risk of disease, and a longer lifespan. You can change your Biological Age and change your risk of disease. If you could reverse your risk of age-related disease and avoid sickness, wouldn't you want to know how? Contact our team at Orchidia Medical to discuss how your biological age can affect your erectile dysfunction and other health issues. We have solutions backed by science. Let's give them a try.

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# NAC'S INFLUENCE ON AGING

**E**veryone wants to live longer but for some, battling the aging process becomes something not to be feared but instead, a calculated and exciting part of their wellness routine when they understand that humans can start to repair and reverse the root cause of aging at a cellular and biochemical level.

N-acetyl cysteine, or NAC for short, is a dietary supplement that may help supercharge your performance and slow down aging. One of the ways NAC supplements work is by helping your body produce an uber-important antioxidant called glutathione, which in turn can help protect against free radicals and keep your cells healthy and strong. Read on to learn all about NAC benefits, how NAC supplements can help support glutathione and how best to take NAC.

NAC is the supplement version of an essential amino acid called cysteine. Amino acids are the building blocks of proteins. Cysteine is one of three amino acids (along with glycine and glutamine) that make up glutathione, an important super-antioxidant found in nearly all your body's cells. In this way, NAC helps your body produce glutathione.

Glutathione is known as the "master antioxidant" because of its prevalence throughout the body and ability to support other antioxidants. The problem is that glutathione tends to decline with age. It can also be reduced by factors like bad nutrition, stress, and environmental toxins. Taking NAC supplements may help replenish your glutathione levels.

In the world of healthcare, NAC is used as a medicine that can treat conditions ranging from liver damage to asthma to acetaminophen overdose. It has been

well-studied by medical researchers and has an array of potential health benefits. If you're thinking of supplementing with NAC, know that it can help with:

## ANTI-AGING

NAC is a favorite supplement in the anti-aging community. One of the benefits of NAC is that it can replenish your glutathione levels by nearly 30%. Glutathione can help make you more resistant to oxidative stress, slowing down aging at a cellular level.

## DETOXIFICATION

NAC can help the body rid itself of harmful toxins. It helps protect cells from toxicity caused by environmental pollutants, including pesticides, heavy metals like lead and gasoline and diesel fumes. In a randomized controlled trial, NAC was even found to restore lung function in soldiers exposed to mustard gas. It's also a standard at hospitals for treating acetaminophen overdoses and poisons that cause damage through extreme oxidative stress.

## FERTILITY

NAC has been found to improve egg quality and increase pregnancy rates in women with polycystic ovary syndrome. It can also help balance testosterone, one of the main drivers of infertility in women with PCOS.

NAC may even help reverse weight gain and pre-diabetes, two common symptoms of PCOS. In men, NAC improves sperm quality and, in some cases, even reverses infertility. Researchers think this happens because NAC is so good at protecting cells from oxidative damage. Increasing antioxidant status may help keep sperm healthier.

## INFLAMMATION

Clinical trials have found that NAC can help support a healthy inflammatory response in the body, which is helpful for relieving symptoms of respiratory conditions like chronic obstructive pulmonary disease (COPD) and improving insulin resistance.

Animal studies suggest that NAC may lower blood glucose levels and improve insulin sensitivity. In a 2009 rodent study, NAC supplementation was found to lower blood glucose levels and support a healthy inflammation response. We know that chronically high blood sugar can contribute to insulin resistance if left unchecked, but more research needs to be done in humans.

## IMMUNE FUNCTION

Supplementing with NAC can not only help improve immune system health, but it may also help prevent viruses from replicating. However, research is limited. If you're looking for supplements that help support immune function, consider products with science-backed ingredients like vitamin C, vitamin D and zinc.

At The Wellness Lab, we offer NAC straight to your veins. Our Youth Restoring Drip will revitalize your body to its youthful exuberance. This focused mixture of youth-restoring vitamins and electrolytes with the added restoring boost of NAD+. This has brain restoring benefits at a DNA level and helps slow the aging process of the skin and other vital organs. Ingredients: NAD+, Magnesium, Glutathione, Vit. B complex, Vit. B12, Vit. C to address all the conditions detailed above. The Youth Restoring Drip is best used to help restore that youthful glow and clear the sensorium from fatigue and time. This will rejuvenate tired, aging cells and replenish lost nutrients to provide the cells of vital organs of your body with the regenerative tools.

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# Protect Your Vision Now, Before It's Too Late

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

**T**he American Academy of Ophthalmology published the following article on Being Pro-active about your vision.

As populations age and expand, we will see a significant number of vision problems increase.

Here are 10 ways to care for your eyes today so that you can enjoy healthy vision for years to come.

## 1. Know your family history: It plays a big role in your vision.

- Many eye conditions are inherited. You have a much higher chance of developing macular degeneration if a close family member is affected by this condition. Your risk of glaucoma is four to nine times higher than average if a family member has it.
- Ask family members about their eye conditions. This can help you and your ophthalmologist watch for conditions before they appear. Early diagnosis and treatment can help prevent vision loss.

## 2. Watch children's eyes carefully as they grow.

- In childhood, eyes grow and change quickly. Watch for problems like misaligned eyes – these can signal a serious eye condition.
- Keep young children away from cleaning products and sharp objects to prevent permanent eye damage.
- Balance screen time with time outdoors. Too much screen time can cause dry eye and eyestrain.

## 3. Eat well and exercise.

- Many studies have shown that exercise and a diet rich in a variety of fruits and vegetables can protect against blinding eye diseases, such as macular degeneration and glaucoma.
- Eating a diet rich in plant-based foods and low in saturated or animal fats is best for healthy eyes.
- Exercising moderately for 30 minutes a day, five times a week can help protect you from the same eye conditions.

## 4. Stop smoking.

- Smoking increases the risk for eye diseases such as cataracts and macular degeneration. Tobacco smoke, including second-hand smoke, also makes dry eye.



- Smoking also raises the risk for cardiovascular diseases which can indirectly influence your eye health.

## 5. Keep other health conditions under control.

- Chronic health conditions like diabetes and high blood pressure, if left untreated, can affect your vision. For example, diabetic eye disease is one of the most common causes of blindness.
- Follow your doctor's guidance carefully and attend all regular medical appointments. Do everything you can to remain in control of your health.

## 6. Wear sunglasses outdoors.

- Long-term exposure to UV radiation can damage the cornea and the lens and eventually lead to cataracts and eye cancers.
- Choose sunglasses that block 99 to 100% of both UVA and UVB radiation and wear them even when it's cloudy outside.

## 7. Minimize eyestrain at work.

- If you work in an office, sit at least an arm's length away from the computer and use the 20-20-20 rule throughout the day to give your eyes a break.
- Wear protective goggles if you work in construction or with chemicals or enjoy home improvement projects. More than 90% of eye injuries can be avoided by wearing proper eye protection.

## 8. Care for your contact lenses.

- Make sure you are washing your hands, storing contacts properly, and using cleaning solution for disinfection.

Source:  
<https://www.aaio.org/eye-health/tips-prevention/healthy-lifestyle-now-good-vision-later>

- Sleeping, showering, and swimming in contact lenses increases your risk for a potentially blinding eye infection.

- If you develop redness, changes in vision or pain, stop wearing your lenses and reach out to your ophthalmologist immediately.

## 9. If you're 65 or older, pay close attention to vision changes.

- Starting at around age 40, you may notice blurry close-up vision. This is called presbyopia and it's fairly common. You may require reading glasses.

- Blurry vision sometimes signals a more serious eye condition such as macular degeneration. Pay close attention to worsening symptoms and get regular eye screenings by an ophthalmologist.

- If you take medications, such as prescription eye drops, be sure to follow the directions as instructed. Talk to your doctor if you are having trouble doing so.

## 10. Regular eye exams can help you catch problems before it's too late.

- An ophthalmologist is able to spot eye diseases early—when treatment is most effective—simply by looking into your eye.

### Personalized Retina Care of Naples

If you are experiencing any changes in your eye health, whether it is blurry vision, pain, impaired vision, or any other visual irregularities, you should see an ophthalmologist right away. The earlier a disease is detected, the better the outcome and treatment options are for you. You will find a friendly and warm environment at Personalized Retina Care of Naples.

Please call (239) 325-3970 today to schedule your eye exam. When necessary same day appointments can often be accommodated.

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



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

By Dr. Robles

## #1: Ketamine resets brain circuitry

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

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

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

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

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



## How Ketamine is Administered

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

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

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

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

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

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



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# WHAT IS THE MIND DIET?

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

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

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

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

## HISTORY OF THE MIND DIET

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

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

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

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

## FOODS TO EMPHASIZE

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

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

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

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

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

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

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

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

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

## FOODS TO AVOID

Some foods to avoid include:

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

**Butter and margarine:** less than a tablespoon daily.

**Cheese:** less than one serving per week.

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

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

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

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

Phone: 239-776-1758

Email: bill.springer@chefsforseniors.com



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

# Best New Innovations in Hearing Aids

By Adriana Villalobos, M.A. CCC-A

**D**o you remember what a cell phone or computer looked like ten years ago? Now think about the changes in technology in TVs and vehicles over the past ten years. Mind Blowing! Well hearing aid technology has advanced just as much. Even more significant changes have taken place in the last three years. In my 30+ years of experience fitting hearing aids I have seen the advances in the science of hearing devices and how they are helping people with hearing loss today. When I first began my practice in the early 90's we were just starting to have digitally programmed devices. Now we have highly sophisticated hearing devices with digital sound technology and the precision of fit is amazing!

**Directional Microphones:** Microphone technology has become smarter than ever. Depending on the noise levels detected in the environment, the microphones can focus in the direction the person wearing the hearing aid is facing as well as towards the person speaking. This advancement is what helps people with hearing aids hear better in groups and noise.

**Bluetooth Streaming:** Streaming the audio for phone calls and media audio has helped people with hearing loss hear phone conversations and videos clearly as well as enjoy music so much more!

**Tinnitus Therapy:** Sound therapy is an option for those with bothersome tinnitus and now has more sound source options and ways to help reduce the awareness of tinnitus.



**Applications or Apps for both iPhone and Android Smart phones:** These apps are great for adjusting the hearing aids settings and not only volume levels. Some allow for health monitoring and even translation to other languages.

**Assistive Devices:** Remote microphones and television streamers are two examples of accessories available to enhance listening in difficult environments. These can make a big difference for the person who really struggles with speech clarity even with proper fitting hearing aids.

I find these to be the most impactful in daily life for the person wearing hearing aids, but there are many more advances in technology which I haven't mentioned here that make fitting hearing aids more individualized and make fine tuning them a breeze. To learn more, contact Adriana at 239-777-2089 or visit our website at [www.AVaudiology.com](http://www.AVaudiology.com) for more information.

Almost all hearing aids on the market today have these technologies available. Hearing better has never been easier!

### 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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# CHOLESTEROL: NUTRITION SMART

**M**any people worry about cholesterol - and with good reason. According to the American Heart Association (AHA), more than one-third of American adults have high cholesterol, putting them at greater risk of heart disease - the leading cause of death in the United States. What you eat can be essential in maintaining your cholesterol and cardiovascular health.

## But first, what is cholesterol.

Cholesterol is a waxy, fat-like substance made naturally by your liver. It is essential to perform various functions in the right amounts, such as making sex hormones, digesting fatty foods, and converting sunlight into vitamin D.

Cholesterol travels through our blood on proteins called lipoproteins. One type - low-density lipoprotein (LDL) - is coined the "bad" cholesterol, as high levels lead to a buildup of plaque in your arteries. Arteries + plaque buildup = an increased risk of heart disease. Another type - high-density lipoprotein (HDL) - is considered the "good" cholesterol. HDL carries cholesterol and plaque from our arteries back to our liver, so it can be flushed from the body.

Cholesterol levels vary naturally by age, weight, and sex. Total and LDL cholesterol levels should be low. But having more HDL, or "good," cholesterol in the blood may balance the "bad" by reducing the risk of a heart attack or stroke.

## AHA-recommended cholesterol levels.

- Total cholesterol levels: under 200 mg/dl (milligrams per deciliter)
- LDL: less than 100 mg/dl
- HDL: Men - 40 mg/dl or higher  
Women - 50 mg/dl or higher

## Cholesterol and nutrition connection.

Your diet plays an important purpose in maintaining cardiovascular health, so it's reasonable to think eating cholesterol-rich foods will raise your cholesterol levels. However, the connection isn't quite that simple. The cholesterol we get from our diets comes from eating animal products - namely meat and dairy, which are also factors in saturated fat.

So, while foods rich in cholesterol minimally increase blood cholesterol, saturated fat is of greater concern.

According to the AHA, saturated fat is a bigger culprit for raising blood cholesterol, in general, than dietary cholesterol.



## Heart-healthy foods.

Changing the foods you eat can lower your cholesterol and improve the flow of fats in your blood.

- **Increase soluble fiber.** Soluble fiber reduces cholesterol absorption into your bloodstream and lowers blood pressure. It is also perhaps the easiest dietary impact on your heart health. Oats and other whole grains are an easy addition to your meals or snacks (think oatmeal, Cheerios, granola bars, whole grain rice). Many fruits - especially the exotic type - are super rich in fiber, including raspberries, strawberries, apples (mainly in the peel), bananas, mango, and guava. In general, the darker-colored the vegetable, the higher the fiber content. Carrots, beets, and broccoli are good choices. Artichokes are among the highest-fiber veggie.

Beans are fiber-packed and high in protein, so they are a healthy, filling substitute for red meats. They make great soups and are a flavorful addition to salads. These are a good choice for your shopping cart: garbanzo, Northern white, lima, or pinto beans.

- **Reduce saturated fats.** Saturated fats, found primarily in red meat, are the primary culprit of high cholesterol. Steak, beef roast, ribs, pork chops, and ground beef all tend to have high saturated fat and cholesterol content. Choose lean (90 percent lean) cuts of beef or pork, such as sirloin, filet, flank, pork loin, or tenderloin. Better still - focus on lower fat sources such as chicken or turkey filets or ground.

Avoid fried foods, which are high in saturated fat and cholesterol due to the oil they're soaked in. Instead, opt for olive or avocado oil and choose healthier cooking methods, like grilling, baking, or air frying.

- **Eggs.** Eggs are a great source of protein and low in calories, but they tend to get a bad rap. Eggs are low in saturated fat and calories but can be high in calories.

This may be due to how eggs are prepared, such as frying in oils or butter. Water-poached, hard-boiled eggs, or egg whites are healthy substitutes for meats.

- **Eat foods rich in omega-3 fatty acids.** Eating fish two or three times a week can lower LDL in two ways: by replacing meat, which has LDL-boosting saturated fats, and by delivering LDL-lowering omega-3 fats. Foods with omega-3 fatty acids include salmon, mackerel, herring, walnuts, and flaxseeds. Omega-3s reduce triglycerides in the bloodstream and protect the heart by helping prevent the onset of abnormal heart rhythms.

- **Lower dairy fats.** Whole milk, full-fat yogurt, cheese, and butter are super high in saturated fat. Instead, opt for skim (non-fat), 1% or 2% milk, and non-fat or low-fat yogurt varieties for calcium intake. Limit cheeses and choose part-skim (Swiss, mozzarella, ricotta) when possible. Use extra-virgin olive oil or avocado oil instead of butter.

- **Add whey protein.** Whey protein, found in dairy products, may account for many health benefits of dairy.

- **Nuts.** Studies show that eating almonds, walnuts, peanuts, and other nuts are good for the heart.

What we eat can impact our cholesterol levels and help reduce our risk of heart disease. The American Heart Association recommends following a heart-healthy diet. So, the next time you go to the grocer, stock up on some of the above.

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# TURNING TO A BALANCED & HEALTHY MARKET

By Robert Nardi, Broker/Owner

**M**ay had the highest number of new listings in the last three years than any May. Fellow brokers who also analyzed the NABOR® May 2022 Market Report are pleased with this trend as it will lead to more options for summer buyers. New listings during May pushed the inventory of homes for sale up 58.6 percent to 2,046 properties compared to 1,290 properties in May 2021. By the end of May, our inventory in Naples has nearly doubled since the same time a year ago. And if you include the 889 homes that had a price reduction in May in this inventory mix, then we're in good shape for the summer months. Price reductions are like new listings because the home's new price point becomes a unique opportunity for a larger pool of buyers. Brokers like me prefer to compare this year's activity to the activity in 2019, as it was a balanced year with a 7.3-month supply of inventory. A healthy market for us is six to 12 months of inventory.

There was a 24.5 percent decrease in May to 1,249 closed sales from 1,654 closed sales in May 2021. However, using 2019's balanced market activity as a comparison, closed sales increased 7 percent month/month and 18 percent year to date. Demand remains strong despite having three times fewer inventory options than 2019 levels. Today, we have a 1.9-month supply of inventory. The median closed price increased 40.3 percent in May to \$608,000 from \$433,500 in May 2021. Since January, we've seen a 21.9 percent increase in the number of homes sold in the \$500,000 to \$1 million price category.

The NABOR®, May 2022 Market Report, compares single-family home and condominium sales (via the Southwest Florida MLS), price ranges, and geographic segmentation and includes an overall market summary. For those who enjoy statistics, the NABOR® market report is in a chart format and can be sent to you. Please request your copy via email to Robert@NardiRealty.com.

## What does this all mean?

The red-hot Naples Market from June 2021 through March 2022 is starting to cool. As mentioned, inventory is increasing, and we still have demand, but having multiple Buyers throwing in competing offers is becoming rarer. However, a larger supply is not the only factor. Interest rates are climbing. The stock market is down 35%, and we are experiencing rapid inflation.

All this news is not copasetic for the average Seller, but Buyers are sighing with relief. They still are not in the driving seat, but they are sitting "prettier" than they were just a few months ago. Prices are coming down, but not significantly. Why? Because Naples and the Southwest coastland have been undervalued compared to other coastal cities. The market in the past year has made its correction.

Everyone who purchased a home during this time paid cash or financed. In fact, in May, 63.3% of purchases in Naples were cash. Today, financing is not an easy task because the underwriting process is so

regulated and rigorous that everyone financing can afford to purchase. It is very different from the "Great Recession" and the housing industry's collapse during that period.

## What about the rental market?

Seasonal rentals (January, February, and March) in 2022 were booming. Demand was so great that monthly rentals rates increased by at least 20%. In 2023 there is still demand, but not the kind of demand we had earlier this year. Because Florida opened earlier than most states, many people flocked in 2020, 2021, and the beginning of 2022. However, most of the United States is now open and has lifted the mask mandate, so there was no reason for these people to head south. Therefore, the rental market is starting to soften here, and monthly rental rates for seasonal and annual rentals are decreasing by an average of 5%.

## The cache of the Southwest Florida market

The Southwest Florida market is still very appealing, and people want to live here. In fact, out of the 25 fastest-growing cities in 2022, Florida has 11 cities on the list, and Naples and Fort Myers are two of those cities.

Florida has the tenth-best quality of living in the country. Florida's economy is one of the strongest in the nation, with a GDP of over \$1.1 trillion. Florida would be the fifteenth wealthiest nation in the world if it were a country. The economy also continues to grow, with over 500,000 jobs added last year. Our beaches, quality of life, and being a tax-friendly state is unmatched.

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# Swollen Legs and Feet Could be a Sign of Heart Failure

By Dr. Joseph Freedman MD, MBA

**W**hile there are several types of heart failure, the primary concern is that the heart cannot pump blood and oxygen efficiently throughout the body. Due to this over-compensation, the heart becomes enlarged. The muscle mass of the heart thickens, and the heart tries to beat as fast as possible to keep up with its demand. Because the blood vessels narrow to try and compensate for the heart's lack of ability to supply blood, the narrowing causes severe swelling in the legs and feet.

When fluid builds up around the heart, it causes the heart to pump inefficiently. This is known as Congestive heart failure (CHF). Congestive heart failure is a progressive condition that's chronic, and it affects the heart muscles along with the entire systemic system. Heart failure affects nearly 6 million adults in the United States.

**The American Heart Association describes the various types of heart failure as the following:**

**Left-sided Heart Failure:** The heart's pumping action moves oxygen-rich blood as it travels from the lungs to the left atrium, then on to the left ventricle, which pumps it to the rest of the body. The left ventricle supplies most of the heart's pumping power, so it's larger than the other chambers and essential for normal function. In left-sided or left ventricular (LV) heart failure, the left side of the heart must work harder to pump the same amount of blood.

**There are two types of left-sided heart failure. Drug treatments are different for the two types.**

- **Heart failure with reduced ejection fraction (HFrEF), also called systolic failure:** The left ventricle loses its ability to contract normally. The heart can't pump with enough force to push enough blood into circulation.

- **Heart failure with preserved ejection fraction (HFpEF), also called diastolic failure (or diastolic dysfunction):** The left ventricle loses its ability to relax normally (because the muscle has become stiff). The heart can't properly fill with blood during the resting period between each beat.



- A. Right-sided heart failure**  
(Back-ups in the area that collects "used" blood)
- B. Left-sided heart failure**  
(Failure to properly pump out blood to the body)
- C. Congestive heart failure**  
(Fluid backs up into the lungs and tissues)

### Right-sided heart failure

The heart's pumping action moves "used" blood that returns to the heart through the veins through the right atrium into the right ventricle. The right ventricle then pumps the blood back out of the heart into the lungs to be replenished with oxygen.

Right-sided or right ventricular (RV) heart failure usually occurs as a result of left-sided failure. When the left ventricle fails, increased fluid pressure is, in effect, transferred back through the lungs, ultimately damaging the heart's right side. When the right side loses pumping power, blood backs up in the body's veins. This usually causes swelling or congestion in the legs, ankles and swelling within the abdomen such as the GI tract and liver (causing ascites).

### Congestive heart failure.

Congestive heart failure (CHF) is a type of heart failure which requires seeking timely medical attention, although sometimes the two terms are used interchangeably.

As blood flow out of the heart slows, blood returning to the heart through the veins backs up, causing congestion in the body's tissues. Often swelling (edema) results. Most often there's swelling in the legs and ankles, but it can happen in other parts of the body, too.

### Reference:

1. The American Heart Association, "Types of Heart Failure," AHA.org, Dallas, TX, May 2017

Sometimes fluid collects in the lungs and interferes with breathing, causing shortness of breath, especially when a person is lying down. This is called pulmonary edema and if left untreated can cause respiratory distress.

Heart failure also affects the kidneys' ability to dispose of sodium and water. This retained water also increases swelling in the body's tissues (edema).<sup>1</sup>

### Treatment

Heart failure is a life-long chronic condition; however, multiple treatment modalities are available depending on the stage of the disease. Typically, cardiologists will use several combined medications like beta blockers, diuretics, and ACE inhibitors to name a few. There are also surgical procedures like heart valve replacements, implantable defibrillators, and coronary bypass surgery. In end-stage cases, inotropic medications can be given to keep a patient's heart pumping adequately and to maintain an even blood pressure.

At the Cardiac Care Group in Cape Coral, they provide a wide range of services that focus on the prevention, prompt diagnosis, and state-of-the-art treatment of cardiovascular disease. They pride themselves on being an exceptional practice where patients come first. All of their physicians and medical staff are highly trained professionals, maintaining the highest level of accreditation in cardiology to address the special needs of those they are privileged to serve.

### Joseph Freedman, M.D.

Dr. Freedman brings many years of experience as a cutting edge cardiologist specializing in the prevention, diagnosis, and treatment of all cardiac disease. He trained at the prestigious Cleveland Clinic, continually ranked #1 in Cardiovascular Care, where he focused on cardiac imaging. He achieved five board certifications in Internal Medicine, Cardiology, Comprehensive Adult ECHO, Nuclear Cardiology and Cardiac CT. During his tenure as the lead noninvasive cardiologist at Florida Medical Center in Ft. Lauderdale, he helped lead the hospital to achieve Level 5 chest pain certification, the highest designation of cardiac excellence.

*This information is for educational purposes only and is not intended to replace the advice of your doctor or health care provider. We encourage you to discuss with your doctor any questions or concerns you may have.*

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# Back to School & The Office Could Spell Trouble for Your Pet

## 5 Tips to Help Them Cope

**O**ur pets have gotten quite used to us working from home and they also absolutely enjoy having the kids home for the summer, or in some cases, since the pandemic hit. Why? They are no longer alone all day for hours on end. This is especially true for dogs, as they are typically much more needy and attached to their owners than other animals.

If your kids are preparing to go back the classroom, or you are heading back to the office and waving so long to remote work, Animal Oasis has a few tips to help your pets transition into long periods of being alone.

### Tip #1 Get Their Energy Out Before You Leave

If you have a healthy pet that can benefit from some daily activity, get them moving. Taking them for extra long walks (be careful they are not overheated) or playing fetch or even playing with them in the house for a while before you leave for the day will help them tolerate being alone better. They will enjoy the bonding time with you and, they will be tired and probably find it easy to sleep during most of the day.

If you or your kids are gone for long hours, having a pet sitter, dog walker, or friend stop by and visit with them or exercise them again mid-day is very helpful, especially for animals with separation anxiety or those that need extra exercise.



If you and your family do not return until it's dark outside, make sure to leave a night light or some form of light on for your pets. Most pets can see in the dark, but light will make them more comfortable and may make them think that it is still daylight and that you haven't been gone so long.

### Tip #2 Background Noise

It can be helpful to leave the television on low or a music channel. There is even music made especially for animals to relieve anxiety. You can search for those online or on your smart TV.

### Tip #3 Water and a Comfortable Resting Area

Make sure your pets have plenty of fresh water, food, and toys available to provide nutrients for their bodies and adequate hydration. It's also critical to provide a comfortable bed, mat, or soft area for them to sleep and rest. Leaving a few toys out for them to play with is also helpful. Many toys are interactive nowadays and keep pets occupied for longer periods.

### Tip #4 Security Cameras

If you are using a webcam to keep an eye on your pets, please remember not to use the microphone to speak to them if they are not used to this. Otherwise, it will confuse them and cause distress. You can try and get your pet used to you speaking to them through the microphone while you are in another area of your home and for short periods of time at first.

### Tip #5 Calming Pills and Treats

Calming supplements can ease your pet's anxiety. Before you leave the house, give your pet the recommended dosage of these all-natural, anti-anxiety medications, as this can help your pet feel more at ease during times alone.

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# How to Enjoy Having Your Home Professionally Cleaned

**Y**our house is a mess. You have no free time. You hate to clean. If this sounds familiar, you're not alone. Over 100 million people in the US and Canada feel the same way. As you plan to hire house cleaning services, here are some tips that will make your experience even better.

## Remember that you're hiring human beings

If you plan on every speck of dust being gone after your clean, you're most likely setting yourself up for disappointment. You'll enjoy your service more if you are realistic about what you're getting. While professional house cleaners are exceptional at what they do, they are not super human. They can't clean your master bathroom in 5 minutes. Humans also make mistakes. If something isn't done well, relax, call the house cleaning service at the office, and let them know. Depending on the type of issue, most professional house cleaning companies will send someone out to re-clean the area and make sure to correct the situation.

## Leave your home while it's being cleaned

Do you like when someone looks over your shoulder while you work? Neither do housecleaners. Relax. Professional house cleaning services screen their employees, conduct background checks, and are bonded and insured. Get the most out of your cleaning service by getting out of your house during the cleaning process. Not only will you enjoy the great feeling of walking into a clean

home, but the cleaning staff will be better able to focus on their job. While leaving isn't a requirement, you just might find out how great it feels to abandon all thoughts of cleaning!

## Leave a tip

Tipping service professionals is nothing new. Everyone tips their server at a restaurant, the bellboy, the valet. Tipping your cleaning professional is a good thing. Think about this; a professional cleaner is in your home, touching virtually all of your possessions. Cleaning is a physically demanding job. House cleaners are constantly bending down, scrubbing, walking up and down stairs, reaching up high, and moving heavy things around. And if hard work isn't enough, remember that they're dealing with all your dirty stuff! It's well worth a few extra dollars to say thank you. And who doesn't love a tip? Remember, a happy cleaner is a great cleaner.

## To clean or not to clean

It's a question most people grapple with. Should I clean my house before the cleaning person comes? This is really up to you and there is no right answer. If you have hired a cleaning person for a set amount of time, the cleaner will be able to provide a deeper clean if your home is very tidy before their arrival. But, some people don't like even tidying up. If that's you, then letting the house cleaner do that might be well worth it. In the end, you have to decide how you want the house cleaner spending their time.

## I clean my home in 1 hour... they should too

People always think a professional house cleaner should be able to clean their home faster than they clean it themselves. This is a misconception. When most homeowners clean their homes, they clean very differently than someone they hire. Homeowners know what areas they can skip and usually don't clean all the areas that professionals do. For example, many homeowners may skip the toilet when cleaning the bathrooms, only wiping down the counter and mirror. And even if they do tackle the toilet, they usually don't get the floor behind it. Professional home cleaners must clean everything, which, in the end, usually takes longer.

If you're realistic about your house cleaning service, you'll be much happier. And if there is something you're not happy with, simply call the office. You'll be much better off working through a few small issues than constantly jumping from one cleaning service to the next. Once you and the professional company get it right, having your home professionally cleaned is on.



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# Dealing With Life's Painful Situations

By Pastor Timothy Neptune

**O**n Father's Day in 2005 my dad came to my office to visit and talk about how things were going. In the course of our discussion he mentioned that he experienced a terrible night's sleep because his back was causing him so much pain. I told him that it was time to go to the ER and get checked out to find out what was causing all of his pain. He did, and that started a two-year battle with pancreatic cancer. My dad fought an incredible fight with this terrible cancer but passed away in August of 2007.

Many people have faced the pain of having to bury a loved one. The question is, "How do I deal with the pain?" We may have confidence that our loved one is in a better place, but do we do with the pain that we still feel?

As you read this, maybe your pain is not in the loss associated with death, but rather you have faced the end of a relationship, or perhaps have received bad news regarding your own health. The question still remains, "what are we to do with these painful situations?"

As we turn through the pages of Scripture, we find that the thoughts and writings of the Psalmist David bring comfort and hope to those in pain. David understood painful situations for he faced many of them in his own life. He too, buried many loved ones and faced enormous family problems. How did he get through these challenges? He turned to God for help.

David tells us in the book of Psalms, <sup>18</sup>*The LORD is close to the brokenhearted and saves those who are crushed in spirit. Psalms 34:18*

You are never closer to God than when you are hurting. David knew that from personal experience. David took his pain and his problems to the Lord and asked for His help. In Psalm 142:1-2 David wrote, *"I cry aloud to the LORD; I lift up my voice to the LORD for mercy. I pour out my complaint before him; before him I tell my trouble."*

Our natural tendency is to suffer in silence. We put on a smile and pretend that everything is fine in our lives. Yet in reality, we know that ignoring our pain does not bring relief. We hope that time will heal all wounds but we know it does not. In fact, time often makes matters even worse.

Pain is our body's way of letting us know that we need to deal with something. Whether it is physical, emotional, or relational, pain should not be ignored. And yet still, we try to run from it.

It is human nature to run from painful situations. By law, all doors in public buildings swing out. When people panic, they run. They try to escape. When we face pain, loss and hurt, we look for ways to escape. We dream of running away from reality in hopes of finding peace and comfort over the next rainbow. Sometimes people try to escape by turning to alcohol, drugs, food, or even inappropriate relationships. Running from your problems never brings resolution.



David went on to say in Psalm 142:3 that <sup>3</sup>*"When my spirit grows faint within me, it is you who knows my way..."* God knows the pain we feel and He wants us to run to Him with our troubles.

As you read his Psalms, you will quickly notice that David was very open about what he was going through. And yet, through it all, he learned to trust and depend on God.

When dealing with the pressures and strains of life and the emotional challenges we face, we can learn much from David's example. Stop pretending that you can handle everything in your own strength and turn to God who loves you and cares about you. He specializes in mending broken hearts.

*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) or call (239) 775-5323.*



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