

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

Health & Wellness[®] MAGAZINE

October 2022

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FREE 

**SUGAR, SALT,
AND THE SCIENCE
OF BREAST CANCER**

**THE IMPORTANCE OF
KEEPING UP WITH
YOUR MENTAL HEALTH**

**BREAST CANCER
AWARENESS MONTH
GENETIC TESTING IS
AN OPTION FOR ALL!**

**OPTIMIZE YOUR
GOLF PERFORMANCE
AT ANY AGE**

**BREAST CANCER
PREVENTION:
SELF-AWARENESS
CAN MAKE A DIFFERENCE**

**SYMPTOM-RELIEVING
HELP IS HERE**

**FOR INDIVIDUALS
LIVING WITH A
SERIOUS ILLNESS**

**ANTI-AGING SECRETS
OF CELEBRITIES
ARE THEY AVAILABLE
TO EVERYONE?**



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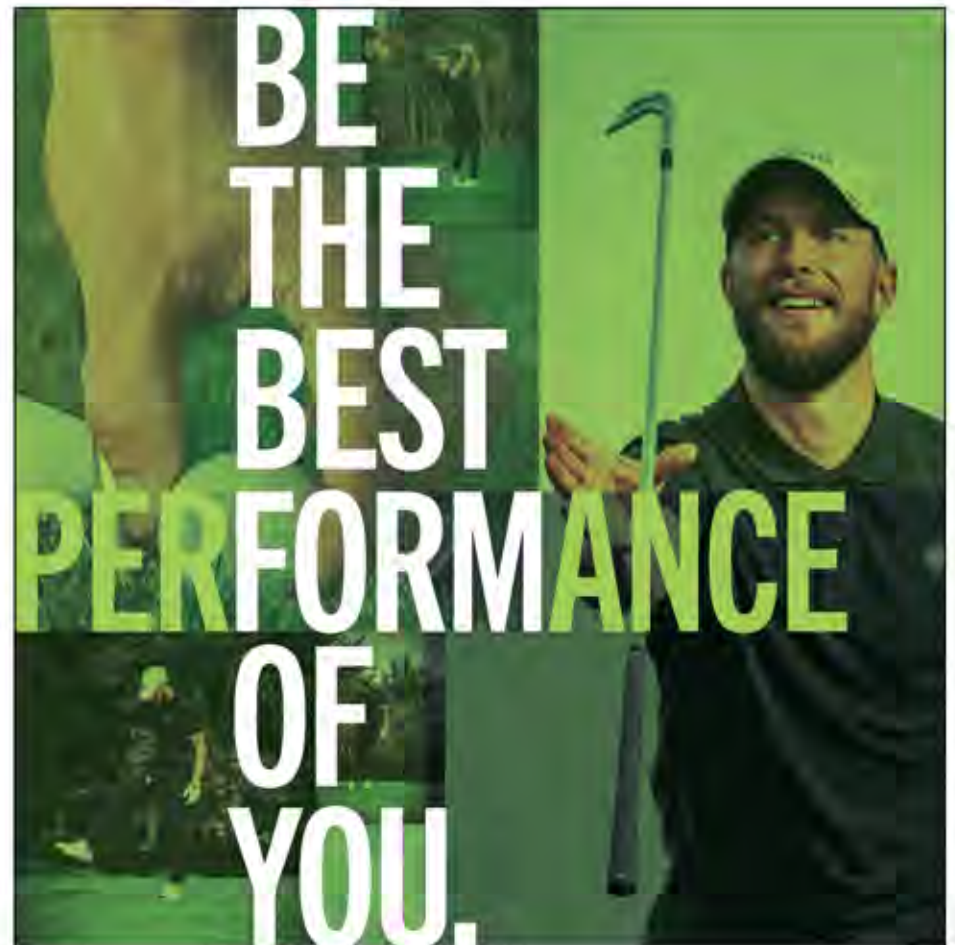
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WHAT CAN COSMETIC DENTISTRY DO FOR YOU?

By Long Huynh, DMD

Cosmetic dentistry is a branch of dentistry that focuses on improving a patient's smile. Having a beautiful smile with strong, healthy teeth is not only aesthetically pleasing, but is good for your overall health as well. When the teeth are worn down, broken, missing, or permanently stained with unsightly discolored fillings, your bite and cosmetic appearance are compromised.

Cosmetic dentistry differs from general dentistry in that a general dentist provides preventative care, like teeth cleaning and restorations like fillings, crowns, and bridges. These treatments restore appearance as well as health and function. On the other hand, a cosmetic dentist's attention is focused on making your smile more beautiful. Their treatments are aimed at improving the appearance of teeth and gums.

Why visit a cosmetic dentist?

A person with damaged or crooked teeth may not only dislike their smile, but he/she may also have trouble eating or even speaking. For some, having an unattractive smile is a source of embarrassment affecting his/her self-esteem.

Reasons to visit a cosmetic dentist might include:

- Crooked, cracked or damaged teeth
- Misshapen teeth
- Decayed teeth
- Discolored/stained teeth
- Missing teeth

Common types of cosmetic dentistry

Teeth whitening is the number one form of cosmetic dentistry. Over the years, our teeth can become stained by food and drink, smoking or even medications. Many people choose to whiten their teeth simply to make their smile brighter. Teeth whitening can be done through over the counter whitening strips (less effective) or through in-office treatments. At-home treatments usually take a couple of weeks while in-office treatments can often be done in as little as an hour.

Veneers improve the appearance of chipped, broken, or misshapen teeth. They are thin, white shells made from porcelain, resin, or ceramic. They are custom made for each patient and are meant to resemble the natural shape of one's teeth. Some types of veneers,



porcelain for example, require removal of enamel to allow the veneer to adhere well to the teeth. Other types, known as prep-less veneers, do not require any procedure before their attachment.

Gum contouring is an option for those who naturally have excess gum tissue. In this procedure, the dentist can actually remove extra tissue and reshape the patient's gum line giving the patient a more symmetrical or balanced smile.

Dental implants are a good choice for those who have lost a tooth. They are usually performed in stages. The cosmetic dentist must first attach a screw to the patient's jaw bone where the tooth is missing. After a period of time, often around 2 weeks, the implant is inserted into the bone socket of the missing tooth. It is important for the bone to heal tightly around the implant. Because of this healing process, the whole procedure can take months to be complete.

American Academy of Cosmetic Dentistry (AACD) Cosmetic dentistry is a popular choice for people who are unhappy with or embarrassed by their smile and should be performed by dentists who are highly trained in the field. AACD is dedicated to advancing excellence in the art and science of comprehensive

cosmetic dentistry and encouraging the highest standards of ethical conduct and responsible patient care. Its members are committed to responsible esthetics. They strive to maintain the health, function, and appearance of their patients for a lifetime, ensuring that esthetic procedures complement the overall health of their patients. They are committed to making decisions about treatments based on evidence-based protocols and sound clinic judgement. AACD members seek to provide minimally invasive treatment protocols when and where appropriate.

In Southwest Florida there is only one dentist who is an accredited member of the AACD. Dr. Long Huynh of Park Family and Cosmetic Dentistry in Naples.

Dr. Long Huynh, DMD



Dr. Long Huynh achieved Accredited Member status in the AACD - the American Academy of Cosmetic Dentistry. The AACD Accreditation process serves to set the standard for excellence in cosmetic dentistry.

Dr. Long Huynh is one of 421 current accredited members worldwide. MADISON, Wis. (2/5/14)-It's difficult, and it's life-changing, but Long Huynh, DMD, can tell you that completing the Accreditation process in the American Academy of Cosmetic Dentistry (AACD) is worth all of the hard work.

Dr. Huynh has earned Accredited status in the AACD-an accomplishment completed by only 421 dental professionals in the history of the association, showcasing his commitment to excellence in the dental profession.

He reached this achievement after completing a rigorous credentialing process including a written examination, the submission of clinical cases for examination and an oral examination.

Dr. Huynh graduated from the Medical University of South Carolina. Before studying dentistry, he received a Bachelor of Science in Chemistry from Georgia State University, Atlanta. After one year of advanced training in General Dentistry from University of Florida, School of Dentistry, Dr. Long Huynh has undergone extensive postgraduate training from many renowned cosmetic, implant, and general dentistry programs throughout the country. He is bilingual in English and Vietnamese.

His current memberships include the American Dental Association, the Florida Dental Association, the West Coast Dental Association, the Florida Academy of Cosmetic Dentistry, and the International Congress of Oral Implantologists.

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PHYSICIANS REGIONAL HEALTHCARE SYSTEM OPENS INPATIENT REHABILITATION HOSPITAL



Physicians Regional North will be expanding services to include inpatient rehabilitation facility. This facility will help individuals recovering from disabilities caused by illness or injuries. The goal is to help patients regain physical and cognitive abilities so they can return home at their highest level of health and independence.

A dedicated healthcare team will provide patients with 24-hour rehabilitation nursing care, 3 hours of therapy 5 days per week, and daily physician management. Patients will be accommodated in 30 private rooms and have access to well-equipped rehab areas.

"The addition of the inpatient rehabilitation facility is a huge win for the Naples community at large," Nealia Bryant, Director of Inpatient Rehab Services says.

Services at the North campus will provide a continuum of care from Physicians Regional and will make for a smooth transition to the rehab services needed in order to safely return home.

"Physicians Regional has a common goal of putting the patient's care first, and the North Campus rehabilitation staff joins that commitment while working towards safety, independence, and returning home." Bryant says.

Physicians Regional's inpatient rehabilitation facility includes 24/7 physician medical management, 3 hours 5 days a week or 15 hours of weekly therapy (physical, occupational, and speech), an average length of stay of 10-12 days, licensed and certified staff, and discharge planning.

Therapy areas include a 1,585 square-foot gym equipped with an interactive touch screen therapy device that works to improve hand-eye coordination, reaction time, depth perception and working memory for patients with a variety of neurological conditions. The therapy system offers diverse training programs that improve visual motor activities, visual and auditory processing, cognitive skills and endurance training. Our gym is also equipped with a ceiling track system that helps patients walk, balance, practice sit-to-stand exercises and improve posture.

The Rehabilitation Hospital also offers treatment in multiple day rooms, which include a daily living suite. These areas allow patients to practice normal, daily, at-home activities while still under the supervision of a healthcare professional. Some of these activities include getting in and out of bed, showering, cooking or doing laundry.

In addition, Physicians Regional offers home evaluations to identify any necessary modifications that may need to be made to a patient's home before leaving the hospital. The hope is for all patients to get the tools and resources they need to ensure a safe return home and for continued recovery.

Common conditions that are treated include but are not limited to:

- Stroke
- Brain Injury
- Back and Neck Injuries
- Amputation
- Orthopedic Disorders
- Arthritic Conditions
- Cardiac and vascular disorders
- Joint Replacements
- Hip Fractures
- And many more!

If you or someone you know would like more information about the inpatient rehabilitation facility at Physicians Regional North or you would like to schedule a tour, please call the admissions office at **(239) 304-4102**.



SUGAR, SALT, AND THE SCIENCE OF BREAST CANCER



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

Here we are again in a sea of pink in an attempt to raise awareness about breast cancer. Everywhere we look, something pink is reminding us about this dangerous disease that affects as many as 1 in every 8 women in the US. The pink campaign has probably been one of the most effective awareness campaigns of the 21st century. Pink ribbons, pink bumper stickers, pink t-shirts, and pink frosted cookies all help us to remember that we should be self-checking and regularly getting checked by our doctors.

Aside from regular check-ups, is there anything we can do to decrease our risk of this unwanted diagnosis? Is there something in my lifestyle that increases my risk of breast cancer? Is there something I should eliminate or add to my diet that would help me avoid getting it? Much research has been done on this topic and most findings are inconclusive, at best. We all know that tobacco should be eliminated completely, but are there foods we should eliminate as well?

Sugar and Breast Cancer

Much research has been conducted to determine if there is a link between sugar intake and cancer. There are findings showing results on both sides of the argument. However, what is true is that glucose feeds cells in general. It feeds every cell in the body and it is important for brain function, so much so that the body has its own strategies to keep blood sugar at optimal levels. Even if carbohydrates are eliminated from one's diet, the body will make sugar from other sources.

The notion that sugar directly fuels cancer cell growth, however, can lead to an overreaction, causing people to try to eliminate sugar altogether. This isn't good for those undergoing cancer treatments who are trying to maintain a healthy weight. What is even more troubling is the stress that comes from beginning such a radical change in one's diet. Stress increases the "fight or flight" response in our bodies which then increases the production of hormones that raise blood sugar levels and suppress immune function.¹



While sugar has not been directly linked to cancer, research does show that it is linked to other factors that influence the risk of getting cancer. Among those are inflammation, obesity, and an increase in insulin. These are listed among the risk factors for breast cancer on any list you look at. Additionally, it has been demonstrated that "women with breast cancer who are undergoing treatment do significantly worse when they gain weight after treatment, something intimately linked with sugar consumption."²

Salt and Breast Cancer

While salt has not been definitively shown to have a direct link to cancer in formal studies, a recent study has raised eyebrows in the medical community. The study was conducted on healthy men and women. The participants were placed on a low salt diet. After seven days, they were given several tests to see how this dietary change affected each one. Interestingly, like studies that show the link between the elimination of sugar and cancer, this study showed that the stress this caused to the participants also triggered the "fight or flight" response, as mentioned above. Furthermore, it showed that their low salt diet caused insulin resistance, which in turn required more insulin in order to lower their blood sugar. High blood sugar can not only be fatal, but it is also associated with higher risk of breast cancer.³

Even though most research shows the evils of salt in our diet, this study shows an interesting, new perspective. The findings may not be widely accepted as of yet, but it is clear that more research is needed. As with the studies on sugar, there are convincing arguments on both sides.

Conclusions

The American diet is famously unhealthy. Obesity is rampant and has been shown to contribute directly to increased cancer risks. Maintaining a healthy weight through diet and exercise is crucial. If you are overweight, talk to your doctor about ways to get healthy. Choose a plan that works for you and follow through. Get started today and decrease your risk for cancer before it is too late.

If you would like more information on sugar, salt, and the science of breast cancer, contact Dr. Colin Champ, MD, CSCS. Dr. Champ is a radiation oncologist with board certifications in radiation oncology and integrative and holistic medicine. He 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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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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The Overlooked Dangers of Venous Insufficiency

Various forms of venous issues affect 25 million Americans. Their legs are swollen, achy and they have a heavy sensation. When our veins are working properly, they pump blood back to the heart. Valves in the veins are made to open and close in one direction, if these valves or the wall of the veins are damaged, the blood is unable to work against gravity, and the result is a pooling of the blood in our legs. This pooling is called stasis and can present significant risks to our health.

Sometimes venous insufficiency is more of a cosmetic issue and poses little health concerns. This is usually noted in spider veins, which is when the tiny capillaries are damaged, but when the veins are damaged, this can cause varicose veins, which can lead to a much more severe health issues. Neither of these should be taken lightly. Many people walk around with obvious signs of vein disease while others hide it deeper inside the leg and have no clue of the problem escalating in the legs.

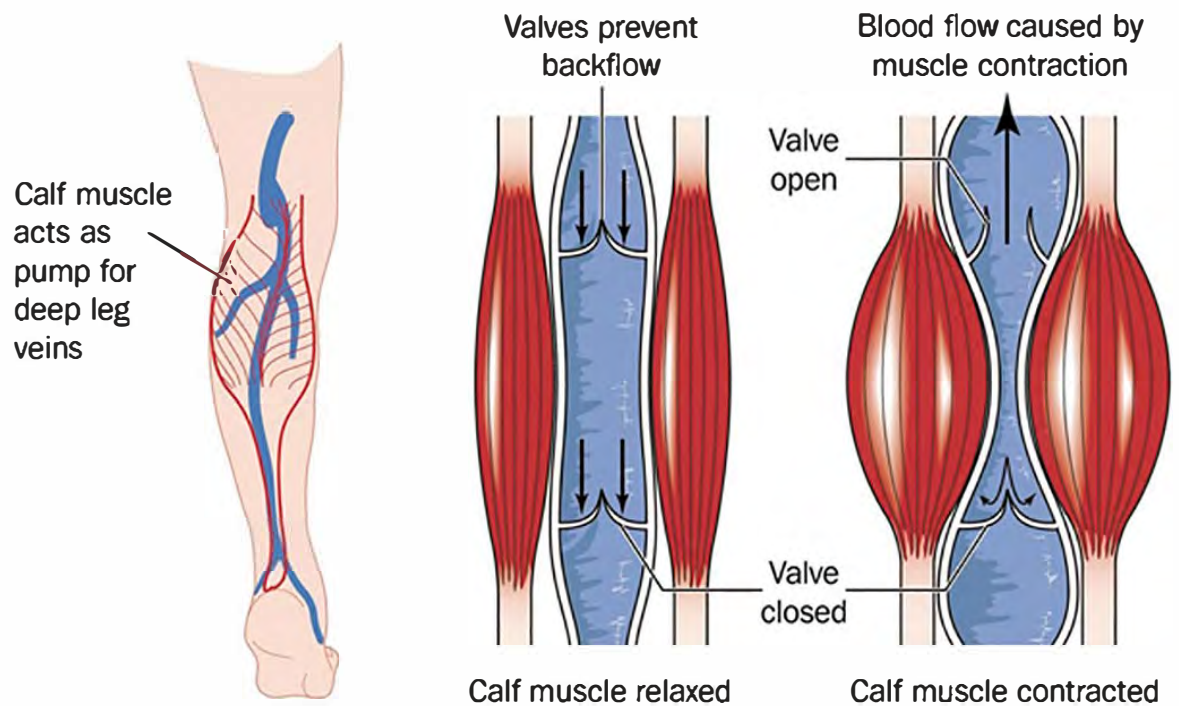
Symptoms of venous insufficiency:

- Swollen legs
- Discoloration on skin (brown or red)
- Tingling/burning/itching sensations
- Heaviness
- Aching
- Cramping

Although it can happen to anyone, the most common factors that put you at risk for vein issues is being a female over the age of 50, pregnancy, sitting for extended periods of time, a family history of varicose veins, smoking, being overweight, and a sedentary lifestyle.

Some people develop ulcerations, or sores on the lower legs and ankles, due to the low level of oxygen in the veins and the uptake of white blood cells. These ulcers and other vein signs can be painLESS or extremely painFUL, resistant to healing and can make one more susceptible for infection and cellulitis

Because the veins and arteries balance each other, when a person has chronic signs and symptoms they most likely can have arterial problems as well. Together, the leg circulation begin to fail exponentially.



Both chronic and acute symptoms could be a sign or lead to a DVT (deep vein thrombosis). DVTs are life-threatening and should be treated immediately. Deep vein thrombosis is a blood clot in the veins that are formed deep in within the legs. Vascular malformations, pelvic tumors or sitting for long periods of time are some of the risk factors that go along with DVTs.

Celebrity and Pro Tennis player Serena Williams suffered a DVT, which led to a pulmonary embolism. Thankfully she had a successful emergency surgery that saved her life. Shortly after having heart surgery, television host, Regis Philbin, also suffered from a DVT. He developed pain in his calf, and after further investigation, the clot was discovered. Fortunately, he too was treated and had a successful outcome.

Every year, over 2 million people are affected by deep vein thrombosis, and sadly over 200,000 of these cases end in death. These are grim statistics since the treatment is minimal and so readily available to patients. Naples Cardiac and Endovascular Center feels a more proactive approach, than a reactive one, could save more lives. Speaking to your medical provider is critical if you or a loved one has any of the above mentions signs or symptoms.

Treatment Options for Venous Insufficiency

- Compression Stockings
- Gradient Compression Devices
- Increased Exercise
- Medications
- Surgery (non invasive thermal and chemical ablation performed in the office)

You have options. Being educated on vascular conditions and the available treatment is to your advantage. At the Naples Cardiac & Endovascular Center we deliver comprehensive heart and vascular care tailored to you.



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

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Breast Cancer Awareness Month



We're Stronger Together

October is here which means everything can be flavored with pumpkin spice. But you will probably notice more pink decorations than orange. That's because since 1985, the American Cancer Society has devoted this month to raising awareness about the importance of mammography to identify breast cancer as early as possible. The use of the pink ribbon started in 1991, and since then, many organizations worldwide will don this color in October.

While pink may not be your color, the reason behind the awareness will likely affect your family. One in eight women will be diagnosed with some form of breast cancer. Research is allowing us to find tumors so small that more aggressive therapies might not even be necessary.

Delving into our DNA, our unique genetic "recipe", allows us to identify women AND men who might be at a higher risk for developing breast or other types of cancer. But what is even more exciting is that we can also study the DNA of the cancer cells. This allows us to have an advantage and attack these tumors like never before. Tailoring treatment on such a specific level has never before been available.

Mammogram is the BEST screening test for early stage breast cancers. Of course, it isn't perfect. I have experienced many situations where the "Cancer was

missed". Yes. It happens. But we can't throw our hands up and surrender. New technologies are making mammograms more accurate and more comfortable (we squeeze because we care).

Let's embrace the spirit of mammogram awareness. Encourage the women in your life to get screened. Continue to support efforts to improve screening and treatment. Wearing pink in optional-but staying vigilant about the health of the women we love is NOT.

MAGNOLIA BREAST CENTER SERVES AS THE FIRST COMPREHENSIVE BREAST HEALTH PROGRAM IN SOUTHWEST FLORIDA.



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Sharla Gayle Patterson, MD, MBA
Board Certified Breast Surgical Oncologist



Sharla Gayle Patterson is a fellowship trained breast surgeon certified by the American Board of Surgery. She is the only surgeon in South West Florida certified by the American Society of Breast Surgeons in both ultrasound and stereotactic guided breast biopsies. For more than a decade, she has worked diligently to educate the world around her about what can be done to decrease a person's risk for breast cancer. Magnolia Breast Center serves as the first comprehensive breast health program in Southwest Florida. Her dedication to providing the highest level of surgical care is manifest in her successful certification in oncoplastic breast surgery by the world-wide known School of Oncoplastic Surgery. Her passion does not end with surgery, as many of her patients will attest – she continues to address the importance of survivorship and has built the area's first and only multidisciplinary breast cancer survivorship clinic.

At home, Dr. Patterson enjoys spending time with her husband and three daughters. Glitter, glue, and grit make up her secret recipe for family harmony.

ANTI-AGING SECRETS OF CELEBRITIES ARE THEY AVAILABLE TO EVERYONE?

By Dr. Stephen Prendiville

We've all seen photos of celebrities who we know are much older than they appear and we assume that they have had "some work done" or they have some magic potion that shaves years off their appearance.

The truth is there is no magic or secret potion. There are treatments and anti-aging options that are available to the general public as well as the Hollywood elite.

Facelifts and nose reshaping are some of the most popular procedures to rejuvenate the face, according to the American Academy of Facial Plastic and Reconstructive Surgery, but there are many other options too.

Blepharoplasty, better known as eyelid surgery, can make tired eyes look bright and youthful. Many patients tell me that their friends ask if they are tired because their eyelids are sagging when they actually feel rested. The answer may be to remove the excess skin from above or below the eyelids, a surgery that can be done with minimal downtime. If the excess skin is impacting your vision, insurance may cover the cost.

Another popular anti-aging procedure is laser resurfacing of the skin. The laser beam used in laser resurfacing removes the outer layer of skin while simultaneously heating the underlying skin, called the dermis. This action works to stimulate growth of new collagen fibers. As the treated area heals, the new skin that forms is smoother and firmer.

The two types of lasers most commonly used in laser resurfacing are carbon dioxide (CO2) and erbium. The newest version of CO2 laser resurfacing is the fractionated CO2 which uses coordinated fractionated pulses of CO2 Laser wavelengths that are delivered in a scanning pattern to remove thin layers of skin with minimal heat damage.

Erbium laser resurfacing is designed to remove surface-level and moderately deep lines and wrinkles on the face, hands, neck or chest.



A non-surgical option is Virtue RF microneedling which delivers radio frequency energy to a variety of depths, regardless of skin type, to stimulate the production of collagen. It can be used for several facial rejuvenation treatments, including skin tightening, acne scarring, stretch marks, scars and improvements in skin texture. Virtue RF is the next generation in RF microneedling technology with less downtime, faster treatment and very little discomfort.

Younger individuals with minor to moderate wrinkles may benefit from injectable wrinkle fillers: Botox®, Sculptra®, Juvederm®; Restylane®, Restylane Silk®, Radiesse®, Voluma®, and the newest filler on the market, Revanesse Versa, but I always let patients know that while these treatments are fast with no downtime, they will need to be repeated every six months to maintain the same effect.

To keep your skin looking healthy and youthful, regular facials at a medical spa should be a routine part of your ongoing beauty regimen. The Hydra-Facial is now available at The Q Laser & Med Spa in Fort Myers and Naples and offers customized treatments for all skin types. LED light therapy, Virtue RF microneedling and many other non-surgical treatments also are available at The Q Laser & Med Spa.

With celebrities, it's not always what procedures they have but the frequency with which they have them. The average person may wait until their filler is completely gone before they come in for their next treatment. Celebrities, however, have routine "touch-ups" before the look has a chance to fade. This approach is best because our skin is at its healthiest when maintained in its youthful positioning.



Dr. Stephen Prendiville is a Florida Board-certified facial plastic surgeon with Quigley Eye Specialists and is the Medical Director of The Q Laser & Med Spa in Fort Myers and north Naples. He specializes in facelifts, rhinoplasty, eyelid surgery, facial resurfacing and other facial cosmetic procedures. He conducts regular free seminars at his office in Fort Myers. To register, call 239-437-3900. Visit www.drprendiville.com or www.TheQMedSpa.com.

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Symptom-Relieving Help Is Here for Individuals Living With a Serious Illness

The statistics are sobering: according to the Centers for Disease Control and Prevention, six out of 10 Americans live with a chronic illness, and four out of 10 cope with the challenges of living with more than one chronic disease. These conditions are the leading cause of death and disability in the US.

These numbers don't begin to capture the suffering and reduced life satisfaction of patients and families living with serious illnesses that can still benefit from curative care. Fortunately for residents of Southwest Florida, a medical specialty called palliative care is available from Avow, a nonprofit organization with 40 years of experience providing comfort care and symptom relief.

Palliative care focuses on relieving distressing symptoms such as shortness of breath, pain, nausea, anxiety, loss of appetite, and sleep disturbances. Anyone who is suffering from illnesses such as heart disease, cancer, chronic lung disease, stroke, diabetes, or chronic kidney disease can ask their doctor to prescribe palliative care. Patients do not have to "give up" their current physicians, specialists, or treatments; palliative care is "added to" their treatment options for quality-of-life improvement.

"Palliative care can help anyone at any stage of a serious or chronic illness," says Avow's Eileen Fagan Crowley, Advanced Practice Registered Nurse (APRN) who sees patients at Avow's palliative care clinic in Collier County, or in their homes when it's difficult for them to leave home. "It provides extra support while patients continue to seek to cure a condition or live more comfortably with a serious illness. There are no limits to the number of visits a patient can have; our team is here to help, for as long as it takes."

Most Avow palliative care patients work with an APRN and a social worker. The APRN addresses the patient's physical/emotional symptoms and medications; the social worker helps the patient and their family cope with the psychological and practical impacts of serious illness. If the patient and/or family desire, they can meet with an Avow chaplain for spiritual support. Massage therapy is also available.



According to Fagan Crowley, what sets palliative care apart from other medical specialties is its "blessing of time." Palliative care visits are unrushed, allowing team members and patients to consider and discuss goals of their medical care, such as identifying what is most important to the patient and family, and how the patient defines quality of life for himself/herself.

"People coping with serious illness are often overwhelmed by symptoms, worries and concerns," Fagan Crowley says. "Avow palliative care relieves that stress by helping patients identify what would bring them the greatest joy. We believe being at peace emotionally and being comfortable physically are medicine for the soul – and are what makes palliative care unlike any other medical specialty. It's here for everyone."

That was true for a young Collier County mother, whose chronic illnesses frightened and troubled her seven-year-old son. At 41, "Anna" had suffered from lupus and Crohn's disease for more

than 20 years. She had been hospitalized repeatedly for treatments that sapped her energy, destroyed her quality of life, and deeply upset her sensitive son. To help both Anna and her child, Anna's doctor referred her to Avow's palliative care program. The Avow team changed her medicines and prescribed liquids instead of pills, which Anna tolerated much more easily. Her need for emergency care and hospitalizations is now almost eliminated. The team also helped Anna's family cope with their fears. "Avow palliative care saved my life," Anna says. "My son's life is better with me healthier and at home, too."

Avow's palliative care service is quality-certified by Community Health Accreditation Partner (CHAP), the first in Florida to achieve this independent certification. Medicare, Medicaid, and most insurance programs bill for palliative care treatments the same as for physician office visits. Avow's nonprofit program is also supported by generous donations from the community.

In recognition of *National Critical Illness Awareness Month*, Avow will offer a no-cost lunch and learn seminar on the basics of palliative care, featuring Fagan Crowley as a speaker. The event, called 59 Minutes to Living Your Best Life with a Serious or Chronic Illness through Palliative Care, will be October 17, 2022 from 11:30 a.m. to 1:00 p.m. at the Ispiri center on Avow's Campus, located at 1205 Whippoorwill Lane, Naples. Lunch will be for the first half hour, with the presentation beginning at noon.

For more information or to reserve your spot, 239-280-2288. To speak directly to the Avow palliative care team, call (239) 430-3558 or visit avowcares.org.



239.280.2288

www.avowcares.org



Health Insurance IMPORTANT DATES!



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

HEALTH INSURANCE is more important than ever! There is no way to determine when something will happen or when you could be diagnosed with a serious medical condition. So, saying I am healthy, so I don't need health insurance makes no sense. Insurance is moving the financial risk from you to the insurance company. There are always options for about every budget. Work with a professional that is contracted with many carriers and offers multiple options. Many plans are available year-round, the government plans such as the Marketplace and Medicare have specific times that you can enroll unless you have a Special Enrollment Period due to, as an example loss of coverage, marriage, moving out of the plans service area, etc.

MEDICARE – Annual Enrollment Period October 15-December 7th, 2022, for January 1st, 2023, effective. Medicare Advantage – Part C & Part D Prescription Plans

Most of the plans in your area have made many changes and things you might not notice, especially important, are your doctors still in network, what tier are your medications and maybe the tier changed, copays, coinsurance. What extras are the plans offering? Maybe you need extra dental, vision, hearing aids. Many plans include some wonderful extra benefits, but it is also particularly important to know how to use the benefit and if they work for you.

CMS has made many rules for 2023 Medicare season. If you want to enroll or review your plan over the phone or on a Webex, you need to agree to be recorded and Medicare requires us to keep the recording for 10 years. In person appointments do not have that requirement, but you need to sign a scope of appointment that just authorizes us to talk to you about what you checked, such as Medicare Advantage or a Drug Plan it does not allow us to do anything but talk to you about these topics. Many plans have decreased the cost of Insulin which will be a huge savings for so many in 2023. Talk about maximum of \$2,000 drug cost in a year, is not valid in 2023 but hopefully in 2025. Many changes are happening year after year. Find an agent that will be there for you, year after year.

When you turn 65 you are eligible for Medicare, once you have worked 40 quarters roughly 10 years there is no cost for Medicare Part "A". Part A covers Hospitals, Skilled Nursing, Home Health & Hospice. Medicare Part B you can choose to take at 65 or you can hold off if you are still working and have credible coverage. If you do not have group health insurance that is considered qualified, and then you want it you would have a late enrollment penalty for each month you did not have Part B & Part D and that penalty will last for the rest of your life. Part B covers, doctors, imaging, blood work, ambulance, durable medical equipment, etc. Part D is a Medicare Drug Plan and covers medications. During your initial enrollment period it is especially important to understand your options! Medicare Supplements/Medigap Plans are NOT guarantee issue you may need to medically qualify. You can purchase a Medigap Plan during your 1st 6-month on Medicare Part B without medical underwriting. There are a lot of things you need to know. Again, work with an agent you can trust! **Especially important:** when you **move** you need to know your options. Can you keep the same plan? Do you need to make a change and what does that look like?

We offer **Free Medicare Seminars** in Lee & Collier County please e-mail info@logicalinsurance.com to register or call **239-362-0855** for dates. Medicare's website is www.Medicare.gov.

MARKETPLACE – Obama Care/Affordable Care Act – open enrollment starts November 1st- December 15th for January 1st effective. December 16th to January 15th will have February 1st, 2023, effective.

The website is HealthCare.gov, your local insurance agent can help you through the maze. The government also changes each year what how much you can earn to receive subsidy to help lower your cost for insurance. Many people are not aware that they do not need to forgo having health insurance and there are affordable options for them. Insurance is not just about the price of the premium but particularly important the network of doctors, hospital, etc. that you can have access to. Be careful carriers that are selling in your area might not have a good network, so the price might be right but if your hospital and your doctors are not in their network that is a problem. So always check the network!

Understanding deductibles, out-of-pocket maximums, what applies to the deductible? Do I have to pay the deductible before the plan pays? This differs by each plan, Copays vs. coinsurance if you do not understand ask, become informed about what you are buying and how it works.

Individual/Family Health Insurance – Being young and healthy does not mean you do not need health insurance. Do you know anyone that knew when they were going to be diagnosed with cancer, or when they were going to have a heart attack or even a serious accident? I do not, it happens, and insurance is there to help you get the care you need and limit your financial exposure. What are your insurance options, and what is best for you? Employer Group Coverage, Individual Medically Underwritten Health Insurance, Medicaid, or the Government Market Place Guaranteed Issue Health Insurance. There is a lot to know about the differences, as well as the cost. The monthly premium should not be your only consideration. *You do not know what you do not know so ask the experts, which do know about all of plans and can help educate and guide you thru the enrollment process. When it comes to medically underwritten plans most of them you can enroll all year long, but you can also be denied based on medical underwriting.*

Logical Insurance Solutions is a SWFL Insurance Broker that works with most of the carriers, we are happy to help you through the maze. This is what we do daily, it is second nature to us. We offer virtual seminars, one on one WebEx, phone and in person appointments.

To learn more about your options call to schedule an appointment contact: Logical Insurance Solutions for all your insurance needs, we I am licensed in 30 states.

**Logical
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239.362.0855

**www.Logicalinsurance.com
info@Logicalinsurance.com**

We do not offer every plan available in your area. Any information we provide is limited to those plans we do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information on all of your options.

Unbalanced Thyroid

A Common Condition Commonly Overlooked

By Svetlana Kogan, M.D.

Prevention is a foundation of Holistic Medicine which I practice. When I think of a disease that could easily be prevented if screened for early - Thyroid immediately comes to mind. In fact, almost 10% of population is estimated to have some degree of thyroid imbalance, but only 1% is officially diagnosed. This means that 9 out of 10 people with early thyroid disease will likely not get the preventive help they need.

I think of the Thyroid gland as a mirror of our personal lifestyle. As our environment changes, so does the thyroid. Its function is designed to be activated or suppressed in response to the daily stressors and metabolic demands we face.

Patients with imbalanced thyroid gland present with a variety of complaints. Some of them are:

- Mental or physical fatigue
- Unintentional weight gain or loss
- Insulin Resistance or Metabolic Syndrome
- High Cholesterol despite best dietary efforts
- Depression
- Infertility

When holistic doctors consider a thyroid etiology for the patient's presenting symptoms - they usually consider what kind of past or current stressors surround their patient. It is a well known fact that stress suppresses thyroid function at multiple levels and should be considered right away. In fact, stress affects production of thyroid releasing hormone at the hypothalamic level, influences production of thyroid stimulating hormone at the pituitary level, interferes with the production of the T4 hormone by the thyroid gland itself and even at the peripheral level by affecting conversion of T4 to T3 hormone. It should come as no surprise that we consider the Ayurvedic (ancient Indian) view of the body chakras, thyroid function is intimately connected with blockages in the Throat Chakra. It takes an experience and a unique skill set to treat thyroid by fusing the best of Western and Eastern healing modalities.



In addition to stress, we should always consider what environmental triggers could the patient potentially have been exposed to? Could an infection or some sort of inflammation create a compromised milieu for the functioning of the thyroid gland? Many different viral, bacterial, fungal, and even parasitic infections can trigger autoimmune inflammation of the thyroid gland. Therefore, identification and treatment of any such underlying infection is of utmost importance.

Another consideration: Is there some sort of nutritional deficiency or a presence of food sensitivity, which could potentially compromise functioning of the thyroid gland? Getting checked for food sensitivities or Celiac might get us some answers. The most common deficiencies identified in newly diagnosed thyroid patients are: Vitamin A, Vitamin D, Selenium, Vitamin E, Vitamin K, Iron, Zinc, and B12. If any such deficiency is identified - prompt supplementation may lead to correction of the imbalance. For example, a systematic review and a meta-analysis of Selenium supplementation in the treatment of Hashimoto's thyroiditis in *Thyroid: Official Journal of American Thyroid Association*, has concluded that on the basis of the best available evidence, Selenium supplementation is associated with a significant decrease in Thyroid Peroxidase Antibody titers at 3 months and with improvement in mood and general well-being.

Another 2017 study in the *International Journal of Endocrinology* concluded that Selenium supplementation in patients with Hashimoto's thyroiditis may be useful even for those who are already being treated with levothyroxine.

I must mention a common dietary question I hear from patients: how does Iodine fit into the picture of healthy thyroid?

In truth, there is no straightforward answer to this question. It seems like iodine deficiency as well as the excess of iodine in the diet or supplementation, can cause disturbances with thyroid. I typically recommend that the salt the patient consumes for cooking should be iodinated. Interestingly, iodine deficiency seems to be most prevalent in pregnant, vegetarian, and vegan patients. In fact a study in the *Annals of Nutrition and Metabolism* discovered that 80% of the vegans included in the study suffered from iodine deficiency, and the proposed reason was that vegans do not eat fish and other sea products, which are all rich in iodine.

Nevertheless, I do not recommend taking any iodine containing supplements which have more than 150 micrograms of iodine (a recommended daily value, RDA). Food intake via seafood products is always more natural in my humble opinion than pushing high doses of supplements.

The takeaway message of this article is this: if you feel that your symptoms could be resulting from thyroid imbalance - get it checked out and consider how managing your stress, diet and lifestyle can help you heal this common condition.

Lifestyle interventions, however small, always improve thyroid function, and this is most likely thanks to the mitigation of an inflammatory state, which either directly or indirectly instigated thyroid dysfunction in the first place. Stay tuned for the November issue of the magazine where I will be discussing useful holistic Lifestyle Hacks for healing your thyroid function.



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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NO NEED TO WAIT UNTIL YOU ARE INJURED TO SEE A PHYSICAL THERAPIST

By Robert Swift, D.O. - Board Certified Orthopedic Surgery and Sports Medicine

Many people believe that physical therapy is only needed when recovering from an injury. Makes sense, right?

However, that's not always the case. As we get older, physical therapy can play just as much of a role in preventing injuries as it does in helping us successfully through our recovery. That's why it's important as we age to be proactive about high-risk injuries such as those that result from falling.

Falls are a worldwide public health concern, especially for seniors. According to the World Health Organization (WHO), 37.3 million falls that are severe enough to require medical attention occur each year. Additionally, the WHO noted that falls are also the second leading cause of unintentional injury deaths worldwide. Strategies to prevent these falls from occurring should include additional education, training, and safer environments according to the WHO.

So, what proactive measures can you take to prevent these potentially life-threatening falls? This is when physical therapy can come into play. A physical therapist evaluates and assess the patient for risk of falls, and develops fall prevention strategies and interventions for seniors based on select tests and measures that are designed to gauge the patient's strength, agility, and balance. For example, physical therapists conduct tests such as the Functional Reach Test and the Timed Up & Go Test (TUG) as ways to better understand a patient's fall risk and recovery potential. Physical therapists can then assign and assist in exercises with senior patients to properly counteract these risks.

The Shirley Ryan Ability Lab in Chicago, Illinois explains the Functional Reach Test as an exercise that is administered while a patient is standing next to, but not touching a wall. The patient is then instructed to, with the arm that is closer the wall, "reach as far as you can forward without taking a step." Three trials are done, and the final score of the test comes out to the average score of the second two trials.

The other test, the TUG Test, begins with a patient sitting in a chair with their back against the chair's backrest and arms on the chair's arm rests. From



that position, the patient is then timed while standing up, walking three meters, turning around, and returning to their original resting position in the chair. Test results from these quick and easy evaluations help provide a reliable foundation for physical therapists to measure a patient's fall risk and conduct the necessary preventative training.

As a patient, or to perhaps avoid becoming one, taking care of your body through the proper preventative measures before an injury happens is just as important as the recovery process after an injury has already occurred. That's why we often see professionals in fields that require a lot physically constantly training in attempts to get ahead of potential injuries. But you don't have to be a professional athlete, bodybuilder, or manual laborer to take the important steps necessary to take care of your body. That's why when working with a patient, injured or not, it's vital for physical therapists to understand the full scope of their patients' strengths and limitations to assign the correct interventions to prevent any injuries in the future. Workouts and testing exercises such as these are a significant part of a physical therapist's training and responsibilities in the field.

Working with a physical therapist today can prevent tomorrow's injury.

The physical therapists at Orthopedic Specialists of SW Florida strive to restore and preserve the patient's ability to move safely and independently, and to restore as much mobility and independence as possible. Physical therapy is beneficial prior to surgery, and can potentially help the patient avoid

surgery. Even if a conservative approach fails to relieve pain, it is vital in preparing a patient to be in the best physical state for surgery, which can speed up postoperative recovery.

Their services include:

- Physical therapy to improve functionality through strength, mobility and fitness, flexibility, coordination, range of motion and balance exercises
- Occupational and hand therapy to regain or improve the skills required for daily living to retain independence
- Pain management

At Orthopedic Specialists of SW Florida, their physical, occupational, and hand therapists have extensive knowledge about the muscles, joints, and bones in your body, and the experience to provide treatment plans for conditions like rotator cuff tears, shoulder dislocation, tennis elbow, golfer's elbow, cervical pain, back pain, knee conditions, ankle/foot disorders, etc.

Contact their highly trained, professional staff at
239.215.2008 or visit their website:
www.osswf.com



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HORMONE REPLACEMENT THERAPY

By Dr. Melissa (Mel) Irvine, DNP

Clinical Sexologist - Specializes in Sexual Medicine and Beauty

What is Hormone Replacement Therapy?

Hormone replacement therapy involves a type of medication that contains hormones. It can include female hormones, specifically estrogen, or male hormones, such as testosterone. Some types of hormone therapy include a combination of estrogen and progesterone. Another hormone used in hormone replacement therapy is human Chorionic Gonadotropin (hCG), which is a hormone the female body produces during pregnancy.

As expected, different hormones will be used for various reasons.

Some people naturally have lower levels of hormones, while others experience a shift in hormones due to age or lifestyle events, such as menopause. Other individuals may undergo surgery that then affects their hormone production. No matter the cause of the unbalanced hormones, the side effects can be significant such as painful symptoms, increased disease risk, or infertility. Hormone replacement therapy help return the amount of hormones in the body to a normal level, correcting these issues.

What Should You Expect?

How hormone replacement therapy is completed will depend on the type of hormone replacement and the method chosen. There are many available forms of hormone replacement therapy, including a pill, injection, gel, patch, vaginal cream, or slow-releasing suppository placed within the vagina.

Estrogen Therapy

There are two main types of estrogen therapy. The best choice for you often depends on what symptoms you are experiencing.

Systemic Hormone Therapy

This type of hormone replacement therapy often contains a higher dose of estrogen. It can come in the form of a pill, ring, skin patch, cream, gel, or spray. This type of therapy is absorbed throughout the entire body, so it can be used to treat any of the common menopausal symptoms.

Low-Dose Vaginal Products

As the name suggests, these products contain a lower dose than systemic hormone therapy products. That is because these products, which often come in the form of a tablet, cream, or ring, are often used to only treat vaginal and urinary symptoms of menopause.

Unless you have had your uterus removed, estrogen therapy typically contains a combination of estrogen and progesterone/progestin. This is because estrogen



alone can stimulate the growth of the uterus lining, increasing the risk of endometrial cancer. Progesterone balances estrogen and reduces that risk.

Testosterone Therapy

Testosterone therapy is typically completed through an injection or gel.

hCG Therapy

hCG therapy is commonly administered through an injection. The shot is injected under the skin or into the muscle.

Treatment Frequency

There are also different treatment timeframes. For example, someone who experiences painful menopause symptoms may only receive treatment once a month. In most cases, the goal is to receive the benefit needed while limiting the amount of hormone utilized.

Who Benefits from Hormone Replacement Therapy?

Menopausal Women

Hormone replacement therapy helps treat the symptoms of menopause, such as hot flashes and vaginal discomfort.

Hormone replacement therapy may also help those who are going through early menopause. This may happen because of a surgical removal of the ovaries before the age of 45, or if you stopped having periods before the age of 45. This may also occur if you lose the normal function of your ovaries before the age of 40. When these situations occur, your body is not receiving as much estrogen as women who go through a typical period of menopause.

The above situations may also increase your risk of certain health conditions, including heart disease, osteoporosis, dementia, stroke, and mood changes. Hormone replacement therapy can help combat the increased risk of these conditions.

Post-Menopausal Women

After menopause, many women may be at an increased risk of osteoporosis. To prevent bone breaks and fractures, hormone replacement therapy may be recommended to strengthen the bones.

Men With Hypogonadism

Hypogonadism is a medical condition in which the testicles do not produce enough testosterone. Testosterone therapy can help return testosterone levels to normal for those with hypogonadism, which primarily helps to increase libido.

Fertility Issues

Both men and women experiencing fertility issues can receive hCG therapy to increase their likelihood of getting pregnant. For women, hCG encourages egg production, while hCG increases sperm count for men.

Testosterone therapy often comes with a side effect of fertility issues. Because of this, men who are undergoing testosterone therapy who also want to become a father can cycle through hCG and testosterone therapy to preserve their sperm production.

Young Boys with Testicles That Have Not Dropped

In some cases, young boys may have testicles that have not dropped into the scrotum as they usually should. In most cases, this is because of a pituitary gland disorder. hCG injections can be used in this situation.

About Dr. Melissa (Mel) Irvine, DNP

Dr. Mel has been in the medical field for over 15 years and is a board-certified Nurse Practitioner. She received her Bachelor of Science in Nursing at Brenau Women's College, in Gainesville, Georgia. She received her Master of Science in Nursing at The University of Alabama at Birmingham and her doctorate degree at Florida Gulf Coast University. Dr. Mel is passionate about empowering and educating women so they can be their own advocates and make the best-informed decisions regarding treatment options and quality of life. As a Sexual Medicine provider, she takes pride in providing high quality personalized care to meet the sexual health needs of both men and women. Her interest in Sexual Medicine took her to San Diego where she completed a preceptorship with the leading Sexual Medicine provider in the U.S., Dr. Irwin Goldstein. She is an avid learner and regularly attends educational trainings and conferences to stay up to date on the latest and most innovative treatment options available.



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PHYSICIANS REGIONAL HEALTHCARE SYSTEM WELCOMES DR. RUDY FERNANDEZ

Physicians Regional Healthcare System is excited to welcome Dr. Rudy Fernandez, M.D., to the medical staff. Dr. Fernandez is board certified in Internal Medicine and specializes in all aspects of primary care for patients age 18 and older. In addition to wellness visits and preventive screenings, services include treatment for acute and chronic illnesses including ocular diseases, oral disorders, diabetes and endocrine disorders, hypertension and cardiovascular disorders, mental disorders, neuropathy, and pulmonary diseases. He also provides treatment for acute and chronic kidney disorders, hepatitis, gastrointestinal diseases, bone disorders, and dermatological disorders.

Fernandez prefers to take a holistic approach to patient care and wellness, meaning he assesses a patient's concerns and provides treatments based on the patient as a whole. He considers other aspects of a patient's situation including mental and social factors, in addition to symptoms of a disease.

Dr. Fernandez earned his medical degree from Philippine Muslim-Christian College of Medicine in Antipolo Rizal, Philippines. He had his residency for Internal Medicine at Johnson City Medical Center in Tennessee. He then completed his fellowships for body imaging and diagnostic radiology at OU Medical Center and PET-CT Imaging at Jackson Memorial Hospital & Sylvester Comprehensive Cancer Center.

Dr. Fernandez practices the **L-O-R-E** concept, which stands for Listen, Observe, Resolve, and Execute.

LISTEN - He listens closely to the patient's major complaint(s) in a timely fashion and creates an atmosphere of care and compassion.

OBSERVE - He performs a focused physical exam based on symptoms and complaints.



RESOLVE - He assess, discusses and proposes a treatment and plan of action with his patients and ensures they understand.

EXECUTE - Establish and execute the best and acceptable treatment plan for patients.

Dr. Fernandez will provide a diagnosis and treatment if needed or will offer a referral regarding acute and chronic illnesses. He treats everything from anxiety and depression to arrhythmias and cardiac myopathy. Dr. Fernandez also offers services including:

- Wellness visits and physical exams
- Immunizations
- Testosterone injections
- Intra Articular steroid injections
- Intramuscular antibiotic and steroid injections
- Paps smear
- Suture removal
- Preventive screenings



Dr. Fernandez speaks both English and Filipino. He enjoys traveling, simple foods, music and taking a walk along the beach. **Call 239-920-4503 to schedule an appointment.**

He sees patients at Physicians Regional Medical Group in Bonita Springs and in the Pine Ridge medical office building.

 **PHYSICIANS REGIONAL
MEDICAL GROUP**



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

By Richard Hiler, DABCN

REGENERATIVE MEDICINE FOR CARTILAGE WEAR OR TEAR

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

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

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

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

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



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

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

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

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

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

Although our orthopedic surgeons are brilliant when it comes to joint replacements and other surgeries, they are not usually knowledgeable and would probably even be skeptical of these natural corrective procedures.

We also offer a vast array of physical therapies: light therapies, electrical therapies, laser, shock-wave/acoustic wave, as well as Ozone and Peptide therapy.

Feel Amazing Institute proudly serves the Naples area with comprehensive physical medicine, regenerative medicine, and chiropractic services since 1998. Our office strives for excellence. Whether you suffer from chronic pain, are recovering from an injury, or seeking overall improved health and performance, we have the skills and experience to help you work toward your goals.

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



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October is breast cancer awareness month and I think by now we are all pretty aware of the staggering statistics that tell us that 1 in every 8 women in the United States will be diagnosed with breast cancer before the age of 65. But did you know that men can also have breast cancer?

Although it is rare (compared to the number women with breast cancer), men can also develop cancer in their breast tissue. It is most common in older men, but can develop at any age. Those diagnosed in the early stages have a very good chance of recovery after undergoing necessary treatment. The treatments include: surgery to remove the tumor, chemotherapy, and/or radiation therapy.

Symptoms of breast cancer

The symptoms that men exhibit are the same as those of women. They include:

- A lump in the breast tissue
- Dimpling, puckering, redness of the skin on the breast or nipple
- Nipple discharge
- Inverted nipple
- Breast pain

Male breasts

All of us are born with breast tissue. This tissue consists glands, ducts, and fat. Until puberty, boys and girls have about the same breast make up. At puberty, however, girls begin to produce female hormones that cause their breasts to grow and develop. They develop lobules at the end of their ducts that produce milk and so forth. Boys, however,

have very low levels of female hormones and the breast tissue doesn't grow or change as much. They have the same ducts, but generally develop many lobules. Because they have less breast tissue, it is less common to develop cancer in this area.

Types of cancer in men

There are two main types of cancer with which a man may be diagnosed. The first is ductal carcinoma which begins in the milk ducts. The second is lobular carcinoma which begins in the milk-producing glands, called lobules. Other types of breast cancer in men are extremely rare but include inflammatory breast cancer and Paget's disease, a cancer of the nipple.

Risk factors

The CDC website on cancer in men lists the following as risk factors:

- **Getting older.** The risk for breast cancer increases with age. Most breast cancers are found after age 50.
- **Genetic mutations.** Inherited changes (mutations) in certain genes, such as BRCA1 and BRCA2, increase breast cancer risk.
- **Family history of breast cancer.** A man's risk for breast cancer is higher if a close family member has had breast cancer.
- **Radiation therapy treatment.** Men who had radiation therapy to the chest have a higher risk of getting breast cancer.

- **Hormone therapy treatment.** Drugs containing estrogen (a hormone that helps develop and maintain female sex characteristics), which were used to treat prostate cancer in the past, increase men's breast cancer risk.
- **Klinefelter syndrome.** Klinefelter syndrome is a rare genetic condition in which a male has an extra X chromosome. This can lead to the body making higher levels of estrogen and lower levels of androgens (hormones that help develop and maintain male sex characteristics).
- **Certain conditions that affect the testicles.** Injury to, swelling in, or surgery to remove the testicles can increase breast cancer risk.
- **Liver disease.** Cirrhosis (scarring) of the liver can lower androgen levels and raise estrogen levels in men, increasing the risk of breast cancer.
- **Overweight and obesity.** Older men who are overweight or have obesity have a higher risk of getting breast cancer than men at a normal weight.

Reducing risk

Both men and women can reduce their risk of cancer by maintaining a healthy weight, eating a healthy diet, and getting regular exercise. If anyone in your family has had breast cancer, or is anyone in the family has a known BRCA1 or BRCA2 mutation, as mentioned above, he should give this information to his doctor. These mutations can increase greatly the risk of not only breast cancer, but also prostate and pancreatic cancers.

If you or a loved one is going through cancer treatment and could use a bit of extra help at home, you may be interested in the home care services provided at The Key. Whether you need respite care, a little help at home to live independently, or 24/7 care, they can design a personalized Care Plan that meets your needs and budget. Every caregiver is expertly trained and backed by a dedicated Care Team of in-house experts. You'll get the care you need and the support you deserve—and always stay informed and in control.

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OPTIMIZE YOUR GOLF PERFORMANCE AT ANY AGE

By Todd Wilkowski, PT, SCS, TPI-M2

The best way to optimize golf performance at any age is to optimize total body performance through an integrated team approach. The first step is completing a golf-specific health and fitness screen, which can identify potential impairments or impairments that may lead to inefficiencies within a player's swing that leave them prone to a reduction in strength and/or power. These impairments may also leave the golfer in pain when they are left untreated. Once these impairments are identified, a team should be built around the golfer to address not only the impairments, but also to improve general fitness, proper form, hydration, muscle recovery, and mental performance.

The best way to optimize golf performance

If you want to have the best possible performance every time you step onto the golf course, it is important to ensure that all your joints are moving as effectively as possible and that all your muscles are firing efficiently. In short, optimizing your total body performance will optimize your golf performance by default.

The body is an alternating pattern of mobile joints connected by stable segments. The following are parts of the body involved in a golf swing:

- Ankle-mobile
- Knee-stable
- Hip-mobile
- Lumbar spine-stable
- Thoracic spine-mobile
- Scapular-thoracic-stable
- Shoulder-mobile
- Elbow-stable
- Wrist-mobile

When there is dysfunction in one joint, there can be a cascade effect spreading to the other joints in this chain. For example, back pain is a common complaint among golfers. This may be in part due to dysfunction up and down the chain. It is likely not a problem in just the specific spot where the pain is felt, but possibly due to a break-down in the chain. If only a screen of only the lower back is conducted, the key contributor to the dysfunction may be missed altogether. That is why a full body screen is imperative to identifying and identifying key contributors to the impairment.

Another benefit of a full body screen is that it can also identify key deficits that lead to an inefficient golf swing. This screen includes strength and power testing, which is vital to finding impairments and building a structured, individualized program.



A study conducted in 2004 showed the positive effects of weight and plyometric training on golf drive performance. The study was conducted with 11 male golfers over an 8-week period; Before and after the 8-week training program, each golfer's swing was analyzed for club head speed and driving distance. The control group continued with their normal training while the experimental group performed 2 sessions a week of weight training and plyometrics. At the end of the study, no change was found in the control group, but the experimental group's performance had improved significantly. "The changes in golf drive performance were attributed to an increase in muscular force and an improvement in the sequential acceleration of body parts contributing to a greater final velocity being applied to the ball. It was concluded that specific combined weights and plyometrics training can help increase CS and DD in club golfers."

The TPI Assessment

The most comprehensive screen available for golfers is the Titleist Performance Institute Golf Assessment (TPI), which is a physical evaluation that addresses a golfer's physical capabilities as they relate to their golf swing. The assessment screens key mobility and strength requirements within the swing. If pain or significant impairment is noted, the assessment can be taken a step further into a TPI medical screen which is typically done by a physical therapist. There is also a TPI fitness screen which that investigates strength and power imbalances.

Without these screens, treatments are based on best-guesses about what the impairments are and can therefore lead to inefficient treatments.

How are findings from the TPI Assessment used to optimize movement and performance?

Following the screens, a problem and /or impairment list is put together and an individualized plan is designed to remedy impairments. The impairments can be worked on through manual therapies such as soft tissue mobilization, joint mobilization, or manual stretching, or through neuromuscular re-education which involves re-learning movement patterns or proper muscle activation.

TPI Utilization Stats

- 18 of the last 20 Major Championships were won by a player advised by a TPI certified TPI-certified expert
- 25 of the top 30 players in the works are advised by a TPI certified TPI-certified expert

Why is a team approach necessary for optimal performance?

The team approach is vital to the success of any golfer. Every individual has a different role in making the golfer more efficient. As an example, let's look at the following scenario: If a golf professional notices that the golfer is not going far enough into his/her back swing, the pro would instruct the golfer to rotate more to that side. If the golfer physically can't rotate around his thoracic spine or has reduced hip mobility, it is his body that is holding him back from an efficient back swing. In this case, a medical professional would identify the key contributor to the limitation and work with a fitness professional to remedy the impairment and build the body up. Working with a nutritionist to ensure proper hydration is equally important. As well as improved muscle recovery through cryotherapy, and the impact of mental performance consulting on golfers.

There are a million ways to swing a golf club, but based on an individual's body, there is only one true and tested way to improve golf performance: the most efficient way. With the team approach, the golfer can optimize his/her swing for the most efficient swing possible for them. The integrated team approach identifies impairments and put together a comprehensive plan to improve not just performance, but hydration, recovery, and even mental performance.

If you are interested in working with a team of professionals to optimize your golf performance, contact the professionals at Performance Optimal Health in Naples. Call to schedule an appointment at **239.342.1340**.



Todd Wilkowski, PT, SCS, TPI-M2, 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 health-care 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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Stop Overlooking Signs of Incontinence

By Rolando Rivera, MD, FACS

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

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

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

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

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

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

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

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

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



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

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

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

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

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

Advanced treatment modalities for refractory patients to conservative therapy and anticholinergics are available in the urologic armamentarium. Urological evaluation of these patients will most likely

include a cystoscopy, urine cultures and urine cytology to rule out bladder pathology and bladder malignancies. As well, a detailed, computerized assessment study of bladder function called urodynamics may help the clinician in establishing the best treatment option.

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

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

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

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



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Breeze thru the Winter by Protecting Yourself from the **FLU** and **COVID** with these **TIPS**

Influenza viruses travel through the air in droplets when someone with the infection coughs, sneezes or talks. You can inhale the droplets directly, or you can pick up the germs from an object — such as a telephone or computer keyboard — and then transfer them to your eyes, nose, or mouth.



People with the flu virus are likely contagious from about a day before symptoms appear until about five days after they start. Children and people with weakened immune systems may be contagious for a slightly longer time. If you're young and healthy, the flu usually isn't serious. Although you may feel miserable while you have it, the flu usually goes away in a week or two with no lasting effects. But children and adults at high risk may develop complications. Pneumonia is one of the most serious complications. For older adults and people with a chronic illness, pneumonia can be deadly.

Influenza viruses are constantly changing, with new strains appearing regularly. If you've had influenza in the past, your body has already made antibodies to fight that specific strain of the virus. If future influenza viruses are like those you've encountered before, either by having the disease or by getting vaccinated, those antibodies may prevent infection or lessen its severity. But antibody levels may decline over time. Also, antibodies against influenza viruses you've encountered in the past may not protect you from new influenza strains that can be very different viruses from what you had before.

At first, the flu may seem like a common cold with a runny nose, sneezing, and sore throat. But colds usually develop slowly, whereas the flu tends to come on suddenly. And although a cold can be a bother, you usually feel much worse with the flu.

Common signs and symptoms of the flu include:

- Fever
- Aching muscles
- Chills and sweats
- Headache
- Dry, persistent cough
- Shortness of breath
- Tiredness and weakness
- Runny or stuffy nose
- Sore throat
- Eye pain
- Vomiting and diarrhea, but this is more common in children than adults

If you have flu symptoms and are at risk of complications, see your doctor right away. Taking antiviral drugs may reduce the length of your illness and help prevent more-serious problems. If you have emergency signs and symptoms of the flu, get medical care right away. For adults, emergency signs and symptoms can include:

- Difficulty breathing or shortness of breath
- Chest pain
- Ongoing dizziness
- Seizures
- Worsening of existing medical conditions
- Severe weakness or muscle pain

The Centers for Disease Control and Prevention (CDC) recommends annual flu vaccination for everyone age 6 months or older. The flu vaccine can reduce your risk of the flu and its severity and lower the risk of having serious illness from the flu and needing to stay in the hospital. Flu vaccination is especially important this season because the flu and coronavirus disease 2019 (COVID-19) cause similar symptoms. Flu vaccination could reduce symptoms that might be confused with those caused by COVID-19. Preventing the flu and reducing the severity of flu illness and hospitalizations could also lessen the number of people needing to stay in the hospital. This year's seasonal flu vaccine protects from the four influenza viruses that are expected to be the most common during the year's flu season. This year, the vaccine will be available as an injection and as a nasal spray.

BreezeMed Urgent Care offers flu testing and COVID-19 testing as well as antiviral drugs to treat the flu and COVID-19. September and October are generally good times to get your flu vaccine.

BreezeMed Urgent Care is owned and operated by Dr. Stewart Roberts, and his wife Courtney Roberts. The clinic is located at 15044 Sandpiper Lane, Unit 8 in Naples, FL. BreezeMed Urgent Care takes major insurance plans and offers comprehensive services for a flat fee. You can register online at www.breezemedurgentcare.com or walk in.

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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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ASK THE EXPERT

WHAT CAN AN AUDIOLOGIST DO FOR YOU?

Rachel Edwards, Au.D. - Doctor of Audiology/Ear Nerd

An audiologist is a healthcare professional who identifies, assesses, and manages disorders of hearing and balance. They work with patients of all ages, from newborns to seniors. They educate their patients on the effects of noise on their hearing and help them to find the proper treatment, fitting them with protective hearing devices, hearing aids, and assistive listening devices. They also administer tests of balance to evaluate dizziness and provide hearing rehabilitation as well.

When should you see an audiologist?

You should see an audiologist if you suspect you have hearing loss. Common signs of hearing loss include:

- Difficulty understanding words, especially in a crowd or with background noise
- Frequently asking others to repeat themselves
- Turning up the television to a level that is uncomfortable for others
- Difficulty hearing women or children
- Ringing in one or both ears

Common MYTHS and FACTS about hearing loss

Myth: Newborn babies do not experience hearing loss.

Fact: More than 4,000 babies are born each year with hearing loss.

Myth: Every day loud noises do not affect hearing.

Fact: Hearing loss can be caused by hairdryers, fireworks, concerts, farming equipment and other noises we experience often. Excessive noise can cause permanent hearing loss.

Myth: Dizziness is just an inconvenient part of life for some people.

Fact: Untreated dizziness and balance disorders increase the risk of falls that can result in serious injuries.

What should you expect at the audiologist?

If you are experiencing hearing loss, the audiologist will begin your visit by taking a personal and family history. She will then conduct an examination of the outer ear to see if there is any external trauma,

infection in your ear, or buildup of earwax. The audiologist will then begin an evaluation using various tests.

These may include:

- Pure-tone testing determines whether the hearing is within normal limits.
- Tympanometry measures eardrum movement and pressure variations.
- Speech recognition

If you are visiting the audiologist because of dizziness or balance related problems, the audiologist will perform an evaluation to determine the location and cause of the problem, changes in balance function, and the relationship between functional balance, vision, the inner ear, and other sensory systems.

After performing these tests, the audiologist will make recommendations for treatment and/or management of what has been determined.

What level of education and training does an audiologist have?

Audiologists must earn a doctorate degree in audiology (AuD) from an accredited university in order to be licensed. They serve a fellowship or externship year and must pass boards to receive licensing and accreditation. Additionally, audiologists enroll in continuing education courses to fulfill licensing requirements.

How can I prevent hearing loss?

There are steps you can take to help prevent noise-induced hearing loss and to avoid making age-related hearing loss worse. These include:

1. **Protect your ears.** Limit your exposure to excessive noise. Use earmuffs or earplugs at work or in places where you know there will be damaging noise.
2. **Get your hearing tested regularly if you work in a noisy environment.** If you already have some hearing loss, you can take steps to stop it from worsening.

3. **Avoid unnecessary risks like riding loud motorcycles, shooting guns, or going to rock concerts.** If you do participate in these activities, wear protective gear.

If you feel that you or someone you love has hearing loss, make an appointment to see an audiologist to have it confirmed. It may be something as simple as removing excess earwax. However, if it is more serious, an audiologist can help you find a solution that is right for you.

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

Summer has officially come to an end. We are well into the grind of daily life again. That summer glow is fading fast and some of us are starting to notice that the sun wasn't as good to us as it felt while we were laying by the pool. We're looking in the mirror and noticing uneven skin tones, dark spots, and fine lines we don't remember from before. To put it in Halloween terms-we look a fright! What do we do to look and feel younger post-sun? Is there recovery from the damage the sun has already done?

Chemical peels are cosmetic treatments that improve the appearance of sun-damaged skin. They can be used to treat photoaging, wrinkles and fine lines, and general discoloration. Chemical peels are made up of different formulas of glycolic acid, trichloroacetic acid, salicylic acid, and phenol. The different chemical solutions used produce a controlled injury to the face that promotes growth of new skin, thus giving your skin a more uniform appearance.

There are two layers that make up the skin. The outer layer is known as the epidermis and the inner layer, the dermis. Superficial peels (glycolic acid) produce a superficial injury that affect only the epidermis. They are used on conditions like acne. Deeper peels (phenol) affect the dermis and can reverse signs of photoaging like dark spots and wrinkles. Generally speaking, a deeper peel produces more dramatic results.

For the last 20+ years a patented system called the Marini Peel System has become very popular and widely used. It involves an advanced two-step peel process that begins with a multi-acid combination that exfoliates the skin. The second step is a leave-on 1% retinol activator peel with anti-aging peptides and antioxidants. This step enhances results and gets the healing process underway. There are three different formulas available that will provide the best possible results for varying skin types and problems being addressed.



Chemical peels, like the Marini Peel, leave the skin looking younger and healthier. It diminishes the appearance of fine lines and wrinkles, smoothes and softens skin, increases hydration and suppleness, and balances out irregular skin tones. It can also help to improve conditions such as oily skin and acne.

Chemical peels aren't just for the face, though that is where we often tend to focus when we look in the mirror. They can be used on the neck, the chest, and the hands as well. It is also important to note that they are safe for all types of skin. A chemical peel can be performed on fine or thick skin, normal or oily skin, caucasian, black, and Asian skin as well.

If you want the optimal results from your peel, it is best to have a chemical peel performed as an in-office treatment by a trained professional rather than using at-home products. The procedure is quick, generally taking between 15 minutes to a half an hour. And there is very little recovery time. You can return to your normal routine the same day with little to know pain or discomfort. Though you will notice a difference with your first treatment, it usually takes 4-6 treatments at 3-4 week intervals to reach the best possible results. Also, it is important to note that treatment on other parts of the body like the hands or chest will improve at a slower rate than the face.

Chemical peels have been around for hundreds of years and have been shown to be quite safe. When administered by qualified professionals

under controlled conditions, the risks are minimal. Your skin care professional can help you determine which type of peel is right for you.

If you are interested in learning more about the Marini Peel, contact Aesthetic Treatment Centers in Naples today. Their highly trained staff of professionals will be happy to help you decide if the Marini Peel is right for you and help you along your journey to looking and feeling younger.

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ALCOHOL: FRIEND OR FOE?

By Diana Macian, M.D. - WellcomeMD - Naples

It seems every few months a new study comes out about alcohol. It's bad for you, then it's good for you, then it's bad for you again. Between the mixed messages from scientific (and many unscientific) studies and the cultural norm of consuming alcohol at most social and holiday gatherings, it's no wonder that most of us don't really know what to think or how much may be too much when it comes to consuming alcohol.

Moderate vs heavy

The definition of "moderate" alcohol consumption according to Dietary Guidelines for Americans is one drink per day for women and two drinks per day for men. One drink can be 12 fluid ounces of beer, eight fluid ounces of malt liquor, five ounces of wine, or 1.5 ounces or a "shot" of a distilled spirit or liquor.

Most studies that link any health benefits to alcohol connect it specifically to low and moderate consumption. It is widely agreed upon that there are zero health benefits, and many health risks, linked to heavy alcohol consumption. Heavy or high-risk alcohol consumption is defined as 15 or more drinks in a week for a man, and 8 or more drinks in a week for a woman. Binge drinking, as defined by the Centers for Disease Control and Prevention, is consuming four or more drinks within two hours for women, or five or more drinks within two hours for men. Drinking more than three drinks in a given day for women, or more than five drinks in a given day for men, is also considered binge drinking.

Drinking affects men and women differently

If a man and a woman who weigh the same amount drink the same alcoholic beverage, the woman will have a higher Blood Alcohol Concentration (BAC). This is because women are often smaller, have less water in their body, and metabolize alcohol slower than men do. This can cause women to feel the effects of alcohol quicker and for a longer duration of time. These differences place women at a higher risk to the long-term negative health effects caused by alcohol. Studies show that women who drink just one drink a day have



a five to nine percent higher change of developing breast cancer than women who don't drink at all. Women who drink heavily are also at increased risk of developing osteoporosis, heart disease and reproductive issues, including infertility.

Other risk factors

Not all risk factors from drinking alcohol are internal health related. Alcohol is a key factor in about 30% of fatal motor vehicle crashes and suicides. It is also a factor in 40% of fatal burn injuries, 50% of drownings and homicides, and 65% of fatal falls. Most of these injuries occur in males ages 15-39 which is why the Global Burden of Disease study published by the Lancet concluded that for young adults aged 15-39, there are no health benefits to drinking alcohol, only health risks.

Not all the news about alcohol is bad. For those over the age of 40, without any underlying health conditions, drinking a small amount may provide some health benefits including reducing the risk of heart disease, stroke and Type 2 diabetes. While abstaining from alcohol altogether if you're under 40 may be unnecessary and unrealistic, it's important to understand that moderation is key and that we all need to be a bit more mindful about how often and how much alcohol we drink.

Looking for Guidance on Making Healthy Choices?

I have more time than some to work new research and healthy lifestyle changes into my conversations with patients. The journey to optimal health looks different for everyone, and WellcomeMD can help!

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Diana Macian, M.D.

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THE IMPORTANCE OF KEEPING UP WITH YOUR MENTAL HEALTH

BY DR. LINELL KING

Being healthy is a universal goal (or should be) for people everywhere. When we are sick, we see a doctor. When we get injured, we go to the hospital. When we have a toothache, off to the dentist we go. We start a new diet and try to feed our body what will make it run at an optimal level. We join the gym and keep our body fit. All of these are common practices for maintaining a “healthy lifestyle”. But what if I asked you about your mental health? When is the last time you talked to someone about your emotional and psychological health?

When we talk about mental health, we are talking about more than just emotions, although those are included. We are also talking about our psychological and social well-being. Our mental health affects how we feel, think, and act. It determines how we handle our daily tasks, how we relate to the world around us, and the choices we make.

Throughout our life, we will experience ups and downs. Our thinking, our mood, and our behavior are affected by what happens to us and around us. How we react, how we process, how we recover, and how we go forward are all aspects of our mental health, yet we neglect this part of a “healthy lifestyle” all too often.

Mental health problems can occur and can affect every aspect of our life. How do we know when our thoughts, feelings, and behaviors are “normal” or when we might have an actual mental health problem? Some factors that may contribute to a mental health problem are:

- Biology (genes or brain chemistry)
- Life experience (abuse, trauma, accidents)
- Family history of mental health problems

The truth is mental health problems are common and they are treatable. Many people get treatment and get better. Sometimes a few modifications or someone to talk to is all we need. However, sometimes there are deeper issues that will need to be worked on over time. Those who suffer from issues such as PTSD, TBI, or OCD, for example will need to learn to live with and manage their mental health problems, but even still, treatment is available and living a “normal” life is possible.

PTSD

Post-traumatic stress disorder (PTSD) is a debilitating disorder that can negatively impact a person’s everyday life. When someone experiences trauma in their life, it may cause stress later in life. This can be a one-time event like living through a tornado or may happen over years, which would often be the case with abuse. Those suffering from PTSD often feel isolated and helpless.

Signs and symptoms of PTSD

How PTSD affects each person varies greatly depending not only of the person but also on the trauma they’ve experienced. Sometimes symptoms present themselves immediately, but sometimes it can be months later.

Many people with PTSD suffer from nightmares and flashbacks. They relive the experience again and again to the point that affects their daily life. This can cause a person to experience debilitating fear and anxiety in everyday situations. They may also suffer from depression, be easily frightened, become agitated or angry easily, or have a persistent negative mood.

TBI

Traumatic brain injuries (TBI) are injuries that are caused by a bump or blow to the head or a penetrating injury such as a gunshot to the head. They are associated with many neurological, psychological, and physical consequences that can drastically affect a person’s behavior, their physical abilities, and their quality of life.

Those suffering the effects a TBI may suffer cognitive consequences such as inability to pay attention, lack of concentration, or general “fogginess”. They may also have trouble learning due to memory problems. The psychological consequences may include depression, anxiety, extreme personality changes, difficulty controlling emotions, and severe mood swings.

OCD

It is estimated that 1.2% of Americans suffer from obsessive-compulsive disorder (OCD). OCD is a mental health condition in which a person has obsessions that cause intrusive thoughts or urges that control them and compulsions that are irrational behaviors used to deal with their obsessions.

It can disrupt daily life when it is left uncontrolled. An example of an obsession may be an extreme fear of germs. The compulsive behavior might lead the person to wash his/her hands far beyond what is necessary.

Bottom line

Whether you are suffering from PTSD, a TBI, OCD or are going through difficult time in your life, there is help available. Mental health problems are quite common. It is estimated that 1 in 5 Americans experiences a mental health issue each year. One in 20 is living with a serious mental illness such as the ones we have mentioned here or others like major depression or bipolar disorder.

Studies have shown that people who suffer from mental health issues very often get better and many recover completely. This means they can live, work, learn, and participate in the world around them. Today, more than ever before, there are treatments and services available.

We help patients get resolve from these challenges in our office with a non-invasive therapy called MeRT (Magnetic e-Resonance Therapy).

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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Are Bladder Leaks Disrupting Your Normal Life?

By Joseph Gauta, MD, FACOG

Do you get sudden, strong urges to urinate and are unable to control it? Do you go to the restroom 8 or more times a day? Do you have accidental leakage before you make it to the restroom? If you answered “Yes” to any of these questions, you may suffer from overactive bladder or urinary incontinence.



What causes bladder leaks and incontinence?

Bladder leakage, urinary incontinence or overactive bladder symptoms are not a normal part of aging. Millions of people worldwide suffer from these life-altering symptoms.^{1,2} These symptoms may occur because of abnormal communication between the brain and the bladder. This may lead to the feeling of an urgent need to urinate and an unwanted bladder contraction. You may also experience a need to rush to the restroom and leak or lose urine before you make it in time.

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

The Doctors at Florida Bladder Institute are now offering Axonics® Therapy, a long-lasting solution that is clinically proven to improve bladder control and deliver clinically meaningful improvements in quality of life*.

What is Axonics Therapy?

Axonics Therapy is an advanced treatment option that is used for treating symptoms of overactive bladder (including urinary urgency incontinence), fecal incontinence and urinary retention.¹

Axonics Therapy works by providing gentle stimulation to the nerves that control the bladder and bowel, which can 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?

Axonics Therapy provides the possibility of saying goodbye to bladder leaks!

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- 89% of treated patients achieved clinically significant improvements at 1-year³
- 93% of patients were satisfied with their therapy³

*50% or greater reduction in symptoms

References:

1. Coyne KS, Sexton CC, Thompson CL, et al. The prevalence of lower urinary tract symptoms (LUTS) in the USA, the UK and Sweden: results from the Epidemiology of LUTS (EpiLUTS) study. *BJU Int.* 2009;104(3):352-360.
2. Census Reporter website. <https://censusreporter.org/profiles/01000us-united-states/>. Accessed July 19, 2019.
3. Benson K, et al. *NeuroUrol and Urodyn.* 2020

Important Safety Information: Implantation and use of the Axonics System incurs risk beyond those normally associated with surgery, some of which may necessitate surgical intervention. Results and experiences may vary and are unique to each patient. No promise or guarantee is made about specific results or experiences. For more information about safety and potential risks, go to: www.axonics.com/si. Caution: Federal law (USA) restricts this device to sale and use by, or on the order of, a physician.
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TIPS FOR SUCCESSFULLY TRANSITIONING TO A SENIOR LIVING COMMUNITY

By Greg Pascucci

Senior living communities continue to appeal to older adults desiring a maintenance-free lifestyle, peace of mind, and an enhanced social life.

Retirees can ensure a smooth and stress-free transition into retirement living by following a few simple steps.

Get to Know the Community Before Moving In

To help residents get better acquainted, the staff at communities such as The Carlisle Naples, an active retirement community in North Naples, invites prospective residents and their families to attend special events at the community prior to moving. The marketing team finds that residents who attend or participate in community events early in the decision-making process acclimate much faster.

“Special events such as our upcoming Fashion Show on October 13th offer the perfect opportunity to mix and mingle with residents and discover the wonderful lifestyle that awaits,” said Executive Director Bill Diamond. “Often, many friendships develop during these social gatherings and become the perfect ice-breaker for everyone to get to know each other.”

Participate in Community Activities

Another great way to successfully transition to a new senior living community is to participate in daily activities. Innovative communities know today’s consumers demand exciting activities that are both rewarding and enjoyable but also provide wellness opportunities. Therefore, a full-time activity director is responsible for planning residents’ entertainment which may include health and fitness activities, intergenerational programs, cultural events and outings, and ongoing educational programs.

The Carlisle’s Zest Department—charged with appealing to residents’ mind, body and soul—ensures a calendar jam-packed with activities to pique every interest. For example, residents can volunteer to read to students at a local school, explore a Collier County landmark with neighbors or learn to use the latest technology on their smartphones - all within the same day!



Although many senior living communities encourage residents to be as active as they want to be and determine their own level of involvement, Zest Director Marcia Aldana recommends seniors try to participate in at least one “new” activity each week, especially during the first few months of living at the community. Try a class. Attend a movie or an outing. Opportunities for expanding your interests—and your social circle—are endless.

“I initially worried about making new friends, but everyone was friendly and welcoming,” said resident Leslie Thomas. “I’ve met the most wonderful neighbors and formed many friendships.”

Be Patient.

Remember, it takes some time to get settled in. Try sitting with a different group of people each evening for dinner. It’s one of the easiest ways to get to know everyone. You’ll be surprised what you can discover about people over a meal. Perhaps you share a hobby or grew up in neighboring towns.

Senior living communities also do their part to welcome residents to the neighborhood. From gift baskets to welcome committees, the community’s staff is there to help make you feel comfortable.

The Carlisle hosts a Newcomers Block Party to welcome new residents. The guest of honor selects their favorite chef-prepared foods, and their immediate neighbors join the fun. Last month, for example,

Steve Milo opted for a sumptuous Chinese cuisine of fried rice and egg rolls and shared his background with guests. He relocated to the Naples area almost 50 years ago and toured five other communities before selecting The Carlisle.

“This community really stood out,” he said. “I’m looking forward to taking advantage of all The Carlisle has to offer.”

Seniors who maintain a positive attitude find that the uncertainty of being in a new place is quickly replaced by the confidence to discover a whole new world of exciting possibilities.

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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WHAT IS PREMISES LIABILITY?

By F. Scott Pauzar, III, Florida Premises Liability Attorney

Have you ever wondered who is responsible when a person slips and falls, resulting in an injury in a business environment? How about injuries while visiting another person's home, a playground, a public pool, or at a hotel on vacation? In Florida, personal injury law includes premises liability, meaning owners are responsible for their properties as follows:

"A premises liability lawsuit holds a property owner responsible for any damages arising out of an injury on that person or entity's property. In all states, owners that occupy a property must make a reasonable effort to maintain a safe environment for visitors to it. Failure to keep the property safe for visitors results in "premises liability." (Justia.com)

Premises Liability Attorney

A Florida premises liability attorney can help determine the merits of your case based on injuries sustained on others' properties. Contact Woodward, Pires & Lombardo, Naples personal injury attorneys, today.

A few common situations that may give rise to premises liability lawsuits or claims are:

Slip and Fall Accidents

According to the National Floor Safety Institute, half of the slips and falls are caused by issues with walkway surfaces stating, "Slips, trips and falls are serious problems to be concerned about ... Most falls are preventable!" They also say that falls account for over 8 million hospital emergency room visits, with fractures as the most severe consequence of falls. If you fall and are injured on another person's or business' property, you may be entitled to compensation for this unfortunate event if the property owner could have prevented or made you aware of the hazard.

Inadequate Maintenance

A business or property owner is responsible for adequately maintaining their property to prevent serious injuries to those present on their property. Under Florida law, the owner of a property or tenant, such as a shop owner or grocery store owner, is responsible for maintaining a premise or property in a reasonable condition and free of hazards. A failure to do so may create liability if an injury results from negligent property maintenance. For example, leaving spills on the floor instead of properly removing them to prevent a fall.



However, the business owner must have had knowledge of the dangerous situation. Florida Statute 768.0755 relating to Premises liability for transitory foreign substances in a business establishment states:

"(1) If a person slips and falls on a transitory foreign substance in a business establishment, the injured person must prove that the business establishment had actual or constructive knowledge of the dangerous condition and should have taken action to remedy it. Constructive knowledge may be proven by circumstantial evidence showing that:

- (a) The dangerous condition existed for such a length of time that, in the exercise of ordinary care, the business establishment should have known of the condition; or
- (b) The condition occurred with regularity and was therefore foreseeable."

A few other examples of poor maintenance include poor lighting, wet floors or mats with no signage, elevator/escalator accidents, faulty railings, or uneven or broken floor tiles among others.

Animal Attacks and Dog Bites

Under Florida law, owners of dogs are strictly liable for any injuries caused by their animals on their properties. In other words, Florida dog owners are held liable if their dog bites someone, even if the owner had no prior knowledge or warning that the dog might bite. Liability means that victims of dog bite injuries do not need to establish that the dog owner was somehow negligent; it is enough to simply prove ownership of the dog.

Swimming Pool Accidents

Although we enjoy pools for fun and recreation, accidents in swimming pools, unfortunately are a common occurrence in Florida. These could include

slip and fall, drownings, electrocutions, accidents related to drains, diving board or poolside accidents, including head injuries. Remember that you have four years to file a swimming pool accident claim, unless it results in a wrongful death, where you must bring a claim forward within two years. Your premises liability attorney will help you stay within the guidelines of the law for making your claim.

ABOUT THE AUTHOR

F. Scott Pauzar, III is a litigation and personal injury law attorney in Woodward, Pires & Lombardo's Naples office. He has a broad base of legal knowledge and skills cultivated through over 15 years of experience as a litigator in complex litigation in both state and federal courts. Previously, Scott was an Assistant State Attorney at the 20th Judicial Circuit State Attorney's Office in Fort Myers. During his five years as a Prosecutor, Scott conducted over 30 jury trials. After leaving the Office of the State Attorney, Scott served as an insurance defense attorney for 11 years, where his practice was focused on litigation of complex cases and catastrophic injuries. Scott now combines his jury trial and defense experience to successfully represent his clients in litigation and personal injury law matters.



Scott is a military veteran having served on active duty in the United States Air Force between 1989 and 1993. He is a native of Naples, Florida. Scott received his Bachelor of Arts degree from Jacksonville University in 1996 and his Juris Doctor from the University of Nevada, Las Vegas, in 2004. He is a member of The Florida Bar and admitted to practice in the U.S. Middle District and U.S. Northern District of Florida.



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A property owner who has invited you to use their swimming pool or a hotel must maintain a duty of care to ensure swimmers are safe and be aware of any hazardous conditions, including proper security and rules regarding pool use. If not, you can make a claim for damages if you can prove any negligence. A Naples FL personal injury attorney can help.

Playgrounds and Recreation Centers

Should you or your children sustain an injury on a playground, you may be entitled to compensation according to your situation. Common injuries are broken bones or dislocated joints, concussions, bruising or internal injuries. These injuries are sometimes caused by defective equipment, poor lighting, inappropriate surfaces, or general lack of maintenance of the play area. In some cases, the manufacturer of the equipment may be liable. In others, the property owner may have failed to provide a safe environment or well-maintained premises for the intended recreational purpose.

Negotiations with Insurance Companies

A person must sustain an injury resulting from an accident to make a premises liability insurance claim. Insurance companies and courts do not award damages for hypothetical situations or general complaints, and injuries must be proven by the person bringing the claim, the plaintiff. A qualified personal injury attorney is best suited to help you negotiate with the insurance company in the event you have sustained an injury. Your attorney will walk you through the process and, with the attorney's knowledge and experience of such cases, will likely be able to negotiate a better outcome than you can alone. Additionally, insurance companies may stall the process and result in the injured party missing the statute of limitations deadline. Don't let this happen to you. Get help from an attorney.

Liability Determination

A property owner must uphold a duty of care to keep their property safe and be determined negligent for a plaintiff to recover monetary amounts due to a premises injury. An experienced personal injury attorney can help you determine actual negligence in accident situations. The person injured may not realize all the issues surrounding filing claims for accidents in Florida. For example, an insurance company may try to make you a low settlement offer before a full investigation is complete and the appropriate liable parties are identified. Therefore, liability determination is one of the most important aspects of your premises liability case.

Compensation for Accidents

Suppose you or your loved ones have been injured while at a restaurant, business, or other property. If so, get the compensation you deserve. Do not settle for insurance offers without speaking to a premises liability insurance attorney today. You may be surprised about the monetary settlement you are entitled to recover because of a terrible injury. There are many factors in determining proper compensation due to an injury resulting from owner premises liability, so be sure to take all legal issues into account and consideration, including general pain and suffering in addition to medical bills.

Contact an Experienced Premises Liability Attorney Today

Woodward, Pires & Lombardo, P.A. has proudly represented the residents of Collier County for over 50 years. We conveniently offer our personal injury and premises liability legal services on a contingency fee basis, meaning you pay nothing unless we obtain a settlement or favorable outcome at trial for your injury case. So don't go it alone. Our highly skilled personal injury attorney will guide you through the Florida legal process and assist you with all steps after your unfortunate injury. Call 239-649-6555 today or visit www.wpl-legal.com.

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BREAST CANCER PREVENTION: Self-Awareness Can Make a Difference

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

Breast cancer is the most common non-skin cancer in women in the United States, affecting 1 in 8 women. Men can also be diagnosed with breast cancer, with about 1 in every 833 men affected. Breast cancer usually begins in one of three parts of the breast: the glands, ducts, and connective tissue. Screenings are the best way to catch breast cancer early, making it easier to treat.

Mammograms are still the preferred and most effective screening test for detecting breast cancer. It is recommended that women that are at average risk get a mammogram every two years, starting at age 45. However, it is never too early for both women and men to practice breast self-awareness. Once a month, take five minutes to familiarize yourself with

the look and feel of your breasts. This brief self-exam can help you note any changes you need to share with your doctor or a healthcare provider.

If you are diagnosed with breast cancer, your physician will work with you on developing a treatment plan based on the stage of cancer, location, and your general health. Breast cancer treatment often includes one of or a combination of: surgery, radiation therapy, chemotherapy, immunotherapy, and/or hormone therapy.

Early detection and education have helped the survival rate of breast cancer increase over the years. While screenings cannot prevent breast cancer, they can help catch it early, which can make it easier to treat.



Dr. Todd Pezzi is a physician at Advocate Radiation Oncology. Advocate Radiation Oncology's board-certified oncologists provide expert, customized patient care. With locations across Southwest Florida, patients have access to state-of-the-art cancer treatments. Our individualized cancer treatment plans are guided by the most up-to-date data, appropriate evidence-based care, and the latest technologies available.

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SMARTER BODY CONTOURING AT VIDAFUL MEDICINE

By Valerie Sorge, NMD, PhD

Vidaful Medicine is the only office in Southwest Florida that provides EON Body Contouring. Naples' Vidaful office is excited to introduce this non-invasive revolutionary new way to lose fat. FDA cleared this device as safe and effective to reduce abdominal fat.

Backed by years of research by industry leading scientists and doctors, EON leverages innovative touchless technology to advance the laser aesthetic industry. State-of-the-art robotic precision delivers laser energy and cooling simultaneously for a comfortable patient experience.

"Touchless, fast, and easy to undergo, the EON fat reduction treatment is innovative, safe, and feels futuristic, but it's definitely here now as a body-slimming solution," said Tatiana Bido, Features Editor for NewBeauty Magazine.

WHAT IS EON



Subcutaneous abdominal fat: Fat that lies under the dermis layer of the skin. (As opposed to visceral fat, which is around the organs and cannot be removed by any means). Subcutaneous abdominal fat serves as the body's energy storage system and is probably where last year's Thanksgiving pumpkin pie can be found.

Apoptosis: Apoptosis is a form of programmed cell death. The delivery of laser energy causes fat cells to slowly start dying. This method of fat elimination is gentle on the body and does not cause inflammation, minimizes skin irregularities and downtime.

Lipolysis: The body naturally flushes out the dead fat cells through the lymphatic system. This process typically takes about 6-12 weeks and best results are seen at 12 weeks.

Programmable articulated robotic arm: EON's robotic arm uses sensors to map your body's unique topography for 100% personalized treatment.

Three-dimensional treatment path: EON's robotic treatment scan is personalized to the patient's topography, treatment, and comfort. EON knows your body better than any other fat contouring machine by graphing it out for each individual person.

FDA-cleared device: The EON device has undergone a 510(k) submission, which The Food & Drug Administration has reviewed and provided clearance—deeming EON safe and effective for reducing abdominal fat. This means that EON is very effective at targeting stubborn unwanted fat, and it is safe because while the laser targets unwanted fat cells, it does not cause harm to the rest of the body.

1064 nm laser: 1064 nanometers correspond to the laser wavelength. This particular wavelength raises the temperature of the treatment area, the mechanism that causes apoptosis on the unwanted fat cells. Lasers have gained significant popularity in dermatology treatments. The EON system has utilized this laser technology in body sculpting.

Non-invasive: This is very important. Laser liposuction does not always mean non-invasive. Laser technology can also be used alongside traditional surgical liposuction. This process typically requires an incision to be made on the skin, the laser technology is inserted and is utilized to destroy fat cells, and a traditional cannula (big needle) is then inserted to remove the fat through suction. Lastly, the incision is closed with sutures. Yup, you guessed it – you most certainly need to be under general anesthesia for this option because it is very painful.

EON treatments do not require any type of incisions, none – zero – zilch. EON treatments are non-invasive and non-surgical. In fact, EON is so innovative that unlike other non-invasive devices, EON does not even touch your skin and is still incredibly effective at killing unwanted fat cells.

Again, EON treatments are non-surgical, touchless, and comfortable with no downtime.

Non-contact head: While EON's laser heats up fat cells to induce apoptosis without ever touching the skin, EON's proprietary jet-impingement cooling system keeps the top layer of the skin cool so the laser can effectively penetrate the unwanted fat cells without discomfort to the patient. In fact, during clinical trials, the average comfort level was extremely low. Touchless technology also means that the treatment is more comfortable, does not require bulky machinery to be attached to the patient's body, does not require gels, does not require clean up, nor post-treatment massages.

Results: EON is effective! In clinical trials, EON delivered 21.6% average fat reduction (25.3% in the lower abdomen) in 1 SINGLE TREATMENT! All other non-invasive options currently in the market require 3-4 treatments to deliver the same results. Clinical results showed that 73% of patients achieved greater than 20% fat reduction with zero non-responders. That means that everyone in the clinical trial experienced fat loss. Again, this is unheard of in the non-invasive liposuction treatment industry.

This is why we love EON and are so excited to disrupt the non-invasive fat reduction industry.

HOUSTON, April 5, 2022 (Newswire.com) - Dominion Aesthetic Technologies, Inc., developer of EON - Smarter Body Contouring, announced today that EON was selected as the winner of the 12th Annual NewBeauty Awards for the Best Body Contouring Laser of 2022.

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October is Breast Cancer Awareness Month... Genetic Testing is an Option for All!

Breast cancer death rates declined 40% from 1989 to 2016 among women. The progress is attributed to improvements in early detection. *Source: American Cancer Society*

Breast cancer is a disease in which malignant (cancer) cells form in the tissues of the breast. Facts from the National Breast Cancer Foundation:

- In 2022, an estimated 287,500 new cases of invasive breast cancer will be diagnosed in women in the U.S. as well as 51,400 new cases of non-invasive (in situ) breast cancer.
- 65% of breast cancer cases are diagnosed at a localized stage (there is no sign that cancer has spread outside of the breast), for which the 5-year relative survival rate is 99%.
- This year, an estimated 43,550 women will die from breast cancer in the U.S.
- Although rare, men get breast cancer too. In 2022, an estimated 2,710 men will be diagnosed with breast cancer in the U.S. and approximately 530 men will die from breast cancer.
- 1 in 8 women in the United States will be diagnosed with breast cancer in her lifetime
- Breast cancer is the most common cancer in American women, except for skin cancers. In 2022, approximately 30% of all new women's cancer diagnoses will be breast cancer.
- There are over 3.8 million breast cancer survivors in the United States.
- On average, every 2 minutes a woman is diagnosed with breast cancer in the United States.

Genetic Testing for Breast Cancer

Who Should Be Tested For BRCA?

While BRCA1 and BRCA2 gene mutations may increase your odds of developing breast cancer, your odds of having either mutation are small. An estimated 0.25% of the general population carries a mutated BRCA gene or about one out of every 400 people. For some people, though, the chances of having a BRCA gene mutation are much higher. Genes are inherited, which is why knowing your family history is important when determining breast



cancer risks. If one of your parents has a BRCA mutation, you have a 50% chance of inheriting the mutated gene. Odds can also vary depending on a person's ethnicity. For example, people of Ashkenazi Jewish descent have a 2.5% chance of inheriting a BRCA mutation, or about 10 times the rate of the general population.

Because the overall odds are so low, most experts recommend that only people with a heightened risk get tested for BRCA mutations. Likewise, insurance companies often only cover genetic counseling and testing for individuals who are at high risk. A person could be considered at high risk for BRCA mutations if they have a family history of breast cancer. There are also other gene mutations besides BRCA that could increase the risk of breast cancer. The most prominent of these is PALB2. As with BRCA1 and BRCA2, testing for other genetic mutations is recommended only if you are at high risk for that gene.

Genetic counseling is recommended for those who are interested in being tested for breast cancer gene mutations. You can talk to a doctor about getting a referral to a genetic counselor, who can help determine whether genetic testing would make sense based on family history and risk factors. Since many genetic tests only look for one specific gene mutation, the counselor can often help determine

which mutations to test for. The genetic test itself simply involves taking a small sample of blood or saliva, which is sent to a lab for analysis. Results can take several weeks or months.



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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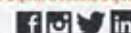
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IS PHYSICAL THERAPY FOR YOU?

By Dr. Cindy Vaccarino, DPT, PT

Have you suffered an injury? Do you have a disability or an ongoing health condition? Are you between the ages of two and over 65? Then Physical Therapy may be for you.

Some of the most common reasons that a person needs physical therapy range from recovering from a sports injury, improving mobility, managing pain, recovering from a stroke, and preventing falls to treating conditions like arthritis, fibromyalgia and lymphedema. Other conditions include carpal tunnel syndrome, cystic fibrosis, back pain, multiple sclerosis, traumatic brain injuries, or spinal cord injuries.

How can a physical therapist help?

First, a physical therapist will build a customized plan so that his or her patient can reach a goal. That goal may be a combination of pain reduction, increased mobility, range of motion and alignment. Second, this plan is built upon realistic goals. It's a collaboration between the physical therapist and the patient. This is where communication is key. Information that patients share with their physical therapists helps shape the plan and the goals.

Patients need to be consistent and committed. That means keeping appointments and be willing to do the work necessary, both at the facility and at home. That also means carefully following the directions of the physical therapist. Overdoing it or pushing too hard, too fast can set patients back in their progress.



Patients always ask how long they will need to have treatment. That depends on the extent of the injury or condition. With a plan and goals, the physical therapist and patient work together and can set a realistic timeline.

Patients also like to know what type of equipment and treatments will be needed. Common equipment patients may see and use are treatment tables, resistance bands, exercise balls, stationary bikes, and treadmills. Additionally, patients may also need heat and/or cold therapy, electrical stimulation, ultrasound, traction, light therapy, or kinesiology taping.

There are other benefits of physical therapy. Studies show that physical therapy can lower patient treatment costs by as much as 72 percent. It can also reduce the need for prescription pain drugs by 41 percent.

There are also many benefits to becoming a physical therapist or a physical therapist assistant (PTA). A physical therapist has earned a clinical degree and can examine, diagnose, determine treatments and discharge patients. A physical therapist assistant has an associate's degree and performs treatment under the direction of a physical therapist. Both must pass the national licensure exam.

The demand for physical therapist assistants in Florida through the year 2030 is expected to grow 42 percent, and the average annual salary in state is nearly \$65,000.

Selecting the right program to become a PTA is important. Hodges University offers a PTA program that is CAPTE-accredited, the gold standard for a quality program. The first-time pass rate for the PTA licensure for our students is 93 percent. Students can complete this program in less than two years. We are accepting applications for our January 2023 class, and scholarships are available. Learn more at Hodges.edu.

Cynthia Vaccarino, DPT, PT, is the Program Director for the Physical Therapist Assistant program at Hodges University.



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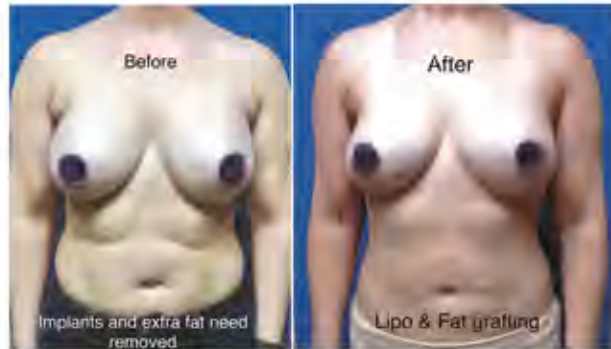
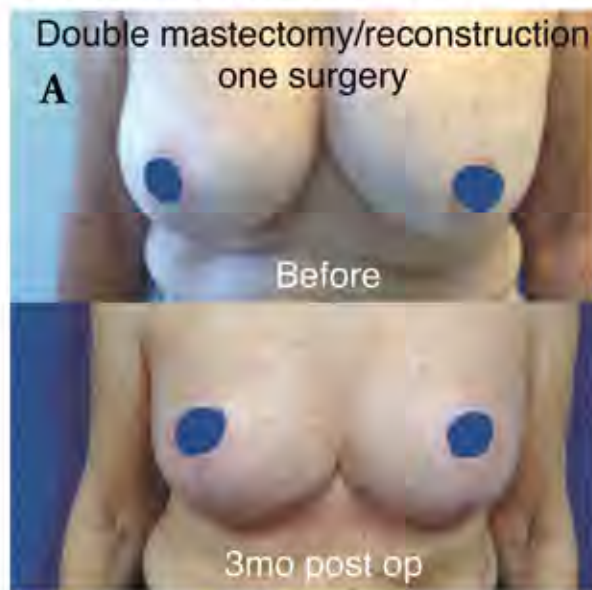
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BREAST CANCER AWARENESS MONTH

During my experience as a Plastic & Reconstructive Surgeon, I've seen many changes in breast reconstruction technology. Even before my training at Duke University in 2002, more aggressive approaches to cancer removal were used, in which the breast was amputated. At Duke we made advances utilizing the body's own tissues, to recreate new breasts, such as the "tram-flap," where we would use abdominal tissue to replace in the breast area. This requires blood flow so we would microvascularly attach it into the new area of the patient's body.

Newer modalities have developed including lumpectomy in conjunction with other treatments including radiation therapy. Depending on the size of the tumor as well as other factors including possible risk or involvement of lymph nodes, in one or multiple sites, can determine which reconstructive procedure is selected. Some treatments today also include oral medication which can be taken at certain age to help control the tumor. In some cases, Reconstruction can be done at the same time as the removal of the cancer, such as my patient in photo "A"



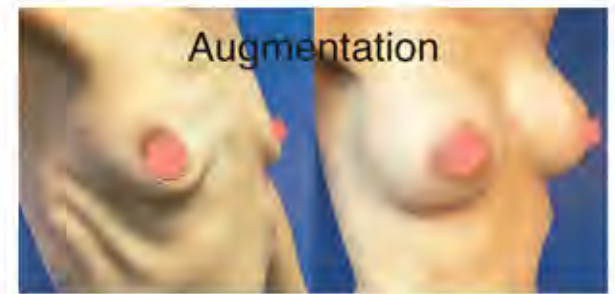
Some of the newer ways of treating reconstruction after breast cancer that use your own body tissue can be done grafting fat. I've done this for patients as the example above, in which we used her abdominal fat to recreate new breasts in place of the former breasts.



Breast Implants are also used for Augmentation, which can also lift, enlarge, reshape or reduce the breast. (Above & right)



In photo above, I performed a breast reduction to the left breast, and lifted both breasts.



Nipple reconstruction is easy to do and often done in the office setting using a combination of tattooing and tissue rearrangement.

An important factor of reconstruction is that your Plastic Surgeon is boarded in Plastic & Reconstructive Surgery with a strong background in Breast care. They also need to communicate with your cancer doctors, which allows them to make the best choice moving forward for healthy treatments and a natural outcome.

In conclusion is the breast cancer happens and one of every eight women and thousands of women per year make breast changes even without cancer. The Statistics show that reconstruction gives cancer patients a more positive attitude and are generally healthier.



Gunnar Bergqvist, MD

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

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MEDICAL MARIJUANA & INFLAMMATION

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

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

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

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

There are over 100 different cannabinoids in marijuana, giving it the capacity for numbness and analgesia through neuromodulation in descending and ascending pain pathways, anti-inflammatory and neuroprotective mechanisms. Not all states allow patients to receive medical marijuana for inflammation. Meet with a licensed medical marijuana doctor in your state to find out if you qualify. A doctor can answer your questions and help you get the treatment you need. Cannabis makes a great alternative to prescription medication that can come with serious addictive properties and side effects. In many cases, medical cannabis for inflammation can also provide a better quality of life solution than traditional medication.

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

When compared with other ways to treat inflammation and the potential side effects of traditional anti-inflammatory medications, marijuana is a safe and natural alternative with little risk. While marijuana can have various effects on the body, side effects are generally mild and go away when you aren't using cannabis.

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

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Bunions are a form of arthritis and can cause painful, red, bony growths; consequently, bunions can also be hereditary and run in families, especially in females. More women than men experience the painful bony growth on their big toe, known as a bunion, or Hallux Valgus. More often than not, bunions hurt more when wearing shoes. Wearing shoes causes pressure on your toe joint, which in turn starts to ache, become fluid filled and can have bony growths. We all need to wear shoes, so is there anything that really works to heal bunions?

Non-Surgical, Conservative Approach

For a conservative approach, many individuals will start out trying to alleviate their pain by wearing more comfortable shoes, or by wearing gel toe inserts that help keep the toes in the proper alignment. Icing the foot can help to tamp down inflammations, as well as taking NSAID's (ibuprofen) as needed to lessen the discomfort. However, this is usually not beneficial. **Because most bunions fail to heal on their own, surgery is usually recommended.**

In traditional bunion surgery, the toe bone is cut in half, and part of the bone is removed. In many cases, there is a need to relieve tension on surrounding ligaments and tendons to try and realign the joint and bones. The total recovery can take a few months, but initially, you will be in a protective boot or cast for the first two to four weeks.

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

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Source:
<https://www.cartiva.net/what-is-cartiva/why-cartiva/>



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KIDNEY CANCER: Are You at Risk?

By Neetu Malhotra, MD

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

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

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

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

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

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

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

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

Treatment

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

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

Associates in Nephrology

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

Chronic Kidney Disease Program

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

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

Source:

1. https://www.nftr.org/cancer-types/kidney-cancer/?gclid=CjwKCAIAYc2BBhAaEiwA44-wW9qTM7gXbIKsBU1ldxNN-rM7OKwmG3j43bZni6h175MIIQCzwNsKORoCE5QQAvD_BwE

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

Services Provided

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

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

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

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HOW A CONCIERGE DOCTOR CAN HELP ON YOUR BREAST CANCER JOURNEY

Jose M. Baez, M.D., F.A.C.P., Board Certified by American Board of Internal Medicine

Breast cancer is a disease in which malignant cells form in the breast tissue. It can affect both men and women, though it is much more common in women. It is estimated that 1 in every 8 women in the United States will have breast cancer in their lifetime. This year alone, more than 43,000 women will die from the disease plus another 500+ men as well. The good news is that 65% of all cases are diagnosed in the localized stage (before the cancer has spread) and the survival rate is as high as 99% among these patients. That equals more than 3.8 million breast cancer survivors in the US at this moment!

Diagnosing Breast Cancer

There are a number of tests that are used to diagnose breast cancer. Usually a doctor will conduct a breast exam by feeling your breast and lymph nodes for any lumps or abnormalities. The next steps include:

A **mammogram** is an x-ray of the breast which can be used for screening and diagnosis. Medical experts and groups disagree about the best age at which to begin screening. Many factors influence their opinion, such as family history and even where you live. However, most agree that somewhere between the ages of 40-50 is when to start regular screening.

A **breast ultrasound** uses sound waves to produce images of the structures within the body. An ultrasound may be used to determine if a lump is a solid mass or a liquid-filled cyst.

A **biopsy** is the removal of a sample of breast cells for further testing. It is the only definitive way to diagnose breast cancer. During the biopsy, a specialized needle device is used to extract a core of tissue in the suspicious area. The samples are then sent to a laboratory for analysis where it is determined if the cells are cancerous or not. The sample is also analyzed to determine the type of cells involved, the aggressiveness of the cancer, and whether the cancer cells have receptors that might influence treatment.

A breast **MRI** (magnetic resonance image) uses radio waves to create pictures of the interior of the breast. Before a breast MRI, the patient will receive

an injection of dye that allows the doctor to see contrast between good and bad tissues. In this type of test, no radiation is used to create the images.

Treating Breast Cancer

There are several ways to treat breast cancer and many patients will undergo more than one type of treatment. The treatment a patient receives depends on the kind of breast cancer and how far it has spread.

One treatment is surgery. This is an operation in which the doctor cuts out cancer tissue.

- **Chemotherapy** uses special medicines to shrink or kill cancer cells. The medicines can come in the form of pills or can be given through the veins. Sometimes both are used.

- **Hormonal therapy** blocks cancer cells from getting the hormones they need to grow.

- **Biological therapy** works with the body's immune system to fight the cancer cells or to control the side effects from other treatments.

- **Radiation therapy** uses high-energy rays to kill cancer cells.

What is a concierge doctor and can one be used in cases of breast cancer?

Concierge doctors offer personalized care and direct access. They generally form a private practice in order to limit the number of patients for whom they are responsible.

One of the most popular reasons for using a concierge doctor is the quick access they provide to their patients. Often a patient can be seen at once instead of waiting weeks or even months. Many offer direct email and phone contact to their patients. They're able to offer this due to the limited number of patients they take on.

Another advantage is that patients are paying monthly or annual fees so there is no need to pay for individual visits. For those with conditions like cancer that require frequent visits, the concierge doctor could be more cost-effective over time.

Since a concierge doctor isn't seeing many patients, they are able to spend more time with each patient. That means more personalized care because the doctor knows you and has a better understanding of your medical history. This can make it easier for the doctor to detect problems and to direct your treatment.

A concierge doctor becomes your partner in your breast cancer journey. He can help you navigate your diagnosis and treatment. He will offer support and guidance as you walk through treatments and recovery.

About Dr. Baez

José M Baez MD, FACP is a Board-certified Internal Medicine specialist with over 30 years of experience in both inpatient and outpatient settings. He is a Graduate of Mt. Sinai School of Medicine in NY. As a Ward Attending at Harlem Hospital, affiliate of Columbia University College of Physicians and Surgeons, he served the Greater NYC community. Subsequently, he established a private practice in Fairfield County, CT. He was also Assistant Clinical Professor at University of Connecticut, School of Medicine.

As an 8-time Marathon runner, avid golfer, and boater he believes in Health & Wellness. His concierge medical office will deliver personalized care to optimize your health and wellness with individualized and enhanced access to your personal physician. The office is conveniently located near NCH, North Naples Health Park campus. Dr. Baez has been a stable member of the Naples community for 10 years, a member in good standing with the Collier County Medical Society and voted Naples Illustrated Top Physician 2018, 2019, 2020, 2021 and 2022.

Call 239 777-0663 today to schedule your complimentary Meet and Greet visit with Dr. Baez and his staff. Also log on to JoseMBaezMD.com for more information.



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Can Breast Cancer Treatments Have Ocular Side Effects?

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

It is estimated that there are currently more than 3.8 million breast cancer survivors in the United States. This is great news when we look at the fact that as many as 1 in every 8 women in this country will be diagnosed with breast cancer in their lifetime. And statistics show that this year alone, more than 2,500 men will receive the diagnosis.

One thing that we want to recognize about these nearly 4 million breast cancer survivors is that the treatments they have gone through can and often do have lasting side effects. One such side effect is how cancer fighting drugs and radiation affects the eyes. Let's have a look at some of the possible side effects that can affect the ocular health of cancer patients and survivors.

Though it may be only a small number of patients who experience ocular side effects from their cancer treatment, there is evidence that conditions such as dry eye, cataracts, and retinopathy can at least partly be attributed to some breast cancer treatments and medications. When you look at the numbers, even a small percentage of 3.8 million is a large number. That is why it is important to take a look at the research and know what may happen if you find yourself undergoing treatment for breast cancer.

The breast cancer medication most commonly associated with ocular side effects is tamoxifen, but 5-flouracil (5-FU) has also been called into question as well as aromatase inhibitors which are sometimes prescribed to suppress secondary tumor formation. Let's have a look at each.

Tamoxifen

Tamoxifen has been shown to cause such eye problems as dryness, irritation, cataracts, and deposits on the retina. However, according to Dr. K.V. Chalam of the University of Florida College of Medicine, these side effects are related to dosage. In the past, cancer patients were given doses as large as 150 mg and ocular side effects were prevalent. Today, the dose is much smaller, usually around 20 mg or less and there are fewer cases of side effects. However, they still exist and should be addressed by an ophthalmologist.



White or yellow refractile crystals around the macula are a characteristic finding in tamoxifen retinopathy (Image courtesy of Retina Image Bank. Young Hee Youn, MD; Sung Hyun Kim. 2012; #559. © American Society of Retina Specialists.)

Chemotherapy

Chemotherapy drugs are toxic to cells, especially those in a tumor. However, they can also affect other cells that divide regularly like those in the corneal epithelium. As a result, patients undergoing chemotherapy often report dry eye. The fact that this is easily treated with lubricating drops is good news for those who already have enough to deal with at the moment!

Another possible side effect of chemotherapy is conjunctivitis (aka pink eye). A topical nonsteroidal anti-inflammatory eyedrop can be administered along with lubricating drops if the patient is experiencing pain.

Aromatase Inhibitors

The effects of aromatase inhibitors (AIs) are similar to those of tamoxifen. AIs such as anastrozole, letrozole, and exemestane are often prescribed to postmenopausal breast cancer patients. Their ocular side effects are usually mild, but if left untreated could lead to serious eye disease.

Source:
<https://www.aaopt.org/eyenet/article/watch-ocular-effects-of-breast-cancer-drugs>



Research shows that patients taking anastrozole are more likely to have a retinal hemorrhage than those taking tamoxifen. This hemorrhage may be caused by estrogen depletion caused by the drug.

More research is necessary in order to show why cancer treating medications have this effect of many breast cancer patients. As mentioned, it is only a small percentage of patients who report these side effects, but to those women (and men), it is one more thing in a long list of what they must deal with as they undergo treatment or recover from months or years of treatment. If these side effects could be avoided, it would make their lives at least a little more comfortable.

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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Is Your Swing Hurting Your Back or is Your Back Hurting Your Swing?

It's a beautiful Sunday afternoon on the golf course; the greens are freshly cut and the sun shining. You drive up to the tee box for the first shot of the day. You bend over to put the tee in the ground and out of nowhere the stabbing, knife-like low back pain hits you hard.

If the above scenario sounds familiar, know that you are not alone; studies reported that 50 percent of those who golf regularly suffer from chronic low back problems. Whether this pain is caused from placing the tee into the ground, riding in the golf cart or hitting the golf ball, know that there are options to eliminate this pain.

There are three fundamental causes of golf injuries: poor posture, lack of flexibility and lack of balanced functioning muscles. Golf is a game of repetitive motion that places torque on one side of the body. This is hard on the body and worse for amateurs because of improper swing mechanics that cause a greater load of stress on the low back. Imagine going to the gym and only working out one side of your body for years while neglecting the opposite side. Now picture yourself bent over in your golfing stance while hitting the ball a hundred times during a period of three to four hours. It's easy to see how golfers set themselves up for injuries.

Another aspect of your golf game that chiropractic can improve is your swing. Every golfer can agree that it is essential that the body is balanced from head to toe in order to have the perfect golf swing. In order to perform your best, you need to have unrestricted, fluid motion throughout the spine and pelvis. An improper stance will have a profound effect on your golf swing. Think of the body as a machine that stores and uses energy. Angular momentum only exists through fixed axis rotation (your spine). Your arms, hands and golf club all rotate around the spine. When the spine turns, the body creates a centrifugal motion for the club to follow. In order for there to be a fluid motion there must be a healthy, freely moveable spine and proper balanced muscles. Still unsure if chiropractic could help your game?



Ask one of golf's greatest about chiropractic. "I've been going to chiropractors for as long as I can remember. It's as important to my training as practicing my swing" – Tiger Woods.

Common golf related diagnosis include:

- **Sacro-iliac (SI) joint dysfunction:** This basically means that the SI joint has lost its normal fluid motion due to a fixation. Typically 2-4 visits can solve this complaint.
- **Facet Syndrome:** Facets are the name for the joints in the spine. At times these joints can experience abnormal motion (commonly from a golf swing) and become fixated. Very similar to SI joint dysfunction and often the two conditions exist concurrently. Again 2-4 visits usually.
- **Sprain/Strain injuries:** Very common with any athletic event. Typically minor conditions can self-resolve. However proper stretching, support and in office rehabilitation are always recommended.
- **Sciatica:** Often the most misdiagnosed disorder on the golf course. Everyone thinks pain down the leg is sciatica. However, there are actually many causes for pain down the leg and a proper diagnosis is essential in order to properly treat the symptoms. This complaint is a large part of our practice. Call today to learn more.

The next time you are on the golf course focus on these things:

1. Are your feet balanced and comfortable at address?
2. Do your feet have to flare out in order to turn on the backswing?
3. Do you find yourself walking slightly crooked the day after a round of golf?
4. Do you find it difficult to get out of bed for a few days?
5. Is it painful to play the game?

If you answered yes to any of these questions, then contact us so we can address these issues. As avid golfers ourselves, we understand how easy it is to hurt yourself trying to hit that 300-yard drive.

At Caliber Wellness, we offer spinal adjustments, decompression, preventive swing advice, rehabilitation exercises, physical therapy and nutrition in order to reduce pain and improve spinal posture and mobility. We treat a wide variety of village athletes including those who participate in pickle ball, tennis, softball and swimming.

So the next time you are on the greens ask yourself, 'is your swing hurting your back or is your back hurting your swing'?

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We strive to give our patients the very best chiropractic care available. We also work hard to make sure to offer the most up-to-date chiropractic services so that you are able to walk out of each appointment feeling even better than you did after the last one. It is always our goal to improve your life through chiropractic care.



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3 Ways Having an Integrated Financial Plan Benefits Your Mental Health

We've all heard it before...the story of a married couple who couldn't see eye to eye when it came to finances and got divorced; the story of the successful CEO who lost touch with his family and became very unhealthy due to the stresses of his financial mistakes; the story of the widow who was all alone when they lost the love of their life and didn't know how to run the day-to-day finances.

Money is tough. Everyone wants to talk about the individual, technical pieces to help with these emotional situations, but is it enough?

The real key to improving, not only your wealth but also your overall health, is to make sure you have those pieces working together. It's not enough to just have the right pieces, but those pieces need to work together harmoniously. This is what will allow you to achieve peace of mind and invest in the most important thing of all...your life.

What is an integrated financial plan and how does it actually help?

An integrated financial plan is a concept that reviews your financial life holistically, not individually. It incorporates your balance sheet, investment strategy, estate planning, taxes and financial planning. The pieces are coordinated together to ensure everything is moving efficiently in the direction of your vision.

How does this improve your mental health? Here's 3 ways...

1. Time: The ultimate commodity that you can never get more of. Time is something that is so important, yet the hardest to manage. A proper integrated financial plan allows you to spend less time coordinating relationships and more time with your family. No more phone calls relaying messages from the tax team to the investment team. You can spend your time where it really matters! Meaningful relationships are a key to being mentally healthy and this allows you to spend more time where it matters.

2. Stress: Stress is a natural response for the body. Elevated stress is the thing that is detrimental to our health on many levels. One of the leading causes of elevated stress is money. There are many details around money that we can't control. Knowing that we have an idea of how our integrated plan (such as future estate planning needs) possibly fits into our current tax plan gives us a feeling of control over something typically out of our control. Reaching this place of comfort creates more peace of mind, thus lowering your stress level surrounding money.

3. Fulfillment: This is different for everyone, yet a lot of people don't know what would help them become 'fulfilled.' An integrated financial plan balances the technical strategies with the emotional strategies; this includes developing a vision, creating goals, and achieving more than

just accumulation of dollars. The feeling of fulfillment is indispensable to being mentally healthy, and an integrated plan can help reach that point of fulfillment.

Mental health is just as important as physical health. There are many ways to improve your mental health and working on your relationship with money is a big one. Integrating all of the areas of your financial plan can help improve your relationship with money.

Financial planning can be complex and there can be a lot of moving pieces. If you need help understanding your financial plan or are beginning to investigate an integrated financial planning relationship, reach out to Certified Financial Planner, Adam Day at Wealthquest (aday@wqcorp.com). We are happy to chat and meet you wherever you are in your financial journey.

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How to Socialize While Managing your Weight

By Aubrey Fulton APRN

"Let's grab a drink." I can't, I am in a weight loss program!

"Pizza on Friday?" I can't, I'm on a weight loss journey!

"There are donuts in the break room!" I can't, I just can't!

Being enrolled in a weight loss program and managing your health doesn't mean you have to sit at home alone to avoid temptation and be grumpy. A medically supervised weight loss program is designed to equip you for the environment, however for some this may be challenging due to preconceived notions and stigma. Socialization is important to our wellbeing but some people are afraid to fail at losing weight and resort to isolation.

For most people, behaviors that veer off course like staying up late, drinking alcohol, and eating large amounts of "off-plan" foods are more tempting in a social setting than when hanging out at home. That's why some people choose to skip social activities entirely when pursuing a health or fitness goal. Let's change your mindset by adjusting your social routine.

Here are six tips to keep you on your healthy weight loss journey while continuing to maintain an active social life especially in this upcoming holiday season.

1. Eat BEFORE you leave the house. You wouldn't go to the grocery on an empty stomach, and don't go to a party hungry either. There will be fewer ways to control your options at someone else's home, event, or restaurant. Offer to bring a dish or a charcuterie tray of things that are on your plan. One indulgence doesn't mean you've failed. To gain one pound, you must consume about 3,500 more calories than you burn – even the biggest holiday feast isn't likely to pack that many. The real danger is eating a little too much every day, or every weekend.

2. Be the life of the party. Socialize more and eat less. Just because there are beautiful trays of food doesn't mean you are required to eat. Grab a pretty glass and fill it with water and a piece of fruit for flavor. Carry the glass as you socialize. Keeping your hand full of a glass and your stomach full of water will help you avoid nibbling. Is there music?



Dance!! Dancing is a great way to burn calories and have fun. Don't stand near the food tables. Take your conversations outside or on the opposite side of the room from temptation.

3. Choose the events you want to attend carefully. Holiday parties and wedding receptions are sure to be focused on sweets and alcohol. Mentally prepare yourself for the challenge of avoiding cake, champagne, and the buffet. Try to focus less on food and more on active fun. The more confident you feel about adapting your diet to new social situations, the better your chances of success.

4. When sitting down to eat, be smart. Have a bowl of soup or a full glass of water before the food arrives. Drink a sip of water between each bite. Put your fork down frequently. Sit back in your chair and enjoy the conversation for a few minutes without eating.

5. Alcohol – not all drinks are the same. Fruity mixed drinks are all liquid sugar. Making these types of mixed drinks is a hard no for weight loss or maintenance. A four-ounce Mai Tai is 306 calories. A four-ounce Pina Colada is 389 calories. A four-ounce margarita is 168 calories. Do you know how many four-ounce margaritas are in a fishbowl at your local Mexican restaurant? One fishbowl is forty-five ounces. That's over 11 servings of margarita in ONE GLASS. 1890 calories of liquid. Yes, that massive margarita tastes amazing, but that are more calories in a fishbowl than you need in an entire day to lose weight.

Instead try a seltzer, one light beer, or one glass of wine, and then go back to the water. Alcohol lowers inhibitions and can lead to poor decision-making in the heat of the moment, especially when it comes to food choices.

6. Take your accountability partner with you. Friends can be a source of motivation when it comes to healthy living. Friends support you through the thick and thin of life. Be it family drama, or relationships, ups and downs are always there for you. If they can support you through all that, why wouldn't they support you in achieving your weight loss goals?

To discuss more 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.

Aubrey Fulton APRN

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

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



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How Can IV Vitamin Infusions Help Cancer Patients?

By Arlyne Kingsman, R.N.

Going through cancer treatments such as chemotherapy and radiation can cause a multitude of side effects for a patient: fatigue, nutritional deficiencies, decreased oral intake, myalgias, weakness, gingivitis, and oral sores, just to name a few. It is important for cancer patients to keep their vitamin stores at high levels to help decrease these side effects. Specifically, Vitamin C is depleted quickly in cancer patients, as Vitamin C is necessary to fight inflammation. IV vitamin infusion can help with this. When compared to supplementing with oral vitamins, it has been shown that IV vitamin infusion has a 100% absorption rate, versus oral vitamins with a 20% absorption rate. High dose IV Vitamin C treatments, in conjunction with chemotherapy and radiation therapy, have been shown to decrease inflammation, relieve fatigue, and improve overall quality of life. There are also some studies that have shown that high dose Vitamin C infusions can help decrease tumor size.

At Prime IV Hydration and Wellness, we can administer high dose Vitamin C infusions (up to 50,000 mg) with clearance from the patient's oncologist and our Medical Director. We also offer an Immunity Infusion, which has a lower dose of

Vitamin C and includes Zinc, B Vitamins, and Glutathione, the body's master antioxidant. Another IV infusion we offer that may be of benefit is the Myers' Cocktail, which also offers a lower dose of Vitamin C and has been shown to be beneficial for overall health and wellness. We offer free consultations to discuss your Wellness Plan, so give us a call!

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Warding Off Geriatric Depression

By Richard J. Capiola, MD

Everyone has feeling of sadness and loneliness from time to time. This is a normal part of life and growing older. However, when these feelings last for long periods of time and take away from day-to-day life, they need to be treated.

It is estimated that more than 6 million adults over the age of 65 suffer from depression, according to WebMD. It is also believed that less than half of those adults seek help. Although common, depression is not a normal part of aging. It is treatable and doctors and psychiatrists can help.

Signs and Symptoms of Depression over 65

Depression affects older adults differently than younger people. In seniors, depression often goes undiagnosed and untreated because it goes along with other medical problems or disabilities. For these reasons, depression in older adults can be tied to a higher risk of cardiac diseases and contribute to an early death from other illnesses. Studies of patients with physical illnesses in nursing homes have shown that depression can significantly increase the likelihood of death from those illnesses. It is also linked to an increased risk of death after a heart attack. This is why it is so important to recognize depression and get treatment. Here are some signs of depression in older adults:

- Feeling tired but having trouble sleeping
- Being grumpy
- Feeling confused
- Struggling to pay attention
- No longer enjoying activities that once brought joy
- Feeling hopeless, worthless, or guilty
- Having suicidal thoughts

KEEPING DEPRESSION AT BAY

What can I do to keep from becoming depressed as I age? Can depression be prevented? Can I lower the risk of depression for me or my loved one?

If you or someone you love is experiencing the symptoms listed above, don't just chalk it up to old age. As we've said, it is a common problem in aging, but that doesn't make it "normal".



It is important not to wait for an aging loved one to reach out and ask for help. Many adults over age 65 are not well informed about depression. Some don't believe it even exists as a medical condition. They often believe that feelings should not be talked about and that they should handle these types of problems themselves.

Not waiting for aging family members to ask for help also involves helping them to find ways not to fall into depression. There are many things that can help to ward off depression. Being proactive is key.

Ways to avoid depression

1. Research shows that loneliness and isolation can have a detrimental effect on our health. If a senior adult lives alone and is unable to drive or get out of the house much, there is a greater risk of feeling lonely or isolated. Older adults who live alone are at a higher risk for injuries from falls and they often suffer from a decline in cognitive function. Maintaining connections is crucial for our well-being. For a senior living alone, regular visits from family, friends, or even a care-giver are of utmost importance. Taking time to allow your family member to talk, listen, and genuinely interact is critical.
2. Help them to be a part of a community. This can be through a social club, church/Bible study group, retirement community, assisted living community, or even a nursing home. Being surrounded by others and having regular opportunities to interact and maintain connections can keep feelings of isolation and loneliness at bay. Eating meals with others, engaging in activities together, or being in a book club or exercise group are all ways to help senior adults not to feel alone.
3. If we have learned anything from this pandemic, it is the importance of social media! If your family member enjoys browsing through family photos or catching up with friends on Facebook, help them to

stay connected through technology. Research shows that social media has a positive effect on seniors, helping them to feel connected even when living alone. In a 2018 survey, more than half of those born between 1945 and 1964 use social media. If your loved one is on social media, make sure to help them maintain that connection.

4. Another proven way to avoid depression is exercise. Regular walks in nature can lift the spirits and boost mood. If going outside is not an option, there are plenty of ways to stay active indoors. There are videos for all levels of physical activity that can be helpful. Whether it be doing yoga or simple chair exercises, the benefits of physical activity on our body and mind are tremendous.

5. Finally, one of the best ways to avoid depression is to find a sense of purpose. Help your senior loved one feel like they are contributing and making a difference in someone's life or in the community. Help them to volunteer at a local food bank or an animal shelter. Allow them to help children with homework, be it their grandchildren at the kitchen table or other children in a community center. Take them to play music at a local nursing home. Find a spot for them to grow vegetables or flowers to share with friends and neighbors. Dig into their passions and help them find ways to use their talents. There are many ways to get involved and find a sense of purpose at any age.

Don't allow depression to get your senior loved one down. Depression can be a debilitating illness, but it doesn't have to diminish your loved one's quality of life. Consider the tips offered here and explore more options by researching online or talking to a professional.

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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Breast Cancer and Your Skin

By Sydney Tateo, DNP, ARNP

October is breast cancer awareness month. Each year I like to take this opportunity to educate others as to why checking your skin is so important, not just in regards to skin cancer, but also in the setting of breast cancer. Breast cancer is the second most common cancer amongst women, with skin cancer being the first. In fact, 1 in 8 woman will be diagnosed with breast cancer in their lifetime.

Aside from annual screening mammograms, routine breast self-exams can serve as an important screening tool. What does this have to do with skin you may ask? Well, not all types of breast cancer form "lumps" that can be felt. Many who perform these self-exams focus only on how the tissue feels, not realizing how important visual inspection is. Breast cancer may cause changes in the outward appearance of the breast or only demonstrate skin manifestations.

In fact, there are two rare types of breast cancer, in which the first symptom is often a change in the skin rather than the classic breast "lump". These skin changes include a change in color, texture, or even altered sensation such as itching, pain, burning, or tingling.



Paget's Disease of the Breast is a rare form of breast cancer in which the initial change you may notice is a rash on the breast and/or nipple. The rash is generally seen on one breast- not both, and usually begins on or near the nipple. It may be dry, flakey, itchy, and/or crusty. Patients often attempt to treat the rash assuming they simply have a stubborn irritation. In fact, Paget's disease often mimics benign skin rashes, such as eczema.

Inflammatory breast cancer is the second type of breast cancer that can present with visible symptoms on the skin. The skin overlying the breast may be red, hot, or sore. The texture of the skin may also feel thicker or bumpy, mimicking the texture of an orange peel. Change in nipple shape, such as inversion of the nipple is also a red flag.

Of course none of these symptoms alone are diagnostic for breast cancer, but a healthcare provider should promptly evaluate them. Please do not ignore subtle changes in the appearance or feel of your breasts!

Sydney Tateo, DNP, ARNP



Sydney is a board-certified nurse practitioner who grew up in Naples. She attended the University of Florida for both her undergraduate and graduate programs. In addition to her academic achievements, Sydney has also published research in the Journal of American Association of Nurse Practitioners.

While pursuing her doctorate degree, Sydney worked as a registered nurse in dermatology. Her invaluable background as a bedside nurse underlies her individualized approach to each patient. Upon completion of her doctoral program, she continued her career in dermatology. Trained by several recognized dermatologists and Mohs surgeons, Sydney joins Skin Wellness Physicians with diverse training and experience. She treats a wide array of skin, hair, and nail conditions and welcomes both pediatric and adult patients.

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Hormonal Imbalances in Men and Women: How Testosterone Replacement Therapy (TRT) is Beneficial for Both

By Dr. Carolina Young

As we age, both men and women will start to experience symptoms of hormonal imbalance. For men, this is called andropause, and for women, it's connected to perimenopause, menopause or postmenopause.

The symptoms for males and females are very similar. For men, as they age and their hormonal testosterone levels begin to decline, most men will experience a lack of energy, low libido, loss of muscle, weight gain, decreased mental focus, hair loss and low metabolism.

Females tend to experience an imbalance of estrogen and testosterone, which can lead to hot flashes, night sweats, anxiety, depression, brain fog, weight gain, loss of muscle, irritability and bone deficiency.

Hormonal levels can be adjusted through bio-identical hormone therapy, which alleviates or in many cases eliminates the associated symptoms and life fluctuations surrounding hormones. There are even studies now that suggest bio-identical hormones can help reduce the risk of Alzheimer's and dementia.

Bio-Identical Hormones

In the U.S., bio-identical Hormone Therapy (BHT) has been used since the 1930s. And based on hundreds of current medically thorough studies, the results for patient's overall quality of life and dramatic changes in their hormonal symptoms are astounding.

Bio-identical hormones are equal to our body's natural hormones on a molecular level. The difference between synthetic and identical hormones is that synthetic hormones do not match human hormones on a biological level.

Bio-identical hormones are made from plant sources and are readily received by the body as natural and normal. They are much more therapeutic and effective than synthetic hormonal substances.

Why Testosterone?

Females need a steady level of testosterone and estrogen in their bodies for overall health and well-being on many levels. However, a common misconception is that women need high levels of flowing estrogen. This is not the case. Consequently, female bodies need circulating testosterone, which enables the body to produce and regulate how much estrogen is necessary. In short, testosterone naturally governs estrogen levels within the cellular structure.



Many women are skeptical of testosterone therapy for menopausal symptoms because they believe it's just for men. But testosterone is vital for females, and your physician highly regulates the dosing. It is essential for women to have appropriate testosterone levels to naturally control their estrogen because as we age, our testosterone levels are continuously decreasing.

Men should have 50 times more testosterone than estrogen. An enzyme called aromatase that converts male to female hormones regulated the balance. If everything is functioning normally, there is a normal ratio of male to female hormones or testosterone to estrogen, but when hormonal imbalances occur, it's imperative to treat with hormonal therapy.

In Both Men and Women, Low Testosterone Can Lead To:

- Heart Disease
- Metabolic Syndrome
- Depression
- Diabetes
- Obesity
- Cognitive Decline
- Lack of libido

Hormonal Pellet Therapy

Pellet Therapy is a bio-identical hormone treatment that is time-released. It's a small pellet the size of a grain of rice and is placed in a very tiny incision in the upper buttock's region of the hip. Females need approximately one pellet, which lasts for about three to four months. Most patients have their pellets replaced just four times per month.

Other Forms of Hormonal Replacement

Testosterone replacement therapy can also be given by injection and through transdermal patches. When hormones are injected, you receive testosterone into your bloodstream, which is taken up by the body and absorbed into the cells. When taking the pill form of hormones, the levels are broken down in the liver before reaching the bloodstream and then absorbed

by the cells. When using creams or the transdermal patch, the skin absorbs the testosterone and delivers it into the cells.

Pellet Therapy for Men & Women

For men and women, changing the hormone levels through bio-identical hormone therapy can alleviate or in many cases eliminate these symptoms and life fluctuations. There are even studies now that suggest bio-identical hormones can help reduce the risk of Alzheimer's and dementia.

Men and women can both benefit from testosterone replacement therapy (TRT) but through different methods. TRT for men is pretty straightforward, and for women, they benefit from bio-identical hormone replacement (BHRT), like pellet therapy, which releases a small amount of testosterone into the body over a few months. Small amounts of testosterone in women, naturally balances the estrogen levels that are causing multiple symptoms and health risks.

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TURNING TO A BALANCED & HEALTHY MARKET

By Robert Nardi, Broker/Owner

Naples's housing market experts reviewing the July 2022 Market Report by the Naples Area Board of REALTORS® (NABOR®), which tracks home listings and sales within Collier County (excluding Marco Island), confirm the data reflected normal activity levels akin to pre-pandemic summer months. Historically, closed sales in Naples during the summer months trend at around 800 sales a month. But during the last two years, summer sales were well above 1,000 closed sales a month. This July, overall closed sales decreased 43.4 percent to 662 closed sales from 1,170 closed sales in July 2021. For perspective, in July 2018 and 2019, there were 774 and 829 closed sales, respectively. The current activity is what market experts expected in a post-pandemic summer. It signifies that we are on a path back to a balanced market.

Additional indications in the July report supporting this shift are the number of pending sales. Overall pending sales decreased 33.8 percent to 751 pending sales from 1,135 pending sales in July 2021. The tempering of closed and pending sales, which began in June, produces one very welcome result: an increase in inventory. In July, inventory rose 87.6 percent to 2,429 properties from 1,295 properties in July 2021 (there were 5,200 properties in inventory during July 2019). There were 905 price reductions in July compared to 293 in July 2021. But demand is still very high. The median closed price in July increased 16 percent to \$545,000 from \$469,950 in July 2021; it decreased 9.8 percent from \$604,000 in June.

The NABOR® July 2022 Market Report compares single-family home and condominium sales (via the Southwest Florida MLS), price ranges, and geographic segmentation and includes an overall market summary. NABOR® sales statistics are presented in chart format, please send an e-mail to Robert@NardiRealty.com if you wish to receive a copy.

What does this all mean?

As I stated in previous newsletters, we are on the road to a balanced market. Our inventory is going up, and even though there is demand in the market, prices are minimally coming down. On average, they are coming down 5% where before, listings were selling at asking or above. However, price reduction depends on the location. As they say, it is all about "Location, Location, Location" in real estate. Properties near or on the beach are still in the highest demand. Prices there most likely will not go down, but they will probably go up. I recently put a three-bedroom, two-bath home on the market West of 41, three and a half miles from the beach, and it went under contract within three days. Luckily, I received two offers. Fortunately, these sellers are moving to a 55+ community, and their apartment was completed and was "move-in" ready. Usually, a seller would say, "Let's do the highest & best!" However, this strategy in this market does not work as well as in the "buying frenzy" market. If I say, "Highest & Best" in this market, some buyers will drop out, not go up in price (keep the same offer), or then there would be one that would raise their price but add "extra's in the contract" like furnishings, televisions, etc. Adding

items to the contract would never happen at the height of buying because the demand was so great. The bottom line is buyer's urgency to purchase has dissipated. They hope the inventory will continue to grow, giving them more choices. Therefore, the days of 20-30 multiple offers are gone.

What's happening with the rental market?

It appears that the seasonal rental market demand is slowing, and prices are coming down slightly; therefore, a good sign for people who wish to be here in season and make a "last minute" booking. However, month choices may be limited.

The annual rental market is still moving. However, landlords must be realistic with pricing. Yearly rents have gone up significantly since last year, but some annual rents are higher than they should be. If you have a yearly rental, price it accordingly, and it can rent quickly. Why keep it on the market for one to two months at a higher price? You would be losing money. Like selling, price it right, and it will sell/rent.

If you are considering taking a plunge into the rental market, either putting a property up for rent or renting annually/seasonally, please contact Jessica Martin, my Rental Administrator, at **239-631-9447**. She can talk to you about your potential rental property or find an annual/seasonal rental.

Where to find us!

As a reminder, you can perform your property/rental searches at www.NardiRealty.com or find us on Facebook at www.facebook.com/nardiirealty or on Instagram at www.instagram.com/nardiirealty.

Fall is coming! Enjoy the change in weather. As the winter months come upon us, please think of us for your buying and selling needs as you make your entry or return to Southwest Florida.



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INTERESTED IN STRAIGHTENING YOUR TEETH WITH CLEAR ALIGNERS?

THE TOP 7 THINGS YOU SHOULD KNOW ABOUT INVISALIGN

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

#1: Do clear aligners effectively straighten teeth?

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

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

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

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

#3: How long does treatment take?

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

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

#4: How often should I wear aligners?

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

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

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

#6: How much does it cost?

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

#7 The Benefits of Straightening Your Teeth

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



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



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It's True—Chocolate is Toxic to Dogs

Two chemicals in chocolate are what makes it so dangerous and deadly for dogs when they ingest chocolate. These are theobromine and caffeine. The main problem is that dogs cannot metabolize them, so the onset and delayed ability to get rid of the toxin makes the animal extremely ill. Theobromine and caffeine have similar effects, such as dilates blood vessels, causes dehydration, and increases heart rate to name a few.

If your dog ate chocolate, they may start to pace with anxiety, pant, have an increase in thirst, show extreme excitability or lethargy, have diarrhea and vomiting. The severity of the symptoms and the life-threatening complications all depend on how much chocolate the dog ate. Any amount is dangerous, but a good rule of thumb is that one ounce of chocolate per pound of body weight should be taken into consideration. You need to call the vet or visit the animal ER immediately. It's always best to seek veterinarian attention. Also, keep in mind that dark chocolate is even more dangerous than milk chocolate due to theobromine and caffeine concentration.

Your veterinarian may ask you to help the dog vomit with an at-home remedy, or they may ask you to bring them in immediately to start treatment. Once the dog vomits, the veterinarian will administer activated charcoal to help remove the toxins. Other extreme measures may be necessary to try and save your pet's life in severe cases, such as intravenous fluids and medications to lower blood pressure or to control the dog's heart rate. It may take a few days for your dog to feel better.



On a side note, cats are also sensitive to chocolate as well, and it should be avoided, although cats are less likely to scarf it down like most dogs.

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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 chose 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.

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Compounded Hormone Replacement Therapy

Upon aging, women will start to experience symptoms of hormonal imbalance, which can be related to perimenopause, menopause, postmenopause, giving birth or from a hysterectomy.

Females tend to experience an imbalance of estrogen, testosterone, and progesterone, which can lead to hot flashes, night sweats, anxiety, depression, brain fog, weight gain, loss of muscle, irritability and bone deficiency. Bone loss in women can exacerbate stress fractures caused by osteopenia or osteoporosis.

Changing the hormone levels through bio-identical hormone therapy can alleviate or in many cases eliminate these symptoms and life fluctuations. There are even studies now that suggest bio-identical hormones can help reduce the risk of Alzheimer's and dementia.

In the U.S., Bio-identical Hormone Therapy (BHT) has been used since the 1930s. And based on hundreds of current medically thorough studies, the results for patients overall quality of life and dramatic changes in their hormonal symptoms are astounding.

Bio-identical hormones are equal to our body's natural hormones on a molecular level. The difference between synthetic and identical hormones is that synthetic hormones do not match human hormones on a biological level. For example, a very popular synthetic estrogen cream that many physicians prescribe is made from a pregnant horse's urine. Most people can see why the body would not fully accept this substance.



Bio-identical hormones are made from plant sources and are easily received by the body as natural and normal. They are much more therapeutic and effective than synthetic hormonal substances.

Bio-identical progesterone will provide the most efficient way to mesh with the body's natural progesterone receptors. This is critical because body receptors are structure specific. A few of the benefits from bio-identical progesterone are proper embryo development and survival, increase in bone health, protection against breast cancer and endometrial growth, an antidepressant effect, controlling blood clotting and an increased sex drive. The side effects are fatigue and lack of energy or drowsiness.

On the contrary, Progestin (synthetic) doesn't have quite as many benefits. In fact, it has more negative effects, like, miscarriages, weight gain, decreased sex drive, increased risk of breast cancer, high risk of fractures and osteoporosis, increased blood clotting risks, anxiety, depression, migraine headaches and other health related disorders.

Opposite of what some uninformed physicians believe, women that have had a hysterectomy see just as many benefits with progesterone therapy. It's has been widely studied and proven that bio-identical, hormone replacement is just as important and beneficial for their health, even though they no longer have a uterus. For women, progesterone is essential for all of life's stages, and it provides beneficial results outside of the uterus because progesterone receptors are embedded in almost every cell in the body. Women without a uterus still need progesterone therapy.

MISIRx Compounding Pharmacy

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



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Cancer.

By Paula Swift, CHTP

Just one word evokes a diverse response. Whether you've experienced it yourself, or walked alongside others through their crisis, fear, anger and sadness tend to dominate. So, it might sound strange when some will remark this time in their life to be the best event that ever happened to them. I am one of them.

When I reflect on my own experience with breast cancer, I find that there is one common ground with others who also claim that cancer was one of the best thing that happened in their life. And it all comes down to faith. With varying beliefs and religious practices, there is always a foundation of faith in a higher, greater power, with the majority having a very personalized relationship with God. There is incredible beauty found in each individual as their faith grows, and their spirit and life begin to flourish with profound discoveries and meaning, regardless of what their body might be doing.

Upon receiving that phone call from my doctor to confirm my cancer diagnosis, I wasn't quite sure how to feel. My immediate prayer was that God would bring to me the right people who would support me in the way that He wanted for me. He answered that prayer immediately that very night with a dear friend. I knew in my heart that I wanted to take a different direction than the standard medical protocol, and she was my first cheerleader, offering the beginning of what would be a long road of research and education that continues even today. I set my heart and eyes on my ultimate Healer, my Creator, my Heavenly Father, for this direction. And the intimacy with Him grew exponentially as He offered comfort and guidance.

Sunday morning following the diagnosis, I was on my way to church at a very early hour. During the quiet, 20 minute drive during sunrise, I was asking Him how will I know which protocol He wanted me to do. His voice was so clear that it was nearly audible with my human ears, "I've got this, Paula. I've got you". Okay, okay, I get it, Lord. One step at a time it will be. From then on, those words were repeated countless times throughout my healing and the more I allowed the time and space to listen, the more I heard His voice and the more I recognized when His Spirit was moving me. It became very clear that the path He was leading me on was for the sole purpose of serving Him and serving others.

Reflecting on my healing experience and life since, the joy and peace that have filled my soul exceeds all I've ever known prior. The intimacy with my Heavenly Father continues to grow closer in ways that my heart had yearned for throughout my lifetime as a believer. When focus continues to be with Him, fear does not prevail and pain has purpose. It is because of all He continues to teach me, and His overflowing unconditional love, that I am able to live my life serving others seeking whole healing of their body and spirit. Healing comes in many ways and sometimes it is not on this side of heaven. But healing the spirit is eternal, and we recognize that our days in this body are temporary, it sets our sights to what is forever. And that is where the adventure really begins!



Paula Swift, CHTP

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- * *Some people have atypical symptoms.*

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- * *The pain usually gets worse during exercise and goes away when you rest.*

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