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Health & Wellness[®] MAGAZINE

January 2023

Collier Edition - Monthly

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THE ULTIMATE PERIPHERAL NEUROPATHY RELIEF PROGRAM

Richard Hiler, DC, DABCN
Chiropractic Neurologist

START THE NEW YEAR HEALTHY

MY THYROID... WHAT SHOULD I KNOW?

NEW YEAR, NEW YOU

PREVENTATIVE HEALTH IS KEY TO AVOIDING CHRONIC DISEASE

ANTI-CANCER RESOLUTIONS FOR LONG-TERM HEALTH

MICRONUTRIENTS AND DIET

GLAUCOMA & VISION LOSS

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Longevity. If you are looking forward to a better tomorrow, and many more of them, keeping an eye on your wellness is critical. At Performance Optimal Health we put together a coordinated and highly-personalized strategy which combines exercise, recovery, nutrition and stress management to improve longevity and your quality of life. Let's face it, aging gracefully is overrated.

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CHAO PINHOLE TECHNIQUE

The Best Solution for Your Receding Gumline

By William Campbell, DMD

There is a revolutionary new treatment for receding gums called the Chao Pinhole Surgical Technique. It is a minimally invasive, incision-free and suture-free alternative to traditional gum grafting. This “no-cut” and “no-sew” treatment uses an instrument to make a small pinhole in the patient's gum tissue. Through this pinhole, the doctor inserts collagen fibers to help stabilize the gum position.

Traditional gum grafting techniques involve soft-tissue grafts that rebuild the gum line. These grafts are usually taken from the soft palate of the patient's mouth. The soft tissue is then sutured into place over the exposed gum line. As healing occurs, the grafted tissue grows with the existing gum tissue. It is an effective treatment, but it is invasive and requires time to heal and recuperate.

The Pinhole Surgical Technique has shown excellent results over the last decade. Its advantages include less pain, shorter treatment time, and less post-treatment analgesics. Additionally, there is an increase in tissue thickness and there is exact color match, since no grafts are performed. Of course, no treatment is perfect. The limitations of PST include the complexity of the technique, food restrictions and post-operative instructions that must be closely followed.

What is gum recession?

Gum recession refers to the loss of gum tissue along the gum line. It can be caused by a number of factors, including gum disease such as gingivitis and periodontitis, and from the natural aging process or aggressive brushing habits.

Other reasons may include:

- Toothbrush abrasion
- Periodontal tissue loss
- High frenum attachments
- Trauma
- Orthodontic movement
- Smoking/use of tobacco products
- Genetics
- Poorly fitting dentures
- Drug use



Signs of gum recession:

- Exposed root of your tooth/teeth
- Red or swollen gums
- Bleeding while brushing
- Loose or separating teeth

Consequences of untreated tissue recession include:

- Poor esthetics (long-looking teeth)
- Root hypersensitivity
- Root caries
- Plaque retention
- Bleeding
- Continued tissue loss

Who is a candidate for the Chao Pinhole Technique?

If you show signs of gum recession, your dentist may recommend the minimally invasive PST procedure to restore your gums and promote tissue attachment. However, PST is not for everyone. Your dentist will work with you to determine which procedure is best for your dental health needs.

Dr. William Campbell



At Park Family & Cosmetic Dentistry, Dr. John Campbell, DMD, is certified in the Chao Pinhole Surgical Technique. There aren't many dentists around the entire globe

who have obtained a certification in this treatment. Dr. Campbell has been trained and certified to perform the Chao Pinhole Surgical Technique. In addition, he exhibits brilliance when treating his patients, and he is continually striving to absorb as much education and training as possible. He completed the curriculum at the Dawson Center for Advanced Dental Learning in St. Petersburg, Florida, focusing on treatment of occlusion and bite disorders, as well as TMJ/TMD courses at the nearby Piper Education Center. The thirst for these continuing education courses is one tenet firmly rooted at Dr. Campbell's core. Case in point, he completed a one-year accelerated master's degree in the Biomedical Sciences program at Barry University in Miami, Florida. Following completion of his master's, he earned his doctorate in Dental Medicine at Nova Southeastern University in 2009.

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HAPPY NEW YEAR!

By Sharla Gayle Patterson, MD, MBA

Ring in the new year is a popular time to make new year resolutions. Most commonly we all resolve to 'be healthier'. January is full of new gym memberships, exercise equipment, and good intentions. But somehow we lose that motivation and get back in some unhealthy rut. What if exercising could not only make you feel and look better but also decrease your risk of cancer?

It does. Increased physical activity is associated with decreased risk of cancer, better survival, and decreased risk of cancer coming back.

Small changes quickly add up to big results. Here are some tips to stick to a healthy new year.

1. Find your group. Working out alone is boring and without accountability, we make 'excuses' that don't hold water. A workout buddy keeps us accountable. One group that is available in Naples and across the nation is Walk With A Doc.

2. Be realistic. Social media, magazines, and 'reality' shows are not realistic. Never compare your insides with media outsides. Those outsides are planned meticulously with lots of behind-the-scenes support. No one wakes up with perfect hair and makeup. Keep it real.

3. Be safe. Weight loss is not the goal. The numbers on the scale don't tell the whole story. Muscle mass weighs more but a higher muscle mass translates into a higher metabolic rate. The resting metabolic rate is the number of calories you burn in a day at rest. Strength training and building muscle mass allows you to work less and burn more calories!

4. Love yourself. It's not easy. Every day try your hardest and when you close your eyes that night, put it behind you. Tomorrow morning is a new day with a chance to try again. Going to bed each night knowing you did the best you can helps you get restorative sleep and start fresh again in the morning.

Why walk? Studies from the American Cancer Society and the National Cancer Institute have shown a reduced risk for 13 different types of cancer in those who exercise regularly.^{1,5} The American Cancer Society recommends that adults participate in 150 minutes of moderate intensity exercise, or 75 minutes of vigorous activity each week.^{1,2,5} Many don't think of walking as moderately intense,

however according to the ACS walking 3mph or 20 minutes per mile is considered a moderately intense form of exercise, which helps reduce the risk of cancer occurrence if done at least 150 minutes per week.^{1,5}

What about breast cancer? Regular and consistent exercise at moderate intensity can in fact reduce risk of breast cancer^{3,5,6} A meta-analysis from 2016 showed women who are more physically active have a 12-21% reduction in breast cancer risk.³ Reduced risk of cancer is not the only benefit of physical activity. It also has been linked to reduced inflammation, improved immune function, obesity prevention, and other metabolic changes that reduce cancer risk and recurrence.^{2,5} In 2019, systematic review of a multitude of observational studies found that physically active breast cancer survivors had a 40% lower risk of death from breast cancer compared to those who were less physically active.⁴

What else can walking do for me? Being physically active, especially exercising together, can be fun! Come find a new love for walking with us, it's healthy, safe, and free! Also take advantage of this opportunity to have meaningful conversations with other participants and fellow survivors, as well as your very own health care professionals. Come join us and Walk with a Doc!



Dr. Sharla Gayle Patterson and the Magnolia Breast Center team are pleased to announce that Dr. Tam Mai will be joining our practice on January 9, 2023. Dr. Mai is a fellowship trained breast surgeon certified by the American Board of Surgery.

Dr. Mai is coming to us from Springfield Clinic in Springfield, Illinois, where she has practiced for the past 8 years. She received her medical degree and completed her surgical residency at the University of South Alabama College of Medicine. Following this, Dr. Mai completed a fellowship in Breast Surgical Oncology at the University of Southern California's Keck School of Medicine under the supervision of the world-renowned breast cancer surgeon, Dr. Melvin Silverstein.

Dr. Mai's specialties include comprehensive evaluations in benign and malignant breast diseases with expertise in oncoplastic surgery, skin and nipple sparing mastectomy, and management of high-risk patients.

In her free time, Dr. Mai enjoys traveling, cooking, exercising, weight training, yoga, reading, and spending time with her family.

Dr. Mai is passionate about providing quality breast care and expanding the indications for breast conserving therapy.

You can request a consultative evaluation with Dr. Mai on our website at magnoliabc.com or call our office at **239.758.PINK (7465)**.

We look forward to seeing you soon!

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Anti-Cancer Resolutions for Long-Term Health

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

Here we are at the beginning of a new year. The old year and all of its problems is behind us and we get the chance to make a new start. Have you made your resolutions for 2023? Millions of people around the world have made promises to themselves that this year they'll do better or be better. There are plenty of ways to improve, but none of those will matter if we don't focus on our health.

In 2022, there were 1,918,030 new cancer cases reported and 609,360 cancer deaths were projected to occur in the United States, including approximately 350 deaths per day from lung cancer, the leading cause of cancer death.¹ With numbers like this, it is likely that each person reading this has been touched by cancer in one way or another in the last 12 months. Either you've had your own cancer scare or diagnosis, or someone close to you has. It feels impossible to escape cancer these days. Isn't there anything we can do to improve our chances of not becoming one of the nearly 2 million new cases yearly?

Making our New Year's resolutions about our health is one thing we can do to improve our chances. Let's look at some resolutions that can put us on track to improve our overall health and our chances of escaping a cancer diagnosis.

1. Cut refined sugar and artificial sweeteners

"Sugar feeds cancer." We have all heard this, yet what exactly do we do with this information? As data continue to accumulate, this question will eventually be answered with certainty. In fact, new data linking breast cancer and sugar increases our concern over diet's effect – and the modern, food pyramid-driven diet – on cancer outcomes.

High levels of blood sugar have been linked to worse outcomes in patients treated for many different types of cancer, including brain tumors and lung cancer. Even in patients with less "metabolic" cancers, like prostate cancer, data reveal that a man's blood sugar value can predict how well he will do with treatment. Along these lines, men that are found to have high blood sugar before removal of their prostate (a prostatectomy) also experience a larger risk of their cancer returning afterwards.²

2. Cut out evening screen time

While quantity of sleep is vital, quality of sleep may be just as important. Darkness fosters an environment that provides stimulus of our body's natural production of melatonin. Blue light-emitting alarm clocks and television in the bedroom successfully deactivate our suprachiasmatic nucleus and its stimulation of the pineal gland. Blue light exposure at night

has been shown to cause weight gain and impair metabolic function and glucose metabolism, increasing individuals' blood sugar levels.

Adolescents who use electronic devices are plagued by poorer sleep quality and difficulty falling asleep. Monitors and phones provide long-lasting physiologic effects as they alert the brain that it is still in the day cycle of the circadian rhythm and not yet time for sleep. Based on these findings, it is unsurprising that blue light and LED exposure at night decreases melatonin release. Computer monitors result in less reduction than bright LED lights, which potently block melatonin production. Other results hint that even small amounts of light suppress melatonin, favoring a "lower is better" approach.

3. Exercise more

The improvement in the quality of life that exercise provides is well known. For some reason, we often forget that exercise can provide the same benefits for the cancer patient. Fourteen studies have revealed that exercise significantly improves quality of life in breast cancer patients. It also significantly improved physical functioning of women with breast cancer and improves their peak oxygen consumption, while reducing their fatigue.

Women who engage in both aerobic and resistance exercise with weights soon after their breast cancer treatment experience large health-related improvements. They also experience these improvements much faster than those women who wait to start exercising. Men who engaged in an eight-week cardiovascular exercise program during their treatment for prostate cancer with radiation therapy saw an improvement in their cardiovascular fitness, flexibility, muscle strength, and overall quality of life. They also experienced less fatigue, the most common side effect of radiation therapy.³

4. Quit smoking.

One out of every 3 cancer deaths in America is related to cigarette smoking. Cigarette smoke is known to cause 12 types of cancer, not just lung cancer. Second-hand smoke exposure causes lung cancer.⁴ Do we need to say more? Find a way to stop.

5. Reduce stress

Individuals with chronically stressful states, like depression and a lack of social support, seem to experience an increased risk of cancer. Yet, like most population studies, results have been mixed and often contradictory, and narrowing down the cause versus effect of this association has been difficult. Stress from our workplace, which usually includes high work demand, long hours, and a difficult working environment has shown both positive and negative links with cancer.

Difficult and stressful life events seem to have a stronger association with cancer, and specifically breast cancer. For instance, the death of a mother during childhood leaves the child at an increased risk of breast cancer later in life. Collateral damage from stressful events like death, divorce, or a continued stressful social situation takes a little over a decade to lead to cancer.⁵ Exercise, the wonder drug, does an incredible job at helping to reduce stress.

These are a few simple suggestions for resolutions, or even better, lifestyle changes, that can put you in a better position to fight off cancer if it comes knocking at your door. Additionally, it is important to keep in mind that the number one thing you need to keep your resolutions is an accountability partner. At *Inspire Exercise Medicine* we work with you through your nutrition and meal planning, we help you to design your exercise program and we offer guidance on lifestyle adjustments to keep you on the right track toward your best self.

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GLAUCOMA AWARENESS MONTH

The new year tends to bring a focus on our health, and for older adults that should include a focus on our eyes. January is Glaucoma Awareness Month, shining a light on a condition that affects more than 3 million people in the U.S., and the need for regular eye exams to diagnose the condition early.

Glaucoma occurs when pressure inside the eye is elevated for a length of time, causing damage to the optic nerve in the back of the eye. The nerve fibers that carry vision to the brain are gradually damaged and vision loss occurs.

“There is no cure for glaucoma, but if it’s caught early, you can prevent vision loss,” says Dr. Paul Kuck, board-certified ophthalmologist with Physicians Regional Medical Group. “Glaucoma is usually asymptomatic and more common with age and can happen in one or both eyes. This is why ophthalmologists recommend more frequent routine eye checks as you get older.”

Glaucoma is a chronic, progressive disease and patients often do not notice peripheral vision loss until it is advanced. Elevated pressure in the eye does not cause symptoms or pain unless it rises suddenly to very high levels.

Prevention of glaucoma is challenging, but patients can be aware of family history and have regular eye examinations. Risk factors for glaucoma include:

- Age over 60, especially if you are Hispanic/Latino
- Age over 40 if you are African American
- A family history of glaucoma
- Foods high in trans fats (fried foods) have been shown to cause damage to the optic nerve

If glaucoma is found, the good news is that it is treatable with medications as well as laser options and surgical treatments for advanced cases. Once diagnosed, the major goal of treatment is to stop or slow down any further worsening of optic nerve damage by lowering intraocular pressure.

According to Dr. Kuck, prescription eye drops are the most common treatment. They lower the pressure in your eye and prevent damage to your optic nerve. Glaucoma eye drops won’t cure glaucoma or reverse vision loss, but they can keep glaucoma from getting worse.



Laser treatment can also be used to lower eye pressure. Ophthalmologists can use a specific laser to help the fluid drain out of your eye. Laser treatment works very well for most people, but it doesn’t work for everyone. Dr. Kuck says patients may not see results from the laser treatment for up to four to six weeks. Most people will need to keep taking glaucoma medicine even after laser treatment, but in lesser amounts, Kuck says.

Another laser treatment that may be used for moderate to severe glaucoma passes energy through the eye wall and causes some destruction of the tissue that makes the fluid, thus decreasing the pressure inside the eye. Recent articles have shown that it can decrease pressure by 30% to 50%. However, the procedure causes post-op pain and significant inflammation, so is usually reserved when other treatments have failed.

If glaucoma drops and laser treatment haven’t helped to lower pressure, surgery may be recommended. Surgery doesn’t cure glaucoma or undo vision loss, but the goal is to lower the pressure and stop vision loss from getting worse.

Be sure to have your eyes checked regularly and voice your concerns to an ophthalmologist.

To schedule an appointment with Dr. Kuck, call 239-348-4332 or visit

<https://www.physiciansregional.com/find-a-doctor/kuck-paul-md-30774>

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THE ULTIMATE PERIPHERAL NEUROPATHY RELIEF PROGRAM

By Richard Hiler, DABCN

Peripheral neuropathy is a complex condition. Finding the root cause and the extent of damage and to what types of nerves or blood vessels is how a comprehensive plan is customized to regenerate a patient's nerves cells and tissues. Conventional medicine has no answers. It's either live with it or take addicting medications for the pain, most commonly gabapentin.

Very few physicians are trained to treat the condition. Success ideally involves collaboration of medical personnel, chiropractic and or physical therapy personnel, and functional neurology. At Feel Amazing Institute this is what we offer.

What is the Ultimate Neuropathy Program?

There are several clinics in SWFL that propose a treatment for peripheral neuropathy. There are dozens of treatments that have shown to be beneficial for the diagnosis. Many clinics do one or two of these treatment options but very few can combine and offer dozens of these options.

At Feel Amazing Institute, we were the original clinic to create a comprehensive Neuropathy program back in 2006. There was a learning curve and results varied at first. After 16 years of experience, becoming board-certified in functional neurology, and becoming medically integrated, my clinic now has it down to a science. In 2017 my office was one of the first in the country, and I believe still the only in southwest Florida, to offer regenerative medicine and natural biologics as options for peripheral neuropathy. To date this has been the most significant endeavor to enhance results for our clients.

All neuropathies are not the same and require different programs.

Because what works well for one person may not necessarily work well for another, it's never a good idea to depend on just one or two treatments. It is just as easy to combine many types of treatments to improve the chances and the amount of success. Also the treatment must be individualized and specific.

The Ultimate Neuropathy Program should include advanced technologies to be done at a physician's office as well as treatments for self-care at home. It may include vitamin and wellness infusions to



enhance the body's internal environment for healing. It may include light therapies, electrical therapies, sound and pressure wave therapies, Pulsed electro-magnetic field therapies, regenerative medicine options, as well as lifestyle and nutritional recommendations.

Many clinics do a Toronto Clinical Neuropathy assessment and score. Some will do an infrared heat map of the feet. However, without an extensive neurological training, the interpretation of the score and image is what is key.

What to do and what not to do, and when?

Is the neuropathy peripheral or central? Big nerves or small nerves? Motor, sensory, autonomic, or all the above? One nerve or many nerves? How will the treatment differ if it's both feet, both hands, equal damage bilaterally, or worse on one side? How will the treatment differ if there is burning pain, numbness, loss of balance, weakness, or complicated by back pain or stenosis? What if the neuropathy affects the entire body? Is there a treatment for that? Yes, there are several.

Our clinic has a very sophisticated computer analysis that measures peripheral nerve function, peripheral vascular function, and central nerve function with a score for each, and an extensive report breaking down the many physiological and metabolic components. The test can be repeated after a treatment regimen and the improvement measured and quantified.



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What modalities are used for improvement?

These are prescribed on an individual basis after a thorough assessment:

- Five different electrical therapies
- Four possible light therapies
- Four types of vibration therapy
- Class 4 high powered lasers
- Pulsed electromagnetic fields (PEMF)
- Soundwave/Shockwave/pressure waves
- Ozone therapy and/or peptide therapy
- Spinal decompression therapy (often not needed)
- Natural supplementation and/or vitamin-wellness infusions
- Injections or infusions of Natural Biologics including Wharton's jelly allografts, growth factors, and platelet rich plasma.

What kind of results can be achieved through the ultimate neuropathy treatment program at Feel Amazing Institute?

Our patients report that better than 90% have excellent results. Most who undergo the treatment experience the following: reduced pain, reduced tingling and numbness, ability to experience normal touch without pain, reduce cold or burning sensations, improved balance and coordination, lowered dependency on medication, improved sleep, relief of restless legs, reduced swelling and inflammation, improved muscle function.

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

Feel Amazing Institute is equipped to diagnose and help a wide range of conditions that include:

- Peripheral neuropathy
- Severe neck and back pain
- Shoulder, elbow, or wrist pain
- Hip, knee, ankle, or foot pain
- Headache, dizziness, vertigo, or balance problems
- Disc bulge, herniation, sciatica, or stenosis
- Auto accident, whiplash injuries

If you need a highly experienced, chiropractic neurologist in Naples, Florida, look no further than Feel Amazing Institute. For more information, to schedule a free telephone consultation, or for free informational seminar or webinar, call today!

CERVICAL CANCER IS A RISK FOR ALL WOMEN

By Dr. Graciela Garton

January is cervical cancer awareness month, and one of the most important takeaways is that all women are at risk of cervical cancer. While cervical cancer commonly occurs when women are over age 30, regular screening tests should begin at age 21, and risk prevention can start when a girl is a preteen.

Most cervical cancers are caused by the human papillomavirus (HPV). There are many different types of HPV, which are spread through skin-to-skin contact, such as sexual activity. Both men and women can have HPV, and a long-lasting infection with certain types of HPV can cause cancer. Fortunately, there is an HPV vaccine that both male and female children can receive starting at ages 11 or 12. It is recommended that everyone between the ages of 11 – 26 be vaccinated. The HPV vaccine can help protect against the types of viruses that can lead to cancer.

Even if you have received the HPV vaccine, you should still get regular wellness screenings from your doctor. A Pap or HPV test can help prevent and detect cervical cancer. A Pap test – or Pap smear – tests for abnormal cells in your cervix. An HPV test looks for the virus, which could later cause abnormal cells that may become cancerous. It is recommended that women have a Pap test every three years and an HPV test every five years until 65 years of age. If you are older than 65, your doctor may no longer recommend screenings if your last few tests had normal results. Additionally, if your cervix was removed during a total hysterectomy for non-cancerous reasons, you will likely no longer need to be screened.

Early vaccination and regular screening tests are the best ways to prevent and reduce your risk of cervical cancer. Symptoms of cervical cancer in its early stages are rare and can be attributed to other causes, such as vaginal bleeding, heavier periods, and pelvic pain or pain during sex. In advanced stages, cervical cancer symptoms can also include painful bowel movements, back and abdomen pain, and blood in the urine. If you have any of these symptoms, share them with your doctor. They do not necessarily mean you have cervical cancer, but your doctor will get you the proper testing and help you receive any needed treatment.



If you are diagnosed with cervical cancer, you will most likely be referred to a gynecologic oncologist. These oncologists have been specially trained to treat cancers in a woman's reproductive system. Other physicians on your cancer team will probably include surgeons, medical oncologists, and radiation oncologists, depending on the treatment plan you and your doctor developed. Get a second opinion if you are unsure of the right treatments for you and your health. You must feel comfortable with your team of doctors and understand the risks and benefits of treatment. And if you have concerns about your fertility, be sure to ask your doctor about your options before any treatments begin.

January is a time for setting new goals and making resolutions. This year, prioritize your health and schedule a wellness screening with your doctor. You know your body better than anyone, so discuss any unusual symptoms or pain. Follow up on all test results and what they mean for you. Then go ahead and schedule your next appointment. Staying diligent and advocating for your health will help you gain confidence and better understand your medical care.



Graciela Garton is a physician at Advocate Radiation Oncology. Advocate Radiation Oncology's board-certified oncologists provide expert, customized patient care. With locations across Southwest Florida, patients have access to state-of-the-art cancer-fighting machines.

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PREVENTATIVE HEALTH IS KEY TO AVOIDING CHRONIC DISEASE

By Danielle Pasquale, PT, DPT

As we head into a new year, focusing on preventative health will be your most important tool to stay healthy. While some aspects of our health are predetermined by our genetics, there is a significant amount that we have control over through our lifestyle and daily health decisions. There are also a variety of indicators you can use to determine how healthy you are, or what your risk of chronic disease may be. This month, let's discuss four key indicators — resistance exercise, inflammatory markers, the importance of Vitamin D, and controlling your stress levels — that will help you start the new year off right.

Effects of Resistance Exercise on Bone Health & Cardiovascular Health

The prevalence of chronic diseases, including osteoporosis and sarcopenia, increases as one ages. Osteoporosis and sarcopenia are commonly associated with genetics, mechanical and hormonal factors, and most importantly, with aging. Many older populations, particularly those with frailty, are likely to have concurrent osteoporosis and sarcopenia, further increasing their risk of disease-related complications.

Exercise training has been recommended as a promising therapeutic strategy to encounter the loss of bone and muscle mass due to osteosarcopenia. To stimulate the osteogenic effects of bone mass accretion, bone tissues must be exposed to a mechanical load exceeding those experienced during daily living activities. Of the several exercise training programs, resistance exercises (RE) are known to be highly beneficial for the preservation of bone and muscle mass.

In addition to benefits for bone health and muscle mass, resistance training has a positive effect on cardiovascular health. For example, significant negative associations were found between increasing push-up capacity and cardiovascular disease (CVD) related events. Participants who were able to complete more than 40 push-ups were associated with a significantly lower risk of incident CVD event risk compared with those completing fewer than 10 push-ups.

Managing Vitamin D Levels

Vitamin D supports a host of vital bodily functions, namely building and maintaining strong bones and muscles. Vitamin D produces anti-inflammatory effects by acting as a hormone, preventing disease and promoting immunity and longevity. Low levels of vitamin D are linked to higher cancer rates, diabetes, depression, and cardiovascular disease.



If you have inadequate or deficient levels of vitamin D, you are not alone. Studies have shown that 70% of the U.S. population has insufficient vitamin D levels; globally, the average vitamin D status is close to the rate of clinical deficiency.

UVB radiation from sunlight is required to produce vitamin D in the skin, which means spend more time exercising or simply being active outdoors is essential. Our modern lives often keep us inside, performing sedentary jobs in front of a computer, so whenever possible, get out for a walk, hike, or a breath of fresh air.

Being overweight and having a higher body fat percentage may also contribute to insufficient vitamin D levels. Vitamin D is a fat-soluble vitamin stored in our fat cells for use by other tissues, and excessive body fat can block our body's access to vitamin D that's bound in storage. Regular exercise is vital to maintaining a healthy weight and optimal body fat percentage.

You can also look for Vitamin D in a few foods, though they usually have a minimal amount. Moderate sources include fatty fish, such as salmon and mackerel. Egg yolks, beef liver, mushrooms, and cheese can also provide vitamin D. Even combined with the fact that food manufacturers add vitamin D to fortified milk, cereal, and some juices, you may still need vitamin D supplements to achieve adequate blood levels. However, always consult your physician, a medical professional or a nutritionist before supplementing.

Reducing Cardiovascular Risk Factors and Inflammatory Markers

Proper nutrition can promote muscle growth and increase bone strength. It can also reduce inflammation, increase your immune response, and decrease the risk of chronic health conditions, such as heart disease. The diet that has proven most successful in promoting proper nutrition is the Mediterranean diet, which focuses on incorporating plenty of vegetables, fruit, legumes, olive oil, nuts, high quality protein and whole grains into one's diet.

Randomized controlled trials comparing the Mediterranean diet to low-fat diets in overweight and obese individuals found that after two years, those on the Mediterranean diet had more favorable changes in weighted mean differences of body weight, body mass index, systolic blood pressure, diastolic blood pressure, fasting plasma glucose, total cholesterol, and high-sensitivity C-reactive protein.

Controlling Stress

The body's natural response to stress includes a cascade of hormonal changes that reduce insulin sensitivity and raise blood sugar levels. During immediate danger, this adaptation enables us to respond quickly to threats. However, chronically elevated stress levels keep blood sugars persistently high, slowly destroying the body, day after day. With proper stress management tools, it's possible to reverse this cause of ongoing damage.

Patients with high homocysteine levels tend to have high blood pressure, stress, and elevated cortisol levels as well. Stress management plays a crucial role in the prevention and management of heart disease; learning stress-reduction techniques can help protect those with high homocysteine from exacerbating cardiovascular conditions.

In addition to managing your stress levels, maintaining a healthy amount of sleep is also key to regulating homocysteine levels and preventing them from spiking. The U.S. National Health and Nutrition Examination Survey of 2005 to 2006 found that individuals who sleep an average of five hours or less per night have significantly higher homocysteine levels than individuals who sleep seven hours per night.

Contact us at **239.342.1342** to schedule your assessment or learn more about Performance Optimal Health. By focusing on the four pillars of optimal health (exercise, recovery, nutrition, and stress management), our team of highly specialized experts can help you avoid chronic disease and achieve optimal health.



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



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Chronic Limb Ischemia: Many Physicians Want to Amputate, While They Should Be Focusing on Advanced Interventional Treatment

By Julian J. Javier, MD, FSCAI, FACC, FACP and Leandro Perez, MD, FACC, FSCAI, RPVI

Individuals with peripheral arterial disease (PAD) have blood flow disruptions due to narrowed or damaged blood vessels. Peripheral artery disease is a growing condition that puts patients at high risk for heart attacks and other cardiovascular events due to atherosclerosis (buildup of plaque), and the risk of plaque sloughing off and creating clots.

Advanced PAD often Leads to CLI

In the early stages of PAD, patients may show no symptoms, or they are often ignored. PAD is progressive; symptomatic disease progression and cardiovascular morbidity are high as it evolves. The advanced stages of PAD, which occludes blood flow, especially in the tibia and foot arteries, causing ulcerations, gangrene, and tissue loss, is known as Chronic Limb Ischemia (CLI).

Approximately 2 million people in the U.S. have CLI, but that number is probably much higher as it often goes undiagnosed until the disease is severely advanced. CLI is an occlusive disease state that doesn't provide adequate perfusion to complete the body's metabolic demands. CLI is increasingly escalating. Few other diseases have as high of a mortality rate as CLI.

Numerous Amputations Should be Prevented

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

In-Depth Imaging is Crucial to Avoid Unnecessary Amputation

Patients with CLI almost always have comorbidities such as diabetes, hypertension, high cholesterol, kidney disease, and extensive atherosclerosis throughout their bodies. Angiography is a critical tool to understand the patient's vascular health overall. Sadly, many patients with CLI are never offered any in-depth imaging studies. With the proper testing,

physicians can decide how to best treat the patient and avoid amputation through revascularization procedures. Patients who undergo amputation have double the risk within the year of death.

Many physicians see gangrene as a clear sign for amputation, yet amputation doubles the death rate in patients. Vascular and surgical revascularization treatment as opposed to amputation, are the optimal treatment options to provide better outcomes and survival rates.

It's unfair to not educate patients on their options. And it's unethical to not properly diagnose and offer advanced treatment options.

Angiography lowers a patient's risk of amputation by 90% compared to those who do not receive it. However, only one in four patients are offered an angiography.¹ Managing the numerous comorbidities that coincide with CLI is essential. Unfortunately, less than one third of patients are prescribed medications to manage disease states such as diabetes, lipid disorders or hypertension.²

Symptoms of PAD

- Claudication (leg and calf pain while walking)
- Weak pulse on ankle or foot
- Hair loss on legs and feet
- Leg pain while standing or sitting, which subsides after resting for an extended period of time
- A sensation of tightness & burning may occur in the leg or foot
- Swelling of the calves, which dissipates after elevation
- Dark veins
- Dry, itchy skin
- Ulcers can occur near the ankle and are often painless, but may have a dark rim
- Shortness of breath

Symptoms of Advanced PAD/CLI

- Ischemic rest pain
- Non-healing wounds
- Gangrene
- Multiple systemic comorbidities

References:

1. Henry AJ, Hevelone ND, Belkin M, Nguyen LL. Socioeconomic and hospital-related predictors of amputation for critical limb ischemia. *J Vasc Surg.* 2011;53:330-339.e1.
2. Chung J, Timaran DA, Modrall JG, et al. Optimal medical therapy predicts amputation-free survival in chronic critical limb ischemia. *J Vasc Surg.* 2013;58:972-980.

Diagnosis and Advanced Treatment Options

Once diagnosis is confirmed, there are multiple treatment options that range from conservative to invasive; it all depends on the severity of the condition. For more advanced conditions, invasive treatment is needed. Until recently, invasive treatments were mostly surgical, very traumatic with days of recovery in hospital post-surgery; however, in the last decade, the introduction of percutaneous non-surgical techniques procedures has shifted the treatments from surgery to catheter-based interventions that do not require blades or general anesthesia. The same techniques used to open arteries of the heart without surgeries using catheter-based therapy are now the method of choice for the treatment of venous or arterial disease of the legs. The introduction of catheter-based techniques has now caused a shift from a surgical technique to a percutaneous technique that can be done in the comfort of an office without the need of hospitalization, all done under local anesthesia as an outpatient procedure.

Our goal is to educate patient and improve legislation on imperative CLI protocols and treatment to help individuals avoid unnecessary amputation.



Julian Javier, MD | Leandro Perez, MD

Dr. Julian J Javier and Dr. Leandro Perez are Cardiac and Vascular specialists with a special emphasis on limb preservation and venous disorder. Dr. Javier and Dr. Perez are board certified in cardiovascular disease and are well known nationally and internationally, authors of multiple articles in prestige peer review journals and book chapters on venous and arterial disease. They are affiliated with Physicians Regional Medical Center and Collier Regional and are accepting new patients.

To Schedule your appointment with Dr. Javier or Dr. Perez, please call (239) 300-0586.

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The Flavors of ENERGY

By Svetlana Kogan, M.D.



If you stand in front of the mirror, you will see a complete material person as a whole. However, we all know that at the anatomical level, the whole consists of the organs, such as liver, kidneys, lungs, etc. The organs in and of themselves consist of tissues, and the tiny units that make up the tissues are called cells. According to the most recent scientific estimates, each one of us is made up of around 37 trillion cells.

Astonishingly, these cells communicate via energy highways. Let's take a look at some of the flavors of energy we encounter in this cellular world:

The first kind which is the easiest to understand is **Chemical Energy**, which is derived when different substances are reacting together. Think of all the geeky chemistry lessons in high school when your teacher was demonstrating heat and combustion by pouring reagents together into the glass flasks. Once again, this is something very visual, and even smelly, allowing our senses to grasp the concept well. The examples of common chemical transformations in your body are belching, farting, and sneezing. Chemical energy is also stored in the cells after we eat, and I described in depth how the food turns into chemical energy in one of the chapters of my book 'Diet Slave No More!' If you are curious why you really are what you eat – look my book up on Amazon Prime.

The second flavor of energy is **Electrical**. The simplest example of this one is the light-bulb lighting up your room. We can visualize this type of energy directly or indirectly, by looking at the objects it powers. In a human body, electric energy and chemical energy are closely entwined partners. The marriage of these two is called **Electro-Chemical Energy**. It is formed by chemical

gradients and when one nerve cell sends an electric impulse to another, this causes tiny little gates to open, which allows the flow of chemicals such as sodium, potassium, and calcium to flow across and "give birth" to an energy baby called "Mechanical Energy", which makes your muscles flex or extend. Aside from running your musculo-skeletal system, the electrochemical energy is also powering your heart muscles to do their work and your gut muscles to perform their job. This is why it is so important for you to periodically check your chemical blood composition because any little deviation in chemical elements like sodium, potassium, chlorine, or calcium, could result in the underperformance or even a total dysfunction of any particular organ on the cellular level. It now becomes clear why taking any supplement or vitamin blindly just because everyone else is doing it, without medical supervision, can lead to a major dysfunction on a cellular level.

While electrochemical and subsequent mechanical energies are jumpstarted by consuming food nutrients, there is another type of energy that can stimulate our body from the outside. It is called **Sound**. Sound is a cool underappreciated source of energy. A soprano singer can shatter a crystal glass by singing a high note coinciding with the natural frequency of the glass. How does the sound affect our ear? Sound waves emitted by the object, like a trumpet for example, exert a mechanical pressure on our eardrums, mobilizing little bones called ossicles to carry the energy further to the acoustic nerve. This gets transcribed by the neurons in our brain, to relay a specific message or image to the listener. Sound is also used for diagnostic purposes as an ultrasound. It can also be used therapeutically to break down tiny kidney stones and recently has been used to ablate prostate cancer.

Sound energy can also "give birth" to **Electromagnetic Energy** which has been the subject of much excitement in the last few decades. The studies of electromagnetism actually date back to the 18th century when a renowned Austrian psychiatrist Franz Anton Mesmer used magnets for healing his psychiatric patients. His clients all reported sensing unusual currents coursing through their bodies prior to the onset of healing crisis that led to a cure. Mesmer methodology was largely ignored by the scientific community until recently our American Federal Drug Administration has approved Transcranial Magnetic Brain Stimulation for treatment of severe depression. Like Mesmer's, many novel scientific ideas have been first countered by resistance from the establishment. As a German naturalist and explorer of those times, Alexander Humboldt aptly noted: "First they ignore it. Then they laugh at it. Then they say they knew it all along."

There are many electromagnetic types of radiation which are harmful, like the ones your cell phones, computers, refrigerators and microwaves are generating. In fact, there is a whole branch of environmental science which now deals with the detrimental effects of electromagnetic radiation of electric devices on the human cells. Remember: cells are made up of atoms, and atoms are always vibrating. These vibrations are very fragile and subject to influence from all of the different sources of electromagnetic radiation around you (sun, x-rays, electronics, etc). When I see patients with mysterious symptoms such as chronic fatigue syndrome or fibromyalgia which cannot be explained by conventional medical science – I often recommend rethinking the wiring in the house and changing an electric switchboard location. The influence of these powerful energies around us cannot be ignored. To be continued.



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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MICRONUTRIENTS AND DIET

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

Here we are a few days into the new year and some of us are already struggling with those pesky resolutions we made. Many Americans have set goals of weight loss or getting more exercise and are truly committed to achieving them. Some of us, however, get lost in the fad diets and rapid weight loss exercise programs, get overwhelmed, we don't see immediate results and we just give up. So, what can we do this year to make sure that we stay on track and reach those goals we set?

Weight loss shouldn't be a fad diet that we follow for a short period of time and then go back to "regular food". Diet is what we eat day in and day out. It is a choice we make about what we put into our bodies. If we make good choices based on nutritional guidelines, we improve our overall health while getting to or maintaining a healthy weight. Eating healthy foods rich in nutrients and getting sufficient exercise each day can help us live a healthier life, enhancing what is known as our "healthspan". One's healthspan is how long your physical and cognitive body will allow you to live healthfully, independently, pain free, and without disability from chronic conditions, like diabetes, heart disease, or other diseases. It means being able to do all the things you love and feeling good while doing them. A healthy diet can help us to achieve this in nearly every way.

When we look at how to lose weight, one of the first things we think about is how much we eat. We're told to track our calories, looking at how many calories we're taking in versus the calories we expend. Other common advice is to track macronutrients – dividing our daily diet into protein, carbohydrates and fat. However, the less-talked about category of micronutrients is quite important too. What do we mean when we say "micronutrients" and why are they so essential when it comes to losing weight?

What are micronutrients?

The term micronutrients is used to describe vitamins and minerals in general. We obtain micronutrients from food since the body cannot produce vitamins and minerals on its own, for the most part. That's why they're also referred to as essential nutrients. The micronutrient content of each food is different, so it's best to eat a variety of foods to get enough vitamins and minerals.



An adequate intake of all micronutrients is necessary for optimal health, as each vitamin and mineral has a specific role in your body. Vitamins and minerals are vital for growth, immune

function, brain development and many other important functions. Depending on their function, certain micronutrients also play a role in preventing and fighting disease.

Examples of Micronutrients and Their Benefits

While neither vitamins nor minerals, the following micronutrients are all essential in unique ways and are therefore deserving of attention when it comes to pursuing weight loss and optimizing overall health:

- **Asparagine** – eliminates waste created during the breakdown of proteins (dairy, meat, seafood, eggs, asparagus, potatoes, nuts, legumes)
- **Glutamine** – acts as building block for protein synthesis, and is essential for immune health (meats, beans, beets, leafy green vegetables, eggs)
- **Serine** – essential for brain and central nervous system functioning (fish, beans, dairy, peanuts, asparagus, lentils)
- **Oleic Acid** – helps reduce disease risk of diabetes, heart disease, obesity, and high blood pressure (oils such as olive, peanut, almond, grapeseed)
- **Alpha Lipoic Acid** – beneficial for individuals with type 2 diabetes, helps reduce blood pressure (liver, broccoli, potatoes, yeast)
- **Coenzyme Q10** – improve immune function, combat chronic fatigue, and lower high cholesterol (fish, spinach, broccoli, cauliflower, oranges, strawberries, legumes)
- **Cysteine** – essential for detoxification and metabolic functioning (soy, beef, lamb, sunflower seeds, oats, pork, fish)
- **Glutathione** – reduce oxidative stress and damage
- **Selenium** – helps combat free radicals, and defend against heart disease and cancer (seafood, lean meats, eggs, legumes, nuts, seeds)

- **Chromium** – important in the fight against diabetes by reducing insulin resistance (meat, seafood, broccoli, cauliflower)

- **Choline** – crucial for DNA synthesis (eggs, dairy, liver, cruciferous vegetables)

- **Inositol** – used for nerve pain, panic disorders, and other neurological issues (meat, poultry, fish, eggs, nuts, beans, leafy greens, whole grains)

- **Carnitine** – plays a role in energy production (meat, fish, pork)¹

1. Ceregenics (2022) Examples of micronutrients that can help you lose weight! Ceregenics. Available at: <https://ceregenics.com/essential-micronutrients/>.

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'd like to speak to a professional about how to eat healthy and how micronutrients can help you in your weight loss journey, contact Dr. Jose Baez, MD. Dr. Baez is a Board-certified physician with more than 30 years' experience.

He can be contacted via email at info@JoseMBaezMD.com or by calling his office at 239.777.0663. His website (www.josembaezmd.com) includes information about concierge medicine and how it can work for you.



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GLAUCOMA & VISION LOSS

By Duane Wiggins, M.D.

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

Three million Americans are suffering from glaucoma, which can rob them of their sight and nearly 1.5 million of them do not even know they have it. Glaucoma is referred to as a “silent sight stealer” because, unfortunately, there are minimal symptoms associated with the disease and the miniscule indicators can cause up to 40% of permanent vision loss before the person notices any vision changes.

The optic nerve transmits images to the brain. When this nerve becomes damaged or diseased, it loses the ability to create images, and therefore, communication to the brain is lost. A buildup of pressure in the eye is the most common cause. This pressure is known as IOP, or intraocular pressure. Disease or damage triggers this pressure in the eye and injures the optic nerve. Once IOP compromises vision, it creates irreversible blindness. Glaucoma is the second leading cause of blindness and usually affects the elderly.

The following treatment options information was published by According the American Academy of Ophthalmology.



GLAUCOMA TREATMENT

Medication

Glaucoma is usually controlled with eyedrop medicine. Used every day, these eye drops lower eye pressure. Some do this by reducing the amount of aqueous fluid the eye makes. Others reduce pressure by helping fluid flow better through the drainage angle.

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.

Glaucoma medications can help you keep your vision, but they may also produce side effects. Some eye drops may cause:

- A stinging or itching sensation
- Red eyes or red skin around the eyes
- Changes in your pulse and heartbeat
- Changes in your energy level
- Changes in breathing (especially if you have asthma or breathing problems)
- Dry mouth
- Blurred vision
- Eyelash growth
- Changes in your eye color, the skin around your eyes or eyelid appearance

All medications can have side effects. Some drugs can cause problems when taken with other medications. It is important to give your doctor a list of every medicine you take regularly. Be sure to talk with your ophthalmologist if you think you may have side effects from glaucoma medicine.

Never change or stop taking your glaucoma medications without talking to your ophthalmologist. If you are about to run out of your medication, ask your ophthalmologist if you should have your prescription refilled.

Laser surgery

There are two main types of laser surgery to treat glaucoma. They help aqueous drain from the eye. These procedures are usually done in the ophthalmologist’s office or an outpatient surgery center.

Trabeculoplasty. This surgery is for people who have open-angle glaucoma and can be used instead of or in addition to medications. The eye surgeon uses a laser to make the drainage angle work better. That way fluid flows out properly, and eye pressure is reduced.

Surgery

Some glaucoma surgery is done in an operating room. It creates a new drainage channel for the aqueous humor to leave the eye.

Trabeculectomy. This is where your eye surgeon creates a tiny flap in the sclera. He or she will also create a bubble (like a pocket) in the conjunctiva called a filtration bleb. It is usually hidden under the upper eyelid and cannot be seen. Aqueous humor will be able to drain out of the eye through the flap and into the bleb. In the bleb, the fluid is absorbed by tissue around your eye, lowering eye pressure.

Glaucoma drainage devices. Your ophthalmologist may implant a tiny drainage tube in your eye. The glaucoma drainage implant sends the fluid to a collection area (called a reservoir). Your eye surgeon creates this reservoir beneath the conjunctiva. The fluid is then absorbed into nearby blood vessels.

Cataract surgery. For some people with narrow angles, removing the eye’s natural lens can lower eye pressure. With narrow angles, the iris and the cornea are too close together. This can cover (block) the eye’s drainage channel. Removing the eye’s lens with cataract surgery creates more space for fluid to leave the eye. This can lower eye pressure.

Individuals with glaucoma need to stay in close contact with their ophthalmologist and visits are regularly every 3 to 6 months.

Source: <https://www.aaao.org/eye-health/diseases/what-is-glaucoma#treatment>



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

For more information, call (239) 466-2020 or visit www.QuigleyEye.com.

START THE NEW YEAR HEALTHY

Making new year's resolutions is a common tradition, but 77% of people who make them break them within just a few weeks. This year, focus on long-term lifestyle changes that can make a big impact on overall health and longevity for both you and your family.

Here are a few tips to focus on your family's health this New Year:

Eat dinner as a family without devices.

About 40% of American adults battle obesity and are overweight. However, it's not just a problem that adults face. In 2017, close to 19% of children were affected by obesity. Studies have found that device-less dinners give families time to bond and increase communication. .. When families eat together at least three times per week, kids tend to eat more fruits and vegetables and less fried foods and sugary drinks, leading to less weight gain.

Snack better.

Serving healthier foods and more fruits and vegetables, especially as snacks, is a great start to a healthier lifestyle. Letting your children help pick the foods or select produce at the store can create more interest in healthier foods. Some great choices are raisins, yogurt, fruit, reduced-fat cheese, baby carrots and peanut butter. Mom and dad can set a good example by putting down the junk food, too, and being mindful of portion sizes.

Get enough sleep.

Some studies found that 30% of American children don't get enough sleep and unfortunately, some adults aren't the best examples when it comes to getting enough rest. The National Sleep Foundation reports that more than 70% of adults don't get the recommended seven hours of sleep a night. For adults, sleep deprivation might present as brain fog and forgetfulness, but it can also contribute to obesity, insulin resistance, heart disease and high blood pressure. For kids, a lack of sleep can decrease learning ability, increase tantrums and make them more accident prone. Children need between eight and 14 hours of sleep per day, depending upon their age, so make sure sleep is a priority.



Play together.

Exercise is no fun if it's something you dread doing. Instead, make activity a family affair through play. Set specific goals for movement at least five days per week so it's easier to stick to your plan. If something arises, don't cancel—reschedule. Activities families can do together include walking, jumping rope, hula-hooping, playing putt-putt, riding bikes or playing basketball. Stuck inside? Try yoga or roll up soft socks into balls and have a "snowball" fight.

Visit your doctor.

A study published by The Journal of The American Medical Association (JAMA) found adults with

primary care providers are more likely to fill prescriptions and to receive health screenings such as mammograms and colonoscopies. Kickoff the year with a visit to your primary care physician for a wellness exam or to catch up on vaccinations.

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Don't let Obstructive Sleep Apnea Get in the Way of Effective Sleep this New Year!

By John W. Watford, MD, LLC

The idyllic, sunny, Florida morning doesn't come easy for everyone. A remarkable number of people don't sleep well at all and find themselves nodding off during their routine daily tasks, or worse, even falling asleep while conducting tasks that require consistent attention – like driving!

It is important to recognize that excessive and persistent daytime sleepiness may be a sign of a treatable and serious disorder named Obstructive Sleep Apnea (OSA). The busy work that our bodies do while we are sleeping relies on oxygen as much as when we are awake. 5-15% of people have trouble maintaining a steady oxygen supply during the night, which leads to increased adrenaline levels and abnormal changes in our heart's workload, blood flow distribution, kidney function, and brain function.

Obstructive Sleep Apnea is a potential cause that can lead to chronic problems that are incrementally more difficult to treat the longer OSA is untreated. High blood pressure is more difficult to manage, and weight is more difficult to lose. People who are overweight or obese – and at higher risk of developing OSA – may experience swelling or kidney problems. OSA can also lead to abnormal heart rhythms. Worse, it can cause you to doze off when most dangerous – like while driving or doing other tasks that require concentration.

Many people who are familiar with Obstructive Sleep Apnea shy away from alerting their doctors about poor sleep because of stigmas attached to the diagnosis and treatment. Not all sleep apnea is obstructive. Depending on your personal risk factors, and even what kind of work you do, diagnosing OSA does not always involve spending the night "in the lab." Sometimes the diagnosis can be determined by monitoring your sleep with convenient equipment at home, or a combination of a home test and sleep center evaluation.

If you do have severe obstructive sleep apnea, your sleep specialist may prescribe a positive airway pressure device, usually referred to as CPAP, to



deliver increased airflow at a doctor-specified pressure while you sleep. Newer devices are vastly more effective, smaller, quieter, more comfortable and more efficient than before. Various appliances that fit in or over just your nose are also effective alternatives to the classic full mask for some people. Addressing other factors that worsen obstructive sleep apnea, like stopping smoking, maintaining a healthy weight, treating asthma, and managing reflux disease, all improve your quality of sleep.

Patients who have treated their OSA sleep better, have more energy during the day, and frequently need less medication to treat high blood pressure or kidney problems. Improved rest means more energy to exercise, which improves health overall. Better sleep means successfully completing tasks that require increased attention during the day. Benefits also extend to your loved ones who will notice you feel better. You and your partner will sleep easier and welcome another sunny morning!

ABOUT DR. WATFORD

My pursuit of a career in medicine began with natural curiosity about "how things work". My early engineering interests later transformed into an interest in biology as I was inspired by my parents, several wonderful teachers in high school, and a general curiosity about physiology.

I believe curiosity helps us connect with each other. Curiosity drives lifelong learning, makes us better problem solvers, and nurtures our need to take on new challenges. It helps us to listen actively, inspires generosity to collaborate, and expands our empathy.

I grew up largely in Alabama and Florida and completed my undergraduate degree in Biomedical Sciences with Honors at Auburn University. There I founded the first inpatient shadowing program for health sciences students and was a charter member of the Auburn University Honors College. I earned my medical degree at the University of South Alabama in 2003 followed by internships in General Surgery at Carraway Methodist Medical Center, Birmingham, Alabama and then Internal Medicine at Providence St. Vincent Medical Center, Portland, Oregon.

My family and I settled in Naples in 2020 where I became part of the staff of Naples Community Hospital providing inpatient services. I opened my own practice in February of 2022.

Dr. John W. Watford is certified by the American Board of Internal Medicine and has been practicing since 2003. His concierge primary care medicine practice is now open and welcoming new patients. Reach Dr. Watford at 239-544-7440 or info@drwatfordnaples.com

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Cervical Cancer Prevention

What's the Latest?

By Kathleen M Marc, MD, FACOG

Cervical cancer is a type of cancer that affects the cervix, which is the lower part of the uterus (womb) that opens at the top of the vagina. Cervical cancer is the fourth most common cancer in women worldwide. In the United States approximately 12,000 new cases of cervical cancer will be diagnosed every year and approximately 4,000 women will die from the disease.

Cervical cancer is largely preventable through regular screenings and the HPV vaccine. It is important for women to get regular screenings and to talk to their healthcare providers about the HPV vaccine to help prevent cervical cancer.

Cervical cancer has been found to be caused by the human papillomavirus (HPV), which is a common virus that is transmitted through sexual contact. Between 75 and 80% of sexually active adults will be exposed to HPV in their lifetime. There are many different types of HPV, and some types can cause changes in the cells of the cervix that can lead to cancer. The "high-risk" types can cause cancer of the cervix, anus, vulva, vagina, and penis. They can also cause cancers of the head and neck. Other HPV types have been associated with genital warts.

The HPV vaccine is a vaccine that helps protect against certain types of HPV that are most commonly linked to cervical cancer and other types of cancer. The vaccine is usually given as a series of shots, and it is recommended for girls and boys around the age of 11 or 12, although it can be given to anyone up to the age of 45. It is very important for boys to also get the vaccine to help protect themselves against cancer of the penis, head, and neck. There is currently no test for men, so men can also unknowingly pass HPV on to their partners. The HPV vaccine works by helping the body build immunity to the virus, which can help prevent infection with the types of HPV that are most often linked to cervical cancer. It is important to note that the HPV vaccine does not protect against all types of HPV, so it is still important for women to get regular screenings even if they have received the vaccine.



In addition to the HPV vaccine, regular screenings such as Pap tests and HPV tests can help detect early signs of cervical cancer and other changes in the cervix, which can be treated before they turn into cancer. Regular screenings and the HPV vaccine are important tools for preventing cervical cancer.

The screening recommendations for women to detect cervical cancer and other changes in the cervix vary depending on a woman's age, medical history, and other factors. Here are some general guidelines for cervical cancer screening:

- Women between the ages of 21 and 29 should have a Pap test every 3 years.
- Women between the ages of 30 and 65 should have a Pap test alone every 3 years, a Pap Smear and an HPV test every 5 years, or just an HPV test every 5 years.
- Women over the age of 65 who have had regular screenings with normal results and no history of cervical cancer or serious precancerous lesions do not need further screening.
- Hysterectomy with removal of the cervix - no screening in individuals who do not have a history of high grade cervical precancerous lesions, cervical cancer or DES exposure

These guidelines do not apply to women at high risk of the disease. It is important to note that these are general guidelines and that the specific screening recommendations for an individual woman may vary based on her medical history and other factors. It is very important to talk to your healthcare provider about your specific screening needs and risk factors and to follow their recommendations.

Some women think that if they don't need a Pap Smear that they don't need to see the gynecologist or have a pelvic exam. There are many other conditions that can be found during an exam as well as other symptoms that can be a clue to different conditions. It is important that women discuss how frequently their exam should be performed with their doctor.

What can be done to fight off the virus if diagnosed with it? There are studies which show that a supplement called "Indole-3-Carbinol" can help clear the virus. This contains substances found in cruciferous vegetables such as broccoli, cauliflower and Brussel sprouts. Eating these vegetables is also helpful.

Cervical cancer screening continues to evolve. Future recommendations may be based on HPV screening alone. Current recommendations call for stopping Pap Smears in women over 65 who are at low risk and have had 3 negative Pap Smears or two negative Pap Smears with HPV testing or HPV testing alone in the previous ten years. There is some anecdotal evidence that Gyn Oncology doctors are starting to see an increase in cervical cancer in the older population since these new guidelines took effect. This could be due to women losing a spouse or getting divorced and possibly having a new partner with new HPV exposure. It's important for women to continue to evaluate changing risks over time with their doctor and decide on the best screening for them.

Kathleen M Marc, MD, FACOG

Clinical Instructor Harvard Medical School
Associate Professor Tufts University School of Medicine

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My Thyroid...What Should I Know?

By Florida Gulf Coast Ear, Nose & Throat

What Are the Thyroid and Parathyroid Glands?

The thyroid gland is a butterfly-shaped gland located in the front of the neck just above the collarbone. It has two lobes, with one lobe on each side of the windpipe. As part of the endocrine system, it produces hormones, known as T3 and T4, that regulate metabolism—the speed at which cells in the body work—and affects other functions, such as heart rate and energy level.

The four rice-sized parathyroid glands are located behind the thyroid, deep within the neck. They control the amount of calcium in the bloodstream. Calcium plays a critical role in the electrical functions of the body.

Thyroid problems affect 20 million Americans, and women experience thyroid problems five to eight times more than men. Most thyroid diseases are lifelong conditions but can usually be managed with a variety of treatments.

THYROID DISORDERS

The most common thyroid disorders are caused by an imbalance of hormones. It's critical that the thyroid produces the correct amount of hormones. If too little thyroid hormone is produced, this is hypothyroidism; if too much is produced, this is hyperthyroidism. Both can affect many functions in the body.

HYPOTHYROIDISM

When the thyroid gland produces too little hormone, this is known as hypothyroidism or underactive thyroid. Hypothyroidism affects up to 5% of the U.S. population, with a further estimated 5% being undiagnosed.

Signs and symptoms of hypothyroidism include:

- Weight gain
- Fatigue
- Increased sensitivity to cold
- Dry skin
- Constipation
- Muscle weakness
- Problems with memory or concentration

Hypothyroidism can be caused by:

- Hashimoto's Disease. This disorder causes the body's immune system to attack thyroid tissue and eventually destroy the thyroid gland, leading to the under production of thyroid hormone.



- Over-response to hyperthyroidism treatment. People who produce too much thyroid hormone are often treated with medications to reduce the hormone, and sometimes the body can then produce too little.
- Thyroid surgery. Removing any part of the thyroid gland can reduce hormone production.
- Radiation therapy. Radiation used to treat cancers of the head and neck can reduce hormone production.
- Medications. Several medications can contribute to hypothyroidism. Be sure to understand the side effects of any medications you're taking so your doctor can monitor your thyroid function.

TREATMENT OF HYPOTHYROIDISM

Hypothyroidism is commonly treated with thyroid hormone replacement therapy. Taken orally, this medication increases the amount of thyroid hormone the body produces.

When the thyroid gland produces too little hormone, this is known as hypothyroidism or underactive thyroid. Hypothyroidism affects up to 5% of the U.S. population, with a further estimated 5% being undiagnosed.

Hyperthyroidism can be caused by:

- Toxic nodule or multinodular goiter -- A single nodule or lump in the thyroid – or several nodules forming a goiter -- can produce more thyroid hormone than the body needs and lead to hyperthyroidism.
- Graves' disease - Graves' disease is an autoimmune disorder in which the body's immune system attacks the thyroid. Patients with Graves' disease often have enlargement of the thyroid gland and become hyperthyroid.
- Subacute thyroiditis - A viral infection can cause inflammation of the thyroid gland, resulting in excess amounts of thyroid hormone. It usually resolves on its own.
- Postpartum thyroiditis - Some women can develop hyperthyroidism after childbirth, followed by a period of hypothyroidism. It usually resolves after a few months

- Excessive iodine consumption- Consuming too much iodine can cause hyperthyroidism. In most cases, it usually resolves when the excess iodine is discontinued.

Treatment of Hyperthyroidism

Hyperthyroidism is commonly treated with antithyroid drugs that block or reduce the thyroid's production of hormones. Other options include oral radioactive iodine followed by thyroid hormone replacement therapy, and beta blockers, which block the action of thyroid hormones on the body.

Signs and symptoms of hyperthyroidism include:-

Weight loss

- Rapid heartbeat (tachycardia)
- Increased sensitivity to heat
- Excess sweating
- Tremors
- Irritability and nervousness
- Muscle weakness
- Frequent bowel movements
- Changes in menstrual patterns
- Sleep difficulty
- High blood pressure
- Increased appetite

THYROID NODULES

Thyroid nodules are growths or lumps in the thyroid gland. They are common, and the vast majority of nodules are benign, or non-cancerous. Often, no specific treatment is needed, and the thyroid can simply be monitored for signs of hyperthyroidism. If the nodule causes affects breathing or swallowing, your doctor may recommend surgery.

THYROID CANCER

Thyroid cancer is found in about 5% of thyroid nodules. There are several types of thyroid cancer, some more aggressive than others, but overall, the prognosis for thyroid cancer is positive, with survival rates between 75%-100%. Like other thyroid conditions, thyroid cancer is more common in women than men. Other factors that increase the risk of thyroid cancer include exposure to radiation and genetics. Thyroid cancer is treated with surgery, chemotherapy, and radiation.

ENLARGED THYROID

An enlargement of the thyroid gland, also known as a goiter, appear as a swelling in the neck. It can be small or large, can cause no symptoms, or can cause and increase or decrease in thyroid hormones.

In the United States, a goiter can develop when the thyroid gland does not make enough hormones, so it attempts to make more by growing larger. As in hypothyroidism, a goiter can also be a side effect of certain medications. In other parts of the world, goiters can develop from a lack of iodine. In other cases, there are no known causes.

Treatment depends on the cause of the goiter, symptoms, and complications resulting from the goiter. Small goiters that aren't noticeable and don't cause problems usually don't need treatment.

PARATHYROID DISORDERS

The most common parathyroid disorders are caused by an imbalance of the parathyroid hormone, known as PTH. PTH regulates the amount of calcium in the body.

HYPOPARATHYROIDISM

When the parathyroid glands produce too little hormone, this is known as hypoparathyroidism or underactive parathyroid. This leads to low blood calcium.

Treatment of Hypoparathyroidism

Treatment of hypoparathyroidism includes oral calcium carbonate tablets and a prescription parathyroid hormone used with supplemental calcium and vitamin D.

Signs and symptoms of hypoparathyroidism include:

- Tingling lips, fingers, and toes
- Muscle aches, cramps, and spasms
- Calcium deposits in some tissues
- Dry hair and skin
- Brittle nails
- Patchy hair loss
- Pain in the face, legs, and feet
- Painful menstrual periods

When the parathyroid glands produce too much hormone, this is known as hyperparathyroidism or overactive parathyroid. This leads to high blood calcium levels.

There are two types of hyperparathyroidism. In primary hyperparathyroidism, an enlargement of one or more of the parathyroid glands causes overproduction of the hormone. Surgery is the most common treatment for primary hyperparathyroidism. Secondary hyperparathyroidism occurs due to another disease that first causes low calcium levels in the body. Over time, increased parathyroid hormone levels occur. Factors that may contribute to secondary hyperparathyroidism include severe calcium deficiency, severe vitamin D deficiency, and chronic kidney failure.

TREATMENT OF HYPERPARATHYROIDISM

Treatment of hyperparathyroidism include surgical removal of enlargements or tumors, hormone replacement therapy, and calcimimetics -- a drug that mimics calcium in the blood and may encourage the parathyroid glands to release less parathyroid hormone.

Signs and symptoms of hyperparathyroidism include:

- Osteoporosis
- Kidney stones
- Bone and joint pain
- Thinning hair
- Excessive urination
- Abdominal pain
- Muscle weakness
- Depression or forgetfulness
- Itching

PARATHYROID TUMORS

Parathyroid tumors may increase the levels of parathyroid hormones. Parathyroid tumors are extremely rare and are usually benign, or non-cancerous. Surgery to remove the tumor is recommended if it is causing abnormal blood calcium levels.

TESTING FOR AND DIAGNOSING THYROID DISORDERS

If your physician suspects a thyroid disorder, a blood test will likely be ordered. Blood tests for your thyroid include:

- TSH – This is the most accurate measure of thyroid activity and measures the amount of Thyroid Stimulating Hormone. High levels of TSH indicate an underactive thyroid, while low levels indicate an overactive thyroid.
- T3 and T4 – These tests measure the amount of the two types of thyroid hormones.
- TSI – This measures thyroid stimulating immunoglobulin, an antibody that instructs the thyroid gland to produce more thyroid hormones. This test is performed when overactive thyroid is suspected.
- Antithyroid Antibody Test – This test measures the antibodies that instruct the body to destroy thyroid tissue and cells, resulting in underactive thyroid.

Other testing and diagnostic tools include:

- **Ultrasound** – An ultrasound creates an image of the thyroid and can reveal enlargements or nodules on the thyroid.
- **Thyroid Scan** – Like ultrasound, a thyroid scan creates an image of the thyroid. The patient ingests a small amount of radioactive iodine to help generate the image. It is often performed with a radioactive iodine uptake test.
- **Radioactive Iodine Uptake Test** – This test involves giving a small amount of radioactive iodine to measure how much is taken up by the thyroid. This test can tell the difference between several causes of increased thyroid hormone blood levels.

- **Fine Needle Aspiration (FNA) Biopsy** -- In this test, a small needle collects tissue samples for testing under a microscope.

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Disappearing Doctors, and Making a Personal Healthcare Plan

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

Going to the doctor can be a hassle, depending... You may wait to get an appointment, to be seen, to get tests, and then you can wait – often anxiously - for the results. You may even be waiting to find any family doctor at all. Nationally, and here in Southwest Florida, this often results from a growing shortage of doctors and nurses.

The national health care staffing crisis is well known. Within the next two years, a gap of 200,000 to 450,000 registered nurses and 50,000 to 80,000 doctors is projected, and family practices are hit the hardest.

"If you live in Southwest Florida, you are likely already aware that we have a physician shortage," Dr. Rebekah Bernard a Fort Myers family practitioner, has written, and I concur. New residents seeking a primary care doctor are often out of luck here. Many practices -- even membership or "concierge" practices like mine, are full -- though some availability remains at my Naples office, because I'm a more recent arrival.

In 2019, Florida was short nearly 4,000 physicians. By 2035, the physician shortage is expected to reach 18,000 because of our growing and aging population and retiring physicians. Florida is also suffering from a significant nursing shortage. Job placement data show that as of last April 30, there were more than 20,000 vacant nurse positions, and the trend continues. The Florida Hospital Association says the turnover rate for nurses in Florida has been 25% over the last year and we will need 4,000 more nurses each year for the next decade to reach the required demand.

Perhaps you're making plans for family care for yourself and your family. Know that we in Naples are not exempt from the larger picture: by 2035 there will be more seniors 65 and older than children younger than 18 across the U.S.



Our older patients see physicians at 3-4 times the rate of younger people, and need more tests, procedures, and surgeries. Many actively licensed physicians are over 60. And nationally, more than a third of physicians told survey researchers that they would like to retire in the next year.

Sadly, COVID and the overall staffing shortage are also causing a spike in burnout rates of physicians and nurses, who may leave the profession or cut back their hours. Nearly half of U.S. nurses and physicians report that they plan to leave their positions within two to three years.

But there's hope, even in the short term, in the kind and quality of medical attention you're getting. In a world of hard-to-get health care, shifting the focus to preventative care is key. Right now, it is important to secure a doctor who has the time and tools to provide personalized care to help you achieve optimal health.

Looking for Guidance on Making Healthy Choices?

The journey to optimal health looks different for everyone, and WellcomeMD can help! We restrict memberships so that I have more time with each of my patients, and they have far more access to time with me, at any hour needed. They have my cell-phone number for emergencies, as well as email and telehealth options. And our certified health coaches help our members reach their goals and find their happiest, healthiest version of themselves.

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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, pro-active, and 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.
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If you are ready to optimize your health and have options and programs custom-tailored to your specific needs, contact WellcomeMD today at (239) 451-5105 or wellcomemd.com/naples-florida.

We'd love the chance to meet with you for a free consultation and a tour of our clinic.



DIANA MACIAN, M.D.

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CBD FORMULATIONS - WHICH IS BEST?

By Hans Doherty - Growing in Health Florida

Have you ever typed CBD into your search engine to see what comes up? I can tell you that the results will swamp you. There are limitless topics and studies available, advice, and products for sale. It's overwhelming because most don't know who will offer real scoop, the true insight to the subject of cannabis. That is what it is after all.

We all have friends and family members who, while having the best of intentions, may not know enough themselves. There are some doctors and others in the medical community who are willing to offer some guidance on the subject too. But sometimes they don't know either.

I've worked with pain management doctors, oncologists, psychiatrists, gastrointestinal specialists, thoracic surgeons, and more. The majority of them are not afraid to recommend CBD specifically. That's because it doesn't "get you high" or create euphoria like THC can.

THC is a vital cannabinoid, however. The presence of even a small amount helps to create the **entourage effect**. This is when the combined effect of "all" of the cannabinoids and terpenes in the plant work in conjunction with each other on the body. This being far more beneficial than the effect of one cannabinoid itself.

Tinctures (drops under the tongue) or oils are by far the best way to get a highest concentration of CBD into the body. They are very effective, with NANO drops, water soluble, being a popular option because of the fast absorption.

FULL SPECTRUM CBD has .3% THC. This is what 90% of clients using CBD consume. Picture the whole cannabis plant in your mind, all the leaves and everything. This plant has THC. Not enough to get you "high" but enough to create the entourage effect in your body. Most people want FULL SPECTRUM.

There are some people who don't want any THC and some who can't have any THC. Law enforcement, first responders, truck drivers, etc. For them there is BROAD SPECTRUM CBD. Picture the whole plant, then remove the THC only. There are still lots of other cannabinoids and terpenes in the formulation that are beneficial to your system.



CBD ISOLATE is the third formula. As the term implies, isolated CBD contains that one cannabinoid all by itself. It still offers pain relief and has super anti-inflammatory characteristics. It's less popular but still effective. It contains NO THC and is beneficial for some.

Growing in Health carries the FULL SPECTRUM and the BROAD SPECTRUM CBD. It comes in a variety of strengths. Some go all the way up to 5000MGS. If you have a significant problem, a few 25MG / CBD gummies aren't going to fix it!

I am often told "I tried CBD but it didn't work for me". The questions I ask are What was the formulation? How strong was it? How long did you use it for? They often look at me and say..."I don't know".

Come into the store. Ask questions and get a better understanding! Education is vital to the consumer. With the flood of information out there, we are here to help clarify the crystal ball and help allow you to make an informed decision about whether CBD could be a natural alternative to your wellness regimen.

Which formulation is best is for you to determine. I personally use the full spectrum CBD for pain, and sleep. I'm always pleasantly surprised with how effective the products are on me. Hopefully, you experience the same relief too.

We invite your questions at www.growinginhealthflorida.org.

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



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THE EFFECTIVENESS OF MEDICAL MARIJUANA ON GLAUCOMA

January is National Glaucoma Awareness Month, where we recognize the disease responsible for a large amount of vision loss. Glaucoma is a medical condition where the eye's intraocular pressure (IOP) increases to dangerously high levels. Glaucoma is one of the leading causes of vision loss and blindness in the United States. There are roughly 3 million Americans who suffer from this condition, along with another 57 million worldwide. Previous research studies suggest that marijuana may not suit everyone; however, it might be worth considering if you are among those who struggle and suffer from glaucoma.

Medical marijuana has historically been used to relieve various medical conditions, from cancer to chronic pain. Old and new studies infer that marijuana may effectively treat glaucoma by significantly decreasing pressure within the eye. Multiple studies discovered that cannabinoids found in marijuana help reduce eye pressure levels regardless of the method of consumption. Research focusing on various consumption methods showed equal benefits whether taken orally or inhaled. Surprisingly, however, when researchers placed cannabinoids onto the eye directly, little to no effect was identified.



It Has Potential To Lower Intraocular Pressure

With the ability to lower intraocular pressure, marijuana has been studied as a therapy for glaucoma. Patients interested in using cannabis for glaucoma relief will learn what form and how much to take when consulting with the proper healthcare provider. These answers may vary according to individual factors such as eye strain or duration of exposure time. In most trials, a single dose of marijuana or cannabinoid was shown to maintain the desired effect and lasted three to four hours. However, to effectively control optic nerve damage resulting from glaucoma, an individual would need between six and eight doses per day for effective management.



While marijuana lowers IOP, it has some drawbacks and is not risk-free. Since the lower IOP is not long term, most patients still require prescription drops for extended pressure control.

It Helps a Debilitating Condition

Glaucoma is a debilitating medical condition classified into three types – open-angle, angle-closure, and normal-tension.

Open-angle glaucoma occurs when the drainage duct gets clogged. Open-angle glaucoma (OAG) is the most common of the types and affects roughly 90% of patients. Healthcare providers can treat OAG with FDA-approved eye drops that work well if taken as prescribed to maintain visual health!

Angle-closure glaucoma, aka closed-angle glaucoma, can occur suddenly (acute angle-closure) or gradually (chronic angle-closure). In acute angle-closure glaucoma, the drainage duct suddenly becomes fully occluded, and this occlusion prevents fluid outflow from the eye, leading to dangerously high IOP. Acute closed-angle glaucoma is a true medical emergency resulting in permanent blindness if not treated soon enough. These patients will experience severe eye pain, headache, and vision loss due to the elevated IOP. This condition will require timely surgical intervention for relief.

Normal-tension glaucoma is a unique form of glaucoma that is not fully understood. Normal-tension glaucoma results in damage to the optic nerve despite normal IOP. It is thought to occur due to either increased nerve sensitivity or alterations in blood flow. Sometimes, these patients are treated with medicated eye drops that lower the IOP below the normal range.

Treatment With Marijuana

Several different drugs are effective at managing glaucoma and IOP. New research studies on medical marijuana usage and glaucoma have documented improvement in some patients. Still, due to the requirement to manage pressure 24 hours a day, Medical Marijuana is usually not a standalone solution for glaucoma.

There is still no FDA-approved form for medical use in America. Scientists and researchers can't say what ingredients might trigger reactions differently among individual patients.

Various options exist to lower IOP, such as prescription eye drops, laser treatment, and surgery such as trabeculectomy. Trabeculectomy involves removing pieces of tissue from inside the eye and inserting an artificial tube called a shunt into the drainage channel.

The Positive & Negative Aspects

Medical marijuana can control the pressure in your eyes to reduce damage to the optic nerve. Studies have shown that cannabis can lower IOP for glaucoma patients and those without glaucoma. Experts aren't sure how this works yet. No evidence suggests daily use will help prevent or slow down the progression of disease-related vision loss such as age-related macular degeneration (AMD). The good news is scientists continue to research and study the benefits that medical marijuana may hold.

Tetrahydrocannabinol (THC)

The benefit of medical marijuana in glaucoma sufferers is related to the endocannabinoid system, cannabinoids, and delta-9-tetrahydrocannabinol (THC). THC contains high concentrations of various cannabinoids that have effectively lowered IOP.

Although glaucoma is a qualifying condition in Florida for Medical Marijuana usage, it is important to note that not all researchers agree with the findings. Many insist more long-term testing needs to be conducted before we can say anything definitive about how cannabis might affect one's vision over time.



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7 WAYS TO USE MOTION TO SPARK JOY FOR SENIORS AND CAREGIVERS



There are many exciting ways to incorporate productive motion into older adults' daily lives. Here are a few ideas:

- 1. Join a Walking Club.** If your or your loved one is able to — a walking club can provide healthy socialization. A botanical garden, a lake, or a nature trail is an excellent addition to a walking route. These locations will offer beautiful scenery, possible wildlife or bird sightings, and benches for resting, if needed (just watch for more possible tripping hazards on a natural trail). Gentle hills can provide more exercise. For further motivation, a walking club could join a charity walk together and be encouraged by supporting a good cause.
- 2. Go swimming.** Swimming provides great exercise for the entire body and good cardio as well. Head to a pool to either swim laps or enjoy a water aerobics class. After a swim, take a dip in the hot tub or relax in the sauna.
- 3. Practice yoga.** Yoga is perfect for seniors as it provides a gentle means to improve posture, balance, and coordination. If you or your loved one cannot sit on a yoga mat on the floor, try these chair exercises to increase strength and balance.
- 4. Lift weights.** This exercise doesn't have to be extreme! You can use lighter (two or three-pound) weights for safe strength training. Seniors lifting light weights may find doing this deceiving, as it may not feel effective. Even with light weights, exercise can be overdone. Go slowly to avoid injury.
- 5. Go on field trips.** Remember how much fun field trips were when you were back in school? Getting out can be greatly enjoyable and valuable at any age.

Go to a museum, the zoo, or a baseball game. Long-term care homes may have a bus or van and welcome family caregivers along on their community field trips.

6. Register for an art class. Try to incorporate simple and engaging crafts. Whether it's pottery, painting, or knitting/quilting, certain creative pursuits can increase dexterity in senior fingers, which may not get much regular movement.

7. Play with grandchildren. Bending over and lifting young children or following them around at a playground can be so much fun that seniors may not even realize they are being more active, improving balance, and getting a workout!



THE BENEFITS OF EXERCISE FOR SENIORS

Simply put, regular movement will keep a senior's body and mind moving. Here are several, more specific, advantages of exercise for seniors:

- **Prevention of Disease.** Maintaining regular physical activity can build a stronger body and immune system to help fight against many common diseases such as osteoporosis, diabetes, cancer, and heart disease.
- **Increased Strength.** Exercising helps maintain and build muscles.

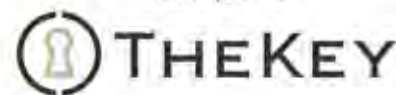
- **Improved Mental Health.** Regular exercise also keeps the brain's wheels turning. Your older loved one will have clearer thinking, better concentration, and improved focus.
- **Fall Prevention.** As seniors age, they become more unsteady on their feet. With safe exercise, a senior can build strength and improve balance.
- **Better Flexibility.** Regular stretching can result in being better able to bend, lean over, and reach for items.
- **Social Engagement.** Outdoor group activities with proper social distancing are encouraged. By exercising with others, seniors can enjoy the social interaction while building their strength.
- **Improved quality of life.** Incorporating exercise into one's life leads to greater levels of happiness and energy.
- **Reduced stress.** Exercise is a great way to calm down. Exercising produces endorphins within the body, which help a person feel relaxed.

Keeping older adults moving will help their body, mind, and spirit — and that's a good reason to keep them active for as long as possible! To learn more about how hiring a professional caregiver can help, visit TheKey.com.

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"Living the Mission"

Avow Recognizes Four Exemplary Employees

In December 2022, Avow conferred its greatest employee recognition, the Heart of Avow award, to four staff members at the company's annual holiday breakfast. Winners were Cindy Moon, registered nurse; Veronica Madrigal, certified nursing assistant/home health aide; Linda Harris, hospice house chef; and Denise Lucas, administrative assistant. Avow provides hospice care to residents of Collier County, as well as non-hospice palliative care and grief support to anyone in Southwest Florida.

"Working for an organization that cares for people during some of the most difficult times of life is not always easy," says Rebecca Gatian, Chief Clinical Officer. "It takes employees who can be compassionate, understanding, and professional every day, even in challenging situations. The Heart of Avow award recognizes those employees who consistently live our caring mission and commitment to excellence. Nominations come from employees themselves, who recognize coworkers who often go 'above and beyond' whenever needed. It's a meaningful award, one that inspires employees to bring their best selves to this work every day."



Winner **Cindy Moon, RN** was described as the nurse employees would choose to care for themselves or their loved ones. An Avow employee of 12 years, and a nurse for 54 years, Moon has cared for patients in Avow's hospice house and those living at home. She is recognized for her skill in training clinical team members in all aspects of patient care and proper documentation. Comfortable and confident, Moon is also at ease explaining to patients, their families, and the community about what to expect in hospice. Her calm professionalism makes her a role model for other employees. "When Cindy found Avow," says Gatian, "she found both her calling and her home."



Winner **Denise Lucas** is the first person many people talk to when they call or visit Avow. Every month at Avow's central welcome desk, Denise answers and forwards thousands of calls, often from people who are distraught and need Denise's calm demeanor. She helps visitors and vendors connect with Avow staff and answers many questions about Avow's services. A quiet contributor who doesn't seek recognition, Denise frequently volunteers to work extra hours when needed and helps other employees with tasks and planning. "It's so important to have someone with kindness and empathy in a role like Denise's," Gatian explains. "She makes a wonderful first impression for our organization and represents our corporate values every day." Lucas joined Avow in 2020 during the pandemic to help support COVID screening, and quickly moved up into new roles to utilize her skills.



Winner **Linda Harris** was among the first group of employees hired in 2003 to staff Avow's then-new hospice house. In the 18-plus years since, Linda has cared for patients, their family members, hospice house visitors, and employees through her nutritious and inviting meals. "What is so special about Linda is that she stops into patient rooms in our

hospice house to make sure patients and families have all the food and drinks they need," explains Gatian. "She knows that families can be reluctant to leave patients even for a few minutes, so she proactively reaches out to them. That kind of hospitality and thoughtfulness is just what we strive to offer in our hospice house. Her presence feels like a warm hug from someone you love and trust."



Winner **Veronica Madrigal**, hired in 2018, provides tender and dignified personal care to the patients in Avow's hospice house. Gatian explains one recent incident that exemplifies Madrigal's devotion to her patients. "Recently, Veronica helped a family in crisis as they dealt with the death of their newborn. The family did not speak English, so Veronica stayed with them even after her long workday, comforting them and answering their questions. When we learned that the family had no transportation to return to their home from our hospice house, she stepped up and offered to drive them. She made a life-changing impression on these family members, who were scared and grieving such an unthinkable loss in a country they don't know. She truly represents the heart of our organization."

Avow is proud to have these employees on staff and thanks them for their exemplary service. You can always contact Avow at (239) 280-2288, or go to our website at avowcares.org for information on our hospice, palliative care, adult bereavement, or children's loss support through Avow Kids.



239.280.2288
www.avowcares.org



WANT TO CHANGE YOUR STATE OF BEING TO WELLBEING FOR THE NEW YEAR?

BY DR. LINELL KING

The mind and body connection is both fascinating and physical. Like physical wellness, we often need to put forth the effort to achieve good mental health. Just as we often hire a personal trainer to help us meet our physical body goals, we may need to seek professional help to meet our mental health goals. When we connect with others, increase our physical activity, and get better sleep, the body and mind benefit. Help and support from qualified professionals and the important people in your daily life can get you back on your feet and moving toward your life goals.

One of the best ways to achieve good mental health is by **connecting with others**. This can be through social interactions, volunteering to help those in need, joining a sports team, or building a support network. Over time, it is possible to learn coping skills that can help us transcend the stresses of living and withstand major life challenges. **Building a routine** and a positive lifestyle will help you regain control over your emotions and actions and thereby over your life. Even small steps can help and add up to achieving a major life goal.

Our **surroundings** have a major influence on our mental state and physical well-being. Negative events and memories live on in our subconscious and affect our actions and choices. You can make a conscious decision to make your environment a positive one; to free yourself of negative influences.

This can mean spending more time with pets and people you care for, focusing your reading and entertainment choices on positive and uplifting books, films, television shows, and music, and thinking carefully about all the things for which you are **grateful**. Spending time in the garden or other natural surroundings is another way of bringing positive feelings into your life.

This does not mean that you should turn your back on the pain and suffering of others but that you should have a way of handling these in your life. In some ways, you are **creating an emotional safe zone** for yourself to give you the ability to deal with negative news and emotions. By isolating and identifying negative elements, you can handle them instead of letting them control you.



Mental health problems can be caused by many different factors, including biological issues, negative life experiences, and family history. Genetic inheritance can cause problems to surface, as can brain chemistry. Physical or mental trauma and abuse can also cause mental health distress. It's important to know that people can and do recover completely. The road to mental wellness can be a difficult one, and it helps to have **support from qualified professionals**, family, friends, and community.

People can experience mental health problems at any stage of their lives. They can affect children, teens, adults, and seniors. Mental health problems disrupt emotional and behavioral patterns, which will have a ripple effect on all areas of our life. Mental health problems are never just limited to the individual but affect the family, community, and workplace.

Someone suffering from these mental health issues may withdraw from social interactions and become moody, disorganized, or distracted. This will have an impact on the well-being and safety of others. Mental and physical wellness, on the other hand, help you become the best you can be for yourself and your family and community.

While you can start the mental health improvement steps on your own, you may need professional help to turn your life toward true mental wellness. A professional **mindset re-evaluation** can help you identify

the kinds of changes that will be most beneficial. Professional guidance can cover areas like stress management, personality development, and creating a healthy lifestyle. You can also receive help in developing daily rituals for a positive mindset.

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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NEW YEAR, NEW YOU WITH RHINOPLASTY: COSMETIC AND FUNCTIONAL RECONSTRUCTION

By Gunnar Bergqvist, MD

Rhinoplasty stems from the Latin words rhino (nose) and plasty (to form or shape). Rhinoplasties have a rich history in human culture. Originating as a punishment for theft in ancient Egypt in the form of rhinectomy, the reconstruction of noses truly began in 500 BC under Shushruta, a doctor credited to inventing the forehead flap. In the Roman empire, rhinoplasties and other cosmetic procedures were referenced, especially the reconstruction of noses due to birth defects

Italians were performing rhinoplasties on soldiers returning from war in the 1500s. Since the end of the 19th century there have been great advancements in the cosmetic procedure as surgeons have honed their skills and expanded their understanding of the structure and functions of the nose.

A common misconception is that this is always a cosmetic procedure, however this is not always the case. There are cosmetic, functional, or restorative rhinoplasties, each serving a specific purpose. A cosmetic rhinoplasty is done to alter the shape and appearance of your nose. A reconstructive is done for the purpose of restoring the function of the nose. Lastly, a restorative rhinoplasty is done to give one back their nose in the instance of trauma or disease. It is important that no matter what type of rhinoplasty one does, that they consider the primary functions of nose and make sure that the result restore each of these functions to the maximum capability.

According to Dr. Bergqvist, there are six primary functions of the nose that must be considered. The primary is to breathe, to work as a conduit to your lungs while your mouth is closed. Second, and another obvious function, is that of smell. This is extended to facilitate your sense of taste, the third function. Inside of the nose you have several protrusions which create moisture for your airways,



these are called turbinates. Without these structures and the moisture, they provide, your lungs would become damaged by the dry air. The nose also helps to filter dust, and particles out of the air functioning as one of your body's primary defenses against foreign bodies. The last function is to look good.



One of the most important aspects of any surgery of the nose, is to go back to the 6 function of the nose and restore each as much as possible. While not always the objective the outcome typically corresponds to an aesthetically pleasing nose.

While considering the functions of the nose, one must also consider the overarching structural complexity. While the exterior of the nose consists of many intricate aesthetic units, the nose as a whole is composed of many tissues- skin cartilage, bone, connective and neural tissue. One of the more intricate structures in the nose which require surgery are the valves. The nose has multiple air valves, the external consisting of the nostril. If this is having issues with collapse, this can be reconstructed to help breathing.

The internal nasal valve is one of the most commonly missed structure of the nose, and if collapsed can cause you difficulty with breathing. This valve can be reconstructed to stay open. Behind this valve, the next level of air obstruction would be the septum. The septum has a primary function of maintaining the height of your nose. It is not uncommon that the septum may be bent or broken or have a hematoma after trauma. Each of these may be referred to as a deviated septum. This reconstruction more commonly known as a septoplasty. This is also typically done in conjunction with turbinate surgery to improve breathing.

Now more than ever rhinoplasties are fulfilling more than one purpose. Attached are the before and after images of a patient who underwent cosmetic and functional reconstruction by Dr. Bergqvist. Typical recovery varies patient from patient. However, should you consider a rhinoplasty you should expect bruising for 1-3 weeks (bruising may persist should you require structural repositioning), and swelling to subside within several weeks.

The Plastic Surgery Center of Naples
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ASK THE EXPERT

Common Causes of Hearing Loss in Adults

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

- **Acoustic Neuroma:** A tumor that can cause hearing loss, ringing in the ears, and a feeling of ear fullness.
- **Autoimmune Disorder:** Fast-acting, requiring immediate medical intervention.
- **Congenital:** Resulting from a family history or predisposition to hearing loss.
- **Meniere's Disease:** Inner ear disease, the cause of which is unknown. Patients typically have sensorineural hearing loss, dizziness and/or ringing in the ears.
- **Noise-Induced:** Painless and usually happens over time.
- **Otosclerosis:** A middle ear disease that makes it difficult for the tiny bones in the middle ear to move, causing conductive hearing loss.
- **Ototoxicity:** There are more than 200 ototoxic prescription and OTC medications.
- **Physical Injury:** A TBI, perforated eardrum, and/or damage to the ear.

- **Presbycusis:** Age-related hearing loss that happens as you get older.
- **Selective Hearing Loss:** The inability of husbands to hear their wives during football games and other sporting or entertainment-related events.

Anyone over the age of 55 should have a routine baseline hearing test performed by an audiologist. It's free, quick, and you can get the answers you need to move on with your life.

- DID YOU KNOW?

Your hearing health and overall health and well-being are intertwined



People with low-frequency hearing loss are considered at risk for cardiovascular events.¹¹

Older adults with impaired hearing may have a shorter lifespan than their peers without hearing problems.¹²

People with mild hearing loss are **3x more likely** to have a history of falling.⁷

Over **360 million** of the world's population have disabling hearing loss.¹³

90-95% of people with hearing loss can be treated with hearing aids.¹⁴

Adults with untreated hearing loss were more likely to report depression, anxiety and paranoia than peers who wore hearing aids.¹⁵

There is a significant association between **high blood pressure** and untreated hearing loss.¹⁶

Tinnitus
Up to **90%** of people with tinnitus have some level of noise-induced hearing loss.

Osteoporosis
Osteoporosis can **adversely affect the three tiny bones** in the middle ear, which can lead to hearing loss.

Eye Health
Vision helps you identify where a sound is coming from.

Heart Health
A healthy cardiovascular system has a **positive effect** on hearing.

Hypertension
High blood pressure can be an accelerating factor of hearing loss in adults.

Obesity
Higher body mass index (BMI) and larger waist circumference are associated with **increased risk of hearing loss in women.**

Safety/Balance
People with mild hearing loss are **3x more likely** to have a history of falling than people with normal hearing.

Cognitive Decline
Adults with hearing loss experience a **30-40% faster decline in cognitive abilities** than their peers with normal hearing.
**75 years and older*

Depression
In a recent survey, adults with untreated hearing loss were **more likely to report depression, anxiety and paranoia** than peers who wore hearing aids.
**50 years and older*

Isolation
Untreated hearing loss can contribute to social isolation, anxiety, depression and cognitive decline.

Diabetes
Hearing loss is **twice as common** in people with diabetes as their peers without.

Smoking
Current smokers have a **70% higher risk** of having hearing loss than nonsmokers.

Ototoxicity
Ototoxicity is a **common cause** of hearing loss.
Over 200 medications, including aspirin, certain antibiotics and some anti-cancer drugs, are known to be ototoxic (which literally means "poisonous to the ears")."



PLEASE CALL FOR AN APPOINTMENT
239-631-5731
napleshearingaids.com

Cervix Health

January has been designated by the US Congress as Cervical Cancer Awareness month. Good thing we have a month dedicated to it, because otherwise, most of us aren't thinking much about our cervix. As a part of the female reproductive system, it seems to be the part that gets little or no attention unless you're about to give birth, of course. Then we are obsessed with it and what it is and isn't doing. But do you know what your cervix is doing on a normal day?

The cervix is the passageway into and out of the uterus. It allows for the passage of menstrual fluid from the uterus and sperm needs to travel through it in order to reach the uterus. During child birth, it widens to allow for the passage of the baby.

Though most women don't think about the cervix unless they are pregnant or trying to get pregnant, your cervix is actually doing a lot even at this moment. It has a vital role in protecting your health and helping your reproductive system run smoothly. It may even help you to have a better sex life. Some women report orgasm from cervical stimulation!

What is your cervix doing now?

The cervix has two main functions: guarding the door so that nothing gets in and opening the door when it is time for something (menstrual flow or a baby) to come out. When a woman is not pregnant, the cervix protects you by keeping germs and foreign objects (bath water, a penis, tampons) from getting inside the uterus. If you are trying to get pregnant, it is the gateway for the sperm to reach the egg. If you are pregnant, the cervix helps keep the baby tucked up nice and snug in the uterus. Then when it is time, it opens up to let the baby out.

Another important function of the cervix is to alert us when something is wrong. Due to its position, it often is the first site of an identifiable bacterial or viral infection. These may include cervical cancer, sexually-transmitted infections, and other diseases as well. If you notice an unusual odor or odd discharge in the middle of your cycle, if your doctor sees changes in the surface of the cervix during an exam, or a test (Pap smear) may indicate changes in the cells of your cervix. This is why it is so very important to get regular gynecological exams. You may be walking around with a problem you cannot see or detect on your own.



Yet another function of the cervix is that it can be a good indicator of where you are in your cycle. It can help you know if you are ovulating or when you are most fertile. At the beginning of your cycle, right after bleeding stops, you will notice a creamier discharge or mucous. When it is time to ovulate, discharge turns thinner, watery and slightly sticky, which is apparently what sperm love to travel in. Then, in the luteal phase, the cervical mucus becomes thick and hostile to sperm.

WHAT COULD GO WRONG?

Cervical polyps and cysts

A polyp is a small growth that appears on the surface of the cervix. They are almost always benign, meaning they are not cancerous. However, a small number of them can become cancerous over time so most gynecologists will recommend removing them. A Nabothian cyst is also benign. It is a mucus-filled lesion that forms when the mucus-secreting glands are blocked. They don't usually require treatment, but can be drained by a healthcare provider.

Cervicitis

Cervicitis is an inflammation of the cervix. It is usually caused by a sexually transmitted infection such as chlamydia or gonorrhea. Occasionally, it can be related to using a cervical cap, IUD, or an allergy to a spermicide or latex condoms.

Cervical Dysplasia

Cervical dysplasia is a condition in which abnormal cells grow on the surface of the cervix. It is not cancer, but it is considered a precancerous condition. It can be detected during a Pap test and will usually resolve with treatment and follow-up care.

Cervical Cancer

Cervical cancer is cancer that forms in the cells of the cervix. Most cervical cancer is related to infection by the human papillomavirus (HPV). HPV is a common sexually transmitted infection.

In the early stages, cervical cancer usually has no symptoms. In later stages, symptoms can include bleeding or spotting between periods, heavier than normal menstrual periods, pelvic pain or pain during sex, and abnormal discharge.

Cervical cancer is easiest to treat in the early stages, so it's important to have a regular Pap smear. A Pap smear can identify abnormal cervical changes long before they become cancerous.

If you are looking for a team of medical professionals to talk to you about your cervical health, the team at Well-Being Medical Center in Naples is available and ready to help. They offer a wide variety of service including preventative care, health consultations, and pride themselves on patient satisfaction.



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.



239-315-7801

www.well-beingmedicalcenter.org

851 5th Ave. N. Suite 102, Naples, FL 34102

WHERE YOU CAN FIND WELLNESS THAT IS AS UNIQUE AS YOU ARE

Irena Basnikova was born in Russia, where she was blessed to be raised by loving, educated, and health-oriented parents. They grew organic fruits and vegetables and lived a holistic and sound lifestyle, which was an excellent way for her to begin life.

Irena obtained a 5-year Political Economics Degree at the St. Petersburg State University in Russia. Shortly after moved to Wilmington, North Carolina, where she started her fitness and wellness journey. In 1999 moved to Naples, Florida. In 2005, Irena was a personal trainer and instructor of water aerobics at the Wyndemere Golf and Country Club. In 2007, Irena also began training at Pelican Bay Fitness Center. In 2009, Irena gained her Pilates Reformer certification and added Pilates classes to her popular water aerobics class schedule. Irena wanted to see her clients make more progress and had a desire and a passion for more education and answers to whole-body and mind wellness.



When she launched Naples Fitness Wellness, Irena's lifelong dream of creating a "Hole-in-One" fitness and wellness studio became a reality in December 2018. Irena wanted to help her golf clients play more excellently on the golf course. She equipped her studio with one-of-a-kind pieces of equipment for her new state-of-the-art facility. She began teaching athletes and clients of all ages in her own studio about the importance of posture, movement, and the effects of stress on the whole body. Irena treated every client as a unique puzzle she wanted to solve. What can we do to improve EVERY part of the body? Irena doesn't see limitations; she sees clients as winning and already well. As her clientele grew, so did her desire for more education.

Irena attended the Titleist Performance Institute (TPI) in San Diego, California. The Titleist Performance Institute uses a holistic approach and innovative technologies to help golfers improve their performance. They utilize advanced equipment fitting methods, detailed swing analysis, and science-based player conditioning. TPI Level 1 Certification teaches golf, fitness, and medical professionals how to evaluate a golfer for physical limitations, which can inhibit swing efficiency, durability, and, ultimately, enjoyment of the game. Irena learned to quickly assess a player's physical capabilities using the TPI Level 1 screen and to understand how the assessment results correlate with the



technical elements in the player's swing. TPI will quickly identify the critical area that can keep a golfer from playing their best. This is called the Body-Swing Connection.

Having received two additional advanced certifications from the Titleist Performance Institute (TPI), Irena operates with evidence-based solutions for golf professionals and recreationists. Recognizing that over half of all serious golfers have experienced physical issues that influenced their performance, Irena is well-versed with the information and tools necessary to coach clients on resolving their golf-specific injuries. Among the services provided by NFW are Epigenetic Nutritional & Wellbeing Reports, designed to learn about your nutritional and immune system challenges, used by Irena to build a personalized wellness program for you.

More than Massage Therapy

When we asked Irena what she felt was her most used equipment for her new space, Irena stated, "The comfort craft 850 table I use for active isolated stretching and massage therapy. The comfort craft 850 table improves treatment results. The table has a lateral read unit that moves twenty-five degrees in either direction for working the extremities during side-to-side movement. Another great benefit of a mid-split table is that it removes the body from a flat surface. This creative approach allows the lower back's relaxation and supports the body's arch when laying face up."

Irena uses Cranial Release Technique to reduce stress. The technique works to "unlock" locked cranial bones to restore balance and reduce stress and pain in the body. Among other effects, CRT can help relax a stressed heart rate and increase Alpha/Theta waves in the brain (necessary for relaxation). CRT can also be very effectively combined with other types of bodywork.

Irena starts each new client with a complete posture assessment. She then builds a personalized program based on the desired outcome for every client. In addition to the massage therapy services in her studio, Irena offers her clients holistic therapies to release stress, feel engaged, have better movement and posture, and perform on the playing field. She assesses stress levels, scar tissue, cranial alignment, and shoulder, hip, neck, and foot rotation. Golfers seek her out the way Tiger Woods seeks out a double eagle. In the coming months, we will highlight other services Naples Fitness Wellness offers. In this new year, treat yourself to a consultation with Irena. Your body, mind, and spirit will thank you.

Naples Fitness Wellness acts as a catalyst for individuals who seek to enhance their physical strength and posture and boost their immune system. By identifying the need for physical & mental balance, wellness, and stability for athletes and adults, Irena introduces and coaches clients through their journey with Massage Therapy, Active Isolated Stretching, HOCATT (Hyperthermic Ozone and Carbonic Acid Transdermal Therapy), HuGo High-Intensity PEMF (Pulsed Electromagnetic Field), and other effective techniques. Irena is trained to increase clients' well-being and athletic performance by providing wellness care, technology, and training services. Staying ahead of wellness trends, Naples Fitness Wellness' facility includes Centropix products, Swiss-made technology designed to introduce desirable frequencies and regulate electro-smog produced by cell phones, Wi-Fi, and 5G. With you in mind, Naples Fitness Wellness delivers life-changing results that help reduce physical pain, repair & restore flexibility, and improve balance.

At **Naples Fitness Wellness**, we accomplish tremendous results by combining various training programs and massage therapy to suit each client's individual needs. Whether your goal is to gain or lose weight, rehab an injury, or find a healthier way of life, we have a program for you!



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NEW YEAR, NEW YOU: RESOLVE TO MAKE 2023 A YEAR OF CHANGE

By Greg Pascucci

January offers a fresh, new opportunity to reflect on your life and the changes you'd like to make. While resolutions are encouraged, it's important to make your goals measurable and quantifiable in order to stay motivated.

Older adults listed the following goals among their top 5 things to accomplish in the new year:

1. Stay Fit and Healthy

Studies have shown regular exercise and staying physically active provide many health benefits. Even moderate exercise has been linked to improved overall health. In fact, the National Institutes of Health found that exercise is beneficial to seniors, regardless of age!

Many senior living communities offer a variety of fitness and wellness programs designed specifically for residents – whether they are lifelong fitness enthusiasts or just beginning a more active lifestyle. At The Carlisle Naples, a senior living community, a state-of-the-art fitness center offers one-on-one instruction and specialized fitness equipment. Additionally, with classes ranging from water fitness to virtual fitness games such as Wii bowling, residents can choose from programs that best meet their fitness objectives. Our new partnership with ONR, also offers onsite access to specialized programs, including rehabilitation, wellness, and fitness education.

2. Learn Something Exciting

Just like a fitness program for your body, your brain needs to be stimulated with challenging workouts. Scientific research has proven that taking a class in just about any subject can improve one's cognitive abilities, rejuvenate memory and slow the onset of dementia-related disorders.

At The Carlisle, the monthly activity calendar is filled with interesting educational programs and classes. Local instructors often visit the resort-style community to share their knowledge on a variety of subject matter. Plus, our One Day University program offers college-level courses, taught by professors. This month, for example, residents can delve into "Women in the Civil War," "The 1920



Presidential Race," and "Twelve Extraordinary Greek Gods and Goddesses." Ongoing weekly classes such as Current Affairs, Investment Club and Tech Time also provide opportunities for educational pursuits.

3. Socialize With Friends and Enjoy Life

Recently, there has been increased attention on the importance of maintaining and forming new social circles. Experts on aging have long suspected that socialization improves physical and emotional well-being, increases mental alertness and encourages a more active lifestyle.

Retirement communities offer residents the perfect environment to engage with neighbors. At The Carlisle, meeting new people and continuing friendships are made easier with a variety of social and recreational events. Weekly card and board games offer a more intimate setting for friends to gather while holiday-themed events and special celebrations involve the entire community. There are also meetups geared to residents' interests, enabling The Carlisle's newest residents to quickly forge new friendships.

4. Volunteer and Help Others

Findings by "The Health Benefits of Volunteering: A Review of Recent Research" found adults who volunteer had a more active lifestyle—both physically and mentally—which reduced the risk of chronic conditions such as heart disease and depression.

A senior living community provides the perfect complement of peace of mind for the future while affording residents the opportunity to continue to be engaged in charitable and meaningful endeavors. The Carlisle's maintenance-free lifestyle means residents can spend each day as they wish. Many choose to volunteer within the community by serving on the Resident Council or Welcome Committee, while others prefer to be involved in the greater community, volunteering with local nonprofit organizations.

5. Complete Household Renovations/Repairs

Seniors often find the new year may be the perfect time for home renovations and repairs. They want to retrofit their homes to meet their changing needs. However, renovating is like layers of an onion. One thing can be overlaid and is dependent on another. What might begin simply as the installation of grab bars in the shower can easily turn into the widening of doorways or the lowering of kitchen counters.

Residents at retirement communities don't spend time worrying about repairs to their residences. It's all included in the monthly fee. From replacing light bulbs to fixing a leaky faucet, it's all taken care of by a professional, courteous staff. At The Carlisle, residents' days aren't planned around repairmen; therefore, they can continue their daily activities without interruption.

"Seniors wanting to discover new experiences, innovative surroundings, extraordinary health and fitness opportunities and the ease of a maintenance-free lifestyle need only visit our community," said Executive Director Bill Diamond. "For everyone resolving to make 2023 a year of change, I say, it's a new year; discover a new you today."

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



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BICYCLE ACCIDENTS IN FLORIDA

By F. Scott Pauzar, III, Collier County Personal Injury Lawyer

One of the benefits of living in a moderate, sunny climate with beautiful views in southwest Florida is being outdoors. Whether you live in a walkable or bikeable community or like to take your bike down to one of our many historic areas in the city or on our many bike trails, cycling is a popular pastime in Florida.

Unfortunately, due to heavy bike traffic from residents and tourists alike, Florida is ranked among the highest in bicycle accidents. According to Florida Highway Safety and Motor Vehicles, Florida is among one of the worst places to be a cyclist in terms of safety, with an annual death toll of almost 200 persons, not to mention the thousands of injuries resulting in hospitalizations or in long-term medical care. Therefore, practicing bicycle safety and knowing Florida biking laws is very important. For information on bicycle safety, visit Florida's Pedestrian & Bicycle Focused Initiative at <https://www.alerttodayflorida.com/Bicycle>.

On Marco Island and in Naples, dozens of bike accidents happen each year. A bicycle accident lawyer at Woodward, Pires & Lombardo (WPL) can review what happened to see if you have a case for a personal injury lawsuit. In many cases, you may. Similarly, bike accidents are quite common due to our many beautiful biking areas.

Why Do Florida Bike Collisions Occur?

One of the reasons for a bicycle accident in Naples or Marco Island is a defective bike. There could be a critical product defect in the bike manufacturing that may not be visible in the beginning but may cause a crash when it finally fails. Some bikes have been recalled due to unsafe handlebars, spokes, cables, or suspension forks. Should this be the case, a personal injury attorney will help you calculate a claim from the bike maker.

Additionally, should you collide with a moving vehicle, the accident could be the driver's responsibility. Often the driver reports they did not see the bicyclist, but this is no excuse and not valid regarding liability for an unfortunate accident.

A third possible reason for a bicycle accident is unsafe or undermaintained property. Property owners are responsible for maintaining their property in a reasonably safe condition, including



lighting, fencing, proper signage, and keeping the property in good order. Proper evaluation of your case by a bicycle accident attorney will help sort out the Florida legal issues surrounding the crash and help with the best settlement or trial outcome.

What Could I Gain by Having a Florida Bicycle Lawyer Review My Case?

The personal injury lawyers at Woodward, Pires & Lombardo in Marco Island and Naples are here to help you with a potential claim for damages should you sustain a bicycle injury due to no fault of your own. For example, if an intoxicated or otherwise distracted or reckless driver crashed into a cyclist.

Economic or monetary damages you could recover are medical bills, lost earnings, and therapy bills. However, you will need help from a bicycle accident attorney and their medical and economic experts in Florida to prove these damages and ensure you are receiving the maximum amount due.

Other losses come into play after an accident, such as emotional distress, mental anguish, loss of enjoyment and consortium, and pain and suffering. An attorney can help you calculate the actual value of your non-economic losses and show the court how the accident affected your life enjoyment and mental health.

Lastly, if there is an accident situation where both parties may be at fault, a Florida court could award you a partial amount relative to fault percentages if you are partially responsible for the bicycle accident. Contact WPL today for a complimentary case evaluation.

ABOUT THE AUTHOR

Woodward, Pires & Lombardo's Naples area personal injury attorney, F. Scott Pauzar, III, is a dynamic, principled, and results-driven attorney, combining impressive courtroom experience with unparalleled attention to detail. Mr.



Pauzar has a broad base of legal knowledge and skills cultivated through over 17 years of experience as a litigator in complex litigation in both state and federal courts. Mr. Pauzar has conducted over 30 jury trials in Florida State Courts.

Mr. Pauzar takes the time to truly understand his client's needs when facing a complex injury and traumatic situation. He ensures every client gets personalized service directly with him and our team of paralegals, providing advice and representation that is always in the best interests of our clients.

Previously, Mr. Pauzar served as an insurance defense attorney, where his practice was focused on litigation of complex cases and catastrophic injuries. He now combines his jury trial and defense experience to successfully represent his clients in personal injury matters in Collier, Lee and Charlotte County. Mr. Pauzar served as an Assistant State Attorney in Lee County, Florida, for over five years. Mr. Pauzar is a military veteran, having served on active duty for four years with the United States Air Force.



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

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

What is Overactive Bladder?

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

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

You may be suffering from overactive bladder if:

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

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The Effect of Nutrition on Essential Hormones

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

While we typically eat whatever foods seem the most appealing, the foods that we put into our body can significantly affect many aspects of our health, including hormonal balance.

Hormones are chemical messengers for the body and control almost every process that it completes, including:

- immunity
- metabolism
- reproduction
- menstrual cycle
- mood

In order for these areas to operate as they should, your hormone levels need to be in the correct balance. However, certain things, such as the food you eat, can affect this.

Hormones Affected by Food

There are over 50 hormones that have been identified in the body, but there are a certain few that are consistently researched and referenced, especially in relation to food.

Estrogen

Estrogen is also known as the female sex hormone, although it is also present (and important) in men.

In women, estrogen is essential in developing pubic hair and breasts, and in causing the hips to widen. However, in both men and women, estrogen is also vital for blood clotting, bone formation, and skin and nail health.

Estrogen levels can become too low or too high, with low estrogen contributing to feelings of depression. However, when estrogen levels fluctuate, such as during menopause, symptoms such as low libido, hot flashes, and weight gain can occur.

Testosterone

While estrogen is the female sex hormone, testosterone is the male sex hormone. Besides contributing to the typical male attributes such as body hair and a deeper voice, testosterone is also important in both men and women for improving sexual function, gaining muscle mass, and boosting strength.

Changes in testosterone have also been associated with conditions such as type 2 diabetes, obesity, heart problems, and metabolic syndrome.



Many factors affect testosterone regulation, including diet, which can help keep testosterone levels from dropping too low.

Insulin

Most often associated with those who have diabetes, insulin is a hormone essential for regulating metabolic processes, including balancing blood sugar levels.

Insulin accomplishes this by allowing your liver, organs, and fat to absorb glucose. However, if the body does not generate enough insulin or if you have developed insulin resistance (making it difficult for your body to use insulin well), blood sugar levels can rise.

The foods you eat can affect how sensitive insulin is, with different foods causing insulin sensitivity to increase or decrease.

Cortisol

More commonly referred to as the stress hormone, cortisol plays a vital role in the fight-or-flight response. However, it can be dangerous if cortisol remains at high levels chronically.

Consistent high cortisol levels can cause:

- weight gain
- anxiety
- heart problems
- migraines
- brain fog
- sleep disturbances

While some of the most popular ways to control stress, and thus control cortisol, include regular exercise, removing the stressor, and breathing exercises such as meditation or yoga, diet can also affect cortisol levels.

Foods And Supplements to Eat

The following food and supplements have been shown to help balance certain hormone levels.

Protein

Protein is an important source of amino acids, which the body cannot make on its own. However, protein is also essential for making peptide hormones, which are protein-derived.

The endocrine gland makes peptide hormones from amino acids, and they play a crucial role in body processes such as:

- appetite
- energy metabolism
- stress
- growth
- reproduction

For example, studies have shown that eating protein decreases ghrelin, also known as the hunger hormone. Protein also helps to stimulate hormone production for glucagon-like peptide-1 and peptide YY, which are two hormones that help you feel full.

Healthy Fats

Consuming healthy fats can help to reduce insulin resistance and appetite.

Healthy fats include medium-chain triglycerides (MCTs), and what makes them “healthy” fats is that they are more likely to be taken up by the liver for immediate energy usage versus being stored in the fat tissue.

Research has shown that MCTs are less likely to promote insulin resistance and can also help increase insulin sensitivity.

For those under chronic stress, research also suggests that omega-3s, a type of healthy fat, may help keep cortisol levels from increasing.

Fiber

Fiber is an essential part of your diet, and this includes its effect on hormones.

Studies have shown that fiber helps to increase insulin sensitivity.

Additionally, both soluble and insoluble fiber can help stimulate the production of hormones that increase feelings of fullness. This then helps to prevent overeating, which can lead to obesity.

Mediterranean Diet

As for specific diets, the Mediterranean diet has been shown to reduce estrogen levels that can become too high when following the Western diet, which primarily consists of animal products and sugars. These higher estrogen levels are also listed as risk factors for ovarian and breast cancer.

While estrogen is an essential hormone for female and male reproductive health, bone and heart health, blood sugar balance, brain function, and immune health, too much of it can pose the risk of acute and chronic health conditions, such as metabolic disorders, obesity, and various cancers.

Because of this, it is crucial to keep estrogen levels within a normal range, and the Mediterranean diet can help with that.

The Mediterranean diet focuses on whole grains, fish, seeds, cruciferous vegetables (e.g., broccoli, cauliflower), and legumes.

Soy Products

Soy products contain phytoestrogen, which is a bioactive substance that acts like estrogen in the body. For those who are suffering from low estrogen levels, such as those going through menopause, soy products may help to balance estrogen levels and relieve symptoms.

Soy has also shown promise in reducing the risk of certain health conditions that occur with menopause, such as improving blood cholesterol levels, lowering the risk of ischemic heart disease, and relieving hot flashes.

Research has also shown that soy products regularly can help reduce testosterone levels. The exact mechanism behind this is still under research, but scientists suspect that it is because the phytoestrogens it possesses can reduce testosterone levels.

Cruciferous Vegetables

Cruciferous vegetables produce a phytochemical called indole-3-carbinol, which is important in promoting liver function. This then helps the liver support hormone balance by removing the waste products and "spent" hormones.

Because of this, cruciferous vegetables play an important role in balancing your hormonal system.

Some examples of cruciferous vegetables include:

- broccoli
- bok choy
- cauliflower
- cabbage
- brussels sprouts
- kale
- radish

Magnesium

Magnesium is a mineral that can be found in food or taken as a supplement, and benefits those with hormone imbalance in many ways.

Magnesium helps to increase insulin sensitivity, which leads to lower blood sugar. It also helps to support quality sleep, which is an important component of finding hormonal balance.

Magnesium also helps to reduce excess cortisol production, effectively relaxing the nervous system. It also helps those with thyroid imbalances by decreasing inflammation that can cause this autoimmune response.

Some foods with magnesium include:

- almonds
- leafy greens
- chocolate
- sunflower seeds
- sesame seeds

Foods to Avoid

Some of these foods should be avoided in general for hormone balance, but there are also some products that should only be avoided if your body overproduces or underproduces a hormone. For example, estrogen is one hormone that can be high or low in someone's body, and what foods to avoid (or consume more of) will depend on your estrogen levels.

Sugar

Sugar doesn't need to be cut entirely out of your diet, but it is important to minimize added sugar. This is because added sugar can negatively affect hormone function, which then contributes to diabetes and obesity.

Added sugar can promote insulin resistance, with insulin being an essential hormone for regulating blood sugar levels. If you develop insulin resistance, you can then develop diabetes.

Added sugar may also fail to stimulate leptin production, which is the fullness hormone. This can lead to decreased calorie burning, which can contribute to weight gain.

Red Meat

While protein helps regulate hormone levels, consuming too much red meat may increase your body's estrogen production to abnormal levels. This is because red meat is rich in hydrogenated and saturated fats.

Dairy Products

Dairy products can result in inflammation in the gut, which can impact your hormone levels.

Soy Products

Soy products are one of those offerings that can benefit some but cause more severe symptoms in others. This is because they contain phytoestrogens, so if your estrogen levels are already high, soy products may raise them even further, which can impact your ovulation cycle and reproductive health.

Along those same lines, since phytoestrogens can decrease testosterone, soy products should be avoided in those who already have low testosterone levels.

Caffeine and Alcohol

Both caffeine and alcohol can cause increases in cortisol secretion.

When cortisol levels are chronically high, it can increase your stress levels, visceral fat, and blood pressure. So, it's best to keep cortisol levels low when you're not in a stressful situation, and avoiding these two things can help.

Balancing Hormones: Nutrition is Just a Part

In addition to the food you eat, it is also crucial to only eat as much as your body needs to function optimally. Overeating can result in weight gain, which can cause all the problems associated with obesity.

Additionally, combining exercise with your nutrition can further help with hormone balance and return all hormones to a level that promotes optimal functioning.

Overall, having the correct balance of hormones in your body significantly contributes to how your body functions and, thus, how you feel. By giving your body the proper fuel, you can considerably improve how you feel, leading to a greater quality of life.

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OBESITY AND ORTHOPEDIC SURGERY

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

Obesity affects millions of Americans. Over the last couple of decades, it has spread from the adult population to adolescents and children. Although it is often attributed to poor eating habits and a lack of exercise, the truth is really a bit more complicated than that. The process by which the body converts food into energy can be influenced by chemicals in the environment, over which we have little control, and by genetics, over which we have zero control. It is a complex combination of genetic susceptibility, biological pathways related to metabolism and body weight regulation, and environmental factors.¹

World Health Organization Fast Facts on Obesity

- Worldwide obesity has nearly tripled since 1975.
- In 2016, more than 1.9 billion adults, 18 years and older, were overweight. Of these over 650 million were obese.
- 39% of adults aged 18 years and over were overweight in 2016, and 13% were obese.
- Most of the world's population live in countries where overweight and obesity kills more people than underweight.
- 39 million children under the age of 5 were overweight or obese in 2020.
- Over 340 million children and adolescents aged 5-19 were overweight or obese in 2016.
- Obesity is preventable.²

Obesity and orthopedic conditions

Obesity is a growing concern in the health community because of the morbidities associated with it. There is also a higher occurrence of many orthopedic conditions among obese individuals than their non-obese counterparts. Obesity also worsens the progression of many of these orthopedic conditions. Studies have shown that obesity may have a negative impact on bone metabolism and may be implicated in the pathophysiology of some orthopedic conditions like osteoporosis, fractures, osteoarthritis and many soft tissue ailments by both reduction in bone mass and elaboration of proinflammatory cytokines. These contribute to preponderance of musculoskeletal co-morbidities among obese patients. Critical peri-operative issues which



include increased cardiopulmonary risks, issues of special equipment, instrumentation, surgical approach, patients' positioning and adjustments in medication should be acknowledged and meticulously addressed in operative management of orthopedic conditions in obese patients. Surgeries in obese patients are fraught with operative challenges and post-operative complications than in the non-obese and a good knowledge of the critical issues in surgical management of obese patients is necessary to facilitate decision making as well as rendering of effective and efficient orthopedic care.²

Does obesity exclude a person from orthopedic surgery?

Obese patients sometimes hear from their doctor that in order to undergo a needed orthopedic surgery, such as a knee or hip replacement, they'll need to lose 50, 75, or even 100 pounds. And sometimes the recommendation is to lose even more, as if that's an easy or realistic prospect. While the surgeon's recommendations may be disappointing, the rationale seems sound: people carrying a lot of excess weight have long been considered at higher risk for complications, and less likely to experience the profound pain relief expected from this major operation. Indeed, several studies describe higher rates of infections and dislocations and lower rates of good results after hip or knee replacement among the obese, especially the severely obese.

But there is promising news. The studies that doctors have long relied on to back up their recommendations were conducted decades ago. Newer studies are showing different results. The researchers conclude that "obesity in itself should not be a deterrent to undergoing total joint replacement to relieve symptoms." However, the potential for more complications must be considered as well, something this study did not formally examine.

Given the high and rising rates of obesity and arthritis in this country, the results of this study will likely apply to many people. And they suggest that surgeons should change expectations about what surgery has to offer obese individuals with severe arthritis.

Here are some of the new findings:

- Those who were the most obese (about 25% of those in the study) had more pain and poorer function prior to surgery than those who were leaner.
- The amount of functional gain in obese individuals six months after joint replacement was significant, and similar to that experienced by those who were not obese.
- Pain relief was greater among the most obese than other weight groups. After surgery, pain levels were similar in all weight groups.³

The bottom line is that obesity should be avoided. That is always going to be true. Obese patients DO need to lose weight and obesity CAN cause significant complications during and after surgery. However, this new study is at least promising. There is hope of relief for patients suffering from orthopedic conditions that limit their mobility.

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KIDNEY CANCER: Are You at Risk?

By Neetu Malhotra, MD

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

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

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

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

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

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

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

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

Treatment

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

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

Associates in Nephrology

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

Chronic Kidney Disease Program

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

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

Source:

1. https://www.nfcr.org/cancer-types/kidney-cancer/?gclid=CjwKCAIAYc2BBhAaEiwA44-wW9qTM7gXbIKsBU1dxNN-rM7OKwmg3j43bZni6h175MIIQCzwNsKORoCE5QQAvD_BwE

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

Services Provided

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

- All forms of Dialysis – Hemodialysis and Peritoneal
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- Electrolyte Disorders
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- Renal Insufficiency

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

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What is an Ingrown Toenail?

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

When a toenail is ingrown, it is curved and grows into the skin, usually at the nail borders (the sides of the nail). This “digging in” of the nail irritates the skin, often creating pain, redness, swelling, and warmth in the toe.

If an ingrown nail causes a break in the skin, bacteria may enter and cause an infection in the area, which is often marked by drainage and a foul odor. However, even if the toe isn’t painful, red, swollen, or warm, a nail that curves downward into the skin can progress to an infection.

Causes of ingrown toenails include:

- **Heredity.** In many people, the tendency for ingrown toenails is inherited.
- **Trauma.** Sometimes an ingrown toenail is the result of trauma, such as stubbing your toe, having an object fall on your toe, or engaging in activities that involve repeated pressure on the toes, such as kicking or running.
- **Improper trimming.** The most common cause of ingrown toenails is cutting your nails too short. This encourages the skin next to the nail to fold over the nail.
- **Improperly sized footwear.** Ingrown toenails can result from wearing socks and shoes that are tight or short.
- **Nail Conditions.** Ingrown toenails can be caused by nail problems, such as fungal infections or losing a nail due to trauma.

Treatment

Sometimes initial treatment for ingrown toenails can be safely performed at home. However, home treatment is strongly discouraged if an infection is suspected, or for those who have medical conditions that put feet at high risk, such as diabetes, nerve damage in the foot, or poor circulation.

Home care:

If you don’t have an infection or any of the above medical conditions, you can soak your foot in room-temperature water (adding Epsom’s salt may be



recommended by your doctor), and gently massage the side of the nail fold to help reduce the inflammation.

Avoid attempting “bathroom surgery.” Repeated cutting of the nail can cause the condition to worsen over time. If your symptoms fail to improve, it’s time to see a foot and ankle surgeon.

Physician care:

After examining the toe, the foot and ankle surgeon will select the treatment best suited for you. If an infection is present, an oral antibiotic may be prescribed.

Sometimes a minor surgical procedure, often performed in the office, will ease the pain and remove the offending nail. After applying a local anesthetic, the doctor removes part of the nail’s side border. Some nails may become ingrown again, requiring removal of the nail root.

Following the nail procedure, a light bandage will be applied. Most people experience very little pain after surgery and may resume normal activity the next day. If your surgeon has prescribed an oral antibiotic, be sure to take all the medication, even if your symptoms have improved.

Preventing Ingrown Toenails

Many cases of ingrown toenails can be prevented with proper trimming and wearing well-fitted socks and shoes. Cut toenails in a fairly straight line, and don’t cut them too short. You should be able to get your fingernail under the sides and end of the nail. Don’t wear shoes that are short or tight in the toe area. Avoid shoes that are loose, because they too cause pressure on the toes, especially when running or walking briskly.

What You Should Know About Home Treatment

- **Don’t cut a notch in the nail.** Contrary to what some people believe, this does not reduce the tendency for the nail to curve downward.
- **Don’t repeatedly trim nail borders.** Repeated trimming does not change the way the nail grows, and can make the condition worse.
- **Don’t place cotton under the nail.** Not only does this not relieve the pain, it provides a place for harmful bacteria to grow, resulting in infection.
- **Over-the-counter medications are ineffective.** Topical medications may mask the pain, but they don’t correct the underlying problem.

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The catch-22 of not keeping your medical appointments is that if you unfortunately are ignoring your symptoms and are not properly diagnosed on time, there is a much higher susceptibility to infection, weakened immune function, and needing surgery and/or a hospital stay.

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- At AUI practices, we ask you to wait in your vehicle until your appointment time and only one companion if accompanying a minor, person with a disability, or serving as a translator for someone who cannot speak English. All other visitors will be asked to wait outside the facility.
- You must wear a face mask that covers your mouth and nose in all areas of the office, unless you have a medical reason for not being able to do so.
- We screen patients and visitors for symptoms of COVID-19 when you come into our office.
- Waiting rooms are used sparingly due to social distancing needs caused by COVID-19. We promote social distancing by spacing out seating in waiting areas. If someone brings you to your appointment (one person per patient), he or she can come inside if accompanying a minor, person with a disability, or serving as a translator for someone who cannot speak English. All other visitors will be asked to wait outside the facility.
- You will see our team cleaning and disinfecting all areas to ensure they are ready for you.

We continue to recommend virtual care options, like video and telephone visits for care that does not require an in-person appointment.

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FOR 2023, I RESOLVE TO ...

By Dr. Mary Nuosce, LMHC, NCC, Core Faculty, Clinical Mental Health Counseling Program at Hodges University

As we close in the last weeks and days of 2022, many people start thinking about New Year's resolutions with either hope, determination, or dread. Of course there's the typical "I'm going to lose weight, drink less, get more sleep," but the beauty of welcoming a new year is the perfect time to take a new approach to your resolutions.

Some of the aforementioned resolutions are based on negative statements. How about resolutions that focus on a positive frame of mind?

Here are some examples of resolutions that can help you maintain a positive mindset.

- Physical activity is good, but make the focus on how much better you feel rather than allowing the scale to decide. Bring that good feeling home by getting rid of clutter. Having clutter around your home actually adds to your stress.
- In the realm of technology, go an entire day without checking your email. If someone really needs to reach you, they will call. As a matter of fact, go a whole day without checking your social media. If you're working to get eight hours of sleep, then one-third of an entire day without email or social media is done while you're sleeping.
- One way I've found to raise spirits is as simple as giving one, sincere compliment to someone every day. The smile you bring to another person's face is rewarding. That can also lead to doing one random act of kindness a day. It doesn't have to be a production; just a simple act that spreads joy to others, and back to you. Pay it forward.
- For those of you who like to travel, take a trip on small budget. Not all trips have to be about fancy hotels. Plus, you just might have your eyes opened to new experiences.
- Try a new restaurant. Our world is filled with so many wonderful flavors, and you could discover a new, favorite type of food or dish.



- Start your day by making your bed. Your day is already off to a successful start just by doing this simple thing.
- Do something that is scary to you. Let me quickly clarify it doesn't mean something wild and death-defying. It could be giving a speech, riding a rollercoaster, or really cutting your hair – not just a trim.
- Avoid people who complain all the time. As a matter of fact, avoid people that are toxic to you. Negativity spreads, impacting you mentally, spiritually, and yes, even physically. Protect your well-being and health.

With these positive resolutions, take a minute to write them down. Statistically speaking, your chance of success increases by 42%.

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Wellness Continues to be the Top Choice for Everyone, Not Just the Young Ones.

By Dr. Viviana Cuberos

Dysport has been growing in popularity since it was introduced over 20 years ago and has spurred the development of neurotoxins like Dysport. These wrinkle-smoothing injectables are versatile. At Orchidia Medical Group in Naples, FL, we use them during a treatment called Sylk, also known as Scrotox. The sylk treatment is specifically designed to improve the appearance of the scrotum and alleviate some medical concerns that many men deal with on a regular basis.

What Is the Sylk Treatment?

The sylk treatment is a non-surgical cosmetic therapy that involves the use of neuromodulators like Botox or Dysport to relax the muscles of the scrotum. This treatment accomplishes three primary goals: it smooths out wrinkles on the scrotum for cosmetic purposes, reduces and eliminates sweating in the area, and allows for lower hanging testicles. It also may help resolve some symptoms associated with specific medical conditions like painful contractions or hyperactivity of the scrotum.

Botox and Dysport: How They Work

Botox and Dysport are both popular cosmetic injectables most often used to treat facial wrinkles, including forehead lines, frown lines, and crow's feet. They are also used in the medical world to treat and alleviate symptoms of muscular-related conditions, like TMJ, migraine headaches, and other muscular conditions.

They contain an active ingredient called a neurotoxin, a highly purified protein that works post-injection to relax the muscles in the treatment area. These injectables work on the muscular level, and their main ingredient blocks the communication between the nerve signal and the muscles to keep the muscles relaxed, therefore delivering wrinkle-smoothing results and alleviating specific symptoms.

How Does This Wrinkle-Smoothing Treatment Work?

This treatment process begins with an initial consultation. If you are interested in making this treatment a part of your cosmetic routine or want to utilize it to alleviate some specific symptoms, our experts can help. First, we will schedule a consultation during which we will ask you some questions about your medical history, any experience you've had with these cosmetic injectables, and explain the injection process in detail.

Then we'll give you more information about what kind of results you can expect after beginning the treatment process, when you can expect them, and how often you should schedule follow-up treatments to ensure consistent and long-lasting results. And then, once we confirm that the sylk treatment is right for you, we can move forward and schedule your injection appointment.

The Injection Process

Most people who schedule Botox or Dysport to smooth wrinkles on their face don't require a topical numbing solution to comfortably endure the treatment. The needle is thin and fine, and the injections are strategic and quick. However, due to the sensitive nature of the scrotum, scrotox is best administered in combination with a topical numbing solution to ensure patient comfort throughout the treatment.

While this may seem like a complicated process, our injectors know how to administer scrotox to meet the needs of patients in the quickest and most comfortable treatment session. Just like Botox and Dysport injections only take a few minutes to complete, so too is this injection process quick and virtually painless. From start to finish, you can expect the injection process to take less than 20 minutes. Then, you'll be free to go about your day.

Post-Treatment Care

After your appointment is complete, your injector will give you some detailed instructions about caring for the injection sites. Just like these wrinkle-smoothing injectables require some aftercare instructions when administered to the face, so too will the sylk treatment process require that you follow some post-treatment instructions.

Avoid strenuous workouts for 24 hours after your injection and anything that will increase your body temperature. You should also avoid anti-inflammatory medications and alcohol consumption for those first 24 hours as well. Your injector will give you detailed instructions to ensure comfort and optimal results.

When Will I Notice Results?

Most men who undergo this treatment begin to notice results within a week of their initial injections. Your injector will give you more information about what kind of results you can expect based on your purpose for undergoing treatment.

Is It Safe?

You can rest assured that when you schedule this treatment, you'll be treated by our skilled expert injectors who understand this treatment process and know how to effectively administer scrotox during the sylk injection process. Since this is a technical and specialized use of neuromodulators, it's very important that you not only trust your injector but can feel confident knowing that they will deliver the best possible treatment.

What Are the Benefits of Scrotox?

The sylk treatment is growing in popularity among men who want to address aesthetic concerns to improve their appearance and boost their confidence. This treatment can help enhance more than just confidence: it can also promote increased sexual enhancement.

Those who suffer from certain conditions regarding the scrotum may find relief and resolution with this treatment thanks to the way that Botox and Dysport can effectively relax the muscles in the areas to accomplish specific goals.

Am I a Candidate?

The best candidates for this treatment are men who want to experience scrotox for cosmetic and medical concerns. Those with an injury or infection in the treatment area will not qualify as candidates.

Additionally, those who have had an allergic reaction or are sensitive to Botox or Dysport ingredients will not qualify for treatment. The initial consultation is the best way to determine if sylk is right for you. This wrinkle-smoothing, scrotum-enhancing treatment is a good option for many men, but not everyone.

Experience the Wrinkle-Smoothing Benefits of Sylk

Whether you are interested in learning more about this treatment for medical or cosmetic purposes, our experts can help. At your consultation, we will meet with you to discuss the treatment, how it works, what you can expect, and determine if it's right for you. The treatment process is a discrete, confidential, yet effective way to alleviate the symptoms of certain conditions and boost your confidence.

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Vitamins for AMD

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

People who have a certain form of age-related macular degeneration (AMD) may benefit from a specific mix of vitamins and minerals. Taking these nutritional supplements might help slow this eye disease.

About 8 out of 10 people with AMD have the dry form. This condition is due to a breakdown or thinning of the macula. Dry AMD usually begins when tiny, yellow deposits called drusen form under the retina. Eventually, the macula may become thinner and stop working properly.

Many people with AMD have drusen. These alone do not cause vision loss. But when drusen grow in size or number, you are at risk for getting early or intermediate AMD. There are not always symptoms with these stages of AMD, though people with intermediate AMD might start to notice a blurred spot in their central vision.

Advanced dry AMD develops when cells in your macula begin to break down or when wet AMD develops. This is when the blurred spot in your central vision starts getting bigger and darker. That is what robs you of your central vision.

Dry AMD and AREDS Vitamins

AREDS 2 (Age-Related Eye Disease Study 2) was a very large research study. It looked at taking vitamins and minerals daily for AMD. This study found that certain nutritional supplements could help some people who have a lot of drusen. These supplements may also lower risk of wet AMD and vision loss in the



second eye of people who lost vision in one eye from AMD. Taking the following nutritional supplements every day may help these people lower their risk of getting late-stage or wet AMD:

- Vitamin C (ascorbic acid) 500 mg
- Vitamin E 400 international units (IU)
- Lutein 10 mg
- Zeaxanthin 2 mg
- Zinc (as zinc oxide) 80 mg
- Copper (as cupric oxide) 2 mg

It is important to remember that nutritional supplements are not a cure for AMD but may help slow the disease in some people with certain forms of AMD. Your ophthalmologist can check your eyes to see if you may benefit from these supplements.

Should you take nutritional supplements for AMD?

Talk with your ophthalmologist about whether nutritional supplements are recommended for you. Here are some topics to discuss:

Source:

<https://www.aaa.org/eye-health/diseases/vitamins-amd>

• **Your chance of getting advanced AMD.** Studies show that nutritional supplements might help people with early to intermediate AMD who are at risk for developing advanced AMD.

• **Eye-healthy foods.** Studies show that nutritional supplements alone are not enough to prevent or delay advanced AMD. You also should eat a healthy, balanced diet. This includes dark leafy greens (like spinach and kale) along with yellow, orange and other colorful fruits and vegetables. Eating fatty fish like salmon may also lower your risk of early or advanced AMD.

• **Benefits and risks of nutritional supplements.** Taking nutritional supplements can be helpful, but there can be possible health risks. Talk with your ophthalmologist and primary care doctor about how the vitamins and minerals listed above might affect you.

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

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NEW YEAR'S RESOLUTIONS

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

A hhhh the Holidays.... we have all been guilty of indulging a little too much during the season. Along with the guilt of maybe gaining a few pounds come the resolutions to eat healthier, lose weight, and start an exercise program. Research suggests that a staggering 80% of people who join a gym quit within five months due to lack of motivation or boredom. If getting healthier is one of your resolutions this year, having some tips to help you keep this resolution may help:

- **Be realistic:** Don't set unattainable goals. Instead of swearing off pasta forever, a more realistic and achievable goal would be to cut down on the number of times you have pasta a week or cutting down the portion of pasta you eat.
- **Make an outline:** Outlining the steps to reach your goal is easier than trying to tackle it all at once.
- **Pros and Cons:** Having a list of the pros and cons of keeping the resolution may keep your motivation strong. Place it where you can see it as a reminder.
- **Share your resolution:** Tell friends or family who will be there to support you through your journey. Having a solid support system can help you stay motivated and accountable.
- **Reward yourself:** Celebrate your successes by treating yourself to something you enjoy that won't contradict your resolution.
- **Track your progress:** Keep track of each small success. Consider keeping a journal where you can write about your successes and struggles.
- **Don't get discouraged:** An occasional slip is bound to happen. Take one day at a time. View relapses as learning opportunities.
- **Stick to it:** Experts say it takes about 21 days for new activities to become a habit. Be persistent and patient!
- **Keep trying:** If you run out of steam trying to keep your resolution, don't despair. Start over and try 24-hour increments. These will build on each other, and you will find yourself back on track in no time.



Here at Prime IV of Naples, we have IV infusions that can help you keep on track with your weight loss goals and stick with your New Year's Resolutions. One of our most popular infusions is named the "Skinny Drip". This infusion is a great way to jump start your weight loss journey. It helps increase energy and metabolism, while helping to decrease your appetite. A powerful combination of B vitamins helps break down fats, release energy from carbohydrates, fats, and proteins, and helps regulate blood sugar levels. Our amino blend can help reduce cravings and produce energy by freeing up fatty acids. Taurine promotes increased energy (without that jittery feeling), and a Lipolean injection contains a powerful combination of nutrients that help to burn fat, decrease appetite, and increase metabolism.

Another one of our most popular infusions that can also help with weight loss is the Myers' Cocktail. In addition to containing B Complex and B12, this infusion also contains Vitamin C, Magnesium, and Calcium. Some studies have shown that Vitamin C can help reduce belly fat by helping the body fight against free radicals. Magnesium helps with energy production and blood sugar control, and can also help to reduce stress levels, which are linked to increased appetite and cravings. Calcium provides small increases in thermogenesis or increasing the body's core temperature, which in turn, can boost metabolism.

Some studies have shown that a slower metabolism can be caused by deficiencies in Vitamin D, B12, and Magnesium. While the sun is the best

source of Vitamin D, it can be found in fortified foods, such as cod liver oil, sardines, tuna, salmon, and egg yolks. Magnesium is needed to produce energy in the body. It can also help control blood glucose, regulate blood pressure, keep the nervous system function smoothly, and help keep bones strong. The best sources of Magnesium include nuts, legumes, and leafy green vegetables. Prime IV also offers injections of Vitamin D, B12 and Magnesium to help you maintain adequate levels in the body.

Working toward your resolution is a process, so remember to be patient with yourself. Don't forget that the unhealthy or undesired habits you're trying to change took time to develop, so undoing them will also take time. It may take longer than you'd like to achieve your goal, but once you have made the commitment, it will be something you will continue to work on for the rest of your life. Be kind to yourself and celebrate your progress along the way! Come visit us at Prime IV of Naples and ask how we can help you stick to your New Year's Resolution!



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The Gift of Behavioral Finance

I'm not sure if you are like me, but looking back on last year, I've found myself asking, "What just happened?" I experienced such a broad range of emotions as I watched the S&P 500 enter a bear market, the bond market experience one of the worst six months in history, and inflation painfully climb. Regarding our money, finances, and beyond, what should we do in this environment as we enter 2023? How are we expected to manage our financial lives going forward?

You won't get the answer from another tv show on stock picking or an IRS ruling to save on taxes. Instead, the answer might just lie where you least expect it. One of the best tools for managing your finances amid volatility is managing your emotions. According to multiple studies, we make over 90% of our money-related decisions emotionally. But what if you need help understanding how these emotions affect your money decisions? In that case, you might be making some crucial mistakes.

Emotions Trump Reasoning?

It's not all your fault that emotions might lead to questionable decision-making. Again, evolution plays a considerable role. We, as humans, are wired to make most decisions, especially financial ones, based on emotions rather than reason. To make matters worse, we tend to react more, often irrationally, in response to adverse events - a behavioral tendency called loss aversion. For example, studies have shown that we have a far greater emotional reaction to a financial loss than a gain of the same amount. As a result, we often react irrationally following a volatile market environment and make financial decisions that do not serve our long-term objectives.

Fear Should Not Control You

Here's a recent example. A client called me and said, "I just saw the news that we are in a bear market with a recession coming, and the news said it's only getting worse. Please put me in all cash." However, after some discovery, we uncovered the root of his concern: he thinks he will run out of money. In other words, the client admitted he felt scared. Only after I asked, "I understand how you're feeling, but what are you thinking?" did the truth come out. In his case, fear prompted his need for safety, hence his request for all cash.

In this situation, the client's financial plan was soundly in place, and there was little chance he would run out of money. What would happen if I



reframed the situation and inserted a different thought? "We've been through this together, and I remember that we made it through just fine." He then became overwhelmed by a sense of relief. The conversation suddenly transitioned to one in which we were looking for an opportunity.

Where Does Your Instinct Take You?

Behavioral psychologists have demonstrated that the fear of financial loss triggers the body's fight-or-flight response the same way that physical danger does. Without these automatic reactions, we would have never survived. Today, it's hard to escape feelings of fear and negativity, given the 24/7 news cycle broadcasting pessimistic headlines. Yet, we are wired to react as if a lurking tiger we need to run from were nearby. So, when we see on the news that the stock market is free-falling and there is a looming recession, we respond emotionally, which tends to be counterproductive for our long-term objectives. Markets are unpredictable; investors are often best served by an investment approach that involves disciplined inactivity in uncertain times.

Thinking Three Times Before You Act

Understanding how to manage your emotions lies in one fundamental concept: self-awareness. Our brains skip over our thoughts, jump straight to feelings, and ultimately act on those feelings. Psychologists refer to this as activity bias - the human tendency to always want to be active, especially in times of stress. Sometimes you don't even know what you are thinking - you just do. In the digital age of electronic purchases, it's even easier to be unaware of the thoughts that cause these feelings. This concept is part of a therapeutic group called Cognitive Behavioral Therapy (CBT). CBT helps us solve problems by bringing awareness and understanding that our thoughts drive our feelings and beliefs. If you pause, take a breath, and try to gain awareness of your thoughts, you will have more control over the emotional response and, ultimately, the result.

Let Go & Gain Clarity

The volatility that has troubled us this year isn't the first time in history, and it won't be the last. Understanding that the news, markets, elections, or whatever event occurs are normal circumstances will help bring some rational logic to your decisions. The thoughts you have about a given event are something you can control.

Can You Resist The Impulses Coming from Emotions?

Each of us has a unique money story or script that has developed internally over time. These narratives influence our beliefs about money. We need to be aware of our stories and perceptions to ease the stress these volatile markets can create. Understanding how we develop these beliefs will help bring awareness to our thoughts when that neutral circumstance occurs. Take some time to think about specific times in your life that stick out concerning money. Or ask your family what their thoughts are about money. Their perspectives or beliefs have influenced some of your own.

Whether the market is up or down, being aware of your emotions and behaviors will put you in a more favorable position to achieve your financial goals. Of course, this doesn't happen overnight, so give it a try the next time you see the latest news post.

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Getting the Most Out of Your Skin Cancer Screening

By Dr. Anne Marie Tremaine

When people call to book an appointment, they often schedule a "skin check," but that term can be interpreted in many ways. To a dermatologist, a skin check signifies a head to toe examination looking for skin cancers, precancerous growths, and atypical moles. Most of the time and effort of the visit is dedicated to this detailed examination. I also attempt to address other skin concerns (acne, rashes, sunspots, warts, hair loss) during the visit, however, it can be difficult to fully address multiple concerns, in addition to, the full body skin cancer screening. Multiple skin concerns often require separate visits, so that each concern gets the attention it deserves. I can better prioritize our time together if I know your concerns and objectives at the beginning of the visit.

There are some important details to know before your skin cancer screening. First and foremost, I want you to feel at ease at your visit, but of course, the less you wear during the exam the better! My nurse will give you a gown and you can undress to your comfort level, but please understand that clothing/undergarments/socks do obscure the skin. It is best to come to your exam with a minimalist, au naturel approach.



Here are my tips to make your visit smooth and comprehensive:

- Wear easy to remove clothing and shoes
- Do not wear any makeup. Even light makeup camouflages the skin, which is the job it is intended to do. The same applies to eyeliner or lipstick. I really cannot see under makeup, and it can easily obscure a skin cancer.
- Avoid hair products as I will examine your scalp during the exam
- Skip the jewelry and watches
- Leave off the perfume, moisturizers, and sunscreen (yes, even sunscreen!). All these products get in the way of a thorough exam.
- Remove nail polish or artificial nails. I cannot assess for nail changes, nail fungus, or growths under the nail if there is anything covering the nail.

The bottom line is this: anything covering your skin blocks both my visual and tactile senses. I take your skin health very seriously and I aim to provide you with the most thorough exam possible. See you soon!

Anne Marie Tremaine, MD

Board Certified Dermatologist
Harvard Cosmetic and Laser Medicine Fellowship

Dr. Tremaine is a board-certified dermatologist with fellowship training at Harvard Medical School in laser and cosmetic dermatology. She has contributed as a dermatology expert for online and print magazines including Family Fun, msn.com, menshealth.com, and ccn.com. In addition, she frequently lectures to professional societies on her diverse research. For more information about skin care, visit the Skin Wellness Physicians website at:

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THYROID DISEASE GOES LARGELY UNDETECTED

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

Approximately 20 million Americans have thyroid disease and up to 60% are unaware that they have it. To promote awareness and detection, January is National Thyroid Awareness Month.

What is the Thyroid?

The thyroid gland is a very important endocrine organ that produces hormones essential for life. The small, butterfly shaped gland in the front of the neck produces important hormones that regulate growth, development and metabolism. When the thyroid goes awry, symptoms may be subtle and confused with other health conditions by both doctors and patients. It is important for individuals to recognize who is at risk and to have your thyroid assessed annually.

Thyroid disorders more often occur in women; however, men are affected as well. The most common conditions of the thyroid are:

- **hyperthyroidism** (overproduction of thyroid hormones)
- **hypothyroidism** (underproduction of thyroid hormones)
- **goiter** (enlargement of the thyroid)
- **thyroid cancer**

Grave's Disease is the Most Common Cause of Hyperthyroidism

In this disorder, the body produces antibodies that "turn on" the gland in an unregulated fashion. Symptoms include: heat intolerance, bulging eyes, hand tremors, anxiety, insomnia and restlessness. Patients often have a goiter and may have a family history of this condition or other autoimmune disease. Treatment includes anti-thyroid drugs that help slow the release of thyroid hormone, beta blockers to control symptoms and possibly radioactive iodine or surgery. Sometimes the disorder "burns out" on its own eliminating the need for definitive treatment. The opposite condition, hypothyroidism can occur as well.

Hashimoto's Thyroiditis is Most Common Cause of Hypothyroidism

The most common cause of hypothyroidism is called Hashimoto's thyroiditis. In this situation the body makes antibodies that attack it and make the



gland non-functional. The symptoms of hypothyroidism are common to other conditions and include: weight gain, cold intolerance, dry skin and hair, depression, high cholesterol and fatigue. Again, a goiter can occur, and this condition commonly runs in families. The treatment consists of giving back the missing hormone (i.e. T4); dosing must be precise and titrated gradually, especially in the elderly.

Thyroid Cancer Increasing in Prevalence

Thyroid cancer is increasing in prevalence somewhat due to very sensitive methods of detecting small thyroid nodules. Ultrasounds and CT scans of the neck are often ordered to evaluate other medical conditions. Often, a small thyroid nodule can be found incidentally. Benign thyroid nodules are very common and typically require no treatment other than observation. The physician's job is to determine which nodules are suspicious for cancer and which ones require a biopsy. The size and characteristics of the nodule under ultrasound are used to help determine which ones are at highest risk. A fine needle aspiration biopsy done with ultrasound guidance is the most direct way to determine if a nodule is benign or malignant. This is a simple outpatient procedure requiring no sedation.

How can you determine if you are at risk?

1. Determine your family history. If a first degree relative has a thyroid disorder, then you are at risk too.

2. Do the neck check. Get a glass of water and stand in front of a mirror. A normal thyroid is symmetric and does not bulge. Take a sip of water and watch your neck as you swallow. If your neck appears swollen or you see a lump or asymmetry, then you need further testing.

3. If you have symptoms of hyper or hypothyroidism, you should get checked out by your physician.

What tests can evaluate the thyroid?

1. The simplest, cheapest test to evaluate the thyroid is the TSH (thyroid stimulating hormone). This hormone is made by the pituitary gland and is the first number to change with early thyroid dysfunction. Typically, if the TSH is high, the thyroid is becoming underactive. If the TSH is low, the thyroid is becoming overactive.
2. The T4, T3 and thyroid antibodies are important as well. The T4 and T3 represent the circulating hormones of the thyroid that exist in the blood stream. The antibodies determine if the patient has autoimmunity of the thyroid.
3. A thyroid ultrasound can detect very small nodules that exist. It also allows measurement of the size and texture of the gland which are important factors in determining if thyroid disease is present.

Misinformation regarding the thyroid abounds and many health care professionals consider themselves thyroid experts. Endocrinologists are internal medicine docs who then do specialty training in diseases of the endocrine system, diabetes representing the most common. If you suspect or have known thyroid disease, seek professional help from a provider that practices evidence-based medicine.

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



HURRICANE IAN IMPACTING SW FLORIDA REAL ESTATE

By Robert Nardi, Broker/Owner

Speculation that home sales in October would drop dramatically in Collier County following Hurricane Ian was proven inaccurate as closed and pending sales for the month increased by 23.7 and 8.7 percent. Respectively, compared to closed and pending sales reported in September, according to the October 2022 Market Report by the Naples Area Board of REALTORS® (NABOR®), which tracks home listings and sales within Collier County (excluding Marco Island). And even though 525 listings were either terminated, expired, or withdrawn from the Southwest Florida MLS during October, overall inventory increased 72.7 percent to 2,325 properties from 1,346 properties in October 2021.

Admittedly, compared to 2021, a standout year for real estate in Collier County, closed sales in October decreased 24.5 percent to 662 closed sales from 877 closed sales in October 2021. Pending sales (homes under contract) dropped 43.3 percent to 673 pending sales from 1,186 pending sales in October 2021. According to NABOR®'s statistics, October's overall median closed price held fast at \$555,000, the same as was reported in September. But compared to October 2021, the median closed price increased 23.3 percent from \$450,000. The statistics showed a 1.6 percent decrease in median closed prices for condominiums between September and October. There was a 26.1 percent increase in new listings in October compared to September, which broker analysts say is typical this time of year. Overall new listings in October decreased by 13.9 percent to

908 from 1,054 in October 2021. Still, new listings for single-family homes soared in October and were just ten properties shy of the 548 new listings reported in October 2021.

The NABOR® October 2022 Market Report compares single-family home and condominium sales (via the Southwest Florida MLS), price ranges, and geographic segmentation and includes an overall market summary. NABOR® sales statistics are presented in chart format for those who like statistics. Please send an e-mail to Robert@NardiRealty.com to request your copy.

What does this all mean?

Unfortunately, the tragedy of Hurricane Ian and those that received water damage spurred some other types of buyers to the area. Some investors want to swoop down and "catch" a good deal, while others see Southwest Florida as a new opportunity to purchase at a reduced price. Some lower elevated homes West of 41 took a hard hit with flooding. Therefore, owners can either rebuild, re-model or sell the property "As Is" (which means they are not making any repairs). Many have owned their properties for years, with built-in equity. They are either too old or tired or do not want to take on the remedial process.

Also, some sellers have decided that they want to move East of 41 and no longer wish to live near the Gulf of Mexico even though they experienced no damage. And lastly, Hurricane Ian pushed them to move up North to be with family and friends full-time. Therefore, Naples/Southwest Florida

housing market is starting to weaken as a Sellers' market because the overall percent of the current list price received is 96.4 percent and has been declining since April. In a nutshell, more available units are now on the market. There are 2478 available properties for sale in Naples based on NABOR® MLS data (12/10/2022). We are inching our way to a balanced market (around 6000 units), allowing Buyers to negotiate a bit more than in the past.

Demand for Rentals

As you may have noticed, rentals have taken a life of their own. They have increased in number, and rental payments have increased significantly. The demand for annual and short-term rentals has been overwhelming not only because of trying to find housing for displaced individuals from Hurricane Ian but because of the spur of people who want to rent for three months during the season. You would think that people would not want to come down in season; however, it has been the opposite. Naples/Southwestern Florida is still in demand. People want to experience "paradise" and get away from the cold. Nardi Realty still has some rentals available. If you are considering renting, please call my Rental Administrator, Lilly Fulcher, at **239-571-6189**. She can let you know our rental availability, assist with your search, or put you in contact with one of our REALTORS® that specializes in rentals.

May your New Year bring you loads of health, happiness, and prosperity.

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Neuropathy, Red Light Therapy, and Rebuilding the Nerves

Neuropathy

Peripheral neuropathy, a result of damage to the nerves located outside the brain and spinal cord (peripheral nerves), often causes weakness, numbness, and pain, usually in the hands and feet. It can also affect other areas and body functions including digestion, urination, and circulation.

Your peripheral nervous system sends information from your brain and spinal cord (central nervous system) to the rest of your body. The peripheral nerves also send sensory information to the central nervous system.

Peripheral neuropathy can result from traumatic injuries, infections, metabolic problems, inherited causes, and exposure to toxins. One of the most common causes is diabetes.

People with peripheral neuropathy generally describe the pain as stabbing, burning, or tingling. In many cases, symptoms improve, primarily if caused by a treatable condition. Medications can reduce the pain of peripheral neuropathy.

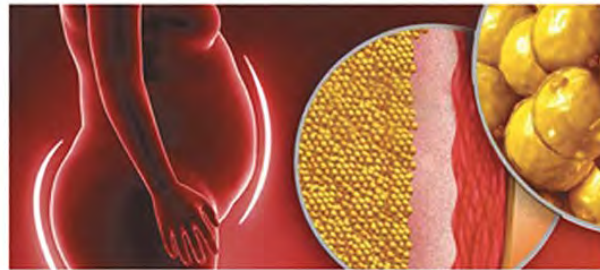
Every nerve in your peripheral system has a specific function, so symptoms depend on the type of nerves affected. Nerves are classified into:

- Sensory nerves that receive sensation, such as temperature, pain, vibration, or touch, from the skin
- Motor nerves that control muscle movement
- Autonomic nerves that control functions such as blood pressure, perspiration, heart rate, digestion, and bladder function

Red Light Therapy

Utilizing both Near Infra-Red and Pure Spectrum Red Light PhotoBioModulation (PBM) "Red Light Wall LED" therapy, eases aches and pain associated with arthritis, fibromyalgia, sports /athletic type injuries, sciatic and spinal disc injuries, neck and back pain, joint pain and much more. Our Full Body Red Light Wall helps to reduce inflammation and assist in cellular detoxification. It is also used to boost training and performance, as well as optimize sleep and speed recovery!

The Red-Light Wall technology has been shown to support Body Contouring by allowing Fat to be released from the fat cells over the course of a 10–20-minute treatment session. One can expect to



lose 1-2 inches or more with consistent use. Results may vary, but we are here to help you achieve the results you desire!

An incredible amount of research has supported the benefits of LED light therapy and its role in triggering healing, improving metabolism, increasing collagen production, restoring, or promoting enzymes to speed the healing process, creating more ATP, which means more energy, and increasing DNA synthesis. As a result of all these benefits, LED light therapy has been effective in treating a myriad of conditions such as:

- Aches and pains
- Arthritis Relief
- Acne
- Wrinkles and fine lines
- Inflammation
- Wounds and scars
- Anxiety
- Skin disorders

Functional Medicine

Functional medicine is a personalized and integrative approach to healthcare that involves understanding the prevention, management, and root causes of complex chronic diseases. It has evolved integrative, holistic, conventional, and naturopathic models to offer the most comprehensive and practical approach to healthcare in the 21st century.

Functional medicine focuses on the most current scientific research regarding how genetics, environment, and lifestyle interact to diagnose and treat conditions. The goal is to shift from treating the disease (disease-centered) to treating the person with the illness (patient-centered). Functional medicine addresses the whole person and not just an isolated list of symptoms. Symptom suppression is only used as a temporary fix, while seeking the root cause of the symptoms ensures optimal health for the patient. Here at Caliber Wellness, we spend time with our patients, listen to their health history, and examine the interactions between

genetic, environmental, and lifestyle factors. These factors contribute to long-term health issues and complex, chronic diseases. In this way, functional medicine supports our patient's unique expression of health and vitality.

We offer comprehensive bloodwork, interpretation, and plan – we help with liver dysfunction, cholesterol issues, cardiovascular health, anti-aging, cellular detoxification, and more.

DUTCH Test and plan for hormonal imbalances – PCOS, Endometriosis, Estrogen dominance, Painful periods, infertility, etc. Heavy Metal Testing – Heavy metal levels testing and detoxification support. We offer practitioner-grade supplements and protocols to support your health.

At Caliber Wellness, we strive to give our patients the best chiropractic care. We also work hard to offer the most up-to-date chiropractic services so that you can walk out of each appointment feeling even better than you did after the last one. It is always our goal to improve your life through chiropractic care.

We want you to enjoy your time seeing us. Our friendly and knowledgeable receptionist and staff will greet you. Our compassionate chiropractor and support staff will take care of your chiropractic needs.



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New Year's Resolution for Your Pet

Many Americans have set New Year's resolutions regarding their weight. After the holidays, many of us find ourselves with a few extra pounds and understand the need to get to or maintain a healthy weight. Obesity is a national epidemic and we are seeing the toll it is taking on society in health care costs and other ways. But did you know that obesity is also affecting our pets?

Recent statistics show that as many as 56% of dogs and 60% of cats in the US are overweight or obese.¹ Dogs are considered overweight when they weigh 10-30% above their ideal body weight. Anything above 30% is considered obese. Cats also follow a similar standard. Sadly, this is a health crisis for our beloved pets, but it is a problem that is all too often overlooked.

Just like us, an overweight dog or cat may have problems with many diseases and health concerns such as:

- Type 2 diabetes
- Osteoarthritis
- High blood pressure
- Skin disease
- Thyroid problems
- Seizures
- Heart and respiratory disease
- Kidney disease
- Certain types of cancer
- Decreased life expectancy (up to 2.5 years)

So, how do we help our beloved pet lose weight? What can we do to ensure that Fido or Fifi lives a long and healthy life? Here are some tips to get the new year off to a better start for your pet.

Visit Your Vet

First, have your pet evaluated by your veterinarian and routine bloodwork performed to rule out systemic disease. Many times, weight gain can be caused by systemic illnesses such as hypothyroid.

Measure Meals

Have your veterinarian establish the ideal body weight that your pet should be at and make that your pet's goal weight. Once the ideal body weight has been established, feed your pet the recommended amount according to his ideal body weight to help your obese dog shed the extra pounds.

Establish a Feeding Schedule

Many obese dogs graze on food all day that is left out for them. With overweight pets, measure out the exact amount of food they should be getting, and give it to your pet at scheduled times throughout the day.

Cut Down on Treats

This is a tough one, but people do not realize how many calories treats can contribute to their pet's diet. Just cutting out the treats alone, or switching to low-fat treats, can result in weight loss for your pet.

Exercise, Exercise, Exercise!

Just like us, pets need to exercise to lose weight – especially overweight dogs. Dog toys can help encourage exercise for your obese dog. Taking walks with them is also good for both your pet and for you!

Consider Switching Diets

Finally, if your pet is not responding to decreasing the treats, or the proper amount of food and exercise, please speak with your veterinarian regarding a low-fat diet. There are a number of pet foods on the market that can help your pet get the right nutrients while cutting calories at the same time.²

How can the right diet help your pet's overall health?

At Animal Oasis Veterinary Hospital, we can help you make the right dietary changes for your pet so that they can stay on track living their happy and healthy lives. A healthy diet and good nutrition can reduce or even eliminate the following problems:

- Pet allergies
- Itching and scratching
- Dull coat
- Arthritis
- Joint and hip problems
- Intestinal disorders

Skin and coat supplements are a great way to keep your pet looking and feeling their best. Arthritis and joint supplements can be helpful for many pets as they age.

1. Understanding obesity and weight loss in dogs and cats. A Growing Problem – Obesity and Weight Loss in Dogs and Cats | Morris Animal Foundation. Available at: <https://www.morrisanimalfoundation.org/article/weight-loss-in-cats-and-dogs>.

2. Editorial, C. (2021) Your pet's New Year's resolution weight loss plan. BeChewy. Chewy. Available at: https://be.chewy.com/your-pets-new-years-resolution-weight-loss-plan/?utm_id=401549963.

Animal Oasis Veterinary Hospital in Naples offers the most up to date and progressive veterinary services for your pets. Ranging from laser surgery, ultrasound, dental X-rays, radiology, full pharmacy, and in house diagnostics, Animal Oasis Veterinary Hospital provides your pets with the necessary options for treatment.

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Educational Opportunity: Certified Dementia Practitioner Class

By Cynthia Perthuis, CDP, CADDCT, CSA



Whether it's done from a place of love and devotion, or from necessity because it's your job, caring for those with Alzheimer's takes a tremendous amount of patience, acceptance, and understanding. Eventually, every caregiver, paid or unpaid, learns the truth of the statement, "All behavior is communication." When someone with dementia is repeating the same story, again, for the third time or accusing you of stealing their money, what they are really trying to communicate is their world no longer makes sense and they need help.

Maybe they've forgotten how to go to use the toilet or, maybe they don't want to listen to your medical opinions, or maybe they are happier than they've ever been, but can't take their own medication anymore. In these kinds of situations, the caregiver's world doesn't make sense either. A challenging part about being a caregiver, is adjusting our **OWN** beliefs, behaviors, and expectations as the care provider. The best way to do that is to learn new knowledge and new skills.

How do you learn to not respond with anger or defensiveness when you're accused of hiding their favorite socks? What do you say instead of, "Remember, I told you...." when you've told them 5 times already and they don't remember?

If you're ready to learn new ways of caring for your loved one with dementia and yourself, or better understand anyone with dementia that you come into contact with at your job, register now to attend the Alzheimer's Disease and Dementia Care Seminar on Jan 27, 2023 from 9 am to 5 pm. This class will be held via Zoom and is an interactive course for those who care for and work with people diagnosed with dementia. Your instructor, Cynthia Perthuis, is a licensed Certified Alzheimer's Disease and Dementia Care Trainer with years of experience working with families and providers to teach them the art of caring for those with these diagnoses. She has also spent a great deal of time around her father, grandmother and great-grandmother who all suffered from dementia as they aged.

Topics covered will include:

- Diagnosis
- Prognosis
- Treatment
- Repetitive Behavior
- Communication
- Feelings
- Depression
- Paranoia
- Hallucinations
- Wandering
- Hoarding
- Aggressive Behaviors
- Personal Care
- Pain
- Nutrition
- Catastrophic Reactions
- Activities
- Environment
- Spiritual Care
- Intimacy & Sexuality
- Staff & Family Support
- Diversity & Cultural Competence
- End of Life

After this class, for those that want to, you are invited to take the path to certification as a Certified Dementia Practitioner through the National Council of Certified Dementia Practitioners. This is an excellent opportunity for healthcare workers, front-line staff, and professionals who work with older adults to gain valuable education and skills and help your company stand out. The Alzheimer's Disease and Dementia Care Seminar is the required seminar for those pursuing CDP certification through the National Council of Certified Dementia Practitioners. This course qualifies for 7 CEUs.

To register for the class or request more information, please visit our website at:
www.seniorcare-nyfl.com/alzheimers-disease-and-dementia-care-seminar.html

Everyone at Senior Care Authority has been or currently is, a caregiver to a family member. The entire team has also been through the Certified Dementia Practitioner seminar. We are ready to assist you if you need expert advice on navigating the care choices your loved one deserves.

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 someone on your care team, outside the family's emotional landscape, can be a lifesaver. 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 an excellent 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.



Senior Living and Care Solutions

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

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

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

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

Five critical sets of questions to ask:

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

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

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



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INTERESTED IN STRAIGHTENING YOUR TEETH WITH CLEAR ALIGNERS?

THE TOP 7 THINGS YOU SHOULD KNOW ABOUT INVISALIGN

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

#1: Do clear aligners effectively straighten teeth?

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

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

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

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

#3: How long does treatment take?

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

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

#4: How often should I wear aligners?

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

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

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

#6: How much does it cost?

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

#7 The Benefits of Straightening Your Teeth

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



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



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

January is Thyroid Awareness Month

Check Your Thyroid Today

The thyroid is a small gland responsible for producing hormones that play a crucial role in many of the body's systems — from cells and tissues to organs like the heart, brain, liver, and kidneys. Dysfunction occurs when the thyroid produces either too much or too little thyroid hormone. Either can disrupt the healthy functioning of vital organs — leading to a wide range of symptoms. The good news? Once diagnosed and treated, it's entirely possible to live a normal, healthy life.

5 Reasons to Check your Thyroid

- 1. It's a small gland with a major impact:** The thyroid is a small, butterfly-shaped gland at base of the neck that produces thyroid hormones; these influence how all other cells, tissues, and organs function.
- 2. Thyroid dysfunction can have hundreds of possible symptoms:** Symptoms vary widely and diagnosis can be difficult, so keeping detailed records will be a significant help to your doctor.
- 3. It affects millions in the U.S. alone:** It's estimated that over 30 million Americans have thyroid dysfunction, yet at least half of these cases are undiagnosed and, consequently, untreated.
- 4. Anyone can be affected by thyroid dysfunction:** Although women are five times more likely to develop thyroid problems than men, it can happen to anyone.
- 5. Diagnosis is the key:** Good news: With a proper diagnosis, thyroid dysfunction can be successfully treated so you can enjoy a healthy lifestyle.

Brenda's Story: Grave Challenges

In 2015, Brenda felt that something was off. Her heart rate was too high. To others, she just didn't seem like her

usual self. Her doctor diagnosed her with Graves' disease, an autoimmune disorder that causes the thyroid to make too much of a hormone called thyroxine.

Her symptoms eventually subsided, but in 2018 she experienced new ones. This time Graves' manifested in the form of Thyroid Eye Disease (TED), an inflammation of the eye muscles, eyelids, tear glands, and fatty tissues behind the eye. Brenda now suffered from constant headaches and double vision, which made it impossible to read or watch TV.

The first treatment Brenda tried involved 12 straight days of radiation which did little to improve her symptoms. The next option appeared to be surgery until the FDA approved Tepezza, a new treatment for TED administered through infusion therapy. Sage Infusion partnered with the drug's manufacturer, Horizon Pharmaceuticals, to become a preferred site of treatment.

Brenda decided to drive two-and-a-half hours each way from her home in Cape Coral to Sage Infusion Tampa, where she received Tepezza infusions. While it was a haul, it was worth it. Brenda has described the Tampa facility as "beautiful" and the staff as "wonderful". Brenda's friend would come with her to each appointment, and they could sit together in a private space while she received her infusion. After completing 8 rounds of Tepezza infusions at Sage, Brenda experienced a significant improvement in her condition.

"Patients love the facility," says Brenda's doctor. "It's been a great experience for our office as well as the patients. It's miraculous how well these patients are doing even after the first injection".

Brenda hopes that she won't need further treatment for Graves', but if she does, she says "it will be at Sage". With the opening of Sage Infusion Fort Myers, Brenda will have a much shorter drive if needed on her journey back to health.

The Right Diagnosis is Key

Thyroid eye disease is a rare, autoimmune disease characterized by proptosis (a condition where the eyes are pushed forward and bulge outward) leading to eye pain, double vision, and difficulty closing the eyelid.

Tepezza (teprotumumab-trbw) is a medication used for the treatment of thyroid eye disease. Tepezza reduces eye bulging and double vision. It also improves the signs and symptoms of Thyroid Eye Disease (TED), including eye pain, redness, and swelling.

In clinical trials: more than 8 out of 10 patients taking Tepezza experienced a visible reduction in eye swelling, 7 out of 10 patients saw improvement in double vision; and 5 out of 10 patients saw their double vision completely go away.

At Sage Infusion, we provide expert patient-centered infusion care in a contemporary boutique environment. Sage Infusion eases your medical burdens by handling the care coordination process, including insurance authorization and patient progress updates. Our flexible scheduling meets our patient's needs with extended hours. Day, night, and weekend appointments are available. Our physician assistants and nurse practitioners follow the National Infusion Center Association guidelines and our proprietary clinical protocols. Sage Infusion offers a variety of comforting amenities and patients can choose to receive treatment in the open lounge or a private room.

With locations in Fort Myers, Clearwater, Orlando, Sarasota, Tampa, and The Villages, Sage Infusion offers the best infusion and administration facilities in the Sunshine State. At Sage Infusion, we've reimagined patient care. From a quick start to upfront pricing and financial assistance, to compassionate care by our clinical experts in a serene environment, you will experience infusion therapy like never before. Sage Infusion accepts most insurance providers and will complete your prior authorization process making it easy to focus on your health. Call 239-533-5962 today.

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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 to register or call **239-362-0855** for dates. Medicare's website is www.Medicare.gov.

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

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

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

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

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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.

MENTAL HEALTH MONTH

By Richard J. Capiola, MD

Mental wellness is an important aspect of overall health and well-being. There are many natural ways to reduce stress and improve mental wellness, such as:

1 Exercise: Regular physical activity can help reduce stress and improve mental health. It can also help to improve sleep, boost mood, and reduce feelings of anxiety and depression.

2 Good sleep pattern: Getting enough sleep is essential for mental wellness. Aim for 7-9 hours of sleep per night and create a relaxing bedtime routine to help you fall asleep and stay asleep.

3 Healthy diet: Eating a healthy, balanced diet can help improve mood and reduce stress. Foods rich in nutrients such as vitamins and minerals, including fruits, vegetables, and whole grains, can help support mental health.

4 Social activities: Connecting with others and participating in social activities can help reduce stress and improve mental health. This can include activities such as joining a club, volunteering, or simply spending time with friends and family.

5 Seek treatment if anxiety/depression persists: If you are struggling with anxiety or depression, it is important to seek treatment. This may include psychotherapy, such as cognitive-behavioral therapy or mindfulness-based therapy, and/or medication management.



In addition to these natural remedies, there are other strategies that can help reduce stress and improve mental wellness, such as practicing relaxation techniques, such as deep breathing or meditation, and finding activities that bring joy and relaxation, such as hobbies or spending time in nature. It's also important to manage your time effectively and set boundaries to reduce stress and improve overall mental health.

Remember, it's okay to ask for help if you are struggling with stress or mental health issues. There are many resources available to support you, including mental health professionals and support groups. Don't be afraid to reach out for help if you need it.

RICHARD J. CAPIOLA, MD

With triple board certification in general psychiatry, addiction psychiatry and forensic psychiatry, Dr. Richard J. Capiola has been in practice for 27 years. During his training at Tulane Medical School and UCLA, Dr. Capiola developed a keen interest in the treatment of depression and anxiety overlapping with drug and alcohol abuse. This focus led to his role as chief medical officer for Oglethorpe Inc., which specializes in the treatment of mental health and addiction. He has been instrumental in the clinical development and oversight of 12 specialty treatment centers in five states.

Dr. Capiola's specialties include adult and adolescent psychiatry, treatment of anxiety, depression, and substance use problems, and forensic psychiatry, where he evaluates patients with legal issues related to mental health.

Dr. Capiola is the chief of psychiatry for Physicians Regional Medical Center and was the medical director for the Wilough at Naples for many years. He's served 10 years with The Joint Commission, which evaluates hospitals nationwide for quality of care and safety.

Dr. Capiola was the featured neuropsychiatrist in the recent book "Don't Give Up On Me" with Darryl Strawberry. His confidential private practice focuses on using each individual's inherent strengths to achieve the goal of living a healthy, well-balanced life.

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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.

Slowing the Pace of Your Life

By Pastor Timothy Neptune

Remember the old merry-go-rounds on the playground when you were a kid? You would spin in circles until you felt like you were going to fly off. That's how life can feel if you don't make some necessary changes.

You live a much faster lifestyle than your parents did. Your children will live an even faster lifestyle than you did. As we enter a new year, perhaps it is a good time to evaluate the pace of your life and make some necessary adjustments. The Psalmist tells us:

In vain you rise early and stay up late, toiling for food to eat—for he grants sleep to those he loves.
Psalm 127:2

If you are getting up early and staying up late but still don't feel like you can get everything done... you are probably trying to do too much.

Living at a hectic pace comes at a price. You end up feeling more stressed because you are trying to cram too many things into your day. You end up having no margin in your life. As the margins get tighter the stress goes higher.

You have to take time to recharge your batteries. Here's a lesson I learned years ago: You have just enough time to do the will of God. If you can't get everything done on your "to do" list, maybe there are things on the list you shouldn't be doing.

I want to share with you two simple strategies to help you slow down the pace of your life so that you can enjoy life.

The first strategy is to learn to be content. If you're serious about slowing down, you don't start with your schedule—you start with your heart.

The Apostle Paul said this about contentment. *"I am not saying this because I am in need, for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do everything through him who gives me strength.*

Philippians 4:11-13

If you're going to slow down your life, you have to learn contentment. Paul also said this about contentment: *'But godliness with contentment is great gain. For we brought nothing into the world, and we can take nothing out of it.* 1 Tim. 6:6-7

What he is saying in these passages is that we need to understand that life isn't about things. Contentment means this: I don't need more in order to be happy.

I'm not waiting for *more* in order to be happy. I'm happy right now. I have dreams and I have goals but I don't need *more* in order to be happy. That's contentment.

Contentment will come easier when you realize two things: life is not a competition with other people and having *more* will not make you happier. This is not the message promoted by our culture, but it is true.

Jesus said it like this, *"Then he said to them, 'Watch out! Be on your guard against all kinds of greed; a man's life does not consist in the abundance of his possessions.'*" Luke 12:15

If you find yourself making statements like this:



- My life is a rat race.
- I don't know how I'm going to get it all done.
- I am just so exhausted.
- I don't know how much more of this I can take.
- I just want to escape.

These phrases are all warning signs that you are on the road to burn out. You need to slow down the pace. Perhaps as we begin this new year, taking an honest evaluation of your life and determine if some changes are necessary. Are you content in your life right now?

As the merry-go-round spins faster it is only a matter of time before you either get sick, or fall off. Or, better yet, just slow down, be content, and enjoy the ride.



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

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