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

December 2022

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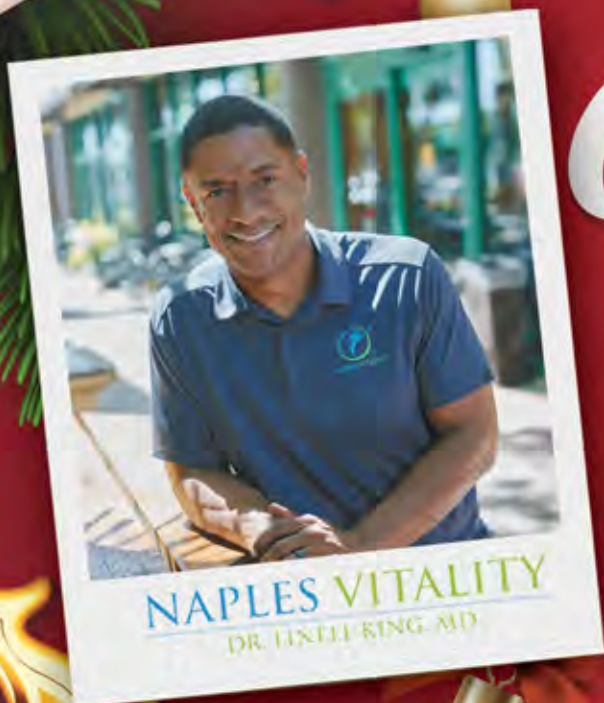
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AND

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# RESTORE YOUR SMILE AND YOUR CONFIDENCE WITH A DENTAL IMPLANT

By Dr. Tamer Eshra

Since its beginnings in the 1950's, dental implant surgery has become a standard practice in the world of dentistry. It is a common procedure for replacing a tooth that has been lost due to decay, accident, or any number of reasons. Dental implant surgery replaces tooth roots with a metal post and an artificial tooth that looks and functions like real teeth. It can be a great alternative to dentures or bridgework that often don't fit well or don't look natural.

A dental implant is composed of a surgically placed screw-type fixture made of titanium that is implanted into the jawbone and an artificial tooth. Once the post is implanted, it is left for a period of weeks in order to allow it to fuse completely with the bone in a process called "osseointegration". Later, a new replacement tooth is attached to this titanium post. The artificial tooth stands on its own, which means it does not affect the nearby teeth because it is not attached to them. The success rate of dental implants is nearly 98%.

## What are the benefits of a dental implant?

Replacing a missing tooth, or teeth, can not only be aesthetically pleasing, but it can also impact one's health. Here are some of the benefits of dental implants:

- Helps to stabilize nearby teeth
- Keeps the jawbone from shrinking due to bone loss
- Restores the ability to chew properly
- Preserves the health of the surrounding bone, gums, and teeth

## What happens before, during, and after dental implant surgery?

During the planning stage of a dental implant surgery, the dental surgeon will review the mouth and any imaging (CT scans, x-rays, etc.) that has been done. An assessment will be done to determine the quality of the jawbone at the site where the implant is needed. Once it is determined that an implant can be placed in that location, the surgery can be scheduled.

The first phase of this oral surgery usually involves the extraction of the tooth or teeth that are damaged. Sometimes, once that has been done, an "bone graft" will need to be performed. In this procedure, a synthetic or cadaver bone is added to the existing jawbone to ensure a solid base for the titanium post that will later be inserted. This will be left to heal for two to six months. For some patients no bone graft is needed and the implant can be started as soon as the old tooth is extracted.



Once a strong bone base has been established and healing time is completed, dental implant surgery can begin. During this surgery, the surgeon cuts open the gum to expose the bone. Holes are drilled into the bone and the post is screwed deep into the bone. While this is left to heal, a temporary denture can be used for aesthetic purposes if desired. During the healing process (osseointegration), the jawbone grows into and unites with the dental implant. This may take months, but it is necessary to ensure a solid base for the new tooth or teeth.

After osseointegration is complete, another small surgery may be needed in order to place an abutment on the post. This is what the new tooth will attach to. Sometimes this is done at the same time as the insertion of the metal post, other times it must be done separately. Once this is completed, there is another period of healing before the new tooth is attached.

Lastly, it is time for the placement of the crown, or artificial tooth. The patient and dental surgeon will work together to determine which type of tooth will be attached. Patients can choose between a removable or fixed crown, or a third option which combines both.

Usually, oral surgery is done under local anesthesia. Once that has worn off, there is likely to be at least some level of discomfort. Most people are able to control any post-surgery pain with over-the-counter medications like ibuprofen or acetaminophen. A cold ice pack can also be used to help reduce swelling.

## Where can I find a highly qualified and experienced oral surgeon?

Park Family and Cosmetic Dentistry in Naples is ready to meet your dental needs. Dr. Tamer Esher, DDS, is a certified provider for immediate fixed total mouth rehabilitations. He implements the highest level of implant technology to deliver a beautiful, confidence-inspiring smile. Dr. Tamer Eshra, DDS is a certified provider for Hybrid and N-Sequence Full Mouth Over Implant Restoration.

His resume is filled with impressive credentials. He is a member of the American Academy of Laser Dentistry, a Surgical Implant Fellow of Misch Implant Institute, is licensed to provide both oral and IV sedation along with nitrous gas sedation, and utilizes the highest-end equipment like Digital Smile Design to achieve the optimal desired outcome for his patients.

## Dr. Tamer Eshra



*Dr. Eshra has soaked up education here and abroad, having studied at academic institutions such as the Medical School at Cairo University in Egypt, and Columbia University in New York, where he earned a doctorate degree in dental surgery.*

*Continuing his effort to provide the best dental care for his patients, Dr. Eshra has received advanced education in different aspects of dentistry; among them, soft tissue grafting, advanced bone grafting and sinus augmentation.*

*He holds a credo that a dentist must combine education with skill and a nurturing chairside manner. He believes that both he and his patients make up the framework of a team choosing the option for the best care possible.*

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# LEARNING A NEW LANGUAGE

By Sharla Gayle Patterson, MD, MBA

Learning a new language can take time and effort. Even learning how language started is controversial. From historical drawings to recordings of sign language, humans have communicated in various ways. We have embraced technology in all aspects of our life, including healthcare. The electronic medical record allows us to read the reports as the doctors write them. But this is like learning a new language for many.

**L**et's learn the language of mammograms. Mammograms are x-rays used to detect breast cancer. Often, a mammogram can find breast cancer before any signs and symptoms. There are many findings in a mammogram report that can be confusing.

A mammogram's "impression," or final reading, will be scored from 0 to 6. Before this number, you will see BI-RADS®. But what is BI-RADS®? BI-RADS® stands for breast imaging reporting and data system. The system is used worldwide and allows Dr. to communicate with one another about their findings. The scores 0 to 6 enable doctors to share what the chance of finding cancer in that mammogram or ultrasound might be. A BI-RADS® 0 means that the mammogram is incomplete. The most common reason for seeing this is that the place doing your mammogram needs your old films or needs to bring you back to do more imaging. BI-RADS® 1 or 2 are the scores you receive when your mammogram is normal, and there is no sign of cancer. Skipping to the end of the line, BI-RADS® 6 is the score you only see if you have been diagnosed with breast cancer. BI-RADS 4 or 5 means that there is a suspicious abnormality for which a biopsy is recommended.

The category in between, BI-RADS® 3, causes the most concern. When you read this, you will see the word 'probably benign,' which is not a subjective call made by the radiologist where they are just guessing and think it is *probably OK*. This is a statistical measurement that what they see on your mammogram is less than a 2% chance of being cancer. Based on this score, the recommendation is to have a mammogram or ultrasound before the usual 12-month period. The scores 0 to 6 have strict definitions that radiologists and clinicians are trained to understand. National regulatory agencies set the words that accompany those scores. Here, in the United States, a BI-RADS® 3 will automatically have the words probably benign following them. This is meant to ease fear and allow patients to understand what a BI-RADS®3 means. However, this "probably" word in the reading does create anxiety.



Another language that you're reading on your mammogram report is your density score. In the 1990s, States began requiring that mammogram reports list the density of a woman's breast. Density is simply a measurement of the glandular or active breast tissue as it relates to how much of the breast tissue is adipose or fatty. As you age, the breast tissue becomes fatter and less functioning. We all see this as we age and our bra requirements change. The measurement of density is required to be reported on your mammogram. The most common density score is heterogeneously dense. Heterogeneous means that 51 to 75% of your breast volume is still glandular tissue, with the rest being adipose or fatty tissue. There are three other categories, including scattered, extreme, and adipose. Since all mammograms are required to report your density, you will see some suggestions for women with dense breasts. It is very common to have dense breasts. Women with dense breasts may benefit from additional screenings like an MRI or an ultrasound. However, sometimes insurance does not cover this. It is very important to discuss this with your healthcare provider. Despite having dense breast tissue, a common finding, a mammogram is still recommended for screening.

As we embrace technology and learn how to read our medical records, it is essential to understand that the final disposition and decisions about your health

care should be made closely with your doctor. It is hazardous and very anxiety-provoking to read your medical reports, including your mammogram, and try to make decisions about your own healthcare needs and plans. More access to information means that you're going to have to have more communication with your doctor. Some people find it better to wait to read their medical reports until they've had a chance to review them with their doctor. This is a very reasonable approach and will minimize many sleepless hours and Internet searching, which may not be appropriate.

**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.



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# Don't Let Holiday Pounds Become Life-long Pounds

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

**Y**ou've probably heard people say that everyone gains weight during the holidays. In fact, it is a widely circulated "fact" that most Americans gain 5 pounds during the period between Halloween and New Year. Could this be true? Are we really eating THAT much Trick-or-Treat candy and pumpkin pie? Are all of those delicious casseroles grandma makes that irresistible? According to a study published in the *New England Journal of Medicine* in March, 2020, that number may be a little bit exaggerated.

## How much weight is really being gained during the holidays?

The study followed 195 adults during a 5-month time period. They were weighed prior to the holidays (mid-October), during the height of the season (November-January), and a final time post-holiday (February/March). The results showed that there was, in fact, weight gain for most of the participants. However, the study revealed that the average weight gain was much lower than the 5 pounds everyone talks about. Instead, the average weight gained during the trial period was closer to 1 pound.<sup>1</sup> Is that such a big deal?

## How does it affect us in the long run?

Obesity has become one of America's greatest health concerns over the last 10-15 years. It has been shown to be a major contributor to heart disease, diabetes, and several other serious health problems. Studies show that Americans gain an average of 0.4-1.8 pounds each year of their adult lives. That doesn't seem like a big problem until we remember that that is EVERY year, meaning in that in 10 years, we've gained around 10 pounds. It also becomes more troubling when we think about how difficult it is to lose the weight once it has been put on. For this reason, it is important to learn when and why people gain weight so that effective strategies to prevent obesity can be developed.<sup>2</sup>

Furthermore, when researchers follow individuals who let the wheels come off during the holidays, they find that they put a small amount of weight on that never comes off. Studies suggest that this periodic weight gain is likely responsible for the majority of weight gain that many individuals experience throughout their adult life.<sup>3</sup>



## How can we keep from gaining holiday weight?

The obvious solution to this problem is NOT to gain weight during the holidays. If you don't gain, you don't have to lose. Below are some practical steps you can take this holiday season to keep you from gaining weight.

1. Eat at home as much as you can. It can be difficult to find healthy options when eating out. Keeping your kitchen stocked with healthy foods and planning well-balanced meals can cut down on weight gain. When going out with friends, make good choices. Maybe a grilled chicken breast might be just as satisfying as a plate of pasta smothered in cream sauce.
2. Fill up on fruits and vegetables. Data shows that people who eat more fruits and vegetables are less likely to become obese. At every meal, focus on filling at least half of your plate with fruits and vegetables.
3. Keep track of your diet, exercise and weight. The evidence shows that weighing yourself on a regular basis and keeping a journal to track diet and exercise really works.
4. Fit in exercise whenever you can. Evidence published by the U.S. Department of Health and Human Services finds adding physical activity to your day in any way that you can helps to prevent weight gain

and provides a host of other benefits including lowering blood pressure, reducing anxiety and improving your mood. Systematic reviews show that burning the calories you consume is an effective strategy for preventing weight gain. That may mean more exercise than you think. One review found that in order to maintain weight, participants need to burn 1,500 to 2,000 calories per week exercising. That's the equivalent of walking about an hour a day at a moderate pace or running 13 miles a week. But you don't have to do it all at once – your physical activity accumulates throughout the day. Take a quick walk during your lunch hour or use YouTube for a quick exercise video in between meetings.<sup>4</sup>

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# WELCOMING TIMOTHY MARTIN, M.D. TO THE PRIMARY CARE TEAM AT PHYSICIANS REGIONAL MEDICAL GROUP

Physicians Regional Medical Group is pleased to introduce and welcome Timothy Martin, M.D. as a new addition to the Primary Care Team. Dr. Martin is board certified in Internal Medicine and specializes in primary care for patients 18 and older treating multiple conditions including hypertension, diabetes, obesity, kidney disease, anxiety/depression, rheumatoid processes, and endocrine ailments.

Growing up in the Midwest, Martin always looked forward to his Gulf Coast and Caribbean vacations and it wasn't until he attended medical school that he realized it is possible to live in paradise all year long. Martin recently moved to SWFL after spending the past three years in Savannah, GA where he completed his residency program at HCA Memorial Health University Medical Center. Upon graduating from University of Notre Dame, he went on to pursue his master's degree at Loyola University located in Chicago and later received his medical degree from American University of the Caribbean in St. Maarten.

During residency in Savannah, he trained at a large community hospital in southern Georgia during the beginning, middle, and end of the COVID pandemic. Dr. Martin believes there was no better time to train in medicine, hone his skills, and harden his resolve than these past 3 years.

Dr. Martin is passionate about helping individuals of all ages and backgrounds to quarterback and coordinate their own healthcare goals and help them succeed in meeting them. He believes that patients should take action when it comes to their health and he is committed to working together with them to accomplish those goals. Martin stresses the importance of a healthy doctor/patient relationship and hopes to build those relationships with every patient he encounters.



Martin's philosophy is that the patient is always the most important person in the room and is committed to educating individuals on their specific medical conditions. He works alongside his patients to formulate the best treatment plan to prevent any future health disturbances.

Choosing a primary care physician (PCP) can be one of the most important health decisions one will make for themselves and their family. They are the first point of contact for health care for most people, provide a wide range of health services, and can reduce emergency room and hospital visits. If you are not established with a primary care physician there is no better time to do so like the present.

Dr. Martin specializes in treating various ailments including hypertension, hyperlipidemia, anxiety/depression, and various endocrine disorders such as diabetes and hypo-/hyperthyroidism. Most importantly, he practices preventative medicine and makes it a point to educate every patient on the age-appropriate cancer screenings that are available.

**Timothy Martin, M.D.** is now accepting patients and is located at Physicians Regional Medical Group- Pine Ridge, 6376 Pine Ridge Road. For more information on Dr. Martin or to schedule an appointment please call **239-348-4221** or visit **PhysiciansRegionalMedicalGroup.com**

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# OPTIMAL HEALTH ASSESSMENT

## DON'T JUST TREAT INJURIES, PREVENT THEM

By Michael Beecher, PT, DPT, OCS, SCS

**A**s a society, we are accustomed to regular “check-ups” for various things. We take our beloved pets to the vet regularly, service our cars every six months, and check in with our hair stylist, nail salon, or facialist on a consistent basis. Medically, we are accustomed to regular visits with our primary care physician, dentist, dermatologist, gynecologist, and more. Yet for some reason, it is common practice to only seek orthopedic care when injured. The concept of regular wellness visits to prevent injuries has consistently escaped the musculoskeletal realm and the common practice of most individuals. This concept is somewhat baffling, as it is not only antithetical to our normal “check-up” mentality in other realms, but it also is in direct contrast with the available research on orthopedic injuries.

A study published in the journal *Injury* found that 24% of all acute orthopedic injuries presenting to a United Kingdom district hospital were preventable and 35% of those preventable injuries required surgery. The most common causes of injury were overuse, falls, and occupational issues, many of which were due to lifting-related tasks. According to the Centers for Disease Control, 50% of all sport related injuries in children and adolescents are preventable, with the majority of them being diagnosed as sprain and strains.

One needs to look no further than the volumes of available data on anterior cruciate ligament injuries in youth and adolescent sports. While ACL injuries can occur through a variety of mechanisms, low-energy, noncontact injuries are most common, accounting for approximately 70% of ACL tears. There are numerous risk factors for ACL injuries, but the biggest risk factor is a lack of neuromuscular control, which is a modifiable risk factor. This means many of these injuries are preventable, and this is supported by the literature on ACL injury prevention programs. In childhood and adolescents, muscle performance of the hip and core musculature often does not develop at a proportionate rate with skeletal growth. This leads to a faulty movement pattern and a lack of control of the lower extremity during athletic activities.

However, by working with a physical therapist or fitness professional on movement proficiency and lower extremity strength, these injuries can be mitigated. *Mandelbaum et al.* demonstrated an **88% reduction in injury recurrence rate** with the Prevent Injury and Enhance Performance (PEP) program.



*Kiani et al.* demonstrated a **70% injury reduction rate** in the HarmonKnee program. Most recently, the Fifa 11+ program **demonstrated up to a 50% reduction in long term injury reduction.**

Existing literature regarding adults on injury predictors tells a similar story. The biggest predictor of future injury is previous injury and asymmetry in range of motion or strength. These factors plague many adults who have been injured in their past without fully restoring mobility or strength. Compound this with the demands of work life where the majority of individuals are sitting and staying sedentary, it is no wonder why so many injuries occur. We often prioritize those 1–2 hours of precious free time doing the things we love to do such as tennis or golf, instead of doing the things we need to do such as restoring mobility, strength, and balance.

Lastly, the consequences for preventable falls for older adults are dire. According to the CDC, more than one in four older adults report a fall each year. In 2020, 36,508 older adults aged 65 and older died from **preventable falls**, and over 2.8 million were treated in emergency departments. Over the past 10 years, the number of older adult fall deaths has increased 59%, while emergency department visits have increased 19%. Those who survive these falls have a significantly increased risk of mortality within one year, with the falls leading to a significant decrease in functional capacity and quality of life.

Without proper training over time, balance and overall strength declines significantly, leading to an increased likelihood of falls.

This data clearly highlights the need for regular musculoskeletal assessments throughout the lifespan. Physical therapists are movement experts, specifically trained for this this exact purpose. Through a comprehensive evaluation our team can assess range of motion, flexibility, muscle performance, and balance to determine any issues that increase injury risk and require attention. They will create a curated plan to address these minor issues before they lead to injuries, pain, and time away from doing the things you love. In addition to a comprehensive musculoskeletal evaluation, it is vital to consider other key aspects of optimal health that, if off-track, could increase the likelihood of injury. Assessing one's health through the four pillars of optimal health — exercise, nutrition, recovery, and stress management — is crucial. Successful injury prevention and health optimization begins with an Optimal Health Assessment consisting of all elements listed above. This is forward thinking, proactive, orthopedic care. Gone are the days of waiting until injury to seek treatment, and clients have direct access to our team of expert physical therapists without the need for physician's script.

Prevent future injuries by booking an **Optimal Health Assessment** today. Contact us at 239.342.1342 to schedule your assessment or learn more about Performance Optimal Health.



**Michael Beecher, PT, DPT, OCS, SCS**, is the head of clinical operations at Performance, as well as a physical therapist, Titleist Performance Institute

medical professional, a Hospital for Special Surgery credentialed advanced hip clinician and a certified dry needling specialist.



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# HOPE FOR HEALTH THROUGH THE HOLIDAYS

BY DR. LINELL KING

**A**utism is a complicated disorder that impacts how a child's brain develops, leading to issues with communication, self-regulation, repetitive behaviors, and social skills. Magnetic Resonance Therapy (MeRT) is a revolutionary treatment for autism that has had amazing results and is bringing hope to families across the country.

## How Can MeRT Improve the Quality of Life for someone with Autism?

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 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. 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.

**Autism Decreases Neural Connectivity in the Brain**  
If your child has been diagnosed with autism, their behaviors and lack of communication skills can be



difficult to understand and adjust to. While autism is a very complex condition, we know that it is rooted in the brain.

While the brain of a neurotypical individual has well-organized, balanced brainwave activity, people with a developmental delay often have abnormal brainwaves in the front three-fourths of their brain. There is often a mix of slow and high-frequency behavior. However, every person with autism has a unique brain — even if they share the same symptoms as someone else. There is no one size fits all treatment for autism and other developmental delays, and that is why a unique approach is necessary.

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

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

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

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

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

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

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

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

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

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

*The Naples Cardiac and Endovascular Center, also known as NCEC, was founded by Dr. Julian J Javier, a board certified cardiac and endovascular expert.* The center is dedicated to conditions of the heart and arterio-venous disease and was created with the purpose of providing a "patient-centered care" approach for patients with heart and vascular problems in one location.

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

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



Julian Javier, MD



Leandro Perez, MD



Tracey Roth, MD

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

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



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

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# PROMISING MEDICAL BREAKTHROUGHS FOR PATIENTS WITH METASTATIC CANCER

By Dr. Todd Pezzi

**A**s oncologists, we are constantly seeking better ways to treat patients. Our goals are to find and incorporate more effective approaches especially for patients and diseases that currently have limited options. We must continuously follow emerging research so that we can be as up to date as possible. In this article we will review some of the most recent developments in the field.

## **Trials Find SBRT Treatment Effective for Metastatic Cancer**

Metastatic cancer refers to cancer that has spread throughout one's body. According to the National Cancer Institute, metastatic cancer accounts for up to 90 percent of all cancer deaths in the United States on an annual basis.

One of the biggest challenges for patients living with metastatic cancer is having to remain on medications with debilitating side effects. Two recently presented trials demonstrated that a short course of radiation allows some patients to go on extended breaks from these medications.

Both trials deployed a five-day regimen known as stereotactic body radiation therapy, or SBRT. Each trial only included patients with oligometastatic disease, which means these individuals had a limited number of cancer sites present in their bodies.

The randomized "CURB" trial looked at patients with breast and lung cancer. It was discovered that using SBRT to target focused areas of disease led to patients' cancers progressing less rapidly. This was especially true for patients with lung cancer. The results of this study suggested that these patients could take a break from chemotherapy until there were signs of cancer progression.

The "EXTEND" trial shared similarities but focused on men with prostate cancer. This iteration of the study



found that adding focused radiation therapy to standard hormone therapy resulted in slowed cancer progression. This would allow men to take prolonged breaks from hormone therapy.

## **Breakthroughs in Managing Metastatic Cancer Pain**

Another significant challenge for some patients living with cancer is managing their cancer-related pain.

The typical treatment for pancreatic cancer-related abdominal and back pain uses a combination of narcotics along with an invasive procedure called a celiac plexus block. During the procedure, a needle containing an anesthetic medication is injected into abdominal nerves.

Dr. Yaacov Lawrence of Sheba Medical Center, located in Israel, recently demonstrated that targeting these same nerves with a single, focused radiation treatment (SBRT) can achieve the same goal completely non-invasively. Of the 125 patients he treated, over half showed an improvement in their pain levels and reduced their consumption of opioid pain medications.

Beyond pancreatic cancer, the mainstay of treatment for liver cancer, or hepatocellular carcinoma, is surgical removal. Patients who are not candidates for surgery usually just receive chemotherapy, which is often associated with a poor prognosis.

However, a recently reported, international and randomized trial called RTOG-1112 has just explored the effect of adding SBRT to chemotherapy for liver cancer patients. The results of this study revealed that the patients who received SBRT and chemotherapy lived significantly longer than those who received chemotherapy alone.

## **The Search Never Stops**

The studies highlighted above are just some examples of promising findings that will improve our ability to treat patients with cancer. Oncology as a field has made great strides, especially for patients with metastatic cancer. We will continue to search unrelentingly for better solutions and integrate these emerging approaches into our practices.



*Dr. Todd Pezzi is a physician at Advocate Radiation Oncology. Advocate Radiation Oncology's board-certified oncologists provide expert, customized patient care. For more information, please visit [AdvocateRO.com](http://AdvocateRO.com).*



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# Holistic Solutions to Commonly Asked Health Concerns

By Svetlana Kogan, M.D.

**People ask:** *I get awful sinus headaches in the fall and winter. They are so bad that decongestants don't help. Why?*

**Dr.Kogan answers:** There is a good chance the medications are not helping because sinus trouble is not the source of your pain. In one recent study of 2,991 adults who thought they had sinus headaches, 88% actually had migraines. The confusion is understandable. During a migraine, the trigeminal nerve (one of the brain's pathways for migraine-related pain signals) fires overtime. This can also cause congestion. And incidence of migraines peaks in the fall – the shorter, darker days can result in serotonin dips, which can cause blood vessels to swell. Fortunately, 5-HTP, an amino acid that converts to serotonin, may help. Typically, 50mg taken once daily, is highly effective in reducing frequency and severity of migraines. I like 5-HTP by Douglas Labs or Biotics Research. Both vegetarian and No-GMO – available here: <https://us.fullscript.com/welcome/skogan> In addition to 5-HTP, try organic Feverfew extract by Herb Pharm, one full squeeze of the dropper bulb, dissolved in 2 oz of water 3 times /day. Also available at the above link.

**People ask:** *I battled a nasty cold last week, and now there is a protruding pea-sized lump in the front of my neck. It does not hurt, but it does seem to be getting bigger. Should I just chalk it up to swollen glands from being sick?*

**Dr.Kogan answers:** While swollen lymph nodes can be triggered by the common cold, they generally occur on either side of the neck, under the jaw, or behind ears. Plus they are tender and usually remain swollen only for as long as a virus lasts. On the other hand, a lump located on the throat that does not cause pain is likely a thyroid nodule. This type of solid or fluid-filled lump affects an estimated 10-15% of general population. There are various underlying causes of nodules, including iodine deficiency, an autoimmune condition called Hashimoto's thyroiditis, or rarely even thyroid cancer. The great news is that more than 95% of thyroid nodules are totally benign and have zero malignant potential.



It is important to see your primary care physician, who can determine the cause of your nodule with a physical exam, ultrasound, and blood tests. Most benign nodules will dissipate on their own but your doctor may recommend specific lifestyle and dietary changes to hasten this recovery.

**People ask:** *While doing some mindless exercises at my desk, I noticed a lump the size of nickel on my wrist. It is sore to the touch, and it seems to bulge even more after a long day of typing. I am a little freaked out – what is this thing?*

**Dr.Kogan answers:** Don't worry: this sounds like a ganglion cyst, a harmless lump that grows out of a capsule of the joint or from the sheath of a tendon, similar to balloon on a stalk. Ganglion cysts are very common, especially in women, and often occur when repetitive exercises (like typing) cause the tissue surrounding the joint to bulge out of place. As you've noticed, the more active the joint, the larger the cyst often becomes. Your doctor can confirm the diagnosis with a physical exam. He or she may recommend wearing a thin wrist brace like

an elastic ACE bandage for a few weeks to curb unnecessary movement of the wrist. You can still type while wearing it, but try to rest your wrist as much as possible. Also smart: using ergonomic keyboard setup at work, which will also minimize strain on the wrist. If these measures fail to shrink the cyst within three weeks, your doctor may be able to drain it or refer you for low frequency pulsed electromagnetic wave therapy.

**People ask:** *Exercising in my target heart rate zone exhausts me. I thought I was in shape. Why is it so difficult?*

**Dr.Kogan answers:** Don't feel disappointed in your stamina – you may just be pushing yourself too hard. Researchers at Northwestern College of Medicine in Chicago reveal that heart rate monitors (like those often used in conjunction with programmable treadmills) are likely to be inaccurate because they were programmed using an outdated formula. This results in a target number that is too high for many women, leading them to exhaustion. The good news: The researchers devised a new formula for determining target heart rate. Calculate 220 minus your age, and multiply the difference by 80%. So, for a 45 year old person, the target heart rate range is  $(220-45) \times 80\% = 140$  bpm. So you want to be somewhere around that number. But since it is tough to take your pulse while exercising, here is an easier gauge: If you can carry on a conversation, you are likely in the low –to middle range of your target. If you are breathing too hard to talk, you may be working too hard. If you slow your pace and still tire easily – then see your doctor. She or he will look at your lifestyle (poor sleep and eating habits can cause breathlessness even in athletes), and possibly run tests to check lung capacity and cardiovascular health.



*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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# LET'S GET READY TO TRAVEL!

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

It is estimated that more than half of all Americans travel during the holidays. Most are headed to celebrate Thanksgiving and/or Christmas, Hanukkah, or Kwanzaa with family scattered across the country while many will be traveling for leisure during the winter. Whatever the reason, preparing ahead of time can make your trip much more relaxing and far less hectic than leaving things to chance. Let's have a look at some ways we can prepare for holiday travel this year.

**1. Download your navigation system for offline use.** Sometimes on the journey, internet coverage can be less than excellent. You may lose reception and will need to navigate offline for a while. If you have not downloaded your chosen navigation app, you may be going in circles for a while before arriving at your destination.

**2. If traveling outside of the country, contact your bank to let them know that your card will be used outside of the US.** Otherwise, you may try to use your card upon arrival and have it blocked by your bank automatically. Imagine if that happens to you on a Friday night and you have no way to unblock your card until your bank opens on Monday. It happens all the time.

**3. Pack your medications.** Be sure to pack enough of the meds you will need plus maybe a day or two extra in case of emergency. If possible, carry a prescription with you in case your medications are lost or stolen. When flying, pack your medications in your carry-on luggage to avoid them being lost with your misplaced luggage.

**4. Scan important documents and have an electronic copy that is password protected that you are able to access online.** This should include your passport if traveling internationally and your driver's license. Having electronic copies of any tickets you have is also important. These may be airline tickets, theater tickets, or even prepaid amusement park tickets. You will also want to have copies of your credit cards in case they are lost or stolen. Having the contact number to cancel those cards immediately may save you some hassle if another person is trying to use your card.



**5. Have contact information for your doctor.** This is where concierge medicine can really be helpful. If your doctor is available via phone, email, or text, that can be quite helpful in cases of illness or emergency. The possibility to have a virtual visit with your concierge physician who knows you and your medical history can save you an expensive trip to a walk-in clinic and risky medical advice from a doctor who does not know you. It can also be invaluable if you are in a country where you don't speak the language.

**6. Find out if you can use your cell phone in the place you are visiting.** Is there coverage where you will be staying? If you are traveling outside of the US, will your cell phone plan cover international calls and texts?

**7. We all want to put COVID behind us, but it is still a factor when traveling. Most airlines still require a mask at all times onboard.** Many countries require proof of vaccination and/or a negative COVID test to enter. Check with your airline to see that their specific requirements are. Use the US Embassy website to see what your international destination requires for entry. If vaccines or tests are required plan ahead on when and where to have them done. Some countries require vaccines to be at least 2 weeks old or require that your negative test be done within 24 hours of departure. Do your research. Don't get stuck at the airport.

Seeing family for the holidays or escaping to an exotic destination can be exciting yet stressful. Making proper preparations before you travel can make your holiday a relaxing and fun time. Make a check list and be sure to have everything ready ahead of time. Travel should be a fun adventure, not a stressful disaster.

## 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.

*If you are looking for personalized medical care, the kind that you can take with you wherever you go, contact Dr. Jose M. Baez in Naples. Dr. Baez is a Board-certified physician with more than 30 years' experience.*

*He can be contacted via email at [info@JoseMBaezMD.com](mailto:info@JoseMBaezMD.com) or by calling his office at 239.777.0663. His website ([www.josembaezmd.com](http://www.josembaezmd.com)) includes information about concierge medicine and how it can work for you while at home or during your travels.*



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



# KIDNEY STONE CENTER USES NEW PROCEDURE

**M**ore than ten times a week, someone experiencing kidney stone symptoms is wheeled into surgery at Physicians Regional Medical Center. “We tend to see an uptick in the summer when people are outside more,” said Dr. Barclay Storey, a urologist with Physicians Regional Medical Group. Dr. Storey has pushed for a system to speed up kidney stone care, such as a Kidney Stone Center.

Florida sits in a stone belt, meaning it is a warm weather state which has a high number of kidney stones. The warm weather isn’t the cause of these tiny stones, but the intense heat can possibly lead to dehydration, triggering the formation of a kidney stone. “Because of the heat and humidity, people are really dehydrated a lot of the time. And we’re having difficulty getting all these people seen as fast as possible in the ER” Storey said.

As a creative solution, Physicians Regional launched a dedicated Kidney Stone Center. This center allows patients to be diagnosed and treated the same or the next day, skipping the line and stress of an ER. The Kidney Stone Clinics are located conveniently at Physicians Regional - Pine Ridge Hospital and Collier Hospital.

“People that end up in these clinics are here, because they’re already in pain, they’re already in discomfort, and we can fast track getting them to the operating room,” Storey said. “Because we have urologists that are in both locations all the time, we usually can get people in fairly quickly.”

If you’re someone who is familiar with kidney stones or have a loved one who suffers from them, you may know a procedure that is typically performed is called a Percutaneous Nephrolithotomy (PCNL). The word ‘percutaneous’ means the surgeon goes through the skin to get to the kidney, and ‘nephrolithotomy’ means the kidney stone will be removed from the kidney. The procedure starts



with a small incision in the kidney. Then, reach the kidney through the back with a small scope and tool to break the kidney stone up into smaller pieces, and suction the pieces of the stone out.

What you may not know is that there is now a new procedure available to those afflicted, called a Minimally Invasive Percutaneous Nephrolithotomy or a Mini PCNL. Dr. Storey is the first physician to perform this procedure in the Southwest Florida area as well as in our Kidney Stone Center. “With this new procedure from Olympus we are basically able to remove large kidney stones through an incision that’s a quarter of the size of previous incisions. Incisions that were the size of a thumb are now smaller than a pencil,” says Dr. Storey.

Unlike traditional PCNL, Mini PCNL is performed with smaller tools through a smaller opening. As a result, patients experience less pain and discomfort, no drainage tube, and a faster recovery.

This new technique also resulted in significantly less post-operative pain and earlier return to work and daily activities. The procedure also is more likely to clear all stones in one setting whereas other techniques like extracorporeal shock wave lithotripsy (ESWL) usually require several attempts. Dr. Storey says, “No more tubes in the back, decreased bleeding and pain, and a shorter hospital stay are the biggest and most positive differences for patients that have this new procedure.”

Out of the three other centers in the state, Physicians Regional Healthcare System is not only the first organization to offer this procedure on this coast, but also the first in Southwest Florida.



**Dr. Benjamin Barclay Storey**, board certified in urology, specializes in a broad range of urologic conditions affecting men and women. His practice serves those with kidney stones, prostate disease, stress urinary incontinence and benign prostatic hyperplasia (BPH), as well as prostate and renal cancer.

*Dr. Storey's offices are located in Naples at Physicians Regional- Collier Blvd, 8340 Collier Blvd, and Physicians Regional- Marco Island, 1839 San Marco Road. For more information or to schedule an appointment, please call 239-963-2499, or schedule online at PhysiciansRegionalMedicalGroup.com.*

**PHYSICIANS REGIONAL  
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# Gut Health: Just a Fad with a Yucky Name, or...?

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

**G**astro-intestinal issues are like fingerprints -- commonplace, but very individualized. When a patient comes to me at WellcomeMD/Naples with GI concerns I ask a lot of questions so that I can better understand the patient as an individual: about symptoms, diet, stress, and medical history -- including other treatments that have already been tried. The answers help guide me in developing the best personalized plan of treatment and prevention.

Many of us have been hearing a lot about the significance of diet and of what we've learned to call "gut health," and that's a good thing. But not all new treatments are worthwhile -- is this just another diet fad? *British Medical Journal* study of more than 800 news articles about gut health and probiotics in the popular press found lots of rah-rah, but very little discussion of the limits of what we know on this subject. Careful questions like "Which treatments *do not work*?" were also quite rare.

But there is plenty of serious, credible research that points to the importance of the living organisms in your intestinal tract. A recent overview of that research concludes that "much recent work has implicated the gut microbiota in many conditions including autism, anxiety, obesity, schizophrenia, Parkinson's disease, and Alzheimer's disease." So gut health has earned at least some of the popular attention it's receiving.

Most patients seeking help appreciate that finding the source of a problem such as diarrhea or constipation may take some sleuthing. I may recommend food allergy tests, a stool sample, a food diary, or tests for gluten or lactose intolerance. At WellcomeMD we also use genomic testing to help optimize diet and nutrition recommendations. The mix of thousands of different species of bacteria, viruses and other microbiota really can generate greater or lesser digestive health -- and they can be a regulator of inflammation throughout the body.



There's also a surprising link between gut health and psychological balance that anyone who has experienced stress-connected stomach problems can testify to. The nervous system that lines your digestive tract, is sometimes called your "second brain."

**Looking for Guidance on Making Healthy Choices?** At WellcomeMD/Naples, I have more time than some to work new research and healthy lifestyle changes into my conversations with patients. Membership is restricted so that each patient has far more access to my time.

Consider the savings in avoiding a preventable disease, and the value of early detection of serious health problems, when you evaluate membership medicine, also known as "concierge" medicine. I'm able to have unhurried, 30-minute consultations or video conferences, or just a quick call, as needed. Our members even have my cellphone number for emergencies.

Whether you're dealing with gut health or other issues now, or looking for a comprehensive health plan to avoid problems in the future, then ready access to a doctor who knows you well can be a rare bargain.

## WELLCOME MD

*Living well means making the choice to start today.* Membership medicine (sometimes called "concierge medicine") re-establishes the kind of personal relationship with your physician that was once commonplace. We take advantage of the many advances in treatment and technology -- treatment is more personal, more pro-active, and more effective.

- 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.
- Unhurried, 30-minute consultations or video conference appointments -- or just a quick call or text -- you choose.

If you are ready for a healthcare plan that meets your specific needs, contact WellcomeMD today. To schedule a tour of our practice and a free consultation with me, please call us at 239-451-5105 or visit [WellcomeMD.com](http://WellcomeMD.com).



DIANA MACIAN, M.D.

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# Do You Hear What I Hear

## WHAT IS HEARING LOSS?

Hearing loss is the partial or complete inability to hear sounds from one or both ears. Typically, hearing loss is gradual, although trauma to the ear can cause sudden hearing loss. There are two main types of hearing loss: conductive hearing loss and sensorineural hearing loss.

## DID YOU KNOW?

- Approximately 15% of American adults aged 18 and over report some trouble hearing.
- Almost half the people in the United States older than age 65 have some degree of hearing loss.
- Men are almost twice as likely as women to have hearing loss.
- Aging and chronic exposure to loud noise greatly contribute to hearing loss.
- Among adults aged 70 and older with hearing loss who could benefit from hearing aids, fewer than 30% has ever used them.

## HOW DOES HEARING WORK?

There are three parts to the ear: the outer ear, middle ear and inner ear. Sound waves enter the outer ear and travel through the ear canal to the tympanic membrane (eardrum). The eardrum and three small bones of the middle ear (malleus, incus and stapes) amplify the vibrations as they travel to the inner ear. There, the vibrations pass through fluid in the inner ear (cochlea). Thousands of tiny hairs attached to the nerve cells of the cochlea help translate sound vibrations into electrical signals that are transmitted to your brain. Your brain turns these signals into sound.

## Effects of Hearing Loss Include:

- Muffled hearing
- Sudden or steady loss of hearing
- Full or “stuffy” sensation in the ear
- Dizziness
- Drainage in the ear
- Pain or tenderness in the ear

## TYPES OF HEARING LOSS

### Conductive Hearing Loss

Conductive hearing loss occurs when sounds aren't able to travel from the outer ear to the eardrum and the bones of the middle ear. Conductive hearing loss isn't always permanent, and in most cases, hearing can be improved.

### Conductive hearing loss can be caused by:

- Ear infections
- Allergies
- Swimmer's ear
- A buildup of wax in the ear A foreign body in the
- Ear Bone lesions
- Ear defects

### Sensorineural Hearing Loss

Sensorineural hearing loss occurs when there is damage to tiny hair cells in the cochlear and/or the auditory nerve. Sound vibrations reach the cochlea, but damaged hair cells can't translate the sound vibrations into the electrical signals that are transmitted to your brain.

### Sensorineural hearing loss can be caused by:

- Aging
- Damage to the ear from loud noise Head or ear trauma
- Autoimmune inner ear disease Meniere's disease
- Central nervous disease
- Ear malformation
- Tumor

## CHILDREN AND HEARING

In the United States, most babies are screened for hearing at birth, and screening continues throughout early development. Children who do not pass a screening test or who exhibit signs of hearing loss should be evaluated by an audiologist or ear, nose and throat physician, as hearing loss can significantly affect a child's ability to develop communication, language, and social skills.

**About 2 to 3 out of every 1,000 children in the United States are born with a detectable level of hearing loss in one or both ears.**

### Children may exhibit hearing loss through the following behaviors:

- Can't understand what people are saying
- Doesn't respond or responds with incorrect information
- Speaks differently than other children of the same age
- Turns up the volume on electronic devices or hold them close to the ear
- Has speech or language delays
- Watches others in order to imitate their responses and reactions
- Complains of ear pain, earaches or noises
- Says "what?" or "huh?" often
- Watches a speaker's face very intently (lip reading)

## PROTECT YOUR HEARING

Age and exposure to very loud noises are two major contributors to hearing loss. While we can't control the natural aging process, we can control our exposure to noise. Noise is measured in decibels (dB). Long or repeated exposure to sounds at or above 85 dB can cause hearing loss by damaging the nerve cells that translate sound waves into sound.

### Tips for protecting your hearing include:

- Know which noises are at or above 85 dB and limit your exposure to them.
- Wear earplugs or other protective devices when exposed to loud noise.
- If you can't reduce the noise or protect yourself from it, move away from it.
- Have your hearing tested on a regular basis if you are frequently exposed to loud noise.
- Get treatment for ear infections, which can cause permanent damage to the ear if left untreated.

**15% of people ages 20 to 69 have experienced hearing loss due to loud noise.**

## TREATMENT OF HEARING LOSS

Depending on the cause and severity of hearing loss, treatments can include removal of ear wax or foreign objects, treating an infection with antibiotics, surgery, hearing aids, cochlear implants and a combination of speech therapy or assistive listening devices.

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).



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# As You Care for Others this Holiday Season... Don't Forget to Care for Yourself

By Dr. Stewart Roberts

**K**nowing how to take care of your mental health around the holidays should be a priority and should not be overlooked. You may already feel the pressure to start planning the who, when, where, and what to eat for two major back-to-back holidays. It's no wonder people report November and December are two of the most stressful months. Statistics from various studies show the most common emotions people feel during the holiday season are fatigue, stress, sadness, and irritability. Studies also show women feel more stressed than men, and their stress triggers include pressure to give gifts, financial strain, time constraints, and weight gain.

## Take Care of You

Practice self-care to improve mental and physical health, not just during the holidays but throughout the year. Taking care of yourself improves overall well-being and helps you be a better employee, friend, student, and family member.

### Examples of self-care include:

- Getting a massage
- Seeking medical treatment for physical aches and pains
- Making spiritual connections
- Exercising
- Meditating
- Learning new skills and hobbies
- Getting quality sleep
- Volunteering

## Ask for Help

Seeking help from a mental health professional is another way to take care of yourself. It's important to make sure the symptoms you experience are related to the holidays and not something more permanent. The holiday blues typically fade once the holiday season ends. If your symptoms were present before the holidays or stayed with you after, you may have a diagnosable mental health disorder.

Working with a licensed mental health therapist is recommended, whether it is to help you manage emotions during the holidays or to overcome anxiety, depression, or other disorders. Using a combination of behavioral therapies, medications,

peer support, and family therapies, you will receive the tools you need to take care of your mental health around the holidays and every other day of the year. If specific treatments have been ineffective, your psychiatrist can introduce you to new, advanced treatments, like ketamine-assisted therapy.

## Continue Healthy Routines

For some, the holiday season means throwing out all the good habits they've developed the other ten months out of the year. Doing so is not good for your mental health, however. Your body likes routine. It depends on your circadian rhythms or your body's internal clock. When out of sync, it can negatively impact your metabolism, gastrointestinal functioning, and mental health.

## Focus on What You Can Control

The holidays can make you feel anxious, depressed, or both when you start to think about travel, money, gifts, food, spending time with family, etc. Many things you worry about are out of your control, so spending time thinking about them is a waste of time. Instead, focus on the things within your control: your thoughts and actions.

If seeing social media posts of friends who seem to have it all together is getting you down, log out of social media until after the holidays. If you worry about eating too much at parties, eat a healthy meal before you go to curb your appetite and avoid impulse eating.

To help you stay focused, make a list of everything causing stress. Erase the ones that are out of your control. This should immediately relieve some stress, allowing you to focus on what you can control.

## Continue Healthy Routines

For some, the holiday season means throwing out all the good habits they've developed the other ten months out of the year. Doing so is not good for your mental health, however. Your body likes routine. It depends on your circadian rhythms or your body's internal clock. When out of sync, it can negatively impact your metabolism, gastrointestinal functioning, and mental health.

## Avoid Alcohol and Drugs

Alcohol and drug use alters the brain's functions, including the neurotransmitters associated with mental health. Substances trick the brain into producing higher amounts of serotonin, dopamine,

endorphins, and norepinephrine. Temporarily this boost feels good, but within hours, the levels drop, and you experience an increase in depression, anxiety, and other mental health symptoms. You can avoid these emotional ups and downs by avoiding alcohol and other substances.

## Skip the Drama

You must understand it is best to avoid drama-filled situations. You are not required to attend family fights, pressure-filled parties, or any other gathering that makes you feel uncomfortable. It is acceptable to say "no." It's also acceptable to attend an event and leave whenever you are ready.

## Be Honest with Yourself and Others

During the holidays, it's natural to want to make everyone happy, even if it means pushing yourself to the limits. You want to accept all invitations, buy gifts for everyone you know, meet work deadlines, spend time with family, and taste every delicious treat you encounter. When you do this, however, your mental health can suffer.

Be honest about when you've reached your limits and avoid pushing yourself too far. Also, it's acceptable, to be honest with friends, family, and coworkers about your mental health and why you must set boundaries.

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 if you are uninsured. You can register online at [www.breezemedurgentcare.com](http://www.breezemedurgentcare.com) or walk in. You can 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. BreezeMed Urgent care is proudly serving our community seven days a week to meet all your healthcare needs.

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# Importance of PROSTATE EXAMS

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

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

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

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

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

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

## What should I expect during a prostate screening exam?

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



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

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

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



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



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



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



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# THE UNSEEN SIDE OF PTSD AND HOW MEDICAL MARIJUANA CAN HELP

**A**lthough PTSD is a psychiatric disorder routinely associated with wars, violent crime, and physical trauma — it's increasingly tied to natural disasters like Hurricane Ian, the COVID-19 pandemic, and even relationship breakups.

From increased sleep to reduced stress, medical marijuana is a leading treatment as the world navigates a changing environment. Read along as we discuss how medical marijuana can assist with the unseen side of PTSD to improve the lives of thousands of Floridians.

## What is PTSD?

PTSD (post-traumatic stress disorder) is a psychiatric disorder affecting over 3 million individuals annually.

The condition begins after a traumatic event, such as a soldier's experience on the battlefield or witnessing a violent crime. Overall, individuals who experience PTSD have flashbacks of the event, producing extreme sensations of anxiety, depression, stress, insomnia, and other adverse effects.

However, trauma is a broad experience and may encompass many different experiences. With a more comprehensive understanding of traumatic events, researchers find that many individuals are at increased risk of experiencing PTSD.

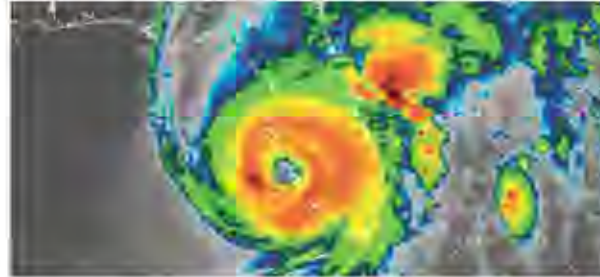
Below, we'll discuss three significant causes of PTSD that are not commonly associated with the psychiatric disorder.

## Natural Disasters and PTSD

Scientists sound the alarm as hurricanes, drought, fires, and flooding increase in severity and frequency.

As climate change alters the landscape and weather, it also negatively impacts individuals living in at-risk areas. For example, studies show destructive hurricanes leave not only destroyed communities but battered individuals with an increased likelihood of PTSD.

Whether an individual is hurt or not, viewing the destruction of a natural disaster is extremely stressful and can lead to trauma. However, as natural



disasters increase in frequency (i.e., fires, hurricanes, and tornados), individuals are at risk for chronic trauma, leading to prolonged feelings of PTSD.

From Hurricane Ian in Florida to the August Complex Fire in California, millions of individuals are at heightened risk for natural-disaster-related PTSD.

The figures found during studies are staggering: 30-40% of individuals who experience natural disasters have PTSD. In comparison, roughly 5-19% of the general population experienced PTSD unrelated to natural disasters.

Ultimately, the increasing rate of natural disasters caused by worsening climate change pushes more individuals toward PTSD. From physical environmental effects to psychiatric disorders, the world is experiencing a dual problem that may worsen as world leaders fail to implement sound climate-friendly policies.

## COVID-19 and PTSD

Another primary culprit for PTSD is the COVID-19 pandemic.

COVID reached every inch of the globe and left no stone unturned in its nearly three-year existence. With almost 7 million deaths and countless cases, COVID has affected the world's entire population.

One of the most concerning aspects of COVID-19 is its prevalence of increased chances of PTSD. Grief, illness, isolation, financial loss, and other stressors are the hallmark effects of COVID-19, and researchers are finding that 30% of individuals studied suffered from PTSD related to the pandemic.

Ultimately, the pandemic shows an unseen side of PTSD because it's occurring due to the overall results of COVID-19. Researchers are finding how deep the pandemic has reached regarding community exposure to PTSD, from school closures to long-term isolation.

## Relationship Breakups and PTSD

From a sudden breakup to a prolonged divorce, the end of a relationship can cause PTSD.

Relationship breakups produce feelings of anxiety, depression, and insomnia — core components of PTSD. Furthermore, PTSD can be exacerbated if the relationship is abusive, resulting in complex trauma. Traditionally, PTSD was attributed to direct traumatic events. However, researchers are finding high-stress emotional events such as the end of a relationship to fall into PTSD territory.

## How Medical Marijuana Can Assist PTSD

For years, anecdotal evidence from veterans pointed towards cannabis as a helpful substance for relieving PTSD symptoms.

Now, scientists have produced hard evidence that medical marijuana can, in fact, assist with PTSD. Research shows that multiple cannabinoids, such as THC, CBD, and nabilone (THC analog), improve quality of life by reducing PTSD-related symptoms.

## Medical marijuana and hemp are known to promote the following:

- Improved sleep
- Reduced stress
- Decreased anxiety and depression
- Increased social bonding
- Elevated mood

Although there are a few known side effects, such as dry mouth, headaches, and red eyes, the pros outweigh the cons.

Overall, medical marijuana is an effective and therapeutic substance that can relieve a variety of symptoms associated with PTSD. By alleviating multiple symptoms, individuals can start the path toward a life free from PTSD.

## Why PTSD Patients are Beginning to Try Medical Marijuana Compared to Traditional Antidepressants

Although traditional antidepressant and anti-anxiety treatments exist, many patients with PTSD do not want to consume pills that alter their brain chemistry. Due to this, medical marijuana has become a popular option for individuals with ongoing PTSD.



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# Painful Bunions: Do You Need Surgery?

**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

**A** form of arthritis can cause these painful, red, bony, growths, but uniquely, bunions can also be hereditary and run in families, especially in females, generation after generation. More women than men experience the painful bony growth on their big toe, known as a bunion, or Hallux Valgus. One of the leading causes of a bunion is from wearing shoes that are too tight, too narrow or too high. All of this causes pressure on your toe joint, which in turn starts to ache, become fluid filled and can have bony growths.

## You Have Options

For a conservative approach, many individuals will start out trying to alleviate their pain by wearing more comfortable shoes, or by wearing gel toe inserts that help keep the toes in the proper alignment. Icing the foot can help to tamp down inflammations, as well as taking NSAID's (ibuprofen) as needed to lessen the discomfort.

When the conservative approach begins to stop working, which is not unusual, as most bunions fail to heal on their own, surgery is the definitive answer. Surgery can be performed using minimally invasive techniques or more aggressive surgery depending on the severity of the bone, joint, and tendon dysfunction.

Generally, bunion surgery is done under an ankle block, which means that your foot will be completely numb, but you will not need to go under general anesthesia in most cases. Surgery can include removing bony spurs, removing part of the toe bone, relieving tension on ligaments and tendons, realigning and reconnecting the joint and bones. Depending on the complexity of your surgery depends on your need and level of anesthesia.

The total recovery can take a few months, but initially, you will be in a protective boot or cast for the first two to four weeks. You will be able to get around, but you must take precautions as to not injure your surgical site, and instead, allow the foot and toe time to heal properly.



**BUNIONS ARE PAINFUL!** It's always best to be proactive and get them treated before they get too advanced.

A podiatrist will evaluate your symptoms and pain level, and from there create an individualized plan for your best treatment options. They will provide you with the best solution for your needs.

## Collier Podiatry

It's important to be evaluated by an experienced podiatric professional if you're experiencing any type of foot pain. At Collier Podiatry, Dr. Michael Petrocelli has been practicing podiatric medicine for well over 20 years. He is an expert in his field and a leader to his peers, he and his staff see a countless number of patients with heel pain and injuries in the Naples area.

Along with bunion treatment, Collier Podiatry will provide you with personalized instructions on

the necessary amount of rest, stretching exercises and home care to get you back to doing what you love.

The caring supportive staff at Collier Podiatry is available to answer your questions and make your appointment. Please visit their website at [www.collierpodiatry.com](http://www.collierpodiatry.com), or call them at (239) 775-0019



**COLLIER PODIATRY, P.A.**  
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# Grieving at the Holidays? Here's Help

**F**ew of us have been left untouched by a sense of loss during the last few years: the COVID-19 pandemic has upended life as we knew it. For the families of more than 1 million Americans, that loss has been deeply personal: someone they dearly loved succumbed to the disease, sometimes without a chance to say goodbye.

Others of us are mourning the passing of loved ones from other causes, or loss of a job or home. Our children are trying to make sense of disrupted relationships and new ways of connecting to others that can feel forced, sterile, and deeply unsatisfying.

Yet here we are, facing “the holidays” that are supposed to be full of happiness, anticipation, celebration, and time with those we love. The disconnect between what we are supposed to feel and what we really feel can be jarring – and simply overwhelming.

Fortunately, there is help available in Southwest Florida for children, teens, adults, and seniors who need a compassionate guide through the “emotional landmines” buried in family holiday traditions and expectations. *Avow's Center for Grief Support and Avow Kids*® programs are staffed with grief experts who are available to all, without cost, through the holidays and year-round.

“People who are grieving can feel cut-off emotionally from the family and social rituals that are such key parts of the holidays,” says Lea Pascotto, Avow’s manager of supportive care. “Children and teens find security in traditions, so when a loss disrupts those familiar rituals, they can feel especially vulnerable and sad. Parents can help their kids cope by talking about which family traditions they value most. If someone has died, is there a way to maintain the usual family holiday activities while also recognizing the one who is absent? It is important to acknowledge that while things may be different, this is an opportunity for the whole family to decide which traditions to keep and which ones to change going forward. The key is communication: kids look to their parents/guardians for cues on how to cope. They can grow through this difficult time when they work with their families to redefine family celebrations and rituals.”



Adults working through grief may find themselves pressured to live up to others’ expectations about how to celebrate, says Rita Ruggles, manager of psychosocial services for Avow. “The hardest step may be the first step: acknowledging that traditions may have to change,” she says. “When a loved one dies, others in the family or circle of friends often take on new roles in the group. This alone can be difficult to navigate. If grandma always made the special dessert at Thanksgiving, who will step up to do it this year? It’s not about who will make the pie – it’s about who can fill the emotional role grandma played. If mom was in charge of sending holiday cards, does dad or anyone else have the energy to take over that task now that mom is gone?”

First on the list of tips Ruggles has to offer adults is to prioritize self-care. It is OK to say no to activities and invitations that require too much energy. It is essential to recognize that everyone grieves in their own fashion and on their own timetable – especially when it comes to how they cope with rituals and traditions. “You may decide that moving a celebration to a restaurant or other new location is the best thing to do this year,” Ruggles says. “People who are grieving also find that generosity heals. You might decide to donate to a loved one’s favorite cause in their name or volunteer at a community or religious institution you value. Maybe you’ll find those options are just too difficult this year – and that’s OK. What seems impossible today will likely be easier next year. You, and you alone, oversee your grief. Do what you need to maintain your own emotional and physical health, regardless of what others think.”

Pascotto and Ruggles urge those who need support through the holidays – or anytime – to contact Avow at (239) 280-2288 or [avowcares.org](http://avowcares.org). Avow’s Center for Grief Support and Avow Kids programs offer year-round groups, activities, workshops, one-on-one sessions, and camps to help people of all ages move through loss. Many services are available through online sessions, open to anyone, anywhere. The Center for Grief Support and the Avow Kids program (located in Aunt Janet’s House®) are located on the Avow campus in central Collier County. Thanks to generous community support, there is never a cost for care.

For a free copy of “30 Tips for Surviving the Holidays” and “Nine Steps to Deal with Grief During the Holidays,” send a message to [bereavement@avowcares.org](mailto:bereavement@avowcares.org). Parents and guardians who would like more information on supporting a grieving young person can find help by emailing [avowkids@avowcares.org](mailto:avowkids@avowcares.org).





# CBD AND ANXIETY

By Hans Doherty - Growing in Health Florida

Several years ago, around this same time of year, I received a phone call from a gentleman whose daughter was so stricken with social anxiety that she wouldn't leave her bedroom. She was suicidal and never, ever left the house. She had been prescribed very high dose anti-depressants and anti-psychotic medication to quell her situation. Dad was distraught because his child was so disconnected and was unable to find a pathway out of her current state. He was out of options. Her name was Kathy, and she was 23 years old.

He called us because another family member had suggested that cannabis might be an alternative treatment for her crippling anxiety. It's important to distinguish between the THC cannabinoid and the CBD cannabinoid. Psychiatrists will generally NOT recommend THC for anxiety. It can exacerbate anxiety and often make it worse.

THC in Cannabis sativa and THC in cannabis indica are at two opposite ends of the spectrum with regards to the effects on the brain and body. Sativa has a more uplifting and "creative" effect while Indica has a more sedative or "couch lock" effect. Think Indica...Think 'In D Couch', very relaxing. There are also several hybrid varieties which are "in the middle" as far as the effects.

CBD does NOT create the euphoric effect like THC can. That "high" effect can be quite unsettling if you don't know what to expect or you have too much too fast. We try to eliminate the concerns by educating people about proper dosing.

Dad asked us to come by the house to talk with her and the family about the current status, and also ask about her medications. CBD can interact with some meds. We always recommend that you consult with your doctor about your specific situation before starting any medication or supplement.

We were greeted warmly at the door. Mom, dad, Kathy (who stood peering through her doorway the whole time) and her sister were all there. We talked about the body's endocannabinoid system



and how it regulates every aspect of our health, including anxiety. They had never heard of it. That's not surprising. Many in the medical community have never heard of it either. That meeting ended with us offering Kathy some samples of the products we had available at that time, CBD tincture and cake. Yes, CBD cake. This was 5 years ago.

Anxiety can be a very serious health crisis that involves the entire family. When someone is dealing with hopelessness and fear it's natural to seek remedy from pharmaceuticals. The doctors are quick to prescribe mind altering chemicals that can hopefully provide fast relief. Cannabis is the natural alternative. It nourishes the body and allows it to heal itself.

I got a message from Kathy months later. It moved me so much that I saved the message...

It was a Thursday 10:12PM. July 5, 2018

It read exactly "I want to thank you for giving me that cake when we first met. I think it saved my life"

Kathy recovered so well from her anxiety that she agreed to be a guest speaker at a public forum we held for the local community. She addressed 50-60 strangers about how cannabis, CBD, had changed her life forever.

Thank you for reading!

We invite your questions at [www.growinginhealthflorida.org](http://www.growinginhealthflorida.org).

*Hans Doherty,  
Owner of Growing  
in Health Florida,  
with his pal  
Moochie.*



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# HOW GIVING BACK IMPROVES MENTAL HEALTH

**M**ental health is a topic that, fortunately, is being talked about a lot these days. We are no longer living in the days of “suffering in silence”. It is no longer taboo to “not be okay” and ask for help. Living through a world-wide pandemic and the devastation and isolation that so many of us experienced has had lasting effects and we must collectively look for ways to improve our mental health.

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

There are many ways to improve your mental health. Medical professionals will tell you that getting physical exercise, eating a healthy diet, getting quality sleep/rest, and re-focusing your priorities all have a huge impact on not only your physical well-being, but also on your mental well-being. They will also tell you that giving back is a key component to a healthier you.

## How does giving back benefit your mental health?

America is famous world-wide for many things. Often it is the negative that reaches the eyes and ears of the world. Ask any European why there is suddenly a problem with obesity in their country and they are quick to point to American fast-food restaurants and products that are now common in their cities. However, if you ask them what they admire about Americans, they often point to our volunteer spirit. When you look at disaster or poverty relief, it is often Americans on the front lines fighting for those who cannot fight for themselves. Go to any third world country and you'll find Americans giving of their time and resources to meet the needs of people they don't even know.

So why do we do this? Are we just generous by nature or is there something in it for us? What impact does giving to others have on the giver?

## The rewards of giving

Giving back has numerous benefits for the giver. Let's look at some of those benefits.



## Giving provides purpose

Ask a person suffering from depression why they feel depressed and one of the things they will mention is that they feel like their life has no purpose. Giving to someone or some cause gives us a connection and a sense that we are contributing to good in the world. It helps us feel that our time or our resources can make a difference. Sonja Lyubomirsky, a research psychologist at the University of California at Riverdale, in her book *The How of Happiness*, says that “being ... generous leads you to perceive others more positively and more charitably... this fosters a heightened sense of interdependence and cooperation in your social community.”

## Giving shifts your focus

We live in a “me first” world right now. Everyone is looking out for #1, it seems. However, research shows that when we can find ways of taking the focus off of ourself and our problems, we live a much happier life. People who suffer from loneliness and depression often close themselves off from the world and can't see outside of their own life. Volunteering in a soup kitchen or in disaster relief, for example, helps you see the world from a different perspective and often our problems don't seem so big after all.

## Giving increases gratitude

Serving other people, especially those who have less than you or who are suffering through circumstances that are difficult, will have you thankful for what you have. Maybe you are unhappy in your job, but when you come home from serving families that are unable to keep a roof over their head or food on the table, you realize that at least you have a job and can provide for yourself. When you volunteer in a nursing home or a hospital, you feel less thankful for your own health and ability to get around. In short,

you're more satisfied with what you have when you spend time with those who must do without.

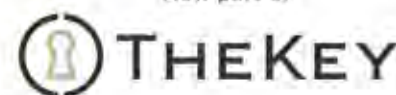
Looking beyond yourself and trying to make a difference in the world can give your life meaning and purpose. It doesn't have to be going to another country to dig wells or giving thousands of dollars to disaster relief. Even small things like donating used clothes can help us to take the focus off of ourselves and boost our mental health. Watching for ways to help someone on a day-to-day basis is one way to ensure that your focus is not on your own problems. Look for ways to be generous today and see how it can change your attitude and state of mind.

The Key offers in-home care for your loved ones. If your elderly loved one is dealing with depression, one way to help them is to find ways for them to give back to their community. We'd love to help them find a way, even if they aren't able to leave home. Please contact us today and we'll get started with a plan for care that includes finding ways for your loved one to give back and feel better.

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# Shopping for the Best Incontinence Underwear?

There Might be a Better Solution

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

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

## What is Overactive Bladder?

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

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

You may be suffering from overactive bladder if:

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

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

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

## What is Axonics Therapy?

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

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

## What are the benefits of Axonics Therapy?

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

**Long-lasting symptom relief:** Designed to provide therapy for at least 15 years, providing a long-term solution for your symptoms

### Clinically proven results:

- **93%** of treated patients achieved clinically significant improvements\* at 2-years<sup>3</sup>
- **94%** of patients were satisfied with their therapy<sup>3</sup>

Important Safety Information: Implantation and use of the Axonics System incurs risk beyond those normally associated with surgery, some of which may necessitate surgical intervention. Results and experiences may vary and are unique to each patient. No promise or guarantee is made about specific results or experiences. For more information about safety and potential risks, go to: [www.axonics.com/isi](http://www.axonics.com/isi). Caution: Federal law (USA) restricts this device to sale and use by, or on the order of, a physician.  
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\*50% or greater reduction in symptoms

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# SHOULD I HIRE A REAL ESTATE ATTORNEY OR TITLE COMPANY?

By Christopher R. Heflin

One of the common questions that prospective Florida buyers and sellers have is whether to hire a real estate attorney or title company. Generally, the focus tends to lean toward the cost of the transaction. However, that leads to the misunderstanding that a real estate attorney costs too much money or may make the transaction more complex. Additionally, there is the misconception that the roles of a real estate attorney and a title company are the same; however, that is far from the truth. Although they both work to protect the interests of their clients, residential real estate attorneys can legally advocate for the clients while title companies cannot. If you are seeking legal advice regarding a real estate transaction in Florida, the experienced attorneys at Woodward, Pires & Lombardo in Marco Island and Naples are here to help.

Purchasing a Florida family home or even an investment property is often one of the most significant investments that someone may make. Additionally, when selling a home, there may be issues that arise with which homeowners need to be familiar. A qualified residential real estate attorney can help solve existing problems, prevent future issues that could occur after closing, and provide legal advice that title companies cannot. Although reputable title companies are generally familiar with all aspects of real estate transactions, title agents cannot provide legal advice to either party. Below are some practical ways residential real estate attorneys can help make a real estate closing less stressful for buyers and sellers.

### Contract Preparation and Review

A successful real estate transaction begins with a good contract reflecting the material terms and conditions the parties negotiated. It may seem like a given that the parties read the contract thoroughly. Still, surprisingly, many real estate contract disputes start because one party claims that what they negotiated for is not reflected in the signed contract. Residential real estate attorneys can provide efficient contract reviews with a high level of attention to detail so that the buyer or seller can feel confident that they will be receiving that for which they bargained.



### Confirming Whether the Property is Fit for the Intended Use

Every real estate transaction is different and unique, and it is important that the buyer can use, change, or manage the property in the way they intend. A residential real estate attorney can research zoning and land use laws, review city or county regulations, and examine restrictions that may be in place by a homeowner's association. A thorough review by the attorney helps provide the buyer with knowledge and peace of mind that there are no restrictions that affect their ability to make renovations or expansions, and they will be able to use the property as they envisioned.

### Advising and Resolving Disputes

With the sale or purchase of a home, many factors can affect the purchase price. One of the major determinations may be revealed during a home inspection. Home inspections can find hidden risks on the property, such as repairs that are needed to meet building codes. Residential real estate attorneys can help negotiate what work may be required and how it will be paid for.

### Creation of Contract Addenda or Amendments

It is essential to understand that there is the potential in every real estate transaction for issues to arise that may call for corrective documents to be drafted and obtained. A title company is limited in what documents it can or cannot prepare. For example, a title company cannot prepare contract amendments; thus, if a problem arises where a contract amendment is needed, the buyer or seller will need to seek outside help. In most real estate contracts, time is of the essence, which means that it is crucial to stay within the time limits provided by the contract so that the buyer or seller does not breach them.

Therefore, if the buyer or seller needs to seek outside help to draft necessary documents, it could potentially put them at risk of completing their obligations in the contract on time.

### A Qualified Real Estate Attorney by Your Side

Purchasing or selling a home is an exciting but complex process, and ensuring you have the proper representation is paramount to the closing experience. Financially, there is little difference between having a residential real estate attorney handling your closing versus a title company. However, the benefits of having an attorney by your side, who can provide competent legal advice, can be invaluable to a buyer or seller.

If you are contemplating purchasing a home or listing your home for sale, consider visiting with one of the real estate attorneys at Woodward, Pires & Lombardo, P.A. in Marco Island or Naples. Hiring an attorney will help you ensure your rights, including those related to Florida contract interpretation, the intended use of the property, dispute resolution, home inspections, and all other issues that may develop throughout the real estate transaction.

### ABOUT THE AUTHOR

**Christopher R. Heflin** is a Florida real estate attorney at Woodward, Pires & Lombardo, P.A. based in Marco Island and serving Collier County and beyond. He handles all aspects of residential and commercial



real estate transactions and closings. Chris received his Bachelor of Business Administration in Finance at the University of Texas at Tyler in 2008. While pursuing his education, Chris began his professional career in the oil and gas title industry. After working in business for ten years, Chris attended Ave Maria School of Law in Naples where he received his J.D. in 2019. Chris was recently recognized in *The Best Lawyers in America's* "Ones to Watch."



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# ASK THE EXPERT

## The Truth About Over the Counter Hearing Aids

Dr. Brittany Colburn, Au.D.

**R**ecent FDA approval of over-the-counter hearing aids has created a lot of excitement for lower priced options, but OTC devices are not a one size fits all solution.

| Prescription Hearing Aids  | Over-the-Counter Hearing Aids                       |
|--|---|
|  |   |
| Professional Hearing Evaluation                                    | Online Hearing Test                                 |
| Fitted by a Professional   | Fit Yourself  |
| Highly Sophisticated Pieces of Technology                          | Offers Hearing Amplification                        |
| Ongoing Adjustments and Care to Deliver Best Long-Term Performance | No Ongoing Audiological Care After Initial Purchase |
| Work with a Professional   |   |

**Q: Why is it important that people can get hearing aids over the counter?**

**A:** The truth is high-end hearing aids are expensive because they are fully automatic and have sophisticated features. Professionals realize that not everyone can afford these high-end devices, and something is better than nothing. OTC hearing aids are for mild to moderate loss and can help in simple hearing situations. Your first step should always be to have a hearing assessment performed by an audiologist to determine if you are a candidate for an OTC device.

**Q: Are there downsides to over-the-counter hearing aids?**

**A:** Hearing loss is a complicated health condition and is different for everyone. OTC hearing aids can be helpful only for those with mild hearing loss. Prescription fit hearing aids are necessary for all hearing loss levels beyond mild to moderate.

- Hearing aids require regular cleanings and service. OTC devices do not offer the one-on-one attention necessary for proper fit and function of hearing devices.

- Accuracy in the testing process is a critical piece of hearing healthcare and should only be done by a licensed audiologist.

- OTC devices are not appropriate for those with significant, sudden, or co-morbid hearing loss.

**Q: What population does it benefit most?**

**A:** People who are ok with a generic fit vs. a personalized fine tuned prescription hearing device. OTC devices will only work for people with a certain degree of hearing loss. People that do not want follow-up care or a place to go for service when something goes wrong are also good candidates for an OTC device.

### How To Choose the Right Hearing Aid

When it comes to your health, your best option will always be to seek advice from an audiologist first. At Decibels Audiology, our job is to get to know you and advise what is best for you.

This could well mean us recommending OTCs if we believe that is what is most suited to your needs – our job is to help people, not to sell hearing aids.

Hearing loss occurs so gradually that many of the local people who come to see us don't realize the extent of their loss. They're often surprised to find it has developed past "mild" - which is the only level of hearing loss OTCs are suitable for.

The biggest lesson that we've learned from helping thousands of people achieve better hearing is that the most important part of the process is not what hearing technology you choose but the hearing expert that you choose to partner with.

When you visit Decibels Audiology for a comprehensive hearing assessment, you are never obliged to invest in hearing aids. We see this as a great first step in your journey to better hearing, as well as an informative and educational experience for you. Our hearing assessments are always complimentary and if you are an OTC candidate, we have them in stock and ready for you.



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# Hormone Replacement Therapy (HRT) and Dementia

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

**H**ormone replacement therapy involves the supplementation of hormones, typically estrogen and/or progesterone, but testosterone may also be used. The type of hormone used will depend on the end-goal of the therapy. It's also possible for a combination of hormones to be administered during HRT, with application methods including tablets, gels, patches, or creams.

## Who Benefits from Hormone Replacement Therapy?

HRT is most commonly used for women going through menopause. Menopause is a transition every woman goes through where hormone levels change from what the body previously experienced.

The hormones estrogen and progesterone typically fluctuate on a monthly cycle, leading to a menstrual cycle. However, once women enter their 40s, their levels of estrogen and progesterone may begin to decline, resulting in irregular periods, hot flashes, and other symptoms of menopause. This time period, which lasts, on average, for seven years, is termed the perimenopause phase.

Following perimenopause is menopause, which has an average age of onset of 52 years and begins 12 months after someone's last period. It is at this point that the symptoms of menopause may increase. Once someone enters menopause, HRT can begin to help with the negative symptoms that they may be experiencing.

Some people may want to take HRT because they experienced the transition into menopause early. This can occur due to a variety of reasons such as:

- surgical removal of the ovaries, uterus, or both
- genetic or chromosomal factors
- cancer
- autoimmune disease
- smoking

While not every person who goes through menopause will need HRT, some people may experience distracting or troubling symptoms, which HRT can help with. This then allows them to go about their life and daily activities more easily.



Some of the symptoms of menopause that HRT may help with include:

- sleep problems
- night sweats and hot flashes
- vaginal dryness
- urinary problems
- mood changes
- osteoporosis
- irregular periods
- difficulty concentrating
- thinning hair

In addition to the symptoms of menopause, other studies have suggested that HRT may help reduce the risk of heart failure and heart attacks, improve muscle function, and prevent skin aging. However, these observations are still under scrutiny and require more research to confirm these benefits.

## Side Effects of HRT

Most of the side effects of HRT disappear after only a few weeks. They can include:

- headaches
- breast tenderness
- indigestion
- vaginal bleeding
- bloating
- depression
- mood changes
- migraines
- leg cramps
- acne
- nausea
- back or abdominal pain



However, one long-term side effect of HRT that you may commonly hear associated with HRT is that it increases the risk of developing dementia, which is a condition that causes memory loss and a decline in cognitive functioning. Let's take a closer look at the claims to this statement to see if there is any validity behind them.

## Can HRT Cause Dementia?

The answer to this question is not very straightforward. Let me explain. A study analyzed 84,739 women from Finland and found that, of the women who started HRT with both estrogen and progesterone before they turned 60, their risk of Alzheimer's disease was 17% higher than in women who did not have HRT. The risk is smaller, only 9%, in women who had a hysterectomy and then started estrogen HRT. In addition, these observations were only found in women who took HRT for longer than ten years.

The numbers have a wider range for women who start HRT after the age of 60, with a risk of Alzheimer's that is 15-38% higher. In addition, women in this group only need to be on HRT for 3-5 years before seeing these statistics.

Yet another study, the *Women's Health Initiative Memory Study*, found that undergoing HRT substantially increased the risk of developing dementia.

Between these two studies, it seems likely that HRT can increase the risk of dementia, right? Well, other studies have found conflicting evidence.



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A study of women in the UK found no increased risk of developing dementia with HRT usage. This study found that the percentage of women who developed dementia was the same no matter the dose, hormone type, or duration of HRT. The percentage of women who had used HRT with and without dementia was 14% for both groups, showing no increased risk. [3]

Other studies have found no relationship or even a decreased risk of Alzheimer's with HRT. So, the relationship between HRT and dementia requires further investigation to determine the true nature of these conflicting results.

### The Role of Hormones in Dementia

Dementia occurs in more women than men, and while the exact reasoning behind this is unknown, it is speculated that it has something to do with the hormone estrogen. As we know, during menopause, the amount of estrogen in a woman's body decreases. In comparison, men continue to produce the same amount of testosterone throughout their lives, which can be converted to estrogen by the body's brain cells. Meaning, women who have gone through menopause have lower estrogen levels in their brain than men who are the same age. Again, this may lead to the development of dementia, but not enough research exists to back it up.

However, if this is a cause of dementia, then reasoning would suggest that hormone replacement therapy would then be able to prevent dementia since it helps with the lack of estrogen. Evidence to support this is contradictory though, as we saw. Because of this, the relationship between HRT and dementia risk requires further investigation, including more inclusive observational studies and a deeper understanding of the role of hormones in dementia development.

### Final Remarks

While these conflicting results may seem concerning if you are considering HRT, there is no definitive proof that HRT causes dementia; we have only situational studies that set out with the goal of proving a link between HRT and dementia, possibly skewing the results in their favor. It is likely that these results are purely by chance or due to another factor not measured by the study.

Still, as with all treatments, it is best to talk to your doctor about the associated risks and potential side effects before beginning. HRT can be beneficial to some individuals, so you should not let the incomplete research sway you against HRT entirely, especially since there are many benefits to the treatment.

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# SPREADING & MAINTAINING HOLIDAY CHEER

By Greg Pascucci

The holidays are synonymous with celebrations, gatherings and good cheer. But, for many, the hustle and bustle of the season can be overwhelming. Tasks such as finding the perfect gift for a loved one and cleaning and decorating the house for visiting family members can quickly create holiday stress.

Here are a few tips for staying cheerful this holiday season:

## Maintain Healthy Habits

With so many decadent holiday favorites, including eggnog and fruit cake, it can be easy to overindulge. However, experts suggest eating in moderation and not forgoing your regular workout schedule. Research also shows a healthy, balanced diet can lead to less mood fluctuation and more positive, upbeat attitudes.

At The Carlisle Naples, an active retirement community, Executive Chef Marlon Perez strikes the perfect balance between holiday treats and a balanced diet. He and his talented teams are known for their delicious, amazing desserts that are not on the naughty list. Plus, The Carlisle's wealth of fitness classes and programs continues throughout the holidays enabling residents to burn off extra calories.

## Give Back

The Journal of the Institute for Volunteering Research found volunteering has a direct impact on successful aging, helping to improve physical and mental health. And opportunities abound to give back during the holidays. Donating toys to underserved children, sending cards and words of encouragement to military personnel and participating in a food drive are just a few ways to spread holiday cheer while boosting your spirits.

The Carlisle Naples' maintenance-free lifestyle enables residents to spend each day as they wish, and for many, that includes supporting local charities and organizations. Residents also enjoy volunteering within the award-winning community, serving in various capacities, such as being part of the hospitality committee or resident council.

## Have an Attitude of Gratitude

Gratitude can increase optimism and lead to increased feelings of happiness and positivity. To improve your attitude of gratitude, try finding three



things to be grateful for each day. Consider a gratitude journal or spending time in nature. The Carlisle's picturesque setting is ideal for residents wishing to admire the beauty of Mother Nature. Whether enjoying a walk along the meandering trails or sitting on a bench to admire the many native birds and wildlife, there are numerous ways to cultivate thankfulness and a heart of gratitude.

## Remember the Reason for the Season

While gift-giving is nice, the holidays are more about spending quality time with family and friends. It's a time to celebrate and strengthen bonds. With day-to-day chores handled by the dedicated team at The Carlisle, residents can spend more time basking in the holiday spirit. The community's "lock and leave" lifestyle also means residents can leave to visit family without worrying about the safety of their residence. This added peace of mind helps ensure a smooth, stress-free holiday.

## Be with Others

Being with others can help keep the holiday blues at bay. Invite a friend to dinner or connect with loved ones virtually. Whatever your preference, social connections are vital to combat feelings of loneliness which are associated with depression and can negatively impact overall health.

Retirement communities such as The Carlisle often expand residents' social circles. The Zest Director at The Carlisle works to connect residents with similar backgrounds, careers or shared interests. Additionally, a Newcomers Block Party, hosted for each new resident, is great for meeting new friends.

## Start New Traditions

With families living even farther apart than ever before, it can be challenging to maintain holiday traditions. Experts suggest creating new traditions can provide

excitement and put everyone in a festive mood. They recommend expanding something you already do and keeping it personal.

At The Carlisle Naples, residents and staff come together as one big extended family to create their own holiday traditions. Decking the tree is a favorite activity, with everyone coming together to enjoy seasonal treats while ushering in the official start of the holiday season. A holiday tour of lights through neighboring communities is also a cherished tradition at the community.

"The holidays are a special time of year, filled with togetherness and plenty of good cheer," said Executive Director Bill Diamond. "Our calendar is filled with plenty of celebrations, entertainment and activities to truly capture the warmth and spirit of the season."

*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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- **Virtually Painless** - patients report a comfortable, skin resurfacing experience.
- **No Downtime** - after a ClearLift treatment, patients can immediately return to their daily life.

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

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

#### References

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

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

By Richard Hiler, DABCN

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

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

## PERIPHERAL NEUROPATHY SYMPTOMS

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

## STOP MASKING SYMPTOMS AND PAIN

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

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



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

## FEEL AMAZING INSTITUTE'S ALTERNATIVE CARE

- Red LED and Low Level Infrared Light Therapy help to heal and regenerate the small nerve endings that are damaged in peripheral neuropathy
- Gentle electrical stimulation therapy improves nerve function, reduces pain, and improves movement.
- Stem Cell Allografts Biologics
- Platelet Rich Plasma
- Spinal Decompression Therapy
- Ozone Therapy
- Peptide Therapy
- Therapeutic Shockwave/Soundwave
- Natural supplementation to regenerate myelin sheath

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

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

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

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

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- Arm or leg pain, or numbness
- Peripheral Neuropathy pain or numbness
- Restless Leg Syndrome
- Headaches, dizziness, vertigo, or balance problems
- Disc bulge or herniation, sciatica, or stenosis
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# CATARACTS: YOUR TREATMENT OPTIONS

By Duane Wiggins, M.D.

Board Certified Ophthalmologist, Cataract & Refractive Surgeon with Quigley Eye Specialists

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

## What are the symptoms?

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

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

## How did I get Cataracts?

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

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

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

## How do I treat my Cataracts?

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

## About Quigley Eye Specialists

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



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

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

## What is an IOL?

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

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

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

## Which IOL is Best for Me?

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

## Cataracts with Astigmatism

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

## Laser Cataract Surgery

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

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

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

## References:

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



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[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).**

# FAST TRACK YOUR CAREER WITH THE WHEEL

By Dr. Melissa Houston

**T**he year 2023 will be here in just a few weeks. How do you plan to start your New Year? It's a great time to finish things that you've started. Do you have college credits but for one reason or another, you didn't earn a college degree? Does the idea of spending years to graduate make you think that diploma and the career doors it could open for you, is just a dream?

More than 750 graduates of The Wheel know first-hand how it helped them advance in their career. One of the most flexible degrees you can earn is in management. Just about every organization, regardless of its size, needs managers. At Hodges University, we've taken it a step further with a bachelor's degree in organizational management. With your previously earned credits, you could graduate in as little as one year. We call this the Hodges University Wheel.

By bringing your credits from other institutions, and yes, the military, you can be well on your way to that bachelor's degree. We take this degree a step further to include classes in leadership. This degree will provide you with the knowledge you need to be an impactful and effective manager-leader.

In addition to graduating quickly, you come to class only one night a week or on Saturday morning, at the location that is most convenient for you in Fort Myers, Naples, or Port Charlotte.

The Wheel is designed to be engaging, inspiring, and laser-focused. This degree will help you learn to make informed, strategic business decisions, gain a full understanding of the most important functions of business and management, and learn effective leadership skills for advancement. You'll learn more than any book teaches – you'll get practical, real-world experience knowledge, so it's not just about learning the theory, but also applying that theory to your personal and professional life.

The Wheel is designed with you in mind. You're already balancing the demands of a full-time job and family, so classes are held in the evenings and on Saturday. Plus, you'll be taking your classes with the same fellow students, so you also have the opportunity to build that sense of camaraderie, and connections that can be useful in your career.

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

*Dr. Melissa Houston is the lead faculty for The Wheel bachelor's in organizational management degree at Hodges University.*



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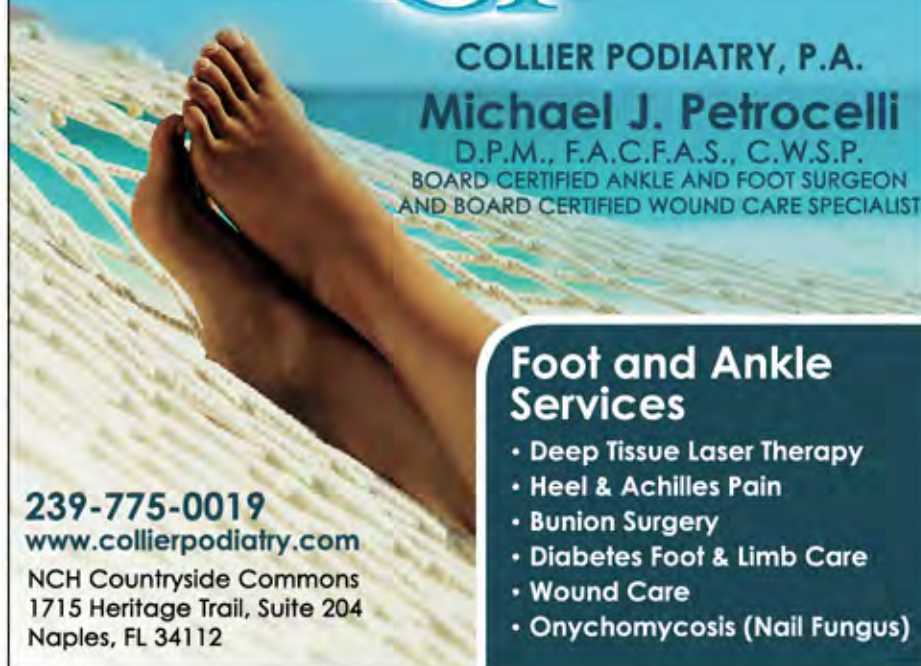
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# The Importance of Giving Back

**G**iving is contagious. Have you ever noticed that when the people around you are being generous, you feel compelled to join in? When you see someone drop their coins into the Salvation Army bucket, don't you start to search your pockets too? Why is this?

One study conducted by the Harvard Business School reports that people who give charitably to organizations felt greater happiness, but that there was no correlation between spending on oneself and happiness. (1) This study seems to prove the old saying, "Tis better to give than to receive". If this is true, then how can I get in on the fun? Below is a list of some practical ways we can all give back not only during the holidays, but throughout the year as well.

## 5 WAYS TO GIVE BACK

**1. Give money to an organization.** Find an organization and research where the money goes. Who are you interested in giving to? Children? Funding research for curing an illness? Feeding the homeless in your area? There are hundreds of organizations asking for donations. Do a quick search and find out where they money goes. Does it go to the people they claim to help or does most of the money stay within the organization and its million-dollar-salaried CEO? Make sure your money is being used for what you intend it to be used for.

**2. Give to people you know.** Does the neighbor have trouble making ends meet? Does your coworker need help buying gifts for their kids' birthdays? Listen to the people around you talk and look for ways that you can jump in and meet a need they may have.

**3. Give your time.** Every city across our nation has a soup kitchen or a clothing closet. Volunteer to serve meals or to wash donated clothes. Does the single mother down the street need help with the kids and would be willing to let you watch them a couple of hours a week? Could the elderly couple next door use help mowing the lawn? Look around you. Need is everywhere and it often won't cost you a dime.

**4. Give your talent.** Volunteer to play and sing at the local nursing facility. Help the neighbor paint the fence. Change the oil a single mom's car. Paint a



picture of a sunset for someone who isn't able to get out of the house much. Are you a dentist? Offer free dental care to someone in need. Are you a makeup artist? Give free makeovers to high school girls who can't afford it at prom time.

**5. Give your possessions.** That car that you have sitting in the garage that hasn't seen the light of day in more than a year could be a huge blessing to someone else. If you're not using that set of dishes, why not give it to someone who could use it?

There are plenty of ways for us to make an impact on the world around us. Each day we can do small acts of kindness that may have a great impact on the receiver. Often, we don't see the full results of what we have done, but we can feel happy knowing that in some way, we have improved another person's day or even life. Look for ways to give back in your community and in the world. It is up to us to create a culture of generosity. A small spark can ignite a blazing inferno of generosity. Take the time to give back today.

*"They may forget what you said—but they will never forget how you made them feel."*

- Carl W. Buehner

Source:

1. Kinnear, David (2017) The psychology behind giving back, David Kinnear | Medical Research and Environmental Conversation. Available at: <http://davidkinnear.org/psychology-giving-back/>



**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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# Understanding Polycystic Kidney Disease

By Neetu Malhotra, MD

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

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

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

## The primary symptoms of PKD are as follows:

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

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

## PKD Treatment

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

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

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

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

## Associates in Nephrology

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

## Chronic Kidney Disease Program

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

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

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

## Services Provided

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

- All forms of Dialysis – Hemodialysis and Peritoneal
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- Electrolyte Disorders
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- Hypertension
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- Nephrotic Syndrome
- Pyelonephritis
- Polycystic Kidney Disease
- Recurring kidney stones
- Renal Failure
- Renal Insufficiency

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

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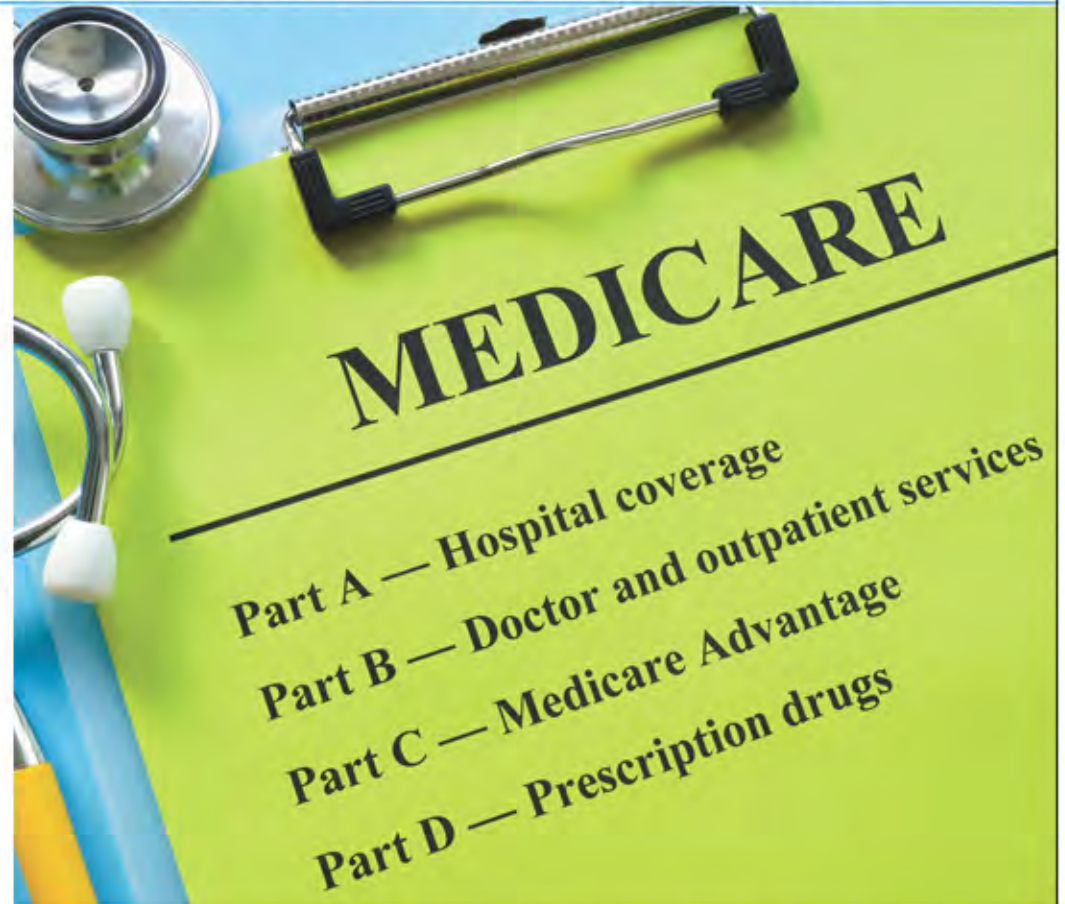
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## GROWING OLD GRACEFULLY: WHEN SHOULD PLASTIC SURGERY COME IN?

By Gunnar Bergqvist, MD

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

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

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

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

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

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

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



4 treatments/no surgery

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

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

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

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

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

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

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

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

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# 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.

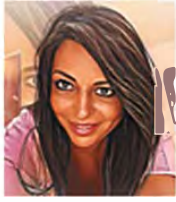
Always stretch and warm up gently before competitive play. Make sure you are getting your physical once a year to understand and appreciate your health. Drink plenty of water and the occasional sports drink. Wear appropriate gear, and footwear.

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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# 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.

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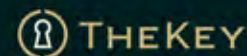


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# Shedding Post Pregnancy Pounds

By Aubrey Fulton APRN

**M**ost women find it a little difficult to get rid of the extra pounds they put on while pregnant. Some women are able to get back into their regular clothes just weeks after giving birth, but the majority have to work a little harder to get their pre-baby body back.

According to the Centers for Disease Control and Prevention (CDC), women who are within a healthy weight range and are carrying one baby should gain between 25-35 pounds during pregnancy. Women who are overweight or who are carrying multiples should consult their obstetrician about how much weight gain is appropriate. In either case, when we look at what that weight consists of, we see that it won't all be lost on the day of birth. Baby weight is not only the baby and the amniotic sac and its fluid, but it is also increased blood supply, enlarged breast tissue, and extra fat tissues. It is those fat tissues that present the most problems.

So, how much can we expect to lose just by giving birth? That, of course, depends on many factors, one very important one being the size of the baby. Generally speaking, most women will lose around 13 pounds right after giving birth. Those pounds consist of the baby, placenta, and amniotic fluid. Then, she will lose extra fluids in the next few days just by peeing and sweating them out. The weight that does not go away at birth are the maternal fat stores. This where the work starts.

## TIPS FOR POST-PARTUM WEIGHT LOSS

**1. Breast feeding** can help mothers shed the weight after child birth. A 2014 study showed that women who exclusively breastfed for at least 3 months lost 3.2 pounds more than women who did not breast feed or supplemented with formula.<sup>1</sup>

Breast feeding is obviously good for the baby, but there are also benefits for the mother. They include:

- Promotes weight loss
- Helps the uterus contract
- Reduces the risk of type 2 diabetes, ovarian cancer, and breast cancer

**2. Do not skip meals.** This can lead to nutrient deficiencies that can be harmful for both mother and baby. On the contrary, women who are breast feeding should increase their caloric intake by about 450 calories. The key is to burn more than you take in.



**3. Avoid highly processed foods.** These have been shown to cause weight gain for everyone. Processed foods to avoid include:

- Microwave meals
- Fast food
- Potato chips
- Soda (even diet)
- Ready-made cakes and desserts

**4. Eating protein-rich foods** can help decrease feelings of hunger and, therefore, reduce calorie intake. The body works harder to process proteins. That means it burns more calories digesting proteins than calories from carbohydrates or fats.

**5. Eating high fiber foods** can also be beneficial because they fill you up, but the body cannot break them down. As fiber travels through the body, it absorbs water and promotes bowel health. It makes you feel fuller, but doesn't add calories. Adding more fruits and vegetables to one's diet has been shown to reduce stomach fat.

**6. Avoiding added sugar and refined carbohydrates** is important in weight loss as well. These types of foods are generally high in calories but low in nutrients. Check the label of the foods you buy. If sugar is one of the first ingredients, put it back. Choose a fruit to satisfy your sweet tooth instead.

**7. Drinking plenty of water** is another way to promote weight loss. Breast feeding moms need to stay hydrated to keep up their milk production, but drinking extra water has an impact on weight loss. Drinking about 8 glasses of water a day increases your sense of fullness and can result in more weight lost in a shorter time.

**8. Finally, ladies, exercise.** Women who have good nutrition and who exercise will lose weight faster. Exercise burns calories and improves overall health. Choose an exercise you like, and try to fit it in for at least 150 minutes a week.

In conclusion, weight gain is a normal part of pregnancy, but the extra weight after delivery can put you at risk of obesity, diabetes, and heart disease. It is important to lose the weight after your pregnancy and return to your pre-pregnancy weight. Following these tips will help you get your figure back in no time if you stick to them.

At AuVan Clinic Health and Wellness Group we can work with you to help you get back to a healthy weight. Contact us at **239.799.7219** or email at [info@theauvanclinic.com](mailto:info@theauvanclinic.com). Visit our website at <https://theauvanclinic.com/services> to have a look at everything we have to offer you on your journey to wellness.

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.

1. Postpartum weight loss: Tips and Timeline (no date) Medical News Today. MedLexicon International. Available at: <https://www.medicalnewstoday.com/articles/326548>



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# What Is Macular Degeneration?

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

**A**ge-related macular degeneration (AMD) is a problem with your retina. It happens when a part of the retina called the macula is damaged. With AMD you lose your central vision. You cannot see fine details, whether you are looking at something close or far. But your peripheral (side) vision will still be normal. For instance, imagine you are looking at a clock with hands. With AMD, you might see the clock's numbers but not the hands.

AMD is very common. It is a leading cause of vision loss in people 50 years or older.

## Two Types of AMD

### Dry AMD

This form is quite common. About 80% (8 out of 10) of people who have AMD have the dry form. Dry AMD is when parts of the macula get thinner with age and tiny clumps of protein called drusen grow. You slowly lose central vision. There is no way to treat dry AMD yet.

### Wet AMD

This form is less common but much more serious. Wet AMD is when new, abnormal blood vessels grow under the retina. These vessels may leak blood or other fluids, causing scarring of the macula. You lose vision faster with wet AMD than with dry AMD.

Many people don't realize they have AMD until their vision is very blurry. This is why it is important to have regular visits to an ophthalmologist. He or she can look for early signs of AMD before you have any vision problems.

### Who Is at Risk for AMD?

You are more likely to develop AMD if you:

- eat a diet high in saturated fat (found in foods like meat, butter, and cheese)
- are overweight
- smoke cigarettes
- are over 50 years old
- have hypertension (high blood pressure)
- have a family history of AMD

Having heart disease is another risk factor for AMD, as is having high cholesterol levels. Caucasians (white people) also have an elevated risk of getting AMD.

### Age-Related Macular Degeneration Diagnosis

During an eye exam, your ophthalmologist may ask you to look at an Amsler grid. This grid helps you notice any blurry, distorted, or blank spots in your field of vision. Your ophthalmologist will also look inside your eye through a special lens. He or she can see if there are changes in the retina and macula.

Your ophthalmologist will put dilating eye drops in your eye to widen your pupil. This allows him or her to look through a special lens at the inside of your eye.

Optical coherence tomography (OCT) is another way to look closely at the retina. A machine scans the retina and provides very detailed images of the retina and macula.

Your doctor may do fluorescein angiography to see what is happening with your retina. Yellow dye (called fluorescein) 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 abnormal new blood vessels are growing under the retina.

Optical coherence tomography angiography (OCTA) is another way to look closely at the blood vessels in and under the retina. This is like fluorescein angiography but does not use a dye.

## Age-Related Macular Degeneration Treatment

### Dry AMD treatment

Right now, there is no way to treat the dry form of AMD. However, people with lots of drusen or serious vision loss might benefit from taking a certain combination of nutritional supplements. A large study (AREDS and the later AREDS 2 study) found people with certain drusen may slow their dry AMD by taking these vitamins and minerals daily:

- Vitamin C (500 mg)
- Vitamin E (400 IU)
- Lutein (10 mg)
- Zeaxanthin (2 mg)
- Zinc (80 mg)
- Copper (2 mg)

Your ophthalmologist can tell you if vitamins and minerals are recommended for your dry AMD, as not all forms will benefit from the AREDS supplements. Beta carotene should not be used by smokers as it raised the risk of lung cancer.

### Eye-healthy foods

Dark leafy greens, yellow fruits and vegetables, fish, and a balanced, nutrient-rich diet have been shown beneficial for people with AMD.

### Wet AMD treatment

To help treat wet AMD, there are medications called anti-VEGF drugs. Anti-VEGF treatment helps reduce the number of abnormal blood vessels in your retina. It also slows any leaking from blood vessels. This medicine is delivered to your eye through a very slender needle.

Laser surgery may also be used to treat some types of wet AMD. Your eye surgeon shines a laser light beam on the abnormal blood vessels. This reduces the number of vessels and slows their leaking.

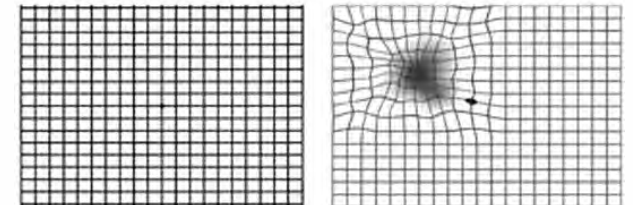
Source:  
<https://www.aaa.org/eye-health/diseases/amd-macular-degeneration>

## Making the Most of the Vision You Have

If you have AMD, you can learn how to make the most of your vision. Often you can still do many of your favorite things with special low vision tools. These can include different kinds of magnifying tools, handheld computers, electronic items and more.

Also, you can learn how to use your side vision to help you do things. A vision rehabilitation specialist can teach you how this works. They also can help you find many low vision support services and tools.

Ask your ophthalmologist to help you find a vision rehabilitation specialist in your area. The goal is to learn new ways to be as independent as possible.



### Here is how to use the Amsler grid:

- Keep the Amsler grid in a place where you see it every day. Many people keep an Amsler grid on their refrigerator door or on their bathroom mirror.
- In good light, look at the grid from about 12–15 inches away. Be sure to wear your reading glasses if you normally use them.
- Cover one eye. Look directly at the dot in the center of the grid with your uncovered eye. Notice if any of the lines look bent or wavy. See if any part of the grid looks blurry, dim, or out of shape.
- Now cover your other eye and test your vision this same way again.

Call your ophthalmologist right away if you notice that any lines or parts of the grid look wavy, blurry, or dim.

### Test Your Vision with the Amsler Grid

AMD causes your vision to change over time. You may not notice these changes when they happen. But you need to catch vision changes as soon as possible. Treating them early can help slow or stop further loss of sight.

You should use an Amsler grid every day to monitor your vision. One is below for you to use.

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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.

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

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



# NOW IS THE TIME TO FOCUS ON YOUR METABOLIC HEALTH

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

**T**he term “Metabolic Health” is popularly used these days referring to the absence of any feature of metabolic syndrome. Metabolic syndrome is defined as 3 of 5 of the following criteria: blood pressure greater than 120/80; fasting glucose greater than 100 mg/dl and/or HbA1C greater than 5.7%; triglycerides over 150 mg/dl; HDL less than 50 mg/dl in women or less than 40 mg/dl in men and a waistline over 40 inches in men and 34.6 in women.

So, what percentage of the population is “metabolically” healthy? Only 12%. That’s according to research from the University of North Carolina, Chapel Hill, which performed a study analyzing data from NHANES (National Health and Nutrition Examination Survey) ranging from 2009 to 2016 comprised of more than 8,000 patients. Patients were considered healthy if they lacked all five of the criteria in the absence of any medication used to treat those features. More than 88% of the population carried at least one of the five risk factors for progression to diabetes and/or cardiovascular disease.

I ran a busy diabetes/endocrinology practice for 24 years in Nashville, Tennessee. Most of my patients already had overt diabetes and advanced disease. However, a significant number came to me for other reasons such as thyroid, adrenal, pituitary and parathyroid disease. Many times, I would evaluate the problem at hand and come up with a solution that required long term monitoring while noting that this abnormality did not represent an immediate threat

to the individual’s overall health. However, after assessing the patients, I noted that many had metabolic syndrome which was unrelated to the presenting problem. It was very difficult for me to ignore these life-threatening issues.

Studies have shown that patients with Type 2 diabetes, have had insulin resistance for many years prior to the diagnosis of diabetes. Insulin resistance means that the body does not use glucose normally and the pancreas is required to produce large amounts of insulin in order to keep blood sugars normal. After many years of insulin over-secretion, the beta cells of the pancreas (that make insulin) eventually fail. It is when the pancreas can no longer keep up with the increased insulin demand that diabetes finally occurs.

### Proactive Steps key to Prevention

What if we identified these patients at risk early in the process so that we could delay, or better yet, prevent the onset of diabetes and cardiovascular disease as well? It is much better to prevent disease with lifestyle changes and medication (and less costly) than waiting until the disease has already resulted. As the old saying goes, an ounce of prevention is worth a pound of cure!

Identification of the problem is straightforward. Two of the five criteria for metabolic syndrome (triglycerides and high-density lipoprotein) are documented in a standard lipid panel. A1C and fasting glucose are also easily identified from a morning

blood draw. Blood pressure can be measured both at a physician’s office and at home. I recommend home blood pressure monitoring for many patients so that we can see what the results are at various times of day under typical life circumstances. The waist circumference can be obtained with a tape measure.

A more precise level of glucose dysregulation can be documented by wearing a continuous glucose monitor (CGM). A CGM measures interstitial blood glucose approximately every 5 minutes. Sensors can typically be used 10 to 14 days before expiration. This data gives a real-time view of blood sugar levels throughout days and nights continuously. Many patients with early glucose intolerance will have post-meal glucose excursions. While the fasting blood glucose and A1C may remain normal, the pancreas can’t handle the glucose load of the meal properly causing blood sugars to rise inappropriately, albeit not yet into the diabetic range. This phenomenon, if documented, identifies patients at risk for diabetes who do not yet have abnormalities of fasting glucose or A1C.

Over the last several years a pharmaceutical explosion has occurred offering new drugs for diabetes that promote weight loss which is sometimes dramatic. We now have effective drugs that can both treat and prevent diabetes, help people slim down and help with cardiovascular disease prevention. As the new year approaches, now is a great time to consider your own metabolic health!

**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.

For more information, call 239-641-8199 or visit: [naplesdiabetesconciierge.com](http://naplesdiabetesconciierge.com)

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- Metabolic Syndrome
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# TOP 4 Reasons Chefs for Seniors Might Be The Right Choice For You

## #1 Shopping is Challenging

In light of our global pandemic, shopping has proven to be challenging for all ages, but if you have an underlying medical condition or are over 65, the risk of infection has become a significant concern. Along with COVID-19, shopping at the grocery store heightens the risk of other communicable illnesses such as the flu or the common cold.

In addition to these concerns, many seniors find it taxing or may not be able to drive themselves safely to the store due to mobility issues, diminished eyesight, cognitive issues, or other aspects that might make driving, parking, shopping, walking, or calculating a genuine challenge.

## #2 Cooking is Becoming Difficult or Dangerous

Perhaps you used to love cooking, or maybe you've never been keen on whipping up a meal. Some individuals find that following a recipe and cooking can be difficult, time-consuming, or in some cases, dangerous.

If you'd prefer to have someone else make your meals out of convenience, or you'd rather not unintentionally burn or overcook your food, many people feel the same way. This is especially true for seniors who no longer need to cook for an entire family and those that have issues with getting around easily or are developing neurodegenerative disorders.

## #3 You or Your Loved one Need Special Meals (Low Sodium, Low Fat, etc.)

Have you or your loved one undergone a heart procedure, stroke, or been diagnosed with diabetes? If so, you know the importance of following a strict diet that will help manage and sustain your disease and longevity.

Many people find it challenging to understand which foods are best and how to prepare those foods so that they are delicious and appetizing.

## #4 You Want Nutritious Food Without the Hassle

Combining all of the reasons that so many seniors could benefit from a chef-prepared meal is easily identified in the previously mentioned issues and

conditions. You want to eat the healthiest meals possible, meals that are good for your body, and that taste amazing so that it's easy to stick to eating the way you know you should. That's where Chefs for Seniors can help.

### Chefs for Seniors

Chefs For Seniors is a welcomed answer for many that want nutritious, flavorful foods custom-prepared right in the comfort of your home by a licensed chef that not only provides gourmet-style meals, but also compassionate companionship. They also have specialty meals for low sodium, low fat, and other dietary needs.

- Find peace of mind knowing personal chefs will handle the shopping and cooking
- Feel healthy and rejuvenated with meals for seniors that fit your diet
- Truly affordable and much less expensive than eating out
- All personal chefs are servsafe licensed, undergo background checks, and are fully insured

The company's local professional chefs prepare affordable meals for the week in the home using the freshest ingredients, while offering a fun interactive experience. Chefs for Seniors is a private meal preparation service which specializes in providing companionship with the chefs preparing the meals in the home of the client. Clients select meals from a regional menu which can be customized to the client's dietary preferences and needs. The process aims to be an affordable option for seniors who may want fresh home-cooked meals, but who may be physically unable to cook the meals for themselves.

### Professionally Prepared Meals and Clean Up!

Chefs for Seniors offers rotating menu options, which includes select Chef creations inspired by the region. Clients select their desired meal in advance, allowing the chef to shop and prepare the meals on the designated cooking day. Chefs prepare the meals between two to two and a half

hours. And an added benefit is that after the meal is prepared and stored according to the client's preferences, the chefs clean before leaving the house.

Your chef will bring their own "toolbox" with pots, pans, knives, and utensils into the home. You don't need to have anything on hand except an appetite and working appliances!

### Cost and Insurance Coverage

The price of our services are region-specific and depends on your individual needs. Our goal is to provide an affordable solution that seniors can use long-term. We offer three different service packages to meet a variety of needs: Standard, Custom, and Non-Standard.

Some Long Term Health Insurance Policies may cover certain in-home services like Chefs For Seniors.

### Multiple Meals During Visit

During a 2-hour home visit, your personal chef will prepare 4 different entrées and 10-12 individually-packaged servings of meals. The exact number of servings depending on your appetite and the types of meals ordered and serving sizes can be adjusted with your chef.

Most clients have their personal chef visit their home every week, although some choose to schedule services every 2 weeks or 2x per week. We can work within your budget, appetite, and needs.

### Special Diets

We can accommodate most dietary concerns and diets. Our chefs and menus are particularly well-suited for low-sodium, diabetic friendly, gluten-free, Kosher, and renal diet meals. We also take inspiration from the DASH Diet (Dietary Approach To Stopping Hypertension), when designing our weekly menu rotations. Our Custom Package is well suited for clients with less common diets or dietary concerns.

*For any questions, please contact Chefs For Seniors at 239-776-1758.*



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Caliber Wellness treats patients at our Naples Florida location to relieve discomfort and issues caused by spinal subluxations or spinal misalignment. We want you to enjoy your life to the fullest, which means eliminating unnecessary problems with your body's nerve supply. By correcting your spine with a gentle and effective adjustment, your body's systems can communicate and integrate naturally and without interference, allowing the body to heal on its own without the help of a pill, potion, or lotion.

**Benefits of Chiropractic Treatment** The impact of chiropractic treatment on your body is highly advantageous for relieving many pain and functional issues, as well as preventing problems in the future.

With proper alignment of the spine, we seek to maximize your body's nerve supply. By maintaining nervous system function through chiropractic adjustments, you unlock the body's natural potential for faster healing, improved physical ability, and optimal health. When you correct the abnormalities that stress or injury causes, you clear the pathways throughout your body so that it can heal naturally. Amazing Wellness and Chiropractic is ready to help relieve you of the damage that hinders your body's natural communication and function.

If you are experiencing pain, we want to help! We are dedicated to helping patients regain pain-free lives. Oftentimes, people do not seek help for pain until it worsens. We want to help at the onset of symptoms, so they do not progress.

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# Caregiving: The Good and The Not-so Good

## The Role of a Caregiver

By Cynthia Perthuis, CDP, CADDCT, CSA

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 or herself. The scope of caregiving is virtually limitless. Caregivers can assist with or perform almost all of the activities of daily living. They pick up the mail and help get the bills paid. They give baths and change adult briefs. They deal with endless medical issues like searching providers, scheduling appointments, researching diagnosis, battling insurances, as well as organizing and administering medications. They cook and clean and provide meals. Most of the time, they do all of this with the hopes of making someone's life easier or better. It can be a 24/7 undertaking and the pay is either low or non-existent.

There is a high level of stress involved in taking care of another person. The stress can be both physical and mental. The demands of caregiving on the mind and the body can take their toll on even the most willing and devoted family member. However, trying to balance your needs with those of the person you are caring for is essential. Studies have shown that family caregivers suffer from depression quite often. In fact, 67% of caregivers die before the person for which they care. Additionally, studies also show that neglecting your own mental health will negatively affect your loved one.

**Here are some helpful tips to manage your own mental health:**

1. Don't diminish your work and all that you do. What you are doing makes a real difference in the life of your family member. You are giving them a tremendous gift. Embrace the importance of your role.
2. Remain involved in the outside world. Continue to do hobbies that you've always enjoyed. Stay connected to friends and other family members. You may not find the same amount of time as you used to, but even 30 minutes once a week can make a big difference in your own mental health.
3. Celebrate the good days.
4. When the days are really hard, remember that it doesn't mean you're doing it wrong. It's just hard.



5. Control what you can and let the rest go.

6. Ask for help. People want to help, but they don't always know how. Find something other people can do for you and then ask them. They may say no, or they may not do it exactly as you would like them to do, but you'll never know if you don't ask.

7. Find someone to talk to. You may need a counselor or just a close friend but be sure there is someone you can talk to about your situation.

8. Treat yourself. Go do something you enjoy when you have the opportunity. This might be 15 minutes of silence, going for a walk or watching your guilty pleasure. Whatever it is, treat yourself.

Caregiving is not just mentally taxing; it can also be physically taxing. Many caregivers (usually untrained) suffer from injuries from the physical demands of caring for an elderly family member. Until you've lifted a 180-pound adult who has fallen in the shower, you may not realize just how difficult it is. Even just helping someone get into and out of the bed or a chair can put strain on the caregiver's back and joints.

*"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 core recipient is the third leg. Without all three legs, health care cannot be as effective as it needs to be."*<sup>1</sup>

One great way to protect yourself from injury is investing in caregiving equipment. There is a lot of equipment available to help with tasks like transferring in and out of bed, on and off toilets, getting out of a chair, etc. but many families don't realize aide devices are available or they feel like they cannot afford it. Equipment like transfer boards, gait belts, or hydraulic lifts can reduce the physical strain on the caregiver's body as well as the person for which they care. Investing in equipment to help avoid injury is not a luxury, but a necessity at times.

**Here are some of our favorite caregiving equipment.**

1. Gait Belt
2. Life Sure Stand Pole
3. Stander Omni Tray Table
4. Positioning Bed Pad
5. Able Life Universal Standing Handle

Everyone at Senior Care Authority has been, or currently is, a caregiver to a family member. We understand the good, the bad and the ugly of caregiving. If you need expert advice navigating the care choices your loved one deserves, we are ready to assist you.

Sometimes families need help with navigating challenging transitions and a complex healthcare system. This can include facilitating essential conversations between family members, locating an assisted living community or skilled nursing facility, home care agency or caregiver selection, long distance caregiving, finding the right resources and learning how to access them, or regular visits to your loved one, providing you with "peace of mind" when you are unable to visit.

Having a someone on your care team, who is outside the emotional landscape of the family, can be a life saver. Imagine a go-to person you can turn to who will do the research, talk to providers, organize paperwork, or find those "needle in a haystack" resources. Senior Care Authority Advisors is ready to help. You and your Advisor can get to know each other and decide if working together is a good fit to meet your needs.

**For a free consultation, contact Senior Care Authority at 239-330-2133 or visit the website at [www.scanyfl.com](http://www.scanyfl.com).**

**References:**

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).



# Cheers to The Holiday Season Full of Celebration After Celebration!

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

**T**he holiday season hustle and bustle can be a joyful but stressful time. As we cram our days full of parties and shopping, meanwhile trying to find time to relax and enjoy the magic of the season with our loved ones.

During this time, our stress and anxiety can be sky high. Manic moments and low lows certainly don't get us in the mood for holiday cheer. Did you know what we put in our body can help our mood? We have all heard the age old saying, "You are what you eat." We know we feel better when we are putting good, wholesome nutrition in our bodies.

As part of our journey to better self-care, we can continue to support our health with an exciting therapy called NAD+ therapy. Many researchers have shown that NAD+ can reverse the biochemical parameters associated with aging.

NAD is a coenzyme that occurs naturally in every cell in the body. NAD+ is responsible for every single metabolic function in our bodies – just as our cars need gas – or in this day and age – a charge, keeping our NAD levels optimal is like putting gas in our cars. It helps to reverse cellular damage and works to maintain DNA integrity. This enzyme is important to fulfill a number of key functions in our bodies – from muscular movement, blood circulation, DNA repair, metabolism, energy levels and mitochondrial function. Unfortunately,



as our body ages, NAD levels decline, and this affects our brain health tremendously. Think of NAD+ therapy as nutrition for your brain.

There is lots of exciting research regarding the neurological benefits of NAD+, specifically for people suffering from stress and anxiety, which could arguably be all of us right now. NAD is a key component of brain health. With NAD Therapy, you can improve your memory and mental clarity. Can you say "OM" to that? Imagine the zen-like feeling after your beloved daily yoga practice. NAD+ can help you curb your anxiety. Studies show NAD+ is helping people who suffer from chronic depression. Seasonal depression is a real thing and even in sunny Naples, the holidays can spur seasonal sadness.

NAD+ can aid those in addiction recovery. Another stressor of this holiday, a.k.a. drinking season can be a real issue for those battling alcohol addiction. NAD+ declines naturally as we age and even more so by those who suffer from drug or alcohol addictions. This increases the difficulty of converting food into energy. Some even believe that people who produce lower levels of NAD are more likely to have trouble with addiction. NAD Therapy flushes drugs out of the addict's system, reduces withdrawal effects, curbs cravings, and allows the body to produce more energy naturally.

NAD+ therapy helps repair cells that have been damaged by aging, oxidative stress, inflammation, toxins, environmental stressors, and poor nutrient intake or absorption. Experience for yourself the incredible transformation NAD+ can have on your daily life. Schedule a free consultation with one of our professionals and learn how NAD+ infusion therapy can boost you to a higher level of health and wellness. You'll be amazed at your transformation from the inside out.



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# Mistletoe: It's not just for kissing under

**R**oot Causes is proud to announce that we are now offering Mistletoe injections and IV's to address various conditions Like Lyme and Epstein Barr, cancer treatment side effects, and several other conditions.

There is a lot of research on the effectiveness of mistletoe and various conditions and illnesses. We are working with Believe Big and we are excited to offer this therapy that is very well established in Europe and in integrative medicine in the US, and it is now becoming mainstream.

*The following information is provided by The American Cancer Society:*

## What is mistletoe?

Mistletoe is a semiparasitic plant that grows on trees, such as apple, oak, maple, elm, pine, and birch. It has been used for hundreds of years to treat medical conditions such as epilepsy, hypertension, headaches, menopausal symptoms, infertility, arthritis, and rheumatism.

Mistletoe is one of the most widely studied complementary and alternative medicine therapies for cancer. In Europe, mistletoe extracts are among the most prescribed therapies for cancer patients.

## Immunity Issues

With issues like Epstein Barr, Rheumatoid arthritis, and other autoimmune disorders, mistletoe helps to calm the immune system.

## Immunity Details

Adaptive and innate immunity are essential to how your body protects you against foreign invaders. Your adaptive immunity is within your tissues and has memory as to how it fought off infections and illnesses from the past. Your innate immunity is how well your body fights off a new infection by utilizing antimicrobial and host defense peptides. T Cells are lymphocyte immune cells or white blood cells that originate from our bone marrow and help fight off pathogens. These T Cells work directly with B cells to create y-shaped antibodies (immunoglobulin) that connect to the pathogen and destroy it. The problem is that many people have a weakened immune system that is not able to fight



off these pathogens. The other issue is that many of us are in a hyper-state of inflammation and our own antibodies start attacking our healthy organs and tissue. This is the basis of autoimmune dysfunction. 1

Cytokines are a diverse group of small proteins that are secreted by cells for the purpose of intercellular signaling and communication. Specific cytokines have autocrine, paracrine, and/or endocrine activity and, through receptor binding, can elicit a variety of responses, depending upon the cytokine and the target cell. Among the many functions of cytokines are the control of cell proliferation and differentiation and the regulation of angiogenesis and immune and inflammatory responses. 2

## How are mistletoe extracts given?

At Root Causes Holistic Health & Medicine, mistletoe extracts are usually given by intravenous or IV Injection.

*If you are interested in mistletoe injections or other IV nutrients, please call us today at (239) 347-9234.*

## References:

1. Mobilizing peptides in immunity. *Nat Chem Biol* 9. 747 (2013). <https://doi.org/10.1038/nchembio.1409>
2. Alirezaci M, Kemball C. Short-term fasting induces profound neuronal autophagy. *Autophagy*. 2010 Aug 16; 6(6): 702-710. Published online 2010 Aug 14. doi: 10.4161/auto.6.6.12376 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3106288/>

## Root Causes Holistic Health & Medicine

Root Causes Holistic Health and Medicine is committed to helping you achieve optimal health. Our mission is to find the root cause of your symptoms and help you achieve wellness through correcting any contributing factors that can be corrected. We look at you as a whole person, and not just a collection of symptoms to be corrected. We strive for balance and wellness through lifestyle management, nutrition and naturally occurring compounds and therapies whenever possible.



## Doreen DeStefano, NHD, APRN, DNP

Dr. DeStefano came to Fort Myers in the early 1980's, leaving and coming back again several times until finally settling here in 2001. She has a lifelong background in health and wellness that began in middle school when she started running.

Dr. DeStefano is also a lifelong student. She holds a bachelor's degree in nursing, and another in exercise physiology. She has a Masters (ABT) in criminology, a Master's in public business administration and a Master's in nursing. She holds a doctorate in natural health and is a licensed Advanced Practice Registered Nurse. She holds numerous licenses and certifications from advanced practice training. She continues to attend educational seminars in integrative and functional medicine twice a year to stay abreast of the most recent, cutting edge therapies available.

Her practice is centered on naturopathic principles that include healing the whole person on various levels and avoiding pharmaceutical intervention unless absolutely necessary. She believes your health is within your control. Her goal is to help you achieve maximum health.



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# KICK-OFF THE SEASON AND GET IN THE MOOD WITH THE P-SHOT, O-SHOT, GAINSWAVE, AND MUCH MORE AT ORCHIDIA MEDICAL GROUP

By Dr. Carolina Young

2022 has been stressful enough, why not kick-off the holidays by getting yourself something that'll help you enjoy it all the more? Orchidia Medical Group offers multiple treatments and procedures to get your mojo back in the bedroom, as well as aesthetic services to help you look and feel your best. Who can't use more of that right now?



## P-Shot (Priapus Shot) for Men

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.

## Umbilical Cord Stem Cells (Wharton's Jelly)

Our own stem cells are not always enough due to limitations, which are usually due to aging, or severe injuries; stem cells from other sources increase platelets in the blood, which travels to the injured area to increase healing more effectively. Many healthcare providers are supplying patients with inferior stem cells that do not work as well as umbilical cord stem cells. Umbilical cord stem cells are one of the most powerful stem cells available because they have the potential to develop into any cell found in the human body.

These stem cells can be used to treat and replenish areas of the entire body from head to toe including ED. Stem cells work wonders in repairing and regenerating damaged tissue, and the human body completely readily accepts them.

## O-Shot (PRP Injections) for Women

The O-Shot is a non-surgical, minimally invasive treatment that uses PRP (platelet-rich plasma) to stimulate tissue growth and regeneration. PRP is spun down from the patient's blood in a centrifuge, and it is packed with powerful growth factors. O-Shot injections are performed in the comfort of the office. The use of PRP (platelet rich plasma) in the O-Shot Procedure is an effective way to help vulvovaginal restoration because it's natural and doesn't increase estrogen levels. Over 85% of women see marked improvement after an O-Shot. The tissue becomes healthier and more comfortable for sexual activity without having to take hormones Replacement Drugs.

Orchidia Medical Group's mission is to utilize the latest in medical science and apply this with the simple understanding that you want to look, feel, and live better. Let them help you realize your potential wellbeing and become the individual that you have long desired. Your wellbeing is worth it!

If you or someone you know could benefit from the P-Shot procedure, please contact Orchidia Medical Group today at **239-330-9855**, or visit their website at [orchidiamedicalgroup.com](http://orchidiamedicalgroup.com)

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# END OF YEAR MONEY MOVES

## A truly unprecedented year

With inflation reaching levels that many have never seen before and some companies losing 75% of their values, this year has been unprecedented. For some, this year has been as complicated as learning a new dance. Did you leverage the job market to get a new job or were you laid off due to the economy? That's one step. Did you retire? There's another step. Did you have to "unretire"? There's a twirl. Given all the possible things that could have happened to you over this year, you may want to review your finances before this year ends and 2023 begins. Proving that you have all the right moves in 2022 might put you in a better position to tango with 2023.

This is an excellent time to have a reality check, take inventory and see where you can improve your overall personal finances.

## Time to do some tax planning

The end of the year has some important tax deadlines to note. And given the year of 2022 and all that has gone on, there are some opportunities you need to have on your radar.

- **Do you engage in Tax-loss harvesting?** Unfortunately, this year might mean you have some losers in your portfolio. Tax-loss harvesting is the practice of taking capital losses (selling securities for less than what you first paid for them) to manage capital gains. This might be a move you want to consider. Make sure you chat with your tax advisor or financial team first to understand how this works.

- **One step further...** Consider that up to \$3,000 of capital losses in excess of capital gains can be deducted from ordinary income, and any remaining capital losses above that amount can be carried forward to offset capital gains in upcoming years.

- **Do You Want To Itemize Deductions?** This might be the year you decide to itemize deductions. With inflation at high levels, it has pushed the 2023 standard deduction and tax brackets higher. This might give you the opportunity to bunch deductions in 2022 and consider taking the standard deduction in 2023. The standard deduction for 2022 for a single filer is \$12,950 and a Married filing Jointly filer is \$25,900. These levels rise in 2023 to \$13,850 and \$27,700, respectively. If you think it might be better for you to itemize, now would be a good time to gather the receipts and assorted paperwork. This is where a proactive tax team can be very useful.



- **Are You Thinking Of Gifting?** As referenced in our November article, how about donating to a qualified charity or non-profit organization before 2022 ends? Your gift may qualify as a tax deduction. For some gifts, you may be required to itemize deductions using Schedule A.

## How about an estate plan checkup?

Estate planning doesn't have to be complicated and there are many folks that miss the simple stuff. Specifically, take a look at your beneficiary designations. If you haven't reviewed these designations for some time, double check to see that these assets are structured to go where you want them to go in the event that you pass away. If you've made a transition in 2022, such as made Florida your resident state, it might be a good idea to ensure you have the documents up-to-date.

## Assess your priorities

Financial planning is understanding what your financial goals are. The end of the year is a fantastic time to assess your 2023 goals financially and get the right tools lined up to make sure you can implement. However, it's not all about the money! Make sure you take the time to assess your non-financial priorities. Is 2023 going to be the time where you spend more time with your family? When you start a business? Or when you finally train for and run that marathon? Plan now so you're ready to go in the new year.

## Don't ignore the financial housekeeping

It's easy to always plan for the big things, but don't ignore the simple moves.

- **Check on the amount you have withheld.** If you discover that you have withheld too little on your W-4 form so far, you may need to adjust this withholding before the year ends.

- **Review all of your subscriptions.** The average US Household has 9 paid subscriptions. Do you need them? Do you even know about them?

- **Update and change your passwords.** Cyber security is crucial these days and a simple step of updating your passwords can keep you safe.

## What Can You Do Before Ringing In The New Year?

New Year's Eve may put you in a dancing mood, eager to say goodbye to the old year and welcome 2023. Before you put on your dancing shoes, though, consider speaking with a financial or tax professional. Do it now, rather than in February or March. Small end-of-year moves might help you improve your short-term and long-term financial situation. We at Wealthquest would welcome the opportunity to help you celebrate the end of the year and prepare for the new one. Feel free to always reach out to Adam Day, aday@wqcorp.com.

Have a very happy holiday season!

*For informational purposes only. Not intended as investment advice or a recommendation of any particular security or strategy. Not legal or tax advice. Opinions expressed in this commentary reflect subjective judgments of the author based on conditions at the time of writing and are subject to change without notice. Wealthquest Corporation is an SEC registered investment adviser with its principal place of business in the State of Ohio. Registration does not imply a certain level of skill or training. For more information about Wealthquest, including our Form ADV Part 2A Brochure, please visit <https://adviserinfo.sec.gov/> or contact us at 513-530-9700.*

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# Christmas Tree Rash

By Christina Tremblay



Pityriasis Rosea is a benign, temporary skin rash that is also nicknamed the "Christmas Tree Rash". Typically, the rash starts with one lesion that is usually oval, scaly, and salmon or pink in color. This is called the herald patch and is typically found on the trunk of the body. Over the course of days to weeks, multiple lesions begin to appear on the chest and back in a "Christmas tree" distribution. However, the rash tends to spare the face, palms, and soles.

The exact cause of the rash is unclear, but it may tend to follow a recent viral illness. Prior

to the rash, some patients may experience nonspecific symptoms such as fever or sore throat. Pityriasis Rosea is usually asymptomatic, but some patients have experienced itching. This rash is not contagious and is generally considered benign but may be associated with increased risk of complications in a pregnant individual. For the majority of patients, the rash resolves within 8 weeks without treatment.

Due to Pityriasis Rosea mimicking many other skin rashes, it is best to be checked by your dermatologist at the first sight of lesions.

## MEET Christina Tremblay, PA-C

Christina Tremblay, PA-C, was born and raised in Orlando. She attended University of Miami on a scholarship, studying biomedical engineering. Christina went on to graduate cum laude with her bachelor of science in biology from University of Central Florida. Prior to PA school, she acquired experience in pediatric and adult emergency medicine at NCH North Naples and Downtown hospitals.



Christina attended PA school at Nova Southeastern University in Fort Lauderdale. During her graduate studies, she authored and presented research on melanoma and the importance of patient education and screening. Christina was twice awarded the Chancellor's Scholarship and graduated with honors in master of medical science, physician assistant.

Personally trained by Dr. Daniel Wasserman, Christina specializes in general dermatology for all age groups. She emphasizes educating her patients and listening to their individual needs to provide personalized treatment. Christina is passionate about treating skin cancer, acne, rosacea, rashes, and psoriasis. Due to her previous struggle with skin conditions, Christina is particularly dedicated to enhancing how her patients look and feel about themselves. In her free time, Christina enjoys weightlifting, traveling, playing piano, and spending time with her family.

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# HURRICANE IAN IMPACTING SW FLORIDA REAL ESTATE

By Robert Nardi, Broker/Owner

The impact of Hurricane Ian, as witnessed on the last two days of September, is not reflected in the September 2022 Market Report by the Naples Area Board of REALTORS® (NABOR®), which tracks home listings and sales within Collier County (excluding Marco Island). Given this, September's data showed a predictable pattern of slow closed and pending sales with a slight increase in inventory, which is traditionally the case in historically stable September.

If you are comparing sales, etc., from September 2021 to September 2022, the following statistics are:

- Total showings (month/month) 28,452 to 19,034, -33% change
- Total closed sales (month/month) 931 to 523, -43.8% change
- Total pending sales (homes under contract) (month/month) 1,085 to 619, -42.9% change
- Median closed price (month/month) \$455,500 to \$555,000, +21.8% change
- New listings (month/month) 985 to 694, -29.5% change
- Total active listings (inventory) 1,387 to 2,146, +54.7% change
- Average days on the market 24 to 40, +66.7% change
- Single-family closed sales (month/month) 454 to 258, -43.2% change
- Single-family median closed price (month/month) \$615,000 to \$682,500, +11.0% change
- Single-family inventory 883 and 1,379, +56.2% change
- Condominium closed sales (month/month) 477 to 265, -44.4% change
- Condominium median closed price (month/month) \$355,000 to \$446,520, +25.8% change
- Condominium inventory 504 to 767, +52.2% change

I published all these statistics because they give you an excellent insight into our current market if you wish to see the full market report, please contact me directly.



### What does it all mean?

The statistics above show the market is shifting from a "Sellers' Market" to an "Even Market."

Unfortunately, when Hurricane Ian made its crashing entrance, the national news showed all the devastation that occurred in Southwest Florida. I had friends and family that thought Naples was underwater.

My company received numerous calls from around the world from owners and renters to find out the status of the livability of the Naples area. The bad news was that if you were West of 41, near the coast or on the beach, you most likely experienced flooding. There was very little damage if you lived or owned East of 41. Hurricane Ian was not a wind event but a storm surge event for Naples. Fort Myers Beach, Sanibel, Captiva, and Cape Coral not only received storm surges but also high winds as Hurricane Ian pushed its way farther North and East when it made its landfall, making them the hardest hit areas.

The one bright spot is that the clean-up and rebuilding are the fastest I have ever seen. 85% of restaurants, golf courses, etc., are open for business. If you drive East of 41, you would be hard-pressed to conceive there was a hurricane here. The devastation was all storm surge related on or near the coast.

Unfortunately, many people were displaced if they lived along the coast. Some stay with friends and family, while others seek short-term or annual rentals. For example, rebuilding a home in the hardest-hit areas will take at least a year or more.

Therefore, rents are at a premium. For those owners that did not have damage, this may be an opportunity to rent their properties. Not only will they be able to help someone in need but receive a rental income.

### Who's buying now?

Naples continues to grow. People are coming here for their jobs and are seeking to purchase. It's a bit harder because the interest rates continue to climb, but there is still demand.

Another demand is owners with large homes damaged on the coast. They still want to live in Naples, so some displaced people are purchasing properties to live in during the repair/rebuild process. They figured once they moved back into their original home, they could either sell their temporary property or use it as an investment property.

Investors are swooping in as well. Some people had extensive damage and did not want to go through the rebuilding/repairing process. Therefore, they are lowering their prices and putting their properties on the market significantly lower than fair market value knowing the amount of money needed to bring it back to where it was before Hurricane Ian.

### Best advice

For those people who were affected by the storm, work closely with your insurance company. Document what you need to document and understand what your policy covers. Insurance companies can reimburse you for your temporary housing, community assessments levied for clean-up, failed equipment, and other damages. Make sure you know what you are entitled to and put in a claim.

*If you have questions concerning buying, selling, or renting, don't hesitate to contact me at 239-293-3592 or via e-mail at [Robert@NardiRealty.com](mailto:Robert@NardiRealty.com). In addition, you can always perform your searches at [www.NardiRealty.com](http://www.NardiRealty.com).*



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# Ten Tips to Prevent Holiday Stress

By Richard J. Capiola, MD

## Take control of the holidays

Don't let the holidays become something you dread. Instead, take steps to prevent the stress and depression that can descend during the holidays. Learn to recognize your holiday triggers, such as financial pressures or personal demands, so you can combat them before they lead to a meltdown. With a little planning and some positive thinking, you can find peace and joy during the holidays.

## Tips to prevent holiday stress and depression

When stress is at its peak, it's hard to stop and regroup. Try to prevent stress and depression in the first place, especially if the holidays have taken an emotional toll on you in the past.

**1. Acknowledge your feelings.** If someone close to you has recently died or you can't be with loved ones for other reasons, realize that it's normal to feel sadness and grief. It's OK to take time to cry or express your feelings. You can't force yourself to be happy just because it's the holiday season.

**2. Reach out.** If you feel lonely or isolated, seek out community, religious, or other social events or communities. Many may have websites, online support groups, social media sites, or virtual events. They can offer support and companionship.

If you're feeling stressed during the holidays, it also may help to talk to a friend or family member about your concerns. Try reaching out with a text, a call, or a video chat. Volunteering your time or doing something to help others also is a good way to lift your spirits and broaden your friendships. For example, consider dropping off a meal and dessert at a friend's home during the holidays.



**3. Be realistic.** The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones. For example, if your adult children or other relatives can't come to your home, find new ways to celebrate together, such as sharing pictures, emails, or videos. Or meet virtually on a video call. Even though your holiday plans may look different this year, you can find ways to celebrate.

**4. Set aside differences.** Try to accept family members and friends as they are, even if they don't live up to all of your expectations. Set aside grievances until a more appropriate time for discussion. And be understanding if others get upset or distressed when something goes awry. Chances are they're feeling the effects of holiday stress and depression, too.

**5. Stick to a budget.** Before you do your gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts.

**6. Plan ahead.** Set aside specific days for shopping, baking, connecting with friends, and other activities. Consider whether you can shop online for any of your items. Plan your menus and then make your shopping list. That'll help prevent last-minute scrambling to buy forgotten ingredients. And make sure to line up help for meal prep and cleanup.

**7. Learn to say no.** Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity. If it's not possible to say no when your boss asks you to work overtime, try to remove something else from your agenda to make up for the lost time.

**8. Don't abandon healthy habits.** Don't let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt. Have a healthy snack before holiday meals so that you don't go overboard on sweets, cheese, or drinks. Get plenty of rest, stay hydrated and limit alcohol.

**9. Take a breather.** Make some time for yourself. Find an activity you enjoy. Take a break by yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Find something that reduces stress by clearing your mind, slowing your breathing, and restoring inner calm.

**10. Seek professional help if you need it.** Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless, and unable to face routine chores. If these feelings last for a while, talk to your doctor or mental health professional.

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 toady at 239-649-7494.

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

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

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

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

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

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

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

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



#### **Dental Implants**

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

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

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

#### **Periodontal Disease**

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

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

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

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

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# How to **ENJOY** Having Your Home Professionally Cleaned

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

## Remember that you're hiring human beings

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

## Leave your home while it's being cleaned

Do you like when someone looks over your shoulder while you work? Neither do housecleaners. Relax. Professional house cleaning services screen their employees, conduct background checks, and are bonded and insured. Get the most out of your cleaning service by getting out of



your house during the cleaning process. Not only will you enjoy the great feeling of walking into a clean home, but the cleaning staff will be better able to focus on their job. While leaving isn't a requirement, you just might find out how great it feels to abandon all thoughts of cleaning!

## Leave a tip

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

## To clean or not to clean

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

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

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

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

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# Keep Your Cat Out of Tinseltown During the Holidays

There are many potential dangers to cats at Christmas time, from food that can harm them to common indoor plants. One potential risk to cats is tinsel used to decorate Christmas trees and mantels. Tinsel comes in types, garland tinsel and long strands of tinsel, known as angel hair or lametta tinsel.

## Tinsel is dangerous to cats

The long strands of angel hair/lametta tinsel can lead to a life-threatening condition known as intussusception (pronounced in-tuh-suh-sep-shun) or telescoping of the intestines. When a linear foreign body (a foreign body that is long and thin, such as a piece of wool, ribbon, dental floss, string, carpet, pantyhose, sewing thread, or in this case, tinsel) is ingested, one part of it can become lodged, often at the base of the tongue, the esophagus, or the opening of the stomach (pylorus), which acts as an anchor. The other part is propelled along the GI tract by peristalsis, which is the wave-like contraction of the GI tract to push food along until it becomes taut. The GI tract below the lodged tinsel will creep up the trailing part of the tinsel and become plicated (folded).

The long thread can cut into the bunched-up intestines leading to life-threatening peritonitis (Inflammation of the membrane which lines the abdominal wall and covers the abdominal organs) or cutting off blood supply which causes the tissue to die. Symptoms of Intussusception include vomiting, diarrhea, lethargy, abdominal pain, loss of appetite, drooling, dehydration, and pawing at the mouth.

## Diagnosis:

The veterinarian will perform a physical examination on the cat and obtain a medical history from you. During the examination, the veterinarian may be able to feel the accordion-like plicated intestines. Baseline tests such as biochemical profile, complete blood count, and urinalysis to evaluate the overall health of the cat and to rule out other causes of vomiting.

An x-ray may or may not show the tinsel, but can reveal bunching up of the intestines as well as abnormal gas patterns. If an x-ray is inconclusive the veterinarian may perform an ultrasound, which provides a 3-dimensional view of the intestines. This can help to evaluate the location and the length of the foreign body and evaluate the intestines. Barium



contrast study to look for telescoping of the intestines. This involves feeding barium to your cat which coats the lining of the intestines, then performing an x-ray.

## Treatment:

If the tinsel is wrapped around the tongue, the veterinarian may opt to snip it and monitor the cat in a hospital setting to see if it passes out of the cat. This avoids surgery but comes with risks. Surgery (enterotomy) to remove the tinsel involves placing the cat under general anesthesia and making one or several incisions in the abdomen to carefully remove it.

If any tissue has been damaged or died, surgical resection will be necessary to remove the affected tissue. The cat will be closely monitored in the hospital post-surgery. Intravenous fluids, antibiotics, and painkillers will be administered during this time. Most cats will be well enough to go home 24-72 hours after surgery.

## Other Holiday Dangers to Cats:

### Hanging ornaments

From a cat's perspective, low-hanging ornaments on a tree are just begging to be swatted at and then played with on the floor. If there are any low-hanging ornaments on your client's tree, be sure that they are made of materials that a cat can't chew or otherwise destroy and ingest.

### Poisonous plants

While poinsettias have long been believed to be extremely dangerous for cats, the danger they pose when ingested by a cat (stomach upset) is not as bad as some other common holiday plants, such as mistletoe, pine tree needles, amaryllis lilies, red azaleas, and paperwhites. If your home has festive plants, make sure they are somewhere a cat won't be tempted to chew on them. If you are unsure if a plant is poisonous, or are concerned that your cat may have eaten something dangerous, call the ASPCA's animal poison control center (888-426-4435) for more information.

### Candles

A cat probably isn't going to be too intrigued by the candle itself, but a wayward swishing tail can easily knock a candle over, causing a host of problems. Candles should be out of reach, and make sure to stay vigilant around lit candles.

### Holiday foods

While it may be tempting to give a cat just a nibble of turkey or other holiday food, encourage you to resist the urge. Rich foods can upset a cat's digestive system, which could produce unpleasant effects. Also, cats should never be given any type of bone, as they can splinter and cause internal injuries to a cat.

### Stress

Cats like routine and predictability, so when their schedules or environments change, they can become upset. If you are planning on having holiday guests and your cat isn't used to entertaining, create a safe, quiet space away from the action where the cat can have some peace. Be sure to have food, water, and a litter box available in this secluded area so your cat can be comfortable away from your gathering.

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# Compounded Hormone Replacement Therapy

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

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

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

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

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



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

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

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

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

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



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# Why You Should Get Your Omega-3 Index Measured

By Anne-Marie Chalmers, MD

If you're like most Americans of a certain age, you regularly visit the doctor to get your cholesterol levels checked.

## But what about your omega-3 index?

Since 2004, the omega-3 index has been proposed as a tool for measuring a person's risk of cardiovascular disease. Today, some studies indicate the omega-3 index may be a better predictor of heart health than cholesterol levels.

Let's take a closer look at this important measurement and why it matters to our health.

## What Is the Omega-3 Index?

The omega-3 index measures the amount of EPA and DHA omega-3 fatty acids in the red blood cells.

The higher the number, the better. You want enough EPA and DHA, since these two fatty acids are essential for regulating the flow of nutrients into the cell and reducing inflammation (among other benefits).

Importantly, having a low omega-3 index is considered a risk factor for developing coronary heart disease. Your risk depends on where your number falls on the scale:

- Less than 4% is considered high risk ("undesirable")
- 4 – 8% is considered intermediate risk ("intermediate")
- Above 8% is considered low risk ("desirable")

## What Determines Your Omega-3 Index?

Your omega-3 index mostly depends on how much fish you consume. That's because EPA and DHA are predominantly found in fatty fish.

(You can also get EPA and DHA from fish oil supplements.)

Americans don't eat much fish by global standards, so it's no surprise that the majority have low omega-3 index levels as well. Indeed, an estimated 95% of Americans have an omega-3 index of 4% or below, putting them in the high risk category.

## Why Your Omega-3 Index Matters

Most of us try to eat a healthy diet. But often, it's hard to tell if our efforts are adequate.



That's where measuring your omega-3 index can be helpful. It tells you how much EPA and DHA actually gets integrated into your cells.

This knowledge matters since a person's omega-3 intake can be tricky to estimate. Even if you eat two or more servings of fish weekly (like the American Heart Association recommends), your fish might contain more or less omega-3s depending on the species, whether it's farm raised or wild caught, and how it's cooked.

Taking fish oil supplements isn't always straightforward either. That's because the amount of EPA and DHA you get can be impacted by the quality of the supplement – as well as individual factors like genetics, age, gender, and lifestyle.

## How to Measure Your Omega-3 Index

Some doctors regularly measure their patient's omega-3 index, just like they do with cholesterol levels.

If your doctor does not offer this service, however, several companies provide a quick finger prick test you can take at home.

## Tips to Improve Your Omega-3 Index

Since the omega-3 index came on the scene, it's proved to be a powerful health indicator. One study showed that people with low omega-3 index levels were 10 times more likely to die from sudden cardiac death compared to people with higher omega-3 index levels!

*The good news is that even if your omega-3 index is low, you can improve it by:*

### 1. Eating More Fatty Fish

Salmon and small oily fish, like sardines and mackerel, are great sources of omega-3s.

### 2. Taking an Effective Fish Oil Dose

Studies show that it typically takes between 1800 – 2000 mg EPA/DHA daily to move a person's omega-3 index by 4-5 percentage points.

Unfortunately, most regular fish oil supplements contain just 300 mg EPA/DHA per capsule. At that dose, you'd need to consume 6 - 7 capsules daily!

Taking fresh liquid fish oil can be easier for many people. At Omega3 Innovations, we typically find that when people consume one tablespoon (or a single vial) of Omega Cure® Extra Strength daily, their omega-3 index measures around 11 – 15%. That said, there can be variations between people.

### 3. Waiting At Least 4 Months

Before reassessing your omega-3 index, remember that it takes time for the omega-3s to be fully absorbed into the red blood cells.

### 4. Reducing Your Consumption of Omega-6s

As you work on increasing your omega-3 levels, it's smart to simultaneously decrease your intake of processed omega-6s. This means eating fewer foods rich in omega-6-rich vegetable oils (like pizzas, doughnuts and fries).

*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/why-everybody-should-get-their-omega-3-index-measured/>

## 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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# It's A Wonderful Life

By Pastor Timothy Neptune

**E**very year around this time the old classic Christmas movies start coming on television. It is easy to start a conversation at work by simply asking, "So, what's your favorite Christmas movie?" Mine is Frank Capra's *It's A Wonderful Life*.

Some of you might be able to relate to George Bailey this holiday season—lost, confused, stressed out, or at the end of your rope. Perhaps you are even thinking that it would be much easier to die than to go on living as you are.

Perhaps for you life isn't a joy right now. Maybe the debts are high and funds are low. It might even be difficult for you to even enjoy your family as you know you should. You may be wondering, "Is it really possible to live a wonderful life?"

I think the idea of a wonderful life is not that you can attain a wonderful life, but that it is an attitude that results from having certain issues settled in your life.

Truthfully, no one's life is wonderful—even Christ's life was filled with pain, hurt, loneliness, rejection, and sorrow. It is your attitude that determines how you "feel" about your life. You are the one responsible for settling the issues in your life and having an attitude of wonderment. So, what are the issues that need to be settled?

The first issue is to determine what you are going to love. To have a wonderful life, you start by having an

attitude of love toward God and others. I say this first because where you choose to direct your love is going to affect every other area of your life. Love is a decision we make to place a high value on someone or something.

God loved us so much that He sent His Son Jesus to die for us. Jesus died to prove how much He loved us. God desires more than anything else to have a loving relationship with His creation. We were created to love God and other people. Maybe this Christmas it would be good for you to find a person or family in need and help them by buying some food or gifts. If you want to feel loved... start by loving others.

The second issue to settle is... how am I going to live? To have a wonderful life, you need an attitude of joy. This attitude deals with how you look at life. Are you a positive person or a negative person? If you are a person with joy, it simply means that you are cheerful. Over 350 times the Bible talks about us having a spirit of joy or rejoicing.

Joy isn't a feeling that is produced only when good things happen. Joy is the attitude by which we look at the things that happen to us and then respond in a way that lets everyone know we are trusting in God's grace in spite of our circumstances. Remember the disciples in the Bible... they had many negative things happen to them, yet in spite of it all, they had joy.

I've heard it said that you don't feel your way into an action but rather act your way into a feeling. If you want to be a joyful person... start acting joyful around others and you will most likely begin to genuinely feel joyful.

The third issue to settle is...who are you going to help? If you want to have a wonderful life, you've got to get beyond serving yourself, and start serving others. Isn't that the lesson that George Bailey learned? His life was wonderful because of all the people he was able to help in his lifetime.

When Clarence showed him what life would have been like had he never been born he realized that he really was making a difference in the world! His life did have purpose! Mr. Potter only cared about making money. Violet only cared about pleasure. But George understood a greater truth: life is better when you are working to make other people's lives better.

Understanding these things can make all the difference in the world. You are not here to fall in love with money and things—you're here to love God. You're not here to point out all the things that are wrong with the world—you're here to spread the joy that God has placed in your heart. You're not here to serve yourself—you're here to serve God and others—thus making a huge difference in the world.



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*Tim Neptune is the lead pastor of Venture Church Naples, located on the campus of Florida South Western State College in Naples, FL.*

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## Arterial or Venous Circulatory Problems?

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#### Symptoms that may indicate PAD:

- \* *Weak or tired legs.*
- \* *Difficulty walking or balancing.*
- \* *Some people have atypical symptoms.*

#### PAD pain may feel like:

- \* *Tight, aching, or squeezing pain in the calf, foot, thigh, or buttock that occurs during exercise.*
- \* *The pain usually gets worse during exercise and goes away when you rest.*

#### Advanced PAD stages may cause:

- \* *Leg pain at rest.*
- \* *Skin ulcerations.*
- \* *Gangrene.*

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