

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

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

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 **FREE**

**Brett Beecher, M.D.**

Cardiothoracic Surgery



**NEW CARDIOTHORACIC SURGEON JOINS MEDICAL STAFF AT PHYSICIANS REGIONAL HEALTHCARE SYSTEM**

**LUNG CANCER AWARENESS MONTH**

**GO ANTI-CANCER FOR THE HOLIDAYS!**

**4 THINGS TO KNOW ABOUT HOSPICE CARE BEFORE YOU NEED IT**

**AM I SUFFERING FROM POLITICAL STRESS?**

**NEW PROOF FOR AN ALZHEIMER'S PUSHBACK STRATEGY**

**TYPE 2 DIABETES TREATMENTS THAT LOWER BLOOD GLUCOSE AND AID IN WEIGHT LOSS**

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# HELP FOR THOSE WITH SLEEP APNEA

By Dr. Mat Mouritsen

**S**leep apnea is a sleep disorder that can be quite dangerous. Those suffering from this disorder repeatedly stop and start breathing while they sleep. These disruptions diminish the quality of sleep and can lead to other health issues. Many times, sleep apnea goes undiagnosed since most of us are unaware of what is going on while we sleep. However, if you find yourself waking up tired and with a headache, it may be time to see a doctor and undergo some tests.

## Types of sleep apnea

There are three main types of sleep apnea.

**Obstructive sleep apnea** is the most common. It occurs when the throat muscles relax. Its symptoms include:

- Daytime sleepiness which can lead to a lack of ability to focus and irritability
- Morning headaches that last for hours after waking up
- Loud snoring
- Dry mouth when waking up
- Frequent nighttime bathroom trips
- Restlessness and/or sleepless for periods during the night

These symptoms can also be indicators of other health problems. Sleep apnea should only be diagnosed by a doctor using specific tests for an accurate diagnosis.

**Central sleep apnea** results from your brain not sending correct signals to the muscles that control breathing.

The symptoms of central sleep apnea are similar but with a few differences. They include:

- Nighttime wakefulness
- Morning headaches
- Daytime sleepiness that can lead to a lack of ability to focus
- Morning headaches
- Breathing that is irregular; slows down/speeds up/pauses throughout the night

With both types of sleep apnea, the patient rarely notices the nighttime breathing patterns or snoring and is generally made aware of the problem by a sleeping partner or caregiver.

**Complex sleep apnea** (also called treatment-emergent central sleep apnea) is a mix of both obstructive and central sleep apneas.



## Causes of sleep apnea

Though the symptoms are similar, the causes of obstructive and central sleep apnea are different.

With obstructive sleep apnea, the muscles in the throat relax during sleep thereby reducing the airway and restricting the flow of air. These narrow airways produce snoring and the sleeper fails to get enough oxygen, thus causing the person to wake completely or partially to restore airflow. This happens repeatedly throughout the night and results in daytime sleepiness which then causes a lack of ability to focus, and so on.

Central sleep apnea is caused by a failure in the communication between the brain and the muscles that are responsible for breathing. The brain stem does not recognize carbon dioxide levels in the body while it sleeps. The result is slow and shallow breathing.

## Treatment of sleep apnea

Treatments vary depending on the type of sleep apnea a patient is diagnosed with, but the goal is the same: to reduce breathing disruptions during the night and improve the quality of the patient's sleep. The most common treatment for obstructive sleep apnea is to be connected to a positive airway pressure (PAP) machine throughout the night. The PAP keeps the airway open by pumping pressurized air through

a hose and a mask worn on the face. A sleep study is essential in order to determine the correct calibration of the air pressure being pumped out. A continuous positive airway pressure (CPAP) device is always set to the same pressure level. However, a bi-level positive airway pressure (BiPAP) and auto-titrating positive airway pressure (APAP) send varying levels of air pressure throughout the night.

There are also mouthpieces made to treat OSA. These oral appliances hold the jaw or tongue in specific positions to aid in breathing throughout the night. They do not improve breathing like a PAP device, but can aid in reducing snoring and are less cumbersome than a PAP device.

In some cases, surgical removal of tissue in the throat may be a treatment option. There is also a surgical procedure to implant a device that stimulates the nerve that controls breathing.

Finally, there are several lifestyle changes that can help with sleep apnea. They may include:

- Losing weight
- Exercising regularly
- Avoiding alcohol
- Changing your sleeping position (no back sleeping)

**Central sleep apnea** treatment is usually focused on dealing with the medical problems causing the abnormal breathing. If symptoms are severe and not alleviated by treatment of the underlying cause, use of PAP devices may be helpful. Sometimes supplemental oxygen or medication is helpful as well.

## Dr. Mat Mouritsen



*If you believe that you are suffering from sleep apnea, contact Dr. Mat Mouritsen at Park Family Dental and Cosmetic Surgery. Dr. Mouritsen has studied with some of the most prominent experts in the field of airway and sleep breathing disorders. As a member of airway prosthodontics, he continues to study and learn together with doctors around the world finding new ways to better understand and treat breathing related health issues. He is particularly passionate about this because he has several close family members that have been affected by sleep breathing disorders including sleep apnea. He has unbounded enthusiasm for helping people to find individual solutions that can result in dramatic changes in nighttime rest and overall health.*

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# National Family Caregivers Month

Columbus sailed the ocean blue in 1492.

It's hard to repeat that sentence without the melodic tune echoing in your head. In elementary school, we all learned about Christopher Columbus's famous expeditions in which he was given credit for "discovering" America. Columbus led four voyages across the Atlantic Ocean. How did he know, or not know, where to sail? He used navigation. Navigation is defined as "the process or activity of accurately ascertaining one's position and planning and following a route". Prior to electronic navigation gadgets which currently fill our pockets men dedicated their lives to study and understand the land and water using paper maps and compasses.

Compared to breast cancer survivors, Columbus had it easy. Navigating the breast cancer journey is challenging. Behind every breast cancer survivor, you will likely find a strong support system that stood by her during some of the most difficult periods of her life. Friends and family members often join the navigation effort armed with internet searches, meals prepared with love, rides to appointments, and shoulders to cry on. These caregivers help survivors regain a sense of normalcy, provide emotional stability, and even improve the chances of a better outcome.

November is the month in which we recognize and honor family members and caregivers across the country. National Family Caregivers Month provides an opportunity to not only celebrate these treasured individuals, but to also educate communities, raise awareness of issues caregivers may face and increase support for the caregivers. The role of a supportive caregiver is one of the most important components for the emotional recovery of a breast cancer patient. Without these individuals, many cancer survivors would feel lost.

However, being a caregiver isn't without its own challenges. While being a caregiver can be incredibly fulfilling, it can also be stressful and cause fatigue and feelings of guilt. It can be overwhelming to work to find a balance between your own needs and the needs of a loved one with cancer. Often the individual's role is redefined when becoming a caregiver. It is important for the caregiver to remember to also care for themselves.



If you don't take care of yourself, you won't be able to take care of others. It is ok to ask for help!

In 1971, President Richard Nixon declared a "war on cancer" by signing the Cancer Act. Almost 20 years later, Dr. Harold Freeman started a navigation program that identified barriers to timely care. Through navigation, Freeman was able to identify potential barriers that might delay or prevent a woman from accessing proper care. Recognizing the importance of navigation, President George H. Bush signed into law the "Patient Navigator and Chronic Disease Prevention Act". This public law allowed federal grants to be used to develop and provide navigation programs.

During Columbus' journeys, he likely encountered some dangerous conditions. Bad weather, disease, and financial constraints threatened his success. In order to complete his journey, he had to overcome these barriers. Breast cancer survivors face barriers and nurse navigators are trained to understand, identify, and eliminate these barriers. Nurse navigators coordinate timely movement through the multiple steps in the survivorship journey. If you or a loved one are navigating through cancer, reach out to find a nurse navigator to join your team. Remember that it is ok to receive assistance from others that are willing to help.

Find resources within the community and become informed. Feeling informed can help alleviate uncertainties and worry.

We want to say thank you to all the unsung heroes that can be found behind every breast cancer survivor for the selfless support that you provide. Your willingness to put others' needs before your own is an irreplaceable gift.

**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 worldwide 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.

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



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# COUNTERACTING THE EFFECTS OF PERIMENOPAUSE AND MENOPAUSE

By Danielle Pasquale, PT, DPT

**W**omen face many issues as they age in the perimenopausal and menopausal stages of life, such as increased risk of osteoporosis, metabolic diseases, cardiovascular issues, and more. These obstacles create a challenge for women trying to develop a healthy lifestyle or maintain it as they age. Aging can create a whole mix of emotions, from mentally and emotionally, from experiencing feelings of anxiousness and uncertainty to physically feeling due to the hormonal changes. The best way to optimize your health as you age is to work with a collaborative team of professionals that can help guide you through the process. As a Pelvic Health Physical Therapist, it's my job not only to address acute issues, but to provide tools to help my clients stay healthy in all aspects of their life.

While awareness of these issues is the first step, it is important to learn how you can combat them and prevent them from hindering your quality of life.

**The most common symptoms of menopause include:**

1. Hot flashes/chills
2. Sleep problems
3. Mood changes
4. Vaginal dryness and decreased libido
5. Urinary incontinence
6. Weight gain/changes in metabolism

While seeing these symptoms can be scary and overwhelming, there are professionals that can help you overcome the challenges that menopause presents. The most efficient way to manage symptoms is through three different categories: exercise, nutrition and stress management. All three should be incorporated into a weekly regime in order to optimize your overall health.

## Exercise and Fitness

A recent study in *Obstetrics and Gynecology Clinics of North America* looked at the effects of physical activity in menopausal females and found that moderate intensity aerobic exercise led to positive changes in sleep quality, insomnia, and overall improvements in mood, especially for women experiencing symptoms of depression. Research published in *Medicine & Science in Sports & Exercise* has also shown that exercise decreases the risk of cardiovascular and metabolic diseases, as well as some cancers specifically breast and colon cancer, and provides longer periods of energy and improved musculoskeletal health.



Menopause also causes decreased ovarian hormone production, therefore decreasing estrogen levels in the body. Regular physical exercise can counteract these changes, such as protecting against bone loss.

Exercise is highly recommended to reduce osteoporosis, falls, and related injuries to falls. Working with a trainer who is knowledgeable about safe and effective exercise programs for someone with decreased bone density can help maintain strength and prevent future injuries.

Pelvic health issues are also more common than people may think. 67.5% of women experience at least one type of pelvic floor dysfunction, including endometriosis, post-natal issues, pelvic pain, and more. "Unfortunately, many of these pelvic health issues go untreated and undiagnosed because of one simple fact: It's a little weird to talk about, but it shouldn't be! Pelvic physical therapy can actually help people manage or treat these issues, and shouldn't be ignored as an option to prevent pain or discomfort," Pelvic Health Specialist at Performance Optimal Health *Jessica Klecki, DPT*, explained.

## Proper Nutrition

"As women traverse menopause, estrogen levels — an important regulator of insulin, which helps us to control blood sugar — naturally decline, followed by insulin levels, causing insulin resistance, or the inability to control blood sugar. This can result in issues such as weight gain (especially around the abdomen), loss of muscle mass, elevated cholesterol, type 2 diabetes, and even cardiovascular issues," explained *Koren Bradshaw, MS, CDN, CLC*, a nutritionist at Performance Optimal Health.

It is important to avoid an unhealthy diet and instead focus on good quality proteins, a wide variety of vegetables, and avoiding processed foods, which will help you avoid unhealthy cravings and keep you fuller for longer periods of time.

"Working with a certified nutritionist or registered dietician can help you create a plan on how to nourish yourself for maximum health benefits, without depriving yourself of the foods you love," Bradshaw finished.

## Managing Stress

For many women, the transition into menopause can be stressful in itself. During menopause, hormone fluctuations can cause significant changes in your mood, which some women report as almost feeling "out of control." When the body is under stress and feeling like it's under attack, it releases more cortisol from the adrenal glands, putting more stress in the body. Finding ways to manage your stress and stay aware of stressful situations can help combat its negative effects on the body.

Poor sleep also makes it more difficult for the body to recover from the day prior. Here are a few tips to facilitate good sleep hygiene:

- No screens 2 hours before bed
- Decreased temperature in bedroom
- Limit meals and snacks 2 hours before bed

Focusing on stress management techniques and enjoyable exercise will also help. Some ideas for relaxation and exercise-based techniques include:

- Deep breathing exercises to help calm your nervous system. There are meditation apps and online videos to help guide you through this if you're unsure where to begin.
- Frequent massages
- Pilates and/or yoga: coordinating breathing with the strengthening movements causes decreased levels of cortisol.

With a team approach, a woman can get the guidance she needs to help navigate the changes she will face during the transition into menopausal years. Each woman is different and needs a personalized plan based on their specific health and wellness goals. If you're interested in working with a team to assist you, contact the professionals at *Performance Optimal Health in Naples*. Call to schedule a consultation at 239.342.1342.



**Danielle Pasquale, PT, DPT**, is a physical therapist and North Naples site lead who is certified in women's pelvic health, dry needling and pre/post-natal fitness.



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# NEW CARDIOTHORACIC SURGEON JOINS MEDICAL STAFF AT PHYSICIANS REGIONAL HEALTHCARE SYSTEM

Physicians Regional Healthcare System is excited to welcome Dr. Brett A. Beecher to the medical staff. He will be joining the Heart Center at Physicians Regional and the team of Drs. Dennis Stapleton and Scot Schultz. Dr. Beecher is board certified in cardiothoracic and general surgery and has special training in robotic-assisted thoracic surgery.

A cardiothoracic surgeon performs surgery on the heart, lungs and other parts of the chest. Surgeries can range from heart valve repair or replacement to robotic lung surgery. Cardiothoracic surgeons have extensive training and can specialize in other areas as well.

"Somehow I knew I wanted to be a doctor from very early on as a child and I never considered doing anything else," Beecher says. "There is nothing else quite like open heart surgery. I have had the privilege of learning from some fantastic mentors who have trained me well. I truly enjoy the work and feel great satisfaction in helping patients by treating these problems."

Dr. Beecher earned his medical degree and completed his general surgery residency at The University of Oklahoma. He then completed his Cardiothoracic Surgery fellowship at Loyola University in Chicago.

"I am originally from Oklahoma but found my way to SWFL in search of sunshine and year-round outdoor weather," he says.

Dr. Beecher, who practices primarily at Physicians Regional Pine Ridge, performs coronary artery bypass procedures, heart valve repair or replacement procedures, minimally-invasive heart valve surgery, reoperative open heart surgery, ascending aortic aneurysm repair, general thoracic surgery, robotic lung surgery, thymectomy, transcatheter aortic valve replacement, and surgical atrial fibrillation surgery.



Dr. Beecher enjoys spending time with his family including his four children, exercising, spending time outdoors and snow skiing in his free time. Most patients are referred to Dr. Beecher from providers including primary care or cardiologists, so please ask your provider if you may benefit from seeing a cardiothoracic surgeon.

In addition to expanding the team, Physicians Regional Heart Center has earned the distinguished three-star rating from The Society of Thoracic Surgeons (STS) for its patient care and outcomes in coronary artery bypass grafting (CABG). The three-star rating, which denotes the highest category of quality, places Physicians Regional among the elite for adult cardiac surgery in the United States.

"The three-star rating is an affirmation of our team's dedication to providing the highest quality of cardiac care to our patients," says Scot Schultz, M.D., medical director of the Heart Center at Physicians Regional and cardiothoracic surgeon. "To receive this distinction in our first year of eligibility is truly amazing. Patients and families who undergo treatment at The Heart Center at Physicians Regional can have peace of mind knowing they are receiving care from one of the top-rated cardiac surgery programs in the country."

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# LUNG CANCER AWARENESS MEANS KNOWING WHEN TO BE SCREENED

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



**E**ach case of lung cancer is different and often presents in advanced stages. This can make lung cancer challenging to diagnose and treat, which is why it is important to know if you should be screened.

Yearly lung cancer screenings are recommended for individuals who meet all three criteria: 1) Between 50 and 80 years of age; 2) Currently smoking or having smoked within the past 15 years; and 3) Having a 20-pack-year or more smoking history. A pack-year is defined as smoking an average of one pack of cigarettes per day for one year. So, for example, if you smoke 2 packs a day for at least 10 years, you have a 20-pack-year history. Lung cancer screening is conducted by a low-dose computed tomography scan of the chest, also known as a CT scan.

If you are diagnosed with lung cancer, there are treatment options available. Your physicians will work with you to customize a treatment plan based on your type and stage of cancer, goals of treatment, and general health. Treatment plans can include a combination of surgery, radiation therapy, chemotherapy, targeted therapies, and immunotherapy.

At Advocate Radiation Oncology, we specialize in providing world-class radiation therapy to cancer patients in Southwest Florida. Radiation therapy is used in many ways to treat lung cancer. It can cure early-stage lung cancers as a single modality treatment. Radiation therapy can also shrink a tumor before surgery or kill any remaining cancer cells in the lungs after surgery. It can also relieve some symptoms of lung cancer, such as pain, bleeding, or blockage of the airways. As part of a palliative care plan, radiation therapy can help improve the quality of life for patients with cancer in more advanced stages.

Radiation therapy is generally delivered daily and is most successful when it is not disrupted. As with many cancer treatments, it can impact your daily life. And it can also be challenging when a community undergoes a natural disaster, such as we have experienced with Hurricane Ian. We are very fortunate and grateful that we were able to meet the immediate needs of our patients, as well as patients from other providers, in the aftermath of the storm. Advocate Radiation Oncology is committed to putting cancer patients first and is proud to serve Southwest Florida.



*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-fighting machines. 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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# UNDERSTANDING REGENERATIVE MEDICINE FOR KNEE PAIN

By Richard Hiler, DABCN

**U**nlike traditional knee surgery, which can be intimidating and unnecessary for many patients, regenerative, minimally invasive procedures are proving effective for numerous individuals that suffer from knee arthritis, injuries and degeneration. These therapies can alleviate pain, and also restore and regenerate tissue.

Standard medicine often only masks pain and symptoms with addictive drugs and corticosteroid injections, and many times unnecessary surgery is recommended. At Feel Amazing Institute, they specialize in treating knee and joint pain to give patients remarkable results and regeneration.

## REGENERATIVE MEDICINE FOR KNEE AND JOINT PAIN

### Hyaluronic Acid Injections

When all else has failed, it's important to know that there are other treatment options available. One such option is hyaluronic acid injections. These injections are essentially a form of knee and joint pain treatment that are often used when other options, like pain relievers, have been proven ineffective. *Insurance will often cover these injections.*

Hyaluronic acid is a substance that works by serving as a lubricant and shock absorber within your joints. It's already found naturally within the body, although large amounts are often broken down and lost within individuals with osteoarthritis. Your body, and more specifically, your joints, need hyaluronic acid for optimal functionality. If your joints do not have enough of it, the absence of an effective shock absorber means you can expect to experience regular stiffness and joint pain. Hyaluronic acid is injected in the form of a solution or gel. In most cases, you will receive a series of shots over a two to five-week period. Injections are generally given one week apart in an effort to gauge their effectiveness.

The overall effectiveness of these injections varies from patient to patient. It's difficult to say exactly how well this particular knee and joint pain treatment will work for you. Based on past studies and the wide use of the method, however, most patients find that these injections work wonders to significantly reduce pain and stiffness within their joints.



### Stem Cell Therapy/Allografts

Stem cell therapy is a minimally-invasive way to heal the underlying causes of your knee pain, rather than treating the pain alone. It can slow down degenerative conditions and, in some cases, help new tissue grow.

At Feel Amazing Institute, we use stem cell allografts sourced from the placenta, amniotic fluid, or umbilical cord. The stem cells are sourced from healthy mothers/healthy births and screened in FDA-approved labs before being sent out to practices like ours.

Your joint stem cell therapy will include injections into the affected joints. Each stem cell release growth factors in the vicinity, making it possible to regrow and heal damaged tissues that can't regenerate on their own. Patients report that the discomfort is minimal, and there is very little recovery time involved.

Stem cell joint therapy is important because once the body starts to degenerate, it will not stop— It ACCELERATES! It is estimated that once degeneration starts in the knee, it will continue to lose 4% to 6% of the cartilage each year until it is bone on bone approximately 15 to 25 years) unless we RE-generate it.

### OTHER OPTIONS

- Medicare may fully or partially cover the following options\*
- Visco-supplementation- (Hyaluronic acid gels)
- Adjustments/alignments of the knee and associated structures
- Durable medical braces and equipment
- We also offer ozone, peptide therapy, and platelet rich plasma (PRP) to reduce inflammation and enhance healing
- Hot and cold laser, pressure wave (shockwave therapy), and pulsed electromagnetic frequency (PEMF)

### Feel Amazing Institute

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

If you are looking for treatment of bulging discs and/or herniations, neck or back pain, spinal misalignment and correction, sciatica, neuropathy (numbness and/or burning and pain in feet and hands), you have found the right place for your health care needs.

We have comprehensive programs if you sustained injuries in a Auto Accident or at Work, or if you have Peripheral Neuropathy, Balance Disorders, or need VAX-D Spinal Decompression Treatments.

**If you are in need of a highly experienced chiropractor, or regenerative medicine in Naples, FL, look no further than Feel Amazing Institute. Call us at (239) 330-1000 or visit feelamazing.com.**



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# Go Anti-Cancer for the Holidays!

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

It's the most wonderful time of the year again! Can you believe we are already nearing the end of 2022? Soon we will enjoy Thanksgiving, then we rush into Christmas, and before we know it, we're ringing in another year. It is a busy time filled with family get-togethers, office parties, and meetings with friends we only see once a year. And what do all of these gatherings have in common? They're all filled with food and drink to the point that we have to start the new year making resolutions focused on getting the weight off that we just put on.

You may be asking yourself what my overeating has to do with cancer so let's take a moment not to throw hate at the holidays but to make wise decisions about how we enjoy these special days. Studies show that many of us gain weight during the holidays and fail to get it off during the new year. Much of the excess weight people accumulate throughout their adulthood can be traced back solely to the holidays.<sup>1</sup> What did we learn during last month's pink breast cancer awareness campaign? We learned that weight gain and high blood sugar (from all that pumpkin pie) contribute to this deadly disease.

So, does this mean you must skip the holidays this year and live in isolation? No. It simply means that we should look for other ways to celebrate and engage with our friends, family, and coworkers that don't center around stuffing ourselves with unhealthy food and drink choices. We can focus on what we are thankful for and the joy of giving rather than Christmas cookies and bread-stuffed birds. Additionally, we can look for ways to make our holiday favorites healthier and engage in what Dr. Colin Champ, in his blog post from November of 2016, refers to as his "Anti-Cancer Thanksgiving."<sup>2</sup>

Let's take a look at some of his suggestions.

**Turkey:** Of course, no Thanksgiving meal is complete without a turkey. Turkey is full of things that are good for us. Did you know that they contain "anti-cancer omega 3 fatty acids and a plethora of vitamins and nutrients that help our cells and immune system function optimally"? Dr. Champ suggests purchasing a pastured turkey free from steroid and antibiotic injections often used in commercial turkeys to fatten them up.



**Stuffing:** Did you know you can stuff your bird with grass-fed ground beef instead of bread crumbs? This substitution in your stuffing recipe adds "extra vitamins, nutrients, cancer-fighting conjugated linoleic acid (CLA), and omega-3s"!

**Potatoes:** How about substituting mashed sweet potatoes for regular mashed potatoes? Sweet potatoes contain "more vitamins (especially vitamin A) and fiber to feed our gut bacteria, with less carbohydrates overall."

**Brussel Sprouts:** These green veggies serve as "part sustenance and part medicine as the bitter chemicals within them stimulate our immune system to fight infections and cancer."

**Bread:** Skip it! Don't waste calories.

**Pumpkin pie:** How about forgoing the crust and making pumpkin mousse instead? Or you could switch out the flour-based crust with a pecan and butter one instead.

**Alcohol:** Dr. Champ suggests skipping the cocktails and beer and enjoying a nice glass of red wine with your meal. Look for reds loaded with "high amounts of polyphenols, flavonoids, and other chemicals that stimulate the immune system and antioxidant production."

In short, don't ruin the wonder of the season by adding extra weight and increasing your blood sugar. As mentioned before, these two factors can lead to breast cancer (among other health problems) and are very difficult to reverse. Adding just 3 pounds each year and not being able to get those off in the new year adds up to 15 pounds over just five years.

Most of us can't afford to gain 15 pounds and maintain a healthy lifestyle. Instead, let's enjoy the holidays in a way that adds to our life (in joy, peace, and love) instead of adding to our waistline and our risk of diseases such as cancer.

To read Dr. Champ's entire post, please follow the link below. He includes suggestions for recipes and where to buy healthier versions of the foods mentioned here.

**References:**

1. Yanovski, J. A. et al. A prospective study of holiday weight gain. *N. Engl. J. Med.* 342, 861-7 (2000).
2. Champ, C., M.D. (2022). *My Anti-Cancer Thanksgiving*. ColinChamp.com. <https://colinchamp.com/anti-cancer-thanksgiving/>



**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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# 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](mailto:info@logicalinsurance.com) to register or call **239-362-0855** for dates. Medicare's website is [www.Medicare.gov](http://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](http://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.

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# "Am I Suffering from Political Stress?"

## - A holistic doctor point of view.

By Svetlana Kogan, M.D.

**B**eing a holistic medical doctor makes you a confidant to a lot of people. You cannot help it but notice trends and patterns as people speak their minds and vent their frustrations to you day in and day out. Over the years, I have seen elections come and go and people reacting to political climate in various ways. Naturally, there is always a dichotomy: someone is rejoicing and someone is upset. What I have never seen before, curiously enough, is the intensity of the negative emotions projected by some patients and the consequent chronic stress affecting the quality of their life.

Political stress can lead to significant biochemical shifts in our mind and body, and can disrupt homeostasis. One of the many things it causes is that more cortisol is secreted continuously, which promotes hypertension, diabetes, and obesity, to mention a few illnesses. At the same time, there is an underproduction of dopamine, serotonin, and body's natural endorphins, creating a perfect milieu for depression, anxiety, and insomnia. But the damage does not just stop there. It has been demonstrated by various large randomized studies that prolonged stress leads to cancer, autoimmune diseases, in which the immune system attacks the person himself, and chronic fatigue syndrome. Chronic stress also has a tendency to beget psychosomatic conditions, like pain syndromes, gastric ulcers, irritable bowel diseases and many other mind-body syndromes, whose pain is very real.

People affected by political stress are often feeling sad, disempowered, and angry. Most people expect the doctor to solve their health problems by whipping out a prescription pad and writing a script for a miracle pill that will put an end to all of their suffering. Unfortunately, this is not how you get to the root of the problem called political stress. You can treat the superficial symptoms with medications but on the profound level the person will remain unbalanced, conflicted, and now thanks to all the tranquilizers they have received – numb to reality. So, how do we get to the source of the problem and make the stressed person feel whole again?



It is possible to cope with stress and achieve happiness without relying on medication. My recommendations for the 'do it yourself at home' de-stressing call for engaging as many of your five senses as possible, because as I described in my book 'Diet Slave No More!' new habits are wired more strongly and effectively if you see, hear, smell, touch and feel the material you are working with.

Here is the thing: we, humans, love feeling worthy and great, capable of grand accomplishments. The easiest way to derive these positive emotions is by communicating with beings that are:

- Small
- Weak
- In need

The two things that come to my mind, which meet all of these requirements are Children and Pets. Both are innocent and fragile and cause us to feel unconditional love. I find either one to be a great emotional pill – an antidote for chronic political stress. Kids and pets living with us or around us, they come without the side effects of medications, and the benefits last longer. It turns out that when we care for the weak and the helpless children or pets, we make chemicals in our brain, such as oxytocin, which trigger powerful happy emotions.

Music is another powerful de-stressing modality. Listening to relaxing and tranquil music has been shown to decrease blood pressure and heart rate and create a peaceful state of mind. In the December 5th CBS special on healing effect of music on insomnia, I mentioned that fact that we are over 70% water and music effectively changes water structure, with soothing music producing a harmonizing effect on the structure of water crystals.

People aggravated by political stress will also benefit from spending more creative time in the kitchen. Cooking can be extremely therapeutic. It engages areas of the brain responsible for planning, strategizing, and coordination to mention a few. Chopping, tossing, and seasoning those veggies, meats, and fish, will effectively divert your mind from anger to productive activity of making something healthy, delicious and visually beautiful.

If you are experiencing political stress and are glued to TV all the time – you will have a very hard time breaking away from the root of the problem, unless... you start watching more comedy and romance and less news and politics. Laughing and making jokes and listening to them have been demonstrated to release dopamine – one of the brain's happy chemicals. As the Bible says, "a merry heart doeth good like a medicine." (Proverbs 17:22)

There are endless ways to replace the daily routine of angry resentment with peace and forgiveness. It does not matter which of the activities proposed by me suits you best, whether it is planting a tree, or tending to your garden, or visiting the grandmother you have not seen in years – whatever you choose to do, just make sure to invest as much of yourself into it as possible: see yourself doing it, smell it, listen to it, taste it, and touch it. Revisit the happy activity over and over, until you feel whole again, and all that's left is love. By caring for someone or something, you are really fixing yourself, and that kind of remedy can never be matched by a pill.



*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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# TYPE 2 DIABETES TREATMENTS THAT LOWER BLOOD GLUCOSE AND AID IN WEIGHT LOSS

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

**F**ormerly known as “adult-onset diabetes mellitus”, Type 2 Diabetes is characterized by high blood sugar, insulin resistance, and a lack of insulin. As its former name suggests, Type 2 diabetes was once mostly only found to occur in adults over the age of 45. However, nowadays, with the increase in childhood obesity in America, Type 2 diabetes is regularly found in Americans of any age, though it is still most common in older adults.

## What causes Type 2 diabetes?

Type 2 diabetes is generally caused by obesity and lack of exercise, though there are genetic factors at play as well. Due to the fact that it is mostly caused by controllable health issues (weight and exercise), this type of diabetes is largely preventable.

Here is a helpful list of ways that you can improve your chances of escaping a type 2 diabetes diagnosis:

- 1. Lose excess weight:** The American Diabetes Association recommends that people with prediabetes lose 7-10% of their body weight. This can reduce the risk of developing diabetes by more than half. In short, the greater the weight loss, the higher the benefits will be.
- 2. Get moving:** Exercise can help you lose the weight mentioned above, lower your blood sugar, and improve your body's use of insulin. A good goal is to engage in 30 minutes of aerobic activity each day.
- 3. Eat healthy:** Eating healthy should be a lifelong habit. Training your brain and body to choose healthy foods and control portions is a lifestyle, not a fad diet. One strategy that many dieticians recommend is to divide your plate in the following manner:
  - Half the plate should be fruits and vegetables.
  - One fourth of the plate should be whole grains.
  - One fourth should be proteins such as fish or lean meat.

## How can I treat my Type 2 diabetes once I have been diagnosed?

Treatment for type 2 diabetes means managing your blood sugar levels. Many patients are able to do this by employing the prevention steps listed above. Maintaining a healthy lifestyle that includes eating properly, being physically active, and losing weight are all ways to treat the problem. However, when diet and exercise do not help, sometimes medications are necessary.



There are well over 100 different diabetes medications on the market. Metformin is an oral medication that has been used for decades and has been shown to treat type 2 diabetes quite well. When metformin is not adequate, other medications may be added. There is a very wide variety of oral and injectable medications out there. The new weekly injectable medications help you to lose weight and lower your hemoglobin A-1C.

## Injectable medications

The latest in diabetes treatments is GLP-1 receptor agonists. These fairly new medications are non-insulin medications that, when used in combination and exercise, help to not only treat diabetes, but also aid in weight loss. They are prescribed as a means of lowering blood sugar levels and hemoglobin A1C and to help a patient lose weight, but they are also being shown to have other health benefits such as improving blood pressure, cholesterol levels, and beta-cell functions. (1)

These medications are usually prescribed alongside oral diabetes medications and insulin therapy. They aren't necessarily first-line treatments, but rather a part of the overall management plan for type 2 diabetes.

Diabetes medications in the GLP-1 agonists class are generally taken as injections given daily or weekly. They include:

- Dulaglutide (Trulicity) (weekly)
- Exenatide extended release (Bydureon bcise) (weekly)
- Exenatide (Byetta) (twice daily)
- Semaglutide (Ozempic) (weekly)
- Liraglutide (Victoza, Saxenda) (daily)
- Lixisenatide (Adlyxin) (daily)
- Semaglutide (Rybelsus) (taken by mouth once daily) (2)

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## Results

According to studies published by the Mayo Clinic, weight loss can vary depending on which GLP-1 drug you use and your dose. Studies have found that all GLP-1 drugs can lead to weight loss of about 10.5 to 15.8 pounds when using liraglutide. Studies found people using semaglutide and making lifestyle changes lost about 33.7 pounds versus 5.7 pounds in those who didn't use the drug. (2)

As mentioned above, type 2 diabetes is largely caused by being overweight and lack of exercise. Many patients struggle to lose weight and control their blood glucose levels. These new medications are making it a little easier to achieve these goals, but we must remember that there is no substitute for diet and exercise. These medications are most effective when combined with a healthy diet and exercise regimen.

## 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. 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](http://JoseMBaezMD.com) for more information.



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# Men's Health:

## Why You Need to Stay on Top of Your Medical Exams

**T**he month of November is also referred to as NOVEMBER for Men's Health. We often hear jokes that men prefer to stay away from the doctor, but more and more men have become proactive about their healthcare than ever before, which allows for healthier lifestyle choices and earlier diagnosis. Men taking the lead on their health is always better for long term outcomes and living well.

When it comes to men's health, Advanced Urology Institute (AUI) offers numerous treatments and diagnostics for erectile dysfunction, vasectomies, urinary, kidney, and bladder health, and prostate disorders.

### Getting Your Prostate Checked is Not Optional

Prostate cancer is often referred to as a silent killer. As men age, it can become enlarged, infected, and cancerous. Prostate cancer is the third leading cancer among males. It is often a silent killer, as it rarely shows signs or symptoms until it has developed maturely and even metastasized into other areas of the body. This year alone, it will take over 31,620 men's lives. But it doesn't have to be this way! With just a standard examination and regular checkups, prostate cancer can be diagnosed and treated effectively, alleviating these grim statistics. Early diagnosis is critical and achievable with the right steps. Due to prompt diagnosis, 3 million men in the US are prostate cancer survivors!

### Some of the Most Common Symptoms of the Disorder are:

- Weak urination
- Interrupted urination
- Frequent urination
- Blood in urine
- Painful ejaculations
- Pain in pelvis, hips or thighs

### Diagnostics

There are several distinctive tests that urologists use to determine Prostate cancer or prostate disorders in men. The first is a digital examination by palpating the prostate through the rectum to feel if it is enlarged. The second test is done through a PSA (prostate-specific antigen) count, which tests the blood for specific protein-synthesized prostate cells—the higher the number of PSA, the more likelihood of impending prostate cancer. There is also a more advanced test of free-range prostate PSA cells;



this test typically reads higher in men that have undiagnosed prostate cancer. The earlier your PSA levels are checked, the better your chances of successful treatment and survival rate.

The normal PSA level is 4.0, which is four nanograms per milliliter of blood (ng/ml), but in younger men, an average of 2.5 ng/ml is normal, while in older men a reading above four may not necessarily be alarming.

### Additional Testing

Certain medications, herbal supplementation, or being overweight can also have a counter effect on your PSA levels. For example, a person taking a daily aspirin may have a lower PSA level due to the effect of the medicine on the blood protein count.

Before you are tested, it's imperative to tell your physician everything that you are taking, or any other health conditions or symptoms that you are experiencing. Additional more detailed testing includes transrectal MRI or transrectal ultrasound, as well as biopsies.

If diagnosed with cancer, a Gleason Score biopsy will be taken to determine the aggressiveness of prostate cancer. This grading system allows urologists to choose the appropriate and optimal treatment option.

### Treatment

All treatment options are not going to be suitable for every prostate cancer case. Depending on the patient's overall health, age, stage of cancer, PSA or Gleason scores, size of the tumor, and personal circumstances, the treatment may vary significantly. For some patient's hormone therapy is appropriate, and for others, a "watch and wait" approach is suitable. In some instances a single surgical removal may be fitting, while for others radiation therapy or more invasive surgical and oncology options are better suited. You should always consult with an experienced urologist to determine your best plan of action when dealing with any prostate issues.

### Advanced Urology Institute

AUI was developed as a single-specialty physician led organization to respond to the mounting changes in healthcare. Solo-practitioners and small groups cannot keep up with the increased governmental burdens and continue to stay focused on providing the highest level of care to their patients. We believe that by combining our efforts, geographically disparate Urology groups can function most efficiently and effectively to deliver the highest quality medical care to our patients.

### Services Offered & Conditions We Treat

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

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

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



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# ASK THE EXPERT

## Does Diabetes Affect Hearing?

**Sarah Sessler, Au.D. - Doctor of Audiology**

**S**tudies show that people with diabetes are twice as likely to experience hearing loss as non-diabetics. The relationship between the two is unclear. There are a number of factors at play. However, it is clear that diabetics are at a greater risk and should be vigilant in monitoring their hearing so that measures can be taken early to combat further loss.

According to the Centers for Disease Control and Prevention (CDC), uncontrolled high blood sugar levels may lead to hearing loss. This is because chronic high blood sugar levels may damage the nerves and small blood vessels in the inner ear. Over time, low blood sugar levels may also affect how nerve signals travel from the inner ear to the brain.



One study published online on June 17, 2008, in the *Annals of Internal Medicine*, was conducted by researchers from the NIDDK, the National Institute on Deafness and Other Communication Disorders (NIDCD), components of the NIH, and Social & Scientific Systems, Inc. The researchers discovered a higher rate of hearing loss in those with diabetes after analyzing the results of hearing tests given to a nationally representative sample of adults in the United States. The test measured participants' ability to hear low, middle, and high frequency sounds in both ears. The link between diabetes and hearing loss was evident across all frequencies, with a stronger association in the high frequency range. Mild or greater hearing impairment of low- or mid-frequency sounds in the worse ear was about 21 percent in 399 adults with diabetes compared to about 9 percent in 4,741 adults without diabetes. For high frequency sounds, mild or greater hearing impairment in the worse ear was 54 percent in those with diabetes compared to 32 percent in those who did not have the disease.

### WHAT ARE THE SIGNS OF HEARING LOSS?

- Frequently asking others to repeat themselves
- Trouble following conversations that involve more than 1 other person
- Thinking that others are mumbling
- Problems hearing in noisy places (restaurants, for example)
- Trouble hearing the voices of women and small children
- Turning up the TV or radio volume too loud for others who are nearby
- Difficulty hearing everyday sounds like the phone or doorbell

### HOW CAN I PROTECT MY EARS?

Hearing loss is not reversible, but there are things you can do to protect your ears and not speed up the process. Here are some important things that can help:

1. Keep your blood sugar as close to your target levels as possible.
2. Get your hearing checked every year.
3. Avoid other causes of hearing loss, including loud noises.
4. Ask your doctor whether any medicines you're taking can damage your hearing and what other options are available.
5. Have your hearing tested by an audiologist when you first find out you have diabetes and then every year after. Make it part of your diabetes care schedule.

### WHAT SHOULD I DO IF I SUSPECT HEARING LOSS?

If you are experiencing symptoms of hearing loss, talk to your doctor. He/she will likely do some simple tests to assess the situation and possibly refer you to an audiologist. A full hearing exam will help determine the extent of hearing loss and treatments, such as hearing aids, that will make your life easier.

### Dr. Sarah Sessler, Au.D.

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

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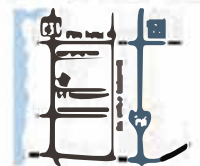
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# Diabetic Retinopathy: You May Not Know You Have It

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

All of us should be getting our regular eye examinations to make sure our eyes are healthy, but the importance of people with diabetes getting their recommended exams is critical. In both type 1 and type 2 diabetics, the high blood sugar is highly involved in damaging the delicate blood vessels in the retina. This damage is called diabetic retinopathy. In diabetic retinopathy, serious complications can cause significant vision loss if left untreated. Sudden vision loss from these complications, such as, a vitreous hemorrhage, or tractional retinal detachment is extremely threatening issues that can cause blindness.

According to the American Academy of Ophthalmology:

### Diabetic Retinopathy

You can have diabetic retinopathy and not know it. This is because it often has no symptoms in its early stages. As diabetic retinopathy gets worse, you will notice symptoms such as:<sup>1</sup>

- Seeing an increasing number of floaters
- Blurry vision
- Vision that changes sometimes from blurry to clear
- Seeing blank or dark areas in your field of vision
- Having poor night vision
- Noticing colors appear faded or washed out
- Losing vision

Diabetic retinopathy symptoms usually affect both eyes

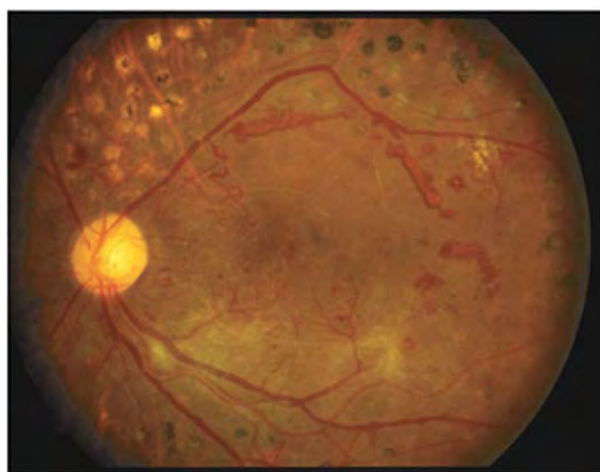
Treatment Options:

### Medical control

Controlling your blood sugar and blood pressure can stop vision loss. Carefully follow the diet your nutritionist has recommended. Take the medicine

### About Quigley Eye Specialists

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



your diabetes doctor prescribed for you. Sometimes, good sugar control can even bring some of your vision back. Controlling your blood pressure keeps your eye's blood vessels healthy.<sup>1</sup>

### Medicine

One type of medication is called anti-VEGF medication. These include Avastin, Eylea, and Lucentis. Anti-VEGF medication helps to reduce swelling of the macula, slowing vision loss and perhaps improving vision. This drug is given by injections (shots) in the eye. Steroid medicine is another option to reduce macular swelling. This is also given as injections in the eye. Your doctor will recommend how many medication injections you will need over time.<sup>1</sup>

### Laser surgery

Laser surgery might be used to help seal off leaking blood vessels. This can reduce swelling of the retina. Laser surgery can also help shrink blood vessels and prevent them from growing again. Sometimes more than one treatment is needed.<sup>1</sup>

### 4 Ways to Prevent Vision Loss from Diabetic Retinopathy

1. If you have diabetes, talk with your primary care doctor about controlling your blood sugar. High blood sugar damages retinal blood vessels.
2. Do you have high blood pressure or kidney problems? Ask your doctor about ways to manage and treat these problems.
3. See your ophthalmologist regularly for dilated eye exams. Diabetic retinopathy may be found before you even notice any vision problems.
4. If you notice vision changes in one or both eyes, call your ophthalmologist right away.

Get treatment for diabetic retinopathy as soon as possible. This is the best way to prevent vision loss.

Source:

1. N Gregori, M.D., Diabetic Retinopathy: Causes, Symptoms, Treatment, Septemebr 14, 2021, <https://www.aaa.org/eye-health/diseases/what-is-diabetic-retinopathy>



(239) 466-2020  
[www.QuigleyEye.com](http://www.QuigleyEye.com)

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

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

# PHYSICIANS REGIONAL HEART CENTER EARNS 3-STAR RATING FROM THE SOCIETY OF THORACIC SURGEONS

**P**hysicians Regional Heart Center has earned a distinguished three-star rating from The Society of Thoracic Surgeons (STS) for its patient care and outcomes in coronary artery bypass grafting (CABG) procedures. The three-star rating, which denotes the highest category of quality, places Physicians Regional Heart Center among the elite for heart bypass surgery in the United States and Canada.

The Society of Thoracic Surgeons (STS) star rating system is the most highly regarded overall metric of quality in cardiac surgery and considers a surgical team's performance before, during and after coronary artery bypass grafting surgery.

While the STS rating covers coronary artery bypass procedures, Physicians Regional has non-invasive and interventional cardiologists, covering most any heart condition you may have. Our Heart Center has expanded to include advanced surgical equipment and technologies, allowing a range of interventional cardiology procedures, including minimally invasive structural heart procedures. These services include coronary artery bypass grafting (CABG), heart valve repair or replacement, as well as aortic, carotid and thoracic procedures.

"The three-star rating is an affirmation of our team's dedication to providing the highest quality of cardiac care to our patients," says Scot Schultz, M.D., medical director of Physicians Regional Heart Center and cardiothoracic surgeon. "To receive this distinction in our first year of eligibility is truly amazing. Patients and families who undergo treatment at The Heart Center at Physicians Regional can have peace of mind knowing they are receiving care from one of the top-rated cardiac surgery programs in the country."

The STS star rating system is one of the most sophisticated and highly regarded overall measures of quality in health care, rating the benchmarked outcomes of cardiothoracic surgery programs across the United States and Canada. The star rating



is calculated using a combination of quality measures for specific procedures. Approximately 20% of those reviewed receive the three-star rating for isolated CABG surgery.

"The Society of Thoracic Surgeons congratulates STS National Database participants who have received three-star ratings," said David M. Shahian, M.D., STS chair of the Task Force on Quality Measurement. "Participation in the national database and public reporting demonstrates a commitment to quality improvement in health care delivery and helps provide patients and their families with meaningful information to help them make informed decisions about health care."



## The Society of Thoracic Surgeons

The Society of Thoracic Surgeons is a not-for-profit organization that represents more than 7,600 surgeons, researchers, and allied health care professionals worldwide who are dedicated to ensuring the best possible outcomes for surgeries of the heart, lung, and esophagus, as well as other surgical procedures within the chest. The Society's mission is to enhance the ability of cardiothoracic surgeons to provide the highest quality patient care through education, research, and advocacy.



Brett Beecher M.D.



Scot Schultz M.D.



Dennis Stapelton M.D.

**PHYSICIANS REGIONAL**  
MEDICAL GROUP

6101 Pine Ridge Rd, Naples, FL 34119  
239-348-4153

# HOW DO I SAY THANK YOU TO A CAREGIVER?

**N**ovember has been designated as National Caregiver's Month. What better way to celebrate than to take a look at all the ways caregivers make our life or the life of our loved one better!

## The Role of a Caregiver

A caregiver is a person who takes care of someone who, because of an illness, disability, or injury, is experiencing difficulty in caring for him/herself. The scope of what a caregiver does is virtually limitless. A caregiver may pick up the mail and help get the bills paid or may give baths and change diapers. He may organize or administer medications or take someone to the doctor. She may do the grocery shopping and cook meals or just come over to chat and play cards.

"To understand the importance of a caregiver, think of health care as a three-legged stool. Family caregivers serve as one leg of the stool; professional caregivers (doctors, nurses, etc.) act as another; and the care recipient is the third leg. Without all three legs, health care cannot be as effective as it needs to be."<sup>1</sup>

## Ways to say THANK YOU to a caregiver

Saying thank you is an easy gesture that can make a lasting impact. Everyone wants to feel noticed and appreciated. Imagine being the person who tirelessly cares for another day in and day out. It would be easy to feel isolated and unnoticed.

If you or a loved one is being cared for by another, take the time to tell the person without whose help you could not manage that you see them, you notice what they are doing, you appreciate their help.

**Write a note.** Tell your caregiver how grateful you are that you are able to remain in your home instead of an assisted living facility or nursing home. Tell them that you are thankful for their care and attention. Be specific. Name the things your caregiver does that make it possible for you to live a more comfortable life.

**Tell your caregiver that you are thankful for them.** Speak the words. Being grateful and showing gratitude is good for the giver and the receiver. Don't allow good and helpful things to go unnoticed. Point them out and tell your caregiver why the specific care they are providing is important to you.



**Allow your caregiver some time for self-care.** Often a caregiver is on duty long hours and is so closely tending to the needs of someone else that they have little time to disconnect or even do simple things for themselves. Make sure they get break times and down time regularly. Don't allow them to reach a point of burn out. That can have a negative impact on both the giver and receiver of care.

If someone you love is in need of extra help in order to stay at home and maintain some level of normalcy or independence, contact The Key (formerly Home Care Assistance). Their holistic approach to caregiving is designed with you (or your loved one) in mind.

The Key offers The Balanced Care Method™, a 360-degree approach that does more than support daily tasks—it emphasizes what brings meaning to a client's life and provides whole care for the whole person.

Source:  
1. "What is a Caregiver?" Johns Hopkins Medicine, [www.hopkinsmedicine.org/about/community\\_health/johns-hopkins-bayview/services/called\\_to\\_care/what\\_is\\_a\\_caregiver.html](http://www.hopkinsmedicine.org/about/community_health/johns-hopkins-bayview/services/called_to_care/what_is_a_caregiver.html).

Every Care Plan is designed to reflect this holistic approach. Their expertly trained caregivers understand the importance of supporting each client's passions, activities, and lifestyle, in addition to their daily care.

Backed by a Care Team of specialists, the Balanced Care Method helps The Key clients live longer, healthier, and happier in the home they love.

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# New Proof for an Alzheimer's Pushback Strategy

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



**N**ew Alzheimer's disease research brings a powerful message about how we can protect the aging brain. The article appeared in the December Journal of Neuroscience, and is based on a careful study of hundreds of people in their 80s and early 90s.

Lead researcher Kaitlin Casaletto of the University of California San Francisco Memory and Aging Center found that in older people, physical activity may prevent or delay Alzheimer's disease and its memory loss and other cognitive issues. The long-term study monitored movement, regularly tested memory and other cognitive skills, and examined brain tissue. The findings are not subtle.

**We've known some of this information from earlier research, but it has not been scientifically confirmed until now: the activity needed to see these benefits is not large. You do not need to train for a marathon or start power lifting. You just have to move. A regular routine consisting of a 30-to-60-minute walk once a day is sufficient. That's the encouraging news I'll be telling my patients at WellcomeMD Naples.**

Dr. Casaletto told a reporter that there was a direct relationship between how much the people in the study moved and their brain health.

Few had formal exercise routines, she said, but "the less they sat, the more they stood, the more they moved around, the better their outcomes."

The research also broke new ground by examining the brain tissue of 167 participants who died while it was underway. Those who had been physically active on a regular basis generally showed much less evidence of Alzheimer's. Some of the "movers" had physical brain changes associated with Alzheimer's, but often had fewer memory issues or other cognitive losses than those who moved less. **There is also evidence that even if you've noticed some cognitive issues like memory loss as you age, exercise can sometimes diminish them.**

Once again: it doesn't seem to take much movement. Walking or standing is better than sitting. Most adults can't feasibly exercise or move around the entire day, but if you can, get up and move your legs and feet or even walk in place.

I have more time than some to work new research findings like these into my practice, and I was glad to see it confirmed. Get more movement into your day for your overall health and the function of your precious and intricate brain.

**Looking for Guidance on Making Healthy Choices?** The journey to optimal health looks different for everyone, and WellcomeMD can help! We restrict memberships so that I have more time with each

of my patients, and they have far more access to time with me. And our certified health coaches help our members reach their goals and find their happiest, healthiest version of themselves.

## WELLCOME<sup>MD</sup>

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- Consider the cost of avoiding a preventable disease, the value of early detection of serious health problems, and ready access to a doctor who knows you well.
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If you are ready to optimize your health and have options and programs custom-tailored to your specific needs, contact WellcomeMD today at (239) 451-5105 or [wellcomemd.com/naples-florida](http://wellcomemd.com/naples-florida).



DIANA MACIAN, M.D.

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# 4 Things to Know About Hospice Care - Before You Need It

**W**e know what you are thinking: “Hospice” is “the H word” – that kind of care you hope you never need. It is easy not to think about hospice until circumstances force you to consider whether now might be the right time for you or someone you love to think about end-of-life care.

That is understandable: for many seriously ill people, there is no clear line separating “might get better” from “I think we should call hospice.” Modern medications and treatments have made it possible for us to live longer with a terminal condition now more so than ever before. All of us, however, will eventually lose someone we love or have to consider our own life’s end.

In the US, we celebrate National Hospice and Palliative Care Month every November. Modern hospice care has its roots in a movement founded by Dame Cicely Saunders, a British physician who advanced the concept of focusing on the patient rather than the disease. Saunders brought hospice to the US when she described the concept of specialized care for the dying at a Yale University in lecture 1963. As of 2019\*, more than 1.6 million Americans choose hospice every year.

To help you take the first steps to thinking about hospice, consider the following four points. They may answer your questions or give you a place to start a conversation with your family, your physician, and your local hospice provider.

**1. Hospice is not a place; it is an approach to care that supports patients and family caregivers where the patient lives.**

Many people mistakenly believe that patients go to a hospice facility for care, or that hospice workers stay in patient homes to provide care. Instead, the hospice team – nurse, physician, social worker, chaplain, home health aide, complementary therapists, and volunteers – provide care and companionship where the patient lives. Members of the team typically visit every few days, adjusting the frequency of their visits to the patient’s needs. The patient’s family or other caregivers provide routine care between the hospice team’s visits.



Some hospices, like Avow Hospice, have an inpatient facility for short-term care of patients who are experiencing a crisis in their symptoms or condition. For some, this level of care provides comfort and ease in a person’s final transition at the end of life, while others stay a few days to manage elevated needs and return home on routine hospice care. Admission to a hospice inpatient facility is by recommendation from the hospice physician.

**2. Hospice admissions teams can help you decide whether hospice is right for you – and you can leave the program any time you want.**

It can be hard to make the emotional decision to accept hospice care, even when physical symptoms suggest it is time. The hospice admissions team is there to answer your questions, assess your symptoms and life goals, talk about how the program works for you and your family, and what you can expect. The team comes to where you live and there is no cost for the visits.

You are always free to leave the program if it is not right for you and/or your family. You can resume services at any time if you decide you would like hospice in the future.

**3. Patients can be in a hospice program for months and sometimes a year or more.**

Many people think of hospice as “brink of death” care, delivered only in the last days of life. Unfortunately, this misconception has kept patients and their families from seeking help much earlier in the end-of-life process, which leads to greater benefits from all the complementary therapies a non-profit like Avow can provide.

Hospice programs are for people whose life expectancy is six months or less. It is not unusual, however, for patients to continue to receive care for longer as their conditions stabilize or slow in their rate of decline.

The most frequent comment we hear from our patients’ families is that they wish they had called us sooner. It is never too early to call.

**4. Medicare covers most of the costs of care.**

Recognizing the benefits of hospice care to patients and families, the US Congress created the Medicare Hospice Benefit in 1982. This important coverage means that patients covered by Medicare have zero to very low costs for hospice care. You can download a free copy of the official Medicare Hospice Benefit program description in English or Spanish at the Avow website: [www.avowcares.org/resources/](http://www.avowcares.org/resources/).

Patients covered by private insurance enjoy similar benefits and should contact their providers for details.

Nonprofit hospices are committed by their mission and vision to caring for all people who need them, regardless of their ability to pay. Donors to hospices, like Avow Hospice, help fund uncompensated care, believing that all people deserve a comfortable and respectful end of life.

This article is just a brief look at what hospice is and how it can help you or someone you love. The team at Avow Hospice is here 24/7/365 to answer your questions or help you find the resources you need. You can reach us at (239) 280-2288. or [avowcares.org](http://avowcares.org).

\* NHPCO Facts and Figures, 2021



# 'Tis the Season to be Stuffy

## UNDERSTANDING RHINITIS

**H**ere we are again running headlong into the holiday season and, unfortunately, into cold and flu season as well. It seems in the last couple of years that the common cold has been forgotten and everything has been attributed to Covid-19, but the truth is, the cold is alive and...well. One of the worst parts of the cold is the stuffy nose followed by the faucet nose followed by the sneezy nose and so on and so on. I think the word we are looking for is RHINITIS.

Rhinitis is an incredibly common condition, affecting more than 20 million adults and more than 7 million children in the United States each year. Rhinitis means inflammation of the nose. It is characterized by symptoms resulting from inflammation of the nasal mucous membrane. Rhinitis is frequently confused with sinusitis (inflammation of the sinus spaces), and most people who think they have sinusitis are really suffering from chronic rhinitis.

The most common symptoms of rhinitis include:

- Nasal congestion
- Difficulty breathing
- Sneezing
- Runny nose
- Post-nasal drainage
- Itchy nose
- Headache

### What is Rhinitis?

Rhinitis features inflammation and swelling of the mucous membranes, a moist tissue that lines the nasal cavity. The purpose of this membrane is to trap dust, pollen, bacteria, viruses and other particles in a thin fluid called mucus. Tiny hairs called cilia move the particles down the throat. This keeps the air that goes into your lungs clean and free of debris. When this membrane becomes irritated, it can cause reactions such as thickened mucus, swelling, stuffy nose, difficulty breathing, sneezing and headaches. While rhinitis usually isn't serious, its symptoms can negatively impact sleep, exercise, and other daily activities. Rhinitis can be acute or chronic. Acute rhinitis is temporary, lasting a few days in most people. In others, chronic rhinitis can last weeks or months, and often recurs.



### Allergic Rhinitis

Most commonly, rhinitis is caused by an allergen. An allergen is a substance that a person's immune system recognizes as foreign or dangerous. As a result, the immune system reacts by making a type of antibody (a protein intended to neutralize the foreign substance) called Immunoglobulin E (IgE) to defend against the allergen. This reaction leads to the release of inflammatory chemicals such as histamine. This type of rhinitis is called "allergic rhinitis".

Allergic rhinitis can be seasonal or perennial. Seasonal allergic rhinitis is caused by an allergen that appears at a certain time of the year, such as tree pollen in the spring, grass pollen in the summer, and weed pollen and mold spores in the fall. Perennial allergic rhinitis can exist year-round from exposure to certain foods and medicines, pets and other animals, and dust mites in carpeting and upholstery. Southwest Florida is in a tropical climate zone. While allergens here do have seasonal variation, the growing season is 12 months long, making perennial symptoms much more common than in more northern climate zones.

Treatment of allergic rhinitis is based on the type and severity of symptoms, in addition to a person's age, other medical conditions, daily medications, and overall health. A personalized treatment plan is required to manage allergy problems, as each individual experiences their allergy symptoms differently.

### Non-Allergic Rhinitis

Non-allergic rhinitis is caused by something other than an allergic reaction. A diagnosis of non-allergic rhinitis is made after an allergic cause is ruled out. Even if you do have allergies, non-allergic rhinitis can develop from other causes, including:

- Nasal blockages
- Bacterial infections and viruses
- Certain medications
- Certain foods and beverages, including alcohol
- Odors or irritants in the air
- Weather or temperature changes
- Aging
- Hormonal changes or pregnancy
- Inflammation or irritation in the nose unrelated to allergy
- Other health conditions

Your physician can help rule out allergic rhinitis and help determine the cause for non-allergic rhinitis. If a cause can be determined, that trigger should be avoided as much as possible, or, in the case of another medical condition like an infection, should be treated appropriately. Often, the cause of non-allergic rhinitis can't be determined, but your physician can help you control the symptoms. While there are fewer medication options for treating non-allergic rhinitis, there are some office procedures that may help to alleviate the symptoms.

At Florida Gulf Coast Ear, Nose, and Throat, we proudly offer exceptional, compassionate service that includes a full spectrum of adult and pediatric diagnostics, therapeutic and surgical services for problems involving hearing, sinus and throat. Contact our team of highly trained, board-certified professionals by calling 239.514.2225 or by visiting our website at: [floridagulfcoastent.com](http://floridagulfcoastent.com).

If you'd like more detailed information about allergic and non-allergic rhinitis, go to [floridagulfcoastent.com](http://floridagulfcoastent.com) to read the full article on this and other topics. The complete article can be seen there under the title "Rhinitis".



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# CARDIOLOGIST DR. ROTH - JUST GETTING STARTED

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

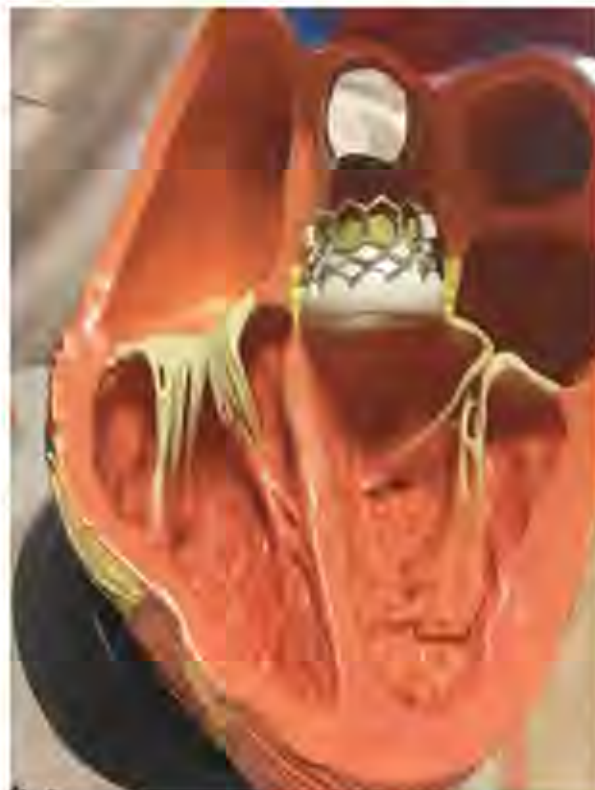
## Aortic Stenosis

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

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

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

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



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

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

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

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



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

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



Julian Javier, MD | Leandro Perez, MD

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



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# CBD AND THE ENDOCANNABINOID SYSTEM

By Hans Doherty - Growing in Health Florida

Cannabis has been used as medicine for thousands of years. Samples of the plant have been discovered in the ancient tombs of the Egyptian pharos. It is believed the Chinese Emperor Shen Nung was the first to describe its therapeutic affects in 2737B.C.E. It was uses to relieve the symptoms of malaria, pain during childbirth, and rheumatoid problems, even constipation.

Today, there is a much clearer understanding of how cannabis works in conjunction with our bodies endocannabinoid system or (ECS). When you think endo, that means internal. When you think of cannabinoids, we are referring to THC, CBD, CBG, CBN, and many others. The ECS assists our own ability to obtain and maintain homeostasis or balance.

## Pain, stress, diet, sleep, and cognitive function are all regulated by this system.

There are a variety of ways to administer cannabis and its various cannabinoids like CBD. For many, topical application often provides INSTANT relief from localized pain. Ingestion, or consuming it orally, works by helping to boost the cannabinoid levels in our own system.

Your body silently speaks to you by sending signals from the brain to various parts of the body. Think of hunger. When it's time to eat, you can feel it. It's that simple. That's the ECS telling the body it needs something. In this case it's food. If you don't satisfy that craving the signaling gets stronger and you feel hungrier and hungrier. You might even feel a little 'hangry'. That's when you get a little angry because you haven't eaten. We know this will lead to death eventually, if you don't satisfy those signals being sent from the brain to the body.

Sleep is also crucial in regulating how our ECS functions. It allows vital mental, emotional reprogramming during periods of REM (rapid eye movement) sleep, the deepest and most beneficial to our health. Every moment of every day the ECS is working to eliminate any yellow and red lights. It's removing the inflammation, its reducing pain, its allowing trauma to slowly fade into the past. This is how our body heals itself.

The Endocannabinoid system contains two receptors, called CB1 and CB2. These receptors are found on cell surfaces and impact various biological processes.

### CB1

Located in the brain, central nervous system, and many other parts of the body.

### CB2

Found throughout the body on cells associated with our immune system.

CBD interacts with CB1 and CB2 receptors for many effects still being studied.



### CB1

CB1 Receptors target:

- Motor activity
- Thinking
- Motor co-ordination
- Appetite
- Short term memory
- Pain perception
- Immune cells

### CB2

CB2 Receptors are much broader than CB1 and influence most of the body

- Gut
- Kidneys
- Pancreas
- Adipose tissue
- Skeletal muscle
- Bone
- Eye
- Tumours
- Reproductive system
- Immune system
- Respiratory tract
- Skin
- CNS
- Cardiovascular system
- Liver

CBD or Cannabidiol has been given the "green" light by the medical community. Because it doesn't create any euphoric effects the doctor is more apt to say give it a try. "all of the healing but none of the feeling" is an easy way to think of it.

CBG or Cannabigerol also provides significant relief from common ailments. Known as the mother of cannabinoids, CBG can be converted in the lab to all the other cannabinoids. You will see more and more products with CBG in the ingredients on the market as it's popularity grows.

Full Spectrum CBD (the one most request) includes a tiny percentage of THC and other cannabinoids too. Not enough THC to get you high, but enough to create the entourage effect. That is when the various cannabis compounds interact synergistically to magnify the therapeutic benefits of a single compound. In other words, the medicinal benefits of the whole plant (including a variety of terpenes) are greater than a single cannabinoid.

There is also Broad Spectrum (no THC) plus other cannabinoids and terpenes, and last is CBD isolate with no other cannabinoids or terpenes.

For more information, please message me at [info@growinginhealthflorida.org](mailto:info@growinginhealthflorida.org), come by the store, or give me a call. I'm always happy to answer your questions. The more informed people are about cannabis the more they will seek it out as an alternative to other pharmaceutical drugs. That's a big step in a more natural direction.

Thank you for reading!

*References:*

*Author*LastName, *FirstName*. *Title of the Book Being Referenced*.  
*City Name*: *Name of Publisher*, *Year*. *Type of Medium* (e.g. *Print*).  
*LastName*, *First*, *Middle*. "*Article Title*," *Journal Title* (*Year*): *Pages From - To*. *Print*.

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# REBUILDING AFTER HURRICANE IAN: CONSTRUCTION LIENS EXPLAINED

By Lenore T. Brakefield, Naples Construction Law Attorney

**H**urricane Ian was strong, but Southwest Florida is stronger. Look almost anywhere in Collier and Lee Counties, and you will see the recovery efforts of many as we rebuild and repair homes, buildings, docks, pools, decks, and other structures throughout our community. However, many construction projects run into contractor payment issues which may result in a Construction Lien, also known as a Mechanics Lien, recorded against your property. If you find yourself in this situation, the construction law attorneys at Woodward, Pires & Lombardo in Naples, and Marco Island, FL are experienced with builder issues and are here to help.

## What is a construction lien?

Under Florida law, those who provide services or materials for the improvement of your property, and are not paid-in-full, may enforce a claim for payment against your property for the value of the services or material provided by recording a construction lien, also known as a Mechanics Lien. The amount of the Lien is limited to the value of the services provided pursuant to the lienor's contract minus amounts already paid.

## Who can place a construction lien on my property?

Any contractor, subcontractor, sub-subcontractor, laborer, materialman or professional (architect, landscape architect, interior designer, engineer, surveyor or mapper) ("lienor"), whether in a direct contract with you or not, can record a claim of lien. A lienor who does not have a direct contractual relationship with you must satisfy several requirements before perfecting its right to lien your property.

First, the lienor must serve you with a "Notice to Owner." The purpose of this document is to notify you that a lienor, whether a company you hired directly or not, is providing construction services or materials to your property. The Notice to Owner must be sent in the form provided by Section 713.06(2)(c) Florida Statutes and must include specific language, including the following:

"Under Florida's laws, those who work on your property or provide materials and are not paid have a right to enforce their claim for payment against your property. This claim is known as a construction lien.

If your contractor fails to pay subcontractors or material suppliers or neglects to make other legally required payments, the people who are owed money may look to your property for payment, EVEN IF YOU HAVE PAID YOUR CONTRACTOR IN FULL."



This language means even if you paid your contractor in full, a lienor that timely serves you with a Notice to Owner and does not get paid in full by your contractor can record a construction lien on your property. Ultimately, you may be forced to pay twice to release the lien.

## What can happen if a construction lien is placed on my property?

A construction lien is valid for one year after it is recorded in the official records of the county where your property is located. The lienor must commence an action to foreclose the lien within one year or the Lien is not enforceable.

If Florida's lien laws are properly complied with, and an action to foreclose the Lien is timely filed, the lienor may be able to force the sale of your property. Additionally, a Lien can interfere with and delay the sale of your home until the lien is released or bonded off.

## Is there a way to avoid having a lien remain on my property?

You can protect your property from liens by securing a bond prior to beginning construction. The bond, instead of your property, serves as security for the payment of a potential lienor. Alternatively, you can also transfer liens to bonds after a lien is recorded.

## What can I do to protect myself from Liens?

- Request from your contractor a list of all lienors who are performing services or furnishing materials for improvements on your property.
- Keep track of these lienors and make sure you receive a Lien release or waiver as payment is made.
- Before making the final payment to your contractor, request an affidavit that specifies all unpaid parties.
- Make sure these parties are paid and sign waivers or releases before making final payment.
- At any point before a lienor files a claim of lien, you may request a sworn statement regarding unpaid services or materials. The lienor has 30 days to respond to this request.

## Whose responsibility is it to obtain these waivers and releases?

In short, it depends. Your contractor may be responsible for obtaining waivers and releases if that is part of your contract. If it is not a part of your contract, you are responsible for obtaining these waivers and releases. If you pay your contractor through a series of draws, make sure you receive waivers or releases from each company you have a direct contract with or have received a Notice to Owner from as payments are made.

If you have a construction loan, the lender may handle this for you. Bottom line, it is your house, so make sure all lienors are paid and provide waivers or releases. The moral of the story is you always require a release or waiver of Lien from anyone performing services or supplying materials for improvements to your property.

If a construction lien is recorded on your property, contact an experienced attorney at Woodward, Pires & Lombardo in Naples FL, who can check the validity of the Lien and advise you about any available defenses.

## ABOUT THE AUTHOR

### Lenore T. Brakefield, Esq.

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



Additionally, Lenore is a Certified Financial Litigator (CFL™) by the American Academy for Certified Financial Litigators. Contact Lenore at [lbrakefield@wpl-legal.com](mailto:lbrakefield@wpl-legal.com).



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# LASERS FOR YOU

**L**aser is an acronym for "Light Amplification by Stimulated Emission of Radiation"

The first laser was built in 1960 by Theodore H Maiman based on theoretical work by Charles Townes (Nobel prize in 1964), and Arthur Schawlow, (Nobel prize in 1981).

Laser is using light that is COHERENT, identical wavelength with special coherence, the light is all parallel. This allows for very precise and potential high energy input.

Lasers have specific targets based on color.

Some target red, black or brown and, some target water. How does this apply to medicine? Well, we have pigments and water in are body tissue.

Lasers can be ablative, (burn thru layer of tissue) or non-ablative, (does not destroy the top layer of skin) Medical lasers come in many varieties. There is a lot of confusion about what they are and what they can do. This is often made worse by use of the LASER acronym for non-laser devices, such as an IPL, (intense pulsed light.) This is the most commonly miss labeled device. It uses a strong light source and a light filter. It is not as strong as real laser and is not specific to any color etc.

Pulsed Dye Laser is a non-ablative device that uses laser technology to target particularly red color. this is a good choice for blood vessels, spider veins, inflamed areas, scarring, rosacea, and birth marks. This laser also has a ability to slightly tighten the skin. Photos "A" show removal of a hemangioma, a vascular malformation after about 5 treatments in office.

The Yag laser is normally used on non-ablative mode and targets brown color, thus, a good choice for brown age spots etc.



Co2 laser targets water and is ablative. This is used as a destructive laser now often in a fractional function to resurface skin, skin tightening (including rejuvenation of the vaginal area.) Photo "B & C" shows the rejuvenating effects on face for wrinkles and a treatment for Rhinophyma.



Tattoo removal often uses a large array of lasers to target different colors. The Q-switch Laser is often used for regular tattoo color. The most consistent way to remove tattoos is laser technology. Photo "D"



Hair removal should be called "hair reduction." Some lasers, such as an Alexandrite or a Q-switch, can be used for this purpose. Some practitioners might use an IPL, but this is not a laser. Hair removal is difficult and is best done by someone who specializes in the hair removal process.

The wide variety of lasers targets an array of conditions. It takes understanding and training to have the proper settings of a particular laser. For example, A CO2RE laser should only be done by a trained physician, as this is an actual procedure for resurfacing and will require a recovery period for the area treated. Medical laser technology is continually advancing, offering many applications in the field of medicine.

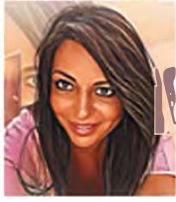


**Gunnar Bergqvist, MD**

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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# What It Means to Live with a Parent Who Has Alzheimer's and What Caregiving Is Like

By Nancy Duarte - Life Coach

When you hear the word "Alzheimer's," what images come to mind? A forgetful old man, a senile old woman? Rightly or wrongly, we tend to associate Alzheimer's with older people. That's why it might surprise you to learn that an estimated 200,000 people under the age of 65 live with Alzheimer's in the United States alone.

My mother's Alzheimer's diagnosis rocked my world. As a family therapist for over 23 years, I thought I had all the answers. In fact, four years ago I became my mother's caregiver after my father's death. My reaction was, "What now?"

What does this mean for those who must care for a parent who has Alzheimer's? Here are some tips on how to thrive in caregiving roles.

Living with a parent with Alzheimer's means watching that parent gradually lose their ability to think, reason, remember, and communicate. It means helping your parents cope with changes in mood, behaviors, and physical abilities.

It means helping that parent manage their symptoms through medication and therapy. It means helping them navigate the healthcare system and deal with bureaucracy.

It means watching your parents decline and make decisions that your parents may not fully understand or agree with. It means helping your parents cope with depression and anxiety.

It means being your parent's primary source of support as you watch your parents become increasingly dependent on you. It means dealing with guilt and uncertainty.

It also means making sure your parents enjoy the best quality of life possible for as long as possible.

## The Basics of Caregiving

Caregiving is the act of providing assistance to someone who needs help with daily tasks and self-care. Caregivers are often family members or close friends who provide support to those affected by disease, injury, or disability. They may also be paid helpers who work in the healthcare



field. Caregivers are both helpers and advocates for those who need assistance with daily tasks and self-care. Caregivers are also educators, teaching those in need about new medications or therapies. Caregivers may also help someone access resources or benefits they're entitled to. The key to successful caregiving is to know what to expect, identify your own limits, and get support when you need it.

## Take Care of Yourself

Caregiving is a high-stress, high-risk activity. It's physically and mentally exhausting, and it puts your health at risk. If you're a caregiver, you may already know that mindfulness and self-care are essential to your health and well-being.

Here are some tips to help you take care of yourself while you're caring for someone else:

- **Make time for yourself.** Caregivers need downtime to recharge their batteries. Try to avoid feeling guilty about taking time for yourself; it's critical for your health.
- **Find support.** Find friends who understand what you're going through and can help you release some of the stress. Find support groups for people in your situation.

Sometimes it's easier to talk to others who are going through the same thing. Get out of the house. This one's also for when you need a break from caring for your loved one. Create a support network with other caregivers. Get help when you need it.

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## Things to Remember for Caregivers

- **Take care of yourself.** You can't help anyone if you aren't taking care of yourself!
- **It's not your fault.** Remember that you didn't cause your parent's illness. You can't control it, and you didn't cause it.
- **It's okay to say no.** You do not have to take on every caregiving task or responsibility.
- **Set boundaries with family and friends.** You are not obligated to help every family member with every task. And you are not obligated to listen to every single family member's opinion about your parent's illness.
- **It's okay to ask for help.** You aren't letting your parents down if you ask for help.
- **You are not alone.** There are support groups for caregivers, and there are people who understand what you're going through.

## Tips for Caregivers

- **Develop a support network.** Find other people who are currently in your situation and understand what you're going through. You can also talk to people who are not in the same situation as you but who have been in similar situations in the past.
- **Keep your parent's life as normal as possible.** This is the best way to prevent your parents from becoming depressed or anxious.

## Conclusion

If you are living with a parent who has Alzheimer's, know that you are not alone and that you are not to blame! If your parent has Alzheimer's, you'll need to know what to expect and what to do to help your parent cope with the illness and thrive in the best quality of life possible for as long as possible.

If you are not living with a parent who has Alzheimer's, you may be a caregiver for someone who has been diagnosed with the disease.

Remember that you can't help anyone if you aren't taking care of yourself! And don't let the stigma associated with Alzheimer's hold you back. You are not alone and you are not to blame.

# November is Lung Cancer Awareness Month

## Just the Facts

- Lung cancer is the leading cause of cancer death among both men and women in the United States.
- Each year, about 218,500 people in the United States are told they have lung cancer, and about 142,000 people die from this disease.
- Different people have different symptoms for lung cancer. Most people with lung cancer don't have symptoms until the cancer is advanced.
- The lung cancer survival rate has dramatically increased by 33% over the past ten years thanks in part to treatment advances and increased access to care.
- The Surgeon General reports e-cigarette use among youth is a significant public health concern and steps must be taken by parents, educators and especially policymakers to discourage use of e-cigarettes.

## Lung Cancer Screening

The U.S. Preventive Services Task Force recommends yearly lung cancer screening with low-dose computed tomography (CT scan) for people who—

- Have a 20 pack-year or more smoking history, *and*
- Smoke now or have quit within the past 15 years, *and*
- Are between 50 and 80 years old.

A *pack-year* is smoking an average of one pack of cigarettes per day for one year. For example, a person could have a 20 pack-year history of smoking one pack a day for 20 years or two packs a day for 10 years.

Lung cancer screening is not without risks. That is why lung cancer screening is recommended only for adults who are at high risk for developing the disease because of their smoking history and age. If you are thinking about getting screened, learn more and talk to your doctor. Lung cancer screening is not a substitute for quitting smoking.

## Don't Smoke

The most important thing you can do to prevent lung cancer is to not start smoking or to quit if you smoke. Smoking can cause cancer and then block your body from fighting it. Nearly 9 out of 10 lung



cancers are caused by smoking cigarettes. Treatments are getting better for lung cancer, but it still kills more men and women than any other type of cancer.

**For help quitting, visit [smokefree.gov](http://smokefree.gov), call 1 (800) QUIT-NOW (784-8669), or text "QUIT" to 47848. It's never too late to quit!**

## Stay Away from Secondhand Smoke

Smoke from other people's cigarettes, pipes, or cigars is called secondhand smoke. Secondhand smoke causes lung cancer in adults who have never smoked. People who have never smoked but are exposed to secondhand smoke at home or work increase their risk of getting lung cancer by 20% to 30%.

## Are e-cigarettes less harmful than cigarettes?

*There is no FDA oversight of the manufacturing of these products—which means there is no oversight regarding potentially harmful ingredients.*

- E-cigarettes almost always contain harmful ingredients including nicotine.
- Acrolein, a known ingredient of many e-cigarettes, causes irreversible lung damage.
- Nicotine exposure during adolescence can harm the developing brain.

## The most popular e-cigarette among teens is JUUL

- All JUUL pods contain some nicotine—something many youths don't realize.
- According to the manufacturer, one JUUL pod may contain as much nicotine as a pack of cigarettes.
- No e-cigarette is safe and effective by FDA in helping smokers quit.

## Get Your Home Tested for Radon

Radon is a gas that you cannot smell, taste, or see. It comes naturally from rocks and soil and can dissolve in groundwater. Radon is thought to be the second leading cause of lung cancer in the United States, responsible for more than 20,000 lung cancer deaths each year.

People can be exposed to radon mainly from breathing radon in air that comes through cracks and gaps in the foundation of buildings and homes. One out of 15 homes has a high level of radon. Testing your home is the only way to find out if you have a radon problem. If you do, then you can fix it.



## 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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# GROUND BREAKING TECHNOLOGY TO IMPROVE BRAIN FUNCTION

## WHAT WORKS TO IMPROVE YOUR BRAIN'S PERFORMANCE... SAFELY & HEALTHFULLY!

BY DR. LINELL KING

**A**re you struggling with anxiety? Depression? Brain Fog? Sleep Issues? Or maybe you are suffering from the effects of a Traumatic Brain Injury or PTSD?

These disorders can severely affect your quality of life, your relationships with your friends and family, your performance at work, and your overall health and happiness. Most people don't realize that these symptoms you are experiencing are typically caused by a brain wave dysfunction. Your brain creates simple electricity through an electrochemical process measured in the form of brain waves. Brain waves occur at different frequencies depending on what the brain is doing at the time. If these brain waves are out of sync, this can lead to a lot of symptoms of anxiety, depression, ADHD, sleep disturbances, and brain fog. Dr. King owner and founder of Naples Vitality wants to help people uncover the real causes of their health challenges, rather than endlessly treating and managing symptoms.

There is proven technology that has helped thousands of people overcome these brain challenges without the use of surgery, medications, or drugs. The first step is to look at the electrical function of the brain which can be done with a non-intrusive brain mapping. The brain map shows us exactly what is going on inside your brain. Through this technology, we have helped people just like YOU experience life-changing results.

### What is MeRT? And How Can This Treatment Improve Your Quality of Life?

MeRT stands for Magnetic e-Resonance Therapy, a therapy that is used to treat Insomnia, Anxiety/Depression, PTSD, TBI, and a wide range of other issues that stem from brain activity imbalances like ADHD and even Autism. Naples Vitality uses gentle magnetic stimulation to enhance neurological development and help the brain to heal and open pathways that otherwise would not be accessible.



MeRT treatment starts with a QEEG (Quantitative Electroencephalogram) that uses sophisticated brain imaging to locate the areas of the brain that are not communicating. This is then used to customize a protocol of gentle magnetic waves that are created specifically for your brain. Once the protocol is created the MeRT treatments can begin. Using electromagnetic pulses can stimulate specific areas of the brain and encourage them to start communicating.

Though only approved by the FDA for Anxiety, Depression, and Obsessive Compulsive Disorder, the Department of Defense completed extensive studies on how MeRT treatment has been able to help hundreds of veterans with PTSD. It has also been featured on the TV show "The Doctors" as a form of Treatment for Many children with Autism who have experienced some miraculous results in their overall function after going through MeRT treatment. "The Doctors" interviewed neurologist Spencer O. Miller, MD, who has been utilizing this treatment, and some moms of kids with Autism give their testimonials as well.

No two brains are exactly alike; your brain's electrical activity (brain waves) and thought patterns are unlike anyone else's. What makes the MeRT process unique is that the treatment protocol is customized for each patient. The magnetic waves used are tailored to exact frequencies that help your brain open areas that need support.

Your brain is composed of approximately 100 billion neurons. These neurons interact with each other through brain waves, or tiny electrical oscillations, to control how your brain functions. Your neurons can be disrupted by internal or external forces, causing brain dysfunction. Brainwave speed is measured in Hertz (cycles per second), and they are divided into bands delineating slow, moderate, and fast waves.

There are four types of brain waves at the root of all our thoughts, emotions, and behaviors. By identifying where your brain waves are not properly communicating, we can help to restore optimal function.

- **DELTA WAVES:** Delta brainwaves are slow, loud brainwaves (low frequency and deeply penetrating, like a drumbeat). They are generated in deepest meditation and dreamless sleep. Delta waves suspend external awareness and are the source of empathy. Healing and regeneration are stimulated in this state, and that is why deep restorative sleep is so essential to the healing process.

- **THETA WAVES:** Theta brainwaves occur most often in sleep but are also dominant in deep meditation. Theta is our gateway to learning, memory, and intuition. In theta, our senses are withdrawn from the external world and focused on signals originating from within. It is that twilight state which we normally only experience fleetingly as we wake or drift off to sleep. In theta, we are in a dream, with vivid imagery, intuition, and information beyond our normal conscious awareness. It's where we hold our fears, troubled history, and nightmares.

- **ALPHA WAVES:** Alpha brainwaves occur during quietly flowing thoughts, but not quite a meditation. Alpha is 'the power of now, being here, in the present. Alpha is the resting state of the brain. Alpha waves aid overall mental coordination, calmness, alertness, mind/body integration, and learning.

• **BETA WAVES:** Beta brainwaves dominate our normal waking state of consciousness when attention is directed toward cognitive tasks and the outside world. Beta is a 'fast' activity, present when we are alert, attentive, engaged in problem-solving, judgment, decision-making, or focused mental activity.

The results of the qEEG and EKG tell us what is functioning normally in your brain and show us any areas of dysregulation. We then use gentle magnetic waves to reprogram the dysfunctional electrical signals in your brain. Through Transcranial Magnetic Stimulation (TMS), we stimulate the exact area of your brain where communication is poor and increase activity in that area. This can help the brain learn pathways that have never been used or abandoned or blocked by trauma. MeRT uses a qEEG/EKG to analyze and formulate treatments tailored exclusively for your unique brain pattern and dysregulation. While TMS is the means used for brain neuromodulation, its frequency and location are customized for each patient.

For more information on the steps of the MeRT treatment offered at Naples Vitality, visit our website link here: <https://naplesvitality.com/what-is-mert/>. A free phone consultation with our client care coordinator is your next step to better your brain and overall health.



**LINELL KING MD**

Dr. King's mission is to improve the lives of others; eliminate suffering and help others to reclaim their optimal vitality and health independence. He is committed to educating and empowering those around him through his role as a physician, teacher, author, and mentor. Dissatisfied with the current state of healthcare in America; Dr. King knew that he had to learn and do more. He searched for ways to bring people the knowledge and tools that could help them create and maintain greater overall health. An opportunity for less dependence on an outdated healthcare model that relies solely on the use of medications as a form of treatment. Dr. King has been a practicing Medical Doctor for the past 25 years. He pursued further education in Functional and Integrative Medicine, to learn more about how nutrition, lifestyle factors, and treating the whole person could radically improve their immediate and long-term health and quality of life. He is the author of "Mastering Vitality," and has spoken locally and internationally about utilizing combined methods of traditional and holistic modalities to safely create optimal health and well-being. He founded Naples Vitality to improve healthcare in his community and the world at large. For years Dr. King has been fascinated by the human mind and what the brain needs to be able to function optimally. Using this technology, he can assist in this phase of *one's health journey*.

Naples Vitality is a team of functional medicine practitioners and integrative health coaches who are dedicated to helping their clients in the areas of detoxification, nutrition, fitness, hormone balance, gut health, brain health, and mindset. Naples Vitality has been a part of the Naples community since 2017. "We are proud to be able to educate and empower our clients and their families to achieve optimal health so that they can live life to the fullest".



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# THE HISTORY OF MEDICAL CANNABIS

Marijuana has been used as medicine since before the written word.

From ancient Chinese to this very day, medical marijuana is a significant substance that relieves pain, reduces insomnia, eases depression, and much more. Read along as we discuss the rich history of medical marijuana to understand how far it's come since its humble beginning.

## The Ancient History of Medical Marijuana

### Medical Cannabis in Ancient Greece

When Herodotus described ancient Scythians throwing cannabis in a steam bath and inhaling the smoke in *The Histories* (5th century BCE) — it was the first time a cannabis experience was recorded.

From this period on, evidence shows that the ancient Greeks harnessed cannabis for a number of medical uses. One of the major use cases for medical cannabis was treating sores on horses.

In another instance, medical marijuana was known to treat nosebleeds, tapeworms, inflammation, and pain. Overall, archeological records show the Greeks had in-depth knowledge of medical cannabis, even to the degree to which they produced extracts with wine.

### Medical Marijuana in Ancient Egypt

The ancient Egyptians were one of the earliest civilizations in the world, and hieroglyphics show they understood the medical potential of marijuana to an unparalleled degree.

Preserved papyrus from ancient Egypt shows substantial evidence of medical marijuana use. Examples are seen on the *Ebers Papyrus*, *Ramesseum III Papyrus*, *Berlin Papyrus*, and the *Chester Beatty Medical Papyrus*.

Marijuana in ancient Egypt was used as suppositories for hemorrhoids, sore eyes, and inflammation. Ultimately, hemp was extensively cultivated in Egypt, making it one of the most crucial crops in the region.

### Medical Marijuana in Ancient China

Although it was likely that cannabis was used for medicinal purposes far earlier, cannabis as medicine wasn't recorded until c. 200 CE, when the Chinese surgeon Huo Tui described cannabis as an anesthetic.

Even more interesting, the word anesthesia in Chinese translates directly to cannabis intoxication. In other words, it's highly likely that the Chinese already understood the medical traits of cannabis far before 200 CE.

Additionally, cannabis in Chinese is ma, which means numbness — once again providing insight into prior knowledge of the medical potential of marijuana.

### Medical Cannabis in Ancient India

The use of medical marijuana first appeared in the ancient writings of *The Vedas* in India between 2000-1400 BCE.

*The Vedas* is a sacred Hindu text and discusses the story of cannabis within. Overall, the perception of cannabis within ancient India was highly positive and integral to their culture.

Medical marijuana was used to ease childbirth, insomnia, pain, inflammation, headaches, and gastrointestinal disorders. Outside of severe medical issues, cannabis was revered for its properties that increase awareness, happiness, and a positive outlook on life.

### Medieval Medical Marijuana Use

From medieval Islamic empires to Germanic tribes, marijuana played a significant medical role in many societies.

Medieval Islamic empires from the 8th century to 18th century CE regularly used cannabis to treat fever, pain, epilepsy, nausea, inflammation, and promote diuresis.

Outside of medieval Islamic culture, Germanic tribes used cannabis to relieve pain during childbirth, as well as toothaches, according to archeological records.

### Modern Medical Cannabis Use

For thousands of years, medical marijuana enjoyed its status as medicine.

However, everything began to change during the modern era in which medical marijuana was re-discovered in the West. Around 1830, William Brooke O'Shaughnessy traveled to India to learn about traditional forms of medicine.

O'Shaughnessy found that cannabis relieved countless medical issues, such as cramps, depression, migraines, insomnia, and convulsions. O'Shaughnessy is credited with introducing therapeutic cannabis to the West and Western-style medicine.

### Important Medical Marijuana Discoveries

As the decades passed, so did the discoveries regarding medical marijuana's intriguing nature.

However, most scientific studies were done outside of the United States due to marijuana prohibition. In a few isolated cases, medical marijuana studies were allowed within the United States during the mid-20th century.

### Low Glaucoma Rates in Jamaica

Dr. Albert Lockhart and Manly West journeyed to Jamaica in 1964 to study the health effects of cannabis.

Rastafarians are known to consume abundant levels of cannabis, and Dr. Lockhart and West determined that this group was far less likely to experience glaucoma than non-cannabis smokers.

### The First Medical Grade Synthesis of THC

In 1970, researchers synthesized delta-9 THC to create a drug called Marinol.

Surprisingly, Marinol was approved for anti-nausea and as an appetite stimulant. However, Marinol was prescribed in pill form, making it difficult for post-chemotherapy patients to swallow.

### Medical Cannabis Reform at America's Doorstep

From 1996 to 1999, eight states in the USA broke away from the federal government's cannabis prohibition ruling.

California, Alaska, Arizona, Colorado, Maine, Michigan, Nevada, Oregon, and Washington passed legislation to allow prescription-based cannabis use for specific medical conditions.

### Medical Marijuana Today

After the long and winding history of medical marijuana — we've finally arrived at our current time.

The landscape of medical marijuana looks completely different when compared with a decade ago — let alone half a century ago. The vast majority of states in the US have legal, medical marijuana laws, with only a handful of holdouts, such as:

- Idaho
- Alabama
- North Carolina
- South Carolina
- Wyoming
- Tennessee

As you can see, the rest of the states in the USA have adopted pro-medical marijuana laws that we all enjoy today. Many states now permit MMJ Telehealth options to expand the ease and access of medical marijuana to all that would benefit.

If you're ready to make history as a medical marijuana patient in Florida — get in touch with Compassionate Healthcare of Florida today!



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*Julian J. Javier,  
MD, FACC, FSCAI, FCCP*

*Leandro Perez,  
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# Diabetic Wound Healing: Why is it so Challenging to Treat?

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

**P**odiatrists focus on the feet and everything associated with the foot and ankle, such as the tendons, muscles, ligaments, and bones. Podiatric specialists regularly treat anything that makes up the structure, function, and health of the entire foot. In the state of Florida, a podiatrist is not only able to medically treat the foot, but they also treat the lower extremity. Because the knee is in such close relation to the effects of the foot and ankle, podiatrists regularly treat bone and soft tissue disorders from the knee down. With Diabetes, the leg, foot and ankle are often affected by wounds that do not heal!

## Diabetic Wound Issues:

Diabetes is a complicated condition to gain control of, but one of the most painful parts of this disease is the development of diabetic wounds. Often these wounds become “non-healing” due to the adverse effects of the systemic disorder.

Millions of people with diabetes will suffer from diabetic foot ulcers more than once in their lifetimes. Diabetes is a progressive disease that is many times, not taken seriously enough by people predisposed to the disorder.

High blood sugar damages various organs within the body, but also has a severely adverse effect on nerves. This nerve damage happens when the blood supply is limited. The small blood vessels, which supply blood and nutrients to the nerves becomes impaired. When the nerves are no longer fed nutrients, they either die, or their signals to the brain are ineffective. The lack of brain signaling from the nerve endings makes it difficult for a person to feel pain in their foot, so often injuries and these disorders are overlooked. This syndrome is called peripheral diabetic neuropathy.

Because of this nerve damage, people with diabetes are at a higher risk of developing foot ulcers. A foot wound may not sound overly alarming to most people, but foot ulcers can be life-threatening.



These small sores go undetected due to the lack of feeling. If a patient delays treatment, foot ulcers can lead to amputation, strokes, heart attacks and severe infections that can spread throughout the entire body.

At Collier Podiatry, make it a priority to provide advanced diabetic wound services. Collier Podiatry, P.A., is the practice of Dr. Petrocelli, a board-certified podiatrist who has been practicing since 1994. With over 20 years of experience, Dr. Petrocelli provides next-level care for diabetic patients with wounds and ulcers. He is board certified in wound healing and can treat any wound below the knee.

## Diabetic Wounds & Vascularization

If you have ulcers and lacerations that never fully heal, you might have a chronic wound. These are most often caused by diabetes mellitus, which causes blood vessels in the feet and hands to grow smaller. The restriction of blood flow damages nerve areas and reduces sensation.

Chronic wounds can also be caused by venous stasis, a condition of the veins in the lower legs, which also deprives your feet of adequate blood flow. With both conditions, when you bump or cut your foot or when you develop an ulcer, the lack of blood flow makes it difficult for the wound to heal.

In the endothelial layer of the dermis, vascularization must take place in order to heal the wound. The neovascularization or also known as angiogenesis is when new microvessels, fibroblast, and collagen begin to proliferate and form along with an increase in oxygen uptake and micronutrients to help grow new tissue, and to build a strong vascular blood flow to supply the proper nutrients to the dermal layers.

Along with Collier Podiatry’s advanced wound healing protocols, Dr. Petrocelli often works directly with vascular surgeons to find ways to restore blood flow to the affected area so that the wound can finally heal.

Collier Podiatry maps out your treatment plan by taking a meticulous culture of your chronic wound, which assists them in deciphering and implementing the best strategy for your diabetic wound care and prescribing the correct medications for your particular case. Collier Podiatry does all of this with the goal of ridding you of your painful chronic wounds once and for all.

## Collier Podiatry’s Wound Care Treatment:

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

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



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

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# UNMASKING TESTOSTERONE

By Dr. Melissa (Mel) Irvine, DNP - Clinical Sexologist - Specializes in Sexual Medicine and Beauty

**T**estosterone replacement therapy, a vital treatment for restoring balance to declining hormone levels, is being vastly underused. Besides the stigma surrounding hormone replacement therapy, one of the primary reasons for this is that many people have undiagnosed low testosterone levels because their doctors fail to run all the important tests.

The traditional method for detecting testosterone levels measures the total testosterone in the blood. However, this provides only a portion of the information about testosterone and, therefore, provides only a tiny snippet of information about someone's health.

In order to fully understand someone's hormone levels, it's important to look deeper than the total testosterone level, especially if their symptoms suggest there's something that you're missing.

## Total Testosterone Vs. Free Testosterone

Your total testosterone levels are the amount of testosterone found in the blood. However, this can be broken up further.

Around 98% of testosterone is bound to albumin or sex hormone binding globulin (SHBG), and these are called "bound testosterone."

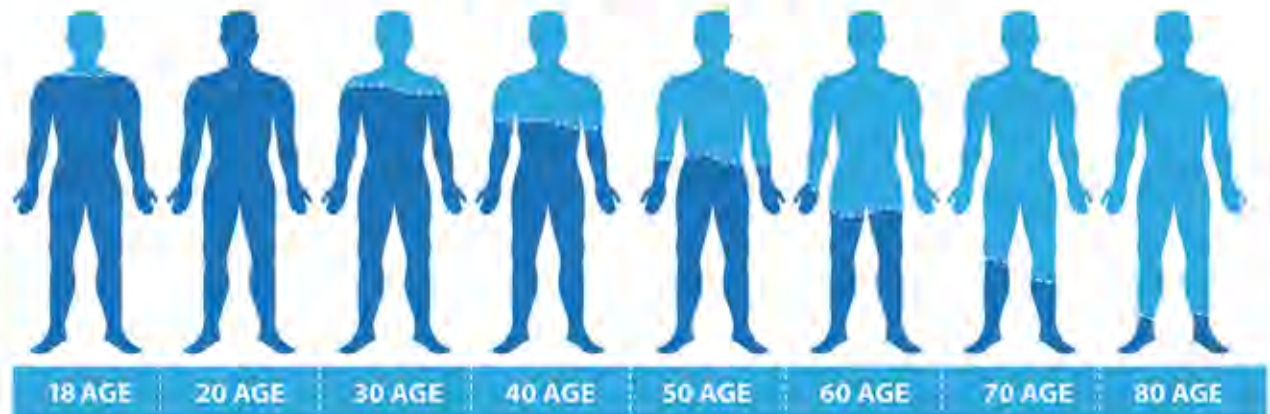
The remaining 2% of testosterone is referred to as "free testosterone" because it is unbound. It is this free testosterone that is responsible for many of the actions we associate with testosterone, including secondary sex characteristics like a deep voice and body hair.

Free testosterone is also what enters specific cells and promotes reproduction, such as in the muscles and bones.

## The Problem with Total Testosterone

Most providers will use a total testosterone test to gauge testosterone levels in the body, but this doesn't consider that only the free testosterone is what contributes to the symptoms commonly associated with low testosterone. Those with excessive bondage to albumin or SHBG may show normal total testosterone levels, but low free testosterone.

## TESTOSTERONE LEVEL



For example, a young male patient with total testosterone levels of 300-500 may be brushed aside since their testosterone levels fall within the normal range. Yet, a closer investigation shows that their free testosterone is below 10 when most men thrive on levels well into the double digits.

The same is shown with women, who have normal total testosterone of 20, but may have free testosterone as low as 0.01.

When doctors fail to listen to their patient's symptoms and further explore their hormone levels, patients continue struggling to accomplish their everyday tasks.

It comes as no surprise that sleep problems, anxiety, depression, low energy, low libido, brain fog/difficulty concentrating, weight gain, and mood changes are becoming more common. These symptoms result from hormone imbalances, and too many doctors are not adequately measuring hormone levels.

## A Rise in Symptoms

As doctors continue to avoid addressing hormone levels, there has been an understandable rise in preventable symptoms.

Just looking at testosterone, low levels have been reported with symptoms such as:

- anger
- anxiety
- hostility
- overall irritability
- depression

Low testosterone can also increase stress levels, which then impacts cardiovascular health.

These symptoms make it challenging to enjoy daily life, vastly decreasing someone's quality of life.

By remedying low testosterone levels, we not only improve those characteristics that we typically associate with testosterone, such as libido, muscle mass, and bone mass, but we also have a way to improve the well-being of patients that are mentally suffering because their body cannot produce enough of the hormones that they need to be happy and calm.

These patients may find that they don't need anti-depressants or anti-anxiety drugs, but instead, an evaluation of their hormone levels to see if there are any imbalances.

## Using Testosterone to Monitor Overall Health

Testosterone levels can also provide valuable insight into a patient's health.

For example, testosterone levels can decrease for many reasons, not just age. In fact, in many cases, it might not be age itself that causes testosterone to decline, but the changes in health that occur with age.

Some whole-body factors that can cause a decrease in testosterone include:

- high blood pressure
- high cholesterol levels
- using illegal drugs
- being overweight or obese
- using anabolic steroids
- drinking excessive amounts of alcohol



By detecting low testosterone levels, a doctor may then be able to determine if it is caused by any of these conditions and what the patient can do to address it and improve their overall health. Hormones are interrelated with many body processes, and properly measuring hormones is the only way to take full advantage of this connection.

### Hormone Therapy: Getting to the Root of The Problem

Hormone therapy is typically passed aside in favor of other medications.

However, patients may be prescribed multiple medications to address their symptoms, but they only act as a band-aid. To truly find relief and get off these unnecessary medications, it is necessary to address the root of the problem, which in many cases is hormonal.

Additionally, gaining control over someone's hormones can help to prevent other health conditions from occurring. For example, having low testosterone increases the risk of type 2 diabetes. By balancing testosterone levels, the risk of developing this disease will lessen.

It's important to look even further, too. A patient has low free testosterone, but why? Is it genetic, or is there an underlying medical condition? Asking these questions offers a way to determine what might be affecting someone's hormone levels and can result in a solution that actually fixes the problem instead of mitigating symptoms.

### An Individualized Approach

Your hormones are the most important players in regulating body processes, yet society has created a stigma surrounding hormone replacement therapy that labels it as dangerous and risky.

The problem isn't hormone replacement therapy; the problem is the "one size fits all" mentality that has been applied to it.

Testosterone replacement therapy is becoming more popular but is also too "cookie cutter"; most people who are prescribed it are given similar dosages and treatments. However, hormones are not the same as antibiotics, they are much more individualized to the patient, and these treatments should reflect that.

When you give every patient similar hormone dosages, it's understandable why some of these adverse side effects are happening. Doctors and scientists are trying to find a standard dosage amount, but there is nothing standard about the hormone levels in a patient's body or how their body uses these hormones.

Some people might need more hormone therapy, while others need very little. Some patients' bodies may quickly accept the hormone therapy, while others may not, requiring a higher dose or other intervention. As doctors, these are the considerations that must be made, yet too many are stuck on a one-path mind.

### Addressing the Risks

For many doctors and patients, HRT is often seen as a risky and unfavorable option because of the adverse side effects that can occur, so let's address this.

One of the most cited risks of HRT is the increased risk of cancer. However, research shows that this is not always the case, and for some patients, testosterone replacement therapy actually reduces cancer risk.

For example, in a 2019 study on trans men undergoing testosterone therapy, their risk of breast cancer was lower than the risk of breast cancer in cisgender women.

Prostate cancer is the most commonly diagnosed cancer in males, and in the past, research suggested that testosterone therapy increased the risk of prostate cancer. However, new research is showing that this relationship is more complex.

Studies have shown that a male's baseline testosterone level can relate to the risk of prostate cancer, with some studies reporting that higher testosterone levels lead to higher risk and other studies saying the opposite. In short, other factors are likely at play here besides just testosterone levels.

Several trials regarding men on testosterone therapy also showed no higher risk of prostate cancer, and this was seen in studies that had follow-up times of 3 months, 3 years, and 20 years.

Even more, several studies have reported success in using testosterone replacement therapy as a treatment after being diagnosed with prostate cancer. They have shown no difference in recurrences between those on testosterone therapy and those without it.

This idea that HRT is a dangerous treatment that can cause cancer is an antiquated view that recent studies do not support. It is time to stop avoiding a treatment that can provide genuine benefits to patients because of outdated resources.

Even more, in studies where HRT may have increased cancer risk, the authors report that the increased risk is often very minimal, and the benefits offered by treatment far outweigh this slightly increased risk.

### Making The Most of Testosterone

Considering how vital our hormones are for our body, they are often overlooked in regard to treatment. Testosterone, in particular, is a sex hormone that many do not realize plays a much larger role in both the male and female body, and its supplementation can help address many of the problems someone might be experiencing.

Not only that, but taking the time to fully understand a patient's testosterone levels and going beyond "total testosterone" provides a clearer picture of their health. By ignoring a patient's symptoms because the first blood test shows that everything is normal, the doctor is doing a disservice to their patient's well-being.

Each patient is different, and because of this, their hormone levels (and what level produces certain side effects) are going to differ. It's time that we stop chasing "normal" numbers because patients are more than a number, and they need doctors that look beyond the result of one test.

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# BIO-IDENTICAL HORMONE REPLACEMENT THERAPY

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

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

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

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

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

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

## HORMONES REPLACED INCLUDE:

### PROGESTERONE

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

### ESTROGEN

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



### TESTOSTERONE

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

### THYROID

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

### DHEA

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



### VALERIE SORGE, NMD, PHD

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

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



### James M. McGee, MD

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

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

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

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

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## Anti-Aging: Myth or Reality?

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

**D**id you know that skin is the body's largest organ? As such, it is also one of the hardest working. The skin protects the internal organs against germs, regulates body temperature, and enables us to feel various sensations, to name only a few of its jobs. It is also prone to any number of problems, such as cancer, rashes and wrinkles.

Skin contains nerve endings that allow us to feel pain if we touch something hot. The sweat glands in our skin keep us from getting overheated in the sun. Our skin also soaks in the sun's rays and converts them into vitamin D which we need for healthy bones.

### What are some ways I can protect and care for my skin?

- Keep your skin clean by showering regularly.
- Use gentle cleansers on the face.
- Use sunscreen with at least a 30 SPF daily.
- Manage your stress. Stress impacts the health of your skin as well as your internal organs.
- Drink plenty of water.
- Do not smoke or use tobacco products as the nicotine in them ages skin rapidly.
- Perform regular checks to look for changes in spots or moles.

### What products can I turn to in order to reverse the damage that has already been done to my skin?

If you find that your skin has been damaged by years of neglect and are looking to tighten and restore suppleness and radiance, there are several very effective ingredients that are found in today's beauty products. Retinol and peptides are widely used to restore youthfulness to the skin. They can be found in many over the counter products at low doses, but higher doses can be administered by professionals with greater results.

Let's have a look at how these two ingredients can give your skin the youthful glow it may have lost.

#### Retinol

A form of vitamin A, retinol is a popular ingredient in many skin creams, lotions, and serums on the market today. It increases skin cell production, helps unclog pores, exfoliates the skin, and



increases the production of collagen. It can help clear acne and has been shown to have definite anti-aging effects. The increased collagen production results in the reduction of the appearance of wrinkles and fine lines and gives skin a fresher appearance.

#### Peptides

Polypeptides occur naturally in the skin. They are amino acids that make up certain proteins in the skin. Collagen is composed of three polypeptide chains. By adding peptides, you can stimulate your skin to produce more collagen. As mentioned above, this leads a diminished appearance of lines and wrinkles. Since collagen production decreases with age, increasing collagen production can result in brighter and tighter looking skin. One very popular product on the market today that combines retinol and peptides is Age Intervention Retinol Plus by Jan Marini Skin Research. According to their website, [www.janmarini.com](http://www.janmarini.com), "this advanced solution combines retinol & peptides with green tea extract, chrysin, bisabolol, and hyaluronic acid for superior improvement in the appearance of skin texture, fine lines, wrinkles, sun damage, and luminosity for younger, healthier looking skin while integrated soothing and hydrating ingredients offer superior experience with minimal acclimation. Age Intervention Retinol Plus redefines expectations for



retinoids. The revolutionary combination of high concentration all-trans-retinol with key integrated peptides, antioxidants, hydrators and soothing agents enhance the benefits beyond those of simple retinoids while simultaneously reducing the acclimation and sensitivity historically associated with high concentration retinoids. The benefits of rapid improvement and minimal irritation/ sensitivity lead to high subject satisfaction and compliance. This tested and proven product is safe for long-term use and, as with any retinol product, the benefits will continue with use. No other single product offers the same complete anti-aging solution."

If you are interested in learning more about Age Intervention Retinol Plus by Jan Marini Skin Research, contact Aesthetic Treatment Centers in Naples today. Their highly trained staff will analyze your skin and lifestyle and select the perfect Jan Marini system for you.

#### Aesthetic Treatment Centers

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# ARE YOU STRUGGLING WITH URINARY INCONTINENCE?

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

## Yes or No:

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

## THE TRUTH: WHAT YOU NEED TO KNOW

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

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

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



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

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

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

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

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

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

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

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

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

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

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Joseph Gauta, MD



Mackenzie Hudson, PA-C



Nicole Houser, PA-C



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# THANKS TO IAN, RECOVERY TAKES ON ADDED MEANING

By Dr. Thomas Hofmann

It's unlikely that many will ever forget September 28, 2022 – the day Hurricane Ian made landfall in Southwest Florida, bringing historic destruction and damage. Such a natural disaster can bring forth mental and physical health problems. Many faced physical injury or death, plus the damage and/or loss of their homes and possessions. The images we've seen and stories we've heard so far are heartbreaking.

The damage created by the storm extends beyond the event itself.

First, the thoughts and memories of Ian remain on people's minds. Over time, these thoughts will lessen. These thoughts can cause stress reactions, like jumpiness, fear and anxiety. Second, physical symptoms like trouble sleeping, severe headaches, stomach upset, and the worsening of ongoing medical problems can happen. And third, you can experience emotional symptoms, which can range from feeling shocked, numb, angry or detached to being unable to feel joy or love.

The aftermath of a disaster can trigger conditions that include longer term stress reactions from the memory of the event, depression, guilt, anger, suicidal thoughts, or substance abuse.

Other factors include the level of exposure to the disaster. Did you ride out the storm in your home where there was severe, or even life-threatening damage? If you were in a safer place, either because you evacuated the area or were in a shelter, the constant news and images can also cause distress.

Recovering from natural disaster is an ongoing process. This is when you turn to your family and friends when you're ready to talk about your thoughts and feelings. They are your support system. Sometimes, however, you may need treatment that includes a counselor or doctor as you would for any other condition. As you know, neglecting a problem doesn't resolve it. Fortunately, it has become much more accepted to take advantage of the expertise and help a counselor or therapist can provide. How you recover depends on many factors mentioned here.



Such an experience can also shed light on thoughts you have been contemplating before the disaster struck. You may gain added appreciation for relationships and goals. Maybe you've been thinking about making life changes, and this event could very well inspire you to take the steps needed to do just that. Many like you have already used events like these as the catalyst for positive change.

The bottom line is with time, a support system and/or professional help, you can overcome the trauma you experienced and move forward with your life.

*Dr. Thomas Hofmann is the Program Director for the Clinical Mental Health Counseling program for Hodges University. He is a Licensed Social Worker and Marriage and Family Therapist in Florida. He is a Board Certified Telemental Health Provider, a Certified Employee Assistance Professional, a Certified Hypnotherapist of the National Guild of Hypnotists, and a Fellow of the American Association of Marriage and Family Therapists. He advocates for approaches that combine holistic, strength based methods in combination with the traditional medical model approaches prevalent in modern practices today.*



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# UTI Prevention and Treatment

By Dr. Stewart Roberts

**N**ovember is National Bladder Health Month. At Breeze Urgent Care, we treat UTIs and other bladder issues, but we also care about prevention. Currently, the societal costs of urinary tract infections, including health care costs and time missed from work, are approximately US\$3.5 billion per year in the United States alone. UTIs are a significant cause of morbidity in infant boys, older men, and females of all ages.

A urinary tract infection (UTI) is an infection in any part of the urinary system. The urinary system includes the kidneys, ureters, bladder, and urethra. Most infections involve the lower urinary tract — the bladder and the urethra. Women are at greater risk of developing a UTI than men. If an infection is limited to the bladder, it can be painful and annoying. But serious health problems can result if a UTI spreads to the kidneys. Healthcare providers often treat urinary tract infections with antibiotics. You can also take steps to lower the chance of getting a UTI in the first place.

Preventing a UTI should be a part of our daily health routine. These steps may help lower the risk of UTIs:

- **Drink plenty of liquids, especially water.** Drinking water helps dilute the urine. That leads to urinating more often — allowing bacteria to be flushed from the urinary tract before an infection can begin.
- **Try cranberry juice.** Studies that investigate whether cranberry juice prevents UTIs aren't final. However, drinking cranberry juice is likely not harmful.
- **Wipe from front to back.** Do this after urinating and after a bowel movement. It helps prevent the spread of bacteria from the anus to the vagina and urethra.
- **Empty your bladder soon after having sex.** Also, drink a full glass of water to help flush bacteria.
- **Avoid potentially irritating feminine products.** Using them in the genital area can irritate the urethra. These products include deodorant sprays, douches, and powders.
- **Change your birth control method.** Diaphragms, unlubricated condoms, or condoms treated with spermicide can contribute to bacterial growth.

UTIs don't always cause symptoms. When they do, they may include:

- A strong urge to urinate that doesn't go away
- A burning feeling when urinating
- Urinating often, and passing small amounts of urine
- Urine that looks cloudy
- Urine that appears red, bright pink, or cola-colored — signs of blood in the urine
- Strong-smelling urine
- Pelvic pain, in women — especially in the center of the pelvis and around the area of the pubic bone

In older adults, UTIs may be overlooked or mistaken for other conditions.

Antibiotics usually are the first treatment for urinary tract infections. Your health and the type of bacteria found in your urine determine which medicine is used and how long you need to take it. Medicines commonly used for simple UTIs include:

- Trimethoprim and sulfamethoxazole (Bactrim, Bactrim DS)
- Fosfomycin (Monurol)
- Nitrofurantoin (Macrochantin, Macrobid, Furadantin)
- Cephalexin
- Ceftriaxone

The group of antibiotics known as fluoroquinolones isn't commonly recommended for simple UTIs. These drugs include ciprofloxacin (Cipro), levofloxacin, and others. The risks of these drugs generally outweigh the benefits of treating uncomplicated UTIs. In cases of a complicated UTI or kidney infection, your healthcare provider might prescribe a fluoroquinolone medicine if there are no other treatment options.

Often, UTI symptoms clear up within a few days of starting treatment. But you may need to continue antibiotics for a week or more. Take all the medicine as prescribed. For an uncomplicated UTI that occurs when you're otherwise healthy, your healthcare provider may recommend a shorter course of treatment. That may mean taking an antibiotic for 1 to 3 days.

Whether a short course of treatment is enough to treat your infection depends on your symptoms and medical history. Your health care provider also may give you a pain reliever to take that can ease burning while urinating. But pain usually goes away soon after starting an antibiotic.

If you have frequent UTIs, your healthcare provider may recommend:

- Low-dose antibiotics. You might take them for six months or longer.
- Diagnosing and treating yourself when symptoms occur. You'll also be asked to stay in touch with your provider.
- Taking a single dose of antibiotic after sex if UTIs are related to sexual activity.
- Vaginal estrogen therapy if you've reached menopause.

Urinary tract infections can be painful, but you can take steps to ease discomfort until antibiotics treat the infection. Follow these tips:

- **Drink plenty of water.** Water helps to dilute your urine and flush out bacteria.
- **Avoid drinks that may irritate your bladder.** Avoid coffee, alcohol, and soft drinks containing citrus juices or caffeine until the infection has cleared. They can irritate your bladder and tend to increase the need to urinate.
- **Use a heating pad.** Apply a warm, but not hot, heating pad to your belly to help with bladder pressure or discomfort.

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](http://www.breezemedurgentcare.com) or walk in. Call BreezeMed at 239-529-2142. Hours are Monday-Friday from 8 am to 6 pm and Saturday and Sunday from 9 am to 5 pm. Proudly serving our community seven days a week to meet all your healthcare needs.



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# TIPS FOR CARING THE CAREGIVER

By Greg Pascucci

According to the National Alliance for Caregiving and AARP, there are 53 million family caregivers in the United States. November is Family Caregivers Month, designed to honor the dedicated and compassionate individuals who care for a disabled child, an aging spouse or a parent with a prolonged illness. With one in four caregivers spending 41 hours or more per week providing care, it is critical to maintaining a balanced lifestyle to ensure the health of both the caregiver and the person requiring care.

*Here are a few tips for caring the caregiver:*

## Practice Self-Care

Caregivers are often selfless and tend to put themselves last. However, taking care of yourself physically, mentally and emotionally is essential to being the best version of yourself for your loved one. While caregivers may shy away from indulgences such as a spa day, self-care can be as simple as going for a walk or catching up with a friend over coffee.

The Carlisle Naples, an active retirement community, is home to many spousal caregivers. With a dedicated, supportive staff in place, residents have the peace of mind of knowing assistance is available should they need some downtime. Plus, there is always a friendly, caring neighbor to visit with or enjoy a meal together. Research shows these small steps can be key to avoiding caregiver burnout.

## Be Open to Accepting Help

Caregiving can take a toll on even the strongest person. From scheduling doctors' appointments to refilling prescriptions to taking care of activities of daily living, providing care for a family member is exhausting. You don't have to be Superman or Superwoman; ask for help and be willing to accept the help of a friend or relative. Support groups are also a great way to learn how others cope and to get helpful tips and resources.

The marketing team at The Carlisle often meets with prospective residents who feel guilty admitting their caregiving responsibilities negatively impact their health – physically and mentally. A senior living community offers a great solution. With much of the day-to-day tasks handled by the community, the caregiver finds he or she has much more quality time to spend with a spouse. The partner who needs assistance can also let go of their false guilt for “being a burden.”



## Stay Connected

Caregivers often lament their social circles get smaller with each year they spend providing care to a loved one. And, though friends may hesitate to extend an invite, research finds much of the isolation is caused by the caregiver withdrawing from their previous habits and lifestyle. Experts recommend staying connected to family and friends – even virtually – and chatting about things unrelated to caregiving. The Internet and social media are effective tools for maintaining relationships, and online support groups – typically active 24/7 – are great ways to meet others with shared experiences.

Seniors are often delighted to find their social circles expand upon a move to a retirement community. There's always something to do and someone to do it with. Even for caregiving spouses, there are ways to connect with neighbors and help alleviate the loneliness often associated with caregiving. Whether it's the smile of a neighbor in the hallway or the kindness of a new friend dropping by to sit with you after an especially tough day, there's no shortage of love and support.

“At The Carlisle, residents know they are never alone, and there's an entire team dedicated to their health, safety and wellbeing. This can be especially meaningful for residents caring for an ill spouse,” said Executive Director Bill Diamond. “It's what we call the ‘Power of We;’ coming together as one big extended family to truly be there for each other.”

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



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# PICKLEBALL

By Robert Swift, D.O.

Board Certified Orthopedic Surgery and Sports Medicine



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

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

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

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

## Associated Injuries

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

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

## Acute Injuries

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

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

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

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

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

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

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

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

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



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# Diabetic Retinopathy: Causes, Symptoms, Treatment

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

**P**eople with diabetes can have an eye disease called diabetic retinopathy. This is when high blood sugar levels cause damage to blood vessels in the retina. These blood vessels can swell and leak. Or they can close, stopping blood from passing through. Sometimes abnormal new blood vessels grow on the retina. All of these changes can steal your vision.



## The Two Stages of Diabetic Eye Disease

There are two main stages of diabetic eye disease.

### NPDR (non-proliferative diabetic retinopathy)

This is the early stage of diabetic eye disease. Many people with diabetes have it.

With NPDR, tiny blood vessels leak, making the retina swell. When the macula swells, it is called diabetic macular edema (DME). This is the most common reason why people with diabetes lose their vision. DME can be present or not with NPDR or PDR.

Also, with NPDR, blood vessels in the retina can close off. This is called macular ischemia. When that happens, blood cannot reach the macula. Sometimes tiny particles called exudates can form in the retina. These can affect your vision too.

The changes from NPDR can happen without you noticing any change to your vision. That is why diabetics need to have an annual screening for diabetic retinopathy.

### PDR (proliferative diabetic retinopathy)

PDR is the more advanced stage of diabetic eye disease. It happens when the retina starts growing new blood vessels. This is called neovascularization. These fragile new vessels often bleed into the vitreous. If they only bleed a little, you might see a few dark floaters. If they bleed a lot, it might block all vision.

These new blood vessels can form scar tissue. Scar tissue can cause problems with the macula or lead to a detached retina causing a tractional retinal detachment (TRD) which sometimes is irreversible visual loss.

PDR is very serious, and can steal both your central and peripheral (side) vision. Just like NPDR, your eye can silently develop PDR. And again, that is why it is so important to screen for diabetic retinopathy.

## What Happens When You Have Diabetic Retinopathy?

You can have diabetic retinopathy and not know it. This is because it often has no symptoms in its early stages. As diabetic retinopathy gets worse, you will notice symptoms such as:

- seeing an increasing number of floaters
- having blurry vision
- having vision that changes sometimes from blurry to clear
- seeing blank or dark areas in your field of vision
- having poor night vision
- noticing colors appear faded or washed out
- losing vision.

Diabetic retinopathy symptoms usually affect both eyes.

## Diabetic Retinopathy Diagnosis

Drops will be put in your eye to dilate (widen) your pupil. This allows your ophthalmologist to look through a special lens to see the inside of your eye.

Your doctor may do optical coherence tomography (OCT) to look closely at the retina. A machine scans the retina and provides detailed images of its thickness. This helps your doctor find and measure swelling of your macula.

Fluorescein angiography and OCT angiography help your doctor see what is happening with the blood vessels in your retina. Fluorescein angiography uses a yellow dye called fluorescein, which is injected into a vein (usually in your arm). The dye travels through your blood vessels. A special camera takes photos of the retina as the dye travels throughout its blood vessels. This shows if any blood vessels are blocked or leaking fluid. It also shows if any abnormal blood vessels are growing.

## Can Diabetic Retinopathy Go Away?

Your treatment is based on what your ophthalmologist sees in your eyes. Treatment options may include:

### Medical control

Controlling your blood sugar and blood pressure can stop vision loss. Carefully follow the diet your nutritionist has recommended. Take the medicine your diabetes doctor prescribed for you. Sometimes good sugar control alone can bring some of your vision back. Controlling your blood pressure keeps your eye blood vessels healthy.

### Drug treatment

One type of medication is called anti-VEGF medication. These include Avastin, Eylea, Lucentis and the newly FDA-approved Vabysmo. Anti-VEGF medication helps to reduce swelling of the macula, regress diabetic retinopathy, slowing vision loss and improving vision. This drug

*Source:*

<https://www.aaa.org/eye-health/diseases/what-is-diabetic-retinopathy>

is given by injections (shots) in the eye. Steroid medicine is another option to reduce macular swelling from DME. This can also be given as injections in the eye. Your doctor will recommend how many medication injections you will need over time.

### Laser surgery

Laser surgery can be used to help seal off leaking blood vessels. This can reduce swelling of the retina. Laser surgery can also shrink abnormal blood vessels and prevent them from growing again. Often more than one treatment is needed.

### Vitrectomy

If you have advanced PDR, your ophthalmologist may recommend a surgery called vitrectomy. Your ophthalmologist removes vitreous gel and blood from leaking vessels in the back of your eye. This allows light rays to focus properly on the retina again. Scar tissue also might be removed from the retina.

## 5 Ways to Prevent Vision Loss from Diabetic Retinopathy

- If you have diabetes, talk with your primary care doctor about controlling your blood sugar. High blood sugar damages retinal blood vessels. This causes vision loss.
- Do you have high blood pressure or kidney problems? Ask your doctor about ways to manage and treat these problems.
- See your ophthalmologist regularly for dilated eye exams. Diabetic retinopathy may be found before you even notice any vision problems.
- If you notice vision changes in one or both eyes, call your ophthalmologist right away.
- Get treatment for diabetic retinopathy as soon as possible. This is the best way to prevent vision loss.

## Do You Have Diabetes and Need an Eyeglasses Exam?

Changes in blood sugar levels can affect your vision. Make sure your blood sugar is under control for at least a week before an eye exam. Eyeglasses prescribed when your blood sugar levels are stable work best! The best is to have an eye exam prior to getting glasses. Eye exams are part of your medical insurance and separate from the vision plan for glasses offered by certain health insurance plans.

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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.

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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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# MAXIMIZING YOUR GENEROSITY

There are many feelings that occur after you've been through one of the worst disasters in Florida's history. I've experienced different stages of gratitude, heartbreak, survivor's guilt, and even anger. Being a part of the strong community and hearing stories of survivor's have helped, but the one thing that has given me the most hope is focusing on generosity.

*"I've never met an unhappy generous person." – Unknown*

We often speak to our clients about the importance of being generous. In a way, it's a pure connection we all have as humans. Helping each other naturally brings joy. There are many proven studies that generous people are happier and healthier. There are even a few studies that suggest that generosity can extend longevity.

Generosity comes in really two different forms... time and money. It's easy to understand how to donate your time. You donate time by volunteering, being on the board of a non-profit or organizing a fundraiser. Financial donations can be a little trickier and can have some more benefits tied to it. Financial donations can be simple like giving to a neighbor or giving cash to a non-profit. But financial donations can also be a little more complex like donating appreciated stock or a privately owned asset to charity.

**When giving financially after a disaster there are initial and very important points to remember:**

- **Make sure the organization is vetted and registered.** Ask around or do your research online. While this is a time when a community can come together it's also a time where fraud cases rise.
- **If you are looking to make a tax-deductible gift,** ensure it's registered as a 501(c)3 entity with the IRS by checking the IRS's website.
- **Align your giving with your values.** Speak with the organization and find out where the gift will go. If you love animals, will your money go to pets in need. If you love children, will the money go directly to help kids.
- **Be patient.** As generous humans we tend to want to fix everything right away. But, as we have witnessed, the rebuilding efforts of this community will take a long time. Money will be needed months from now just as much as its needed right now. So be smart with the timing of your donations.



The next steps are to make sure you are giving efficiently. Gifts are not only extremely helpful to the community, but if they are given the right way, they can be beneficial to the donor.

- **Get your tax deduction.** Whenever possible, donate to a registered 501 (c) 3 and get a receipt for your donation. Whether you donate a used car, or some used clothing, a receipt should have a value on it that you can file with your taxes and take a deduction.
- **Be intentional with what you give.** The IRS has limits to the amount that you deduct depending on what you give. Cash has a higher limit than stock. Make sure you check with your tax advisor, financial planner or do your own research before you give.
- **Friends don't let friends donate cash.** Appreciated assets allow a "double benefit" by not only allowing for a deduction for the full value, but also allows the donor to avoid paying capital gain tax on the appreciation. So, if you have an asset, such as stock, that has grown in value, this can be twice as beneficial as a cash gift.
- **Utilize tools like a donor advised fund to maximize the control of your deduction.** A donor advised fund allows you to get a deduction at the time of the gift and control the timing of when the organization will get receive the gift.

Remember, no one knows when they will have the opportunity to be generous so having a plan for your giving is very important and rewarding. Psychologically this helps to remove any mental barriers to where the generosity will come from. At Wealthquest, we encourage clients to set up an

abundance fund. This is simply a separate account where you deposit some amount, and the only purpose is to give it away. This is also where tools like a donor advised fund or trust can work very well. By removing the question of the source of giving, it allows the freedom to give generously knowing that you have planned for it.

**Generosity is a key to unlock true joy in life.** The benefits to your mental health are amazing. And it can also be a valuable part of your financial plan. Be sure to discuss this planning with your financial planner or tax advisor. As always, we at Wealthquest are here to help answer any questions you have around generosity. Feel free to contact Adam at [aday@wqcorp.com](mailto:aday@wqcorp.com) with anything that is on your mind.

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# GROUNDBREAKING TREATMENTS FOR ED AND RETRACTION REFLEX

By Dr. Viviana Cuberos

**E**rectile Dysfunction (ED) is deeply related to vascular health. Many men that begin to experience ED have little idea that they need to treat the arteriosclerosis in the penis as well as in their body. Most standard medical practitioners will start a man on the "little blue pill," but this only masks the symptoms of ED and it definitely doesn't treat the cause.

Any man that is showing signs of erectile dysfunction should seek alternative and thorough medical assistance from a physician that not only understands the disorder but one that also offers the most advanced treatment to address your overall health.

## P-Shot (Priapus Shot)

The P-Shot is spun down blood of platelet-rich plasma that is taken from the patient and injected back into their bodies. The P-Shot is comprised of the patient's stem cells that stimulate new tissue growth, collagen formation and is 100% natural, so the body accepts it 100% of the time with no adverse reactions. Stem cells have the potential to differentiate into many different types of cells and can serve as an internal repair system, which can replace damaged or worn-out tissue.

The P-Shot also helps men with Peyronie's disease by stimulating circulation and lessening the scar tissue associated with the disorder. No longer do men have to rely on the tiny blue pill that causes so many adverse side effects. Now, there is a safe, natural alternative to help so many men with ED and Peyronie's disease.

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

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



## The MagnYm™ Procedure

Hyperactive Penile Retraction Reflex, is when a flaccid (limp, soft) penis undergoes retraction upon contraction of a layer of connective tissue underneath the penis, foreskin and scrotum. This contraction of the penis naturally occurs in all males when exposed to cold temperatures, stressful situations, or rigorous physical activity but can also happen outside of these situations. Men also experience shrinkage with age or other medical conditions. There is a new treatment available that is not only non-invasive, but highly effective.

MagnYm™ is a quick 15-minute non-surgical male enhancement procedure that increases the length and girth of the flaccid penis due to shrinkage (Hyperactive Penile Retraction Reflex). In addition to enhancing flaccid penis size, MagnYm™ has also been shown to improve function, decrease occurrences of premature ejaculation, and grow body confidence.\*

## Science Behind MagnYm™

Similar to the way neuromodulators are used for surface wrinkles in the facial region, MagnYm™ uses neuromodulators to relax the muscles of the penis and promote increased blood flow. The muscles which control shrinkage will relax allowing for increased blood flow letting your manhood lengthen into its full glory!

## The Safety

The procedure is safe and well-tolerated by patients with little to no side effects.\*

The injections are localized and are not known to migrate to other parts of the body.

## The Results

### It can increase flaccid penis size

A recent survey of more than 4,000 US men found that guys' biggest complaint about their genitals was the length of their flaccid (non-erect) penis. More than one-quarter of respondents wanted theirs to be longer.

Source: <https://www.enhancehys.com/magnym>

## It might help guys last longer in bed

Premature ejaculation is the most common sexual problem reported by men. There are tons of treatments out there for it already, including 'delay sprays', Kegel exercises and behavioral methods like the stop-start technique but, BOTOX® might be another viable option in the near future.

## It could help treat erectile dysfunction too

A new paper published in The Journal of Sexual Medicine argues that BOTOX® could be a game changer when it comes to treating erectile function. The thought here is that BOTOX® could be used to paralyze the smooth muscles inside the chambers of the penis. By relaxing these muscles, blood should be able to flow into the penis more easily.

Results of MagnYm™ are typically seen within a few days of the procedure but can take up to 4 weeks to take full effect. A booster dose might be necessary. Results typically last 6 - 9 months. Repeat treatments are recommended to maintain results.\*

\*Individual results may vary

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# TURNING TO A BALANCED MARKET TIME FOR A 55+ COMMUNITY?

By Robert Nardi, Broker/Owner

Indications that the Naples area housing market is transitioning to a balanced market became more evident during August as inventory and days on the market increased. According to the August 2022 Market Report by the Naples Area Board of REALTORS® (NABOR®), which tracks home listings and sales within Collier County (excluding Marco Island), overall inventory increased 71.3 percent to 2,140 properties from 1,249 properties in August 2021. Of the homes on the market during August, 35.8 percent of them (766) experienced a price decrease, and the overall list price received for the month slipped slightly to 96.4 percent from 99.2 percent in August 2021. These seller and buyer behaviors resemble a healthy market environment.

The overall median closed price continued to increase in August, up 30.7 percent to \$575,000 from \$440,000 in August 2021. Only 31 single-family homes and 79 condominiums under \$300,000 were on the market during August. In August 2019, there were over 1,400 properties on the market for under \$300,000. We are on par with new listings compared to pre-pandemic levels in August 2019. There were 850 new listings in August, a 16.9 percent decrease compared to 1,023 in August 2021.

The NABOR® August 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 in a chart format. Please send an email to [Robert@NardiRealty.com](mailto:Robert@NardiRealty.com) if you wish to receive a copy.

## What does this all mean?

Once again, from all indications, we are moving to a balanced market. Supply and demand are starting to even out. This balance can be attributed to longer days on the market, fewer showings than in the past, and slight price decreases, so inventory appears to be more significant. A balanced market is not such a bad thing. Buyers and Sellers get to play in the same sandbox and come up with a fair market price to sell and buy!

## A great time to Sell if you are a Senior!

If you are a Senior, I believe it is a great time to sell in Southwest Florida. Prices are still up, and it is an ideal time to purchase if you are thinking about a 55+ community. It seems like 55+ communities are popping up all over the place. What's nice about these communities is that there is something for everyone. Some only have single-family homes and offer numerous amenities, even walking/biking trails, and water activities like kayaking. Other communities have step-down facilities. You would start in Independent Living, then move to Assistant Living, Memory Care, and even skilled nursing offerings. In some 55+ communities, you have ownership, while others are simply "renting" the unit.

Most charge a more significant monthly maintenance fee, but you can get a big bang for your buck. Some include chauffeured visits to your doctors, shopping, dinner, etc. Others have activities on campus where you can play bingo, sing karaoke, watch a movie, participate in exercise classes, do water aerobics, etc. Some have meal plans, and some cook breakfast, lunch, and dinner for you.



After Hurricane Ian, many of these 55+ communities did very well. Many are newer and built to withstand a category four hurricane. They are also equipped with generators and have a built-in care system for Seniors. You most likely would not be without a meal or the use of an elevator.

If you are not ready to sell but still want to move to a 55+ community, it may be a great time to put your property up as an annual rental. Unfortunately, many people lost their ability to live in their homes/condos based on the damage caused by Hurricane Ian. It would be a win-win for both you as the Landlord and the Tenant. You have a stream of income every month, and a tenant has a place to stay for a year while they rebuild.

## Are you thinking of renting, selling, or buying?

### Do you need some guidance with 55+ communities?

Nardi Realty can help; please feel free to call me directly at **239-293-3592** or send an email to [Robert@NardiRealty.com](mailto:Robert@NardiRealty.com).

Please stay safe, healthy & happy.



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# Mood Disorders in Men

By Richard J. Capiola, MD

**M**en and women can both experience mood disorders such as depression, anxiety, or bi-polar disorder. However, recognizing the signs and symptoms in men can be a bit tricky since men don't always show a wide range of emotions. Often, a man suffering from depression might seem angry or aggressive instead of displaying sadness, for example. Diagnosis can be difficult too, because men don't tend to talk about their feelings or seek treatment.

People suffering from mood disorders live in a state of exaggerated emotions. Their general emotional state or mood is not consistent with their circumstances and hinders their ability to live a normal life. They may be extremely sad, may feel empty or irritable, or have episodes of depression followed by excessive happiness. They may also suffer from crippling anxiety.

**Two of the most common mood disorders include:**

- **Major depressive disorder** - extreme sadness that lasts for long periods of time
- **Bipolar disorder** - characterized by prolonged periods of sadness followed by periods of extreme happiness (also called manic depressive disorder)

As mentioned above, men are more likely to display their changes in mood in the form of irritability and/or anger and aggression. It is very common for them to feel frustrated easily. They may even feel like everyone is out to get them or is trying to make their life more difficult. These feelings are usually directed at family and friends, unfortunately. When men are in this "mood" they often don't realize that their anger is unjustified or misdirected.

## Signs of depression in men

Symptoms of depression will vary, of course, but the following are common in men:

- Anger
- Aggression
- Restlessness
- Loss of interest in activities that were previously enjoyed
- Lack of sex drive or changes in performance



- Feeling empty or hopeless
- Sleeplessness
- Feeling overly tired
- Suicidal thoughts
- Physical symptoms like headaches or muscle cramps
- High-risk activities
- Inability to keep up with work or family responsibilities
- Overeating or lack of appetite
- Withdrawal
- Excessive use of alcohol or drugs

## Signs of mania in men

- Extremely high energy
- Sex-drive that is through the roof and may result in risky behavior
- Little need for sleep
- Loud and very quick speech
- Highly elevated self-esteem
- Racing thoughts

## Treatment of mood disorders

Mood disorders in men can be especially hard to treat because of the male gender roles in society. The expectation is that men should be strong and never show weakness. This makes living with a mood disorder especially difficult and getting treatment may be seen as a sign of weakness. For men who are willing to get help, there are various treatment options available.

## Medications

Many healthcare providers will prescribe medications that help treat mood disorders.

Antidepressants called selective serotonin reuptake inhibitors (SSRIs) are a common form of treatment. They usually take between 2 and 4 weeks to begin to take effect. It is very important to take these medications as they are prescribed and not to discontinue them abruptly when you feel better.

Mood stabilizers help, as the name suggests, stabilize your mood. They reduce abnormal activity going on in the brain that caused extreme mood swings. They can be prescribed alone or in combination with an antidepressant.

Antipsychotics are prescribed for those with bipolar disorder who suffer from depressive and manic episodes. Sometimes they are combined with antidepressants if those don't control the depression on their own.

## Psychotherapy

Psychotherapy seeks to treat mood disorders by talking about and identifying unhealthy emotions or behaviors. This type of therapy should be conducted by a trained professional, such as a psychologist or psychiatrist. The goal is that support and education will increase the patient's ability to cope with their thoughts and emotions enabling them manage their behavior better.

There are several types of psychotherapy including: cognitive behavioral therapy, dialectical behavioral therapy, and psychodynamic therapy. Each is based on the idea that talking through emotional concerns can help the patient identify properly deal with their emotional triggers.

Treatment for mood disorders should be personalized. Everyone is different and there is not a "one size fits all" solution. For some men, therapy might be a sufficient solution, while others may need to try medications or a combination of both. What is important is to seek medical attention. Self-diagnosis and treatment can be dangerous. Trying to "be tough" and "suck it up" can be deadly. There is no shame in seeking help.

If you or someone you love is exhibiting signs of a mood disorder, there is help in SWFL. Dr. Richard Capiola, MD is a Board Certified Psychiatrist with specialty certifications in addiction and forensic psychiatry with over 31 years of experience in the medical field. He graduated from Tulane University School of Medicine in 1990. Be sure to call ahead with Dr. Capiola to book an appointment.

**RICHARD J. CAPIOLA, MD**

**239.649.7494**

704 Goodlette Frank Road North, Suite 222  
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# Thanksgiving: How to Keep Your Pets Safe

Thanksgiving is a time to reflect on what we are thankful for, such as the bounty of the season, time spent with loved ones our health, and not to forget, getting a head start on Christmas. But during the holiday season, we often don't think to make plans for our pets. If we are traveling, it's critical to pack the essentials necessary items for their needs and comfort, or if we expect company, planning ahead to keep our pets safe and comfortable is essential.

## What you can do:

- Make sure your pets' vaccinations are up to date
- Have medications on hand that they take regularly
- Schedule any necessary appointments in a timely manner (our books can get filled up quickly in the fall and winter months).
- Have a pet sitter or dog walker on hand
- Plan for their safety and wellbeing during travel
- Address any anxiety and implement natural or prescription calming treats or drugs.
- Have plenty of food and water stocked up for them
- Always have a safe, comfortable place for them to rest
- Don't leave them alone for too long
- Keep decorations or candles away from pets
- Be cautious during cooking the Thanksgiving meal as pets tend to get under our feet when they smell food.



Specific to Thanksgiving, please keep your pets from eating anything that is hazardous or dangerous to them. Many human ingredients and foods should be avoided. Nuts are toxic, as is sugar, chocolate, avocado and grapes; bones are not to be given to dogs as they can shear off and cause lacerations internally. Check with Animal Oasis for a full list of toxic foods to avoid.

When it comes to your pets, safety, and health, Animal Oasis understands the importance of helping you make the right plans. Animal Oasis' goal is to keep your pets in peak form, vaccinated, and properly medicated this holiday season and beyond.

Animal Oasis Veterinary Hospital offers wellness visits, vaccinations, as well as urgent care and surgery depending on your pet's needs. With a full imaging center, highly experienced technicians and doctors, and a well-staffed office to serve you, your pet can be taken care of comprehensively in the

comfort of our office. If you need veterinary appointments, try to book them in advance if possible. Stock up on pet food, and medications, so you're not in a bind when unavailable.

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# Healthy Skin Month

By Melissa Stanley R.N., B.S.N.

**Y**our skin is the largest organ and a barrier that protects the rest of your body. Your skin needs the right amount of balance to do its job optimally. It needs nourishment from the inside and outside to keep it feeling and looking great and working properly.

Nutrients to improve skin health is constantly evolving. In this article, I will highlight some of the major game-changer nutrients that help maintain and improve healthy skin.

Bioavailability of the supplement/nutrient you are taking plays a role as well. Bioavailability is the amount of the nutrient that enters the body's circulation and is able to have an active effect. IV hydration and wellness has 100% bioavailability compared to oral supplements which has only about 20% bioavailability. That is a huge difference as you look at cost of supplements and the results you are expecting.

Starting with hydration, you should consume a half ounce to an ounce of water per pound of weight. So if you weight 130 lbs, you should consume about 65 to 130 oz of water a day.

**Master antioxidants are a must when it comes to skin health and are also multifunctional in their benefits. These would include Glutathione, and Vitamin C (Ascorbic Acid).**

**Glutathione** is used to aid in the detoxification of the liver, reduce liver damage from alcohol abuse or fatty liver disease, assists in the reduction of psoriasis, reduce the symptoms of Parkinson's, improves insulin resistance, fights free radicals in the blood that damage our skin (helps fill in fine lines and wrinkles), lightens/brightens skin color, and may help prevent or reduces symptoms of autoimmune diseases. High dose glutathione can be used as beauty boost for those seeking a brighter complexion, have various skin conditions and detoxing the liver.



**Ascorbic Acid** is a potent antioxidant that is essential in the role of collagen production, fights free-radicals in the body, supports the immune system, strengthens tendons and bones, boosts energy levels, and much more. Fighting free radicals and collagen production are important for anti-aging.

**B complex** is a broad-spectrum water-soluble vitamin that plays a role in several bodily functions. B complex aids in energy production, promotes memory/concentration, decreases stress/anxiety, assists in the regulation of hormone function, stimulates the release of gastric acid to improve gastrointestinal health, promotes healthy hair, skin and nails.

**Biotin (B7)** is a water-soluble vitamin needed for the metabolism of amino acids, glucose, and fatty acids. Promotes healthy growth and strength of hair, skin, and nails, stimulates metabolism, blood sugar regulation, and regulates thyroid function. Use with caution with altered thyroid function as this may interact with thyroid lab levels.

**Zinc** is a trace element/metal. Zinc chloride Supports immune system, helps treat acne and dermal infections, may decrease symptoms and shorten the duration of the common cold, may

improve cognitive function, improves sense of smell and taste, improves health of reproduction systems, may prevent prostate disease, and aids in prevention of bone loss.

**NAD+** (Nicotinamide adenine dinucleotide) is a coenzyme that aids in recovery from substance dependency, improves cognitive function, decrease symptoms in patients with Parkinson's disease, increase physical performance, improves depression, may reduce stress/anxiety, etc.

**Tri-amino blend** is a preserved Amino Acid. It improves circulation, promotes health blood pressure, speeds up recovery time post workout, increases speed of wound healing, removes bodily waste and metabolites in muscle that cause fatigue, improves athletic performance, improves cardiac function, provides mental clarity and supports immune system.

**Magnesium** is an electrolyte muscle relaxant that is known to reduce muscle pain, fatigue, cramps, and spasm. It's vasodilatory properties promote healthy circulation and recovery. Magnesium Chloride also helps regulate sleep by producing serotonin, GABA, and melatonin. Healthy circulation keeps skin stimulated. Magnesium also helps reduce inflammation with certain skin conditions. Good nights sleep will keep your skin in check.

In conclusion, consistency is key to maintaining optimal health. A lot of factors are involved when it comes to your health. Keeping your skin care routine, lifestyle, hydration and nutrient/ vitamin regimen on point, will keep you feeling your best inside and out. Along with nutrients, keeping your body hydrated, detoxed, clean eating and good skincare are all key to healthy glowing skin.

**Need help finding the right vitamin/nutrient regimen, contact PrimeIV Naples for a FREE consultation with a healthcare professional.**



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# A Dermatologist's Guide To Safe Pregnancy Skin Care

By Vivian Wong MD, PhD, FFAD

**P**regnancy is a wonderful time for you and your family. However, there are many changes to your body and your skin that could happen during this period, and special care must be taken. Let's discuss some do's and don'ts for skin care in pregnancy:

**Do's:**

- **DO use sunscreen:** Melasma is a pigmented condition that often worsens during pregnancy due to hormonal changes, and it flares with sun exposure. Melasma could be very difficult to treat and therefore prevention is key. EltaMD UV Clear and EltaMD UV Elements sunscreens both contain the minerals zinc and titanium dioxide and are my favorite products to use in pregnancy as they are safe and gentle.
- **DO use antioxidants:** Vitamin C is an antioxidant that is safe to use in pregnancy. It is a great alternative to retinols, as it can boost collagen and fight hyperpigmentation. SkinCeuticals CE Ferulic contains vitamin C and can help combat aging and protect the skin from sun damage.
- **DO use moisturizers:** Your skin becomes dry during pregnancy. Keeping your skin hydrated with moisturizers is key. Moisturizers containing hyaluronic acid is also known to help make early stretch marks less noticeable.

- **Do use glycolic or azelaic acid containing products for skin care:** These products belong to pregnancy category B, meaning that they are considered safe to use during pregnancy. They can help brighten your skin. SkinCeuticals Glycolic Renewal Gel Cleanser and Phyto A+ Brightening treatment are good examples of products containing these wonderful ingredients.

- **Do use alpha arbutin for skin brightening:** This plant-based ingredient is a great alternative to hydroquinone for reducing hyperpigmentation. SkinCeuticals Phyto A+ Brightening treatment contains this ingredient to help even your skin tone.

**Don'ts:**

- **Do not use retinols or retinoids:** These ingredients help promote skin cell turnover and collagen production, resulting in even skin tone and less skin lines. However, it can be absorbed through the skin and may potentially cause harm to your baby. Therefore, it is best to avoid these ingredients during pregnancy.
- **Do not use Rogaine or topical minoxidil:** Hold off on applying Rogaine or topical minoxidil for hair loss during pregnancy. Studies of pregnant animals have shown minoxidil can be harmful to a developing fetus and therefore it is best to avoid.

- **Do not use hydroquinone for pigmentation:** It is unclear if this popular pigment fading ingredient is safe to use during pregnancy. Since it is highly absorbable, it is best to avoid it and use alternatives such as vitamin C or alpha arbutin.

- **Do not continue acne treatments without consulting with your board-certified dermatologist:** Most oral medications and topical preparation are not safe to continue during pregnancy. For sample, salicylic acid wash, a common over-the-counter acne wash, is best to avoid due to concern for build up of salicylates in your body which could be harmful to the fetus. On the other hand, azelaic acid and glycolic acid are safe to use.

- **Do not skip your skin check appointments:** While pregnancy is a very busy time, it is safe to get tested for melanoma while you're pregnant. Moles often change in appearance during pregnancy due to hormonal changes. Your dermatologist can evaluate your moles and can safely perform a skin biopsy to test you if necessary. Skin cancers can be treated safely during pregnancy.

For additional information on pregnancy skin concerns, see your board-certified dermatologist for information about what can safely treat your skin conditions during pregnancy. While we don't have a lot of information on drug safety in pregnancy because studies often exclude pregnant subjects, we can help you sort out your options.

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# Unintentional Weight Loss Can be Sinister

By Aubrey Fulton APRN

**L**osing weight is great, but not all weight loss should be celebrated. You have healthy weight loss, and unhealthy or sinister weight loss. It's normal for your body weight to fluctuate. However, if you're losing weight without being sick, changing your dietary intake and or exercise habits, something else might be going on.

Unintentional or unexplained weight loss can be a cause for concern. It may be indicative of a medical underlying condition. A good rule of thumb is to see your doctor if you've lost a significant amount of weight— more than 5 percent of your weight — within 6 to 12 months. In addition, take note of any other symptoms to talk over with your medical provider. Remember, not all weight loss is serious but should be properly evaluated. Unintentional weight loss can happen after a life-changing or stressful event. However, unintentional weight loss may be a sign of something sinister. Unintentional weight loss may lead to unwelcome conditions such as: muscle wasting, a weakened immune system that may cause decreased immunocompetence, depression and an increased rate of disease complications

## Causes of Unintentional Weight Loss

Unintentional weight loss is often the result of an underlying chronic medical condition. However, short-term illnesses such as influenza or the common cold can also cause weightloss. Other common causes of unintentional weight loss include side effects from medication such as nausea and vomiting, alcohol abuse, depression, diarrhea, oral ulcers, and viral infections that can affect one's appetite.

More serious cause for unintentional weight loss includes various cancers, cardiac disorders, hyperthyroidism, abdominal infection, gastroenteritis, dementia, celiac disease, and AIDS/HIV.

Long periods of weight loss can lead to malnutrition. Malnutrition occurs when you aren't consuming a proper amount of nutrients. This can be especially true for those with a digestive disorder such as celiac disease, which affects how the body absorbs nutrients.

## Symptoms of Unintentional Weight Loss

Depending on what caused the weight loss, symptoms vary widely. You may notice a change in the way your clothes fit, or in the shape of your face



since that is an area where many people can see initial weight loss effects. However, some people are unaware that they've lost weight until they weigh themselves or notice a change in the way their clothing fits. Unintentional weight loss due to an illness may occur along with fever, loss of appetite, abdominal discomfort or pain, diarrhea, or constipation. Certain medications can cause unintentional weight loss as a side effect. If you're on any medication and experience noticeable weight loss, consult with your medical provider.

## Diagnosing Unintentional Weight Loss

Unintentional weight loss is a symptom of many conditions. Your medical provider should go over your symptoms and any recent lifestyle changes you've made to know exactly what's causing the weight loss. There are four most basic causes for unintentional weight loss: anorexia, dysphagia, socioeconomic factors, and weight loss despite normal intake. Try to keep track of your weight loss and if possible, document the onset, amount, triggers etc. Also, make a note of any associated symptoms you experienced around the time of the weight loss. This will give your medical provider useful information that can help in making a clinical diagnosis.

Questions usually asked during the evaluation is geared towards obtaining information about the weight loss itself, these may include but not limited to: Have you changed your diet? Have you had a recent illness? Have you recently traveled out of the country? Are you less energetic than usual? Have you had any digestive problems, such as diarrhea or constipation? Have you started taking any new medications?

If your medical provider feels that your diet or a digestive disorder is the etiology for your weight loss, they may do a nutritional assessment inclusive of blood work. Treatment should be according to the evaluation.

## Treatment Options for Unintentional Weight Loss

If you have a nutritional deficiency, medical provider may refer you to a dietitian or devise a diet plan that helps to correct the deficiency. A deficiency due to a digestive disorder, such as inflammatory bowel disease, may require consultation with a gastroenterologist or a specialized diet during times of inflammation to help you get the nutrients you need.

Your medical provider will likely prescribe medication if a hormonal disorder is causing unintentional weight loss. You can correct unintentional weight loss due to general illnesses such as influenza, the common cold, or food poisoning with bed rest, an increase in fluids, and medications used to settle the stomach, and by getting back on your normal diet when you are feeling better. If your medical provider suspects that your unintentional weight loss may be due to a more serious illness, such as cancer, you may need to undergo other diagnostic test to further ascertain the etiology of the weight loss.

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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Conventional medicine tends to dismiss symptoms when blood work comes back within the normal lab ranges. As Functional Medicine practitioners, we understand the importance of patients listening to these symptoms and finding issues before they become diagnosed with the disease.

The Functional Medicine model is an individualized, patient-centered, science-based approach that empowers patients and practitioners to work together to address the underlying causes of disease and promote optimal wellness. It requires a detailed understanding of each patient's genetic, biochemical, and lifestyle factors to develop personalized treatment plans that lead to health and optimal function. We integrate both Western and Eastern medical approaches as well as nutrition, diet, and exercise. The use of functional lab testing and other diagnostic techniques facilitates finding the root of our patient's health concerns. We incorporate the use of nutritional supplements, botanicals, herbs, healthy lifestyle recommendations, and individualized nutritional programs.

There are several lab test options that our physicians can order for you. These tests can be critical in determining the best approach for treating your symptoms and bringing you back to vibrant health. Our physicians know the importance of ordering a comprehensive blood panel or hormone panel and evaluating the results with the patient's symptoms in mind. We interpret our findings based on functional ranges which are used to assess the risk for disease before disease develops.

The references that are provided with most laboratory test results are referred to as the "pathological range" which usually indicates the potential for pathology or disease. The purpose of functional medicine laboratory testing in our office is to evaluate nutritional, biochemical, or physiological imbalances and to determine any need for medical



referral. These lab tests in our office are not intended to diagnose disease. Our office utilizes conventional lab tests as well as functional medicine assessments.

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***"Dr. Jarod's functional medicine cured my IBS, and completely changed my life. I can now go out and eat at restaurants and not be paranoid about where the next restroom is!"***

-Kathryn M.

***"Caliber wellness detected 21 markers that were not in the optimal range. I love my primary care doctor but was shocked they didn't find any of these issues. As I did the 3-month plan my symptoms gradually reduced as the doctor told me they would. I'm so grateful to be feeling better! I highly recommend these guys; they are the best!"*** -Chelsea W.



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# NOVEMBER IS NATIONAL DIABETES MONTH

By Andrea Hayes, MD, F.A.C.E.

**E**very year in November, communities across the country team up to raise awareness about diabetes, a disorder which has become a national health crisis. Diabetes affects 37 million Americans, and many are undiagnosed.

Most patients affected have Type 2 Diabetes, a disorder associated with insulin resistance and beta cell dysfunction leading to a deficiency of insulin. Uncontrolled diabetes can lead to numerous devastating complications triggered by damage to both the small and large blood vessels of the body. Small blood vessel disease can lead to damage to the retina of the eye, the kidneys, and the nerves. Large blood vessel disease leads to heart disease, stroke and peripheral vascular disease. Many with diabetes have poor control of their disease even though there are more effective treatments for diabetes than ever before.

In my 25 years as an endocrinologist, there has been an explosion of treatments that have improved the lives of patients with both Type 1 and Type 2 Diabetes. For example, when I started my fellowship in Endocrinology and Diabetes, we had three treatments for diabetes: insulin, sulfonylureas and metformin. We now have more than 80 treatments in the form of “designer” insulins, insulin pumps, continuous glucose monitoring, non-insulin injectables, inhaled insulin and many oral drugs and combinations.

Treating diabetes has always been my passion. It is also personal for me. I received my Type 1 diagnosis at age 15. As someone with diabetes and a doctor, I was always frustrated by the side effects of the older

treatments, namely weight gain and hypoglycemia (low blood sugar). Fortunately, we now have drugs that help patients lose weight that do not typically cause hypoglycemia. Some of these drugs have also been shown to reduce the risk of heart disease and heart failure. With the main cause of death for a person with Type 2 diabetes being heart disease, it is wonderful to have pharmaceuticals that not only lower blood sugars, but also improve longevity.

This year, the focus of National Diabetes month is based on building a team of health care professionals, each with the common goal of improving the lives of patients with diabetes through lifestyle choices, prevention, and management of complications. It is essential that patients be their own health care advocates and seek help from those that are experts in diabetes care.

#### Are you at Risk for Diabetes? Follow the ABCs

What can YOU do, as a person who is either at risk for, or already diagnosed with diabetes? There are three areas of high importance for optimal metabolic control. These are commonly called the ABCs of diabetes.

#### A stands for A1C

The A1C test measures a 90 day blood sugar average. A non-diabetic A1C typically averages around 5.5%. Optimal glycemic control in patients with diabetes is accepted to be less than 6.5 to 7% depending on the patient’s individual situation. The A1C should be measured every three months in diabetic patients so that providers and patients can determine what the average blood sugar has been. The A1C does not give information on highs and lows. It simply gives an estimate of overall control.

#### B stands for Blood Pressure Control

It is essential for patients with diabetes to have blood pressure measurements that are as close to normal as possible, thus helping protect the damage that can occur in the vasculature of the body. In general, patients with diabetes should maintain a blood pressure less than 140/90 mmHg.

#### C stands for Cholesterol

Cholesterol management is important to keep the blood vessels of the body clean and free of plaque. The most important number to watch is the LDL, which represents the bad cholesterol that leads to heart disease. The goal LDL in most diabetics is less than 70 mg/dl although for those with pre-existing heart disease, I sometimes strive to achieve LDL levels less than 55 mg/dl.

I hope everyone will take the following advice – not just this November but throughout the year: Know your ABCs and be pro-active in your own health care. Find a health care provider that has expertise in treating patients with diabetes. Establish a meal plan that is effective in managing your blood sugar and weight goals and most importantly, one that you can stick with life-long. Make physical activity an enjoyable and regular part of your lifestyle. Take your medicines as prescribed and check your blood sugar regularly. Inquire about continuous blood sugar monitors so that you know what your sugar is all the time, not just a couple of times per day. Manage stress through exercise and healthy support systems.


**Andrea Hayes MD** received her Type 1 diagnosis at age 15. She is a board-certified endocrinologist who has been in practice for 25 years. She offers prompt appointments for patients in home, local office or via telehealth.

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# Stress Management

By Neetu Malhotra, MD

**H**ave you ever felt overwhelmed? Are you feeling stressed out? The holidays can sometimes be quite stressful, whether it be making the house ready, making sure you have gotten all the presents for your loved ones/friends, but you might want to take some time for yourself too. In fact, the holidays are known to bring out all sorts of ailments and health problems, more than any time of year. The stress of the holidays is real and not something to be ignored and brushed under the rug. Stress Management is truly something we all have to deal with at one point or another. Not all stress is bad, but when you start to feel overwhelmed and feel a loss of control, that's when stress can wreak havoc in your life.

The first part in managing your stress is to identify the stressor, for example-whether it be certain negative people, going through a divorce, being told of a new diagnosis or fear of losing your job. Whatever that stressor is, it's important to identify it, talk it over with a close friend/relative or perhaps write it in a stress journal. It is crucial to not keep the feelings/emotions bottled up because that in itself is truly, I believe the heart of many health problems. Stress has been linked to heart disease, depression/mental illnesses, inflammatory conditions (ie arthritis, autoimmune illnesses, etc) and even some forms of cancer.

The second part of stress management is coming up with a plan or solution to dealing with the problem that is creating the stress/turmoil in your life. This is where taking a step back for a moment can often help. Sometimes, taking a deep breath and talking out loud is all that may be needed. I also believe it is extremely important to have outlets or hobbies in your life. Some people find getting up early and meditating is a way to relax and recharge your mind. Others may find playing an instrument, listening to a Ted talk, gardening or reading a book keeps them relaxed and content. The point is, you have to find some activity that makes you happy and feel relaxed. This in itself, helps you think of the solution as a third party and coming up with a new perspective on the problem/situation creating the stress in your life.



*I think it is important to have general lifestyle principles and routines embedded in your life such as the 5 steps below:*

1. It is important to stay positive and surround yourself with people that will bring positivity in your life as well.
2. Exercising regularly and maintaining a healthy diet also helps with keeping the stress levels manageable.
3. Staying well hydrated and avoiding excessive consumption of caffeinated and alcoholic beverages also help you manage your stress.
4. Learn also how to say "no" to unnecessary requests. You need to know your limits and stick to them. It is important to know the difference between the "shoulds" and the "musts" and when needed to say "no" to taking on too much, whether

it be in your personal or professional life. Taking on too much is indeed a recipe for disaster and the root of stress for most people.

5. Lastly, getting enough sleep is also vital to stress management. Most of us are not getting the recommended 7 to 8 hours of sleep every night.

In the end, it is always important to ask oneself, "Is this going to make a difference in the grand scheme of things?" "Is it really worth getting upset over?"

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# ORAL HEALTH: ARE YOU OVERDUE FOR YOUR EXAM?

## Regular Dental Visits Are Important

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

### Are you overdue for a dental cleaning and exam?

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

### Aging Restorative Treatment

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

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

### Missing Teeth and Extractions

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

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

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

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

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

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# What's Your Diet?

By Pastor Roger P. Felipe

**W**eight-watchers. Nutrisystem. Mediterranean diet. Paleo. Living healthy has become a craze, although obesity in our country, rather legitimizes it. For many people it is about looking and feeling better, living longer, stronger and disease-free. These are all important reasons for eating clean, exercising, and learning to rest our bodies sufficiently.

For Christians, however, trying to maintain healthy habits finds its motivation in more than adopting diet fads to longevity and better quality of life. Taking care of our bodies is stewardship. That is, it is a reflection of our recognition of having been created by God, and how our lives can be instruments in his hands to serve and honor him on earth. Of course, God can use both the healthy and the unfit for his purposes, including the sick, feeble, and dying. Human worth and value is not in question.

The reality is that our earthly lives are only a speck in the sands of eternity. However, Christ followers understand that life doesn't belong to them. It is a gift from a Good Father who entrusted them with a brief span of years that should be invested in loving others and making our world a better place. For those who have believed in Christ and experienced God's forgiveness of sin, the reason for taking care of their bodies goes beyond living

longer and healthier. It's about honoring Jesus Christ with all of life, including the way they take care of their bodies.

In his book, *"The Unknown God: Searching for spiritual fulfillment,"* Oxford University professor, Alister McGrath, describes the parable of Plato's Cave, a story about people enslaved inside the cave oblivious to the reality that existed on the outside beyond the flickering shadows which they knew. That is, until the day someone was able to find their way out and discover a world beyond description, a world of beauty and splendor. McGrath writes, "Our desires have become attached to things that are little more than shadows, when they are meant to be attached to something which cannot decay or disappoint" (32).


How does this relate to healthy living? Focusing on living healthier and longer, like any other pursuit we might obsess about, really reveals a spiritual longing in our souls for something more: *eternity*. Whether is it longing for a "perfect" relationship that often disenchant, earthly riches that can quickly vanish, or a healthy and strong body that is suddenly brought to a standstill due to an unexpected medical report, our hearts are longing for something beyond what this world can provide.



McGrath probes us to consider this question: "Suppose our longing for fulfillment points to something we have yet to discover? What if our yearning is a clue to the meaning of the universe?" (10). Taking care of your body and staying healthy is a good thing, but it isn't everything. The truth of the matter is, whatever we pursue in life has a way to deceive us to think that by attaining "it" our lives will be complete. They're not. Deep inside a voice continues to remind us that our longings for fulfillment are like signposts in the sky pointing us to something beyond ourselves. Could that something (Someone) be our Creator?

May you achieve physical well-being and wholeness. But may you also discover the gift of eternal life which Jesus promises to all who believe and trust in him alone. "...I have come that they may have life, and have it in abundance" (John 10:10). I would enjoy exploring with you the meaning of life and God.

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# Cleaning Tips to Keep the Flu Virus at Bay and Out of Your Home

Flu season is among us and with an increase in the number of people in the area for the winter, preventing the flu and other viruses can be difficult this time of year. The muscle aches, fever, chills and fatigue that accompany the virus affect five to 20 percent of the U.S. population each year and hospitalize hundreds of thousands, according to the Center for Disease Control and Prevention.

Many of us are armed with an array of physical preventatives — from flu-shots to Emergency-C packets, neti-pots to home remedies — but what are we doing to stop the illness from spreading in our own homes, amongst our families and community members?

MaidPro expert cleaners, offer these tips to help you clean for health year-round and to stop the flu virus from invading your home:

1. **Wash your hands regularly in warm soapy water.** For quick clean-up, use antibacterial hand sanitizer. Make an effort not to touch your mouth or nose without first washing your hands.
2. **Wear rubber gloves when cleaning household items to protect yourself.** By wearing gloves, you will be less likely to touch your eyes, nose or mouth, which are havens for the flu virus.

3. **Spray disinfecting spray on a cloth, wipe toys, door-knobs, appliance handles, keyboards, remote controls, light switches, phones and facial tissue box covers.** Viruses can live up to 48 hours on hard surfaces.
4. **Wash items like towels and bedding in hot water with soap if someone has been sick in the home.** Be sure not to share these items until they are thoroughly cleaned.
5. **Change vacuum bags monthly or more frequently.**
6. **Boil toothbrushes for one minute in water and vinegar, run through a dishwasher cycle or purchase new brushes.**
7. **Use antibacterial wipes on your keyboard, phone and pens to protect yourself from spreading germs at work.**
8. **Wash telephones, cabinet handles, doorknobs, light switches and refrigerator door handles using a slightly dampened cloth with a solution of mild detergent and warm water.**
9. **Wash mop heads in a solution of ¼ cup bleach and one gallon water, dry thoroughly, then store.** Not only will mop heads pick up germs and dirt, but they also can also grow mold and mildew if they don't dry out completely.



10. **Disinfect the bathroom and kitchen, especially the faucet and toilet handles, daily.** The kitchen and bathroom are the most used rooms in the home and possibly the most contaminated.

MaidPro is a residential cleaning service that uses a tried and true approach to clean each home for health, combining environmentally preferable cleaning supplies and state-of-the-art equipment to maintain the healthiest living environment possible.

If you're worried about the flu virus showing up uninvited, give MaidPro a call to schedule a cleaning.



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# Can Omega-3 with Melatonin Reduce Overactive Bladder at Night?

By Anne-Marie Chalmers, MD

It was a subject she normally felt too embarrassed to talk about — even with her physician. Now Harriet was so thrilled she had to share the good news with me!

“Instead of getting up three to four times a night to tinkle, I now only wake up once,” she explained. “Sometimes, I even sleep until 6 am. I feel like a new person!”

## What Is Nocturia?

Harriet struggled with nocturia, a condition that requires getting up to urinate at least once during the night.

Surprisingly common, nocturia impacts millions of Americans. Between 2-28% of people between the ages of 20 and 40 are impacted by “clinically relevant nocturia,” which is defined as having to void at least two times per night.

For people over age 70, those numbers increase to 28-62%.

## Health Issues Related to Nocturia

While nocturia often gets dismissed as a ‘mere nuisance’, it can significantly impact a person’s quality of life when experienced regularly. For many, sleep deprivation caused by nocturia can lead to fatigue, reduced productivity, mood disorders and impaired cognitive performance.

What’s more, needing to void at night often puts people at risk of falling and injuring themselves. It’s estimated that the US healthcare system spends \$1.5 billion a year on nocturia-related hip fractures alone!

## What Causes Nocturia?

While the prevalence and severity of nocturia correlate with age, frequent night-time urination shouldn’t be discounted as a normal part of aging.

This condition is typically described as a “multifactorial,” meaning several factors usually play a role. Common causes include everything from specific behaviors (like drinking too much liquid before bed) to underlying health issues like cardiovascular disease, diabetes, sleep disorders, urinary tract problems, and urinary infections.

## Which Comes First: Poor Sleep or the Need to Urinate?

Nocturia is especially complex in that even when the apparent causes are addressed, many people still get up at night to urinate.



From a medical viewpoint, this begs the question: Is it the need to void at night that causes poor sleep? Or could it be that poor sleep contributes to having to get up to urinate?

If it’s the latter, focusing on sleep hygiene could have big payoffs for people struggling with nocturia.

## Taking Control of Nocturia

Nocturia deserves more public attention and open conversation — especially because, in many cases, it can be helped by a variety of therapies.

One of those therapies might include the combination of omega-3s and melatonin. Indeed, one of the more interesting pieces of feedback that we’ve heard from users is that Omega Restore (a combination of omega-3s and melatonin) seems to reduce frequent urination at night.

Here is what we have learned about how melatonin and omega-3s may impact nocturia:

## Melatonin Research

Often referred to as the “sleep hormone,” melatonin has a profound impact on our circadian rhythm. For people with certain sleep disorders, taking melatonin has been found to improve sleep quality. Since sleep disorders are strongly correlated with nocturia, it’s possible that melatonin could improve both.

Melatonin has also been found to reduce smooth muscle spontaneous activity in the bladder, which might reduce the urge to urinate.

Studies already show that older people with nocturia secrete less melatonin than normal. But the question of how melatonin supplementation impacts nocturia is still relatively new. To date, only a handful of small studies have tackled the topic. While the results look promising, more research is needed.

## Omega-3 Research

Researchers also theorize that omega-3 fatty acids could make a difference for people with nocturia, for a variety of reasons:

- **Reduce inflammation:** Research shows that inflammation often plays a major role in overactive bladders. In clinical studies where anti-inflammatory drugs

(NSAIDs) were given to people with nocturia, the NSAIDs reduced nocturia episodes and increased urinary retention. Since omega-3s work on the same biochemical pathways as NSAIDs, researchers believe omega-3 supplements could have a similar positive effect when taken in effective doses.

- **Improve cell signaling:** Omega-3s are also involved in the communication between cells. Without enough omega-3s, the body’s signaling pathways don’t function optimally. Case in point, one study found that the omega-3 signaling pathways often don’t work normally in older men with nocturia.

- **Improve melatonin secretion:** Omega-3s additionally influence our body’s relationship with melatonin. Animal studies show that low omega-3 intake is associated with dysfunctional melatonin secretion. Research also demonstrates that omega-3s help regulate the pineal gland, which is responsible for the production of melatonin at night.

The interconnectedness between omega-3s and melatonin could explain why one 2016 study found that people who ate the most fish enjoyed better sleep quality than those who rarely ate fish. This same study also showed that increased omega-3 intake positively influenced the circadian rhythm.

This article was abbreviated from a longer version published on [omega3innovations.com](https://omega3innovations.com). For the full text and references, visit:

<https://omega3innovations.com/blog/can-omega-3-with-melatonin-reduce-excessive-urination-at-night/>

## About Anne-Marie Chalmers, MD

Born and raised in the United States, Dr. Chalmers graduated from Brown University and completed her medical training at the University of Oslo in Norway. Dr. Chalmers practiced medicine in Norway for many years. Today, she serves as president of Omega3 Innovations.



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The screenshot shows the website's header with the magazine title and navigation links for different editions (Charlotte, Collier, Lee) and archives. The main content area features a large article on Skincancer with a photo of a woman. Below it are flip book versions for each county. A featured article titled "The Other Side of Parkinson's Disease" is also visible. On the right side, there is a "In This Issue" sidebar and a newsletter sign-up form.

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