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Health & Wellness[®] MAGAZINE

March 2023

Collier Edition - Monthly

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"Why Exercise is the Best Medicine for Parkinson's Disease"
Ramon A. Gil, M.D.
Diplomate, American Academy of Psychiatry and Neurology
Diplomate, American Board of Internal Medicine
Medical Director, Parkinson's Disease Treatment Center of SWFL

Breakout Sessions:

"Yoga as Part of Your Treatment"
Shebani Abdulnour, Yoga Therapist

"Dance Therapy for PD" by Sarah Latotsky, Patricia De L'Ossa, RPT and Sergio Valdivia, RPT

"Fitness" by Jay Woods

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DR. MAT MOURITSEN, DMD HAS A PASSION FOR YOUR SMILE

Have you ever seen a genuine smile that didn't catch your eye or make your heart happy? Dr. Mat Mouritsen has one of those smiles and says he is blessed to spend his days creating them. Health and Wellness Magazine interviews Dr. Mouritsen to learn his passion, his love of technology and why he thinks your entire body's overall health starts in your mouth.

H&W Magazine: Dr. Mouritsen, tell the readers about your passion for dentistry.

Dr. Mouritsen: My passion is changing people's lives through implementing clinical excellence. Using the latest technology to do the highest quality work is like completing a puzzle to me. All the pieces must fall into place to make the magic. At Park Family Dental we have access to all the latest technology to do the work. Platelet Rich Fibrin in surgery and Cone Beam Computed Tomography (CBCT) to identify anatomical variations for implants and root canals.

H&W Magazine: Platelets in Surgery? Explain to the reader's Doctor.

Dr. Mouritsen: Platelet Rich Fibrin (PRF) is used in many dental surgical procedures such as extractions and dental implants. PRF accelerates the healing process, decreasing surgical pain and swelling for dental implants and wisdom tooth extraction. PRF also improves the strength of bone's direct structural and functional connection to implants.

The PRF process is very simple. One vial of blood is drawn per surgical site immediately before your dental procedure, the same process as when blood is taken during a routine medical exam. The blood is then put into a centrifuge and separated into various layers, one being the PRF. The PRF layer is rich in fibrin, platelets, and growth factors.

The use of Platelet Rich Fibrin (PRF) protects the bony surgical site from infection, accelerates the healing process, and decreases pain after a procedure. Platelet Rich Fibrin treatment is 100% natural without additives or preservatives. PRF is placed directly into the tooth extraction site and implant site. Without the PRF, dental extraction sites are commonly left to heal open. When PRF is placed into the extraction site, the PRF protects the site from infection and enriches the

area with proteins that accelerate the healing process. In sites where implants are placed, the PRF occupies the space between the extraction site and the dental implant. Placement of PRF in dental implant sites decreases the implant healing time and the chance of dental implant failure. PRF is better than sending a tooth removal patient home with an unfilled bony extraction socket or implant site.

H&W Magazine: And the CBCT... how does this technology help you and your patients?

Dr. Mouritsen: The CBCT systems dental professionals use rotate around the patient, capturing data using a cone-shaped X-ray beam. These data are used to reconstruct a three-dimensional (3D) image of the following regions of the patient's anatomy: dental (teeth); oral and maxillofacial region (mouth, jaw, and neck); and ears, nose, and throat ("ENT"). No more mushy molds and goop in trays forced into your mouth.

We also have our own lab in the building to customize our ceramics using the latest dental imaging. We even have our own Master Ceramist, Lance Finch, who can often create your new smile in one day. Dental Technology is indeed a field exploding with patient care and comfort.

H&W Magazine: Share with the readers a patient success story where you used these technologies.

Dr. Mouritsen: Well, I have so many, but one that quickly comes to mind is a young man named Colby. Colby was in his twenties and had many health issues that contributed to his teeth having significant decay and crowding. I was able to clean up the decay, get his teeth healthy and give him a beautiful new smile. His health and self-confidence improved, and Colby's overall outlook on life was so changed that his career began to skyrocket. Changing a person's smile truly can change their life.

The health of your mouth is the key to your overall health in general. I just worked with a man in his sixties who was struggling with many other health problems due to badly infected teeth. We removed all the teeth and associated infections and placed implants throughout his entire mouth. He left THAT DAY with new teeth. He reports that his overall

health has improved dramatically, and he can finally eat solid foods again. He even reports that he has stopped smoking based on his new desire to take better care of himself and his new teeth!

"As a dentist, I get to help people smile, laugh, and enjoy food. Three of life's most enjoyable activities for all of us. I love when I can help someone and make their world a better place."

Dr. Mat Mouritsen considers himself a lifelong student of all things dental health-related and is constantly engaged and eager to learn. His passion for teaching and learning has been the driving force in his career. He worked as a mentor at the Spear Center in Scottsdale, Arizona. There he helped other dentists learn and understand many advanced concepts in dentistry.



Dr. Mouritsen has studied with some of the most prominent experts in the field of airway and sleep-breathing disorders. As a member of airway prosthodontics, he continues to study and learn with doctors worldwide to find new ways to understand better and treat breathing-related health issues. He is particularly passionate about this because several close family members have been affected by sleep breathing disorders, including sleep apnea. He has unbounded enthusiasm for helping people to find individual solutions that can result in dramatic changes in nighttime rest and overall health.

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SLÀINTE

By Sharla Gayle Patterson, MD, MBA

The 21st Century Cures Act was signed into law on December 13, 2016 with the goal of sharing medical information to enhance the delivery of medical care. From this act, electronic medical records were adopted and almost universally available. Electronic medical records are here to stay and with them comes the ability to access and read our own charts. Federal law mandates the release of your results and notes which leads to more proactive management of health conditions and staying informed. However, reading medical reports can be confusing and difficult to understand.

The purpose of medical notes is for your health care team to communicate with each other. The language used is not directed for patients. The words used are usually not the same words your doctor would use to talk to you directly. Keep this in mind as some comments may seem personal but they are used to communicate succinctly and in a straightforward fashion with your medical team.

Having the reminder from your portal pop up in your email or text message is not meant to be a notification that your doctor requires that you read this note or result. It is ok to not read these notes. Your doctor will communicate with you any pertinent facts.

The language of medicine is one that medical professionals learn in their training. The words are long with multiple syllables. Trying to decipher the entire report using an internet search is not a good idea. Taking the terms out of context can lead to undue anxiety and stress.

Sometimes lab and xray results are released to you before your doctor has a chance to review them. While you may have had time to read the results and search all treatment options, do not call your doctor expecting that they have had the same time to read the results. You should schedule an appointment (either in person or on the telephone) with your doctor to review the results. Do not attempt to interpret the details of the reports without talking to your doctor.



Before you open a result you should ask yourself three questions.

- 1 Do I need to know right now?
- 2 What will I do with this result right now?
- 3 Can I improve my health by reading this result right now?

This will help you decide whether to open the result. If the answer might be life changing (such as a cancer diagnosis), it might be advisable to wait to read the results until you can discuss with your doctor. It also might be helpful to read the results with a family member or trusted close friend in case you need emotional support.

Slàinte means good health in Irish Gaelic. This word often precedes a toast in Ireland but is increasingly used as a greeting for wishing someone good health. In March, we celebrate St. Patrick's Day to honor the death date of the patron saint of Ireland, Saint Patrick. He is credited with bringing Christianity to Ireland and used the three leafed green clover to illustrate the Holy Trinity. As we enjoy the festivities and watching our rivers dyed green, let's take time to celebrate good health.

Slàinte



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WHAT ARE THE RISKS IN DELAYING YOUR COLONOSCOPY?

Getting a colonoscopy is typically not on the top of most men and women's to do list. However, knowing the risks that come with delaying cancer screenings such as a colonoscopy is vital to keeping yourself healthy. March is National Colorectal Cancer Awareness month to remind those that still may need to schedule their colonoscopy. It is crucial to get checked because colorectal cancer is the second leading cause of cancer deaths in the United States.

Fortunately, colon cancer is generally preventable through colonoscopy screenings. Yet, many adults are past due for screenings due to the fear of COVID-19 has brought to the healthcare industry. Several common digestive conditions can be caused by problems in the colon or rectum. These issues range from functional disorders to structural disorders, which can affect bowel movements and cause pain, discomfort and bleeding.

With the rising number of younger adults being diagnosed with colorectal cancers, including many with no family history of the disease, now, more than ever digestive health teams are encouraging patients to not delay their colon care. At Physicians Regional, our colorectal surgeons work closely with gastroenterologists and other specialists to provide supportive care for all colorectal conditions. Dr. Susan Cera, Board Certified Colorectal Surgeon at Physicians Regional Medical Group, urges patients to schedule their regular colonoscopies.

"Many individuals think that if they don't have symptoms and they don't have family history of colon cancer, then they won't develop colon cancer," says Dr. Cera. "However, colon cancer is the third most common cancer in both men and women, and 80% of the time it develops in people who don't have a family history."

While scheduling a procedure as serious as a colonoscopy can be nerve-racking, Dr. Cera ensures that the technology in today's healthcare system is more advanced than ever. "Colonoscopies now have high definition capability, just like your TV at home, and allows for improved visualization of smaller polyps and lesions that can predispose to colon cancer."



Colon cancers are being diagnosed and treated at earlier stages due to the cancer being detected before symptoms even arise. If you have experience the following symptoms, seek medical help from your physician as soon as possible.

- Rectal bleeding
- Change in stool color
- Change in bowel habits
- Pain or cramps
- Iron deficiency anemia

In addition to colonoscopy, there is a new screening tool in our arsenal for the battle against colon cancer. It's a test called Cologuard that detects blood and abnormal cells in the stool. It's very effective in detecting cancer after cancer has already formed. It can also detect some pre-cancerous polyps. However, the best method of prevention (avoiding colon cancer altogether) still remains colonoscopy to remove pre-cancerous polyps before they become cancer. Current guidelines recommend that a Cologuard be done every three years in addition to colonoscopies at regular intervals.

More than 600,000 colorectal surgeries are performed across the U.S. each year. Surgeons at Physicians Regional Medical Group use minimally invasive surgical techniques whenever possible. These procedures include laparoscopic and robotic surgery, which typically offer smaller incisions and scars, less pain and can lead to faster recovery than traditional, open approach surgery.

Follow Dr. Cera's healthy gut tips to help minimize the risk of developing colorectal cancer:

- Minimize alcohol and avoid smoking.
- Maintain a healthy weight and active lifestyle.
- Know your family history and discuss the optimal screening test with your doctor.
- Maintain a high-fiber (30 g of fiber daily), low-fat (30% or less of total calories are from fat) diet.
- Include plenty of fruits, vegetables, and whole grains into your diet.



Dr. Cera's office is located in Naples at Physicians Regional – Pine Ridge, 6101 Pine Ridge Rd.

For more information or to schedule an appointment, please call 239-348-4128, or schedule online at

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IMPROVING COMMUNICATION FOR CANCER PATIENTS WITH HEARING OR LANGUAGE IMPAIRMENTS

By Dr. Graciela Garton

When a patient receives a serious medical diagnosis like cancer, it can trigger a flood of questions – how the disease progresses, what may stop its spread, how to cope with the emotions that accompany diagnosis and treatment, and what important healthcare decisions lie ahead.

For most, there are a variety of resources available where answers may be found. These include in-person support groups, online educational videos and conversations with one's own care team. Unfortunately, few are designed to help those with a hearing impairment or language barrier, including foreign language speakers. As a result, these individuals may struggle to navigate a healthcare system that is designed for those without communication challenges.

Studies report that patients with hearing or language impairments often have profound gaps in knowledge about their disease, medications, treatment options, procedures and risk factors. And yet, living with these unanswered questions can exacerbate the emotional distress that often accompanies a tough diagnosis.

Additionally, studies show that patients with hearing or language impairment commonly experience persistent breakdowns in communication with their health care providers. Sadly, many find that their providers will not accommodate their requests for ASL interpretation within clinical settings. Instead, patients are expected to practice lip reading or note taking for comprehension.

This sends the message that providers don't want to deal with them – and breaks federal law. Those with a hearing impairment are legally entitled to adequate language accommodations, thanks to provisions in the Americans with Disabilities Act (ADA).

Partnership Provides Access to Communication Resources

At Advocate Radiation Oncology, we know every patient deserves equal access to healthcare communication before, during and after a cancer diagnosis. As the region's premier locally-owned and operated radiation oncology practice, we are passionately dedicated to delivering compassionate care and ensuring that every patient's treatment experience is customized to their needs.

In order to deliver exceptional healthcare communication for all, Advocate Radiation Oncology is proud to partner with the Sally J. Pimentel Deaf and Hard of Hearing Center (DHHC).

The DHHC's mission is to empower Southwest Florida's deaf and hard-of-hearing citizens and their families through education, advocacy and community involvement. The center provides a wide range of services to those with hearing impairments, including support for family members, friends, neighbors, employers and coworkers.

- Sign Language Interpreting Services
- Free Telephone Equipment Loan Program
- Deaf Mentor & Education Program
- (ASL) American Sign Language Classes
- Information/Referral Services
- Outreach Presentations
- Employment Assistance
- Visual Communication Center
- Advocacy
- Adaptive Equipment Sales & Training



Through this partnership, DHHC and Advocate Radiation Oncology are closing the gap for patients with hearing or language impairment by reducing healthcare inequalities.

By connecting patients with the appropriate language assistance and accommodations, our provider-patient conversation can take place with clarity, comprehension and compassion. In this way, Advocate can ensure that the treatment experience is delivered with equal care for all patients.



About the Author

Dr. Graciela Garton is a board-certified radiation oncologist at Advocate Radiation Oncology. For more information, please visit AdvocateRO.com.



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Avoiding Atrophy

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

Atrophy is defined as a decrease in size or wasting away of a body part or tissue. We commonly hear about muscle atrophy, or the wasting away of muscles that we don't exercise regularly.

According to the Cleveland Clinic, muscle atrophy is the wasting away of, or thinning of muscle mass. It can be caused by disuse of our muscles or neurogenic conditions. Symptoms include a decrease in muscle mass, limb asymmetry, and numbness, weakness or tingling in the extremities. Disuse atrophy can be reversed with exercise, and specifically resistance training, and a healthy diet focusing on nutrient-dense foods. Neurogenic atrophy can sometimes be treated with a type of physical therapy called electrical stimulation.¹

While the brain is not a muscle, but rather an organ, it too can atrophy. Over the last couple of decades, with the increase in use of technology, a great deal of research has shown that the way we use the internet is changing our brain—and not for the better. The available evidence indicates that the Internet can produce both acute and sustained alterations in cognition, which may be reflected in changes in the brain.²

As I have written in my online journal, "social media and phones are the processed foods for the brain. They are quick and easy and totally lacking substance and nutrition. They are sitting on the couch for three hours before bed and letting your brain turn to mush. Instead of providing nourishing and nutrient dense food, they provide hundreds of empty calories, keeping the brain bouncing around and "busy", but never providing the stimulation that will lead to growth. They are sitting on the machine at the gym, doing a million reps at light weight, and wondering why you aren't building muscle or getting stronger."³

Our muscles require an intense stimulation of exercise through resistance training to force them to grow stronger, and our brain is no different. Exercising the brain to improve memory, focus, or daily functionality should be a priority in our life, especially as we get older. So, how do we exercise our brain to avoid atrophy?



People of all ages can benefit from incorporating a few simple brain exercises into their daily life. The following are a couple of simple exercises that we can do to resistance train our mind and keep it from atrophying:

1. Read and build our vocabulary.

Reading words is like doing exercise repetitions in the gym. Just as heavier weights activate more muscle fibers, reading thought-provoking books activates many regions of the brain involved in vocabulary tasks, particularly in areas that are important for visual and auditory processing. To test this theory, try this cognitive-boosting activity:

- Keep a notebook with you when you read.
- Write down one unfamiliar word, then look up the definition.
- Try to use that word five times the next day.

2. Learn or teach a new skill. Learning a new skill is not only fun and interesting, but it can also strengthen the connections in our brain. For instance, reading a book that teaches us a skill like language, pushes our brains much more than light reading.

Is there something you've always wanted to learn how to do? Maybe you'd like to travel but are afraid that you won't be able to communicate effectively. You can start learning a new language and then take a trip to try it out. Perhaps you'd like to know how to repair your car. Or maybe you know how to change your oil and you could teach someone else to do it. One of the best ways to expand your learning is to teach a skill to others.

After we learn new skills, we need practice. Teaching someone else requires us to explain the concept and correct any mistakes. For example, learn to swing a golf club, then teach the steps to a friend.

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Inspire Exercise Medicine

Inspire Exercise Medicine is focused exclusively on supporting cancer patients on the road to regaining their health with oncologist defined evidence-based treatment plans for nutrition and exercise in support of their overall health and wellness.

A significant part of the Inspire Exercise Medicine space is dedicated to physical, monitored exercises on machines and with exercise equipment, specifically selected for treatment purposes.



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Dr. Colin Champ, MD, CSCS

Dr. Colin Champ, MD, CSCS, is a radiation oncologist with board certifications in radiation oncology and integrative and holistic medicine. Dr. Champ is a certified strength and conditioning specialist, and his research interests include the prevention and treatment of cancer with lifestyle modification, including exercise and dietary modification.

MEET OUR DIGESTIVE HEALTH TEAM

March is National Colorectal Cancer Awareness Month. Of cancers that affect both men and women, colorectal cancer is the second leading cause of cancer-related deaths in the United States and the third most common cancer in men and in women. More than 140,000 Americans are diagnosed and more than 50,000 die from the disease each year. Colorectal cancers affect all racial and ethnic groups, it is most often found in people aged 50 years or older, and the risk for developing this cancer increases with age. That being said it is recommended that patients at average risk get a screening at age 50. Patients with a family history of colon cancer or colon polyps should have a screening done ten years prior to their first degree relatives' diagnosis, which is usually around age 40.¹

Thanks to prevention, effective treatments, and screenings like a colonoscopy, more people are counting themselves as survivors. Colonoscopies are an excellent screening tool. If you find colon cancer at an early stage, surgical resection is often times curative. About nine out of every 10 people whose colorectal cancer is found early and treated are still alive five years later.

Colorectal cancer symptoms are typically non-specific and might not fully display right away, so any subtle symptoms involving the colon must be taken seriously.

If you think you may be at risk, or are looking for a colorectal surgeon or gastroenterologist please contact Physicians Regional Medical Group at 239-348-4221 or visit PhysiciansRegionalMedicalGroup.com for online scheduling.



Susan Cera, M.D.

Dr. Cera is board certified in colon and rectal surgery. She attended medical school at Georgetown University in Washington D.C. Completed her residency at Carolinas Medical Center in Charlotte,

North Carolina and her fellowship at Cleveland Clinic Florida.

- Specializes in performing colonoscopies, reoperative surgeries, minimally invasive and robotic surgeries and laparoscopies
- Also treats patients who suffer from colon/rectal/anal cancer, Crohn's disease, ulcerative colitis, adhesions, diverticulitis, fecal incontinence, hemorrhoids, fissures, fistulas, anal infections, constipation, colon, and rectal polyps and abdominal pain



Anthony Vernava, M.D.

Dr. Vernava is board certified in colorectal surgery and has been in practice for over 20 years. He attended medical school and completed his residency at St. Louis University in St. Louis, Missouri,

and his fellowship at the University of Minnesota in Minneapolis, Minnesota.

- Specializes in performing colonoscopies and laparoscopies, as well as reoperative, minimally invasive, and robotic surgeries
- Also specializes in treating colon, rectal, and anal cancers in addition to Crohn's disease, ulcerative colitis, adhesions, diverticulitis and fecal incontinence
- Also treats patients for hemorrhoids, fissures, fistulas, anal infections, constipation, colon, and rectal polyps and abdominal pain

Margaret Avery, FNP-BC

Margaret Avery, FNP-BC specializes in pre and post operative care, colorectal surgery, cancer screenings, early cancer education and colon health. Margaret also has a special interest in education which includes: preventive medicine, surgical complication prevention, managing acute and chronic medical conditions and medication management.



Michael Cohen, M.D.

Dr. Cohen is board certified in gastroenterology and internal medicine. He attended medical school and completed his residency at Northwestern University in Chicago, Illinois, and his fel-

lowship at Jackson Memorial Hospital in Miami, Florida.

- Specializes in colon cancer screening and prevention, treating Crohn's disease, ulcerative colitis, acid reflux/GERD, hemorrhoids, and celiac disease/gluten intolerance
- Also specializes in nutrition/wellness, gallbladder disease, liver disease, cirrhosis, and Hepatitis C

1. <https://www.cms.gov/Medicare/Prevention/PreventionGenInfo/Downloads/March-National-Colorectal-Cancer-Awareness-Month.pdf>

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Maria Valdes, M.D.

Dr. Valdes is board certified in gastroenterology. She attended medical school at St. George's University School of Medicine in Grenada, West Indies. Completed her residency at St. Vincent's

Hospital and Medical Center in New York, New York and her fellowship at The Brooklyn Hospital Center in Brooklyn, New York.

- Specializes in all areas of gastroenterology
- Including colorectal cancer screening, reflux, irritable bowel syndrome (IBS), and inflammatory bowel disease (IBD)

Roxanne Allen, PA-C

Roxanne Allen, specializes in colon cancer screenings and prevention, as well as celiac disease/gluten intolerance, acid reflux/GERD, and hemorrhoids. In addition she provides treatment for hepatitis, cirrhosis, pancreatitis, IBS, Crohn's disease, and ulcerative colitis.



Vicky Hernandez, APRN

Vicky Hernandez, specializes in colon cancer screenings and prevention, as well as celiac disease/gluten intolerance, acid reflux/GERD, and hemorrhoids. In addition she provides treatment for hepatitis, cirrhosis, pancreatitis, IBS, Crohn's disease, and ulcerative colitis.

Alicia Sloan, PA-C

Alicia Sloan, specializes in colon cancer screenings and prevention, as well as hemorrhoid banding. In addition she provides treatment for dysphasia, GERD/Reflux, peptic ulcer disease (PUD), IBD, IBS, liver disease, pancreatitis, and more.



Jennifer Wangler, PA-C

Jennifer Wangler, is a certified physician's assistant devoted to diagnosis, treatment, and prevention. She specializes in Gastroenterology, including colon cancer screenings, as well as esophagus, stomach and pancreaticobiliary disease, anorectal defecatory disorders, and esophageal dysmotility. Jennifer focuses on the management of common ailments of the gastrointestinal tract and liver.

THE DANGERS OF EARLY SPORTS SPECIALIZATION

By Jacob Ober, PT, DPT, ATC

Organized youth sports are becoming increasingly competitive and early sports specialization is becoming more popular among young athletes. Athletes are focusing on one sport at a young age with the hope of increasing their chances of success in the sport, and it's not uncommon to see youth athletes focusing on one specific sport for a large portion of the year.

There are many factors to consider when talking about early sport specialization at a young age, as there are both benefits and concerns about early sports specialization.

Injury

The biggest concern with early specialization is the greater risk for overuse injuries, especially if your athlete hasn't gone through puberty, because their muscles and tendons are still developing.

Participating in multiple sports allows athletes to develop different neuromuscular patterns and increase their adaptive skills. Moving and falling differently when playing a variety of sports can also be a preventative for injury in your chosen sport.

While early sport specialization can help with skill development in one particular sport, it can also be detrimental in developing overall athleticism. An increased amount of volume of one specific movement while the body is growing can lead to imbalanced development and a higher chance of overuse injury.

Athletes that play one sport constantly put their bodies under unique stress specific to that sport. Sports that involve a lot of repetitive tasks, especially unilateral tasks like throwing or swinging, tend to result in muscular and even sometimes skeletal imbalances.

Repeating the same movements over and over, like pitching a baseball, can put stress on the ligaments, muscles, tendons, and growth plates. According to the data, because kids' bodies are not the same as adult bodies, those who specialize in a sport have the additional risk of sustaining overuse injuries. For example, in a study of 546 teenage female athletes who played basketball, soccer, or volleyball, there was an increased rate of anterior knee pain in those who had specialized in the individual sports at an early age than those who played a variety of sports.¹



Photo by Patricia Lyn Cole

Burnout

Another issue that can result from early specialization is that it often leads to "burnout." The pressure for kids to be "committed" to one sport can cause emotional burnout which leads to them quitting the sport. Once they quit, they rarely return. About 70 percent of children drop out of organized sports by age 13.¹ It can be way too much pressure for someone so young.

Young athletes experiencing burnout report:

- Having less input into training and sport related decisions
- Practicing with less motivation
- Motivation becomes extrinsic (pressure from parents or coaches) and based on trying to get a scholarship, not because they derive joy from the sport
- More stress and less ability to cope with high demands of the sport
- Overall less enjoyment of the sport
- Drop in grades or reduced peer interactions

Recommendations

The National Athletic Trainer's Association's official statement was in support of the following recommendations relating to the health and well-being of adolescent and young athletes.

- 1. Delay sport specializing in a single sport for as long as possible:** Adolescent and young athletes should strive to participate, or sample, a variety of sports. This recommendation supports general physical fitness, athleticism, and reduces injury risk in athletes.
- 2. One team at a time:** Adolescent and young athletes should participate in one organized sport

per season. Many adolescent and young athletes participate or train year-round in a single sport, while competing in other organized sports simultaneously. Total volume of organized sport participation per season is an important risk factor for injury.

3. Less than eight months per year: Adolescent and young athletes should not play a single sport for more than eight months per year.

4. No more hours/week than age in years: Adolescent and young athletes should not participate in organized sport and/or activity more hours per week than their age (i.e., a 12-year-old athlete should not participate in more than 12 hours per week of organized sport).

5. Two days of rest per week: Adolescent and young athletes should have a minimum of two days off per week from organized training and competition. Athletes should not participate in other organized team sports, competitions, and/or training on rest and recovery days.

6. Rest and recovery time from organized sport participation: Adolescent and young athletes should spend time away from organized sport and/or activity at the end of each competitive season. This allows for both physical and mental recovery, promotes health and well-being, and minimizes injury risk and burnout/dropout.²

1. Woo, M. (2017) Why kids shouldn't specialize in one sport too early. Lifehacker. Available at: <https://lifehacker.com/why-kids-shouldnt-specialize-in-one-sport-too-early-1797954410>.

2. Schaeufele, B. (2021) Sport specialization in Young Athletes. The National Sports Medicine Institute. Available at: <https://www.nationalsportsmed.com/sports-specialization/>.



Jacob Ober, PT, DPT, ATC, is a physical therapist, dry needling specialist and certified athletic trainer based in Central Naples who subspecializes in working with athletes.



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Your Cardiovascular Health and Sarcopenia

By Zulay Zayas, ARNP

Sarcopenia is the loss of muscle mass specifically related to aging. It's normal to lose some muscle mass as you age. However, sarcopenia describes severe muscle loss that strays from the norm. Sarcopenia affects your gait, balance, and overall ability to perform daily tasks. Your heart is a muscle, so sarcopenia can also affect your heart health as well. Sarcopenia has been linked to metabolic problems like type 2 diabetes, high blood pressure, and obesity. These conditions put you at greater risk of developing coronary heart disease, stroke, and other conditions that affect the blood vessels. For a long time, researchers have believed that this muscle deterioration was inevitable. But now we have new treatments that might prevent or slow down this process.

Symptoms

People with sarcopenia often experience weakness and lose stamina. This can affect their ability to carry out physical activities. A reduction in activity then leads to further muscle mass loss.

Causes

A common cause of sarcopenia is decreased physical activity throughout the day. However, although less frequent, some people with active lifestyles may also be diagnosed with sarcopenia. This suggests that there could be other reasons for developing the disease.

Researchers currently believe that other causes of sarcopenia could include:

- A reduction in the nerve cells that send signals from your brain to tell your muscles to move
- A lowering of your hormone levels
- A decline in your body's ability to convert protein to energy
- Not consuming enough daily calories and protein to maintain your muscle mass

Treatment

Exercise

The main treatment path for sarcopenia is exercise. Researchers have identified resistance training as the specific form of exercise that is most beneficial to people with sarcopenia. This training is designed to improve muscle strength and stamina and uses resistance bands or weights.

Resistance training can also help balance your hormone levels. It's been shown to improve the ability to turn protein into energy in older people. These changes have in some cases been seen in only two weeks. Working with a qualified trainer or physical therapist is important to develop an exercise plan tailored to you. The proper intensity and frequency of exercise is vital so you see the most advantage but are less likely to hurt yourself.

Hormone replacement therapy (HRT)

HRT can help to raise lean body mass, decrease abdominal fat, and prevent bone deterioration in women whose hormone levels decrease with menopause. However, the use of HRT is debated because of an increased risk of some cancers and other severe health conditions.

Some other treatments that are under investigation include:

- Growth hormone supplements
- Testosterone supplements
- Hydroxy methylbutyrate
- Angiotensin converting enzyme inhibitors
- Vitamin D
- Medications for the treatment of metabolic syndromes

Prevention

Lack of activity is the most common reason behind this condition. Therefore, being physically active may lessen your chances of getting sarcopenia. Just half an hour of moderate exercise each day, like walking or jogging, will help keep your system working and fit.

For exercise to be effective, proper nutrition is also important. Research has shown that consuming more protein may help older adults reduce their chance of sarcopenia. Supplements have also proven useful in the prevention of sarcopenia.

Some include:

- Creatine, for increasing and maintaining muscle mass
- Vitamin D, for maintaining bone and muscle tissues
- Whey protein.
- To help p
- Reserve body mass

Outlook

Sarcopenia is an age-related condition. Because of this, it's difficult to determine whether it affects life expectancy. However, the condition influences your quality of life. A practical exercise plan and proper nutrition can greatly improve this. People who maintain a sedentary lifestyle following the diagnosis of sarcopenia may have more significant and faster muscle mass loss. If measures aren't taken to slow the condition's progression, people with sarcopenia can often be left bedridden.

Zulay Zayas, is an advanced registered nurse practitioner (ANRP) with many years of experience in the cardiac and endovascular field of study, who currently works in Naples, FL. at the Naples Cardiac & Endovascular Center.

Zulay began to work at the Naples Cardiac & Endovascular Center as an advanced registered nurse practitioner. She is responsible for venous pre-op evaluations and post-op follow-ups, and treats patients who need sclerotherapy and transcutaneous laser treatments for spider veins.

For an appointment with Zulay and the highly trained, professional team at Naples Cardiac & Endovascular Center, visit our website at www.heartvein.com or call **239.300.0586**.



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

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

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



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Energy Medicine - a road less travelled.

By Svetlana Kogan, M.D.

One of my first encounters with Energy Medicine took place on a cold December day in 2005 – I was scavenging through the aisles of the famous Anti-Aging Medical Conference in Las Vegas looking for something I was not sure what. My gaze plucked a couple of celebrities du jour in the crowd: actors George Hamilton and Susanne Sommers taking turns to receive a treatment with an interesting-looking machine. “Oh well, rich people’s toys”, I thought and walked right by that booth but grabbed a brochure. Once back in NYC, I was going through a suitcase of printed materials for vitamins, supplements, and age-defying technologies. In the industry completely unregulated but generating billions of dollars in revenue for the manufacturers, it takes a doctor’s discerning eye and knowledge set to weed the rare good things out of the large pile of nonsense. Disappointed and wistful for something fresh and promising I wish I had found for my holistic practice, I picked up a last brochure from my table.



It said: Ondamed: “A better way to make you better”. I quickly recalled the curious-looking contraption surrounded by celebs and looked up Ondamed’s website. The website talked about electromagnetic fields and human body and had a short blurb on German physicist Ralph Binder –the inventor. Intrigued by his serious credentials and a solid scientific background for the technology – I had reached out to Ondamed’s headquarters office in upstate New York and asked them to come and demonstrate the machine. I had really lucked out because they would normally never do any demonstrations others than at the trade shows and their own offices, but my practice’s high end Manhattan location was loaded with of glamour, exposure, and celebrity potential – so Ralph himself came out to my office on the Upper West Side. Ralph was a scientist not a medical practitioner so he explained the technology to me the way a physicist would – which was exactly what I was looking for.



Coincidentally, at the time, I was suffering from a bout of throat and lymph node pain and tenderness, and had already put myself through the holistic “works” as well as the conventional medical diagnostic and treatment modalities. Without any results. So, I quietly continued to suffer and go to work every day – something I am sure many of my colleagues can relate to. While demonstrating to me how Ondamed worked, Ralph took a moment to scan my body and mumbled something to the effect of: “I’m not sure what’s going on but there is a problem in your neck.” Now he had my attention. How did he know that? I did not tell him I had any health issues. Unlike the psychics, clairvoyants, and others such folk with extra sensory perception or even clever quacks trained in neuro-linguistics, Ralph was just a genuine scientist. He was pure and devoid of any way of understanding my body language or anything else. I then asked him to treat my presumed issue the way the technology called for and he did – it took him a whole lot of 8 minutes of just following the treatment protocol.

I did not feel any different and I politely thanked him for the visit and gave the standard “I will think about it” parting comment. He wrapped up his machine and left and I went back to seeing patients. About 15 minutes into my office hours, I felt a severe discomfort in my throat. Heck, this felt much worse than my original problem. I had mentally cursed Ralph and promised myself to call

him, right after seeing the patients and accuse him of all the malice of the world. In the meantime, I clenched my teeth and continued to toil away at my work. The pain in my throat intensified to the point where I felt like ripping my throat out of my body – and then....suddenly – it was gone. 100% gone. Stunned and incredulous, I had finished my work day and sat down to listen to my body. I was looking for some sort of semblance of the throat and lymph node discomfort I had felt before Ralph’s visit. It was all gone. I waited for it to reappear for another 24 hours and when it didn’t I called Ralph and told him that I was buying the machine.

Today, 18 years later, energy medicine became a common go-to alternative treatment for many chronic conditions. Ondamed works with low frequency pulsed electromagnetic waves, while other technologies are often using similar but different approaches. Some devices are preset for easy treatment while others require a practitioner to administer the treatment and navigate the bio-feedback aspect of it - if the machine has it. Patients can either have in-office treatments or acquire devices for treating themselves in the privacy of their homes. Energy medicine provides painless, non-invasive and safe solutions and helps to address the root of the problem rather than treating the symptoms.



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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COLORECTAL CANCER SCREENING

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

Not counting some kinds of skin cancer, colorectal cancer (often shortened to colon cancer) is the fourth most common cancer in men and women and is the fourth leading cause of cancer-related deaths in the United States. Of cancers that affect both men AND women, colorectal cancer is the second leading cancer killer in the United States, but it doesn't have to be.

Colorectal cancer screening saves lives. Screening can find precancerous polyps—abnormal growths in the colon or rectum—that can be removed before they turn into cancer. Screening also helps find colorectal cancer at an early stage, when treatment works best. About nine out of every 10 people whose colorectal cancers are found early and treated appropriately are still alive five years later.¹

According to the US Centers for Disease Control and Prevention (CDC) website, the U.S. Preventive Services Task Force recommends that adults age 45 to 75 be screened for colorectal cancer. The decision to be screened between ages 76 and 85 should be made on an individual basis. If you are older than 75, talk to your doctor about screening. People at an increased risk of getting colorectal cancer should talk to their doctor about when to begin screening, which test is right for them, and how often to get tested.

What types of screening are available?

Treating cancer starts with knowing you have it. Finding cancer early is important to improve treatment outcomes and survival. The vast majority of cancers show no symptoms until later stages, when treatment options may be limited. Today, many cancers are found too late, when outcomes are often deadly.

Some common tests for colorectal cancer include:

Flexible Sigmoidoscopy

For this test, the doctor puts a short, thin, flexible, lighted tube into your rectum. The doctor checks for polyps or cancer inside the rectum and lower third of the colon.

How often: Every 5 years, or every 10 years with a FIT every year.



Colonoscopy

This is similar to flexible sigmoidoscopy, except the doctor uses a longer, thin, flexible, lighted tube to check for polyps or cancer inside the rectum and the entire colon. During the test, the doctor can find and remove most polyps and some cancers. Colonoscopy also is used as a follow-up test if anything unusual is found during one of the other screening tests.

How often: Every 10 years (for people who do not have an increased risk of colorectal cancer).

CT Colonography (Virtual Colonoscopy)

Computed tomography (CT) colonography, also called a virtual colonoscopy, uses X-rays and computers to produce images of the entire colon, which are displayed on a computer screen for the doctor to analyze.

How often: Every 5 years.

Cologuard test

Cologuard looks for changes in your DNA that could indicate the presence of colon cancer or precancerous polyps. Polyps are growths on the colon's surface that may develop into cancer. Cologuard is gaining popularity because it's far less invasive and more convenient than a traditional colonoscopy.

Cologuard is done at home with a kit that your doctor will give you a prescription for.

Galleri Blood Test

The Galleri test may present a far more efficient way of detecting cancer. Instead of searching for

any one type of cancer, it screens an individual for multiple cancers. Its potential is to change the current screening process from screening for individual cancers to one where individuals are screened for multiple cancers with a single blood test.²

Which test is right for you?

Each test has advantages and disadvantages. Talk to your doctor about the pros and cons of each test, and how often to be tested. Which test to use depends on:

- Your preferences.
- Your medical condition.
- Your personal or family history of colorectal cancer or colorectal polyps.
- If you have a genetic syndrome such as familial adenomatous polyposis (FAP) or hereditary non-polyposis colorectal cancer (Lynch syndrome).
- The likelihood that you will get the test.
- The resources available for testing and follow-up.

If you'd like to speak to a professional about colorectal screening, 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.

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.



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1. Basic information about colorectal cancer (2022) Centers for Disease Control and Prevention. Centers for Disease Control and Prevention. Available at: https://www.cdc.gov/cancer/colorectal/basic_info/.
2. Bigleyj (2022) A new blood test can detect more than 50 types of cancer, Cleveland Clinic, Cleveland Clinic. Available at: <https://health.clevelandclinic.org/the-galleri-test/>.

KIDNEY AWARENESS MONTH

Did you know that 37 million adults have kidney disease and the majority of people do not know they have it? One out of 3 three people are at risk for kidney disease. The kidneys are our primary source of detoxification. These two small organs clean the blood and filter waste products and toxins from the body through the urine.

The National Kidney Foundation Explains How The Kidneys Work Below:

- Blood enters the kidneys through an artery from the heart
- Blood is cleaned by passing through millions of tiny blood filters
- Waste material passes through the ureter and is stored in the bladder as urine
- Newly cleaned blood returns to the bloodstream by way of veins
- Bladder becomes full and urine passes out of the body through the urethra.¹

The kidneys perform their life-sustaining job of filtering and returning to the bloodstream about 200 quarts of fluid every 24 hours. Approximately two quarts are eliminated from the body in the form of urine, while the remainder, about 198 quarts, is retained in the body. The urine we excrete has been stored in the bladder for approximately one to eight hours.¹

There are several key warning indicators of kidney disease. While many of these get confused with other conditions or get ignored completely, if you have any of the following symptoms, it's imperative to see your healthcare provider and to get additional testing done.

According the National Kidney Foundation, these are the 10 most common signs of kidney disease:¹

1. Fatigue—You're more tired, have less energy or are having trouble concentrating. A severe decrease in kidney function can lead to a buildup of toxins and impurities in the blood. This can cause people to feel tired, weak and can make it hard to concentrate. Another complication of kidney disease is anemia, which can cause weakness and fatigue.

2. Trouble Sleeping—When the kidneys aren't filtering properly, toxins stay in the blood rather than leaving the body through the urine. This can make it difficult to sleep. There is also a link between obesity and chronic kidney disease, and sleep apnea is more common in those with chronic kidney disease, compared with the general population.

3. Dry, Itchy Skin— Healthy kidneys do many important jobs. They remove wastes and extra fluid from your body, help make red blood cells, help keep bones strong and work to maintain the right amount of minerals in your blood. Dry and itchy skin can be a sign of the mineral and bone disease that often accompanies advanced kidney disease, when the kidneys are no longer able to keep the right balance of minerals and nutrients in your blood.

4. Frequent Urination—If you feel the need to urinate more often, especially at night, this can be a sign of kidney disease. When the kidneys filters are damaged, it can cause an increase in the urge to urinate. Sometimes this can also be a sign of a urinary infection or enlarged prostate in men.

5. Blood in Urine—Healthy kidneys typically keep the blood cells in the body when filtering wastes from the blood to create urine, but when the kidney's filters have been damaged, these blood cells can start to "leak" out into the urine. In addition to signaling kidney disease, blood in the urine can be indicative of tumors, kidney stones or an infection.

6. Foamy Urine— Excessive bubbles in the urine — especially those that require you to flush several times before they go away—indicate protein in the urine. This foam may look like the foam you see when scrambling eggs, as the common protein found in urine, albumin, is the same protein that is found in eggs.

7. Puffy Eyes— Protein in the urine is an early sign that the kidneys' filters have been damaged, allowing protein to leak into the urine. This puffiness around your eyes can be due to the fact that your kidneys are leaking a large amount of protein in the urine, rather than keeping it in the body.

8. Swollen Feet and Ankles— Decreased kidney function can lead to sodium retention, causing swelling in your feet and ankles. Swelling in the lower extremities can also be a sign of heart disease, liver disease and chronic leg vein problems.

9. Poor Appetite—This is a very general symptom, but a buildup of toxins resulting from reduced kidney function can be one of the causes.

10. Muscles Cramps— Electrolyte imbalances can result from impaired kidney function. For example, low calcium levels and poorly controlled phosphorus may contribute to muscle cramping.

Reference:

1. The National Kidney Foundation, Kidneys and Your Health, <https://www.kidney.org/phi/form?version=health>

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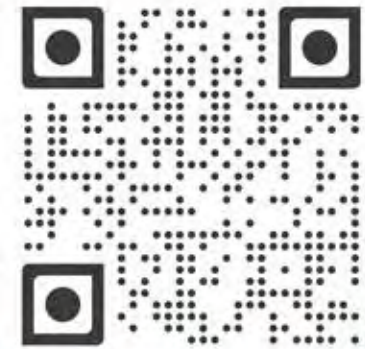


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Achilles Tendon Ruptures and Getting You Back in the Game

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

Achilles Ruptures are more common in men than women and the typical age group that is affected is between the ages of 30-50. Some other risk factors include race, genetics, medical conditions, musculoskeletal disease, ankle and foot alignment (pronation/hyper-pronation), obesity, sports, exercise, medication and smoking.

The Achilles tendon is the largest tendon in the body. It is connected to both the calf muscle and the heel bone and is a fibrous tissue that somewhat resembles twine. It is used when you walk, run, stand, jump and is especially stressed when you move quickly from side to side.

Although the Achilles tendon can withstand great stresses from running, twisting and jumping, it is extremely vulnerable to injury. A rupture of the tendon is a tearing and separation of the tendon fibers, so that the tendon can no longer perform its normal function.

People that are athletic and play sports or do extreme workouts are often times more frequently affected by Achilles tendon injuries. This is because they have jarring, ballistic movements. Sports like tennis, basketball and football all create these airborne movements. Also, exercises or workouts like jumping rope, or other high intensity movements can rupture the Achilles tendon. Corticosteroids and some other pain deterring injectables have been studied for their negative effect on the tendons, due to the medications actually breaking down the tissues and weakening the Achilles tendon.

When the tendon is ruptured, most notably, people remark of the popping sound they hear at the onset. It causes a tremendous amount of pain and unfortunately takes a very long time to heal.

There are several types of treatment options, both surgical and nonsurgical. The nonsurgical approach is to cast the foot in a pointed toe position and then gradually recasting to stretch the tendon back into



Achilles Tendon Rupture

place very slowly. The nonoperative repair has a much greater re-rupture rate than with surgery. We also use laser therapy in conjunction with stem cells as to repair the Achilles tendon.

The surgical repair of the Achilles rupture involves several different options. All of the options will reconnect the two ends of the tear back together by suturing them back into place. Sometimes this is done with a flap drawn down from the gastrocnemius (calf muscle), while other times its achieved with a donated graft, or simply sewn back together with a specific suturing method that ties both sides down and reconnects the sutures in the midline of the tear.

Whichever of the treatment options that your physician may choose, expect the rehabilitation to be quite long. There is no weight bearing activity allowed for several weeks, and then from there



their will be many weeks of therapy. The length of healing for the average person is usually around 4 to 6 months.

At week 8 after your treatment, your Achilles tendon will be primarily healed, but not strong enough to put undue stress on it. It must be over-protected for several months to insure that it is not reinjured. For competitive and exercise, or sports enthusiast, they can expect a good 6-9 months before being back to their normal extreme routines

At Collier Podiatry, Dr. Petrocelli is highly experienced in treating Achilles tendon ruptures both surgically and non-surgically, depending on your unique circumstances. And they offer great options and routines for the most beneficial rehabilitation and healing.

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

Dr. Petrocelli is Board Certified in Surgical and Wound Care by the American Board of Wound Management. He is also the staff Podiatrist at Naples Community Hospital Wound Healing Center.



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FOODS THAT CAN HELP PREVENT DEMENTIA

Are you worried about memory problems as you age? Who isn't? Fortunately, there's a growing body of evidence that we may have more influence over the likelihood and timing of cognitive decline than we realize, and diet plays a key role.

Good nutrition can slow cognitive decline and lower the risk of dementia, according to research. For instance, one study found that people whose diets rated the healthiest measured 7.5 years younger in cognitive abilities than those who had the least healthy diets.

For people who are already experiencing memory loss, it's not too late to reap the benefits of a brain-boosting diet. "Exciting research shows that we can delay the onset of cognitive decline and also slow it down in people who have mild cognitive impairment," says Howard M. Fillit, MD, a geriatrician, neuroscientist, and leading expert on Alzheimer's disease as well as Co-Founder and Chief Science Officer of the ADDF and member of home care company, TheKey's, Scientific Advisory Board.

The bottom line: When it comes to brain health, "nutrition and diet are important and we should take them seriously," says Yuko Hara, PhD, Director of Aging and Alzheimer's Prevention at the nonprofit Alzheimer's Drug Discovery Foundation (ADDF).

7 Top Foods for Cognitive Health

Below is a list of foods that can help build and maintain brain health, based on science. Try eating a variety of these foods to get the most brain-boosting benefits.

1. Vegetables, Especially Leafy Greens

According to one study, the rate of cognitive decline among people who ate one to two servings of green leafy vegetables a day was the equivalent of being 11 years younger compared to those who rarely or never consumed these vegetables.

2. Fruits, Especially Berries

They are antioxidant powerhouses that help counter the effects of oxidation, which is a critical part of the brain aging process. A study of older



women found that greater intakes of blueberries and strawberries was associated with slower rates of cognitive decline.

3. Whole Grains

Whole grains contain antioxidants not found in fruits and vegetables as well as fiber, which is anti-inflammatory, and other nutrients important to brain health like B vitamins, vitamin E, and magnesium. In studies, diets scored highest when they included three or more servings of whole grains a day.

4. Beans

Beans and lentils are a bountiful source of fiber, B vitamins, protein, and beneficial omega-3 fatty acids. Beans are also anti-inflammatory and may further help the brain by controlling blood sugar and cholesterol.

5. Olive Oil

A Spanish study of older adults at risk of cardiovascular disease, authored by Emilio Ros, MD, PhD from the Lipid Clinic, Endocrinology and Nutrition Service at the Hospital Clinic in Barcelona, compared cognition among people who ate a low-fat diet to those who consumed a Mediterranean diet supplemented with extra-virgin olive oil (EVOO). Those who ate the Mediterranean diet plus EVOO had improved cognitive function.

6. Nuts

The study mentioned above also looked at people who ate a Mediterranean diet supplemented with nuts and found benefits similar to those of EVOO. Studies that looked specifically at walnuts showed that they improve cognitive function.

7. Fatty Fish, Like Salmon

People who had a high intake of fatty fish had a 36 percent lower risk of developing Alzheimer's disease than those who had a low intake, according to a meta-analysis.

If your loved one has memory issues or is living with Alzheimer's or other dementia, a professional caregiver can help them achieve a healthy diet full of the foods listed above. A caregiver can also help them continue to live at home safely, finding joy and purpose each day.

People with memory challenges, mild cognitive impairment (MCI), or more advanced dementia do better living in a familiar environment, even as their disease progresses. They're happier, less agitated, and better able to maintain their quality of life in a place they know and love. Professional home care can help families living with Alzheimer's and other types of dementia get the support they need so their loved one can live safely at home.

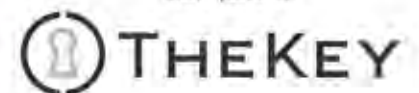
Whether your loved one is experiencing memory problems, confusion, difficulty planning, or completing familiar tasks like cooking, in-home care can support them through these challenges and provide cognitive engagement to improve their quality of life.

To learn more about the studies referenced here and the foods that can help prevent dementia, visit [TheKey.com/Learning-Center/Foods-Help-Prevent-Dementia](https://www.thekey.com/Learning-Center/Foods-Help-Prevent-Dementia). To learn more about how professional senior care can help a loved one with memory issues, go to [TheKey.com/Our-Services/Alzheimers-and-Dementia](https://www.thekey.com/Our-Services/Alzheimers-and-Dementia).

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Think It's Too Late to Bother? You're Dead Wrong

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

Despite its excellent medical research sector, the U.S. is not the only place to look for good data that really matters to my patients here in Naples.

A powerful new study from Japan in the journal *Age and Ageing* reaches a surprising and welcome conclusion: healthy choices can extend and improve your life whether you're in your 40s or even your 80s.

I say "powerful" because this study was carefully designed, took place over a long span of time, and gathered results from tens of thousands of participants. Its findings have been republished by the American Association for the Advancement of Science, and that's a strong endorsement.

Here's what fixes my attention, and perhaps yours. It reinforces advice I often give my patients with hard data.

The study's primary author said: "The results were very clear. A higher number of modified healthy behaviors was directly associated with great longevity for both men and women." What's that mean? That the biggest gains for a longer, healthier life come from cutting back on alcohol, not smoking, losing weight, and increasing sleep. **Benefits were strong among those aged 80+, and even people with cancer, heart or kidney disease and diabetes -- in each life stage from middle age onwards.**

The AAAS commentary includes this: "The finding that lifestyle improvements have a positive impact on health despite chronic health conditions and older age is an empowering one...The findings of this study will contribute to the design of future healthcare settings, public health approaches, and policies that work in partnership with patients to promote healthy lifestyle choices." It's more than worth asking your primary care doctor about.

WELLCOMEMD Naples

At WellcomeMD Naples, we have time to pay attention to this kind of up-to-date research. We limit membership, which allows our physicians to see patients with same-day or next-day appointments. Appointments aren't rushed. Longer and more frequent visits mean that our patients can establish a proactive relationship with their doctor.

We have a "waitless" waiting room, because we stay on schedule. My patients have my email address and office phone number for day-to-day needs and questions. For after hour/weekend/holiday emergencies, I also give patients my direct cell phone number.

We are open to new members in Naples now. Our annual fee includes a very thorough annual physical exam and follow-up monitoring: we're proactive about health, with extensive bloodwork and genetic testing to assess for potential health problems that can be prevented before the condition becomes sick care.

If this sounds consistent with you or your loved ones' health goals, let's meet and talk. Call us at (239) 451-5105 or visit our website wellcomemd.com/naples-florida for more information.



DIANA MACIAN, M.D.

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MAKING CONNECTIONS

By Client Chrysa Smith: chryasmith.com



"Everything is connected," Irena Basnikova said. From posture to digestion, balance to core strength, the owner of Naples Fitness Wellness does more than talk the

talk. Walk into her studio, and you'll meet the slender, well-postured lady who says she can help you with your golf swing, strengthen your core, and offer advice on additional exercises, stretches, and nutrition you can take home with you.

My husband and I walked into her suite, not knowing what to expect. Initially, I was there for a little Pilates. But it didn't take long before I was introduced to a variety of modalities designed to not only helping strengthen muscle groups but immunity and nutritional support. It quickly became apparent. There is no health like total health, which comes with some education and a little help.

Call her a fitness coach or trainer, but it doesn't really fit the bill because the practice is holistic. It makes sense since so many pieces of the health puzzle fall between fitness and medicine. So, I gave it a try.

After an initial posture assessment, I began with **Sonic Wave Therapy**. I stepped up on a platform, held on, and Irena programmed the unit according to my specific weight and health goals. The unit uses sound waves that make the platform quickly contract and vibrate. It is designed to exercise muscles that are hard to reach in a regular workout. Muscles like pelvic and facial. I felt both, and it was a pleasant "vibe".

Next, it was onto HUGO. It is the world's only dual full-body mat, working both above and below the body simultaneously. This dual mat system allows equal distribution of magnetic field through the body. The HUGO™ is in the High-Intensity Tesla class of bio-electromagnetic PEMF devices. HUGO™ employs the Tesla coil, with a spark gap between the capacitor and high-voltage transformer, which sets the standard for this class of PEMF devices. The Pulsed Electromagnetic Fields penetrate deeply into the body to the cellular level.

I could best describe HUGO as an electronically charged blanket placed over me as I lay on a massage table. Gentle pulses covered my body. The goal? To recharge the body. The theory is based on electrical charges required to regenerate the body — like recharging after a walk or run. Electric magnetic

technology releases masses of electrons that help your body at the cellular level. It seemed to energize me and can help detox the body. With all the pollutants and toxins that helps with inflammation we're exposed to daily, infusing bursts of energy into your body seems like a positive addition to a health program.

Irena then did something called **Cranial Release Therapy**. As I stood facing myself in the mirror, one shoulder was higher than the other. Maybe stress from a Type A personality; my shoulders are always tight. The pressure was slowly released throughout my upper body through a series of gentle manipulations, somewhat chiropractic in nature. What it did, according to the experts, is to reduce illness due to chronic stress, which affects all parts of the body, from the brain and central nervous system to—yes, literally a pain in the neck. It is estimated that 90% of illness comes from chronic stress, and I have no doubt.

Active Isolated Stretching was next. I laid on a Comfort Craft table that looks much like those used by chiropractors. I was instructed to lay on my back, and the top piece of the table laid the top of my upper body, giving a nice stretch to the upper back. I also did a sideways manipulation that gave a good stretch to my lateral muscles. The technique's purpose, which includes hands-on stretching, and releases fascia, is to lengthen and release fascial muscles, allowing for a full range of motion and increasing flexibility in just about two seconds.

Perhaps the most fascinating piece of equipment is the HOCATT. HOCATT is described as Hyperthermic Ozone and Carbonic Acid Transdermal Technology. It's an ozone chamber fueled by oxygen and designed to detox and increase energy. The appeal to me is that it also burns about 600 calories in just a 30-minute session. It's like your own steam room that wraps around you, but ozone is released instead of pure steam. Based on individual issues, Irena programmed the unit. For me, it the weight loss. For my husband, for respiratory issues. It has many benefits for the skin, like collagen production, improved elasticity, reduced cellulite, and a general improvement in beauty. But for my husband, the respiratory effects were felt the following day.

Plagued by a long-term sinus infection, his body was releasing congestion after two cycles, and within several days, his congestion eased, and his coughing stopped. Quite amazing.

Then it was onto Pilates. Now that was something I was familiar with—or so I thought. Having done Pilates Reformer for a couple of years, Irena introduced me to the CoreAlign Pilates machine. Unlike a traditional reformer, where all toning and stretching are done on a horizontal plane, The CoreAlign is an upright unit with two movable footplates and a multi-level wooden bar designed for various stretching and balance. Reaching upward, with feet moving backward, I felt an intense stretch through my core. Facing sideways, nice stretch through my lats. Moving onto the traditional reformer, I did some standard footwork and stretching.

Irena suggested I step onto the Power Plate —a piece of equipment designed to provide several benefits. I stepped onto the platform, held on, and Irena set the program. Vibrations would resonate from my feet up and felt throughout my body. For me, it was about burning calories and activating muscles. The power plate has been proven to burn more calories in a shorter period, eliminating the need to spend hours in the gym. It can also help with bone density and activate the body's muscle fibers. According to The American Chiropractor Journal, "Power Plate activates up to 138% more muscle fibers when compared to a standard workout." I must say, I felt my muscles working on this machine after a short time. My husband and I were both amazed by how just a few moments on it could make a difference in how our muscles felt.

It sounds like I must have spent a day doing all these therapies when I was there from 1- 1½ hours. Lots of therapies in just a short period of time. I left there with health benefits, knowledge, and stretching exercises for better posture. When I return to Naples next winter, I'll visit with Irena again, working on improving overall health and wondering what else she has in store. In the meantime, I hope to focus on increased overall health — weight management, strength, balance, and energy this new year, and as Irena continually said, "And that's it."



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MUSIC AS MEDICINE: The Healing Powers of Sound and Song

In room 5 West at Avow's hospice house, "Anna" is aware of visitors at her bedside, but often drifts into sleep. Her family already misses Anna – the sister who was always humming, the wife who sang for years in her church's choir. They miss Anna's lively personality, eclipsed now by her body's slow transition and approaching release of the life she lived.

Avow music therapist Jillian Iurlano steps in to work with Anna. She watches Anna's breathing, assessing her face and body for signs of discomfort. Jillian slowly begins playing her guitar, timing the pace of the song with Anna's breath. She softly sings hymns, watching Anna for reactions. To the family's surprise, Anna not only wakes, but also joins Jillian in song. Her voice still has all the sweetness her family loved, all of the praise she sang in times of joy and distress. For a few minutes, Anna is not a patient – Anna is who she was before her life was eclipsed by illness. She is radiant as she sings. When the singing stops, she relaxes into a deep sense of peace. Her family is teary with wonder and relief.

Jillian Iurlano is one of the board-certified music therapists on staff at Avow, a hospice, palliative care, and grief/loss support provider serving Collier County and Southwest Florida. She and her colleagues work with adults and children, using music therapeutically to resolve their physical, emotional, cognitive, and social needs. Music therapy provides patients and clients a way to communicate when words fail them. It is a clinical tool that music therapists like Jillian use to resolve pain, anxiety, restlessness, confusion, and spiritual unrest.

"The power of music to heal has been known for centuries," says Jillian. "In 1944, the first bachelor of arts program for music therapy was established at Michigan State University. The program brought together the best research on the physiological, social, spiritual, and psychological effects of music as a healing tool. Since then, the field has kept pace with other developments in resolving physical and non-physical distress in children and adults. It is such a rewarding career, even if our work is sometimes misunderstood."



That misunderstanding often comes from those who are unaware of the clinical framework of music therapy. People who have not experienced the therapy firsthand often see treatments with music as "entertainment" or pleasant diversion – something anyone with any skill level can provide. That is one of the reasons the World Federation of Music Therapy declared March 1 as World Music Therapy Day. The group, says Jillian, works to make the public aware of the science and study behind this unique healing tool.

"Music therapists are trained in music history, theory, and musical genres. They must be able to sing and play piano, guitar, and drums with proficiency," Jillian explains. "The undergraduate degree also requires extensive training in psychology and biology, as well as research methods and case management. We learn about physical therapy, speech therapy, and how illness can affect movement, emotional health, and spiritual health. All board-certified music therapists complete a minimum of 1200 clinical hours working with children and adults with a variety of needs as part of their training. We may, for example, work with autistic teens, seniors suffering from dementia, or mentally ill adults. After we pass our board certification exam issued by the American Music Therapy Association, we must take continuing education as we practice, earning a minimum of 100 credits in education every five years. It is a demanding profession, but one that gives so much satisfaction."

Avow also incorporates music therapy in its Avow Kids® programs for children and teens who are learning to live with a loss. Attendees at a session of Camp MendingHeart®, for example, may write lyrics and compose a melody to express what they feel and how they see themselves growing. Younger children may use rhythm instruments to express their feelings or say through song what they otherwise cannot verbalize. The benefits of music therapy for children, teens, and adults are numerous, and can be combined with other creative outlets such as art therapy.

"Avow's music therapy program is one tool we have to provide the best in patient care," says Jillian. "It's a tool that is remarkably flexible to resolve a remarkably complex range of needs in kids and adults. I am proud of my discipline and proud that Avow places such a value on this important component of care."

For more information about Avow programs, visit www.avowcares.org or call 239-280-2288.



239.280.2288
www.avowcares.org

THC, CBG, CBN & TERPENES

By Hans Doherty - Growing in Health Florida

Let's talk about cannabinoids for a moment. Our bodies produce endogenous (internal) cannabinoids called Anandamide and AG2. They are part of our endocannabinoid system which regulates our overall health. Sleep, appetite, pain, inflammation, stress etc. That system wants you to be at peak health 100% of the time. It seeks homeostasis or balance with no red or yellow lights. Just all green and all systems go!

Injury, trauma, poor diet, alcohol, lack of sleep, and stress can lead to that system being overloaded and a breakdown in how well our body can cope or handle life's issues. There is a clinical condition called Endocannabinoid system deficiency. If the condition isn't addressed things can get worse and potentially lead to more serious problems.

THC is the most well-known cannabinoid. It's a Phyto cannabinoid (from plants) CBD, CBG, CBN are all Phyto cannabinoids too, and they all come from the cannabis plant. The reason these elements are so beneficial to us is because the physical structure of these the Phyto cannabinoids closely mimic our own endogenous (endo) cannabinoids. In other words, they fill in where our body leaves off, or lacks the ability to get ahead of the pain, stress, sleep, etc.

There are more studies showing how other cannabinoids like CBG, cannabigerol, can positively effect our bodies. CBG is known as the mother of cannabinoids. In the lab CBG can be converted into all of the others including CBD, THC, and others.

CBN; cannabinol, is known as the sleepy cannabinoid. There are now tinctures, edibles, vapes are now available with CBN. It's usually combined with CBD with a 1-1 blend or 2-1. THC is also excellent for sleep problems. The medical cannabis doctors generally recommend 5MGs of THC. When combined with the CBD/CBN, that's an excellent alternative from Ambien or other prescribed sleep medication. The CBN vape has an almost immediate effect. It works within minutes.



TERPENES are an integral part of the cannabis plant as well. Terpenes add as much as 20-30% to the weight of the flowers or buds. That's significant! They add all the aroma and flavor to the plant and much of its medicinal effect as well. Fruity, earthy, piney, skunky... what you smell are the terps.

Each strain of cannabis has a unique cannabinoid profile and a terpene profile. This how and why one strain of cannabis might lift you up, and one might bring you down. The indica strains contain high levels of the myrcene and linalool terpenes. Very sedating, relaxing, couch lock. Think of indica... Think of 'indacouch' Sativa is the opposite, naturally elevating, uplifting and creative. These strains have a prevalence of Limonene and A-pinene.

There are several different terpenes and cannabinoids in the cannabis plant. Which strain works best is an individual treatment situation. Come into the store and get educated. Learn before you spend money on strains that don't work.

**CANNABIS CLASSES ARE ON THE 3RD
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FDA Disclaimer: Cannabis has not been proven to cure, treat, or remedy any medical conditions.

We invite your questions at
www.growinginhealthflorida.org.

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



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DOES MEDICAL MARIJUANA HELP REDUCE CHRONIC PAIN?

According to the CDC, over 50 million adults live with chronic pain in the United States.

Chronic pain is a high-impact condition that decreases the quality of life and increases the prevalence of psychiatric issues, such as depression and anxiety. However, medical marijuana has been extensively researched by scientists worldwide to answer the question: *does medical marijuana help reduce chronic pain?*

Below, we'll discuss everything you need to know about medical marijuana and how it works with your mind and body to assist with various forms of chronic pain.

What is Chronic Pain and How Does Medical Marijuana Help?

Chronic pain is defined as pain that persists for more than 12 weeks and can be caused by various conditions such as arthritis, fibromyalgia, and nerve damage.

Medical marijuana, also known as medical cannabis, is a treatment option that has been gaining attention in recent years for its ability to relieve chronic pain.

One of the main active compounds in medical marijuana is tetrahydrocannabinol (THC), which is responsible for its pain-relieving properties. THC binds to receptors in the brain and spinal cord, known as CB1 receptors, which are involved in pain perception. When THC binds to these receptors, it can reduce the sensitivity to pain and increase the release of natural pain-relieving chemicals in the body.

Another active compound in medical marijuana is cannabidiol (CBD), which has also been found to be effective in reducing chronic pain. Unlike THC, CBD does not bind to CB1 receptors; instead, it interacts with other receptors in the body, such as the vanilloid receptor (TRPV1), which is involved in the perception of pain.

Studies Reveal How Medical Marijuana Reduces Chronic Pain

A review of studies published in the *Journal of Clinical Pharmacology* in 2018 found that medical marijuana can effectively reduce chronic pain caused by conditions such as neuropathy, fibromyalgia, and rheumatoid arthritis.



The review included 29 studies involving more than 2,500 patients and found that, on average, medical marijuana reduced chronic pain by 30%.

Another study published in the *European Journal of Pain* in 2017 found that medical marijuana can effectively reduce chronic pain caused by nerve damage. The study included 57 patients and found that those who received medical marijuana significantly reduced pain compared to those who received a placebo.

Lastly, a study published in the *Journal of Pain* in 2016 found that medical marijuana can effectively reduce chronic pain caused by conditions such as multiple sclerosis. The study included 48 patients and found that those who received medical marijuana significantly reduced pain compared to those who received a placebo.

Overall, these three medical studies are only a drop in the bucket regarding medical marijuana research.

What are the Best Medical Marijuana Strains for Chronic Pain?

If you live in a state that allows medical marijuana — you'll notice everything is sold under a medical banner.

However, not all cannabis strains are created equal. With this in mind, you'll want to search for specific marijuana strains geared toward chronic pain relief. To the surprise of many, it's not the highest THC content you should seek — it's the terpene content.

Below, we'll dive into the basics of terpenes and how they can assist you in finding the best medical marijuana strain for chronic pain.

How to Use Terpenes to Find the Best Medical Marijuana Strains for Chronic Pain

Terpenes are a class of organic compounds found in many plants, including cannabis.

Although terpenes are responsible for the unique aroma and flavor of different cannabis strains — they have a hidden characteristic that's catapulted them in importance among medical marijuana patients.

Some studies have shown that certain terpenes, such as caryophyllene and linalool, have anti-inflammatory and pain-relieving properties. These terpenes interact with the body's endocannabinoid system, which helps regulate pain, inflammation, and other physiological processes.

Should You Consume Medical Marijuana for Chronic Pain?

Chronic pain is a life-altering condition that forces individuals to choose — to take prescription medication or try medical marijuana.

The downsides of prescription painkillers are:

- Increased risk of dependency/addiction
- Overdose
- Sedation
- Nausea
- Depression

Alternatively, medical marijuana is not linked to dependency or overdose risk. Furthermore, medical marijuana sold in Florida is natural and lab-tested, making it a much less risky option for reducing chronic pain.

Ultimately, it's your decision to consume medical marijuana for chronic pain. From consulting your primary physician in Florida to contacting a medical marijuana doctor, you'll gain everything you need to make an informed decision.

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Unsteady Standing Up?

A careful discussion and a few basic tests usually reveal the cause.

By John W. Watford, MD, LLC



Have you ever become unsteady standing from a lying or seated position? Has it happened more than once? An abnormal decrease in blood pressure while rising, or orthostatic hypotension, may be the cause.

When we stand up, particularly if we have been lying down, the pressure under which our blood is flowing in our brains can be significantly lower than the blood pressure at our feet or near our hearts. To compensate, the speed and force of our heartbeat may temporarily increase. The arteries in the periphery of our bodies may constrict to redirect more blood to our brains. If the pressure drops enough over a short period of time, we feel dizzy or may even faint and fall.

Pinpointing the cause of orthostatic hypotension can be challenging. Usually, more than one issue is present. If you are 60 years or older and have felt faint or lost consciousness, you should see your doctor or seek attention at an emergency department if symptoms are severe and persistent. Your doctor will ask you to retell the circumstances of your dizziness or fainting in some detail to help discern the most likely cause. He or she will also measure your blood pressure and heart rate when you are lying flat, seated, and standing. Orthostatic

hypotension is present if your systolic blood pressure drops 20mmHg (millimeters of mercury) with concomitant drop of at least 10mmHg in diastolic blood pressure between lying and standing when measured over a few minutes. Usually, heart rate increases.

Your doctor will consider your age and details about your personal and family history to recommend some simple initial changes to your activity, fluid intake, and/or medications. Your doctor may order an electrocardiogram, ultrasound of your heart, and basic blood tests if warranted. A home heart rhythm monitoring device may be suggested. Finally, further investigation of your nervous system and reflexes, particularly if you are diabetic or have peripheral neuropathy, might be needed.

People with orthostatic hypotension can still have high blood pressure. Though challenging, your doctor can recommend adjustments to your diet as well as the type, dosing, and timing of medicine to mitigate the orthostatic pressure while still avoiding the negative effects of chronic high blood pressure.

Talk to your doctor about it. He or she can help to solve the problem.

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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BLEPHAROPLASTY

By Gunnar Bergqvist, MD

Blepharoplasty is a type of surgery that is done to remove extra skin muscle and soft tissue fat around the eyes.

As we mature, we normally develop changes in the soft tissue consistency and thus we can get bags under her eyes and heavy droopy extra skin of the upper eyelid. There are also several different structures that can change including muscles that open, close eyes, and help raise the eyelid.

Dermatochalasis is the presence of loose and redundant skin of the eyelids. This can result in a less than aesthetic appearance but can also impede your vision. Upper eyelid blepharoplasty can be done both for cosmetic purposes as well as for medical reasons to give you a better visual field.

Laxity of the lower eyelid can result in the sagging of the eyelid more show the white portion of your eyes and also chronic irritation and dryness and tearing. This is called ectropion and is also reason for lower eyelid surgery whereby the lower eyelid needs tightening. This is considered in many cases of medical procedure rather than cosmetic.

Eyelid surgery has been described in Roman literature; however, the term blepharoplasty was coined by Karl Ferdinand von Grafe in 1818. At that time the surgery was primarily performed related to cancer of the eyelids. The procedure has changed over the years and has improved in technique. We are more aware of other structures around the eyelids including the eyebrow the cheeks, etc., and how they correlate to the eyelids.

Plastic surgeons often do cosmetic eyelid surgeries, and perform corrective eyelid surgeries related to improvement of visual field, as well as reconstruction after resection related to cancers or trauma. Surgery of the eyelid can often be done in an office setting under local anesthesia or in a surgery center



setting as an outpatient. Recovery from this procedure is different for each individual, however, normal recovery ranges from about a week to several weeks for the initial bruising and swelling, which drastically reduces after 1 week. In some patients may have persistent swelling that may go on for several weeks. This is a very common and successful procedure among the older population of both men and women with great success and little to no downtime.

The upper eyelid surgery the incision is normally placed within a natural crease in the eyelid away from the eyelid margin as to hide this and make it look natural.

There are multiple different incisions for the lower eyelid currently the newer techniques involve the pinch technique whereby small amounts of skin are removed from the eyelid itself.

If a patient has several different fat pockets around her eyes this can be reduced, and can also be repositioned to help cover up some of the contour deformities, particularly of the lower eyelid that have been due to maturing.

It is important to recognize the correlation between other structures around the eye if you have a droopy eyelid that does not have extra eyelid skin, however the eyelid itself hangs down over your pupil. This is often related to the function of muscles that raise her



eyelid. Surgery for this can involve re-suspending the eyelid as well as tightening up the muscles around the eye. An example of this may be from a condition such as Bell's palsy, which is a neurological problem resulting in inability to close the eye. A Plastic surgeon can put a small weight in your eye which has to be adjusted appropriately to allow for eye closure.

The brow is a structure that often has to be lifted and tightened at same time as the eyelid. There are many different options of doing so, which can be done in an office setting under local anesthesia.

Having a consultation finding out what options and surgeries are best for you is recommended for you to get the best outcome not just from a cosmetic aspect but also from a functional point of view.

The pictures shown are before/after post ops; unevenness due to swelling. This gets better in a few weeks.

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PERIPHERAL NEUROPATHY: ALTERNATIVE TREATMENT OPTIONS

By Richard Hiler, DABCN



In the United States alone, neuropathy affects nearly 20 million people, and the mainstream medical community doesn't offer much advice on viable treatment options. The Latin word neuropathy means nerve disorder—this nerve damage happens because the small blood vessels, which supply blood and nutrients to the nerves, becomes impaired. When the nerves are no longer fed nutrients, they either die, or their signals to the brain become restricted and ineffective.

Neuropathy is commonly associated with diabetes, as its customary for nerve damage to have occurred in individuals with high glucose storage. Still, neuropathy can also be attributed to chemotherapy, injuries, autoimmune diseases, compressed spinal vertebrae, cholesterol medication side effects, a buildup of toxins, and vascular disease.

Symptoms of Neuropathy

- Tingling
- Numbness
- Burning
- Sensations of cold/hot
- Stumbling
- Impingements
- Electrical vibrating sensations
- Falling/Loss of balance
- Lack of strength
- Decreased range-of-motion
- Muscle cramps
- Joint inflammation

Neuropathy Causes and Treatment

One of the main causes of neuropathy is diabetes. In this case, high blood sugar damages various organs within the body and has a severe adverse effect on nerves. This nerve damage happens when the blood supply is limited. The lack of brain signaling from the nerve endings makes it difficult for a person to feel pain in their feet, legs, and arms in some cases that are affected, so often injuries and these disorders are overlooked. This syndrome is called peripheral diabetic neuropathy.

Because of this nerve damage, there is a risk of developing ulcers on the feet, ankles, and legs. A wound may not sound overly alarming to most people, but peripheral neuropathy ulcers can be

life-threatening. When they are small, they often go undetected due to the lack of feeling. If a patient delays treatment, non-healing ulcers can lead to amputation, strokes, heart attacks, and severe infections that can spread systemically throughout the entire body.

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We treat stubborn neuropathy's resulting from diabetes, chemotherapy, spinal stenosis, and unknown causes. The treatment offers dramatic results that are long lasting.

This therapy helps restore blood flow, improve circulation, and reduce fluid buildup (edema) in the neuropathy-affected areas. As a result, the body's ability to regenerate is accelerated. The therapy also provides relief from nerve pain.

Treatment Benefits

- Improved blood circulation
- Accelerated wound healing process
- Restores blood flow
- Decreases fluid buildup
- Accelerates your body's ability to heal nerve damage
- Alleviates nerve pain
- Non-Invasive No Downtime

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

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

We have comprehensive programs if you sustained injuries in a Auto Accident or at Work, or if you have Peripheral Neuropathy, Balance Disorders, Scoliosis, or need VAX-D Spinal Decompression Treatments. To learn more about the many health benefits of chiropractic regenerative medicine, please explore our website to learn more about us and call our office to schedule a consultation.

When you work with us, you can be sure that we are equipped to diagnose and treat a wide range of conditions that include:

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

One of the best things about visiting our office is that we have three highly skilled chiropractors, two nurse practitioners, and a medical doctor on staff. Dr. Hiler is a chiropractic neurologist. Dr. Hiler specializes in peripheral nerve conditions, vertigo, and balance disorders, as well as focusing on orthopedic conditions.

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



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Hip Fractures After a Fall: What I Learned From My Hip Fracture

By Susan Keller, BSN, MPH

On election day, 2022, I enthusiastically rode my bicycle to the local voting precinct to cast my vote. After quickly stopping bicycle, my foot failed to clear the bicycle seat, sending me crashing onto my left hip.

I lay in the street motionless, in childbirth like pain, unable to properly move my left leg.

I didn't wait for someone to ask if they should call an ambulance, I begged bystanders to call an ambulance, I asked every minute, where was the ambulance? Two guys lifted me up. The pain and abnormal position of my dangling leg was a sure indication something was wrong.

The ambulance ride to the hospital seemed to take hours, yet ER triage time seemed to take just minutes. There was a flurry of healthcare team introductions, forms to sign and then preparation for an x-ray.

My belt wasn't even unbuckled when the nurses knew my new pair of J Crew shorts would have to be cut off. I was in significant pain and didn't care.

I was fortunate to have fallen mid-day, as the hospital had an orthopedic surgeon on call and readily accessible.

Dr. Robert Swift, my orthopedic surgeon addressed the fracture head on, preparing me for surgery, which I surely thought could wait at least three days. He informed me this was not the case, as the situation was an urgency.

Two hours later, my sedation had worn off and I was welcomed to the orthopedic unit. I thought surely an indwelling catheter would have been inserted so I wouldn't have to get out of bed to pee, but there was none. Getting out of bed, if to just go to the bathroom, was instrumental in the recovery process.

My mindset changed from "I can't move" to how to "how can I move so it's not painful"?

During my week stay at the hospital, the nursing staff inspected the surgical dressing, assessed my pain and recovery progress. Physical therapy taught me how to reposition myself, get me out of bed and how to walk using a walker.

The goal of the healthcare team was to ensure I was healing and to provide me with the knowledge, motivation and tools to have a successful recovery at home. I was transferred to an inpatient rehabilitation

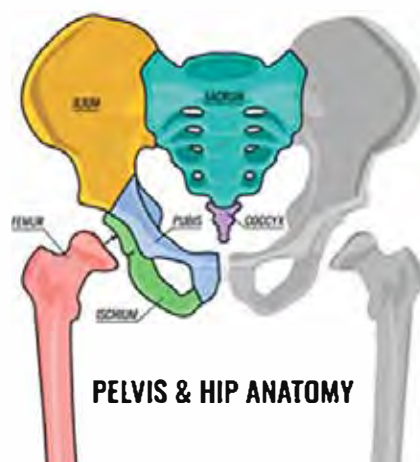
program at a local rehabilitation hospital. Physical therapy was scheduled daily, progressing from two sessions a day, increasing to four times a day by week's end.

Home physical therapy was scheduled before the hospital discharge. Physical therapy reinforced the leg exercises taught in the hospital. I progressed from using a walker to using a rollator. While I was sometimes uncomfortable performing the exercises, they were instrumental in my healing process. Ice, pain medication and my mantra "I can do this" helped the healing process even more.

The partnership between my health care provider and orthopedic surgeon gave me peace of mind that progress was being made.

Almost two months after my hip surgery successfully completing physical therapy. I rode my bike past my neighbors, only to find her sprawled in her driveway, in obvious pain. We elected to drive to the hospital. While she was fortunate not to need surgery, the CT scan revealed she had a pelvic fracture. Fortunately, Dr. Swift was her orthopedic surgeon as well.

There is confusion about what exactly a hip fracture is. Is it a femur fracture? Is there a hip bone? Is a pelvic fracture worse? The hip is made up of the femur and the pelvis. When there is a fall onto the side all of those structures are at risk. There can be fractures of the femur through the top part of the bone. There can be fractures that separate the ball of the femur through the neck. There can be surrounding fractures around the pelvis on the front and even into the back of the pelvis. Many of these fractures are referred to as "hip fractures."



Osteoporosis is a disease in which the bone's mineral density and mass is decreased, thereby negatively impacting bones strength, thereby increasing the risk of bone fracture (broken bones).

Risk factors for osteoporosis include:

- Race
- Women greater than.
- Age (age 50 and over)
- Men with low testosterone levels
- Smokers and heavy drinking (more than two drinks a day on most days)
- Weight (less than 125 pounds)
- Previous bariatric surgery
- Previous fragility fracture as a senior
- Kidney failure, inflammatory bowel disease, rheumatoid arthritis, liver disease or an eating disorder
- Taking oral corticosteroids on a daily basis, or other high-risk medications (e.g., thyroid hormone replacement, immunosuppressant drugs, warfarin)

Osteopenia is a loss of bone mineral density (BMD) that weakens bones, normally this occurs first and if untreated can progress to Osteoporosis.

Signs and risk factors, including:

- Height loss
- Receding gums
- Curved, stooped forward shape of the spine
- Lower back pain
- Prior fragility fractures with mild impact can occur at the shoulder, elbow, wrist, spine and ankle.

My hip fracture motivated me to reduce my osteoporosis risk factors that I could control, including maintaining a proper weight, working on flexibility and range of motion exercise, performing resistance exercises, eating a healthy diet, and participating in daily weight bearing activities.

A fall is just not a fall, see your Orthopedic Surgeon or go to the ER. In my case Dr. Swift worked to get me to the operating room urgently. This prevented me from lying in a hospital bed in pain waiting to go to the Operating room. Early intervention got me out of bed and on to a speedy recovery. Early intervention was a key to my early recovery, and a hallmark of Dr. Swift's commitment to care.

Feel free to contact Dr. Robert Swift or ask for him in the Emergency Department if you fall and have concern for a fracture.

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CARBOXYTHERAPY WITH CO2LIFT AND CO2LIFT V

A Revolutionary Way to Revitalize Your Skin

By Kathleen M. Marc, MD, FACOG

Carboxytherapy is a non-invasive cosmetic treatment that has been gaining popularity in recent years. The treatment involves the use of Topical Carboxytherapy Gel, which is applied to the skin to improve blood flow and stimulate the production of collagen and elastin. In this article, we will explore the use of CO2lift and CO2lift V, two popular carboxytherapy products that can rejuvenate your skin and leave you with a youthful glow.

What is CO2lift and CO2lift V?

CO2lift and CO2lift V are carboxytherapy treatments that use a patented delivery system to infuse the skin with CO2. The treatments are non-invasive and painless, making them a popular alternative to more invasive cosmetic procedures like injections and lasers.

CO2lift is a facial treatment that uses a specially designed mask to deliver CO2 to the skin. The mask is made from a unique blend of natural ingredients, including marine collagen, hyaluronic acid, and aloe vera, which work together to hydrate and nourish the skin. The mask is applied to the face and left on for about an hour, during which time the CO2 is absorbed into the skin.



CO2lift V is a similar treatment that is designed specifically for the vaginal area. Like CO2lift, it uses a unique delivery system to infuse the skin with CO2, which can help improve blood flow and stimulate the production of collagen and elastin. The treatment can help improve vaginal health, reduce dryness and discomfort, and enhance sexual pleasure.

Benefits of Carboxytherapy with CO2lift and CO2lift V

Carboxytherapy with CO2lift and CO2lift V offers numerous benefits for the skin and vaginal area. Some of the key benefits include:

- **Improved blood flow:** CO2 helps to increase blood flow to the treated area, which can help to deliver oxygen and nutrients to the skin and tissues.
- **Collagen and elastin production:** CO2 stimulates the production of collagen and elastin, two proteins that are essential for maintaining healthy, youthful-looking skin.
- **Hydration and nourishment:** CO2lift contains a blend of natural ingredients that can help to hydrate and nourish the skin, leaving it looking and feeling refreshed.
- **Vaginal rejuvenation:** CO2lift V can help to improve vaginal health, reduce dryness and discomfort, and enhance sexual pleasure.

Is Carboxytherapy with CO2lift and CO2lift V Safe?

Carboxytherapy with CO2lift and CO2lift V is generally considered safe and well-tolerated.

The treatments are non-invasive and do not require any downtime or recovery period. The vaginal treatment can be mixed at home inserted into the vagina and left overnight. It can be used before or after other treatments, like ThermiVa, to enhance the effects.



"...The CO2lift V is a great product to enhance intimate moisture and balance vaginal health. Some of my patients report an improvement in their sex life. I also recommend it to my patients that have eczema, psoriasis and lichen sclerosus "downstairs".

Jeanine Downie
MD, FAAD

It is important to choose a qualified and experienced practitioner when undergoing carboxytherapy with CO2lift or CO2lift V. Your practitioner should be able to answer any questions you have about the treatment, including its safety, effectiveness, and potential risks.

Carboxytherapy with CO2lift and CO2lift V is a revolutionary way to rejuvenate your skin and enhance your overall wellbeing. These non-invasive treatments offer numerous benefits, including improved blood flow, collagen and elastin production, hydration, and vaginal rejuvenation. If you are considering carboxytherapy, call Aesthetic Treatment Centers today.

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ASK THE EXPERT

Hearing Loss and Dementia

Dr. Brittany Colburn, Au.D.

Today, greater emphasis is being placed on hearing health.

There is no better time than the present to consider your hearing as part of your overall health. Just like a routine dental or eye exam, it is recommended that anyone over the age of 55 have a baseline hearing test. It is important to be informed of the risks you take if you ignore your hearing loss. Dangers that include certain life-threatening co-morbidities.

*"Seniors with hearing loss are significantly more likely to develop dementia over time than those who retain their hearing ... Our findings emphasize just how important it is for physicians to discuss hearing with their patients and to be proactive in addressing any hearing declines over time."*¹

The link between untreated hearing loss and development of dementia and Alzheimer's disease.

Multiple studies indicate hearing loss can be linked to the onset of dementia and Alzheimer's disease. Leaving hearing loss untreated could pose a serious risk that has not been widely shared with the hearing impaired population. This information is another reason why it is important to make informed and timely decisions about hearing care.

Frank R. Lin, MD, Ph.D conducted a study commonly cited by medical professionals on the topic of hearing loss and cognitive decline.² Conducted with 1,984 older adults, the study indicated that the more severe the hearing loss, the greater the likelihood of developing a cognitive disorder, and the steeper the decline in mental function. However, even subjects with mild hearing loss were found likelier to experience cognitive failures.

*"Declines in hearing abilities may accelerate gray matter atrophy and increase the listening effort necessary to comprehend speech ... Hearing aids may not only improve hearing but preserve the brain."*³



In 2014, Dr. Lin's team used magnetic resonance imaging (MRI) to show that people with hearing impairments lost more than an additional cubic centimeter of brain matter annually, and experienced greater shrinkage of tissue in the structures responsible for processing sound and speech, than those with normal hearing. The atrophy affected the middle and inferior temporal gyri, which play key roles in memory and sensory integration. Similar damage to these regions can be seen in patients with Alzheimer's disease.⁴

At the time the initial study results were released¹ Dr. Lin and other experts put forth several theories as to why hearing loss may lead to dementia and Alzheimer's disease:

- The effort it takes those with hearing loss to hear and comprehend creates a regular strain that interferes with normal cognition
- Hearing impaired people tend to withdraw socially and the lack of regular interaction leads to mental stagnation
- A combination of all these factors contributes to cognitive decline

*"Untreated hearing loss is linked to reduced earnings, increased workplace absenteeism, and lower workplace productivity, as well as depression, anxiety, and cognitive decline."*⁵

Researchers have offered a few convincing theories as to the exact reason for a link between hearing loss and cognitive decline. One is that in the presence of hearing loss, the individual has to exert much greater mental effort trying to hear and understand. This increased listening effort or cognitive load means that the brain devotes more resources trying to compensate for the hearing loss, at the expense of other processes, such as memory and thinking. Another idea suggests that with hearing loss, the parts of the brain responsible for hearing atrophy. These same areas also play roles in memory and sensory integration, and have been shown to be involved in the early stages of cognitive impairment and Alzheimer's disease. A third theory involves social isolation. Individuals who have a hard time hearing tend to withdraw from social interactions. The subsequent social isolation has been linked with cognitive decline by numerous studies.

Hearing aids slow the progression of dementia and Alzheimer's disease.

Hearing aids make sounds in the environment audible, speech clearer and music more enjoyable. When patients are no longer constantly worried that they won't hear an approaching car or doorbell ring, can freely hear and understand conversation, and can enjoy the sounds of nature and beautiful music, cognitive load and stress decrease. Hearing aid wearers can fully engage in social activities and interactions with friends and family, and also in hobbies and physical exercises that keep the body and mind active. In fact, there are now hearing aids that have been clinically proven to reduce listening effort based on brain-wave measurements.⁶

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A recent study following 3,700 participants over the course of 25 years revealed that participants with hearing loss had lower scores for cognitive ability at the beginning of the study than the control group with normal hearing. However, those who wore hearing aids experienced a shallower rate of decline in cognitive abilities that nearly matched their naturally hearing peers. Conversely, the participants with hearing loss who did not wear hearing aids experienced a markedly steeper decline in cognition.⁷

Another group of researchers also reached the conclusion that wearing hearing aids improves cognition in patients with hearing loss.⁸ In this study, hearing impaired participants took cognitive exams that measured memory, attention, and processing speed then wore hearing aids for two weeks and took the tests again. The results were compared and showed a significant uptick in percentages scored for recalling words and selective attention, and an increase in processing speed resulting in correct answers.

Researchers theorize that hearing loss requires the brain to devote the majority of its resources to understanding speech, diverting it from other cognitive duties. This cognitive "overload" is relieved by the use of hearing aids, thus alleviating strain and avoiding one of the pathways to dementia.

Early diagnosis and treatment of hearing loss slows the progression of dementia and Alzheimer's disease.

As evidence continues to mount that hearing loss is a contributing factor in the development of dementia and Alzheimer's disease, it is imperative to inform patients of the profound consequences of ignoring their hearing loss. People with hearing loss wait an average of seven years from when they are diagnosed to seek treatment, even though the sooner hearing loss is detected and treatment begins, the more hearing ability can be preserved. Considering early diagnosis and medical intervention can also slow the progression of dementia and Alzheimer's disease, it is more important than ever to have a baseline hearing test to see where you stand.

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BE A PARAMEDIC IN ONE YEAR

By Dr. Jeff Ziomek, EMS Program Director, Hodges University

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They are paramedics.

It all starts with a passion for helping others. For a career as a Florida paramedic, your first step is to become an Emergency Medical Technician (EMT). That's where you'll learn the foundational skills needed. As a matter of fact, you can start with us at Hodges University and graduate from our EMT training course in just seven weeks.

With your EMT skills in hand, you can graduate from our paramedic program in just one year and take the NREMT exam for your license. Our paramedic program is flexible with daytime classes two days a week, plus clinical rotations and field internships. There are also opportunities to receive financial aid. When you graduate, you'll also have 42 college credits. Someday, you may want to return and get those last 18 credits for an associate degree. If you are thinking that moving up the ranks and into administration is something you want to do, a college degree, along with your experience, will help.

Being a paramedic means you have the knowledge and skills to provide advanced life support before your patient reaches the hospital. When it comes to helping others, every second counts.

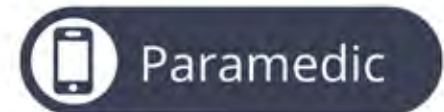


If you're wondering if being a paramedic is for you, there are a few things you can consider. You should be someone that likes to problem-solve. Your patient may not be able to communicate with you, so you'll have to figure out the best way to treat them. You must also have compassion for others and enjoy working in a team environment.

Communicating clearly with your patients, your colleagues, and the patient's family is essential. While you don't need to be the strongest person, you need a certain amount of physical fitness in order to successfully and safely move and transport patients from the scene, into the ambulance, and then from the ambulance into the hospital emergency room.

As a paramedic, the rewards are many. You'll build a special sense of family with your colleagues. The most satisfying aspect is helping people when they need you the most. You could be responding to someone who's having difficulty breathing, a mother in labor, or a car accident. You could work at a scene with other agencies, like the fire department and law enforcement.

What you do makes a difference, and your patients and their families will remember that.



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EAT WELL, BE WELL – FUEL FOR THE FUTURE

By Greg Pascucci

March is National Nutrition Month, and this year's theme is "Fuel for the Future," which reminds people that "eating with sustainability in mind is a tasty way to nourish ourselves during every phase of life and protect the environment."

Created by the Academy of Nutrition and Dietetics, the campaign also encourages us to make informed food choices and develop healthy eating habits. For older adults, good nutrition is especially important. As we age, our bodies process food differently, which can affect our dietary needs, appetite and taste. Although there may be a natural decline in one's appetite during aging, maintaining a well-balanced diet is key to overall health and wellness.

Here are three tips for incorporating this year's theme into your diet:

1. Eat & Buy Local

Proper nutrition is vital to preventing diseases such as diabetes and ailments like high blood pressure and arthritis, all of which can negatively affect one's independence. Florida's near-perfect weather is ideal for taking advantage of our rich bounty of fruits and vegetables. Local farmer's markets offer various options for those wanting to add more variety to their diets. Try stepping outside your comfort zone. Spring offers the perfect time to taste-test antioxidant-rich, immune-boosting food options such as pomegranates, quinoa and kefir. Research shows locally grown foods are fresher and begin to lose nutrients within 24 hours of being picked. According to a study by the University of New Hampshire, less steps from farm to plate can reduce the risk of bacterial or viral contamination, plus eating locally sourced ingredients is great for the environment by reducing greenhouse gas emissions.

At The Carlisle Naples, Executive Chef Marlon Perez and his talented culinary team are raising the bar on five-star dining at a senior living community. He ensures The Carlisle's rotating menu features fresh, healthy food choices year-round that are not only delicious but nutritious. In addition, he works closely with vendors who purchase directly from local farms, supporting the local economy while reducing the community's carbon footprint.



2. Try Plant-Based Options

According to New York Times bestselling author Dan Buettner, centenarians featured in "Blue Zones" – places with high concentrations of super-agers – consume a mostly plant-based diet, limiting quantities of meat and eating four to six vegetable servings daily. The Academy of Nutrition and Dietetics suggests beans, peas and lentils as plant-based protein options that will work well in a variety of dishes.

At senior living communities such as The Carlisle, an executive chef ensures residents have well-balanced and nutritious options, including fresh salads and an assortment of fruits and vegetables. The Carlisle also offers FreshZest, an initiative that encourages a plant-based, whole-food diet that has been shown to offer numerous health benefits and may even reverse some chronic ailments, particularly in older adults. FreshZest is part of the expansive dining choices available in the community's restaurant, The Carlisle Room.

3. Start a Garden

A garden is a great way to stay healthy while being kind to the environment. The Mayo Clinic reported that gardeners are more likely to incorporate fruits and vegetables into their diets. Gardening doesn't have to require much space. Grow bags are perfect for patio gardening and lettuce, tomatoes and herbs can be hydroponically grown on a kitchen counter.

Thanks to The Carlisle's maintenance-free lifestyle, residents now have more time to pursue interests and hobbies such as gardening. In addition to providing

healthy harvests, gardening offers physical and mental benefits. It is an enjoyable aerobic exercise and can boost one's mood.

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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COLORECTAL CANCER

The US Centers for Disease Control and Prevention (CDC) defines colorectal cancer as a disease in which cells in the colon or rectum grow out of control. It is often called colon cancer or rectal cancer, depending on where it starts.

Sometimes abnormal growths, called polyps, form in the colon or rectum. Over time, some polyps may turn into cancer. Screening tests can find polyps so they can be removed before turning into cancer. Screening also helps find colorectal cancer at an early stage, when treatment works best.

HOW DOES COLORECTAL CANCER START?

Some types of polyps can change into cancer over time (usually many years), but not all polyps become cancer. The chance of a polyp turning into cancer depends on the type of polyp it is. There are different types of polyps.

- **Adenomatous polyps (adenomas):** These polyps sometimes change into cancer. Because of this, adenomas are called a pre-cancerous condition. The 3 types of adenomas are tubular, villous, and tubulovillous.

- **Hyperplastic polyps and inflammatory polyps:** These polyps are more common, but in general they are not pre-cancerous. Some people with large (more than 1cm) hyperplastic polyps might need colorectal cancer screening with colonoscopy more often.

- **Sessile serrated polyps (SSP) and traditional serrated adenomas (TSA):** These polyps are often treated like adenomas because they have a higher risk of colorectal cancer.¹

WHAT ARE THE RISK FACTORS?

The risk of getting colorectal cancer increases as you get older. Other risk factors include having:

- Inflammatory bowel disease such as Crohn's disease or ulcerative colitis.
- A personal or family history of colorectal cancer or colorectal polyps.
- A genetic syndrome such as familial adenomatous polyposis (FAP) external icon or hereditary non-polyposis colorectal cancer (Lynch syndrome).²



There are also a number of lifestyle factors that may contribute to an increased risk of colorectal cancer.

They include:

- Lack of regular physical activity.
- A diet low in fruit and vegetables.
- A low-fiber and high-fat diet, or a diet high in processed meats.
- Overweight and obesity.
- Alcohol consumption.
- Tobacco use.

You can take steps to reduce your risk by making changes in your everyday life. Making changes to the above can significantly reduce your risk of colorectal cancer. Getting regular exercise, eating more fruits and vegetables and foods that are high in fiber can help you avoid this cancer diagnosis. It is also important to limit your alcohol intake and eliminate tobacco altogether.

SIGNS AND SYMPTOMS

On their website, The Mayo Clinic lists the following signs and symptoms for colorectal cancer:

- A persistent change in your bowel habits, including diarrhea or constipation or a change in the consistency of your stool
- Rectal bleeding or blood in your stool
- Persistent abdominal discomfort, such as cramps, gas or pain
- A feeling that your bowel doesn't empty completely
- Weakness or fatigue
- Unexplained weight loss

Many people with colorectal cancer experience no symptoms in the early stages of the disease. When symptoms appear, they'll likely vary, depending on the cancer's size and location.

If you have any of these symptoms, talk to your doctor. They may be caused by something other than cancer. The only way to know what is causing them is to see your doctor and get proper tests.

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

1. What is colorectal cancer? How Does Colorectal Cancer Start? Available at: <https://www.cancer.org/cancer/colon-rectal-cancer/about/what-is-colorectal-cancer.html>.
2. What are the risk factors for colorectal cancer? (2022) Centers for Disease Control and Prevention. Centers for Disease Control and Prevention. Available at: https://www.cdc.gov/cancer/colorectal/basic_info/risk_factors.htm.

Contact Well-Being Medical Center of Naples today at (239) 315-7801.



Dr. Ricardo Martinez

Dr. Ricardo Martinez is an internist in Naples, FL and is affiliated with NCH Baker Hospital. He received his medical degree from Superior Institute of Medical Sciences of Santiago de Cuba and has been in practice 20 years. He also speaks multiple languages, including Spanish. He specializes in hospital medicine, ambulatory care and is experienced in hospice and palliative medicine, bariatric medicine, diabetes mellitus, food allergy, and infectious disease. As of March 16th, 2020, Dr. Martinez has founded Well-Being Medical center in Naples Florida. He is looking forward to providing Medical care within primary care settings and urgent care service throughout the Naples Florida area.



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Domestic Violence in a Florida Divorce: WHAT YOU NEED TO KNOW

By Ross E. Schulman, Florida Family Law Attorney

Navigating a divorce can be challenging and emotional, especially if abuse is involved. Domestic violence is illegal in Florida, yet it is shockingly not uncommon in marriages. No matter how often or severe the abuse, from threats to assault, victims must take any abuse seriously. Abusing a spouse or child is simply not acceptable...ever. Unfortunately, thousands of women and men remain in abusive relationships. Fear of backlash from their spouses, fear of moving on into the unknown, and fear of being left without the safety of a home and financial support cause too many people to remain in unsafe situations. Domestic violence knows no bounds and affects all socioeconomic levels of society. Step one is protecting yourself and your loved ones. Step two is considering filing for a divorce and extending that protection indefinitely. Sadly, abusive behavior could be triggered or increased when filing for divorce. Therefore, here is a very brief and introductory primer about domestic violence and filing for divorce in Florida.

Florida Laws Protect You in Domestic Violence Situations

Under Section 741.28 of the Florida Statutes, domestic violence includes threats and physical actions against a spouse, child, or other family member living in residence. In addition to hitting, pushing, kicking, or different types of physical assault and battery, it may include the following:

- Name-calling and putting one down.
- Making threats of harm to you or other persons residing in the home.
- Harming the family pets.
- Destroying property.
- Stalking.
- Preventing you from leaving the home or attending outside activities.
- Excessive control over finances.
- Sexual assault or harassment.

Domestic violence and divorce laws are complex, and speaking up about your abuse is difficult. Therefore, it is best to confide in a Florida divorce attorney knowledgeable in these matters. Learn more about how the law can protect you against abusive situations relating to your spouse by contacting the Naples divorce attorneys at Woodward, Pires & Lombardo, P.A. to schedule a confidential consultation. Importantly, when you speak with a knowledgeable

attorney, you will be protected by attorney-client privilege, freely discussing your matter knowing there is complete confidentiality.

Take Necessary Precautions When Leaving an Abuser No two divorce situations are alike, and it is essential to calmly evaluate yours before acting. Separating from your abusive spouse will likely become unpredictable for the worse. If you are currently in an abusive situation, call the police immediately.

Additionally, consider the following precautions when planning for divorce:

Create an exit strategy – Before discussing anything with an abusive spouse, ensure you have a place to stay, as remaining inside the home may or may not be an option. Plan for a place for you and your children to keep safe such as at your parents' or a friend's home or even a shelter for abused persons. Address possible financial challenges and protections which may be available. Certain injunctive relief can provide temporary support for both you and your children, both financially, as well as providing you and your children with exclusive use and occupancy of the marital residence.

Report Abuse to the Police – It is vital to make a police report of any violence or threat of violence by your abuser. Keep a record of all reports, case numbers, and details. These reports will be handy in the event of a custody battle and during equitable property distribution. Even if you want to remain anonymous, obtain an incident report form from your local police in the event one is suddenly needed.

Consider a Restraining Order – If you have nowhere to go when divorcing your abusive spouse, filing a restraining order will force them by law to leave the premises and not return. No charges are needed for you to obtain a temporary domestic violence injunction (restraining order). Even if you do have a safe place to go, if your spouse is harassing you, you should consider a restraining order to protect yourself and your family wherever you are.

Do Not Meet in Person – While it may seem cold, do not break the news of your divorce to your abusive spouse in person. Also, make sure you have retained an attorney beforehand. Discuss strategy and options available for service of process, ensuring you are safe from any inappropriate or even dangerous response from your spouse.

You Do Not Need to Prove Domestic Violence to File for Divorce

Florida is a no-fault state meaning that you do not need to prove any abuse issues to get your divorce filed. Domestic violence is not grounds for divorce in Florida. One must only claim “irreconcilable differences” to file for divorce in Florida. This article is intended to protect domestic abuse victims and their families, not suggest untoward arguments in a dissolution matter.

Domestic Violence and Florida Divorce

Although a domestic violence situation is unfortunate, it can impact other Florida divorce-related issues if appropriately handled. Work with your family law attorney to protect yourself and your family and get the assets you deserve in this situation. Understand how it can affect temporary support, exclusive occupancy of the marital home, and offer protection and distance from your spouse during the divorce process.

Also, as children are of great concern to the Court, the judge may restrict your abusive spouse's parenting time to protect your kids. Of course, nothing is guaranteed, and there are many legal issues concerning equitable distribution and timesharing in Florida, so it is best to discuss the facts of your case with your attorney to determine your unique situation.

In summary, coming forward about abuse in your relationship and taking positive action will not only benefit you, but it will also help your children. It can ensure that everyone is safe and not in a harmful environment that could jeopardize physical or mental well-being. You do not have to go it alone.

Talk to our Naples, FL Divorce Attorneys

At Woodward, Pires & Lombardo, P.A., our clients have confided in our attorneys about issues surrounding abuse in their Florida divorce cases. We understand it is necessary to proceed cautiously with a divorce in a domestic violence situation. If you find yourself in this challenging situation, contact our family law attorneys to review your options, know your rights, navigate the Florida legal process, obtain an amicable resolution to your divorce, and find freedom from your situation. Call (239) 649-6555 or see www.wpl-legal.com.



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The Long-Term Effects of Hormonal Birth Control

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

When it comes to preventing pregnancy, hormonal birth control is one of the most popular options.

However, the uses of hormonal birth control often extend beyond just preventing pregnancy, with many women taking birth control to address skin concerns or provide menstrual relief. Despite its many uses, though, there are some risks associated with long-term hormonal supplementation.

The Mechanisms Behind Hormonal Birth Control

The ovaries naturally produce the hormones estrogen and progesterone, which are typically considered the female sex hormones because they appear in higher quantities in females.

When the body experiences higher than average amounts of estrogen and progesterone, it does not release an egg. Hormonal birth control uses this finding to prevent pregnancy. By increasing the amount of estrogen and progesterone in the body, the body does not release eggs which then means that there is nothing for sperm to fertilize.

Additionally, progesterone on its own can alter the cervical mucus, making it thick and sticky, which creates a barrier that is harder for sperm to pass on its way to the uterus.

The Hormones Released

Hormonal birth control will often release one (or more) of the three hormones: estrogen, progesterone, or progestin.

Estrogen

Estrogen is most often known for its role in developing and maintaining the reproductive system. When menstruating, rising estrogen levels cause the release of an egg and the thickening of the uterine lining. However, estrogen levels that are above average have the opposite effect,

The body also uses estrogen when forming female characteristics, such as breast tissue, which is often why too much estrogen may be connected to the development of breast cancer.



Progesterone

Progesterone is a hormone that prepares the endometrium for a potential pregnancy. It causes the lining to thicken, making it more likely to accept a fertilized egg. Additionally, progesterone stops the muscle contractions in the uterus that would cause it to reject the egg. If you do not become pregnant during ovulation, the corpus luteum breaks down, which causes progesterone levels to decline.

Despite its role in pregnancy, when progesterone levels are too high the body does not release an egg and creates a thick and sticky cervical mucus, two actions that help to prevent pregnancy.

However, progesterone is not absorbed well in pill form, so oral contraceptives often contain progestin instead.

Progestin

Progestin is a synthetic steroid hormone that has progesterone-like properties. It binds to the progesterone receptors in the body, creating effects similar to progesterone. This includes changing the lining of the uterus and preventing the lining from building up. Progestin also prevents the ovaries from releasing an egg.

Types of Hormone Contraceptives

There are many different types of hormonal birth control, lasting different amounts of time and utilizing different hormones.

Pills

The most common form of hormonal contraception is "the pill". Despite its single name, there are many different brands, each with their own amounts of estrogen and progestin. This is why some women may find that one brand produces more side effects than another.

This form of contraception must be taken every day.

Ring

The ring is worn inside the vagina, allowing the vaginal lining to absorb the estrogen and progestin released. Rings must be replaced on a monthly basis.

Patch

The patch also contains estrogen and progestin, but it is instead placed on the skin, and they are changed once a week.

Intrauterine Devices (IUDs)

While there are IUDs with and without hormones, those with hormones typically contain progesterone. They are inserted into the uterus by a doctor and last between 3 to 10 years, depending on the type.

Birth Control Shot (Depo-Provera)

The birth control shot contains progestin and is administered every 12 weeks by a doctor.

Implants

Implants are thin rods placed under the skin of your arm where they release progestin. They can last up to 3 years.

Side Effects of Hormonal Birth Control

Hormonal birth control has long been considered a staple in every woman's life, but the ugly truth is that it comes with many adverse side effects that women are not aware relate to the change in hormones.

Side effects of hormonal birth control can include:

- vaginal irritation
- headaches
- weight gain
- sore breasts
- acne
- mood changes
- nausea
- decrease libido

However, there are also long-term effects of taking hormonal birth control.

The Long-Term Effect of Hormonal Birth Control

Hormonal birth control, as the name suggests, works by altering your hormone levels, which are key messengers in your body.

This can cause the above side effects, which many women learn to live with as they continue taking hormonal birth control. However, taking hormonal birth control can also cause significant problems in the body when taken long-term. Since many people take hormonal birth control for the majority of their adult lives without a break, this long-term use can apply to many.

Mood Swings

Hormonal birth control can cause severe mood changes or even depression in those who take it.

This is because the body is constantly working to create a balance in its hormones. However, when taking hormonal birth control, you are introducing hormones that then cause a disruption, which can affect your mood. This is especially common in women who have already experienced episodes of depression.

Despite these connections, the effect of hormonal birth control on female well-being is drastically understudied. However, a 2017 study on a small group of healthy women did find that oral contraceptives significantly reduced their overall well-being.

High Blood Pressure

Some women may develop cardiovascular issues because of the increase in blood pressure that is experienced when on hormonal birth control. High blood pressure is often considered a silent killer because it is a risk factor for many cardiovascular issues, such as heart disease, heart attack, or stroke, but it does not show any symptoms until these conditions have developed.

Hormonal birth controls may increase your blood pressure because the hormones they give off can potentially narrow smaller blood vessels, which then causes blood pressure to rise. Birth controls with estrogen, in particular, are not recommended for those who already have high blood pressure.

Additionally, studies have found that hypertension can occur in those taking low- or high-dose estrogen contraceptives, so it is essential to be aware of your cardiovascular health before taking these birth controls and to monitor it regularly while taking them.

Increased Cancer Risk

There are certain cancers that are associated with lower incidence when taking hormonal birth control. Such as ovarian, endometrial, and colorectal cancer.

However, there is some evidence suggesting that hormonal contraceptives may increase the risk of breast and cervical cancer. This is because the hormones estrogen and progesterone, which are found in hormonal birth control, may stimulate the growth of some cancer cells.

The American Cancer Society (ACS) even states that those who take birth control pills are slightly more likely to develop breast cancer compared to those

who have never used them. However, being off the pill for at least 10 years completely reduces this high risk, showing that discontinuing hormonal birth control now can significantly help with your risk of developing cancer, and the sooner you discontinue it, the better.

Additionally, taking hormonal birth control for just 5 years can increase the risk of cervical cancer, and the longer you take hormonal birth control, the higher your risk becomes. Same as breast cancer, though, the risk of cervical cancer decreases by discontinuing the pill.

Blood Clots

Taking hormonal birth control can slightly increase your risk of blood clots.

A 2013 meta-analysis found that using oral contraceptives that contained both estrogen and progesterone increased the risk of a blood clot. Blood clots then increase your risk of heart attack or stroke, which can drastically impact your health.

The risk of blood clots is even higher if you have a history of heart disease, high blood pressure, or diabetes.

Migraines

Those with a history of migraines may find that they become worse when taking birth control pills, especially combination pills.

Dementia

While dementia is typically something that develops when someone is in their later years, long-term birth control may increase its risk.

Studies have found an increased risk of Alzheimer's disease and its associated dementia, in particular, in women who used estrogen-progesterone therapy for longer than 5 years, with the risk increasing in those who used it for more than 10 years.

Lowered Testosterone Levels

Studies suggest that long-term hormonal birth control use can reduce the amount of testosterone circulating in the body. A testosterone deficiency is often associated with a diminished well-being, loss of energy, mood changes (moodiness, depression, irritation), cognitive disturbances, declining muscle mass, and lower bone mass and density.

Alternative Methods of Birth Control

For those looking for a way to prevent pregnancy without taking hormones long-term, there are other methods.

One method is a non-hormonal IUD, which can last anywhere from 3 to 10 years. Male and female condoms are another option to protect pregnancy, with the additional benefit of preventing the spread of STIs.

For those looking for a natural option, the rhythm method involves carefully monitoring your menstrual cycle to avoid sex or use condoms on the days when you are fertile.

If you are overwhelmed by all the birth control options, meeting with your doctor is a great way to discuss all the options and choose the one that is best for you, ensuring you do not increase your risk for any health concerns while also preventing pregnancy.

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UNDERSTANDING OBSTRUCTIVE SLEEP APNEA (OSA)

By Florida Gulf Coast Ear, Nose & Throat

What is Sleep Apnea?

Sleep apnea is a condition in which you repeatedly and temporarily stop breathing during sleep. The most common type of sleep apnea is **obstructive sleep apnea (OSA)**. Obstructive sleep apnea occurs when muscles in the upper airway relax, narrowing the airway and blocking the flow of air to the lungs. **Central sleep apnea** occurs when your brain fails to send the correct signals that control breathing. **Complex sleep apnea** is a combination of both conditions.

Almost everyone experiences **apnea (brief cessation in breathing)** during sleep. It's normal to have up to five apneas an hour. The number of apneas per hour determines the severity of your condition:

- Mild sleep apnea: 5-14 per hour
- Moderate sleep apnea: 15-29 per hour
- Severe sleep apnea: 30 or more per hour

The occurrence of sleep apnea in the U.S. adult population is increasing, **affecting at least 25 million adults in the U.S.**, according to the National Healthy Sleep Awareness Project. Because **sleep apnea can lead to high blood pressure, heart disease, Type 2 diabetes, stroke, depression, and more**, it is critical that you receive proper diagnosis and treatment.

Sleep apnea is a brief cessation in breathing during sleep due to blocked airway or faulty brain signals.

Signs and Symptoms of Sleep Apnea

People with OSA often suffer from snoring, morning headaches, and excessive daytime sleepiness. A major sign of OSA is being awoken by gasping for air or a feeling of choking.

Other signs include:

- Waking up frequently to use the bathroom
- Restless sleep
- Nonrestorative sleep
- Dry or sore throat
- Short-term memory issues
- Difficulty concentrating and focusing

- Morning confusion
- Depression and anxiety
- Sexual dysfunction, including impotence and decreased libido
- Gastroesophageal reflux
- Hypertension

Causes of Obstructive Sleep Apnea

OSA can be caused by any number of – or a combination of – factors, including:

- **Excess weight**
Fat and tissue around your upper airway can obstruct your breathing.
- **Middle age**
The risk of OSA increases with age, although plateau around the age of 65.
- **Being male**
Men are two to three times more likely to have sleep apnea than are women.
- **Medical conditions**
Conditions including congestive heart failure, high blood pressure, type 2 diabetes, Parkinson's disease, hormonal disorders, prior stroke, and as and chronic lung diseases such as asthma can increase your risk.
- **Alcohol and sedatives**
These relax all muscles in the body, including those in your throat and airway, causing tissue to collapse and block airflow.
- **Smoking**
Smokers are three times more likely to have obstructive sleep apnea.
- **A narrowed airway**
A narrow throat or enlarged tonsils and adenoids can restrict airflow.
- **Nasal congestion**
Inability to breathe through your nose due because of nasal congestion means you must breathe through your mouth, making it more likely to suffer from OSA.

Smoking can increase your risk of OSA by up to three times.

Risks and Complications of Untreated Sleep Apnea

An immediate risk of sleep apnea is the rare possibility that breathing can cease long enough to cause brain damage or death. More common complications include:

Short-term complications

- Excessive daytime sleepiness
- Inability to concentrate and focus
- Lack of productivity
- Workplace and driving accidents
- Depression and anxiety

Long-term complications

- High blood pressure
- Heart disease
- Stroke
- Type 2 diabetes
- Metabolic syndrome
- Liver problems
- Surgery & anesthesia complications

Diagnosis of Obstructive Sleep Apnea

Your physician will evaluate your body mass index, neck circumference, and upper airway. If, after learning about your symptoms and conducting a physical evaluation, your physician suspects sleep apnea, you will be sent for a sleep study.

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During a sleep study, you will be connected to equipment to measure:

- Sleep stages
- Heart rhythm
- Leg movements
- Airflow
- Breathing patterns and effort
- Oxygen saturation
- Breathing cessation episodes (apneas)



These measurements will confirm a diagnosis of sleep apnea and will indicate the type and severity of the condition so your physician can prescribe a proper treatment plan.

Treatment and Management of Obstructive Sleep Apnea

While OSA can't be cured, it can be managed to improve sleep quality and minimize associated risks. Treatment depends on the severity of the condition and each individual's overall health, and can include:

Continuous Positive Airway Pressure (CPAP)

The most common and effective nonsurgical treatment for sleep apnea is a Continuous Positive Airway Pressure (CPAP) machine. A CPAP machine creates a flow of air pressure when you inhale that is strong enough to keep your airway passages open. An individual wears a nasal or facial mask attached to a machine that delivers a flow of air with the proper air pressure to keep your airway open.

Bilevel Positive Airway Pressure (BiPAP)

A BiPAP machine is similar to a CPAP machine, but it has two pressure settings: one pressure for inhalation and a lower pressure for exhalation, allowing you to exhale more easily. CPAP and BiPAP machines address different needs, so your physician will recommend the machine that will most effectively work for your condition.

Oral Appliances

Oral appliances designed for sleep apnea bring the lower jaw forward and prevent the tongue from falling back and blocking the airway.

Inspire Procedure

Inspire is the only FDA-approved obstructive sleep apnea treatment that works inside your body while you sleep to treat the root cause of sleep apnea. It's a small device placed during a same-day, outpatient procedure. When you're ready for bed, simply click the remote to turn Inspire on. Inspire opens your airway, allowing you to breathe normally and sleep peacefully.

Lifestyle Changes

In addition to CPAP, BiPAP, oral appliances or Inspire, patients with moderate to severe OSA as well as patients with mild OSA may benefit from lifestyle changes.

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Florida Gulf Coast ENT physicians are trained in sleep disorders and are experienced in diagnosing and treating Obstructive Sleep Apnea. With expert understanding of the anatomy and functioning of the throat and upper airway, our physicians combine knowledge and experience with innovative technology to minimize health risks associated with OSA and improve sleep quality.





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HOW CAN YOGA HELP PATIENTS WITH PARKINSON'S DISEASE?

By Ramon A. Gil, M.D., Medical Director, Parkinson's Disease Treatment Center of SWFL

Dr. Gil had the opportunity to ask Shebani, Can Yoga Help Patients with Parkinson's Disease?

Shebani: I recently had a wonderful interaction with a chair yoga student who has Parkinson's disease. She excitedly came to me after class to share that she was overjoyed to experience stillness in her hands during our end-of-class meditation. She had been practicing regularly for over a month before she came to this point. Of course, experiences will vary from person to person.

Yoga can be a beneficial therapy for patients with Parkinson's disease in several ways:

1. Improving flexibility and balance: Parkinson's disease can cause stiffness and rigidity in the muscles, leading to balance issues and increased risk of falls. Yoga can help to improve flexibility, balance, and coordination, reducing the risk of falls and improving overall mobility.

2. Reducing stress and anxiety: Yoga can help to reduce stress and anxiety levels, which can be particularly beneficial for patients with Parkinson's disease who may experience anxiety related to their condition. Yoga can also help to promote relaxation and improve overall mental well-being.

3. Improving posture: Parkinson's disease can cause postural instability, which can lead to a hunched posture and other issues. Yoga can help to improve posture by strengthening the core muscles and encouraging a more upright posture.

4. Enhancing overall physical function: Yoga can help to improve overall physical function by promoting flexibility, strength, and balance. This can help patients with Parkinson's disease to perform activities of daily living more easily and with greater confidence.

5. Encouraging mindfulness and self-awareness: Yoga emphasizes mindfulness and self-awareness, which can be beneficial for patients with Parkinson's disease who may struggle with cognitive and emotional symptoms related to their condition. Practicing yoga can help to improve self-awareness and promote a greater sense of well-being.



Overall, yoga can be a beneficial therapy for patients with Parkinson's disease, helping to improve physical function, mental well-being, and overall quality of life. It is important to consult with a healthcare professional before beginning a yoga practice, especially if you have Parkinson's disease or any other health condition.

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Presentations:

"Nutrition in Parkinson's Disease"



Glorivel Koury de Ramos, M.D.

Medical Director, "RK Healthy Life"
Atlanta, GA, Diplomate, American Board of Internal Medicine, Diplomate, American Board of Obesity Medicine, Certified by American Board of Lifestyle Medicine

"Why Exercise is the Best Medicine for Parkinson's Disease"



Ramon A. Gil, M.D.

Diplomate, American Academy of Psychiatry and Neurology Diplomate
American Board of Internal Medicine
Medical Director, Parkinson's Disease Treatment Center of SWFL

Breakout Sessions:

"Yoga as Part of Your Treatment"

Shebani Abdunour, Yoga Therapist

"Dance Therapy for PD" by Sarah Latotskyy, Patricia De L'Ossa, RPT and Sergio Valdivia, RPT

"Fitness" by Jay Woods

"Rock Steady Boxing and Pedaling for PD" by Lisa Heid, Christy Barfield, RSB, Tabatha Stepensky, RSB, and Terri Hughes, PFP from the Punta Gorda YMCA

About

Shebani Abdunour

Shebani (shi-ba-nee) is a naturally outgoing and enthusiastic Yoga Instructor who loves improving people's lives. She is an entrepreneur and former yoga studio owner. She has been teaching yoga for over



a decade in Florida cities including Miami, Port Charlotte, Punta Gorda, North Port, Boca Grande, Sarasota and Fort Myers. She has worked in numerous other industries and has experience in research, real estate, marketing, customer service, hospitality and sales industries. She has a Bachelor's degree in Biology from Florida International University. She has lived in and traveled to different countries, however she is a Floridian at heart. She lives in Fort Myers with her husband who is an Attorney. She loves teaching yoga, exploring the outdoors with her dog Kali, working out and eating healthy (most of the time). She received her yoga teacher's certification by participating in a four-month residential "yogic studies" course that she took in India at Bihar school of yoga 2007-2008. She completed her Trauma Informed YTT in November of 2022. She has acquired well over 300 hours of Yoga teacher training. she is always looking for more opportunities to share her passion of yoga and well-being.



Parkinson's Disease Treatment Center
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For more info or to register contact Jennifer at Dr. Gil's Office:
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NATIONAL NUTRITION MONTH: WHAT YOU REALLY NEED TO KNOW

BY DR. LINELL KING

The pillars of health are all connected. One is not the answer to all your health conditions and longevity goals. The foundations of health include physical activity, reducing stress, improving sleep, socialization, and contribution to society and nutrition.

Nutrition alone will rarely solve all issues, but it is a primary pillar for overall health and wellbeing within the body and brain. The problem is nutrition is confusing, and there are way too many opinions out there, making people feel lost. The fact is not one diet is suitable for every person. People have specific needs and genetics that need to be taken into account.

Naples Vitality offers insight and nutritional coaching through various eating strategies to help you live your best life. Dr. Linell King prefers a Paleo-style diet to support overall dietary needs, but that can also be adjusted to fit each person's goals and needs.

Some of the eating strategies Naples Vitality offers guidance for patients with include:

- Paleo
- Autoimmune Protocol
- Ketogenic
- Plant-based

THE PALEO DIET

The paleo diet usually includes fish, fruits, vegetables, lean meats, seeds, and nuts. Derived from the dietary habits during the Paleolithic era between 2.5 million to 10,000 years ago, this form of nutrition limits food groups that developed after this time period, some of them being legumes, grains, and dairy products. This goal of this diet is to return to a form of nutrition that resembles that of early human life. It is believed that food groups that developed through farming are more difficult for the body to absorb.

Dr. King recommends 2 to 3 servings of vegetables at each meal, adequate protein (preferably wild-caught, organic, free-range, and grass-fed), and plenty of healthy fats such as olive, avocado and coconut oil. Think of eating a rainbow of colors like



berries, dark leafy greens, purple cabbage, carrots, sweet potato, beets, and brussel sprouts, and make protein more of a side to your plant-rich meals. Cauliflower is a great substitute for potatoes and rice, and there are fantastic paleo bread options made from almond or coconut flour.

THE (AIP) AUTOIMMUNE PROTOCOL DIET

An autoimmune disorder includes any medical condition where one's immune system mistakes bodily tissue as harmful and attacks them. Some autoimmune disorders include lupus, psoriasis, and rheumatoid arthritis. Common illnesses such as diabetes and thyroid disease can also be caused by an autoimmune disorder. The autoimmune protocol diet is structured to help alleviate inflammation throughout the body caused by symptoms of autoimmune disorders. Similar to the paleo diet, this form of nutrition incorporates meats, fish, vegetables, seeds, and nuts. This diet includes nutrient-rich foods and avoids inflammatory ones to prevent or reduce leaky gut incidents and in doing so, reduce the immune system from mistakenly attacking the body.

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THE KETO DIET

The keto diet is a high-fat, low-carb diet that can provide the body with plenty of health and wellness benefits. By significantly decreasing your carbohydrate intake and replacing them with healthy fats, you are stimulating ketosis, a metabolic process that enhances the body's ability to burn fat for energy. Many studies have shown that the keto diet can successfully help you lose weight while providing benefits against cancer, epilepsy, diabetes, and Alzheimer's disease.

ABOUT THE PLANT BASED DIET

Many people argue about what diet is best, but one thing that they all agree upon is that we need to eat more plants. Plant based whole foods focuses on minimally processed foods that provides the body with the various micronutrients that the body needs to fuel and heal itself. Whether you are vegetarian, vegan, or pescatarian, this eating strategy is one that focuses on providing the nutrients the body needs to repair and heal while still providing healthy proteins and fats from a plant-based source.

To get expert nutritional guidance and other natural alternatives for your health and wellness needs, please visit naplesvitality.com or call 239-307-0036.

Linell King MD, renowned internist and author of "Mastering Vitality" received his medical degree from the University Of Wisconsin School Of Medicine, and completed his residency at The Johns Hopkins University Sinai Hospital Program of Internal Medicine. He has been practicing for twenty years; currently at his "Naples Vitality" office in Naples, FL.



Our practice size is limited to ensure the best possible care for our clientele; we qualify and accept patients committed to working collaboratively to create improved health and continued success.



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ARE YOU STRUGGLING WITH URINARY INCONTINENCE?

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

Yes or No:

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

THE TRUTH: WHAT YOU NEED TO KNOW

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

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

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



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

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

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

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

#3 It's not always incontinence.

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

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

#4 There are numerous incontinence treatment options.

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

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

The Florida Bladder Institute's Innovative Techniques and Treatment Options:

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- Laser and Muscle Therapy
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At the Florida Bladder Institute, you will experience a thorough approach to the evaluation and treatment of pelvic organ prolapse, bladder and lower urinary tract disorders, bowel and gas incontinence, bleeding, pelvic pain and menopause. Our compassionate and expertly trained team will guide you along the way using state-of-the-art technology in our comfortable and private setting.



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The Mediterranean Diet Lowers Risk for Vision Loss

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

Macular degeneration is the leading cause of vision loss and blindness in aging adults. More than 10 million Americans have some form of Aging Macular Degeneration (AMD), and unfortunately, there is still no cure for the disease. The retina becomes damaged, and vision loss occurs as the cells of the macula begin to deteriorate. Although it is a very complex disease and still not completely understood, it can be brought on by both hereditary and environmental factors.

Age-Related Macular Degeneration Risk Factors

- Age: 50's and older
- Smoking
- High blood pressure
- Family history of AMD
- Obesity
- Excessive sun exposure
- Caucasians with light eyes and fair skin
- Diet's high in saturated fats and high glycemic carbohydrates

The European Union brought together a large group of researchers to investigate the link between genetic dispositions and dietary habits in relation to AMD. One of the trials, the Rotterdam study followed its participants for 21 years with food analysis questionnaires taken every 5 years. The other trial known as the Alienor study followed its participants for 4 years and did food analysis every 2 years. They concluded that those who followed the Mediterranean diet were 41% less likely to develop AMD.

Mediterranean Diet

Well known for its ability to help stave off chronic diseases like cancer, Alzheimer's, cardiovascular disorders and Parkinson's, the Mediterranean diet is a healthful way of eating that embodies the foods of the countries that border the Mediterranean Sea.

The basics of the diet are consuming mostly fruits and vegetables, along with whole grains, legumes, nuts and olive oil. The majority of animal protein is from fish and seafood, while some poultry and eggs, cheese and yogurt are acceptable. Red wine is encouraged on this diet and can be consumed in moderation. Meat, sugar and unhealthy fats are rarely ever eaten.

The Mediterranean diet is not only abundant in leafy greens, vegetables, and fruits but also healthy fats or monosaturated fats from foods like avocados; cold



pressed olive oil, nuts, and fish. In the Mediterranean lifestyle, saturated fats are minimal. This way of eating helps to lower the bad cholesterol, LDL and is known to be heart healthy, but along with these findings, recently two studies were conducted to measure the effects of this diet and reducing Aging Macular Degeneration, which reported significant evidence of lower incidences of the disease.

Additional Study—Coimbra Eye Study

Presented at the *American Academy of Ophthalmology (AAO) 2016* annual meeting, two Portuguese populations were studied and their individual data was analyzed to see the effects of the Mediterranean diet in association with AMD.

In the Coimbra Eye Study, 883 participants over the age of 55 were followed for two years, 448 of them developed early macular degeneration, and 434 did not. Based on their diet, participants that followed the Mediterranean way of eating had a 35% lower chance of developing AMD. And proven even more useful in the case for the Mediterranean diet, was the amount of fruit eaten by certain individuals showed significant reductions in developing AMD. In addition to these studies, it has been widely reported that antioxidants, zinc, and Vitamin C and E are helpful in deterring Age-Related Macular Degeneration.

According to the *Ophthalmology Times*, a second study was conducted in Portugal. In this study, 4,370 people from a coastal town that consumed the healthy Mediterranean way of eating was compared to 8,692 people from a central town that ate mostly

saturated fats from animal protein; the coastal town participants had only 6.99% evidence of AMD compared to the central town participants that showed 15.39% AMD.

To incorporate the Mediterranean Diet into your lifestyle, eat a well-balanced diet full of fruit and plant-based foods, fresh wild caught fatty fish, beans, seeds, and nuts. Exercise is also paramount in preventing AMD. Your annual eye exams are critical for the early detection of the disease, and there are progressive treatment options to help maintain your retina and macula health.

If you or someone you love is developing eye irregularities, blurry vision, or vision loss, please make sure to schedule an appointment with an ophthalmologist immediately to help prevent any further damage to your eyesight.

Personalized Retina Care of Naples

If you are experiencing any changes in your eye health, whether it is blurry vision, pain, impaired vision, or any other visual irregularities, you should see an ophthalmologist right away. The earlier a disease is detected, the better the outcome and treatment options are for you. You will find a friendly and warm environment at Personalized Retina Care of Naples. Please call (239) 325-3970 today to schedule your eye exam. When necessary same day appointments can often be accommodated.

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

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Understanding Polycystic Kidney Disease

By Neetu Malhotra, MD

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

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

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

The primary symptoms of PKD are as follows:

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

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

PKD Treatment

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

How Can the Progression of Kidney Disease Be Delayed?

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

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

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

Chronic Kidney Disease Program

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

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

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

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- Hypertension
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- Kidney Transplant Services: Patient and Donor Evaluations, Post-Transplant Follow-up Care
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Estate Planning 101

By Adam Day, CFP®, RICP®, CFT-I™
Senior Wealth Advisor

Estate planning is a vague topic; at its core, it is simply a collection of legal agreements created to organize your property and assets in addition to conveying your intentions if you become incapacitated (or when you pass away.)

We will take the next two months to explore this topic - from the introduction to more complex planning.

Estate planning is hard to understand: who needs an estate plan? What does that entail? Does everyone need a trust? How is a trust taxed?

Starting with some of the basics:

Who needs an estate plan?

It really depends on your wishes for the future, but it's recommended that everyone has some semblance of a plan. Most individuals could benefit from a Will, Advanced Directives such as a Health-care Power of Attorney and Living will, and a Financial Power of Attorney.

What is a Will?

Among other things, it gives you the opportunity to decide (and put in writing) what will happen to all of your property and possessions in the event of your death. Who gets the '67 Corvette? What about mom's wedding ring? A Will also names guardians for any minor children, makes your wishes known regarding funeral and burial arrangements, and can protect your loved ones from unnecessary confusion and conflict.

What about planning for before I pass away?

Now is where the Advanced Directives come in, which designate who will make decisions if you are unable. Additionally, this document puts in writing your wishes in those circumstances. The Financial Power of Attorney gives authority to another person to manage your finances if you are unable. Preparing these documents can save time and headaches later on. You might even be surprised to learn that they are recommended for college-age kids before they head off to school. If a situation arose where the parents needed to access information regarding their children's health, they would not be able to do so.



What is a trust? Do I need one?

Consider a trust as a separate entity that will hold instructions and/or property for you. You can choose to give the instructions/property to the trust whenever you want. The trust is required to follow your instructions for the property held in said trust.

There are many types of trusts, with each one put into place for various reasons. In some cases, trusts are employed to pass generational wealth along at an early age, or to avoid the probate process. A trust can go into effect after death or set up early in life.

Trusts usually fall into two categories: Revocable or Irrevocable. A revocable trust means the trustee maintains control so changes can be made at any time. An Irrevocable trust means the trustee is giving up the majority of control.

I think I want a trust, but which one is right?

The matter of which trust is entirely dependent on your wishes or goals, and every situation is different. Remember, the trust is just an entity to which you give something. A Revocable trust is mainly the instructions, but you do not necessarily give something to this trust yet - you would be funding it in the future.

Let's say that when I pass away, I want my house to go to the trust. Since you are maintaining control, this remains in your estate from a government perspective. Typically, funds start moving into the Irrevocable trust right away. You are also relinquishing most of the control. From a government perspective, it is out of your estate, which means depending on the timing, it is usually not counted towards your estate tax. For example, I am giving my vacation house to my trust now, so it is out of my estate, and my children can benefit from it right away, and I understand I no longer have control over it.

What about taxes?

The main thing to remember is that income taxes differ from estate taxes. For example, annual gifting is can fall more in line with estate taxes and limits. Both need to be considered upon design, thus the importance in consulting a tax and legal professional when starting and funding trusts.

Establishing a well-designed estate plan is critical and can provide tremendous relief to you and to those you care about most. It's always important to meet with a qualified estate planning attorney or advisor to help with the design. Any life change usually warrants an update or review of the current plan. An estate plan is just one piece of the puzzle, and should coordinate with your taxes, investments, and fit into your overall financial plan.

WANT TO LEARN MORE?

Email me at aday@wqcorp.com with questions and be on the lookout for next month's article as we dive into more complex topics.

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NEW WAYS FOR OVERALL WELL-BEING

Cryotherapy, chiropractic, functional bloodwork, supplements, red light therapy, and ChiroThin Rapid Weight Loss are all wellness treatments that are gaining popularity for their numerous health benefits. In this article, we will discuss the benefits of each treatment and how they can be used in conjunction with one another to achieve optimal health and wellness.

Cryotherapy is a treatment that involves exposing the body to extremely low temperatures, typically between -200°F and -256°F, for a brief period of time. This type of therapy has been shown to have numerous health benefits, including pain relief, reduced inflammation, improved mood, and enhanced athletic performance. Cryotherapy can also help to boost the immune system and promote better sleep, making it a valuable addition to any wellness routine.

Chiropractic care is a form of alternative medicine that focuses on the treatment of musculoskeletal conditions, including back pain, neck pain, and headaches. Chiropractors use a range of techniques, including spinal manipulation and massage therapy, to alleviate pain and improve mobility. Regular chiropractic care can help to improve overall health, reduce the risk of injury, and increase physical and emotional well-being.

Functional bloodwork is a type of laboratory testing that is used to assess the function of various systems within the body, including the digestive, hormonal, and immune systems. This type of testing provides valuable information about how these systems are

functioning and can be used to identify any imbalances or underlying conditions that may be contributing to symptoms such as fatigue, headaches, and joint pain. By using functional bloodwork, it is possible to develop a more targeted and personalized approach to wellness.

Supplements are substances that are taken orally to supplement the body's natural processes. There are many different types of supplements, including vitamins, minerals, herbs, and probiotics, each of which has its own set of health benefits. By incorporating supplements into a wellness routine, it is possible to support optimal health and wellness, reduce the risk of disease, and improve overall well-being.

Red light therapy is a treatment that involves exposing the skin to red and near-infrared light to promote healing and reduce inflammation. This type of therapy has been shown to have numerous health benefits, including pain relief, improved skin health, and reduced signs of aging. Red light therapy is also believed to improve athletic performance, boost the immune system, and enhance overall well-being.

ChiroThin Rapid Weight Loss is a program that combines a low-calorie diet with dietary supplements and chiropractic care to help individuals achieve rapid weight loss. This program is designed to help people lose weight quickly and safely, without sacrificing the health and well-being of the body. By combining chiropractic care with dietary supplements and a low-calorie diet, ChiroThin Rapid

Weight Loss helps individuals to achieve their weight loss goals while also improving overall health and wellness.

Cryotherapy, chiropractic, functional bloodwork, supplements, red light therapy, and ChiroThin Rapid Weight Loss are all valuable components of a comprehensive wellness routine. By combining these treatments, it is possible to achieve optimal health and wellness, reduce the risk of disease, and improve overall well-being. If you are looking to improve your health and well-being, consider incorporating these treatments into your routine and working with a healthcare provider to develop a personalized approach to wellness.

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MAXIMIZING SEXUAL PERFORMANCE AND SENSITIVITY WITH GAINSWAVE THERAPY

By Dr. Viviana Cuberos

Sexual performance and sensitivity play a significant role in relationships and overall satisfaction in life. However, various factors such as age, lifestyle, and physical health can negatively impact these aspects. For many men and women, this can lead to decreased desire and decreased sexual satisfaction. The good news is that advancements in medical technology have provided a solution to this common issue. Gainswave therapy is a cutting-edge treatment that uses subcutaneous injections to improve sexual performance and sensitivity in both men and women.

Gainswave therapy is a type of shockwave therapy that uses high-frequency acoustic waves to stimulate the growth of new blood vessels in the genital region. These new blood vessels increase blood flow and oxygenation to the genital area, leading to improved sexual performance and sensitivity. The therapy is non-invasive, painless, and has been proven to be highly effective in numerous clinical studies.

For men, Gainswave therapy can be used to treat erectile dysfunction, a condition in which a man is unable to achieve or maintain an erection sufficient for sexual intercourse. This condition can be caused by a variety of factors, including age, lifestyle, and physical health conditions such as diabetes, heart disease, and high blood pressure. Gainswave therapy has been shown to be a highly effective treatment option for men with erectile dysfunction, helping them to achieve and maintain stronger and longer-lasting erections.

For women, Gainswave therapy can be used to improve sexual sensitivity and overall sexual satisfaction. Women's sexual sensitivity can decline due to a variety of factors, including age, hormonal changes, and physical health conditions. Gainswave therapy has been shown to increase blood flow and oxygenation to the genital area, leading to increased sexual sensitivity and overall sexual satisfaction. Additionally, Gainswave therapy has also been shown to help with issues such as vaginal dryness and pain during intercourse, leading to a more fulfilling and enjoyable sexual experience.

The Gainswave therapy process is quick, easy, and safe. The therapy is performed in a clinical setting and involves subcutaneous injections of the shockwave therapy solution. The procedure is non-invasive and typically takes less than 30

minutes to complete. Patients can return to their normal activities immediately following the therapy and there is no downtime required.

One of the key benefits of Gainswave therapy is that it is a non-surgical, non-invasive treatment option. Unlike other treatments for sexual performance and sensitivity issues, such as surgery or prescription medications, Gainswave therapy does not require any incisions or long recovery periods. Additionally, Gainswave therapy does not have any significant side effects, making it a safe and effective option for those looking to improve their sexual performance and sensitivity.

Gainswave therapy is a cutting-edge treatment option for individuals looking to improve their sexual performance and sensitivity. The therapy has been shown to be highly effective in both men and women, providing a non-surgical, non-invasive solution to common sexual performance and sensitivity issues. With its quick, easy, and safe process, Gainswave therapy is a great option for those looking to enhance their sexual satisfaction and experience.

It's important to note that Gainswave therapy is not a one-time solution and results may vary from person to person. Patients may need multiple treatments to achieve the desired results. It's also important to consult with a qualified healthcare provider to determine if Gainswave therapy is the right option for you.

Females can improve Libido and Orgasm with the following medications:

- **PT-141 Subcutaneous Injection**
Peptide taken as needed and shown to improve sexual desire, libido and orgasm for up to 72 hours.
- **Intranasal Oxytocin 6mL**
Peptide, known as the "Love Hormone" and shown to enhance bonding between partners, control and orgasm.
- **Sexual Satisfaction Cream**
Combination cream shown to enhance female sexual satisfaction by improving ease of stimulation and increasing the intensity of orgasms.

Males can improve Libido and Orgasm with the following medications:

- **PT-141 Subcutaneous Injection**
Peptide taken as needed and shown to improve sexual desire, libido and orgasm for up to 72 hours.
- **Intranasal Oxytocin 6mL**
Peptide known as the "Love Hormone" and shown to enhance bonding between partners, control and orgasm.
- **Enhance Male Cream**
Combination Rapid Dissolve Tablet shown to enhance male sexual response, including erection, desire, orgasm and satisfaction.

*Individual results may vary

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Pain Awareness in Senior Pets: Understanding and Managing Your Pet's Discomfort

As our pets age, it's common for them to experience joint pain, arthritis, and other chronic conditions that can cause discomfort. However, many pet owners are unaware of the signs of pain in their pets and may not realize that their furry friends are suffering. It's important to understand the signs of pain in senior pets and to take steps to manage their discomfort.

One of the most common signs of pain in senior pets is a change in behavior. Pets may become less active, reluctant to play, or have trouble getting up or going down stairs. They may also be less interested in their food, toys, or other activities that they used to enjoy. In severe cases, pets may cry or whimper when they are touched or moved.

Physical changes can also be a sign of pain in senior pets. This may include changes in posture, difficulty walking, or limping. Pets may also become less groomed and have a rough or unkempt appearance. In some cases, pets may even develop sores or wounds from lying in one position for too long.

In order to manage pain in senior pets, it's important to have a thorough understanding of their condition. This may involve visiting a veterinarian for a physical exam, x-rays, or other diagnostic tests. The veterinarian can then develop a treatment plan that may include medication, physical therapy, or other treatments to manage the pet's discomfort.



One of the most effective ways to manage pain in senior pets is through weight management. Excess weight puts extra stress on the joints and can exacerbate joint pain and arthritis. By controlling your pet's weight, you can help to reduce the severity of their pain.

In addition to medication and weight management, there are other steps you can take to manage pain in senior pets. For example, providing a comfortable and supportive bed, regular exercise, and regular massage can all help to reduce pain and discomfort. You can also provide a variety of toys and activities to keep your pet mentally stimulated, which can help to distract them from their pain.

It's also important to be aware of the environment and to make changes as necessary to make your senior pet more comfortable. For example, providing a ramp or steps to help your pet get up

and down from furniture, or installing non-slip flooring to prevent slips and falls, can make a big difference in your pet's quality of life.

It's also important to work closely with your veterinarian to manage pain in your senior pet. Regular check-ups and monitoring of your pet's condition can help to ensure that their treatment plan is effective and that any changes in their condition are detected early.

Pain awareness is crucial for senior pets. By understanding the signs of pain and taking steps to manage their discomfort, pet owners can help their furry friends live a comfortable and happy life. Whether through medication, weight management, or environmental modifications, there are many steps that pet owners can take to help their senior pets live their best life. By working closely with their veterinarian, pet owners can help to ensure that their senior pets are comfortable, pain-free, and happy.

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WEIGHT MANAGEMENT ADVANCES IMPROVE OUTCOMES

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

Having practiced Endocrinology for more than 25 years, the most common disorder that I treat has been obesity. With the knowledge that overweight or obesity represents the underlying contributing factor in multiple health conditions, I have always placed a strong focus on weight management as an essential component of any treatment regimen. The good news is that we have more tools than ever to address obesity beyond the dramatic and restrictive weight management programs of the past.

Historical Weight Management Approaches

I'd like to share a dramatic weight loss saga of a patient from 20 years ago. At the age of 54, Stuart had gained 100 pounds since he was 18. He required 15 medications to treat his multiple chronic conditions including diabetes, hypertension, high cholesterol, arthritis, sleep apnea and more.

I enrolled him in my intensive weight management program which required weekly visits with a dietician, meal replacements and intensive behavior modification. A year later, he beamed the day he walked into the office 100 pounds lighter, carrying his old belt which could have wrapped twice around his waist. I was also able to reduce his medications over time from 15 meds to just two.

Unfortunately, having achieved "victory," Stuart did not continue the program. I ran into him at a restaurant a few years later. He had regained every pound he had lost and then some. His face had returned to the beet red color that I remembered prior to his weight loss and I cringed thinking how much effort we had all put into his weight loss all for naught.

Obviously, people can consume packaged, prepared and measured meals for some period of time but this rarely results in sustained weight loss. Going on any diet restrictive in certain food groups and/or calories can lead to a temporary caloric deficit and allow loss of fat. But the problem is how to maintain that weight loss.



Medical Advances Enhance Outcomes

At the time I met Stuart, we had virtually no safe and effective weight loss medications and almost all the treatments that were available to treat diabetes tended to promote weight gain, albeit with improved glycemic control. In 2005 we saw the first availability of a novel class of anti-diabetic agents termed GLP-1 drugs. GLP-1 stand for glucagon like peptide 1. This drug category causes 4 major metabolic actions:

- Increased insulin production in response to a meal
- Reduction in glucagon production in response to a meal
- SLOWING DOWN OF GASTRIC EMPTYING (leading to a sustained feeling of fullness)
- REDUCTION IN APPETITE (by working on the satiety center in the brain)

Since 2005 this class of drug has exploded allowing for more convenient dosing, more efficacy in the treatment of diabetes, improved weight loss, and fewer side effects. The American Diabetes Association now recommends considering a drug from this class as first line therapy for patients who meet certain criteria. Drugs approved to treat Type 2 Diabetes go by brand names that include Victoza, Trulicity and of course, Ozempic. Other formulations of GLP-1 drugs are approved to treat weight loss in general.

Ozempic Fever Goes Mainstream

Unless you've been living under a rock, you've probably heard of Ozempic. Thanks to the Kardashians, other celebrities and social media, demand for the drug has skyrocketed. The drug has literally flown off the shelves of pharmacies creating shortages across the country. Now, patients with diabetes who need the drug are left

waiting for weeks or months to get their prescriptions filled. As a result, Ozempic's manufacturer, NovoNordisk, is opening more production plants to catch up to demand.

I have seen many patients successfully lose weight and gain improved diabetes control with this medication. I have also witnessed many non-diabetics achieve success with sustained weight loss while using this pharmaceutical. As with any drug, there are side effects that you should consider with the advice of your healthcare provider. And, as it stands today, there are issues related to availability and cost that could be barriers for many.

Despite the current obstacles, I believe potential of this class of drug is tremendous. When you consider that 1 out of 3 Americans is obese, having an effective medicine to reduce weight could have a significant impact on the overall health of millions of Americans.

We know from experience that behavior modification doesn't work for most people for sustaining weight loss over the long term. We now have tools that truly will prolong lives not only through weight loss but also reducing the risk of cardiovascular disease. The challenges of production, access and cost remain issues for now. However, I believe that due to its potential impact on the quality of life of so many Americans, this class of drug may live up to its current hype over the long term. If you are interested in exploring this class of drug, please be sure to consult with your healthcare provider.

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



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SUN SAFETY: TIPS TO PROTECT YOUR SKIN

By Renee Deneweth

Sun damage afflicts nearly everyone within their lifetime, especially if they are a full or part-time resident of the Sunshine State. Damage manifests itself in a number of ways, namely in that which can lead to skin cancers and premature aging. No matter which consequence of damage it is that we are trying to fight, prevention is key. Luckily, sun protection comes in a variety of forms, and we continue to acquire more preventative tools each year. Most familiarly amongst those tools exists sunscreen, now available in numerous formulations (lotions, creams, gels, and powders), and more recently, sun protective clothing.

Unfortunately, our SPF and UPF tools are not fool proof. They perform at their best when used properly and consistently. Though it is true that the best sunscreen is the one that you wear, we are partial to those that are above 30 SPF and those that contain Zinc Oxide or Titanium Dioxide. A common mistake we see when using sunscreen is forgetting to apply to several frequently neglected sites. Amongst those are the ears, the back of the neck, the eyelids, the lips, and the tops of the feet. It is recommended that you cover all sites that are vulnerable to the sun with a generous layer of product and reapply every two hours, more often if swimming or sweating.



Overall, if you use the right sunblock, apply liberally (and reapply), and make sure to cover all sites that are exposed, you will be in a good position to adequately protect your skin while still enjoying the beautiful Florida sun.

If you are interested in learning more about sun safety, contact Skin Wellness Physicians to schedule a consultation.



239.732.0044
www.SkinWellnessFlorida.com



Renee Deneweth, PA-C



Renee Deneweth, PA-C, is a Florida native who was born and raised in Orlando. She obtained her Bachelor of Science degree from Florida Gulf Coast University where she graduated with Honors. Renee gained experience in adult emergency medicine working at Lee Memorial and Health Park emergency departments and obtained licensure as an Emergency Medical Technician. Soon after, Renee's interest in dermatology was realized as she began working as a medical assistant with Skin Wellness Physicians.

Renee went on to attend PA school at her alma mater, Florida Gulf Coast University, where she graduated with a Master of Physician Assistant Studies degree and was inducted into Pi Alpha, the National Honor Society for Physician Assistants. She has since returned to Skin Wellness Physicians as a Physician Assistant and has been personally trained in General Dermatology and Dermatologic Surgery by Dr. Wasserman, Dr. Tremaine, and Dr. Wong.

Renee is passionate about diagnosing and treating skin conditions in all age groups and ensuring individualized care for each of her patients. She is excited to work with the growing community of Naples!

In her free time, Renee enjoys traveling, exercising, and spending time with friends and family.



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Everyone Wants Peace of Mind

Find out how Peace of Mind eases the transition into senior living.

By Cynthia Perthuis, CDP, CADDCT, CSA

Everyone knows transitions, good or bad, cause stress. As a young adult moving away to college or a middle-age adult transitioning into a new career, stress abounds. In the past five years, Senior Care Authority has supported close to 10,000 families as they navigated the aging process. We've helped our clients determine when it's no longer safe for them to drive, how to age in place in their own home, and knowing when and how to move into a senior living community. This experience has taught us two things:

1. Moving into a senior living community is a difficult and emotional process.
2. Everyone needs more help than they think they'll need, regardless of the circumstances around the move.

Moving into a senior living community is difficult.

It may seem easy to look for senior living communities, however, that is just one piece of the puzzle. There is an unseen emotional journey seniors and their families go through. As stated by one of our clients, Marion, "My family and I were going 100 different directions until we met our care advisor. She was able to narrow down the options for us and concentrated on my personal needs." Even Marion, who self-initiated the move into a senior living community and had her family's support found the process overwhelming.

The move can also be hard on family members, especially when loved ones live out of the area. One of our clients, Joseph*, lives in Florida, but his family lives in three different states. Joseph has an independent spirit, but a body that can't quite keep up with him. He was adamant he did not want to go to assisted living, but agreed after getting lost and being on a Silver Alert on two separate occasions.



Everyone needs more help than they think they will.

I share the realities of senior aging because I want you to be prepared. But most importantly, I want you to know *there is help*. Because we know that everyone needs more help than they think, regardless of the circumstances, Senior Care Authority created *Peace of Mind*.

Peace of Mind is a service we provide to help our clients ease the stress of leaving their former home and adjusting to a new one. We bridge the gap between the life they knew and help them build their new life. For example, in Joseph's case, it's not feasible for his family to visit him every week. His Peace of Mind Advisor visits him once a week. They have lunch together, listen to his favorite music, and share stories about "the good 'ole days." As a result Joseph is less lonely and anxious. His family is also less anxious and are comforted that all of Dad's needs are being met. With the help of his Peace of Mind Advisor, Joseph has been able to make new friends in the community and "the good ole days" stories have become a group activity. Every visit, his advisor takes a photo of him and sends it to his family so they can also rest easier knowing Joseph is cared for, safe, and transitioning well to his new life.

In the case of Suzette* her family lived locally. Suzette was cared for by her Godson, Brian*, as the rest of her family had passed away. Brian lived and worked five miles from Suzette. He wanted to be with Suzette more, but his life was hectic. He was finishing his masters and he had a young family of his own. Brian reached out to us because he wasn't sure Suzette

was adjusting well. He did not feel equipped to help and felt intimidated when talking with the staff. In the two months we worked with Suzette, we were able to be an extra set of eyes for both the staff and Brian, facilitating communication between all parties. For example, Suzette liked a specific cream in her coffee. Brian didn't know this, and Suzette didn't ask the community to get it for her. But, her Peace of Mind Advisor noticed her looking longingly at the cream but never using it. After some probing, we learned Suzette liked a specific type of cream in her coffee. We shared the information with the community and they were happy to provide it. Brian also brought some for the small refrigerator in her room.

This kind of support is simple, yet has a tremendous impact on people's lives. Everyone wants to feel seen and heard. *Peace of Mind* does that.

In a nutshell, *Peace of Mind*:

- Eases the stress of the move-in by providing extra support, verifying post-move in needs and wants and helps set realistic expectations between the resident, family and staff.
- Provides an extra set of eyes on your loved one. We are skilled at reading between the lines, noticing subtle changes, asking the right questions and will report back to you.
- Most simply, we are there when you can't be.

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THE INTERSECTION OF SLEEP DISORDERS, ANXIETY, AND DEPRESSION



By Richard Capiola, MD

Sleep disorders are common among individuals with anxiety and depression, as well as those with insomnia. These conditions can cause significant distress and impact daily functioning. However, there are effective treatments available that can help alleviate symptoms and improve sleep.

For individuals with anxiety and depression, treatment typically involves a combination of therapy and medication. Cognitive behavioral therapy (CBT) has been shown to be particularly effective for improving sleep in this population. CBT focuses on changing negative thought patterns and behaviors that contribute to anxiety and depression and can also help address sleep-related issues. Antidepressant medications, such as selective serotonin reuptake inhibitors (SSRIs), can also help with sleep, as they can alleviate symptoms of anxiety and depression.

For those with insomnia, treatment may also include CBT, but with a focus specifically on sleep habits and routines. This type of therapy, called cognitive behavioral therapy for insomnia (CBT-I), can help individuals establish healthy sleep patterns and improve sleep quality. Additionally, sleep aids such as non-habit forming prescription medications (such as Zolpidem) can help with difficulty falling or staying asleep.

In addition to therapy and medication, individuals with sleep disorders can also make lifestyle changes to improve sleep. This may include practicing good sleep hygiene, such as creating a relaxing bedtime routine, avoiding caffeine and electronics before bed, and creating a comfortable sleep environment. Exercise and relaxation techniques, such as yoga or meditation, can also help to reduce anxiety and promote sleep.

It is important to seek treatment for sleep disorders, as untreated symptoms can have serious consequences. Poor sleep can exacerbate symptoms of anxiety and depression, impair cognitive functioning, and decrease overall quality of life. If you are experiencing symptoms of a sleep disorder, it is important to speak with a healthcare provider for an accurate diagnosis and appropriate treatment plan.

Sleep disorders are common among individuals with anxiety and depression, as well as those with insomnia. Treatment options include therapy, medication, and lifestyle changes. CBT and CBT-I can help address negative thought patterns and behaviors, while prescription sleep aids and relaxation techniques can improve sleep quality. If you are experiencing symptoms of a sleep disorder, it is important to seek treatment for the best possible outcome.

ABOUT DR. CAPIOLA

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.



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DEMAND AND THE INTEREST RATE

By Robert Nardi, Broker/Owner

In the first year after a two-year interruption in regular activity caused by the COVID-19 pandemic, the Naples real estate market is stable in terms of value. Still, buyers have fewer homes to choose from, and prices have elevated. As pandemic restrictions loosened in 2022, sellers and buyers pivoted their attention from the housing market to the travel market. As a result, and according to the December 2022 and 2022 Annual Market Report by the Naples Area Board of REALTORS® (NABOR®), which tracks home listings and sales within Collier County (excluding Marco Island), overall closed sales in 2022 decreased 34.8 percent to 10,156 properties from 15,570 properties in 2021. And while inventory is beginning to rebound, increasing 106.3 percent to 2,465 properties in December 2022 from 1,195 properties in December 2021, broker analysts reviewing the report are uncertain where and when an influx of inventory will arrive to meet our pre-pandemic levels. The report showed only 105 homes for sale below \$300,000 in December compared to 1,816 in December 2019. Demand for the Naples lifestyle remained constant in 2022, and low inventory pressed median closed prices upward. The median closed price in December 2022 increased 13.9 percent to \$575,000 from \$505,000 in December 2021. Looking back at December 2019, the median closed price was \$344,255, and inventory was double what it is today.

Demand for homes in 2022 kept REALTORS® busy looking for new listings, which dropped 8.4 percent to 13,577 compared to 14,819 in 2021. Many homeowners, especially those who purchased homes below \$300,000 or at low-interest rates, are now unable to afford a change in local address due to the increase in mortgage rates. Then, in the wake of Hurricane Ian, the Naples real estate market pivoted again in the fourth quarter of 2022. Homes that suffered damage fell into two categories depending on their age and the Federal Emergency Management Agency (FEMA) 50 percent rule. (The FEMA 50 percent rule, as part of the National Flood Insurance Program, mandates that if a home incurs substantial damage — determined when repair costs total or exceeded 50 percent of the property's market value. Then, the owner must bring up the property to current building codes and floodplain regulations.) This mandatory rule will affect older homes in the Moorings, Park Shore, and Naples Park areas. The owners may choose not to rebuild and sell the property "As-Is." If this is the case, it most likely will be priced at "land value."



The NABOR® December 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 of you who wish to see the entire chart/statistics, please send an e-mail to Robert@NardiRealty.com.

What does this all mean?

It means, once again, we are moving toward a balanced market. Are people still buying? They are, but at a slower pace which is why inventory is rising. The economic factors affecting our market include fears of inflation and recession and increasing mortgage rates, which are still over six percent on average. In addition, if you factor in insurance, assessments, and taxes, the cost of buying a home today in Naples is a lifestyle that some people, unfortunately, cannot afford. On the other hand, Naples's lifestyle and weather are a huge draw for retirees or people who can work remotely and want to get out of the cold and enjoy what they love, like tennis, golf, pickleball, jogging, walking, etc.

Speaking of interest rates

I would not let the interest rates deter you from purchasing. You could always get an adjustable 5-year mortgage rate, significantly lower than the 6.5%, 30-year rate. Even if you finance for 15 years, your mortgage rate will be lower. My advice is to seek a mortgage professional who can help you navigate through lowering your starting interest rate.

Many can structure a loan based on your solvency, monthly income, and credit score for you to acquire your "piece of paradise."

Rentals

Nardi Realty has a large rental department. We have over 120 annual rentals and over 150 seasonal rentals. This season many people booked for three months, January through March. In other years, many just reserved for one or two months. Why? Because many come down not only to participate in what they love to do but because these three months become their socialization instead of being cooped up in their home up north, with a foot of snow and cold temperatures. I have lived here for over 21 years, and the Florida sunshine and activities make you vibrant, making you feel younger. You are thriving daily! Hence, our rental department is busy. If you, a friend, or family member wish to book a rental for March or April 2023 or 2024, you can call Sheri Martin at 239-571-6189, Rental Administrator. She can assist you with your search, or you can access www.BuyNaples.net and create your own.

Have an amazing March!



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ARE YOU GETTING ENOUGH SLEEP?

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

Probably not...according to the National Institutes of Health, approximately 15% of adults are not getting enough sleep, and 50 – 70 million Americans have chronic sleep disorders. The CDC recommends that adults get 7 hours or more of sleep each night and that's not just your time in bed that's **good quality sleep**. Signs of poor sleep quality include not feeling rested even after getting enough sleep, repeatedly waking up during the night, and experiencing symptoms of sleep disorders, i.e., snoring or gasping for air.

A sleep disorder can affect your overall health, safety, and quality of life. Sleep deprivation can affect your ability to drive safely and increase your risk of other health problems. Some of the signs and symptoms of sleep disorders include excessive daytime sleepiness, irregular breathing or increased movement during sleep. Other signs and symptoms include an irregular sleep and wake cycle and difficulty falling asleep. There are many different types of sleep disorders. They're often grouped into categories that explain why they happen or how they affect you. Sleep disorders can also be grouped according to behaviors, problems with your natural sleep-wake cycles, breathing problems, difficulty sleeping or how sleepy you feel during the day.

Some common types of sleep disorders include:

- **Insomnia** - difficulty falling asleep or staying asleep throughout the night.
- **Sleep apnea** - abnormal patterns in breathing while you are asleep. There are several types of sleep apnea.
- **Restless legs syndrome (RLS)** - also called Willis-Ekbom disease, causes an uncomfortable sensation and an urge to move the legs while you try to fall asleep.
- **Narcolepsy** - extreme sleepiness during the day and falling asleep suddenly during the day

Many factors attribute to these sleep disorders, including genetics, your anatomy, and lifestyle. Although you cannot control your genetics or anatomy, you can seek ways to make your lifestyle better suited for better quality sleep. Poor lifestyle habits, such as anxiety, stress, excessive alcohol use, eating too late and excessive LED exposure before bed can all be attributed to restless sleep.



Making certain lifestyle changes can also improve the quality of your sleep and subsequently your overall well-being. Reducing stress, keeping caffeine and alcohol use minimum, and fueling your body properly can all help you get better sleep. Sounds easy, right? In our busy days, it is crucial to take time for ourselves and here at Prime IV, we can help.

During your first visit with us, you will receive a full consultation with one of our health professionals. We will review your health history and your wellness goals. After learning about your health journey, symptoms and goals, we will help you select the perfect drip or injection for you.

Two important nutrients can help with sleep problems: Magnesium Chloride and Vitamin D. Magnesium acts as a natural sleep aid and muscle relaxant to help fight insomnia, muscle stiffness, and inflammation. Magnesium Chloride is available in many of our drips: the Jetsetter, Weekend Warrior, Myers Cocktail, The Glow, to name a few. We can also administer Magnesium Chloride as an injection if you are tight on time.

- **The Jetsetter**, designed for our road and air travellers, offers Magnesium for to help you get back on a normal sleep schedule after travel.
- **The Glow** is our anti-aging and beauty drip, in this drip Magnesium works to offset stress. Stress is so hard on our bodies, affects our sleep and even can be an irritant to our skin.
- **The Myers** features Magnesium to help relief general aches and pains and to eliminate acid in our kidneys.
- **The Weekend Warrior**, our athletic performance drip, utilizes Magnesium to help with any inflammation in your body.

Vitamin D can be administered intramuscularly (IM), as in an injection since is oil soluble, which means we cannot add it to our drips. We offer a monthly dose of Vitamin D that will help you regulate your sleep and as a bonus reduce skin inflammation, boost your energy, and immune system. Signs of a Vitamin D depletion include: moodiness, depression, sleep problems and joint aches and pains. Most of us, despite living in the sunshine state are Vitamin D deficient. A Vitamin D injection is an easy fix. The IM injections last for 3-4 weeks in your body as a slow release over time. As with our IV drips, your body will get 100% absorption of these wonderful nutrients.

On the flip side, there is also a problem getting too much sleep – sleeping too much can be just as bad for your health as being chronically sleep-deprived. Regularly getting too much sleep can increase your risk of diabetes, heart disease, depression, obesity, and even strokes. If you are experiencing chronic sleepiness, brain fog, or general exhaustion you might be getting too much sleep. These symptoms could point to a deficiency in Methyl B-12, Vitamin B-5, Glutathione, Vitamin B-6, B-100, or Vitamin D. Several of our drips can help with these deficiencies.

As with all of the vitamins, they each have several important jobs in our bodies. Knowing what our bodies need is so important to helping alleviate these sleep issues. We can listen to our bodies and analyze vitamin deficiencies based upon our symptoms or we can take it a step further and look for data points. Bloodwork from your primary care doctor can certainly be helpful, but even more so is an examination of your DNA. We have partnered with a company called, Routine, to create a DNA-based personalized nutrient IV system. With this test, you can discover the nutrients that you need for optimal health with the most advanced at-home DNA test that analyzes 50+ research-proven genetic variations. Enjoy your life to the fullest – starting with the best night's sleep.



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ORAL HEALTH: ARE YOU OVERDUE FOR YOUR EXAM?

Regular Dental Visits Are Important

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

Are you overdue for a dental cleaning and exam?

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

Aging Restorative Treatment

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

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

Missing Teeth and Extractions

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

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

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

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

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

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

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WHAT IS THE MIND DIET?

In this article we focus specifically on the impact a potentially revolutionary nutrition plan called the MIND diet can have on Alzheimer's prevention for seniors.

The possibility of losing our cognitive abilities can be even scarier than the loss of physical abilities as we age. There are an estimated 5.5 million Americans with Alzheimer's, affecting millions more people caregiving for loved ones affected by the devastating disease, with no cure at the present moment. Therefore, many seniors and their families are wondering what they can do to be proactive and prevent the onset of Alzheimer's.

For the purposes of this article, we're going to focus specifically on the impact a potentially revolutionary nutrition plan called the MIND diet can have on Alzheimer's prevention for seniors.

The name MIND diet surprisingly isn't in reference to the diet's supposed ability to improve cognitive functioning. Rather, it stands for Mediterranean-DASH Intervention for Neurodegenerative Delay. The MIND diet meal plan is essentially a combination of two popular diets, the Mediterranean and DASH, with an emphasis on brain foods shown to improve cognitive functioning.

HISTORY OF THE MIND DIET

Dr. Martha Clare Morris, an expert in nutritional epidemiology at Rush University Medical Center in Chicago, introduced the MIND diet meal plan in 2015. Her studies on the diet tested and compared the effects

of the Mediterranean, DASH, and MIND diets in adults aged 58-98 years. The study found that diligently sticking to all three diets was associated with a reduced risk for Alzheimer's disease, but only the MIND diet showed lower risk even with moderate adherence. Another study showed that participants who stuck to the MIND diet lowered their risk for Alzheimer's by 54%. In addition to the MIND diet's effect on Alzheimer's prevention, Dr. Morris and her colleagues recently studied the diet's effect on the cognitive decline of stroke survivors.

Those in the study who were highly adherent to the MIND diet had substantially slower rates of cognitive decline than people who didn't follow the diet.

Given the newness of the MIND diet meal plan and relatively few scientific studies conducted, scientists still need to do more research, but the early results are certainly very promising. Some have even coined the phrase "Alzheimer's diet" when referencing the MIND diet meal plan, and US News and World Report ranked the MIND diet #5 in its list of Best Diets in 2018.

FOODS TO EMPHASIZE

If you choose to follow the MIND diet for yourself or integrate it into the meal plan of a senior loved one, here are the brain foods you'll want to emphasize and recommended number of servings/week:

Leafy greens (spinach, mixed greens, kale): aim for at least 6 servings of leafy greens per week. In addition to cognitive benefits, leafy greens are high in vitamin K and many other essential nutrients.

Other veggies: in addition to leafy greens, try to eat one additional serving of vegetables per day.

Berries: aim for two or more servings a week. Smoothies are great for seniors to get their weekly servings of berries.

Nuts: at least five servings per week. Nuts are also a great source of protein and healthy fats.

Wholegrains: three or more servings a day. Common wholegrains include brown rice and whole-wheat pasta.

Oliveoil: replace butter with olive oil, and use it as your primary oil for cooking. Keep in mind that when sautéing, it's better to use standard olive oil than extra virgin olive oil.

Wine: a glass of wine, particularly red, a day has been proven to have cognitive benefits.

Fish: at least one serving per week. Salmon is especially beneficial and is loaded with Omega-3 fatty acids.

FOODS TO AVOID

Some foods to avoid include:

Red meat: aim for less than four servings per week, and choose leaner cuts. Think tenderloin, not rib eye.

Butter and margarine: less than a tablespoon daily.

Cheese: less than one serving per week.

Added sugar: avoid or limit unhealthy desserts, no more than five servings per week. Instead of pastries and ice cream, try dark chocolate.

Fast food: it's best to eliminate fast food altogether because it's typically loaded with sugar and sodium.

One of the big benefits of the MIND diet meal plan is that it's not a "fad diet" and doesn't require you to eliminate lots of foods from your diet. Rather, it calls for moderation of unhealthy foods and emphasizing healthy brain foods. This makes the MIND diet easier to follow for seniors than more extreme nutrition plans like the Paleo diet or Vegan diet.

For any questions, please contact your local Chefs For Seniors Office:

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A Holistic Approach to Heart Healthy Eating: Nourishing Your Body and Mind

When it comes to heart health, many of us focus solely on what we eat. While a heart-healthy diet is undoubtedly crucial, a holistic approach to heart health considers not only the food we consume but also our overall lifestyle, emotional wellbeing, and social connections. In this article, we will discuss how a holistic approach to heart healthy eating can help you nourish your body and mind.

Start with a Heart-Healthy Diet

A heart-healthy diet is the foundation of a holistic approach to heart health. Focus on eating a variety of nutrient-dense foods, including fruits, vegetables, whole grains, lean proteins, and healthy fats. Avoid processed foods, saturated and trans fats, added sugars, and excess salt.

Eating a rainbow of fruits and vegetables is an easy way to ensure you're getting a variety of nutrients. Try to include different colors in each meal and snack, such as leafy greens, red bell peppers, purple cabbage, and yellow squash. Whole grains like brown rice, quinoa, and whole-wheat bread provide fiber, vitamins, and minerals, while lean proteins like chicken, fish, beans, and tofu help build and repair tissues. Healthy fats from sources like nuts, seeds, avocado, and olive oil can help reduce inflammation and protect against heart disease.



Make sure to stay hydrated by drinking plenty of water, herbal tea, and other non-sugary beverages. Limit your intake of alcohol and caffeine, which can dehydrate you and put additional stress on your heart.

Manage Stress and Emotions

Stress and emotions can have a significant impact on our heart health. Chronic stress can raise blood pressure and increase the risk of heart disease, while negative emotions like anger, depression, and anxiety can also affect heart health. To manage stress and emotions, consider incorporating relaxation techniques like meditation, yoga, or deep breathing exercises into your daily routine. Regular exercise is also an effective way to reduce stress and improve mood.

Take Care of Your Mental Health

Mental health is an essential component of overall health and wellbeing. If you're struggling with anxiety, depression, or other mental health concerns, don't hesitate to seek help. A mental health professional can provide support and guidance on managing symptoms and improving your quality of life.

Stay Connected with Others

Social connections can play a vital role in heart health. Isolation and loneliness can increase the risk of heart disease, while strong social support can improve heart health and reduce the risk of heart disease. Make time for social activities and prioritize relationships with loved ones.

Incorporate Mindful Eating Practices

Mindful eating is an approach that encourages us to pay attention to our food, eating habits, and sensations while eating. Mindful eating can help us become more attuned to our body's signals of hunger and fullness, making it easier to make healthy food choices and avoid overeating. To practice mindful eating, try eating without distractions like TV or phones, savor each bite, and take breaks during meals to check in with your hunger and fullness levels.

A holistic approach to heart healthy eating is about nourishing your body and mind, not just filling your stomach. By focusing on a heart-healthy diet, managing stress and emotions, taking care of your mental health, staying connected with others, and incorporating mindful eating practices, you can support your heart health and overall wellbeing. Remember, every small step counts towards a healthier heart and a happier life.

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Does Taking Fish Oil Lower Cholesterol?

By Bo Martinsen, MD

Many people believe that incorporating omega-3s into their diet will solve their cholesterol woes. But the truth is much more nuanced; it's not as simple as taking a daily fish oil capsule or drinking a teaspoon of cod liver oil.

In this article, we'll uncover how these essential fatty acids impact your lipid profile – plus look at how much omega-3 you need to reap the benefits.

Cholesterol Is More Than One Thing

The term “cholesterol” often gets tossed around as though it were a single concept. But really, cholesterol includes several measurements. When you take a lipid test, the results are broken down into a few main components:

Triglycerides: Our bodies convert the extra calories, fat and sugars we eat into triglycerides. Having too high triglyceride levels is bad.

LDL: LDL, or low-density lipoproteins, is commonly referred to as the “bad” cholesterol. It builds up plaque in the arteries. LDL can be further analyzed by particle size. Small, dense particles are considered more harmful than large, fluffy particles.

HDL: HDL, or high-density lipoproteins, are the “good” cholesterol. Having a higher number is better.

Total Cholesterol: Your total cholesterol number is based on the other three components. Here's the formula: HDL + LDL + 20% triglycerides = total cholesterol.

Omega-3s impact these numbers in different ways. Let's take a closer look at what the science shows.

Triglyceride Levels

Studies show that taking omega-3s will consistently lower triglyceride levels. But the effect depends on how much you consume.

Higher doses of EPA and DHA omega-3s are needed to significantly reduce triglyceride levels. For example, a 2020 review from researchers in Norway highlighted the following trend:

- 850 mg of EPA/DHA lowered triglycerides by only 3.4%.

- 2400 mg of EPA/DHA lowered triglycerides by 16%.
- 5100 mg of EPA/DHA lowered triglycerides by 27%.

On average, studies report that taking between 3000 – 4000 mg of EPA/DHA will translate to a 25% drop in triglyceride levels.

Of course, the actual impact for any individual will depend on many factors, like genetics, age, gender, and your baseline triglyceride levels. There's also the quality of the omega-3 product to consider, including the freshness level of the oil.

Can Fish Oil Pills Lower Triglyceride Levels?

Most regular fish oil capsules contain only 300 mg of EPA/DHA. With that serving size, you would need to take 10 or more capsules every day to get an adequate dose.

Concentrated omega-3 products can deliver higher doses of EPA and DHA in fewer servings. But even with prescription omega-3 oils aimed at managing hyperlipidemia, you have to take at least 4 capsules daily.

At Omega3 Innovations, we offer 3000 mg EPA/DHA in a pre-measured, drinkable single serving. This liquid form makes it easier for people to meet their omega-3 needs and experience beneficial effects.

LDL Cholesterol

While the benefits of omega-3s for triglyceride levels are widely known and accepted, their effects on LDL levels are more complex.

Again, there are different types of LDL cholesterol. On a lipid panel, people typically pay the greatest attention to the LDL-C value. Most studies show that omega-3s don't really impact LDL-C. However, one exception seems to be for people with very high triglyceride levels (>500mg/dl). For these people, omega-3s may increase LDL somewhat.

There's also Lp(a), or a type of low-density LDL that can create plaque in your arteries. Most studies (but not all) note a modest decrease in this value with omega-3s, which is good.

Finally, omega-3s seem to facilitate a shift from small dense LDL particles to bigger and lighter large buoyant LDL. This is positive, since small dense LDL is more likely to create arterial plaque. Indeed, shifting from small dense to large buoyant LDL is associated with lower heart disease risk.

HDL Cholesterol

When it comes to HDL cholesterol, research suggests that omega-3s have little effect in general.

The exception is again for people with very high triglycerides. In these cases, omega-3s may increase the HDL levels by more than 10%. This is positive, since HDL is the “good” cholesterol.

What's the Best Measure of Heart Disease Risk?

Many studies show that your ratio of triglycerides to HDL may be a more important number than looking at your total cholesterol. Having a high triglyceride: HDL ratio is associated with heart disease, insulin resistance, and low testosterone levels in men. Interestingly, the risk seems to be independent of bad cholesterol numbers or medication use.

Taking sufficient doses of omega-3s will typically reduce the triglycerides to HDL ratio. This improvement could be one of the reasons for the purported heart health benefits of these fatty acids.

For the full article and references, please visit:

<https://omega3innovations.com/blog/does-taking-fish-oil-lower-cholesterol/>

Bo Martinsen, MD

Dr. Martinsen is an omega-3 specialist, innovator, and advocate for natural foods. As co-founder and CEO of Omega3 Innovations, he has created several medical food products that combine effective doses of omega-3s with fibers and other nutrients. Before Omega3 Innovations, Dr. Martinsen practiced medicine in Norway for over 20 years.



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Spring Cleaning Mental Prep

Spring is just around the corner! Sadly, it's also time to start thinking about how you will fit all those big, time-consuming spring cleaning jobs into your life. Consider trying out MaidPro's 49-Point Checklist for your recurring cleaning services (after you have purged and organized) and let them handle the tougher jobs listed below.

Purge and organize small storage areas (closets, junk drawers, cabinets, vanities, toy boxes, paper and digital files). These are great places to start before the weather gets too nice. Discard clothes that are worn or don't fit, food, cosmetics and medicines that are past date and be ruthless about shredding old bills and statements and deleting or archiving defunct files, emails and terrible photos from your computer.



Purge big storage areas (attic, basement, garage). Spring is a time for church and school fairs. For you, it's an opportunity to donate unwanted stuff AND get a tax deduction.

Wash walls, clean ceilings and lighting fixtures. This works wonders to brighten your home especially if you burn lots of candles or fires in the winter. It's also yucky, backbreaking work, requiring proper technique and an assortment of specialized tools (so, definitely worth outsourcing to a professional crew if you plan and budget carefully).

Clean windows, screens and treatments. This is another excellent candidate for outsourcing if you budget for it now. Otherwise, plan on dedicating at least an entire weekend and check out MaidPro's Spring Cleaning Survival Guide before turning your attention to the next several items on the list.

Heavy linens, upholstery, behind and underneath furniture. The guideline here is to take down and clean anything that lives higher up and is likely to shed dust, dander and other micro debris onto your floors in the process.

Large appliances (refrigerator, oven, dishwasher, washing machine and dryer). Appliances ought to be cleaned and, where appropriate, sanitized at least two to four times a year, so chances are at least some of these appliances are going to require your attention within the coming few months.

Deep clean carpets/treat hardwood floors. Being physically lowest, floors are the last thing you want to clean and treat before summer arrives. Be sure to wait until after spring's mud season to get the greatest long-term benefit.

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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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Maintaining Healthy Friendships

By Pastor Timothy Neptune

The first step is to realize that you really do NEED friends.

Solomon, the wisest man that ever lived said, *"As iron sharpens iron, so one person sharpens another."* Prov. 27:17

That means that we make each other better. It seems pretty important to God that we have good friendships. The Bible is full of examples of this.

Think about the amazing friendship of Jonathan and David. Jonathan warned David that his life was in danger at the hands of Jonathan's own father, King Saul.

This warning allowed David to take action and avoid harm, and ultimately this act of true friendship allowed David to take the throne.

Friends look out for each other. They should have each other's back. Your friends are the ones who will be there for you when everything in your life is falling apart.

The second step is to be friendly and willing to meet new people. The Bible says, *"A man who has friends must himself be friendly..."* Prov. 18:24

Put a smile on your face, stick out your hand and meet new people. Opportunities abound for making new friends if you are willing to actively pursue new relationships. Get involved in a local church, join a social organization, volunteer at the local schools or another non-profit organization. These are all great ways to meet new people and do good in the community at the same time.

The third step to building relationships is to make yourself vulnerable even at the risk being rejected. The reality is that not everyone is going to like you. And, you are not going to like everyone.

Look for people with similar interests or a common background. If you don't connect with someone, just move on. You will certainly find several good friends if you keep working towards making friends.

You will find the fourth step most helpful if you make it a natural part of your life: put other's needs ahead of your own. The Bible says it like this:

³Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, ⁴not looking to your own interests but each of you to the interests of the others. Phil. 2:3-4

Have you ever met people who want you to listen to all of the details about their life but then they never bother to ask about yours? Be interested in other people. In humility, don't try to "one up" their stories. Just listen, smile, and ask genuine questions. Get to know them.

If you want to make friends, get interested in other people. Discover their story. Dale Carnegie writes, "You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you."



You might find it helpful to evaluate how you talk with other people. Are you genuinely interested in others or does every conversation revolve around you? Do you make yourself the hero of every story? Do find it necessary to talk about your successes and achievements? Are you trying to impress people or relate to people?

If you really want to make friends, get interested in other people. Learn about them. Listen to their stories and ask questions. If you listen and genuinely care about others, you'll have more friends than you can handle in a short time.

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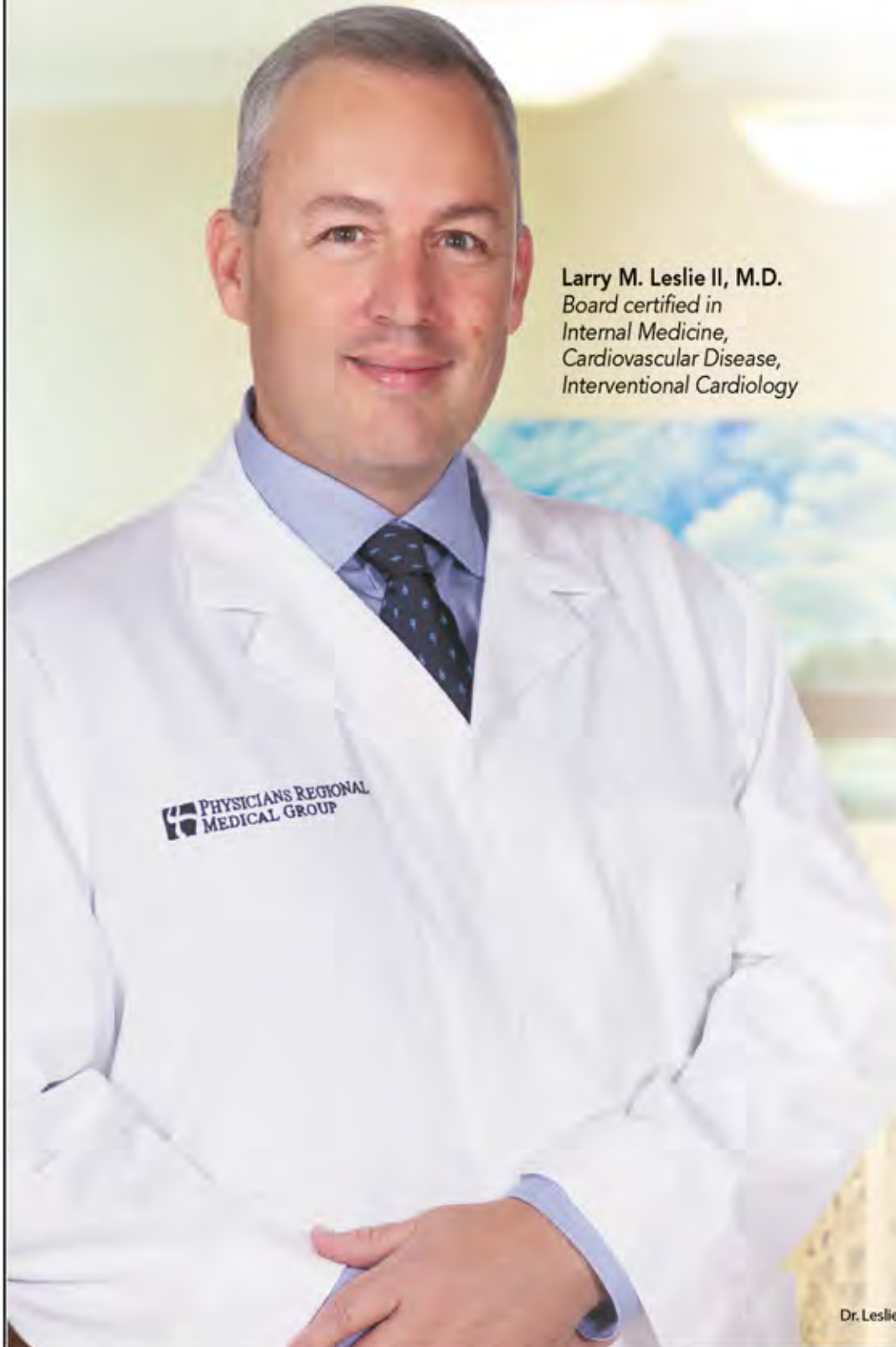
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