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BENEFITS OF DENTAL CT SCANNING

When undertaking complex treatments such as dental implants, the dentist will want to know what lies beneath the surface of your gums and teeth, this is where a CT scan is of utmost importance.

CT stands for computerized tomography, the CBCT (Cone Beam Computerized Tomography) scanner is a specially designed machine that uses x-rays in a cone beam, typically used for medical imaging.

A CT scan creates a series of x-ray images with superior image quality, these images are then pieced together using advanced computerized technology to form a series of slices. Your dentist can then view the internal structures of your head, face and neck in 3 dimensions and with a high degree of accuracy.

A CBCT scanner, such as the ones used in dentistry typically emit a lower level of radiation than the larger scale CT scans found in your hospital outpatient department.

Your dentist will be able to accurately plot the location of the bony structures around your face, nasal cavity and sinuses. This allows the dental team to evaluate any ongoing disease and also to plan for surgical treatments.

Much of the work done by the dentists revolves around getting an accurate diagnosis of the problem. Unless accurate diagnosis is done, the treatment will not be beneficial. That is why dentistry has relied so much on X-Ray images to identify dental problems. Despite the benefits of these X-Rays, they can be inadequate. They fail to give clear images of all parts of the mouth. This can be dangerous since the hidden mouthparts might be infected without the dentist's knowledge.

The main difference between a CT scan and a standard dental x-ray is that a CT scan gives a 3D image. This means the dentist can look around and inside the entire tooth, jawbone, and even the patient's airway. CT scans are important in helping to diagnose various dental conditions and aid in treatment planning.

Who might need a dental CT scan?

These are a few indications for getting a 3D scan:

- Patients who need or have had bone grafting and plan on having dental implants placed,

- Patients who have had complications with root canals or need an evaluation of a tooth for a root canal treatment,

- Patients who have trouble sleeping, who snore, and could possibly have sleep apnea.

Why is a CT scan important?

- Knowing the exact shape and dimensions of the jaw bone helps your dentist to be more precise in dental implant surgery.
- Seeing exactly where an infection lies can give your dentist information about whether a tooth is broken beyond repair, or what can be done to help it heal.
- Sleep apnea is a disorder related to several medical conditions including cardiovascular disease and diabetes.
- Dentists can diagnose abnormal lesions that can indicate serious bone cancers, tumors, and cysts.

What are the benefits of a dental CT scan?

Reveals everything in the mouth

Nothing is hidden. The scan captures every part of the mouth using different angles and views. Thus, the dentist will have a better view and idea of what is happening in the mouth of the patient.

Bone and soft image tissue

The CT scan is more effective than traditional X-Ray imaging. The typical dental X-Ray was used to capture images of the jawbone and teeth. However, the CT scan provides more details. The scan captures details of the teeth, bones and soft tissues in a single scan. Thus, dentists have a complete view of every part in one image.

It is quick

The CT scan is very quick. For a full mouth scan, the imaging process is likely to take 20 to 40 seconds. A scan targeting a specific part will take less than 10 seconds. The imaging process takes a short time but it is very effective.

Controlled radiation

The CT scan uses radiation. Exposure to radiation is one of the causes of cancerous growth. That is why most people believe that the equipment is risky. When a small amount of radiation is used, it does not have negative effects. The CT scan equipment gives dentists the ability to control radiation. This helps in reducing the risk of getting cancer, making the equipment a safer alternative.

How to prepare for a dental CT scan

There is very little preparation required for a dental CT scan. The dentist will need to have a clear view of the head, face and neck during the scan. Any item which could interfere with the image needs to be removed, this includes:

- Earrings
- Tongue, nose or other facial piercings
- Necklaces
- Glasses
- Hearing aids
- Hair clips or pins
- Removable dental appliances

What will happen during the CT scan?

Unlike outpatient CT scans at a hospital where the patient lies down, a dental scan is usually done with the patient standing. The patient simply stands in a marked area in front of the scanner, holds onto the bars in front and then guides will be put in place to hold the head stationary. The scanner then rotates around the head taking a whole series of images which the software then rearranges into a 3-D x-ray. The whole process takes only a few minutes and is completely non-invasive.

What are the risks of a dental CT scan?

Dental Cone Beam CT scan is a far lower radiation dose than conventional CT scans that one would receive in the hospital. They do however have a higher level of x-ray radiation than one would usually receive from a standard x-ray. The dentist will therefore try to keep the number of scans to a minimum.

It is worth noting that older patients (patients over 60) have a lower risk of radiation exposure as their older teeth are less sensitive to the effects.

Patients who are pregnant should notify the dentist so that modifications or alternate arrangements can be made.



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Chronic Limb Ischemia: Educating Patients on This Disease is Critical

By Leandro Perez, MD, FACC, FSCAI, RPVI

Peripheral artery disease (PAD) is an epidemic that causes blood flow to diminish and puts patients at high risk for heart attacks and other cardiovascular events due to narrowing of the arteries, atherosclerosis (buildup of plaque), and the risk of plaque sloughing off and creating clots. The advanced stages of PAD, which occludes blood flow, especially in the tibia and foot arteries, causing ulcerations, gangrene, and tissue loss, is known as Chronic Limb Ischemia (CLI). CLI is an occlusive disease state that doesn't provide adequate perfusion to complete the metabolic demands of the body. The Global Burden of Disease study reported that 202 million adults worldwide have PAD and with that staggering number, CLI is increasing escalating. Few other diseases have as high of a mortality rate as CLI.

Approximately 2 million people in the U.S. have CLI, but that number is probably much higher as it often goes undiagnosed until the disease is severely advanced.

Many physicians resort to amputation to try and save their patient's lives, but it's unfortunately often performed unnecessarily, and it puts patients at a higher risk of death. Amputation severely reduces a person's survival rate. Because CLI is increasing in record numbers, patients' survival rates are much worse than that of many deadly cancers, yet there is no clear strategic protocol in place by the government to help patients survive and better prepare and mandate their physician's treatment plans.

In south Florida, we are seeing record numbers of people that were recommended amputation. In most of these cases, it is unfounded.

Patients with CLI almost always have comorbidities such as diabetes, hypertension, high cholesterol, kidney disease, and extensive atherosclerosis throughout their bodies. Angiography is a critical tool to understand the patient's vascular health overall. Sadly, many patients with CLI are never offered any in-depth imaging studies. With the proper testing, physicians can decide how to best treat the patient and avoid amputation through revascularization procedures. Patients who undergo amputation have double the risk within the year of death.



Making sure we educate the public on their options with PAD and CLI is critical.

The most common symptoms with PAD are pain with exertion, most of the time, the pain is in the calf, but it can be anywhere in the extremity and sometimes in the buttocks. Pain can present as cramps or sharp and usually relieved by resting—most people complain of cold or numb feet or loss of hair, and some experience weak legs.

Diagnosis is confirmed by performing a detailed physical examination of the legs, checking for pulses, and corroborated using ultrasound and Doppler; with arterial disease; we also add an Ankle-Brachial Index or ABI, which measures the blood flow in your extremities. These tests are simple to perform and done in an office setting.

Once diagnosis is confirmed, then there are multiple treatment options and can be conservative or invasive; it all depends on the severity of the condition.

For more advanced conditions, invasive treatment is needed. Until recently, invasive treatments were mostly surgical, very traumatic with days of recovery in hospital post-surgery; however, in the last decade, the introduction of percutaneous non-surgical techniques procedures has shifted the treatments from surgery to catheter-based interventions that do not require blades or general anesthesia. The same techniques used to open arteries of the heart without surgeries using catheter-based therapy are now the method of choice for the treatment of venous or arterial disease of the legs.

The introduction of catheter-based techniques has now caused a shift from a surgical technique to a percutaneous technique that can be done in the comfort of an office without the need of hospitalization, all done under local anesthesia as an out-patient procedure.

You have options. Being educated on vascular conditions and the available treatment is to your advantage. We hope to spread the word on CLI and help patients avoid unnecessary amputation.

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Leandro Perez, MD, FACC, FSCAI, RPVI

Dr. Leandro Perez is a board-certified cardiac and endovascular specialist with extensive expertise in arterial disease and also an expert in the "wrist procedure" for heart catheterization and limb angiograms. His primary focus is limb amputation prevention and limb ischemia and leads NCEC in these efforts educating the community and health care providers in Southwest Florida on these conditions. He uses a non-surgical treatment of arterial disease to preserve the arteries of the leg, similar to the techniques he uses to treat the arteries of the heart. He is dedicated to combatting the epidemic of limb amputation using his skills and experience in helping these patients at risk for losing a toe, feet, or limbs due to poor circulation.

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IT'S TIME TO PRIORITIZE SCREENING FOR PROSTATE CANCER

By Todd A. Pezzi, M.D., M.B.A.

During National Prostate Cancer Awareness Month, which is observed each year in September, Advocate Radiation Oncology is raising awareness about the importance of proactive screening for prostate cancer in men aged 50 and above.

According to The American Cancer Society, roughly **one in nine men are diagnosed** with prostate cancer in their lifetime. Prostate cancer is the **second leading cause of death for men in the United States**. Men whose family members have been diagnosed with the disease are at a higher risk for developing symptoms, and should begin screening at age 40.

Additionally, older men are more susceptible to the development of prostate cancer, which means the risk for diagnosis increases as one ages. Approximately 60% of cases are diagnosed in men 65 and older, with **an average diagnosis age of 66 years old**.

While these statistics may seem alarming, they demonstrate the crucial role of cancer screening for men's health. An individual's treatment options for prostate cancer depend in part on how soon the diagnosis is uncovered. Annual screenings make early diagnosis more likely by detecting issues before they cause debilitating symptoms. An early diagnosis also increases the chances of a successful treatment outcome.

What You Should Know About Prostate Cancer Screening

The primary test that is commonly used to screen for prostate cancer is called a prostate specific antigen (PSA) test, which measures the level of PSA in the blood. PSA is a substance that is made by the prostate and found in increased amounts in the bloodwork of men who have prostate cancer. A high level of PSA can also indicate a prostate infection or inflammation, an enlarged prostate, or negative drug interactions stemming from prescription medication.



This is the most effective way to detect early-stage prostate cancer. While the screening may cause temporary discomfort, it allows patients to pursue a greater number of treatment options and achieve higher survival rates than those who discover prostate cancer in its latest stages. The American Urological Association (AUA) strongly recommends consideration of PSA testing in men aged 55-69 years of age, recognizing that the greatest benefit of screening is within this age group.

What If Prostate Cancer Screening Results in a Diagnosis?

When you receive a prostate cancer diagnosis, it is important to partner with a health care professional who will put the patient's needs first. Therefore, the best first step is to seek medical advice and compassionate treatment from highly skilled, experienced professionals who are leaders in their field.

At Advocate Radiation Oncology, our team of board-certified radiation oncologists have trained at some of the nation's most prestigious institutions. As the region's premier locally-owned and operated radiation oncology practice, we combine decades of experience with advanced technology and world-class technique as we work closely with each patient in developing a personalized treatment plan.

This is because there are many types of treatment protocols that are successful for prostate cancer. In addition to surgery, radiation therapy is the most common treatment for prostate cancer – and is generally considered to be of equal effectiveness. In fact, radiation therapy often helps minimize the side effects of treatment for patients who want to return to their daily lives after each treatment. At a medical practice like Advocate Radiation Oncology, which uses industry-leading machines to treat patients, it is possible to complete a full course of radiation with little inconvenience due to highly effective methods of prostate cancer treatment.

As a result, there is no "best" option or general treatment that suits all patients. Instead, a personalized approach is necessary to determine which approach and type of prostate cancer treatment will best address an individual patient's needs. And, it all starts with proactive screening.



About the Author

Dr. Todd Pezzi serves as a radiation oncologist at Advocate Radiation Oncology, practicing in Naples and Bonita Springs, Florida.

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A DIAGNOSIS IS AT LEAST HALF OF THE TREATMENT

How can you fix something when you don't know what exactly is broken? When our car is acting up and making abnormal noises, we stop and ask ourselves what can be the cause of the problem? Is it being caused by a problem with the engine, a malfunction with the starter or fan belt? Often times when we notice something is wrong with our bodies we think of all of the possible things that can be wrong. If you are experiencing pain in your stomach you may be wondering is this a stomach ulcer, is it a gallstone, could it be pancreatitis? Each of which have very different treatments to fix the problem. Identifying the cause is the best way to effectively treat the situation. Receiving a proper diagnosis is at least half of the treatment process. Dr. Karl Jung, the famous professor, said "the cause of suffering is the pain which we do not understand".

Pain is often experienced in many different ways and for many different reasons. When people feel pain, it is easy to say that pain is the problem when it is just a symptom not a diagnosis. Meeting with a physician is important because it is always best to treat the cause and not simply the symptom. If you have a bacterial chest cough, do you want cough medicine or an antibiotic? Cough medicine will help in the short term to treat the symptom, but an antibiotic will help treat the cause. If you have low back pain, is it caused from a compression fracture, muscle strain, herniated disc or referred from a liver tumor as examples? Taking medicine such as Tylenol may be a temporary fix to curb pain but may make other causes worse which is why it is pivotal to treat the cause rather than the symptom. Not only is it better to treat the cause over the symptom many times it is the safer option as well.

Physical examinations are a great way for physicians to work with you to discern the cause of most problems and to treat the cause rather than them symptom. Dr. Robert O'Leary, board certified in



Pain Medicine & Physical Medicine & Rehab, stresses the importance of being able to know the cause of the problem, work with your physician to diagnosis the problem, and determine the proper course of treatment and prognosis. Dr. O'Leary states that this is incredibly important to those with serious pain and impairment to heal. Listening to the patient on when the problem started, what may have caused it, what makes it better or worse and then some other past medical history related to their past or current medical/surgical/family history and medications also greatly help physicians discern the cause many problems. An imaging study like x-ray, ultrasound or MRI may contribute to narrowing down the specific cause if not initially evident. Once a specific cause or diagnosis is confirmed then a focused treatment plan can be developed.

Having that plan itself is usually a great relief. It is like being given a map or navigation aid to a person who has to go to a new destination without having any directions.

Next time you find yourself treating the symptoms, reach out to a physician to schedule an appointment so you and the physician can treat the cause rather than the symptom. To schedule an appointment please call (239)348-4221 or visit our website Physiciansregionalmedicalgroup.com.

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THE RELATIONSHIP BETWEEN FAT AND CANCER

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

Dietary fat has gained a reputation as being responsible for nearly every major malady - from acne to clogged arteries. We've been advised by our doctors to reduce red meats, cut fat off our steaks, and if we must eat it, make it lean. All this to avoid any fat - and particularly saturated fat. But, *do high-fat diets lead to cancer?* Not necessarily!

Early research on diet and cancer risk did suggest a link to fat consumption. How else could we explain why regions with low/healthy fat intake - for example, Asia and the Mediterranean - also have lower cancer rates than countries with higher-fat diets (U.S.). After years and multiple attempts to link dietary fat and cancer, however, studies remain negative. It appears it's not fat itself that increases your cancer risk, but what kind of fat and its role in your overall diet.

So what does today's science tell us about dietary fat in the big picture of healthy eating choices to help prevent cancer?

- **Avoid processed meat like bacon, ham, salami, hot dogs and frankfurts.** Processed meat is a Group 1 carcinogen, which means it causes cancer. Other Group 1 carcinogens are cigarette smoking and asbestos, to emphasize just how bad processed meats are to our bodies.
- **Manage weight gain.** Obesity is a very real concern for cancer risk and a cause of at least 13 cancers. Fat is the most concentrated source of calories, so if most of the foods you eat are high in fat, it's simple for even small portions to add up to excess calories.
- **Worry about trans fat.** These fats are commonly used in processed and fast food such as cookies, crackers, snack foods, fried foods, and pastries. Trans fats are used in food processing because they give foods desirable taste and texture. Trans fats are directly connected to heart disease and more recently to prostate, colorectal, and breast cancers.



- **Moderate fat intake.** Eating fat won't necessarily make you fat. But, if you consume too much fat, your body will create new fat cells/tissue to store the excess. While it's not proven that fat causes cancer, we do know that it provides nutrients and promotes blood vessel formation to cancer cells, feeding their size and spread.

- **Exercise.** Muscle is an antidote to cancer. Making muscle through exercise reduces cancer-promoting sugar and insulin within our bodies; decreases levels of hormones that, over a prolonged period, can lead to cancer; and decreases inflammation, which serves as a fertilizer for cancer.

Removing fear of fat does not mean giving a thumb's up to all high-fat foods. Focus on overall quality of foods you eat to promote health and reduce cancer risk.



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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FALLS CAN BE DUE TO BLURRED EYESIGHT

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

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

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

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

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

Here are some tips to help:

- Small throw rugs are a tripping hazard and should be rolled up and put away.
- Clear the clutter. Random items left on the floor make it more difficult to have a clear path for walking.
- Use bright bulbs where they are needed most, but especially at room entrances and the top and bottom of stairs.
- Wear rubber-soled shoes around the house to gain traction.
- Use hand rails in the shower since slippery surfaces make you more prone to falling;

About Quigley Eye Specialists

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



Blurred vision may cause you to not see objects in your path as clearly as you once did, which will increase your chances of falling. GETTY IMAGES PHOTOS

- Watch your balance, which decreases as you age. Exercises are available to help maintain and improve balance.
- Know where your pets are located at all times. We all love our pets, but they can be tripping hazards if you're not aware that they are running across your path.
- Review your medications with your doctor. Some medications for arthritis, high blood pressure, heart disease and sleeping can cause dizziness. Your doctor can recommend alternatives.
- Consider a fall detection device that will alert help should you need it.
- Limit alcohol consumption. Older adults cannot process alcohol as easily as they did when they were younger which can produce dizziness and light-headedness even 24 hours later.

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



Older adults cannot process alcohol as easily as they did when they were younger which can produce dizziness and light-headedness even 24 hours later.

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



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PICKLEBALL

By Robert Swift, D.O.

Board Certified Orthopedic Surgery and Sports Medicine



Pickleball is a recreational sport that is gaining in popularity and has become one of the fastest growing sports in America. The sport is easy to learn, promotes competitiveness and socialization, and is a great form of low impact exercise.

The game was developed in 1965 by a former Washington state congressman, Joel Pritchard. He and a friend were looking to play badminton, but unable to find a full set of rackets they improvised, playing with wooden ping-pong paddles and a perforated plastic ball. With this collection of equipment, they played on an asphalt surface using a badminton net adjusted to a height like that of tennis. The friends eventually developed a permanent set of rules. Their intention was to develop a sport the entire family could enjoy together. Within two years, the first permanent court was constructed next door to Joel Pritchard's home. Within a few more years, a corporation was developed to protect the sport. Since its inception, the game has continued to grow, and is now played in all 50 states.

The game was named after the Pritchards' dog, Pickles. In the early development of the game, there no official name assigned to it. As the game progressed, an official name was needed, and "Pickleball" was it.

Pickleball is currently the fastest growing sport in the US. The Sports & Fitness Industry Association (SFIA) estimated that in 2017 there were over 2.8 million Pickleball players in the U.S., which was an increase of 12.3% from the previous year. Further details from the 2016 SFIA report included that over 1.5 million people were 'casual' participants (play one to seven times per year), and that 930,000 were 'core' participants (play eight or more times per year). Further breakdown of participation rates by age showed that 'core' participants tend to be older, with 75% of core participants being age 55 or older, and 42% of all players over 65 considered to be core participants. Along with fitness benefits of the sport, many older adults enjoy playing Pickleball because it promotes competitiveness and socialization.

Associated Injuries

A recent literature search did not reveal any published research describing specific injuries related to Pickleball. However, there is published research on injuries associated with other racket sports. In tennis, a similar style racket sport played on a similar surface, the most common injuries are sprains/strains of the lower extremity, followed by sprains/strains of the upper extremity and injuries of the trunk and low back. Given the underhand nature of the game play of Pickleball, one would expect a lower occurrence of shoulder

injuries than in tennis where overhand serving is a major component of the sport. However, there is still a risk for a variety of other upper extremity injuries in Pickleball.

Acute Injuries

Acute traumatic injuries in Pickleball can result from falls, secondary to a sudden turning or pivoting movement. Sprains of the ankle joint, particularly with inversion, are very common in tennis and the mechanism for this injury would be similar for Pickleball. Depending on the severity of the sprain, this injury could result in significantly impaired movement or inability to bear weight. If weight bearing is painful, initial treatment may initially include crutches (if needed), or immobilization with an ankle brace. Further treatment consisting of relative rest, icing, compression, and elevation (RICE) are generally useful in the treatment of sprains of the ankle and other joints. Depending on severity, ankle sprains can take several weeks to resolve, but patients can generally resume their previous level of play if proper steps are taken during the healing process. Return to sport participation for this and other injuries is often expedited by physical therapy.

Other injuries that can arise near the ankle can involve the Achilles tendon. These can include an Achilles strain, which can present as pain anywhere along the tendon, from the musculotendinous component at the lower calf muscle, to the body of the tendon, to its insertion at the calcaneus. Treatment of Achilles tendon strains typically consists of relative rest, focused stretching of the tendon, and eccentric loading exercises. This injury can take weeks to fully heal. A much less common but more severe injury, Achilles tendon rupture, can occur with forceful movement of the ankle, usually an abrupt plantarflexion. This injury usually results in severe pain in the posterior ankle and an inability to bear weight or actively plantarflex the foot. This type of injury will often require surgical repair and should be evaluated promptly for optimal long term outcome.

Knee injuries are also common in racket sports such as tennis, and likely to affect Pickleball players as well. These can range from acute sprains of the knee to meniscal and ligamentous injuries. A sprain of the knee can affect the collateral ligaments, caused by rapid starting/stopping and sudden turning or pivoting movements. A sprain will often result in pain with weight bearing, usually worse with lateral movement. Acute injuries of the meniscus can include tears, which can present with the same mechanism as a ligament sprain, but often will result in the inability to

bear weight, decreased range of motion, and significant swelling. Treatment of these injuries can range from initial non-weight bearing, to bracing, to physical therapy, or even potential surgical repair. Any knee injury that results in pain with weight bearing, decreased range of motion, or significant swelling should prompt immediate evaluation by a physician.

Muscle groups in the lower extremity that can be acutely strained include the hamstring muscles, quadriceps, hip flexors and adductors, and calf. Many strains can involve partial tearing of the muscle body or tendon. These injuries can present as pain in the muscle with stretching or muscle contraction. Mild sprains usually respond to RICE treatment, and participants can usually return to their activity in a matter of a few weeks. More severe muscle strains or tears may have more severe pain, associated swelling or bruising of the muscle, and tend to take longer to recover. As stated above, many of these injuries will respond well to physical therapy, and this can often help to assist players to return to their previous level of competing and can often address other potential biomechanical inefficiencies that can be future injury risks.

For the upper extremity, the wrist is a common site of tennis injury, and Pickleball players are at risk as well. Falls onto an outstretched hand are a common mechanism for wrist sprains and can also result in a fracture. The elbow and shoulder can also be injured by falls. Minor bruising to the upper extremity may be initially treated with RICE, but an injury to the upper extremity that causes significant swelling, bruising, or limited range of motion should prompt a player to be evaluated.

Pickle ball can be a great way to enjoy the beautiful weather and there are many courts in the SWFL area. The benefits of exercise, and socialization out way the risks of injury. Even when we are at our most competitive, it is important to remember to play it safe, give up the point. That way you can always come back to the court to play again.

Always stretch and warm up gently before competitive play. Make sure you are getting your physical once a year to understand and appreciate your health. Drink plenty of water and the occasional sports drink. Wear appropriate gear, and footwear.

In the event of any related Pickleball injury we are available to take care of you and get you back on the court.



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THE DANGERS OF CHRONIC INFLAMMATION AND WHAT CAN YOU DO ABOUT IT?

By Todd Wilkowski, PT, SCS

Inflammation refers to your body's process of fighting against what harms it, like bacteria, viruses, toxins, and infections, in an attempt to heal itself. When something damages your cells, your body releases chemicals that trigger a response from your immune system. This response includes the release of antibodies and proteins, as well as increased blood flow to the damaged area.

There are two main types of inflammation: acute and chronic. Acute inflammation, like a cut, can last for a few hours or days. This type of inflammation is critical for survival during physical injury or infection. It is generally short-lived and resolves itself in a few days or weeks. Chronic inflammation, however, happens when your body's response to injury lingers. It leaves your body in a constant state of alert, and over time, it can have a negative impact on tissues, joints and organs. When a physical therapist conducts an initial exam on a patient, for example, they look for a normal, acute inflammation response. However, a joint that remains swollen past a normal threshold, requires further inspection. If left untreated, chronic inflammation may result in difficulty moving, aches and pains, as well as general loss of movement.

Chronic inflammation is quite dangerous, and can lead to several diseases that collectively represent the leading causes of disability and mortality worldwide. These might include cardiovascular disease, cancer, diabetes, chronic kidney disease, non-alcoholic fatty liver disease and autoimmune and neurodegenerative disorders. Chronic inflammatory diseases have been recognized as the most significant cause of death in the world today, with more than half of all deaths being attributable to inflammation-related diseases.

WHAT ARE THE SYMPTOMS OF CHRONIC INFLAMMATION?

Acute inflammation usually causes noticeable symptoms, such as pain, redness, or swelling. But chronic inflammation symptoms can be far more subtle and develop over time, which makes them easier to overlook.

Common symptoms of chronic inflammation include:

- fatigue
- body pain
- depression or anxiety
- gastrointestinal complications (diarrhea or constipation)
- weight gain
- weight loss
- persistent infections

These symptoms can range from mild to severe and last for several months or years.

STRATEGIES TO REDUCE CHRONIC INFLAMMATION

You may not realize it, but everyday activities, a poor diet, and even a lack of exercise can result in inflammation that can reduce energy levels and contribute to overall unhealthiness. Fortunately, it is possible to lessen severe inflammation in otherwise seemingly healthy individuals.

Exercise

- Regular exercise reduces fat mass and adipose (fat) tissue inflammation which is known to contribute to chronic inflammation.
- Independent of losses of fat mass, exercise also increases muscle production of IL-6 (a pro-inflammatory cytokine and an anti-inflammatory myokine which is known to cut TNF- α production (a cell signaling protein [cytokine] involved in chronic inflammation) and increase anti-inflammatory cytokines.
- Training also increases vagal tone (largely responsible for the regulation of several body compartments at rest), which may lead to reductions in chronic inflammation.
- Acute exercise activates the hypothalamic-pituitary-adrenal axis and sympathetic nervous systems, our stress response systems.

Recovery and sleep

Sleep affects immune function: generally speaking, good sleep acts positively on the immune system, and bad sleep acts negatively. Cortisol, the stress hormone, decreases at night, while human growth hormone and prolactin, both released naturally, increase at night to promote tissue healing (i.e., inflammation). T cells, the body's fighter cells, and their helper cells both function better with higher quality sleep. Poor quality sleep can lead to impaired cognitive function and impaired memory and can have long term consequences. This includes an increased risk of cardiovascular disease, hypertension, coronary artery disease and diabetes. A good night's sleep is necessary to allow your body to recover properly.

Nutrition

To reduce levels of inflammation, aim for an overall healthy diet. If you're looking for an eating plan that closely follows the tenets of anti-inflammatory eating, consider a diet which is high in fruits, vegetables, nuts, whole grains, fish, and healthy oils (Mediterranean Diet). In addition to lowering inflammation, a more natural, less processed diet can have noticeable effects on your physical and emotional health.

Stress management

We all face stress in our daily lives — our work, traffic jams, boring commutes, family and financial issues, all of which contribute. Living in a state of overdrive is not normal and harmful to your health. Chronic stress and inflammation occur at the same time, and are often underlying factors in most chronic illnesses.

There are many ways to manage stress, such as mental performance consulting. This involves speaking with a trained professional to address anxiety and stress management, create routines and improve sleep and recovery. You would also learn how to identify when issues occur and learn relaxation techniques, mindfulness, meditation, breath work, and more.

A COMPREHENSIVE APPROACH TO MANAGING INFLAMMATION

While some levels of acute inflammation aid the body's natural processes, prolonged, chronic inflammation causes a variety of health issues. It is incredibly important to manage factors that can exacerbate inflammation such as a poor diet, sedentary lifestyle, elevated stress hormones, low quality sleep, and more to prevent chronic inflammation from occurring.

Managing inflammation involves a healthy lifestyle that must go beyond a yearly check-up. It involves coordination of multiple aspects of health, including exercise, recovery, nutrition, and stress management. That is why it is important to actively work with a team of medical professionals who can bring it all together and help you achieve optimal health.

If you have further questions, contact Performance Optimal Health at 239.342.1342. By focusing on the four pillars of optimal health (exercise, recovery, nutrition, and stress management), our team of highly specialized experts can help you on your journey to optimal health.



Todd Wilkowski, PT, SCS, has a life-long commitment to helping his clients live better lives in pursuit of Optimal Health. He founded Performance in 2002 and expanded it from one office in Manhattan to a network of facilities throughout Connecticut, and most recently, Naples, Florida. His visionary perspective on the healthcare marketplace, as well as his tenacious approach to service innovation, continues to expand the boundaries of what is possible with Performance.



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Small Intestinal Bacterial Overgrowth

WHAT IS IT?

By Svetlana Kogan, M.D.

If you have been suffering with vague abdominal discomfort, feeling bloated and distended, and having issues with bowel movements – you may be struggling with Small Intestinal Bacterial Overgrowth. As a holistic medical doctor, I commonly see patients with this ailment, and the subject is worth exploring a little in this article. Aside from feeling the abovementioned symptoms, patients often complain of either diarrhea or constipation. In either scenario, the problem stems from uncontrolled overgrowth of bacteria in the small intestine. There are two common situations predisposing patients to this: One is a diminished amount of acid in the stomach. This happens with aging, H.pylori infection, or the chronic use of H2 blocker or PPI medications. The second predisposing risk is having a motility defect in the small intestine. Normally, after the food moves from the stomach into the small intestine, it goes through a well-coordinated series of muscular contractions and relaxations to propel the food forward. When this propulsion becomes irregular or weak – bacteria starts to overgrow. This often happens after a viral infection, or with chronic diabetes, chronic kidney disease, or with a bunch of auto-immune conditions.

In addition, any kind of gut surgery violates the original intestinal anatomy and predisposes a person to bacterial overgrowth. Unfortunately, some GI diseases like Diverticulitis, Crohn's disease, and Celiac to mention a few – can also increase your risk for bacterial overgrowth in the small intestine. Finally, if none of these are applicable to you, it may be just the use of the antibiotics (and who has not had those?) that prompted the bacterial overgrowth. Interestingly, patients who have been diagnosed with Irritable Bowel Syndrome often have concomitant small intestine bacterial overgrowth but the jury is still out on this chicken and egg situation.

Aside from the physical and emotional discomfort caused by this disease there may be some unpleasant complications. One of them is fat malabsorption and this can lead to weight loss and deficiency of some vitamins, such as A, D, E,



and K. Another common complication is carbohydrate and protein malabsorption, and these often manifest as weight loss and edema (body swelling). Finally, the inflammation and disruption of the normal small intestinal lining can disrupt the absorption of vitamin B12 and lead to neuropathy, fatigue and anemia.

Now, let's look at how small bowel bacterial overgrowth can be diagnosed. The golden standard of diagnosis would be to perform endoscopy and take a sample of the small intestinal contents for a culture to grow in the Petri dish. However, this is not done very often. Most of the patients are diagnosed with the so-called 'breath test'. This type of noninvasive test measures the amount of hydrogen or methane that you breathe out after drinking a mixture of glucose and water. A rapid rise in exhaled hydrogen or methane may indicate bacterial overgrowth in your small intestine.

Now, let's say that the diagnosis of Small Bowel Intestinal Overgrowth has been made. What to do now? The best thing to do from the holistic perspective is to treat the root of the problem. So, first you have got to optimize the pre-existing condition. If it's diabetes – get your sugar under control. If it's Celiac disease – get on a strict gluten-free diet. If it's pancreatitis you are suffering from: stop drinking alcohol, get on the strict diet and take care

of your gallstones if you have any. Whenever possible, you want to address the underlying problem which is causing bacteria to overgrow. If you don't do it – all of your subsequent treatments will fail as your body will remain a perfect breeding ground for the recurrence of bacterial overgrowth.

I usually like to work in tandem with a Board Certified GI specialist on small intestine bacterial overgrowth. First of all, the GI doc is instrumental in making the correct diagnosis, whether it involves endoscopy or the breath test. Also, there are some prescription medications for certain types of bacterial overgrowth that GI doctors have excellent expertise with, such as the medications which help to activate food propulsion in the intestines.

On my end, I make sure that the patient's vitamin levels, as well as calcium and magnesium levels are optimized. As part of the treatment, I will often use a short course of special prescription antibiotics, followed by a long course of herbal anti-inflammatory agents which act as natural antibiotics. I place everyone with small intestinal bacterial overgrowth on a special customized diet, which excludes certain triggers and this is very individual, and we do it in a step-wise fashion. Small bowel bacterial overgrowth is not an easy condition to tackle – it requires a change in lifestyle and nutrition. However, we almost always achieve a complete resolution and it feels wonderful and liberating to all patients.



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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Importance of PROSTATE EXAMS

Prostate cancer is a fairly serious blip on the male health radar as the third most common cancer in men over 70. Prostate cancer – and other prostate issues – can cause considerable discomfort, pain and even death, if they are left undiagnosed and untreated.

No man looks forward to dropping his pants for the annual check-up; but if you're smart, you'll bite the bullet and go anyway. Regular screenings cannot only save you a lot of pain and discomfort – they may just save your life.

What is the prostate – and why does it need to be examined?

The prostate gland is a doughnut-shaped organ that is part of the male reproductive system. A healthy prostate in a younger man is only about the size of a walnut. The prostate sits just under the bladder and is wrapped around the beginning of the urethra. It is surrounded by nerves that control erections and its primary function is to produce a liquid that enriches and protects sperm.

Unfortunately, as men get older this little organ tends to act up. At times, some of the symptoms are simply a sign of aging; however, in many cases prostate trouble is an indication of a more serious problem. Prostate cancer is a primary concern, but other prostate disorders can be just as uncomfortable and a serious concern for male health.

So if you are experiencing symptoms like difficulty or discomfort while urinating, blood in your urine or semen, or painful ejaculation, it's important to have your prostate checked out. Even if you aren't experiencing any symptoms, it's still wise to be screened from time to time, as you can pre-empt and prevent problems before they crop up.

What should I expect during a prostate screening exam?

A prostate screening exam can be done fairly quickly and easily. It might be a little awkward and uncomfortable, but it should be pain-free and over in just a few minutes.



The doctor will likely discuss the procedure with you before getting started. He will answer any questions you might have and he'll make sure you understand what's going to happen. As uncomfortable as you might be, the very best thing to do is to relax and remember it will only take a few minutes. Remember, the doctor is a professional and he very likely does prostate exams on a daily basis. Relaxing and discussing the process openly with your doctor can take a lot of the discomfort out of the procedure.

Regular screenings ensure that problems are caught quickly. Catching a prostate problem right at the start, means that it can be treated and cleared up with far less difficulty.

So men, don't wait around till you run into trouble. A little momentary discomfort is a worthwhile trade for a long, happy, healthy life surrounded by your family and friends. Do yourself a favor and get your prostate checked out.



Jonathan Jay, M.D.
Board Certified Urologist
Dr. Jonathan Jay is Board Certified in both Female Pelvic Medicine & Reconstructive Surgery (FPMRS) and Urology, a Diplomat of the American Board of Urology and a Fellow of the American College of Surgeons.



Rolando Rivera, M.D.
Board Certified Urologist
Dr. Rolando Rivera leads the way with utilizing the latest technology for both urinary incontinence and vaginal prolapse. Improving the QOL for his patients with overactive bladders and pelvic floor disorder.



Kristina Buscaino, DO
Dr. Buscaino is a Urologist practicing in our Naples and Ft. Myers Offices. She has completed a Fellowship in Sexual Medicine from the University of South Florida. Her specialties include Sexual Medicine and Urological Surgery.

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CAREER OF A LIFETIME

By Dr. Nashat Abualhajja, Ph.D., MSN, RN

Do you like helping people? Do you want to do work that is exciting and rewarding? Do you want a career that has a high job satisfaction rate? Do you want to work in a field that is greatly respected? Do you want to be in a career that is in demand and stable? Do you want work in a career where you can choose your specialty?

If you answer yes, then nursing is a great career choice.

According the Bureau of Labor Statistics (BLS), the average salary in Florida for a nurse is \$72,000, and Florida is in the top five for employing nurses.

Hodges University's Thelma T. Hodges Bachelor of Science in Nursing (BSN) program is accelerated. You are immersed in gaining the knowledge and skills needed to earn your bachelor's degree and be prepared to take the NCLEX exam for your Registered Nurse license. And this is done in four semesters.

You'll learn from faculty, nurses themselves, who bring the added real life expertise that goes beyond classroom materials. With that knowledge, you'll apply it in our advanced nursing simulation suite, starting with the basics of patient care to advanced scenarios. You'll practice on SIM patients that include newborns, mothers giving birth, children, and adults.

"Tory" is a life-like high-fidelity newborn that weighs just over eight pounds. She can breathe, cry, grunt, open and close her mouth, blink her eyes and move her arms and legs. "Tory's" skin feels like a real newborn and her skin tone can change to become pale, jaundice or cyanotic. Our students can listen to her heartbeat, lung and abdominal sounds, feel her pulse and fontanel, and assess her muscle tone. She can also suffer seizures if that is part of the simulation scenario. Students can also practice starting IVs on the newborn, perform CPR, and ECG monitoring."

"Hal" is a pediatric patient that can simulate lifelike emotions and phrases. Pediatric "Hal's" emotions, include anger, worry, anxiousness, crying, yawning, and being quizzical and amazed. This helps our



students learn how to communicate with young patients in a variety of settings. For example, if "Hal" is lethargic, his eyelids will droop and his head movements slow, and he may yawn. When he cries, he sheds real tears to further enhance the student learning process related to pediatric patients and communication. Our students practice multiple skills to assess "Hal's" condition, including trauma, neurological diseases, and respiratory distress. His eyes will track when students enter the room and his pupils can dilate and constrict when a penlight is shined on them. Our students can also listen to his heart, lung and bowel sounds, and detect any abnormal respiratory patterns. Students can also practice using airway support devices and hem thorax procedures.

Several adult "Susie" mid-fidelity simulators provide our students the opportunity to learn and practice their clinical skills. Some of the skills taught in the Hodges University nursing skills lab include obtaining vital signs and listening to heart,



lung and bowel sounds. Students can also practice tracheostomy care, nasogastric tube insertion, feeding and care, patient catheterization, correct placement of ECG electrodes, and CPR. "Susie" can also suffer from medical conditions that include a heart attack, heart failure, acute respiratory distress, asthma, chronic obstructive pulmonary disorder, fluid and electrolyte imbalance, hypoglycemia, new onset diabetes, pneumonia and sepsis.

Adult "Hal" gives our students the opportunity to practice connecting monitoring devices for EKGs, defibrillators, oximeters, capnographs and NIBP monitors. Hodges University students can practice various skills, including nasal/oral intubation, surgical airway, feeling carotid, femoral, popliteal, brachial and pedal pulses, listening to airway, bowel and heart sounds, and visualizing tongue edema, pharyngeal swelling, and more. Students can also practice IV insertion and monitoring, intramuscular access, catheterization, and needle decompression.

With classroom and simulation experience, our students graduate prepared, and confident, to be the nurses our community needs.

Dr. Nashat Abualhajja, Ph.D., MSN, RN, is the Director of the Nursing program at Hodges University. His research foci include transcultural nursing (especially examining cultural competence among health-care professionals, leaders, and systems; evaluating cultural competence among nursing students and faculty), men's health disparities, and student-centeredness and active learning approaches in nursing academia.



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MAKING URGENT CARE A BREEZE

Why are hospital emergency rooms so busy? In the past, emergency room departments in hospitals were regarded as places specially reserved for victims of trauma and accidents. People regarded emergency rooms as places that are only visited when one is in a near-death situation and needs urgent medical care. Through a series of sensitization programs and mass education, physicians and other medical practitioners have been able to spread the word to the public that emergency room departments are not just meant for accident and trauma victims. These days, ERs are used for everything from diaper rash to gunshot wounds. But again, why?

A lack of medical professionals is one reason. People work 8-5 and primary care doctors are only open 8-5 during the week. Traditional doctor's offices are not always open when we need medical care. Have you tried to get an appointment with a PCP as a new patient lately? It's nearly impossible. Insurance red tape makes accessing medical care nearly as difficult as filing your taxes. This leaves our local hospital emergency rooms overfilled and understaffed. That was before COVID.

WHAT SERVICES CAN BE TREATED QUICKLY AND EFFICIENTLY AT BREEZEMED URGENT CARE CLINIC?

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INJURIES: Sprains / Strains, Bites, Bruises, Minor Burns, Back Injury, Minor Fractures, Minor Eye Injury, Poison Ivy, Nosebleed, Work Related Injuries, Lacerations

PHYSICALS: DOT Physicals, Sports Physicals, Medicare Diagnostic Physicals, Pre-Employment

INFECTIONS: Skin Infections, Abscesses, Upper Respiratory Infection, Bronchitis, Covid-19, Urinary Tract Infection, Sinusitis

SKIN PROCEDURES: Cryosurgery (wart removals), Skin Tag Removals, Skin Biopsies for suspicious skin lesions (sent to Pathology)

OCCUPATIONAL HEALTH: Contracts are available for BreezeMed to facilitate all of your company's Workers' Comp and Occupational Medicine needs.



BreezeMed Urgent Care is a privately owned urgent care, that while new to Naples, is not new to the urgent care industry. Dr. Roberts previously owned, operated, and then sold 10 urgent care clinics in the state of Alabama. His model and focus are on providing patients the best service and quality of patient care, efficiently. Dr. Roberts's reputation as owner and clinician changed people's perception of urgent care. Patients were more than pleased to receive his standard of care in under 30 minutes, which is what set his clinics apart from the rest of the industry. BreezeMed is prepared to handle a high volume of clients with the same "in and out in 30 minutes" model while providing an exceptional level of patient satisfaction.

As a new business in our community, Health and Wellness Magazine wanted to get personal with Dr. Roberts and ask about his new location.

HEALTH AND WELLNESS MAGAZINE: WHAT MAKES A PRIVATELY OWNED URGENT CARE CENTER A BETTER CHOICE FOR PATIENT CARE?

Dr. Roberts: A privately owned urgent care is in many ways more appealing because we charge urgent care rates. Whereas hospital-owned urgent care will charge emergency room rates. So, if the patient has not met their deductible, they may be left with a \$2000 to \$3000 bill for going to a hospital-run urgent care center rather than a couple of hundred-dollar invoice from private urgent care.

In addition, we are more flexible for those people who may be uninsured. We charge a flat rate of \$150 if the patient has no insurance. That includes all diagnostic testing, x-rays, and even minor lacerations depending on the case. So, with BreezeMed, that \$150 is inclusive of everything that we would do here in the clinic.

HEALTH AND WELLNESS MAGAZINE: WHAT AREA OF MEDICINE DO YOU FIND YOURSELF THE MOST PASSIONATE ABOUT?

Dr. Roberts: What makes urgent care appealing to me is the ability to handle minor trauma situations such as lacerations and broken bones and not have to refer those patients out to another facility. As you may know, we have a full minor surgical suite as well as digital x-ray capabilities. All our X-rays are over-read by a board-certified radiologist at no cost to the patient.

When you find yourself in need of medical care, stop by our new state-of-the-art facility and allow BreezeMed Urgent Care to care for you. Visit us at 15044 Sandpiper Drive Unit 8, Naples, FL.

You can book your appointment online at www.breezemedurgentcare.com or call us at 239-529-2142. We are open 7 days a week to proudly serve our community.



Dr. Stewart Roberts, MD

Born in Nashville and raised in Alabama, Dr. Roberts graduated from The University of Alabama and completed his medical degree at SUSOM and clinical rotations through Emory University in Atlanta before completing his Family Medicine Residency training at University of Alabama at Birmingham. He went on to become founder of Stopwatch Urgent Care centers all across the state of Alabama. Dr. Roberts plans to bring the same superlative service to Naples, Florida, as founder of BreezeMed Urgent Care LLC.

His hobbies are exercising, attending church, traveling with his wife Courtney and being an active member in the local Masonic Lodge as a Master Mason.

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GROWING OLD GRACEFULLY: WHEN SHOULD PLASTIC SURGERY COME IN?

By Gunnar Bergqvist, MD

As we get more mature our bodies change. Often, we feel younger than we look. It's OK to have some more wrinkles and a more aged appearance as we get older.

However, there's no reason why you can't do an update. Now days, there are a lot of ways to make someone look younger and more rejuvenated without the overdone-look, or looking too pulled, as seen in years past. Keep in mind that there are many options for plastic surgery. As we age, the choices for maintaining a youthful appearance or improving skin, can range from using the correct topical medication and creams, to minimally invasive procedures and surgery.

Often smaller procedures can be done in an office setting without the need of general anesthesia, which has some side effects.

It's important to have practical goals for a rejuvenation as we get more mature, so things look natural. Not change your appearance at all, but rather, understanding that improving upon it can "turn back the clock."

The most common complaints by aging women: sagging jowls; hooded baggy eyes; poor skin texture; fat settling in areas of the body; face drained of youthful fuller cheeks; flat buttocks; tummy pouch. These are just names a few.

The most common complaints by aging men: the "tire roll" around the belly; fullness in neck or double chin; sagging eyes; loose skin. **Yes thousands of men get plastic surgery!**

Common procedures in the aging population include **facelifts**, which I wrote about in last month's edition regarding the different approaches



4 treatments/no surgery

and levels of invasiveness. However, some additional minimally invasive face lift and skin rejuvenation can be done by means of laser therapy as well as chemical peels.*

Often overlooked as we mature, is the maintenance of our skin for our *entire body*. As we can develop more "mature" spots, which may mean uneven skin color, spots and flaky, crepe skin on the body, arms, legs and trunk. These often can also be treated with a topical **body peel** which can improve your skin condition, texture and color without having any downtime. Combining this with the appropriate **laser treatment**, can make huge improvements.*

Also, one of the most common procedures I do in my office is **an eye-lift, or Blepharoplasty**. This is done on many mature persons who have Ptosis (hooding of eye-lid over the visual field). This will help your vision, however, many patients come to me and we may need to do a canthopexy, which pulls up the droopy lower eyelid.

Breast lifts are done in a surgery center setting or in my surgery using tumescent anesthesia. Normally removing extra skin is involved and sometimes a smaller implant can be used.

Gynecomastia, or removing fatty tissue on the male chest area is another popular choice. This is done in my office with liposuction and J-plasma for skin tightening.

Botox is an extremely popular treatment that can be quickly done. I published an initial study 22 years ago looking at the distribution of the motor endplate units, the site of action of botox, within the muscle around the eye, which was very instrumental in knowing where to give Botox around the eye area. Botox can be administered in several areas of the face to reduce wrinkles and around lips to create a nicer "cupids bow." In addition, I often recommend fillers and/or dermal stimulants to be injected in areas of the face for a youthful, more hydrated look and fuller cheeks. Restoring volume to the face is a procedure that can be done in my office, within minutes. Knowing where and how to do it is very important. Dermal stimulants are injectables that cause your own body create collagen. Some of these injectable procedures need to be done again in 6 months, some in a few years.

It's important to find a qualified Plastic Surgeon who is willing to listen to your desires and help you reach your goals, as they can give you the best possible options and offer the full spectrum of procedures with the most comprehensive understanding.

** Its pertinent that these skin complaints are viewed by a boarded Plastic Surgeon or Dermatologist. It is not recommended that patients seek out laser treatments and skin peels through beauty clinics without the oversight of a Plastic Surgeon boarded by the American Board of Plastic & Reconstructive Surgeons, or reviewed by a Boarded Dermatologist!*

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THE IMPORTANCE OF SLEEP

By WellcomeMD - Naples

These days, Americans are sacrificing more and more sleep in the name of productivity. But can we function well while cutting down on shut eye? The science says no.

Apart from the obvious consequences like fatigue and decreased efficiency, there's a price to pay for lack of quality rest. The cumulative effects can be detrimental. Growing evidence suggests that too little sleep at night is associated with adverse health outcomes including cardiovascular disease, Type 2 Diabetes, hormonal imbalances, inflammation, lowered immune responses, mental health disorders, and increased risk of early death. Outside of our physical bodies, sleep deprivation can cause increased stress, mood swings, anxiety, depression, and suicide.

In 2014, the CDC declared sleep deprivation a "public health epidemic" and linked it to a wide range of medical issues including obesity and cancer; and this year the American Heart Association added sleep duration to the heart health checklist.

Poor sleep is not a normal part of aging, nor is it a badge of honor signifying our productivity and dedication. Instead, it is unhealthy for our work, for our families, and ourselves. The National Sleep Foundation and the Center for Disease Control and Prevention (CDC) agree that adults need seven to nine hours of sleep on a regular basis. Although it may vary from person to person and change throughout a person's life cycle, quantity is as important as quality.

Rest is one of the five basic needs for human beings to function properly. Food, water, shelter, clean air, and sleep. It impacts every fiber of our mental, physical, emotional, and spiritual existence. To live a healthier, happier life, we must get proper rest. We must make getting proper sleep a priority in our lives so we can feel our best, do our best, be our best, and give our best.

When it comes to getting a good night's sleep just remember there are seven A's to getting good ZZZs:



1. Attitude – You must believe it is important to get seven to nine hours of sleep each night and make it a priority and a promise.

2. Action - Set a bedtime and wake time that allows you to consistently get at least seven hours of slumber nightly, even on weekends. Establish a healthy wind-down routine one hour before bedtime, like taking a warm bath or reading.

3. Avoid – Turn off any bright lights, especially blue lights (from computers, laptops, LED TVs), at least one hour before bedtime. Avoid exercising within 2-3 hours before bedtime.

4. Atmosphere - Keep the bedroom cool (60-67 degrees), clutter-free, and comfortable. Splurge on nice sheets, the right mattress - firm enough to support your back but soft enough to fit your body shape. The right pillow should support your sleep position and keep your head from being too far forward or back.

5. Apparel - Wear pajamas with cotton fabric that fit loosely and are breathable. Invest in ear plugs or an eye mask if sharing a room.

6. Appetite - Avoid nicotine, caffeine, and alcohol four to six hours before bedtime. Alcohol might help with falling asleep, but can disrupt slumber,

cause headache, night sweats, tossing and turning, or nightmares. Avoid meals high in fat four hours before bedtime. It can make you uncomfortable and disrupt sleep cycles. Also, avoid fluids after 8pm.

7. Alternatives – When all else fails, check out alternative solutions like cognitive behavior therapy, aromatherapy/essential oils like lavender, chamomile, or sage oil. Or try teas, and natural sleep aids such as melatonin, valerian root, ashwagandha, or lavender supplements. Hypnosis, sound therapy, and prescription medications may also help.

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BLOOD ANALYSIS PROVIDES ADDITIONAL TOOLS TO HELP EVALUATE HEALTH ISSUES

By Valerie Sorge, NMD, PhD

Functional blood chemistry (FBC) analysis is an emerging approach that provides additional tools to help evaluate patients with complex health concerns. FBC differs from conventional blood panels in that it gives functional reference ranges that identify problems not yet pathological.

As clinicians, we have all met with patients who present with an exhaustive list of symptoms, only to have all of their basic blood biomarkers come back within the normal laboratory reference ranges. These patients may be experiencing physiological or functional shifts not accounted for by the wide reference ranges defined in standard lab tests.

Some practitioners take the lab data at face value and accept that there are no biological indications explaining the patient's symptoms and attribute them to stress or other non-measurable issues. Some may prescribe something to address symptoms. This may explain why the top 25 most commonly prescribed medications are for pain, insomnia, mood problems—all of which are non-specific and chronic problems that are usually not clearly diagnosed.

In the absence of an obvious infection or injury, it is rare for someone to go from "perfectly healthy" to seriously ill. In most cases, there is a spectrum from wellness to illness that spans years. By giving functional reference ranges that identify problems not yet pathological, FBC analysis more appropriately reflects this reality.

Laboratory ranges work in a continuum, with many shades of grey associated with shifts in physiology. The stringent black-and-white laboratory ranges associated with end-stage disease need no longer be the exclusive framework for evaluating our patients.

The full blood count (FBC) is one of the most commonly requested tests and provides important information about the kinds and numbers of cells in the blood: red blood cells, white blood cells and platelets. Abnormalities in any of these types of cells can indicate the presence of important medical disorders.

Blood is composed of a variety of living cells that circulate through the heart, arteries and veins carrying nourishment, hormones, vitamins, antibodies, heat and oxygen to the body's tissues.



Blood contains three main components — red blood cells, white blood cells, and platelets — suspended in fluid, called plasma. Red blood cells contain haemoglobin, a protein that carries oxygen to all the tissues of the body. Among other functions, white blood cells are responsible for protecting the body from invasion by foreign substances such as bacteria, fungi and viruses. White blood cells also control the immune process. Platelets help the blood clotting process by plugging holes in broken blood vessels.

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Dr. Valerie Sorge

Dr. Sorge has numerous accomplishments over recent decades in various places including the USA, Europe and South America. After medical school, she continued her education by completing her naturopathic education to fully round out her medical knowledge to integrate traditional medicine with organic and natural treatments to maximize the efficacy of medicine. She also obtained an MBA to further her abilities to function as an owner-operator which has enhanced her network to the point where she is engaged in fourteen locations around the world, specializing in the application of regenerative therapy and research. She has demonstrated and confirmed her passion as she was recently selected as International Regenerative Therapy Director, for BioGen, Inc. located in California.

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The Single Most Important Question to Ask When Choosing a Hospice

By Jeff Alexander, Director of Business Development
Avow Hospice, Inc.

In my work every day, I hear stories of panicked and scared family members trying to decide which hospice to choose for their terminally ill loved one. For most families, the decision to admit a sick person for end-of-life care comes after months, and sometimes years, of fighting a challenging illness and managing its devastating effects on everyone in the patient's orbit. Turning a loved one over to a hospice is an act of trust. Fortunately, there are ways for you to assess which hospice to choose when the time comes, so you are confident you have done all you could for the sick person you love.

The most important question we suggest you ask each potential hospice provider is whether it is a nonprofit (NFP) community organization or a for-profit (FP) corporation. The answer will likely give you insights into the personality, values, mission and vision of the hospices you're considering. It will also lead you to objective, third-party analyses of how quality of care measures consistently show that nonprofit hospices provide better care.

As you look for the hospice that's right for your family, let's review some things you don't have to worry about.

- All hospices that accept Medicare/Medicaid (virtually all of them) provide the same required core services, such as care by nurses and home health aides.
- All hospices must follow the same state and federal regulations.
- Medicare pays all hospices the same daily rate, regardless of diagnosis.

So, what makes nonprofit hospices different, if they share so many characteristics with for-profit hospices?

- A recent study* shows that nonprofit hospices provided patients with 10% more nursing visits, 35% more social worker visits, and twice as many therapy visits as for-profit hospices, per patient day. Patients in nonprofit hospices received almost three times as many visits from a hospice physician or nurse practitioner (1.49 vs. 0.51 visits per 100 patient days) than for-profit hospice patients.



- Nonprofit hospices welcome everyone – regardless of diagnosis, ability to pay, or their potential to be “lucrative” patients. Ask which diagnoses are the most common at the hospices you're considering. You are likely to see that for-profit hospices care for more patients with degenerative diseases than other diagnoses because those patients need less care and stay in the program longer, thus generating more revenue. Nonprofits welcome all.

- Because nonprofit hospices have no need to pay dividends to shareholders, they use donations and reserves to:

- Offer additional services to patients and the community, for which they are not paid. Examples are music therapy, massage therapy, and art therapy for patients and multifaceted bereavement programs for children and adults, open to all without cost.
- Invest in ongoing training and development for patient care team members, and to hire more advanced practice registered nurses and therapists to the team.
- Reinvest in their communities through partnering with other organizations, hiring locally and building within the communities that support their mission.

Ask each hospice you're considering to describe the “extra” services they offer beyond what's required. Can they show you how they invest in staff training? Will they share a list of community partners whose work they help advance?

- Nonprofit hospices are governed by a volunteer board of directors who represent the demographics and unique needs of their communities. Such boards guide the development of their hospices based on what their communities need to navigate difficult transitions such as illness, death, and loss. They may, for example, vote to invest in money-losing programs because they know people desperately need those services, and that it is the hospice's mission to provide them.

Selecting the right hospice for your family is a big responsibility that usually comes at a time of great stress and urgency. Fortunately, in addition to considering the points in this article, you can review these additional objective measures of a hospice's quality:

- Accreditation by a third party, such as The Joint Commission. Accreditation isn't required, but it does show a hospice's commitment to excellence and going beyond minimum requirements.

- Family satisfaction scores from former patient families, showing how hospices compare in a head-to-head matchup on various quality indicators. This Medicare tool is available at <https://www.medicare.gov/care-compare/>

Please accept my personal invitation to talk about finding the perfect hospice for your family. My team in the Avow Patient Access Center welcomes your toughest questions about why Avow may be the right fit for you. We are Collier County's original nonprofit hospice, formed in 1983, and we remain the only nonprofit hospice ready to care for you. We are proud of our 21 continuous years of quality accreditation by The Joint Commission and our satisfaction scores from former patient families. To reach us 24/7/365, call us 239-280-2288.

* “Hospice Medicare Margins: Analysis of Patient and Hospice Characteristics, Utilization, and Cost”, July 2019, Commissioned by the National Partnership for Hospice Innovation. Bazell, Caplen, Coates, Pelizzari, and Pyenson.





Too Much "Summer Lovin'" On Your Face?

Reverse the sign of damage with IPL Treatments

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

Dolly Parton put it clearly and frankly in *Steel Magnolias* when she said to her friends, "Time marches on and, sooner or later, you realize it is marching across your face."

Who doesn't love summer and the change of pace it brings? We spend time outdoors soaking up the air and the sun and forget, if only for a brief moment, about the demands of life. Americans LOVE to "soak up the sun" and get that sun-kissed glow. However, those harsh UV rays can cause swelling, irregular pigmentation, wrinkles, leathery skin, and other signs of premature aging.

The skin is the largest organ of the human body. As we age, many of us see the effects of the years on our skin very clearly. In our early 30s we start to notice the appearance of fine lines, wrinkles, dark spots, and just an uneven skin tone in general. This is due to the fact that at that age our body decreases its production of collagen and elastin and cell turnover begins to decrease. This makes it more difficult for skin to recover from inflammation and injury. Treatments with intense pulsed light (IPL) can be very effective in improving these concerns and others.

WHAT IS INTENSE PULSED LIGHT (IPL)?

Intense pulsed light treatments are similar to laser treatments. The difference is that a laser focuses just one wavelength of light at your skin, while IPL releases light of many different wavelengths. IPL therapy is considered a non-ablative resurfacing technique, which means that it targets the lower layers of skin (dermis) without affecting the top layers of skin (epidermis). Pigment cells in your skin absorb the light energy, which is converted into heat. The heat destroys the unwanted pigment to clear up freckles and other spots. Or, when used to remove unwanted hair, it destroys the hair follicle to prevent the hair from growing again.

WHAT HAPPENS DURING AN IPL TREATMENT?

During the treatment, both the patient and the skincare professional will wear protective goggles. After cleansing the skin, the skincare professional will apply a thin coat of gel (used to cool the skin), then place the glass surface of a



handheld device directly onto the skin. The device pulses flashes of light, which continue until the desired area has been treated. The length of time and the intensity of the sensation will vary depending upon the severity and size of the damaged area. Once the treatment is finished, the gel is removed and a cold compress may be applied for several minutes. The final step includes a nourishing moisturizer and a broad-spectrum sunscreen.

Immediately post-treatment, the patient may notice some minor redness and swelling, similar to that of a sunburn. The level of redness depends on the type of treatment being received and the skin's sensitivity to the treatment. If treating freckles and sun spots, dryness and flaking around the treated area may occur. Generally speaking, most side effects will resolve themselves in less than a week. However, this may be prolonged for more intense treatments. The skincare professional may also recommend at-home skincare products that help complement results.

WHO IS A CANDIDATE FOR IPL TREATMENTS?

Intense pulsed light treatments are ideal for individuals with light to medium complexions who wish to improve fine lines and wrinkles, discoloration, skin tone, sun damage, vascular lesions, or capillary inflammation. Because of the multiple wavelengths used during an IPL treatment, it can be adjusted for a spectrum of skin tones. However, fair skin that is relatively elastic and "freckle-prone" shows the greatest improvement.

Deeper skin tones have more melanin. They are more prone to blistering and post-inflammatory discoloration because melanin is one of the

primarily targets of an IPL treatment. Those with deeper tones may be a little more difficult to treat, but an experienced skin professional will still get good results.

WHAT ARE THE MOST COMMON USES OF IPL?

You can use IPL to minimize or remove:

- age spots
- sun damage
- freckles
- birthmarks
- broken blood vessels on your face
- rosacea
- hair on your face, neck, back, chest, legs, underarms, or bikini line

WHERE SHOULD I GO FOR IPL TREATMENTS?

Although the range and wavelength of intense pulsed light can easily be controlled, the treatment is not risk-free and requires a knowledgeable, experienced skincare professional for the best results. If you've spent your summer getting the perfect tan, maybe now is the time to look at the damage those heavenly rays may have caused.

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ASK THE EXPERT

How To Stop The Ringing In Your Ears

Sarah Sessler, Au.D. - Doctor of Audiology

Imagine trying to fall asleep every night with the sound of a roaring motor or high-pitched whistle playing in your ears. For many of the more than 50 million Americans who experience tinnitus, or ringing in their ears, this is a reality. For those with tinnitus, there have been few clinically viable and effective treatments in the past. Most patients are told that "there's nothing you can do about it" or that they will "just have to learn to live with it." Thankfully, this is no longer true. Tinnitus therapy, now available in discreet masking devices worn on the ear, are a ROARING (pardon the pun) success!

Q. How does tinnitus therapy work?

A. The goal of tinnitus therapy is habituation, or the process of "ignoring" a stimulus without exerting any conscious effort.

Q. Is there a link between hearing loss and tinnitus?

A. Approximately 90% of people with tinnitus also have hearing loss. This is not surprising because both conditions involve the ear and the brain. Untreated hearing loss can lead to more than just tinnitus. It can leave you without the ability to understand speech.

Q. How do tinnitus devices work?

A. The new tinnitus therapy devices allow us to treat just tinnitus, just hearing loss, or both at the same time with one device. Our computer software allows us to customize the device for the patient. Not everyone with tinnitus needs tinnitus therapy, some find that just correcting their hearing with a hearing device will alleviate their tinnitus. This is why the tinnitus evaluation is so important; this is not a one-size-fits-all treatment.

Q. How much does it cost?

A. A device that can provide tinnitus therapy and/or correct hearing loss starts at just \$999 per ear and can go up from there, depending on the amount of technology that the patient requires.

Q. Does it Work?

A. Yes! And I finally get to tell my long-suffering tinnitus patients that there finally IS something I

can do to help them! With this ground-breaking technology, we can treat their tinnitus, and that's exciting!

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. All Audiologists at Decibels Audiology are university trained and are Doctors of Audiology.

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Dr. Sarah Sessler, Au.D

Dr. Sarah Sessler, Au.D., originally from Ohio, joined Decibels Audiology and Hearing Aid Center in the Fall of 2015. She completed a Bachelor of Science in Hearing, Speech, and Language Sciences from Ohio University in 2009 and earned her Doctorate in Audiology from The Ohio State University in 2013. Dr. Sessler completed her externship and continued as a Doctor of Audiology at Charleston Ear, Nose, & Throat Associates in Charleston, South Carolina. Throughout her experience as an Audiologist, Dr. Sessler has enjoyed working with patients to support their hearing in a variety of challenging environments and to care for their overall health and wellness. Dr. Sessler and her husband, Kyle, are adjusting to life in southwest Florida quite nicely. They along with their goldendoodle, Poppy, enjoy the Florida sunshine and watching Ohio State football games.



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Shopping for the Best Incontinence Underwear?

There Might be a Better Solution



Do you experience accidental bladder leaks before making it to the restroom? Are you on the search for the best incontinence underwear?

Although incontinence underwear may help conceal leaks you experience or prevent leaking to your clothes, it does not treat your underlying symptoms. If you struggle with bladder control or leaks, this may be a sign that you have overactive bladder.

What is Overactive Bladder?

Overactive bladder is an umbrella term that includes the frequent and urgent need to empty your bladder. One of the most common symptoms of overactive bladder is a sudden urge to urinate, resulting in unintentional urine loss which is referred to as incontinence.

Overactive bladder can affect 1 in 3 people in the United States over the age of 40.^{1,2} Though this bladder control issue may occur more often as people get older, it is not a normal part of aging.

You may be suffering from overactive bladder if:

- **Urgency** - You experience a sudden or compelling need to urinate with inability to hold urine or control it
- **Urgency Incontinence** - You experience an urgent need to urinate and have urinary leakage accidents or trouble holding urine before making it to the restroom
- **Frequency** - You go to the restroom to urinate so often that it disrupts your life—typically 8 or more times a day
- **Nocturia** - You wake up more than 1 time per night because you need to urinate

The good news, there are treatment options available to help regain control of your bladder. **The Florida**

Bladder Institute is now offering **Axonics® Therapy**, a long-lasting solution that is clinically proven to help regain bladder control and deliver clinically meaningful improvements in quality of life*.

What is Axonics Therapy?

Axonics Therapy is an advanced treatment option that works by providing gentle stimulation to the nerves that control the bladder and bowel, which can help restore normal control and result in symptom improvement.

If you and your doctor believe you are a candidate for Axonics Therapy, you will first try the therapy for a brief test period that allows you and your doctor to see if the therapy provides satisfactory reduction of your symptoms. If it is determined that the therapy is right for you, you will have an outpatient procedure where a miniaturized Axonics implant is placed just beneath the skin in the upper part of your buttock.

What are the benefits of Axonics Therapy?

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- **94%** of patients were satisfied with their therapy³

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*50% or greater reduction in symptoms

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YOU HAVE PLANNED FOR YOUR ESTATE AND FAMILY, BUT WHAT ABOUT YOUR PETS WHEN YOU PASS AWAY?

By Anthony J. Dimora, Florida Estate Planning Attorney

Let us be honest, our pets are our family, and we want to make sure they are taken care of today, tomorrow and always. Good news— Fla. Stat. 736.0408 allows pet owners to establish a specific trust for the care of fifi, fido, fluffy, tweetie etc.

What is a Pet Trust?

When preparing your estate plan with your attorney, you may want to consider including a pet trust to protect your beloved pet family member(s) as well. A pet trust is one option for pet owners who want to provide for their pets after the owner passes away. Other options may include, but are not limited to, contractual arrangements with a caregiver or honorary bequests made through a valid Florida Last Will and Testament.

One of the big differences between designating who will physically receive your pet in your Last Will and Testament versus establishing a pet trust is important. For example, the person you identify in your Last Will and Testament to receive your pet is under no legal obligation to keep or care for your pet. However, with a pet trust, the trustee, and the trustee's successors you appoint in your pet trust have a legal duty to carry out your instructions and wishes so you can ensure that your pet's future and wellbeing will be safe and secure.

You may ask yourself, what types of instructions should I include in my pet trust regarding the care of my pet? Well, below is a list of some, but by no means all instructions you may wish to provide:

- Daily food and diet routines;
- Preferred toys;
- Crating or uncrating;
- Grooming;
- Daily walks and socialization;
- Preferred veterinarian, hospital and other medical care;



- Kennels and pet sitter preferences;
- Compensation, if any, for the trustee and/or caretaker;
- Liability insurance;
- How to handle end of life arrangements.

In the end, estate planning is all about planning and caring for everyone you love after you pass, even your pets.

ABOUT THE AUTHOR

Anthony J. Dimora, Esq. is Partner in charge of the Marco Island office of Woodward, Pires & Lombardo, P.A. He is licensed to practice law in both Ohio and Florida. He focuses his law practice in the areas of estate planning, probate, real estate and corporate matters.



ABOUT THE FIRM

For over 50 years, Woodward, Pires & Lombardo, P.A. has assisted individuals, families, businesses, associations, local governments, and municipalities with an array of legal services including Litigation, Estate Planning, Real Estate Law, Business Law, Family Law, Community Association Law, Land Use & Zoning, and Local Government Law. The law firm has two offices in Southwest Florida in Naples and Marco Island, having served clients since 1971 when attorney Arthur V. Woodward founded the first law firm on Marco Island. To learn more about WPL, call 239-649-6555 or visit www.wpl-legal.com.



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Can Anyone Please Help My Painful Feet?

Michael J. Petrocelli, D.P.M., F.A.C.F.A.S., C.W.S.P.
Board Certified Ankle and Foot Surgeon and Board Certified Wound Care Specialist

Every year more than a million patients visit their doctor due to heel pain! The most common foot and heel discomfort is caused by an excruciating disorder known as plantar fasciitis.

What is plantar fasciitis?

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

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

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

What are my options?

Laser Treatment

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



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

Stabilization

The second of the two mentioned treatment options is Stabilization. This option is achieved through a device such as a brace or foot support, which technically is an ankle-foot-orthosis or AFO.

Ultrasound- Guided Corticosteroid Injections

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

Surgery

There is, of course, a more permanent stabilization option, which includes surgery of the foot and ankle, but not all patients need this. If your symptoms and pain are unbearable and not responded to traditional therapies within the specified amount of time, surgery is the most logical choice to get you back on your feet again.



The procedure is minimally invasive and requires cutting of the ligament to release the tension in the plantar fasciitis. It can be performed endoscopically with two small incisions on either side of the heel bone.

At Home Care

There are many medical ancillary options that your podiatrists can prescribe, such as ankle braces, high top orthotic shoes, lace up supports and shoes made with a medial-lateral supportive base. It's important to be examined by an experienced podiatric professional if you're experiencing any foot pain.

Along with these treatment options, Collier Podiatry will provide you with personalized instructions on the necessary amount of rest, stretching exercises and home care to get you back to doing what you love.

Dr. Michael Petrocelli is available to answer your questions and make your appointment. Please visit their website at www.collierpodiatry.com, or call them at (239) 775-0019.



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Fax: (239) 775-0219

September is Cholesterol Education Month... Check - Change - Control

Food, family history and medicines all affect your total cholesterol. Everyone can benefit from knowing their cholesterol numbers and doing what they can to prevent or reduce high cholesterol levels. Uncontrolled cholesterol is a risk factor for heart attacks and stroke. But high cholesterol has no symptoms, so patients might not know that their cholesterol is too high – unless it's measured by a doctor with a blood test.

While some risk factors – such as family history – may be out of our control, there are other ways to reduce or prevent high cholesterol, such as exercising, eating a healthy diet, not smoking, and taking medication as prescribed. Honor National Cholesterol Education Month by asking your health care team to check your cholesterol numbers and for tips on how to control their cholesterol numbers. Adults aged twenty and older should have their cholesterol levels checked every four to six years.

- High cholesterol is a major risk factor for heart disease, which is the leading cause of death in the United States.
- People with high cholesterol are twice as likely to have heart disease than people with lower cholesterol levels.
- 73.5 million American adults (31.7%) have high low-density lipoprotein (LDL), or “bad” cholesterol.
- Fewer than 1 out of every 3 adults with high LDL cholesterol has the condition under control.

The American Heart Association offers Cholesterol 101 on their website. Below is a small portion of the information provided by the AHA to help us all make healthy heart choices and keep our numbers in check. Visit the American Heart Association website at www.heart.org to for more resources, videos, and more in-depth cholesterol educational information.

Cholesterol is a waxy substance. It's not inherently “bad.” Your body needs it to build cells and make vitamins and other hormones. But too much cholesterol can pose a problem.

Cholesterol comes from two sources. Your liver makes all the cholesterol you need. The remainder of the cholesterol in your body comes from foods from animals. For example, meat, poultry, and dairy products all contain dietary cholesterol.

Those same foods are high in saturated and trans fats. These fats cause your liver to make more cholesterol than it otherwise would. For some people, this added production means they go from a normal cholesterol level to one that's unhealthy.

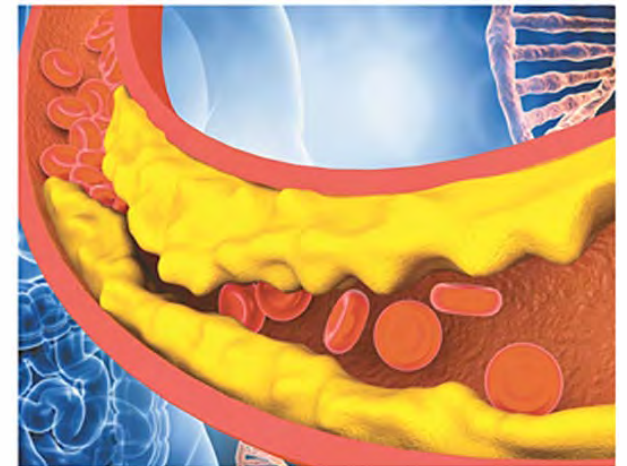
Some tropical oils – such as palm oil, palm kernel oil and coconut oil – contain saturated fat that can increase bad cholesterol. These oils are often found in baked goods.

Cholesterol circulates in the blood. As the amount of cholesterol in your blood increases, so does the risk to your health. High cholesterol contributes to a higher risk of cardiovascular diseases, such as heart disease and stroke. That's why it's important to have your cholesterol tested, so you can know your levels. The two types of cholesterol are: LDL cholesterol, which is bad, and HDL, which is good. Too much of the bad kind, or not enough of the good kind, increases the risk cholesterol will slowly build up in the inner walls of the arteries that feed the heart and brain.

Cholesterol can join with other substances to form a thick, hard deposit on the inside of the arteries. This can narrow the arteries and make them less flexible – a condition known as atherosclerosis. If a blood clot forms and blocks one of these narrowed arteries, a heart attack or stroke can result.

When it comes to cholesterol, remember check, change, and control. That is:

- Check your cholesterol levels. It's key to know your numbers and assess your risk.
- Change your diet and lifestyle to help improve your levels.
- Control your cholesterol, with help from your doctor if needed



High cholesterol is one of the major controllable risk factors for coronary heart disease, heart attack and stroke. If you have other risk factors such as smoking, high blood pressure or diabetes, your risk increases even more. The more risk factors you have and the more severe they are, the higher your overall risk.

Schedule your September appointment today to get your cholesterol levels checked with Dr. Martinez and his staff at Well Being Medical in Naples. You only get one body and one life, take extra good care to protect both.



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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MERT: A NEW APPROACH TO AUTISM TREATMENT THAT GETS RESULTS!

BY DR. LINELL KING

A Breakthrough, Non-invasive, Drug-Free Treatment for Autism Spectrum Disorder that has shown significant improvement in communication, mood, independence, and much more.

A diagnosis of autism overwhelms many parents, but early intervention is key to the child's development. We truly understand the heartbreak of parents who have already invested so much into trying to help their children with autism or ASD (autism spectrum disorder), only to see little progress. Many feel that their child has potential but can't seem to unlock it.

To help your child, a breakthrough technology: MeRT or Magnetic e-Resonance Therapy, uses gentle magnetic waves to **balance and stimulate brain function**. It is guided by sophisticated diagnostics and imaging. MeRT is compatible with any other type of therapy.

"We've seen some promising results in autism." "EEGs (electrical pictures of the brain) can tell us when there are abnormalities in neural networks... And we run that data through a normative database, and we can see, for example, if somebody has an area in the left prefrontal cortex that's cycling at two Hertz — which means that they may be only processing information two times per second — whereas the rest of their brain may be cycling 11 times per second... [MeRT] was engineered to be a brain optimization technology where we're trying to increase the coherence, [so] different areas of the brain can communicate with each other and improve the metabolic efficiency of the brain. With that in mind, we do see some improvements across a number of different dimensions. We've seen some improvements and some promising results in autism." — *Dr. Erik Won, President & Chief Medical Officer of Wave Neuroscience*

Autism is Different for Every Child

Each child with autism is unique and has different severity levels. Every child will have their own patterns of dealing with the outside world, as well as different ways of communicating.

Autism can affect intelligence levels, yet some children have high levels, and some don't. But even highly intelligent children with autism can lack common sense, social skills and the ability to communicate. They can also have coping dysfunctions.



Because each child is different, their brain frequencies will also be different. That's why we tailor MeRT treatment protocols to help restore their brain function optimally.

Autism has no known definite cause. According to research, inherited genetic factors account for about 80% of cases. Additionally, studies are ongoing to determine if environmental exposures can contribute to autism. And it is possible that viral infections, medications, or pregnancy complications can also be a cause.

Common Symptoms of Autism can include:

- Not appearing to understand or hear when spoken to
- Appearing disconnected from the outside world and their loved ones or caregivers
- No or little verbal skills
- Inability to read body language or infer changes in tone of voice
- Not making eye contact
- Having a blank facial expression
- Lacking emotions and compassion
- Using monotone speech patterns
- Inability to understand simple questions or instructions
- Responding inappropriately in social settings
- Being disruptive, loud, or hyper-reactive
- Fixation on objects
- Stiffer movements
- Being obsessive about routines
- Rocking back and forth or other repetitive movements
- Hurting themselves or others, such as banging their heads against something or biting or hitting

MeRT combines three procedures:

1. Transcranial Magnetic Stimulation (TMS, an FDA cleared therapy),
2. Quantitative Electroencephalogram (qEEG), and
3. Electrocardiogram (ECG/EKG).

Here's how it works: In the brain of a child with autism, an EEG will show electrical signals that differ from those of a child with no signs of autism. From this EEG, we can then see the specific areas to address. As a result, **we can customize TMS treatment for each child** based on the results of their EEG. We also tailor the frequency, location, and power used. We do this with gentle magnetic waves which balance and stimulate brain function.

MeRT is not currently FDA cleared for autism and is considered "off-label." However, studies have shown that it can be instrumental in helping many children develop skills to function more normally. Additionally, MeRT can be used with other therapies to help get more out of those therapies.

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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“EVEN THOUGH TWO KIDS CAN HAVE THE SAME AUTISM DIAGNOSIS, THEY CAN BE VERY DIFFERENT IN THEIR BEHAVIORS AND DEVELOPMENT.” – *Dr. Sandy Lee, speaking at the Autism One Conference, December 2020*



There is Hope for Those With Autism

MeRT, (Magnetic e-Resonance Therapy), is an amazing technology that has helped thousands of patients with autism. It is **non-invasive and non-pharmaceutical**. The primary goal of treatment is to improve the functionality of the brain.

This allows the patient to function more independently and to allow them to function at their full potential. The Brain Treatment Center in Newport Beach was the first clinic to offer this treatment and now we have it right here in your area. **Thousands of patients who have gone through MeRT treatment have seen some amazing results.**

Common benefits include:

- Increased sociability
- Less anxiety, less frustration, and a lessening of stimming behaviors
- Ability to communicate more effectively
- More “presence” and participation in the world going on around them
- Better language skills
- Improved connection with others
- More independence
- A better understanding of and response to commands
- Better ability to adapt to changing environment
- Improved ability to cope with stress
- Increased motivation to learn
- Improved emotional stability
- Increased attention span
- Mood improvement
- Increased relaxation
- Improved response to other Autistic therapies

Many therapies for autism help to some degree, and we encourage patients to continue to take part in other programs. Our treatment optimizes brain communication and function. MeRT also helps patients gain more

from their other therapies! Our Naples Center is one of only three facilities in the state of Florida.

Is MeRT the Right Treatment for Your Child?
We understand that MeRT is a relatively new treatment and you may not feel certain if this is the right approach.

Still Have Questions? We want to help you make an informed decision about whether treatment is right for your child. Contact Our Client Coordinator for More Information on how to schedule your Complimentary no-obligation 15min Consultation Call with Dr. King.

MeRT is a treatment protocol that has helped patients restore their brain function. Because of this, it allows them to reclaim their lives and feel passionate about living again. In fact, many of our clinicians and technicians have gone through MeRT treatment protocols themselves. They have realized firsthand what the treatment has done for them and are passionate about helping others.

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There are a limited number of spots on Dr. King's calendar so call now to reserve yours for a limited time only.

AS OUR COMMUNITY GROWS SO DOES OUR PRIMARY CARE TEAM

Having a primary care provider may be a simple key to staying healthy. Many of us wait to find a primary care provider until we are sick. Why wait? Find a primary care physician that works for you today. As our community is growing and the need for primary care providers grows, we've got you covered. Our primary care team at Physicians Regional Medical Group continues to grow to best meet your needs. With over 19 providers across 5 convenient locations ranging from Marco Island to Bonita, our primary care team is here to help you.

Our board certified physicians serve patients from all ages. Some common conditions that our providers offer treatment for include but not limited to: diabetes, hypertension, asthma, COPD, thyroid disease, infectious disease, congestive heart failure, coronary artery disease, sinusitis, bronchitis, skin and bladder infections.

It is important for community members to put their health first and to feel confident in their primary care provider. Here are 5 reasons to make an appointment for your next well-visit or check-up without delay:

1. Check on your general health. The clinic keeps track of your health metrics such as cholesterol, blood sugar, weight and more. If any numbers are trending in the wrong direction, your doctor can help you make a plan to get back on track with lifestyle changes, diet or medical treatment.

2. Manage chronic conditions. Ongoing medical concerns, whether diabetes, high blood pressure, high cholesterol or others require regular monitoring by a provider to keep them from progressing to life-threatening levels. Regular checkups can help you avoid a medical crisis.

3. Identifying issues early with routine screenings. The practice keeps records of your screening exams to help you remember when it's time to get your colonoscopy, mammogram, bone density test, prostate exam and other screenings. Early identification of many illnesses can give you the most options for treatment and better outcomes.



4. Stay current on vaccinations for your protection, there are a number of vaccinations to prevent disease as your immune system weakens over time. Flu shots annually. Tetanus shots every ten years. Vaccines for shingles and pneumonia and more. The practice will remind you when it's time to get your immunizations.

5. Keep prescriptions updated. Bring a full list of your medications, including any over the-counter, so your physician has a complete picture of what you're taking. An annual review can identify possible side effects or medication conflicts.

Getting checkups regularly and on schedule can help create a prevention plan to prevent diseases and disability based on your current health and risk factors.

The Primary Care team is comprised of physicians specializing in Family Medicine as well as Internal Medicine. Alongside our physicians, members of the Primary Care team include Nurse Practitioners as and Physician Assistants.

PRIMARY CARE PROVIDERS



Yanet Acosta, M.D.

Dr. Yanet Acosta is board certified in family medicine, and specializes in prevention and management of multiple chronic illnesses for all ages to include diabetes, hypertension, hyperlipidemia, coronary artery disease, asthma, and COPD. She also offers adult and child routine wellness exams, physicals, gynecological exams, and immunizations.

Walter Bigit Milla, M.D.

Dr. Walter Bigit Milla, is board certified in internal medicine, specializing in adult health including preventive medicine, management of patients with chronic health conditions and patient education.



**Eduardo Cabrera, M.D.**

Dr. Eduardo Cabrera is board certified in family medicine, and offers treatment for a wide range of conditions to include diabetes, hypertension, asthma, COPD, thyroid disease, infectious disease, congestive heart failure, and coronary artery disease. He also offers procedures that include skin biopsy, laceration repair, removal of lipomas and sebaceous cysts, and IUD placement and removal.

Joy Christianson, APRN-C

Joy Christianson is a Board Certified Advanced Registered Nurse Practitioner (ARNP-C), specializing in adult and geriatric health including preventative medicine, management of patients with chronic conditions, and patient education.

**Shirlynn Chu, M.D.**

Dr. Shirlynn Chu is board certified in family medicine, specializes in newborn/pediatric care and wellness exams for babies, children, men and women of all ages, including annual PAP exams.

In addition, she specializes in hypertension, diabetes, preventive medicine, annual physicals and chronic disease management.

Nicole Costello, M.D.

Dr. Nicole Costello is board certified in family medicine, specializes in newborn/pediatric care, well baby exams, well child exams, and well exams for men and women of all ages, including annual PAP tests. In addition, she specializes in cryotherapy, preventive medicine, annual physicals and chronic disease management and treatment for hypertension and diabetes.

**Aimee Herrington, PA-C**

Aimee Herrington, PA-C, is a primary care physician assistant who has been treating adolescent, adult and geriatric patients throughout southwest Florida since 2012. She manages numerous chronic conditions including diabetes, high blood pressure and heart disease. She welcomes acute injuries and illnesses to her practice as well.

**Lloyd Hughes, D.O., ABFM**

Dr. Lloyd Hughes is board certified in family medicine, specializes in primary care for adolescents and adults. His preventive care services include physical exams, pre-operative assessments and Medicare wellness visits. He provides treatment for sports injuries, diabetes, hypertension, arthritic disorders, asthma, COPD, lipid disorders and skin lesions and offers simple wound management.

Leonard Glaser, M.D.

Dr. Leonard Glaser, board certified in internal medicine, specializes in all aspects of primary care for adults and geriatrics. His services include wellness visits and preventative care and treatment for acute and chronic conditions such as diabetes, hypertension, congestive heart failure, atrial fibrillation, hyperlipidemia, depression and back pain.

**Manuel Jimenez Rodriguez, M.D.**

Dr. Manuel Jimenez Rodriguez, board certified in internal medicine, specializes in all aspects of primary care for adults and geriatrics. His services include preventive care and treatment for chronic conditions such as hypertension, COPD, diabetes and heart disease.

Betty Kupracz, M.D.

Dr. Betty Kupracz, board certified in internal medicine, offers preventive medicine including complete physical exams and wellness visits. She treats diabetes mellitus, hypertension, hyperlipidemia as well as common infections such as sinusitis, bronchitis, skin and bladder infections.

**James Maciejewski, M.D.**

Dr. James J. Maciejewski, board certified in internal medicine, specializes in all aspects of primary care for adult men and women, which includes routine adult health management, preoperative clearance, and chronic conditions such as high blood pressure, diabetes, depression and cholesterol management.

**Catalina Niculae, M.D.**

Dr. Catalina Niculae is board certified in family medicine, specializes in newborn/pediatric care and wellness exams for men and women of all ages, including annual Pap tests. In addition, she specializes in preventive care for men and women of all ages, from newborn to geriatric.

Anthony Scola, M.D.

Dr. Anthony Scola III, board certified in internal medicine, specializes in primary care for adults. His services include routine physicals and pre-operative clearance, treatment for chronic conditions, such as high blood pressure, diabetes, depression, heart disease, or kidney failure, advanced lipid analysis and cholesterol management, and geriatric or end-of-life care.

**Ryan Severo APRN-MSN**

Ryan Severo, APRN, specializes in all aspects of patient care, including diagnosis, treatment and consultations for children and adults. He assists in wound care as well as diagnosis and treatment of a variety of conditions including diabetes, sinusitis, bronchitis, allergies, flu, urinary tract infections, asthma, hypertension and hyperlipidemia.



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HEALTHY AGING MONTH ENCOURAGES OLDER ADULTS TO TAKE CHARGE OF HEALTH

By Greg Pascucci

Now in its 30th year, September is Healthy Aging[®] Month and focuses on the positive aspects of growing older. It also encourages everyone to take personal responsibility for their health.

The emphasis for 2022 is to stay fit, healthy, adventurous, and connected. Here are a few tips for incorporating them into your lifestyle:

Stay Fit

The National Institute on Aging recommends four types of exercises for older adults: endurance, strength, balance, and flexibility. Each offers a different benefit and combines to increase overall health and wellness. For example, endurance exercises such as walking and swimming can ward off many common diseases such as diabetes and some cancers. And though older adults may shy away from strength training, free weights and resistance bands can keep muscles strong, helping to maintain their independence. Balance exercises, including tai chi and yoga, are key for preventing slips and falls and can also help improve flexibility which helps our bodies move more freely.

At The Carlisle Naples, an active retirement community, the Zest Department ensures a wealth of classes incorporating all components of fitness. From water exercises to stretching and cycling, there is an activity to meet all fitness levels.

Stay Healthy

Maintaining healthy habits is vital to successful aging. The World Health Organization defines health as a state of complete physical, mental, and social well-being, not merely the absence of disease. Therefore, experts advise a well-rounded approach to staying healthy such as regular exercise, balanced nutrition, adequate sleep, and positive emotional and mental health.

There's an entire team at The Carlisle Naples dedicated to residents' health and wellness. Each month, Zest Director Marcía Aldana plans a calendar chock full of programs catering to the eight dimensions of wellness: physical, intellectual, emotional, social, spiritual, vocational, financial, and

environmental. Residents can attend college-level lectures, join neighbors for Bible study, participate in a volunteer project, or sign up to be part of the community's Investment Club. Plus, residents have access to MyCare Clinic, an onsite personalized-medical concierge program and ONR, offering onsite access to specialized programs, including rehabilitation, wellness, and fitness education.

Stay Adventurous

You're never too old to try something new! In fact research points to the many benefits of learning a new activity or discovering a hobby such as increased happiness and improved brain health. Online tutorials offer helpful ways to delve into one's interests. The library also offers numerous free resources. The Collier County Library, for example, offers virtual programming exploring movies, cooking, art history, poetry, and more!

At The Carlisle, there is no shortage of opportunities for residents to tap into their adventurous spirit. They've been Senior Olympians thanks to our Summer Olympic Challenge, thespians through a partnership with the Naples Players, and athletic boxers, punching out Parkinson's disease as part of a collaboration with Title Boxing Club.

Stay Connected

Experts on aging have long suspected socialization improves physical and emotional well-being, increases mental alertness and encourages a more active lifestyle. Recent data from the American Seniors Housing Association found social isolation is associated with increased depression and anxiety, increased risk of dementia, decreased cognitive function, lower likelihood of regular exercise, and increased risk of premature mortality. Volunteering, connecting with others who share your interests, and embracing technology such as video conferencing are just a few ways to stay connected.

At Senior Resource Group, owners and operators of The Carlisle, a data-driven program supports a personalized approach to promoting social connection. SRG uses an engagement platform tool to track and analyze resident data, plan social activities, and support residents'

connections to each other, their families and staff. The platform also functions as a community-specific social network, with a daily color-coded activity calendar, messaging (between residents, staff, and family members) and the ability to upload photos and tag other residents in them. The program is in addition to the many opportunities for social engagement – live concerts, arts and crafts, social hours and special events. At The Carlisle, there is always something to do and someone to do it with!

"Healthy Aging is a year-round initiative at The Carlisle," said Executive Director Bill Diamond. "All the tools and resources needed for successful aging are within steps of residents' front doors."

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.



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September is Suicide Prevention Month

Chicago Former Musicians come together for “Kickin’ the Blues Music Festival” To Raise Awareness for Mental Health and Suicide Awareness

September is Suicide Prevention Awareness Month. If you or someone you know may be at risk, please call 988. The new three-digit dialing code will route callers to the National Suicide Prevention Lifeline (now known as the 988 Suicide & Crisis Lifeline), and is now active across the United States.

When people call, text, or chat 988, they will be connected to trained counselors that are part of the existing Lifeline network. These trained counselors will listen, understand how their problems are affecting them, provide support, and connect them to resources if necessary. Numerous studies have shown that callers feel less suicidal, less depressed, less overwhelmed and more hopeful after speaking with a Lifeline counselor.

Suicide is the second leading cause of death among young adults and for every youth suicide it is estimated that 100 to 200 others attempt suicide. Serving Collier and Lee Counties, a non-profit (501c3) called Grounding Wire is focused on raising awareness for suicide prevention and mental health and is using music to do it.

Musicians formerly of the rock band Chicago and currently of Earth Wind & Fire will headline a music festival in Bonita Springs that organizers plan to take statewide to benefit mental health and suicide prevention.

“Kickin’ the Blues Music Festival” is planned for Sat., Nov. 19, from 4 p.m. to 9 p.m. at Riverside Park, 10450 Reynolds Street, in Bonita Springs.

Headlining the music festival will be Bill Champlin, Keith Howland and Jeff Coffey, formerly of the hit band Chicago, and John Paris, current member of Earth, Wind & Fire. They will be performing the music that made the groups famous in the 1970s and 1980s with hits such as *25 or 6 to 4*, *Beginnings*, *Saturday in the Park*, *Searchin’*, *Hard Habit to Break*, *Boogie Wonderland* and *Fantasy*.



Grounding Wire and Kickin’ the Blues were founded by Frances and Bret Borshell, a husband and wife team who want to help those struggling with anxiety and mental health disorders.

“Mental health issues are impacting the majority of Americans with 70 percent reporting that they have debilitating stress. Suicide is increasing at an alarming rate along with gun violence,” said Frances Borshell. “There aren’t enough resources to help those in need, especially in Southwest Florida.”

Florida has long maintained one of the lowest per capita mental health expenditures in the nation. According to the most recent data from Florida State University, Florida has a per capita mental health services expenditure of \$37.28, giving it a rank of 49th for mental health funding in the U.S.

Mental Health of America recently ranked Florida 48th nationwide on access to mental health care. It specifically noted that 633,000 Florida adults with mental illness and 116,000 youth with depression had unmet treatment needs.

Funds raised from the concert will be used to provide mental health toolkits to schools and individuals in need. The kits include guidance for active breathing,

present mind awareness, and meditation, along with access to resources such as interactive content, videos, educational information, and other helpful digital content provided by mental health experts

In addition to music, the festival will include mental health providers who can provide information about mental health resources available. Food trucks, beer, wine and healthy beverages also will be available for sale. A meditation station also will be provided.

Tickets are \$25 for general admission and \$65 for VIP admission. Tickets can be purchased at www.groundingwire.org

Sponsorships also are available from \$500 to \$25,000. For more information about sponsorships, please email info@groundingwire.org.



Grounding Wire

www.groundingwire.org



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

By Richard Hiler, DABCN

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

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

PERIPHERAL NEUROPATHY SYMPTOMS

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

STOP MASKING SYMPTOMS AND PAIN

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

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



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

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- Platelet Rich Plasma
- Spinal Decompression Therapy
- Ozone Therapy
- Peptide Therapy
- Therapeutic Shockwave/Soundwave
- Natural supplementation to regenerate myelin sheath

WHAT KINDS OF EFFECTS CAN BE ACHIEVED THROUGH THE NEUROPATHY TREATMENT AT FEEL AMAZING INSTITUTE?

Clinical studies show that 88% of the people who undergo the treatment experience excellent results with one or more of the following: Reduced pain and cramps, reduced tingling and numbness, ability to experience normal touch without pain, reduced cold or burning sensations, improved balance and coordination, lowered dependency on medications, improved sleep, reduced sensation of restlessness in

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

An important side benefit to the treatment is that it reduces the risk of falls significantly by improving balance and position awareness of the feet.

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

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Home-Concierge Medicine a Benefit to Aging Individuals

By Dr. William M. Hasbun

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

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

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

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

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



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

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

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



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

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

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

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

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LEUKEMIA AND LYMPHOMA

Both leukemias and lymphomas are considered blood-related cancers and involve cells that play an important role in immune function. There are general differences between the two, yet when broken down by specific leukemias and lymphomas there is a great deal of overlap. A correct diagnosis of leukemia or lymphoma is essential so that the most appropriate treatment can be provided.

SYMPTOMS OF LEUKEMIA AND LYMPHOMA

Many of the early symptoms of both cancers are general and could be associated with a variety of illnesses. These symptoms include:

- Extreme fatigue or weakness
- Infections and fever
- Easy bleeding or bruising
- Bone or joint pain
- Abdominal swelling
- Loss of appetite
- Unexplained weight loss
- Swollen lymph nodes
- Coughing, choking or trouble breathing
- Swelling of the face and arms
- Headaches, seizures or vomiting
- Rashes
- Gum problems

If you notice any of these symptoms in yourself, your child, or a family member, talk to a doctor as soon as possible so that he/she can do proper follow up and diagnose the underlying problem.

DIAGNOSIS OF LEUKEMIA OR LYMPHOMA

If symptoms suggest that you may possibly have one of these two blood cancers, your doctor will likely start with a physical exam and a review of your family medical history. At this time, he/she will do an examination of your lymph nodes as well. These will be followed by various blood tests to check the level of different substances in your blood including red and white blood cells and platelets.

Next, a doctor is likely to order one of more of the following tests:

- Bone marrow tests draw samples from your bone marrow. These samples are examined in order to determine which type of disease you may have.
- Molecular genetic studies can identify chromosome and/or gene abnormalities. This is used to direct future treatment.
- Lumbar puncture, commonly referred to as a spinal tap, is a test used to identify leukemia cells in the spinal fluid.



- A biopsy is a test in which a lymph node or tumor mass is removed and studied. This is useful in diagnosing different lymphomas.
- Imaging tests including chest X-rays, CT scans, bone scans are used to show if the disease has spread and if so, how far. It also shows whether treatment has been effective.

DIFFERENCES IN LEUKEMIA AND LYMPHOMA

Now that we have looked at the similarities in symptoms and diagnosis, let's take a look at how they differ.

Cancer can affect any part of the body, including the blood. Leukemia and lymphoma are both forms of blood cancer, but they affect the body in different ways. The main difference is that leukemia affects the bone marrow and the blood that it produces, while lymphomas mainly affect the lymph nodes. Though there are some similarities between the two types of cancer, their causes, origins, symptoms, and treatments are different.

Both leukemia and lymphoma affect the blood and the immune system. They typically affect the white blood cells. Leukemia is a cancer of the bone marrow that forms blood while lymphoma starts in the immune system and affects the lymph nodes and lymphocytes, a type of white blood cell.

LEUKEMIA

There are five different types of leukemia. The type depends on the rate of development and the type of cells where it begins.

The types include:

- acute lymphoblastic leukemia (ALL)
- chronic lymphocytic leukemia (CLL)
- acute myeloid leukemia (AML)
- chronic myeloid leukemia (CML)
- chronic myelomonocytic leukemia (CMML)

As you can see, they are categorized as acute or chronic. Acute leukemias start suddenly and progress rapidly while chronic types develop more slowly.

LYMPHOMA

The two main types of lymphoma are Hodgkin lymphoma and non-Hodgkin lymphoma. They affect different types of white blood cells. The difference can be seen under a microscope by the presence of Reed-Sternberg cells or their absence. In Hodgkin lymphoma these cells are visible and in non-Hodgkin lymphoma, they are not. Of the two types, non-Hodgkin lymphoma is the most prevalent.

KEY DIFFERENCES AT A GLANCE

Leukemia:

- Most common childhood cancer
- Less prevalent than lymphomas
- Progressive and malignant of blood forming organs
- There is typically an excess of white blood cells in the bloodstream.

Lymphoma:

- More common in older adults
- More common than leukemia
- Any malignancy of lymphoid tissue (organs and cells)
- Lymphoma cells do not appear in the bloodstream.

Leukemia and lymphoma are both types of cancer that affect white blood cells and the immune system. However, they are different in the way they affect the body.

Treatment with chemotherapy and/or radiation therapy can help manage these diseases and, in many cases, cure them. However, the type of treatment and prognosis will vary depending on the type of cancer a person has. Survival rates for these and other cancers are constantly on the rise. As scientists learn more about the diseases and develop new ways of treating them, chances of surviving cancer are looking better all the time.

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Are CBD and THC an Effective Treatment for Prostate Cancer?

Prostate cancer is the second deadliest cancer among men, second only to lung cancer. It is also the second most prevalent cancer among men, behind skin cancer. According to the American Cancer Society, there are nearly 250,000 new cases a year. It attacks approximately 14% of men in their lifetime.

While there are many treatments for prostate cancer, research suggests that CBD may kill its cancer cells. Though the trials are not yet fully verified, the research is fascinating.

What does research show about treating prostate cancer with CBD?

CBD has already been shown to help people undergoing chemotherapy and other forms of cancer treatment. It stops nausea and helps with many mental health symptoms. It has been used since the 1970s in this way.

Early studies show that CBD can help to treat prostate cancer by killing cancerous cells. So far, the experiments have only been conducted on cells in a laboratory, but the early findings are promising.

Studies are now being conducted to look at the effect of cannabinoids on cancer cells themselves. Two main cannabinoids are being investigated. They are THC (tetrahydrocannabinol) and CBD (cannabidiol). Studies have already found that cannabinoids may stop prostate cancer cells from growing and dividing, cause the cells to die, and stop them from invading other tissues and from spreading.

The studies show that CBD can kill cancer cells, which reduces the size of prostate cancer tumors. To understand how that works, we must look at what makes cancer cells dangerous. Every cell in our body has a limited life expectancy. It is born, it reproduces, and it dies. This ensures that our body is made up of new cells. The problem is when cells don't die. A cancer cell is a cell with a mutation in its DNA. This mutation multiplies very quickly without dying. When these cells are not stopped, they continue, reproducing without dying, creating tumors and other problems in the body.

In 2012, two different studies showed that CBD caused cell apoptosis (cell death) in cancer cells. They found these results when observing the effects of CBD on cell cultures, and mice with prostate



cancer. The conclusion the scientists reached was that CBD has the potential in treating prostate cancer even in humans.

The problem is, of course, that the studies were not conducted on humans. Logically, it is difficult to conduct such a study when the outcome could potentially end in death if the treatment proves to be ineffective. These men need real treatment. However, the scientists conducting both studies argue that their findings merit starting a clinical trial testing CBD's effectiveness on men with prostate cancer.

CBD's effects on those undergoing chemotherapy

For now, because we are still in the early stages of research, it is highly unlikely that CBD will be used on its own very shortly. Many doctors, however, will still prescribe it alongside traditional treatments like chemotherapy and radiation. It has been demonstrated that CBD can reduce the painful side effects of these treatments. People undergoing chemical and radiation treatments for any type of cancer, including the prostate, often experience severe nausea. This side-effect is dangerous because patients tend not to feed themselves properly. CBD oil has been proven to reduce nausea and vomiting.

Another side-effect of cancer treatment is pain. The pain from chemotherapy can last for months even after treatment ends. CBD along with THC can be used as a painkiller for most types of pain. In fact, it is found to be safer than other types of painkillers such as NSAIDs and opioids.

There are two main benefits to using CBD alongside chemotherapy and radiotherapy:

1. It helps patients deal with the side-effects of their treatment.
2. It could make treatment more effective causing apoptosis (death) of cancer cells.

CBD improves the mental health of prostate cancer patients

The mental and emotional toll of cancer treatments cannot be overlooked. Being told you have a tumor that may cause your death creates stress and anxiety even in the calmest of individuals. For many, this can turn into depression, which has its side effects and can worsen the illness. When battling prostate cancer, it is important to have a solid support network to help you through the tough moments of diagnosis and treatment. Taking CBD can not only improve physical symptoms associated with treatments but may help you maintain a healthier state of mind. Studies show that CBD has many benefits for mental health, including decreasing anxiety, treating depression, and improving sleep.

Takeaways

Although the research is still in its early stages, it does seem that CBD can be useful in treating prostate cancer. Not only does it kill cancerous cells, but it also fights the side effects of chemotherapy and radiotherapy and works to improve the mental health of cancer sufferers. We're hoping to see a lot more studies on CBD, THC, and prostate cancer in the future.

If you or someone you love has been diagnosed with prostate cancer (or other cancers) and you would like more information on CBD and THC cancer treatment, contact Miracle Leaf of Naples at 239.935.8998 or visit their website at www.wellnesscenternaples.com.

Schedule an appointment to see if you qualify for a Medical Marijuana Card, please call 239-935-8998 or visit MiracleLeafNaples.com.



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Non-Surgical Treatment for Golfer's Elbow

By Dr. Viviana Cuberos

Shockwave Treatment and Peptide Treatment

If you've tried traditional treatment options to alleviate joint pain, like prescription medications, steroids, or even physical therapy, but you still can't find the relief or resolution that you need, you may benefit from our non-surgical treatment for joint pain. At Orchidia Medical Group, we offer shockwave treatment and peptide treatment to help alleviate the symptoms of joint-related pain and help restore full function to the area.

One of the benefits of using these alternative treatments is that they address joint pain at the source and don't simply mask it. Many of the medications and injections marketed to alleviate joint-related pain also have many negative side effects, even causing the joint to deteriorate over time. Our treatments are natural yet effective and can help promote healing in the area so that you can get back to the things you love, pain-free.

What Causes Joint Pain?

Joint-related pain stems from many different factors. For some, it's age-related; for others, it's due to overactivity or sports-related injuries. Tendinitis can cause inflammation that induces joint pain and different forms of arthritis. Sometimes this pain is chronic; other times, it's acute. Regardless, our non-surgical solutions can help treat and alleviate the pain and promote optimal recovery.

Shockwave Treatment

Shockwave treatment with Gainswave has been a popular go-to for men suffering from ED. However, this treatment device does more than just help alleviate the symptoms of erectile dysfunction. It can also help promote and speed the growth and regeneration of new, healthier blood vessels. When used to treat joint-related pain, it can promote regeneration in the joint and accelerate healing.

Some of the most common joint-related pain stems from some specific conditions, and with Gainswave shockwave treatment sessions, we can help treat many conditions, including some of the following:

- Plantar fasciitis
- Patellar tendinopathy
- Achilles' tendinopathy
- Greater trochanter pain syndrome
- Lateral epicondylitis of the elbow
- Tendinopathy of the shoulder
- Back pain



What Happens During the Treatment?

The shockwave treatment process is simple and effective. During a session, your technician will first apply a conductive gel to your treatment area, which will help transfer energy from the shockwave device directly into the joint and surrounding tissues. You'll feel a warming sensation and some gentle pressure as the device contacts the skin. During the treatment, it will emit acoustic waves directly into the joint. Once your treatment is over, you can go about your day.

How Long Does It Take To See Results?

Most patients notice improvements in their joint-related pain after just one treatment, but most require a customized treatment plan to achieve the best results. An initial consultation with one of our experts can provide you with more details about the treatment process and determine if you're a good candidate. Then, we can design a treatment plan that helps you experience the best result as quickly as possible.

Peptide Treatment With BPC 157

Peptide therapy is a versatile anti-aging treatment, a form of regenerative medicine that can help men and women experience different anti-aging benefits, resolve, and treat certain symptoms, and manage and alleviate pain. Peptides are chains of amino acids, and these chains occur naturally in the body, yet with the aging process, the body produces fewer peptides.

With peptide therapy, we can administer specific peptides to target certain conditions, including the source of joint-related pain, to help regenerate the joint and promote optimal function and healing.

What Is BPC 157?

BPC 157 is a specific peptide known for its regenerative abilities. It is an effective peptide used to treat muscle tears, strains, sprains, and other joint pain.

BTC stands for a body-protecting compound. This peptide chain has 15 different amino acids derived from human gastric protein. BCP 157 is so effective because it promotes circulation, increases blood flow, and helps accelerate healing when administered to the joint.

How Does Peptide Treatment Work?

The peptide treatment process begins with an initial consultation. One of our experts will meet with you to discuss your symptoms and evaluate your potential treatment area. Then, once we determine that peptide treatment is right for you, we can design your treatment plan. Peptides are typically injected directly into the joint. The injection is quick and virtually painless and will begin working immediately to decrease and even eliminate inflammation in the area.

When Will I See Results?

Results vary among patients who use peptide treatment to alleviate joint-related pain due to varying factors. However, most patients notice relief after just one treatment. Still, the best results typically come after a series of injections promoting total restoration and healing to the area. When you come in for your consultation, one of our experts will discuss your concerns and design your treatment plan to give you a better idea of what kind of results you can expect.

Based on your specific joint-related pain, you may benefit from a combination of these non-surgical treatments. The best way to determine whether you would benefit from peptide treatment or shockwave treatment, or a combination of both, is to schedule your consultation so that our experts can learn more about you, your joint pain, and your goals.

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Monkeypox What to Know

By Daniel I. Wasserman, M.D.

Monkeypox was declared a public health emergency by the World Health Organization (WHO) on July 23, 2022. This is a decision undertaken by the WHO if a disease outbreak is an extraordinary event, when it constitutes a public health risk to other states through international spread, and when a coordinated international response is potentially required. At the time of this article being written, the global case count will likely be over 30,000 cases, contributing to the significant attention from governments and the media.

Monkeypox is a zoonotic virus related to smallpox. Sporadic outbreaks have historically been reported in Africa, typically originating from contact with wildlife, particularly rodents. Transmission of monkeypox occurs through large respiratory droplets that require prolonged face-to-face contact, direct contact with skin lesions, and possibly through contaminated objects.

Typically, symptoms will start to develop one to two weeks after an individual has been infected. Nonspecific symptoms then begin to emerge such as fever, swollen lymph nodes,



muscle aches, etc. Due to their nonspecific nature, an infected individual may attribute these symptoms to the flu or viral cold. In the emergence of the current outbreak, some patients may produce only mild symptoms, commonly ignored, suggesting that individuals may not be aware at all, until the appearance of a painful rash, the hallmark feature.

The current global outbreak has demonstrated changes in monkeypox's behavior. Men have disproportionately been affected. A UK case series reported only 62% with a fever and 56% reported swollen lymph nodes. In the past, these two features were considered to be near absolutes in disease presentation. Headache (27%), fatigue or exhaustion (41%), and muscle aches (31%) were also very

common amongst those infected. Painful skin lesions were present in 97% of the cases with 58% presenting as fluid-filled lesions, and only 32% presenting with more than 10 lesions.

We have certainly not heard the end of monkeypox, however, given its mode of transmission, there is reason for optimism that the current outbreak will ultimately be held under control.

If anyone is suspicious of a recent illness that coincides with an outbreak of a rash, please contact Skin Wellness Physicians at 239-732-0044 immediately for an appointment.

Daniel I. Wasserman, MD

Fellowship-trained Laser and Cosmetic Dermatologist
Fellowship-trained Mohs Surgeon
Board Certified Dermatologist

Dr. Wasserman is a board certified dermatologist with fellowship training at Harvard Medical School in laser and cosmetic surgery, as well as fellowship training in Mohs skin cancer surgery. He has contributed as a dermatology expert for online and print magazines. In addition, he frequently lectures to professional societies and organizations on his diverse research. For more information about skin care visit the Skin Wellness Physicians website at www.skinwellnessflorida.com

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FLU SEASON AHEAD

In the United States, flu season occurs in the fall and winter. While influenza viruses spread year-round, flu activity usually peaks between December and February, but activity can last as late as May. The overall health impact (e.g., infections, hospitalizations, and deaths) of flu varies from season to season.

Other respiratory viruses, including Coronavirus, also circulate during flu season and can cause symptoms like those seen with flu infection. These respiratory viruses include rhinovirus (one cause of the "common cold") and respiratory syncytial virus (RSV), which is the most common cause of severe respiratory illness in young children as well as a leading cause of death from respiratory illness in those aged 65 years and older.

People with flu are most contagious in the first three to four days after their illness begins. Most healthy adults may be able to infect others beginning 1 day before symptoms develop and up to 5 to 7 days after becoming sick. Children and some people with weakened immune systems may pass the virus for longer than 7 days.

Symptoms can begin about two days but can range from one to four days after the virus enters the body. That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick. Some people can be infected with a flu virus but have no symptoms. During this time, those people may still spread the virus to others. The Wellness Lab provides concierge Flu and monoclonal COVID-19 testing. Just give us a call and we will provide testing services at your home or work. No need to take a chance of spreading these viruses to your family or co-workers.

Take everyday preventive actions to reduce the spread of flu. Avoid close contact with people who are sick. If you are sick, limit contact with others as much as possible to keep from infecting them. Cover coughs and sneezes. Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub. Avoid touching your eyes, nose, and mouth.



Germs spread this way. Clean and disinfect surfaces and objects that may be contaminated with viruses that cause flu. For flu, CDC recommends that people stay home for at least 24 hours after their fever is gone, except to get medical care or other necessities. Fever should be gone without the need to use a fever-reducing medicine. Note that the stay-at-home guidance for COVID-19 may be different. The Wellness Lab also provides TAMIFLU to reduce flu symptoms quicker. TAMIFLU is a prescription medicine used to treat the flu (influenza) in people 2 weeks of age and older who have had flu symptoms for no more than 2 days. TAMIFLU can also reduce the chance of getting the flu in people 1 year and older. The Wellness Lab can deliver this powerful treatment prescription treatment right to your door.

While there are vaccines for respiratory illnesses like Flu, RSV, and Covid, you can still meet the germs that cause you to become sick. According to the Center for Disease Control, if you are vaccinated and contract the flu, your symptoms will be less severe than those who chose not to vaccinate. It is possible to have flu as well as other respiratory illnesses including COVID-19 at the same time. Health experts are still studying how common this can be. Some of the symptoms of flu and COVID-19 are similar, making it hard to tell the

difference between them based on symptoms alone. Diagnostic testing can help determine if you are sick with flu, COVID-19, or another respiratory infection.

If you get sick with the flu, antiviral drugs may be a treatment option. Check with your doctor promptly if you are at higher risk of serious flu complications and you get flu symptoms. People at higher risk of flu complications include young children, adults 65 years of age and older, pregnant people, and people with certain medical conditions, such as asthma, diabetes, and heart disease.

When used for treatment, antiviral drugs, Like TAMIFLU, can lessen symptoms and shorten the time you are sick by one or two days. They also can prevent serious flu complications, like pneumonia. For people at higher risk of serious flu complications, treatment with antiviral drugs can mean the difference between milder or more serious illness possibly resulting in a hospital stay. CDC recommends prompt treatment for people who have flu or suspected flu and who are at higher risk of serious flu complications.

There are homeopathic regimens for flu, covid, and RSV symptoms as well. The Immune Drip from the Wellness Lab not only helps prevent respiratory illnesses but can help ease and lessen your symptoms. The Immune drip is a mixture of IV fluids containing not only electrolytes but also antioxidants and vitamins to help support your body to combat those annoying ailments.

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GERIATRIC DEPRESSION

By Richard J. Capiola, MD

Everybody hurts. Everyone feels sad sometimes. Everyone experiences moments or even days of feeling “blue”. However, if these feelings persist and affect a person’s ability to carry out normal day to day activities, it is time to look at the very common mental health issue called depression.

According to the Mayo Clinic, depression is a mood disorder that causes a persistent feeling of sadness and loss of interest. It can also be called major depressive disorder or clinical depression. It affects how a person feels, thinks, and acts. It causes problems both emotionally and physically. A person with depression may even get to the point of believing that life is no longer worth living. It can be very dangerous when left untreated.

Depression is especially common in older adults. In fact, it is the most common mental health issue faced by senior adults. And though it affects 15% of people over the age of 65, it should not be considered a “normal” part of aging.

WHAT IS GERIATRIC DEPRESSION?

Geriatric depression is a mood disorder in older adults that involves a persistent loss of interest and feelings of sadness. According to the World Health Organization (WHO), while most older adults have good mental health, many are at risk of developing mental health conditions such as depression. The Centers for Disease Control estimate that 7 million adults over the age of 65 experience depression each year in the US.

Recognizing depression in older adults can be challenging. Many have difficulty communicating what they are experiencing and many more “don’t believe in” depression. The world in which they grew up was different than ours today in that people didn’t talk about their

feelings. Anyone getting help for mental disorders like depression, were labeled as “crazy”. Add to that the fact that there is no concrete test for depression (no blood test or physical test) and depression in older adults can go undiagnosed and, therefore, untreated.

SIGNS AND RISK FACTORS OF GERIATRIC DEPRESSION

When left untreated, depression in older adults can cause physical illnesses to worsen. It can lead to premature death and even suicide. That is why recognizing the symptoms is so very important.

Symptoms may include:

- Persistent feeling of tiredness
- Too much or too little sleep
- A grumpy or irritable attitude
- Difficulty thinking, concentrating, or making decisions
- Difficulty paying attention
- Lack of interest in activities once enjoyed
- Noticeably slower movement
- Crying spells
- A change in weight or appetite
- Digestive issues
- Feeling guilty, hopeless, or worthless without cause
- Withdrawal from family and friends
- Aches and pains
- Suicidal ideation

Risk factors associated with geriatric depression:

- Extended periods of isolation
- A decline in independence and mobility
- Struggling with the transition into retirement
- Financial difficulties
- Substance abuse
- Widowhood or divorce
- Grief following the deaths of friends and loved ones
- Chronic medical conditions
- A history of depression
- Grappling with their own mortality

DIAGNOSIS OF GERIATRIC DEPRESSION

If an older adult has signs and symptoms of depression lasting for 2 weeks or more, a doctor may diagnose geriatric depression. However, before coming up with a diagnosis, a doctor should consider the person’s medical history and use a geriatric depression scale (GDS) when asking about symptoms to understand how long they have been present.

The GDS is a tool developed in the early 1980s by J.A. Yesavage. The GDS is a self-report instrument that uses a “yes/no” format. It was originally developed as a 30-item instrument. Since this version proved both time-consuming and difficult for some patients to complete, a 15-item version was developed. These 15 items were chosen because of their high correlation with depressive symptoms in previous validation studies.

The GDS differs from depression screening instruments used in younger populations because some somatic symptoms (such as weight loss, pessimism about the future, and sleep disturbances) can be related to aging itself. For this reason, the GDS focuses specifically on psychiatric rather than somatic symptoms.

TREATING GERIATRIC DEPRESSION

Mild forms of depression can be treated with certain lifestyle change, like finding a new hobby, becoming more physically active, eating well, and spending more time with others. However, if someone has a high score on the Geriatric Depression Scale, it could indicate that they have severe depression, and more advanced treatments should be considered. This may include prescription medication (antidepressants) or psychotherapy (seeing a therapist).

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.



Health Insurance Important Enrollment Timelines!

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

***Medicare 2023 Annual Enrollment Period – October 15-Dec 7, 2022, effective January 1st, 2023**

***Individual/Family – Affordable Care Act – Marketplace- November 1 – December 15th, 2022, for January 1st, 2023**

There is a proposal in to all an extension to the Individual/Family enrollment for December 15th to January 15th for February 1st, 2023, effective, we are still awaiting further guidance.

The above dates are the timelines that you can make changes for the following year. All Medicare enrollees should check their plans each year. Part D formularies, tiers, and prices all change, so it is important to make sure you are in the correct plan and going to that companies preferred pharmacy for your best savings. Medicare Advantage Plans Part C, (you use 1 card the same one for doctor, hospital and rx) you need to check if your doctors will be in the plan for 2023 and check to see if the plan you are on is the best for your medications and again going to the preferred pharmacy that works best with your plan. Medicare Supplements DO NOT have an annual enrollment period, once you apply and continue to pay your premium your plan continues year over year. Medicare Supplements - after your 1st 6-month of triggering Medicare Part B you need to medically qualify. So, during Annual Enrollment Period you can always go back to Original Medicare, but you may NOT qualify for a Medicare Supplement so be careful if you drop your supplement, as you may not be able to get it back. Even if you qualify you will be older, and the same plan will probably cost you more.

In September the insurance company you are with will send you a notification of change packet, it will list only the changes. Even if they look slight you should really shop your plan to see if it is still the best for you. There is no charge to you to work with an insurance broker that sells all the companies, you want an agent that does them all or at least most of the carriers in your area. October 1st agents and individuals will have access to see all the 2023 plan, we can not do applications until October 15th. If you do an application on 10/15 or 12/7, the effective date will be 1/1/2023.

Great news for Diabetic's this year as most of the carriers have lowered the Tier of the insulin and some even have it in their Tier 1 or 2 which may

have a \$0 copay. The competition is heating up and we think there will be a lot of positive changes for 2023.

Medicare things to know...
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.

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!

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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TURNING TO A BALANCED & HEALTHY MARKET

By Robert Nardi, Broker/Owner

Data reflecting the Naples area housing market activity during June showed signs of a return to pre-pandemic summer activity when market conditions were balanced. According to the June 2022 Market Report by the Naples Area Board of REALTORS® (NABOR®), which tracks home listings and sales within Collier County (excluding Marco Island), pending sales decreased 36.8 percent in June to 794 pending sales from 1,236 pending sales in June 2021. In addition, closed sales fell 38.4 percent in June to 952 closed sales from 1,545 closed in June 2021. On the positive side, an 80.5 percent increase in inventory during June to 2,294 properties from 1,271 properties in June 2021 should spark sales. With 2.2 months of inventory available in June (up from .8 months in December 2021), the journey back to a balanced market is starting to take place. In addition, nearly 50 percent of our inventory this past June had a price reduction. These price reductions should be viewed as new listings because the newly lowered price is now attractive to a larger pool of buyers. Thus, there are more opportunities available for home buyers.

The NABOR® June 2022 Market Report compares single-family home and condominium sales (via the Southwest Florida MLS), price ranges, and geographic segmentation and includes an overall market summary. In addition, NABOR® sales statistics are presented in chart format. For those that would like to see all the statistics, please send an e-mail to Robert@NardiRealty.com to request a copy.

Median closed prices in June increased 31.8 percent to \$604,000 from \$458,281 in June 2021, but median closed prices for single-family homes decreased 7.7 percent to \$750,000 in June from \$812,500 in May. Conversely, median closed prices for condominiums in June increased 2.5 percent to \$497,000 from \$485,000 in May.

What does this all mean?

If you live in Naples all year round, you will notice that restaurants have fewer patrons this summer because fewer people are here. Why? Because with COVID restrictions lifted, there is no immediate need to get down to Florida to live a "normal" life. During the beginning COVID years, even people who owned here stayed throughout the summer. They were hoping that their state would lift the mask mandate, etc. Therefore, fewer people are down here, and thus, there is less demand. Also, for two years, Florida was a preferred vacation area. All states have lifted the mask mandate and opened up. Therefore, tourists are going to other vacation areas within the United States of America and abroad.

International travel has increased, and it appears many are enjoying Europe or domestic travel like Alaska, which seems very popular. On the upswing, international travel is making its way back slowly to Naples.

Add to the mix higher mortgage rates, worries about a possible recession, an ailing stock market, and inflation all contribute to demand tapering off. When demand lessens, inventory increases, and prices decrease. However, the price decreases I am

seeing are minimal, not drastic. I still believe that these slightly lower prices will be more attractive to buyers, but we will not have the debacle of the great recession of 2005.

Rentals are still in high demand!

If you are a senior and decided to live in an independent living facility instead of just selling your home outright, it may be a good time to rent it annually. Especially if you have a single-family home with a pool, it is the most sought-after rental that we have in our inventory. Annual rent could be anywhere from \$4500 and up, depending on the condition, location and amenities offered. Also, moving your home from your homesteaded domicile to a rental can provide quite a few tax advantages. You may want to discuss it with a real estate attorney or accountant.

What does the future hold?

Our inventory is going up, and I believe we will have a market where supply and demand will be in equilibrium over the next two years. The economy will be more robust, and inflation will taper off, and once inflation is under control, then mortgage interest rates will come down. Therefore, even if you are buying today at a higher mortgage interest rate, you can always refinance in the proceeding years once the interest rates come down.

Lastly, Southwest Florida is still attractive to buyers and always will be. The weather, beaches, low real estate taxes, no state tax, highly rated hospitals, and an overall strong economy. By the way, Collier County has the lowest real estate taxes in Florida. 1.25% plus if you homestead, you get an additional \$650 deducted from your tax bill at the end of the year. What's not to love?

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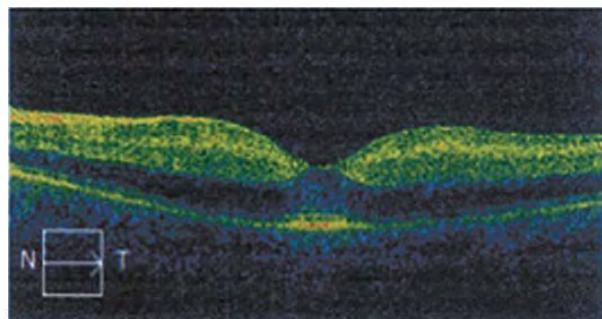


Early Signs of Heart Disease Appear in the Eyes

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

Eye doctors may be able to detect signs of heart disease during a comprehensive eye exam, experts say. A new study from UC San Diego finds that people with heart disease tend to have retinas marked by evidence of eye stroke.

Eye strokes happen when the eye is deprived of blood flow and oxygen, causing cells to die. This creates a mark, called a retinal ischemic perivascular lesion (RIPLs). These marks can be spotted when ophthalmologists use an imaging tool called optical coherence tomography, or OCT, to take a close look at the retina.



OCT scans of the retina (such as the one pictured above) are valuable ways to detect disease and dysfunction in all parts of the body — not just the eyes. There are new technology in those eye scans that could detect signs of Alzheimer's, Parkinson's and other underlying health conditions.

How eye exams can detect heart disease

The eye is the only place in the body where a doctor can see the live action of blood vessels, nerves and connecting tissue without relying on an invasive procedure. That is why eye doctors are often the first to detect health conditions including high blood pressure, high cholesterol, stroke and more. While the marks left behind by eye strokes may be present in low numbers in healthy people, those with heart disease tend to have a far greater number. Researchers at UC San Diego arrived at these results by reviewing the medical records of 84 people with known heart disease and 76 healthy people, all of whom had received a retinal OCT scan. According to the researchers, the higher number of RIPLs in the eye, the higher the risk for cardiovascular disease.

"The only place we can visualize the smallest blood vessels in the body without invasive procedure is in the eye. The retina in particular provides important evidence of the adverse effects of cardiovascular issues, such as high blood pressure," said Anthony DeMaria, MD, cardiologist at UC San Diego Health. "It's my hope that the presence of RIPLs in the eye will serve as a marker for cardiovascular disease when patients are undergoing assessment of risk factors for heart disease, or when patients are undergoing evaluation for the suspected presence of heart disease." DeMaria said detection of RIPLs could result in identification of cardiovascular disease that would enable early therapy and preventative measures, and potentially reduce numbers of heart attacks or strokes.

A person's risk for cardiovascular disease is determined by the atherosclerotic cardiovascular disease (ASCVD) risk score calculator, the national guideline developed by the American College of Cardiology. The guideline is considered the gold standard for assessing a patient's 10-year risk of experiencing a cardiovascular event, such as heart attack or stroke. In the study, researchers found a correlation between the number of RIPLs in a patient's eye and their ASCVD risk score.

"Globally, cardiovascular disease is the number one cause of death and unfortunately many people are unaware they may have heart issues," said Bakhoun, MD, PhD, an ophthalmologist at UC San Diego Health. "The key in preventing this is early detection and treatment. It's our hope that by identifying RIPLs as a marker for cardiovascular disease providers will be able to identify heart issues before a catastrophic event, such as a heart attack or a stroke, occurs."

Catching heart disease early can save lives

"The eyes are a window into our health, and many diseases can manifest in the eye; cardiovascular disease is no exception".

This new study adds to the list of health conditions an eye exam may help detect.

Source:
<https://www.aaopt.org/eye-health/news/eye-stroke-heart-disease-vision-exam-retina-oct>



Subconjunctival hemorrhages are not a manifestation of cardiovascular disease. Often these sudden onset hemorrhages are concerning to patients but they are rarely of clinical significance.

"Your ophthalmologist may be able to take an image of your eye to help find cardiovascular disease earlier than before." For people with heart disease — the number one cause of death worldwide — early diagnosis and treatment could help stave off a heart attack or stroke.

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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Not Eating Enough Can STALL Weight Loss

So, you want to lose weight? You may have engaged in fad diets and or shakes, but no results, you may also have decided to drastically reduce calories to combat weight gain but alas, the stubborn belly fat, thigh fat, buttock fat, hip fat, side fats (love angles) and flappy arms persists. Why? Simple you have it wrong! It is a myth that all you need to do is stop eating to lose weight. Not eating enough can stall weight loss.



When you stop consuming calories, does your body just miraculously start burning fat for fuel? That's what it's there for, right? Only if it were so easy. Proper nutrition and not starvation is essential for proper weight loss; when you stop consuming calories, you are depriving your body of the necessary micronutrients essential for homeostasis. You lose electrolytes very rapidly when improper fasting occurs and adding supplements aren't enough to keep you healthy while you're starving yourself under the guise of weight loss.

When you're not eating, your body isn't fueled properly. When you decide to lose weight by not eating, you'll make yourself much more susceptible to infectious diseases because of a weakened immune system. You'll most likely contract and die from a disease before you reach your goal weight because your immune system will be weakened.

When your body burns stored fat for fuel, it releases everything stored in that fat cells and fat cells store more than fats. Certain toxins can be stored in your body fat and released when your body goes into full fat-burning mode, such as when you decide to lose

weight by not eating anything. Persistent Organic Pollutants, also called POPs, are released from burning fat cells and your body doesn't know what to do with them, so they go into fat storage.

When you lose weight, you don't JUST lose fat. You lose muscle mass as well due to catabolism. Catabolism is when your body breaks itself down for energy. When poor dieting or imposed starvation is occurring, your body doesn't just break down fat, it also catabolizes muscle mass. Over a short period, the effects aren't much. However, over time your body will eat more away at and more muscle mass. You'll grow weaker, your basal metabolic rate will drop so you'll burn fewer calories, and even the heart muscle will be cannibalized. This will put you at risk of heart failure.

Starving yourself makes your whole body slow and sluggish. Your body responds to the stress of starvation by releasing hormones such as cortisol. Cortisol is the stress hormone, and I bet you already feel enough stress. You'll also lose blood pressure. Low blood pressure, stress hormones, and the fatigue caused by not fueling your body

will make you irritable, dizzy, weak, nauseated, or worse. Your studies and your job and your relationships will suffer too. **Why not choose to lose weight healthily with AuVan Clinic?**

Since "not eating anything" is unhealthy, let's look at some healthy ways to lose weight. It'll be slower, but your muscles, heart, mood, immune system, and the rest of your body will thank you. Eating less will help you lose weight, short of certain medical issues. However, you shouldn't eat a lot less. Exchange soda for water, drink your coffee black and swap out the chips for fruit or vegetables. Slowing your consumption of calories will slow down weight gain and eventually lead to weight loss. Even what you eat after a workout can affect this.

Double the effect of cutting calories by increasing how many calories you use throughout the day. Even walking a little every day can help. Of course, adding on a workout routine can help more. Everyone, male or female, benefits from full-body exercise and muscle gain. Anaerobic exercise boosts your metabolism for a whole day after working out. Improper or poor dietary intake is not just bad but horrible for weight loss. Your body relies food intake for energy production, left over energy is stored has fat. To properly lose unwanted or excessive fat, you need to give your body a reason to lose it and improper dieting is not one of them.

To discuss more about your desire to shed pounds AND keep your body healthy, **schedule a FREE Consultation with Shedloss at the AuVan clinic at 239-799-7219.** Yes, shed it and forget it! We specialize in medically supervised concierge and basic weight loss programs that will help you look and feel your best. The AuVan Clinic is located at 4270 Tamiami Trail East, Suite 201 in Naples.

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CARING FOR A SENIOR PET

According to the American Animal Hospital Association (AAHA), there are four primary stages of a dog's life — puppyhood, young adulthood, mature adulthood, and senior — that occur before the end-of-life phase. These stages are not universally applied at specific ages to all breeds, however. Many factors feed into the time you start to apply the word senior to Max or Trixie and decide to seek out senior-pet veterinary care.

Age, of course is the obvious factor, but species (canine vs. feline), breed, lifestyle, and general health status all factor into the calculation. A 10-year-old cat may be equivalent to 63 in human years, while a 10-year-old dog may be considered anywhere from 56 to 78, according to the American Veterinary Medical Association (AVMA).

Breed plays a very important part in the equation. The larger the breed, the sooner age-related conditions tend to arise. Large-breed dogs may be considered geriatric dogs at 5 or 6, possibly while small dogs may not qualify for geriatric care until they are 10 or 12. It is a given that small breeds live longer, so senior status does not kick in until a more advanced age — and at that same age, a large-breed dog might be looking at a treatment plan for end-of-life care.

As our pets get older, caring for them properly is even more important than ever. As they age, their needs begin to change. Predicting and recognizing the signs of aging can help you care for your pet, while maintaining their health and happiness. Here's what to look for and ways to make aging more comfortable for your pet.

WHAT TO EXPECT AS YOUR PET AGES:

1. Breathing changes

If your pet is having trouble breathing, especially if he seems to be gasping for air or his chest seems tight and restricted when he breathes, it's time to make an appointment with the veterinarian. You may find that older pets can have mild fibrosis of their lungs which decreases their ability to expand the lungs and exchange oxygen appropriately.

2. Weight change

As pets age, it's normal for them to gain weight because they tend to be less active. It is important to pay attention if your senior pet is losing weight rapidly, which could be due reduced appetite or poor absorption of nutrients.



3. Hearing and eyesight loss

Hearing loss and eyesight degeneration are common in older animals. When dogs lose their hearing, it typically starts with the higher frequencies and affects both ears simultaneously, usually occurring towards the end of a breed's normal lifespan. Some pets may develop cataracts in old age, or retinal degeneration with age.

4. Slowing down

You might notice that your pet will start to slow down as he/she matures. Older pets may have difficulty getting around, trouble with stairs, jumping into the car or just getting up after a nap. He might also show weakness in the joints, which may indicate arthritis or another degenerative disease.

HOW TO CARE FOR AGING PETS:

Tip #1 Watch their weight.

Obesity can shorten the lifespan of your pet by as much as two years. Fat cells produce dozens of inflammatory proteins called “cytokines” which not only increase your pet's risk of joint disease, heart disease and endocrine issues, but it can also increase their risk of cancer. A veterinarian can help calculate your pet's Body Condition Score, which is similar to the Body Mass Index in people, and make recommendations on how to safely get your pet to an appropriate weight.

Tip #2 Keep them active.

Exercise not only helps keep muscles strong and lean but it may also help to prevent a variety of behavioral issues, including destructive behaviors like chewing or digging. Aside from preventing these issues, providing your dog with regular exercise supports healthy aging by easing chronic symptoms and allows them to be social and explore their environment.

Tip #3 Have yearly blood work done.

It's important to perform routine lab work on our pets, so we can know what their “normal” is. Having a baseline Complete Blood Count (CBC), chemistry panel, urinalysis and thyroid profile is important to allow the vet to monitor small changes over time. Being able to monitor even the smallest of changes can help your vet find larger problems before they get to a point where treatment may no longer be an option.

Tip #4 Maintain their dental health.

Over 80% of pets over three years of age already have some degree of dental disease. Dental disease can not only cause significant pain, problems eating, and foul breath, but it can also set up your pet for cardiac disease, kidney and liver issues, as well as serve as a source of infection for the entire body. By brushing your pets' teeth, encouraging chewing on Veterinary Oral Health Council (VOHC) approved items, and having routine dentistry performed by your veterinarian, you can avoid bad breath and future preventable issues.

Tip #5 Monitor their diet.

As our pets age, their dietary requirements will change as well. For example, smaller breeds of dogs need less food as they get older while larger ones may require more nutrients to maintain a healthy weight and minimize obesity-related health problems. So, it's important to provide a diet tailored to your senior pet that's well-balanced, high in fiber, and has an adequate protein to fat ratio.

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Treating Bi-Polar Disorder with Ketamine

By Dr. Robles

Bipolar disorder, also known as manic depression, is a mental illness that brings severe high and low moods and changes in sleep, energy, thinking, and behavior. People who have bipolar disorder can have periods in which they feel overly happy and energized and other periods of feeling very sad, hopeless, and sluggish. In between those periods, they usually feel normal. You can think of the highs and the lows as two "poles" of mood, which is why it's called "bipolar" disorder.

The word "manic" describes the times when someone with bipolar disorder feels overly excited and confident. These feelings can also involve irritability and impulsive or reckless decision-making. About half of people during mania can also have delusions (believing things that aren't true and that they can't be talked out of) or hallucinations (seeing or hearing things that aren't there). Most people with bipolar disorder spend more time with depressive symptoms than manic or hypomanic symptoms.

Treatments for Bipolar Disorder

Bipolar disorder can be treated. It's a long-term condition that needs ongoing care. People who have four or more mood episodes in a year, or who also have drug or alcohol problems, can have forms of the illness that are much harder to treat.

Treatment can make a huge difference. With a combination of things -- good medical care, medication, talk therapy, lifestyle changes, and the support of friends and family -- you can feel better. Bipolar disorder has

no known cure. It is a chronic health condition that requires lifetime management. Plenty of people with this condition do well; they have families and jobs and live normal lives.

Ketamine Treatment

For many, ketamine is a miracle treatment breakthrough that helps people facing severe bipolar depression, treatment-resistant bipolar depression, and suicidal thoughts that can accompany these serious bipolar episodes. When Ketamine is used to treat bipolar depression under medical care, ketamine is not used as a street drug or an anesthetic. It's being used as an antidepressant, and it can be a very effective one.

Ketamine is different from traditional antidepressants. Traditional antidepressants target the neurotransmitters serotonin, norepinephrine, and dopamine. Ketamine blocks glutamate and enhances the brain's ability to grow and change. Ketamine blocks the N-methyl-D-aspartate (NMDA) receptor, which seems to be its depression-reducing kingpin. It rebalances glutamate and GABA as well as facilitates the development of new receptors and synapses. The ketamine-induced activity in the brain leads to the reduction of severe bipolar depression symptoms. Ketamine treatment can bring a host of benefits.

Ketamine has a high success rate, with up to 85 percent of people reporting significant improvements in their mood (Depression Alliance, n.d.).

This leaves about 15 percent of people unaffected by ketamine treatment, whereas, with traditional antidepressants, approximately 33 percent of users don't improve. Not only does ketamine treatment help bipolar depression, but it also does it quickly. While it can take four- to eight weeks to feel the positive effects of traditional antidepressants, ketamine treatment creates relief in a matter of hours.

Bipolar Disorder Outlook

Bipolar disorder can make you feel utterly alone. But that isn't the case. More than 2 million adults in the U.S. are coping with bipolar disorder right now. It's important not to blame yourself for your condition. Bipolar disorder is a physical illness, not a sign of personal weakness. It's like diabetes, heart disease, or any other health condition. Nobody knows what causes bipolar disorder, but for many people, it is a very manageable condition. The important thing is to focus on the future. Living with bipolar disorder can be tough. But don't let it hijack your life. Instead, act and regain control of your health. With dedication and the help of your health care providers, you can feel better again.

For most people, a good treatment program can stabilize their moods and help ease symptoms. Those who also have a substance abuse problem may need more specialized treatment. Ongoing treatment is more effective than dealing with problems as they come up. The more you know about your condition, the better you can manage your episodes. And support groups, where you can talk with people who are going through the same things you are, can also help.

The Ketamine Institute of Naples provides caring and individualized treatment for mood and anxiety disorders. **Schedule your initial free consultation at 239-784-2297. Start your mental health healing journey at 1045 Crosspointe Drive, Suite 2, Naples, Florida.**

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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



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

ORAL HEALTH: ARE YOU OVERDUE FOR YOUR EXAM?

Regular Dental Visits Are Important

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

Are you overdue for a dental cleaning and exam?

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

Aging Restorative Treatment

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

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

Missing Teeth and Extractions

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

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

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

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

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

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

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DIABETES MANAGEMENT

HANSON CLINICAL RESEARCH CENTER

By Lerita Hanson MD, F.A.C.E., CDCES, CPI

Diabetes is a chronic health condition that affects millions of men, women, and children globally. Managing diabetes requires awareness of your own body and knowing what makes your blood sugar rise and fall. Controlling these day-to-day factors is the key to living a long and healthy life.

There are many ways to educate oneself on diabetes management. Participating in programs that focus on teaching management strategies is a good place to start. Diabetes centers offer lifestyle classes that include helping you learn skills to manage your diabetes more effectively by checking blood sugar regularly, eating healthy foods, being active, taking medicines as prescribed, and handling stress.

Let's look at some of the basics of managing your diabetes.

DIET

Healthy eating is a key component in a healthy life for everyone, but for those living with diabetes, it becomes paramount. Learning how certain foods affect your blood sugar is important and then knowing how much to eat and what combinations to eat is also important.

1. Counting carbohydrates and controlling portion size are two keys to eating with diabetes. Learning to count carbohydrates will have the greatest impact on managing your diabetes because they have the biggest impact on your blood sugar. For those who take insulin at mealtime, counting carbohydrates determines the proper insulin dose.

It is also important to learn what portion of each food type is appropriate. Using a scale or measuring cups can be quite helpful in getting the proper carbohydrate count.

2. Meal planning is also helpful. As much as possible, plan for every meal to have a good mix of starches, fruits and vegetables, proteins, and fats.

Pay attention to the types of carbohydrates you choose. Some carbohydrates are better for you than others. Fruits, vegetables, and grains are low in carbohydrates and have fiber. Fiber helps keep your blood sugar levels more stable.

3. Sugar sweetened beverages can be dangerous. Try to avoid them as much as possible since they tend to be very high in calories and offer little nutritional value. These drinks can be useful during a low blood sugar episode because they raise the blood sugar quite quickly. However, drinking them on a regular basis should be avoided.

EXERCISE

Make physical activity part of your daily routine. Set a goal to be more physically active. Try to work up to 30 minutes or more of physical activity on most days of the week. Taking a quick walk and swimming laps at the pool are good ways to move more.

Ask your doctor to help you establish a plan that is right for you. Most people try to shoot for 30 minutes of aerobic activity a day 5-7 days a week. Remember to check your blood sugar levels before, during, and after exercise. Exercise can lower blood sugar levels for up to a full day after the activity. Look for warning signs like feeling shaking, weak, tired, or confused and monitor your blood sugar frequently. Always be prepared with a small snack or glucose tablets handy.

MEDICATION

Insulin and other diabetes medications are often necessary when diet and exercise aren't sufficient for managing your diabetes. The effectiveness of these medications depends on the timing and dosage. Other medications can affect your blood sugar as well. That's why it is important to talk to your medical team about any new medications and how they can affect you.

It is also important to always store your insulin properly. Do not use insulin that has passed its expiration date and remember that insulin is extremely sensitive to temperature. Improper storage can result in loss of effectiveness.

ALCOHOL

The liver releases stored sugar to combat low blood sugar levels. If you are drinking alcohol, however, the liver is otherwise occupied. While it is busy metabolizing the alcohol you consume, your blood sugar may not get its necessary boost. For this reason, it is important to monitor closely your alcohol consumption.



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It is best for diabetics not to drink any alcohol. It can aggravate complications that generally accompany diabetes such as eye disease or nerve damage. However, if your diabetes is well controlled and your doctor gives the okay, moderate alcohol consumption is allowed. Be sure not to drink on an empty stomach and to choose your drinks wisely. Light beer and dry wine have fewer calories and carbohydrates and will have less of an effect on your blood sugar.

WORK WITH YOUR HEALTH CARE TEAM

It is true that "there is no I in team", but in the case of your health care, YOU are the most important member of the team. You must advocate for the "I" in your team. Though you may have excellent doctors, nurses, dieticians, pharmacists, etc., none of them will know your body better than you. It is important to advise each new medical professional you see about your diabetes and ask them pertinent questions about how a new condition or new medication will affect your situation. Be prepared with a list of questions so that you don't forget in the moment.

Remember that managing diabetes isn't easy, but it there are many steps you can take to make your life more comfortable and freer. The more you know about diabetes management, the easier it will be.



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Your Cleaning Service May Be Sweeping More Than Just Dirt Under The Rug



Pop quiz: How much do you really know about the people you hire to work in and around your home? Through casual conversations you may know where they live, their children's names and ages. You might know someone for whom they've done work or have a friend or acquaintance in common (that's probably how you found out about them in the first place).

But, what do you really know about your landscaper, electrician, painter, plumber, the cable guy, the guy who fixes your appliances, or the person who cleans your home each week (and to whom you have given a key!)? Are they financially responsible? Have they ever fallen into legal trouble or veered over the line into petty criminal behavior? And what do you really know about the people your service providers employ or how they go about hiring them?

Statistically speaking, there is a high probability that all of the service providers who come into your home are upstanding, law-abiding citizens. They work, right? And perhaps everyone should be forgiven the minor transgressions of their teenage years. But, while you don't need to be paranoid, you can at least be sensible. As a homeowner and customer, it is always your right to inquire about your service provider's hiring and other business practices that if not executed properly and consistently can create financial liability, even danger, for you and your family.

Five critical sets of questions to ask:

- **Hiring practices.** How and where do you source new employees? Do you check personal references? Do you conduct criminal background checks? Do you verify your employees are legal to work in the U.S.? And do you use credible sources for background checks?
- **Tax practices.** Do you have a federal employer's tax ID number? Are all of your employees of the W-2 variety? Do you pay all FICA, social security, unemployment insurance, and other required tax withholding for yourself and for your employees?
- **Bonding and insurance practices.** Are your employees bonded and insured to cover any damage to or theft of my property? Are you and your employees covered by workers' compensation insurance in the event someone gets injured while working on my property?
- **Certification and training practices.** Do your employees have all the required professional training and certifications to conduct the work I am hiring them to do? And if there is no required certification, do you offer employees training to ensure the protection of my assets?
- **Security practices** (for instances where service providers require unsupervised access to your home). How will you store my key? Who will know that you have it and where it is kept? How will my key be marked? And how susceptible will it be to loss, duplication, or theft?

Do not be afraid to ask these questions!

If a home service provider is not paying their taxes or insuring their employees properly, you can be financially liable for back taxes, penalties, interest, and for loss or damage to your own property. Also, when you show you are savvy in the hiring process, your service provider is more likely to treat you with respect in other areas, for example, in assessing the work you need done or in quoting you fair rates.

Something else to consider: Best business and employment practices cost business owners money. In order to cut costs, many independent businesses or individuals skip the necessary precautionary measures of running criminal and personal background checks on their employees, thus attracting less than reputable employees to these smaller shop businesses. The benefits and job security provided by a more reputable company tend to attract and retain reputable employees that are keen to their stature in the employment screening process. If a home service provider quotes you a rate that is substantially below market or below their competitors, the difference is likely to be in their operating costs. So, don't just take 'yes' for an answer to the above questions. Ask for documentation! If a potential service provider gets offended or tells you it is none of your business, they could be getting ready to sweep THEIR dirt under YOUR rug.



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Hope and Optimism

By Pastor Timothy L. Neptune

Hope is confidence in God...not wishful thinking. To have hope is to trust in God to meet our needs...even in the midst of difficult times. When we do go through tough times our confidence in God can get a little rattled, as the Old Testament figure Job experienced. In the midst of his pain and heartache he cried out, *"Where then is my hope? Who can see any hope for me?"* (Job. 17:15)

Ultimately, hope comes from God. The Scriptures say, *"May the God of hope fill you all with joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit."* (Romans 15:13) Hope is an essential element of the Christian's life. In 1 Corinthians 13 the Apostle Paul included hope as one of the top three qualities of a person's life: *"And now these three remain: faith, hope and love. But the greatest of these is love."* (1 Cor. 13:13)

As followers of Christ, we are called to be dispensers of hope. We should exude a confidence and trust in God that demonstrates that we have hope. Yet I pose the question, *"Can a person be filled with hope without being filled with optimism?"* According to the encyclopedia, optimism is *"to anticipate the best possible outcome."* Can we demonstrate hope in God without anticipating the best possible outcomes of the situations we face?

I believe we can. In fact, I think hope is best exemplified when it is demonstrated in the face of negative circumstances. There are many times when hope and optimism go hand in hand. David had both when he faced Goliath. He had confidence in God and he expected the best possible outcomes...Goliath's defeat and an Israelite victory over the Philistines. And yet, there are many examples of people who had hope in God but did not anticipate the best possible outcomes.

Simon Peter is a good example. He and the disciples had been fishing all night and had caught nothing. They had worked so hard and yet still had nothing to show for their labors. And then Jesus tells them to cast out the net one more time. Simon did not expect to catch any fish. He was pessimistic. But, he had confidence in Jesus, so he cast the net. Though the circumstances did not look promising, his hope in God made up for his lack of optimism.

Esther is another good example. She had confidence that God would ultimately provide deliverance for the Jews but as she prepared to go before the King she said, *"...I will go to the king, which is against the law; and if I perish, I perish!"* (Esther 4:16) She demonstrated hope but not necessarily optimism.

The point is this: hope and optimism are not the same thing. You can still be hopeful even if you are not optimistic. You can still be a dispenser of hope even if you think you are going to face hard times ahead because you know that God will meet your needs.

Jesus didn't sound very optimistic when he said, *"These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation (a rather pessimistic view); but be of good cheer (maintain your hope), I have overcome the world (which is the basis of our hope)."* (John 16:33)

Hope doesn't mean that the best possible situations will always occur, but it does mean that in some way God will bring something good or useful out of the situation. As we look into the future, we may not always be filled with optimism, but we must always be filled with hope...God is still in control!



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Tim Neptune is the lead pastor of Venture Church in Naples, Florida. Venture Church meets on the campus of FSW State College on Lely Cultural Blvd. in East Naples. For times and directions, visit www.venturenaples.com.

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