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May 2023

Collier Edition - Monthly

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FOR OSTEOPOROSIS IN
WOMEN WHO HAVE
EXPERIENCED
MENOPAUSE.**

Tam Mai, M.D.

Board Certified Breast Surgical Oncologist

How Being
Overweight Can

**INCREASE
CANCER RISK**

**FINDING RELIEF
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SEDATION DENTISTRY

TAKING THE PAIN AND FEAR OUT OF YOUR VISIT TO THE DENTIST

Do you suffer from “dentophobia”? Many people delay their dental appointments because they fear going to the dentist. There is often some level of pain or discomfort involved in most visits to the dentist’s office. If this is the case for you, fear not! There are several types of sedation available that will make your check up, root canal, or tooth extraction a lot more bearable.

What is sedation dentistry?

Sedation dentistry is the use of medication to help patients relax during dental procedures. Patients are usually awake unless they are undergoing an invasive procedure that might require general anesthesia. There are four levels of sedation:

- **Minimal sedation** - the patient is awake but relaxed.
- **Moderate sedation** - the patient is a little “goofy”, he/she may slur words and not remember much of the procedure.
- **Deep sedation** - the patient is on the edge of consciousness but can be awakened easily.
- **General anesthesia** - the patient is completely unconscious.

There are several options available for dental anesthetics. Medications can be used alone or combined. The type used depends on the age and health of the patient as well as the length of the procedure. It is also important to consider the patient’s previous experience and reaction to anesthetics.

Anesthetics can be short-acting when applied directly to the area being treated or longer-acting when surgery is involved. The success depends on:

- The drug
- The area being anesthetized
- The procedure
- Individual factors

Other things that may affect dental anesthesia include the timing of the procedure and inflammation can have a negative impact on the success of anesthetics.



Park Family and Cosmetic Dentistry

Park Family and Cosmetic Dentistry offers a wide range of dental services. If you suffer from dentophobia, make your appointment today with any of their highly trained professionals. If you’re worried about sedation, fear not! Dr. Tamer Eshra, DDS, is licensed in oral, IV, and nitrous gas sedation.



Dr. Tamer Eshra

Dr. Eshra’s success as a dentist is no accident. He has worked tirelessly to provide excellence for his patients, as well as earn trust from them. As a certified provider for immediate fixed total mouth re-

habilitations, he implements the highest level of implant technology to deliver a beautiful, confidence-inspiring smile. Dr. Tamer Eshra, DDS is a certified provider for Hybridge and N-Sequence Full Mouth Over Implant Restoration.



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

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

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

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

When you’re ready to experience excellence in dentistry and begin the process of designing your perfect smile, contact Park Family and Cosmetic Dentistry, or set up your appointment online. It’s easier than you think - and you’ll be surprised at how affordable it can be. Don’t wait until it’s too late - contact us today.

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Osteoporosis

By Sharla Gayle Patterson, MD, MBA

Osteoporosis is a common bone disease that decreases bone mass and density, leading to an increased risk of fractures. It typically affects women after menopause, although it can also occur in men and women at any age. Osteoporosis is often called a "silent disease" because it can progress without symptoms until a fracture occurs.

The bones of people with osteoporosis become fragile and brittle due to a loss of calcium, phosphorus, and other minerals. This can lead to hip, spine, wrist, and other bone fractures. Fractures caused by osteoporosis can be severe and may require hospitalization, surgery, or long-term care.

Risk factors for osteoporosis include age, sex, family history, low body weight, smoking, excessive alcohol consumption, a sedentary lifestyle, and certain medical conditions, such as hyperthyroidism, Cushing's syndrome, and inflammatory bowel disease. Some medications, such as glucocorticoids and anticonvulsants, can also increase the risk of developing osteoporosis.

Prevention and treatment of osteoporosis include lifestyle changes, such as regular exercise, a balanced diet rich in calcium and vitamin D, and avoiding smoking and excessive alcohol consumption. Medications such as bisphosphonates, hormone therapy, and denosumab can also be used to treat osteoporosis and reduce the risk of fractures.

Hormone replacement therapy (HRT) is a type of medical treatment involving replacing hormones deficient in the body. In the context of osteoporosis, HRT refers to the use of estrogen and sometimes progestin to prevent or treat bone loss in women who have experienced menopause.

During menopause, estrogen levels and other hormones decrease, leading to a decrease in bone density and an increased risk of fractures. HRT works by replenishing the body's estrogen levels, which can help slow or even reverse bone loss.

There are two types of HRT: estrogen-only therapy (ET) and estrogen plus progestin therapy (EPT). ET is used for women who have had a hysterectomy (removal of the uterus), while EPT is used for women who still have a uterus.



HRT can be administered in several ways, including oral tablets, skin patches, gels, creams, and vaginal rings. The method of administration will depend on the individual patient's preferences and medical history.

HRT can effectively prevent and treat osteoporosis, as it can increase bone density and reduce the risk of fractures. However, HRT is not suitable for everyone, and there are some risks associated with its use. These include an increased risk of blood clots, stroke, breast cancer, and heart disease.

Before starting HRT, a doctor will assess the patient's medical history and risk factors to determine whether it is a suitable treatment option. If HRT is prescribed, it is typically used for a short period of time (usually 3-5 years) at the lowest effective dose to minimize the risks associated with its use.

HRT can be an effective treatment for osteoporosis in women who have experienced menopause. However, a doctor should carefully consider and monitor its use to ensure that the benefits outweigh the risks.

Preventing osteoporosis involves maintaining healthy bones throughout life by adopting a healthy lifestyle and taking steps to reduce risk factors. Here are some strategies that can help prevent osteoporosis:

1. Eat a balanced diet: A healthy diet that is rich in calcium, vitamin D, and other essential nutrients can help to build strong bones and prevent osteoporosis. Good sources of calcium include dairy products, leafy greens, and fortified foods. Vitamin D can be obtained from exposure to sunlight, fortified foods, and supplements.

2. Engage in regular exercise: Weight-bearing exercises, such as walking, jogging, and resistance training, can help to strengthen bones and reduce the risk of osteoporosis. Exercise can also improve balance and coordination, which can help to prevent falls and fractures.

3. Avoid smoking and excessive alcohol consumption: Smoking and excessive alcohol consumption can increase the risk of osteoporosis by interfering with the body's ability to absorb calcium.

4. Get screened: Women over the age of 65 and men over the age of 70 should be screened for osteoporosis using a bone density test. People who are at higher risk for osteoporosis, such as those with a family history of the disease or who have experienced a fracture, may need to be screened earlier.

5. Take medications if necessary: Medications, such as bisphosphonates and denosumab, can treat osteoporosis and reduce the risk of fractures in people at high risk. These medications should only be used under the supervision of a doctor.

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ProScan Raises the Bar of Women's Health Care with NCH

By Stephen J. Pomeranz, MD, ProScan at NCH

It's a new day in Naples: ProScan is about to complete the process of revamping its imaging care for women, with two new state-of-the-art women's centers at the corner of Airport-Pulling and Vanderbilt Beach roads and on 9th Street downtown. The service, aesthetics, and new equipment technology place us among the best in class in the state of Florida.

But of course, when it comes to luminary medical care, talent trumps all. And at ProScan, we have talent in spades. Look no further than Dr. Sergio Dromi, ProScan's new chair of Women's Imaging. After receiving his medical degree in his native Argentina, Dr. Dromi joined the radiology department at the National Institutes of Health. He completed his Radiology residency at Georgetown University Hospital in Washington, DC, as well as a fellowship in Women/Breast Imaging. During his residency, Dr. Dromi was awarded the Roentgen Resident/Fellow Research Award by the RSNA Research and Education Foundation.

Dr. Sergio Dromi is not just a talented radiologist; he is also a leading academic researcher in the areas of image-guided therapy and drug delivery. His career has taken him from Argentina to Maryland to Georgia, and now Naples, where he and his wife have made a home for their two children. Dr. Dromi is a nationally respected figure in the diagnosis of breast disease, and brings enormous experience, charisma, and innovation to Collier County. He is also an avid motorcyclist.



Dr. Sergio Dromi,
Director of Women's Imaging,
ProScan at NCH

Dr. Dromi and his Women's Imaging team will work primarily out of two new facilities, one of in operation at 9th Street; the other, pictured below, will be located at the corner of Airport-Pulling Road and Vanderbilt Beach Road and will be up and running by July, 2023.

Once operational, these centers will provide the most complete and advanced combination of advanced women's imaging, genetic testing, and counseling services available in the region. And they will join our current satellite locations around town in providing the best-in-class care.

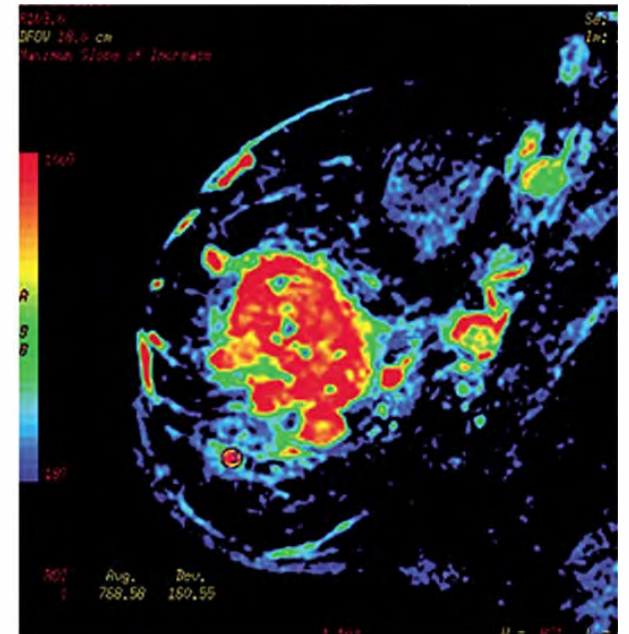
The two major centers will include 3D mammography, breast ultrasound, contrast-enhanced mammography, on-site breast MRI (for both breast and pelvic diagnoses), and image guided breast biopsy capability.



Illustration of Pro Scan at NCH's newest Women's Imaging Center opening this summer at 2320 Vanderbilt Beach Road.

Future volumes of our Living Longer Series will address how each of these modalities fits into the complete spectrum of patient care, including ProScan Imaging at NCH's precision approach to cancer detection, combining genetics with advanced imaging technology.

Pictured below is a sneak peek: The case depicted is a high genetic risk patient with dense breasts and a normal mammogram. The cancer is displayed in orange on contrast-enhanced MRI. As you know, targeted diagnosis using advanced technology should not be a "cookie cutter" event, but instead based on factors such as patient age, breast size, density, genetic risk, and personal history, to name a few.



Grossly positive Breast MRI showing breast cancer (orange) in a high-risk 42 year old woman with normal mammogram.

This is just the beginning and there is more to come as we work together to raise the bar of care via the regions' most talented radiology and technologist team equipped with state of the art equipment.



To Learn More About ProScan at NCH's Women's Health Services call 239-624-4443.

PROSCAN.COM

TOOLS FOR STROKE AWARENESS

Did you know stroke accounts for about 1 out of every 19 deaths, ranking No. 5 among all causes of death in the United States? According to the American Heart Association and American Stroke Association, on average, someone suffers a stroke every 40 seconds and someone dies of a stroke every four minutes.

The speed of receiving medical treatment is critical in lessening the potential impact of brain damage, and using the reference words B.E.F.A.S.T and M.A.N.G.O just might make the difference between life and death, or permanent disability.

First introduced in the United Kingdom in 1998, B.E.F.A.S.T is used to help detect if a person is having a stroke and increase the responsiveness to seeking medical attention. "If you do not seek help immediately, the central area of the brain will die within minutes. When patients are concerned about stroke, they need to B.E.F.A.S.T to recognize symptoms and seek medical treatment as quickly as possible. Says Sarah Strzalka, Director of Stroke Services at Physicians Regional Healthcare System. The American Stroke Association recommends utilizing B.E.F.A.S.T to help determine whether a person is having a stroke and whether to seek medical attention immediately.

(B) Balance – Watch for sudden loss of balance

(E) Eyes – Check for vision loss

(F) Face – Is there any facial asymmetry?

(A) Arm – Is one arm weaker or more numb than the other? Does one arm drift downward when a person tries to raise both arms?

(S) Speech – Is there any difficulty with speech?

(T) Time – If so, it's time to call 911

M.A.N.G.O is a mnemonic being used at Physicians Regional for screening symptoms of a large vessel occlusion, a clot in one of the main arteries in the brain that can cause a stroke. If a patient presents signs and symptoms of a stroke, the emergency room will alert staff overhead of a Stroke Alert. If that patient's imaging (CT) shows a suspected large vessel occlusion, then a M.A.N.G.O alert will be called.



"This signals team members involved in a neuro-interventional radiologic procedure to report to the procedure suite," says Strzalka. "Additional IV sites are placed and advanced imaging is added. A neuro-interventionalist is a neurologist with specialized training in the use of minimally invasive, image-guided techniques to treat complex conditions of the brain, neck, and spine and are available 24/7 to view the scans. This allows for a decision to be determined almost immediately after the CT scan."

M.A.N.G.O identifies a patient experiencing:

(M) Motor Weakness – Weakness in the arms or legs, usually on one side of the body.

(A) Aphasia – Does the patient have the ability to understand or express speech? Expressive speech is being able to name two objects. Receptive is being able to follow two commands.

(N) Neglect – Is the patient unable to feel both sides at the same time, or unable to identify their own arm, or ignoring one side?

(G) Gaze Preference – Does the patient have the inability to track an object or are they experiencing double vision?

(O)-Optic Field – Is the patient's optic field cut (partial blindness) or are they experiencing any new blindness?

No matter which mnemonic is used in stroke care, time is of the essence when it comes to recognizing symptoms and seeking treatment.

"Large vessel occlusions can be very debilitating if not caught and treated in a rapid amount of time," says Strzalka. "Every hour treatment is delayed for a large vessel ischemic stroke, 120 million neurons are lost. The goal of our stroke team is to have patients suffer minimal deficits."

Most recently, Physicians Regional Pine Ridge was awarded with the Joint Commission Disease Specific Certified Thrombectomy Capable Stroke Center and the Physicians Regional Collier Boulevard campus was awarded with the Joint Commission Disease Specific Certified Primary Stroke Center.

Physicians Regional Pine Ridge has received the American Heart Association/American Stroke Association's Get With The Guidelines®-Stroke Gold Plus Quality Achievement Award. The award recognizes the hospital's commitment to guaranteeing stroke patients receive the most appropriate treatment according to nationally recognized, research-based guidelines based on the latest scientific evidence.

In addition to the aforementioned award, Physicians Regional Pine Ridge's Thrombectomy Capable Stroke Center also received the Association's Target: Stroke Honor Roll Elite and Target: Type 2 Honor Roll awards. To qualify for these recognitions, hospitals must meet quality measures developed to reduce the time between the patient's arrival at the hospital and treatment with the clot-buster tissue plasminogen activator, or tPA, the only drug approved by the U.S. Food and Drug Administration to treat ischemic stroke.

Physicians Regional emergency departments offer 24-hour care by board-certified physicians, and are located at Physicians Regional- Pine Ridge, 6101 Pine Ridge Road and Physicians Regional -Collier Blvd, 8300 Collier Boulevard.

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The Joint
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CERTIFICATION

Accredited for
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Innovative Treatment Improves Quality of Life

LASENE REDUCES COMPLICATIONS OF PARKINSON'S DISEASE, EARLY STAGES OF ALZHEIMER'S, AND BRAIN TRAUMA

The human brain is a marvel of nature, possessing incredible abilities that continue to astound scientists and researchers. Its remarkable complexity and versatility enables us to perceive, think, reason, remember, and create. Despite the casual use of words like "awesome" and "amazing" by some, they are entirely appropriate when discussing the brain. Its true wonder lies in its capacity to regulate and coordinate countless physiological and cognitive processes in our bodies.

"Most of the medical society would tell you we know very little about the inner brain," stated Charles Lindsey McAlpine, CEO and COO of LASENE, Naples. "It's only through recent technological advances that we can look to ways of helping the brain achieve even its simplest needs of sleep and memory."

The company, LASENE, provides laser technology and proprietary advanced treatments for fostering functional improvement in patient's living with Parkinson's, Alzheimer's, brain trauma, and other neurological degenerative ailments. They bridge the gap between the world's finest laser technology and advanced treatment protocols to improve quality-of-life by reducing the many complications of these diseases.

"In coming years, we will all live longer, which is great, but the HOW we live is just as important." McAlpine said. No one really wants to live long and not properly function, do they? So being involved with a therapy that allows for the best quality of life, and clearer thinking is very exciting.

"I went through my original program over a year ago. I recently went to my neurologist and my Doctor continues to see the improvement I saw throughout my treatment and after. I would highly recommend LASENE to anyone seeking a better quality of life." -Patient Karen



The company's mission is to bring the best of technologies and protocols together for the sole purpose of reducing the suffering associated with neurodegenerative and neuromusculoskeletal conditions, and to bring people back to a more active and productive life.

"I have found a treatment that has really helped me, LASENE. They have improved my Quality of Life and I am back to doing what I love...I highly recommend it, go do it."

— Patient Judy

Watching the aging process with my own father, who suffered with dementia and early stages of Alzheimer's, was sad to witness. It was tough seeing a bright, happy, articulate person lose those functions," McAlpine said. Being involved with the solutions that LASENE offers would have certainly benefited him, but now the ability to share those positive results with others is a gift.

LASENE does not promise a cure for degenerative complications. However, over a typically six-month care program, the company can provide laser technology and methodology to rehabilitate areas of nerve, muscle and skeletal systems that are affected

by these neurological ailments. Through the company's proprietary methodology, a patient can experience a significant reduction or remission in a variety of quality of life symptoms specific to their condition.

"Results are what the overwhelming majority of the patients who come to LASENE experience," McAlpine said. "We see hugely positive results that quickly resonate into all parts of their lives. The individual therapy itself is noninvasive, painless, and brief. Most patients say 'I had some initial fear, but wow I wish I'd have done this sooner.'

"I was diagnosed with advanced symptoms of Parkinson's disease in 2015. Symptoms included shuffling gait, severe forward posture, muscle rigidity, loss of voice projection and volume, tongue and mouth tremors, whole body tremors, right hand severe tremors, constipation, insomnia, nightmares, low energy, decreased libido and erectile dysfunction, and brain fog. I began Lasene in June 2022. Light changes began to surface during the first 30 days. Now I have normal gait and posture, no mouth tremors, no body shaking, only a slight right-hand tremor that occurs a couple of times a day, restored sleep, no nightmares, normal bowel movements, restored libido and sexual function, voice projection restored, no more brain fog." Dr. DL

"Sleep is the most impressive and consistent progress patients report. Their sleep patterns and quality of sleep. We measure this both objectively through sleep tracking devices and subjectively through interviews and medical observation." We have many patients that also see a reduction in their tremors, an improvement in their walk/gait, and an improvement to their mood and cognitive ability.

Working with the amazing and awesome human brain brings rewards to those at LASENE and the patients they work with.



239-374-2574 | www.lasene.com

15930 Old 41 Rd., Suite 400, Naples, FL 34110



How Being Overweight Can Increase Cancer Risk

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

The correlation between cancer risk and obesity is clear, what causes this increased risk is less clear.

To understand how obesity can increase cancer risk, one must understand obesity. What is obesity? Simply stated, obesity is a disease in which a person has an unhealthy amount and/or distribution of body fat. (Obesity and Cancer, 2022) Body Mass Index is most commonly used to determine if someone is obese. BMI is calculated by dividing a person's weight (in kilograms) by their squared height (in meters). This method provides a more accurate record of obesity than weight alone. Most American adults weigh more than recommended. Being obese or overweight puts these people at a much higher risk for various cancers. (Cancers Associated with Overweight and Obesity Make up 40 Percent of Cancers Diagnosed in the United States, 2017)

Obesity places a person at a greater risk of at least 13 types of cancer and an elevated risk of death from all causes. (Cancers Associated with Overweight and Obesity Make up 40 Percent of Cancers Diagnosed in the United States, 2017) Research shows that it is primarily due to increased inflammation caused by visceral fat -the fat that surrounds your vital organs. (How Does Obesity Cause Cancer, 2017) Excess fat affects processes in your body. Obesity affects processes like how your body manages hormones like estrogen and insulin that can lead to increased cancer risk by affecting when and how cells divide and die. The correlation between being overweight or obese and cancer risk is complex. The risk also varies based on the specific cancer type, but altogether is believed to be associated with increased insulin and hormone levels and chronic inflammation.

How can obesity increase the risk of cancer?

"Cancer happens when cells reproduce uncontrollably, damaging the cells around them and causing illness. The more cells divide and reproduce, the higher the risk that something will go wrong and a tumor will form." (Obesity and Cancer, 2022) Adipose tissue (fat tissue) produces high amounts of estrogen. Increased estrogen levels have been associated with an increased risk of breast, endometrial, ovarian, and other cancers. Chronic inflammatory conditions are often found in people with obesity. Conditions like gallstones or non-alcoholic fatty liver disease can lead to DNA changes. These conditions increase the risk of biliary tract and other cancers.

Increased insulin levels are due to insulin resistance and precede the development of type 2 diabetes. High insulin levels promote the growth and development of colon, kidney, prostate, and endometrial cancers. (Cancers Associated with Overweight and Obesity Make up 40 Percent of Cancers Diagnosed in the United States, 2017)

"The link between overweight/obesity and cancer risk is complex and varies with the specific type of cancer, but is thought to involve increased insulin and hormone levels, and chronic inflammation. While some overweight/obesity-related cancers, such as breast cancer, colorectal cancer, and kidney cancer are common, others are relatively rare. The extent to which being overweight or obese increases the risk of cancer also varies with cancer site." (Overweight/Obesity-Associated Cancers, 2021)

Statistics from 2005 2014 regarding cancer types associated with overweight and obesity:

- Of cancers linked to being overweight and obese, fifty-five percent are diagnosed in women and 24 percent of those diagnosed in men.
- Of cancers linked to being overweight and obese, Black males and American Indian/Alaska Native males had higher incidence rates than white males.
- Of cancers linked to being overweight and obese, higher incidence rates were found among non-Hispanic blacks and non-Hispanic whites compared with other racial and ethnic groups.
- Cancers associated with overweight and obesity increased by 7 percent, not including colorectal cancer. During that same time there was a decrease of 13 percent in cancers not associated with overweight and obesity. There was also a 23 percent decrease in colorectal cancer, due in large part to screening.
- Cancers associated with overweight and obesity increased among 18 to 75 year-olds, not including colorectal cancer, (Cancers Associated with Overweight and Obesity Make up 40 Percent of Cancers Diagnosed in the United States, 2017)

Cancer and Obesity – What can you do?

Not all cases of the cancers mentioned above can be attributed to obesity or being overweight. However, excess body weight is a modifiable risk factor. What does that mean? It means that there are steps that a person can take to prevent obesity and decrease their risk of some types of cancer.

Stay Active: 150 minutes of moderate activity or 75 minutes of vigorous activity per week.

Eat a healthy diet: Fill your plate with fatter cuts of meats, healthy fats such as avocados and olive oil and non-starchy vegetables and fruit. Avoid processed foods.

Limit your alcohol intake: If you drink, limit yourself to one drink per day if you are a female and two a day if you are a male.

Get plenty of rest: being tired can lead to unhealthy choices and make you want to eat more. (How Does Obesity Cause Cancer, 2017)

There remain many unanswered questions about excess weight and cancer risk. Still, knowing the proven health benefits of losing weight, obese individuals are encouraged to get to and maintain a healthy weight. Working toward achieving a healthy weight will aid in reducing cancer risk while helping reduce other chronic illnesses.

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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.

MOVING EVERY 30 MINUTES COULD OFFSET HARMS OF PROLONGED SITTING

On average, adults in the United States sit for over 12 hours a day. This sedentary lifestyle is becoming increasingly more common largely due to jobs that require sitting for prolonged periods, long commutes, TV binge watching and increased cell phone usage. But, this lifestyle can cause real harm to overall health. Sitting down for extended amounts of time increases the risk of developing chronic conditions like diabetes, heart disease, cancer and obesity, even in those who exercise regularly.

Often, prolonged sitting can cause blood and fluids to pool in the legs and feet. This increases the risk of developing deep vein-thrombosis (DVT) which is a blood clot that forms in a deep leg vein and can travel to the lungs. Additionally, sitting down puts excess strain on the spine and joints such as shoulders and hips. This strain can increase pain in the lower back, tightness in the hip flexors and lead to muscular atrophy and premature degeneration.

A new study published in the journal of the American College of Sports Medicine found that moving for five minutes every half hour can help counteract the harmful effects of continuous sitting. These small activity breaks helped lower the blood pressure and blood sugar of the study participants.

“Adding more movement into your life doesn’t have to be overly strenuous or negatively impact your work,” says Dr. Raja Saleem, M.D. “To break up those long periods of sitting, try stretching at your desk, walking around during a phone conversation, visiting a coworker at their desk or taking the stairs rather than an elevator.”

In addition to added daily movement, regular exercise further reduces the risk of chronic conditions while improving mood and bone health. According to the Centers for Disease Control and Prevention, 25% of American adults are physically inactive which contributes to one in 10 premature deaths.

“For added health benefits, incorporate 20 to 30 minutes of moderate aerobic exercise into your daily routine,” says Dr. Saleem. “Brisk walking, dancing, biking, even gardening or housework can qualify.



The goal is to raise your heart rate, which helps oxygen and blood circulate better, and can also help you burn more calories and lower cholesterol.”

Having a primary care doctor is a key component of good health. Your primary care doctor helps coordinate all your care and serves as your personal health advocate, so it’s important to establish a long-term relationship so your doctor is familiar with your history.

Primary care doctors diagnose and treat a wide range of conditions, and work collaboratively with specialists and other health care professionals to deliver care. Your doctor can also help you stay healthy by offering preventive health information, as well as answer your questions about health concerns or issues.

Raja Saleem, M.D., offers treatment for a wide range of conditions to include diabetes, hypertension, asthma, COPD, thyroid disease, infectious disease,

congestive heart failure and coronary artery disease. He specializes in all aspects of primary care for adolescents and adults. His preventive care services include physical exams, pre-operative assessments and Medicare wellness visits.



Dr. Saleem is located At
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Before starting a new exercise program, speak with a physician. To schedule an appointment, please call (239) 920-4503 or visit www.physiciansregionalmedicalgroup.com

GET MOVING TO STOP BONE DENSITY LOSS AS WE AGE

By Jacob Ober, PT, DPT, ATC

Bone density loss, or osteoporosis, is a medical condition affecting bones' strength and density. It is characterized by a reduction in the amount of mineral content and protein fibers within the bone, making it weak and brittle. While bone density loss is a natural part of the aging process, there are several lifestyle factors that can exacerbate the condition — or prevent it from progressing.

The gradual loss of bone density is a natural process that occurs as we age, particularly in women after menopause due to decreased estrogen levels. Other factors contributing to bone loss include certain medications, chronic medical conditions, a sedentary lifestyle, low calcium and vitamin D intake, and genetics.

During menopause, women experience a decline in estrogen levels, which can lead to a decrease in bone density. Estrogen plays a critical role in bone health by inhibiting the activity of cells that break down bone tissue, known as osteoclasts, and stimulating the activity of cells that build new bone tissue, known as osteoblasts. As estrogen levels decline, there is a shift in the balance between bone breakdown and bone formation, resulting in a net loss of bone density over time.

Just as an increase of estrogen improved calcium absorption in adolescence, the drop in estrogen associated with menopause negatively impacts a woman's calcium stores. As calcium stores deplete, bone mass diminishes, with the average woman losing around 10% of bone mineral density in the first five to six years of menopause.

This loss of bone density can increase the risk of fractures, particularly in the spine, hip, and wrist. In fact, postmenopausal women are at a much higher risk of developing osteoporosis than men or premenopausal women. These fractures can result in significant pain, disability, loss of independence, and increased risk of morbidity and mortality.

Though the effect is not as drastic, men are also at risk for developing osteoporosis. On average, by the age of 65–70, men are losing bone mineral density at the same rate as their female counterparts.



There are a number of factors that can increase the rate at which you lose bone density. For example, smoking, excessive alcohol consumption, a sedentary lifestyle, and a diet low in calcium and vitamin D can all contribute to bone density loss.

On the flip side, there are preventive measures that allow you to maintain bone density as you age, including regular weight-bearing exercise, a healthy diet rich in calcium and vitamin D, and avoidance of smoking and excessive alcohol consumption. In some cases, medications such as bisphosphonates or hormone replacement therapy may also be recommended to slow or reverse bone density loss.

Weight-bearing exercises are a type of physical activity that requires the body to work against gravity, stimulating bone growth and helping to counteract the loss of bone density that can occur with aging, menopause, or other factors. Here are some examples of weight-bearing exercises that can help to maintain or improve bone density:

1. Walking: Walking is a simple and accessible weight-bearing exercise that can be done almost anywhere. It is low-impact and gentle on the joints, making it a great option for beginners or those with mobility issues.

2. Jogging or running: More high-impact than walking, jogging or running can provide a greater stimulus to bone growth. However, it may not be suitable for everyone, particularly those with joint pain or other health concerns.

3. Playing a sport: Participating in racquet sports combines benefits of weight-bearing aerobic activity with cardiovascular fitness. Alternatively, benefits of playing golf involve walking on inclines as well as placing appropriate stress on the muscles and bones.

4. Weightlifting: Resistance training with weights or resistance bands can help to build muscle mass and stimulate bone growth. It is important to work with a qualified trainer to ensure proper technique and safety.

5. Yoga or Pilates: These forms of exercise focus on improving strength, flexibility, and balance, and can also provide a weight-bearing stimulus to bones.

6. Hiking or stair climbing: Activities that involve climbing up and down stairs or hiking up hills can be an effective weight-bearing exercise that also provides cardiovascular benefits.

It is important to engage in weight-bearing exercises on a regular basis, ideally at least 30 minutes per day, to help maintain or improve bone density. However, it is also important to work with a health-care provider or qualified exercise professional to develop a safe and appropriate exercise program for your individual needs and fitness level.

Early detection of bone density loss is important to implement preventive measures and slow disease progression. Screening for osteoporosis is recommended for women over 65 and men over 70 and individuals with risk factors such as a family history of osteoporosis or previous fractures.

At Performance Optimal Health, we use comprehensive research and the latest technology to incorporate the four pillars of optimal health (exercise, recovery, nutrition, stress management) into your care. Each pillar plays a significant role in your optimal health journey, and using tools and services from each of the pillars can greatly enhance and expedite your path to success.



Jacob Ober, PT, DPT, ATC, is a physical therapist, certified athletic trainer and TPI Certified Golf Professional based in Naples who subspecializes in adult and athlete development.



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PERIPHERAL NEUROPATHY: THERE IS A TREATMENT!

By Richard Hiler, DABCN

Do you have numbness or tingling in your arms, hands, legs, feet, or toes? Perhaps you are dealing with inflammation, restless legs, or burning sensations. If you have any of these issues, it's essential to seek medical attention as these are frequently warning signs of peripheral neuropathy. It's not uncommon; 20 million Americans have peripheral neuropathy.

Peripheral nerves run from the spinal cord to the arms, hands, legs, and feet. If the nerves are damaged due to injury or disease, it can cause some of the following symptoms:

Peripheral Neuropathy Symptoms

- Numbness
- Tingling
- Burning sensations
- Painful aching
- Balance issues
- Skin discoloration & texture changes
- Muscle cramps
- Feelings of stiffness or pressure
- Non-healing foot & ankle ulcers
- Cold feet
- Walking on marshmallows (sensations)

Many times, peripheral neuropathy is related to cancer treatment, medications, spinal injuries, or diabetes. In the case of diabetes, there is an extremely high storage of glucose; Glucose damages many organs in the body but also has a severely adverse effect on nerves. 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 are ineffective. Symptoms of numbness, tingling, stumbling, and foot injuries are common. The lack of brain signaling from the nerve endings makes it difficult for a person to feel pain in their foot, so often, injuries and these disorders are overlooked.

There are viable ways to treat your condition's root cause and not just mask symptoms with pain medications, which is unfortunately what many providers will recommend.



You Don't Need Addictive Drugs—You Need to Treat the Cause of The Neuropathy

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

Your Options

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

Feel Amazing Institute's Alternative Care

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

Neuropathy Treatment at Feel Amazing Institute

Clinical studies show that 90% of the people who undergo the treatment experience excellent results with one or more of the following: Reduced pain and cramps, reduced tingling and numbness, ability to experience normal touch without pain, reduced cold or burning sensations, improved balance and coordination, lowered dependency on medications, improved sleep, reduced sensation of restlessness in

the legs. People also experience reduced local swelling and inflammation, increased range of motion, increased blood flow to the extremities, decreased tension, and decreased muscle spasm. An important side benefit to the treatment is that it reduces the risk of falls significantly by improving balance and position awareness of the feet.

Feel Amazing Institute

We proudly serve the Naples area with comprehensive Chiropractic Neurology, 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.

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- Hip, knee pain treatment, ankle, or foot pain
- 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

If you are in need of a highly experienced Chiropractic Neurologist 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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Dr. Richard Hiler DABCN, is a board-certified Chiropractic Neurologist with more than 26 years of clinical experience. Dr. Hiler and his team offer a complementary telephone consultation. For questions or to schedule an appointment contact the office at 239.330.1000.

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Tired and Fatigued - A Holistic Perspective on Why We Feel this Way

By Svetlana Kogan, M.D.

No matter what your job or status in life is – a financial analyst, an attorney, a construction worker, a doctor, a retiree, or a stay-at-home parent, we have all experienced the 21st century pandemic of mental exhaustion and lack of energy. In 20 years of clinical experience I have seen different flavors of tiredness afflicting people. It is a disabling enemy to some, rendering them hypochondriac and depressed, and an uncomfortable nuisance to others, preventing them from completing projects and achieving goals. You can be skinny or overweight, Black or White, an extravert or a shy person – fatigue does not discriminate. You have already had a gamut of tests and were told that there is nothing wrong with you – go home – exercise, hydrate and meditate. You have done all of the above – and still feeling awful and now even more desperate for answers. Why is this happening to me?

The holistic outlook on what we are and how we function – helps to lift the veil preventing us from understanding ourselves. A human being has many layers, like an onion. So, let's start by taking a look at the material layer – because it is the easiest for us to understand. It is something we can detect, measure, and describe with the help of modern technology. On a microscopic level, we are made from trillions of cells, and there is a stunning quality that is common to all cells – they are made of predominantly water. For example, our brain and heart cells are 73% water, the lungs cells are 83% water, and the kidney cells are 79% water – you get the idea. Scientists have long marveled at the fact that we are mostly water, and one of them devoted his entire professional career to studying water. Born and raised in Japan, Dr. Masaru Emoto has developed a unique way to analyze frozen water crystals with electron microscope, which can achieve super- magnification of the observed material. After decades of studying the structure and shapes of water crystals, Emoto has not only come up with encyclopedia of water, but has also come up with some revolutionary results, which were reproduced over and over again. He noticed that water is affected by music.



Exposing water to pleasant classical music like Mozart and Bach, has produced beautiful symmetrical crystals, while playing cacophonous heavy metal music has wreaked havoc on water crystals, yielding ugly, distorted shapes. The scientist concluded that if the sound waves can dramatically change water, then the spoken words should be able to have a similar affect. Emoto felt that it was the energetic, vibrational nature of the water, which made it so responsive to its environment. He ran more tests and lo and behold: Exposure to good words like: "God", "Love", "Piece", and "Caring" was morphing the crystals into symmetrical structures of phenomenal beauty and perfection. However, exposing water to bad words like "Stupid", "Hate", "Evil", and "Disgusting" – was rendering water structure twisted and unsightly.

Emoto took these experiments further. He first had people say negative things to containers with water, and documented the detrimental molecular effect it had. He then exposed the same water to people speaking nice words and documented the outcome. The results were stunning! Positive words had an ability to repair molecules and restore water balance. These experiments were then repeated and modified, to observe how unspoken thoughts, good and bad have affected water structure and pH. You can probably guess the outcome. Yes, thoughts do affect water. The conclusions are many. If we are mostly water and the water constantly changes structure with exposure to words, sounds, and thoughts, then everything we have learned from our ancestors about the power of prayer, about the evil eye, and many other things considered mystical and unscientific by traditional medical standards – is starting to make sense.

We are feeling better when we are loved, cared for, and exist in a balanced peaceful environment. By the same token, we feel drained and weak if we are surrounded by hate and intolerance. I will devote a series of articles on how we can modify our lifestyle to account for this amazing energy of our water. It is by empowering ourselves with Mind-Body knowledge that we can come to heal our widespread fatigue all on our own. It is worthwhile mentioning another finding from water research. It turns out that all water on earth is interconnected. And what happens with a droplet of water in our ocean in Naples is on the energetic vibrational level connected with our own cup of tea. It follows then, that by exposing our own water to good energy, we are in fact balancing the entire world.



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 just 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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HOW STRESS AFFECTS YOUR HEALTH

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

Stress is your body's normal and natural response to a perceived threat. It can be good or bad. Stress can drive you to accomplish things and it can help you to avoid danger or it can cause you to pull out your hair and make you look old before your time.

Whether good or bad, too much stress can have a big impact on your physical and emotional health. Much research has been conducted to show the correlation between stress and problems such as heart disease or depression, for example. But what about the link between stress and cancer? The answer isn't completely clear, but experts are studying the possible role that stress can play in the development of various types of cancer.

Types of Stress

Before we dig too deep into the connections between stress and health, let's take a step back and discuss the different types of stress. There are basically two types of stress, acute and chronic. To some degree, both are a normal part of daily life.

Acute stress

Acute stress is what most people imagine when they talk about stress. It's typically short-lived and triggered by specific situations.

These might include:

- Needing to slam on your brakes to avoid hitting a car that's pulled in front of you
- Having an argument with a family member or friend
- Being in traffic that's causing you to be late to work
- Feeling pressure to meet an important deadline

Acute stress can cause several physical symptoms, including an increased heart rate and/or blood pressure, muscle tension, quick breathing, and sweating. These effects are usually temporary and resolve themselves once the stressful situation is over.

Chronic stress

Chronic stress happens when your stress response is activated for prolonged periods of time. It can wear you down both physically and emotionally.



Examples of things that can lead to chronic stress include:

- Living in a dysfunctional or abusive home situation
- Working a job that you hate
- Having frequent financial trouble
- Living with a chronic illness or caring for a loved one who does

Compared to acute stress, chronic stress can have long-term effects on your physical and emotional health. Over time, chronic stress can contribute to conditions such as heart disease, anxiety and depression, and a weakened immune system.

What you can do

Lowering your level of stress is not only good for you in the present, but it is also beneficial to your long-term health. For example, many studies have shown that improving one's psychological health can have a positive impact on cardiovascular health as well.

Here are some ways to reduce stress in your life:

Identify the cause of the stress.

Throughout the day, if you feel stress, make a note of it. Write down your thoughts and your mood. Once you identify what causes your stress, you can begin to deal with it. Maybe you need to adjust your expectations of yourself or ask for help at home or at work. Make a list of your priorities and eliminate the things that are not essential.

1. How stress affects your health, American Psychological Association. American Psychological Association. Available at: <https://www.apa.org/topics/stress/health>.

Rest your mind.

Getting 6-8 hours of sleep is of utmost importance. Your mind needs to rest just like your body does. In order to improve the quality and quantity of your sleep, try to cut back on television or other screen time before bed each night. Caffeine should also be limited in the afternoon and evening hours.

Take a walk.

Being active is not only important for physical health, but for mental health as well. When you feel stressed, try going for a brisk walk. This can help you to disconnect from a stressful situation and allow you time to process your feelings. Plus, exercise increases endorphin production which naturally boosts your mood.¹

Whether you are dealing with acute or chronic stress, seeing a doctor is one step you can take toward living well. While there is no "one size fits all" cure for stress, adequate and informed treatment can improve your life now and in the long run. If you'd like to speak to a doctor, 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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Infusion Therapy

An Effective Treatment Option for Osteoporosis

Osteoporosis is a condition that weakens the bones, making them fragile and prone to fractures. It affects millions of people worldwide, with women being more susceptible to it than men. The condition often develops slowly over the years and may go unnoticed until a bone fracture occurs. However, with the advancements in medical technology, various treatment options are available for managing osteoporosis. One such option is infusion therapy, which involves the administration of medications directly into the bloodstream.

Paragon Healthcare is a leading provider of infusion therapy services for 20+ years, and they offer several medications to help treat osteoporosis. These medications include Prolia, Zoledronic Acid, Evenity, and Boniva. These drugs work by increasing bone density, reducing the risk of fractures, and improving overall bone health.

Prolia is an injectable medication that belongs to a class of drugs known as monoclonal antibodies. It works by inhibiting the activity of osteoclasts, which are cells that break down bone tissue. By reducing the number and activity of osteoclasts, Prolia can increase bone density and reduce the risk of fractures. The medication is administered once every six months and is suitable for postmenopausal women with osteoporosis.

Zoledronic Acid is another infusion therapy medication that is used to treat osteoporosis. It belongs to a class of drugs known as bisphosphonates, which work by inhibiting bone breakdown. Zoledronic Acid is administered once a year and can significantly reduce the risk of fractures in patients with osteoporosis.

Evenity is a newer medication that is used to treat osteoporosis in postmenopausal women. It works by increasing bone formation and reducing bone resorption. Evenity is administered as a subcutaneous injection once a month for twelve months. Clinical trials have shown that Evenity can significantly increase bone density and reduce the risk of fractures in patients with osteoporosis.

Boniva is another bisphosphonate medication that is used to treat osteoporosis. It works by slowing down the breakdown of bone tissue and increasing



NORMAL BONE DENSITY



OSTEOPOROSIS

bone density. Boniva is administered as a once-a-month tablet or as an injection every three months. It is an effective medication for preventing fractures in patients with osteoporosis.

Infusion therapy offers several advantages over other treatment options for osteoporosis. For example, infusion therapy medications are administered directly into the bloodstream, which allows for rapid and efficient delivery to the bones. This means that patients can experience faster results and may require fewer doses than they would with oral medications. Additionally, infusion therapy medications are often more potent than oral medications, which can lead to better outcomes for patients.

Another advantage of infusion therapy is that it is generally well-tolerated by patients. While some patients may experience side effects such as fever, headache, or muscle pain, these side effects are typically mild and short-lived. Infusion therapy also allows for more consistent dosing, which can help to ensure that patients receive the proper amount of medication each time.

In conclusion, infusion therapy is a highly effective treatment option for osteoporosis. Paragon Healthcare offers several infusion therapy medications, including Prolia, Zoledronic Acid, Evenity, and Boniva, that can significantly improve bone density, reduce the risk of fractures, and improve overall bone health. Infusion therapy offers several advantages over other treatment options, including more efficient delivery to the bones, more consistent dosing, and fewer side effects. If you or a loved one is living with osteoporosis, consider speaking with a healthcare provider about whether infusion therapy may be a suitable treatment option.



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CARDIOLOGIST DR. ROTH - JUST GETTING STARTED

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

Aortic Stenosis

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

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

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

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



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

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

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

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



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

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



Julian Javier, MD | Leandro Perez, MD

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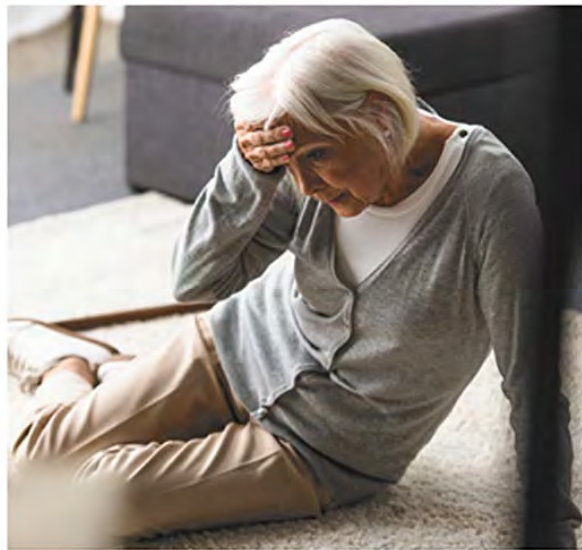
Whole-Person Care Brings Relief to Stroke Patients

The statistics are sobering: according to the Centers for Disease Control and Prevention, every 40 seconds someone in the US has a stroke, and someone dies of a stroke every 3.5 minutes. Stroke is a leading cause of long-term disability and suffering, often leaving patients and families with physical, emotional, and spiritual injuries that drain pleasure from life and disrupt relationships and life plans.

Stroke patients in Southwest Florida can find relief from their symptoms through the palliative care services offered by Avow, a 40-year provider of palliative care, hospice, and grief support services headquartered in Collier County. Palliative care focuses on improving a patient's quality of life and symptom relief while they seek curative treatments from their primary care physicians or specialists. Palliative care also embraces the family unit, providing resources and support for caregivers whose lives have been disrupted by their loved one's illness.

"Many patients can regain some of their physical function after a stroke with proper treatment," says Dr. Cynthia Nehr Korn, vice president of medical services for Avow. "Palliative care is uniquely suited to treating stroke victims because it can help resolve not just physical symptoms, but also the mental and emotional traumas that stroke survivors experience. A stroke upends everything in life: a person's independence, mobility, sense of safety, ability to provide self-care, and even relationships with loved ones."

Stroke patients receiving palliative care work with a team of Avow experts to resolve their range of symptoms and concerns. Licensed social workers help patients and families identify and resolve emotional impacts of a stroke; a chaplain is also available for patients who struggle to reconcile their illness with their faith or belief system. Avow's advanced practice registered nurses (APRNs) can prescribe antidepressants and anti-anxiety medicines for those patients with significant or persistent



mood disorders. They also prescribe medications to reduce muscle spasticity, pain, muscle tension, and side effects from other treatments.

One of the most effective – and most popular – therapies Avow offers stroke patients is massage, provided by licensed massage therapists. Avow's Jennifer Hanks, LMT, loves to see her patients relax as she works on their taut limbs. "Massage doesn't just feel good, it also improves circulation in patients with restricted movements and spasticity," she says. "Massage reduces muscle tension in my patients and helps resolve fluid retention, swelling, and pressure in stiff joints. Some of my patients also experience an emotional release during massage: our session may be the 'bright spot in a bad day,' as one patient told me. It is an escape from not feeling well, but instead, feeling whole."

Avow also offers Reiki energy treatments to patients via a licensed massage therapist who is also a Reiki Master. "Everyone has a connection to what Reiki calls 'universal energy,'" says Heliyana Stiemke, LMT and Reiki Master for Avow. "This energy flows through all of us as life force. As a Reiki practitioner, I place my hands close to the patient, where they are experiencing

pain or discomfort. Through my training, I can feel the energy emanating from the patient; I guide that energy back into synchrony and wholeness to help resolve the patient's discomfort. It is amazing to watch my patients relax, and to see their facial expressions of peace. This can happen even in unconscious patients – that's the healing power of Reiki."

Avow's palliative care team sees patients in the outpatient clinic on Avow's Naples-area campus, or in the patient's home if they are physically unable to come to the office. Some consultations with patients and families are also available via telemedicine. Medicare, Medicaid, and most insurance programs cover palliative care visits as traditional office visits. Supplemental services such as massage may require payment by the patient or family.

For those stroke patients who are at the end of life, Avow's hospice program provides comprehensive patient care and family support covered by the Medicare Hospice benefit. The hospice team can help families navigate difficult issues such as the inability of the patient to swallow or maintain adequate nutrition and hydration, or continued use of a feeding tube. Avow's Joint Commission quality-certified hospice services are available to residents of Collier County.

All Avow programs are nonprofit, mission-based services designed to improve quality of life for those living with a serious or terminal illness or suffering from a life-altering loss. For more information, visit www.avowcares.org or call 239-280-2288.



239.280.2288
www.avowcares.org

Ask your doctor: Fight? Flight? Or team up!

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

There's no denying it's been a stressful year for Naples residents. The pandemic stretched out much longer than we ever could have imagined, then a hurricane devastated our community.

When we talk over how to cope with these or any other challenges in life, I often remind my patients that when we're stressed, it affects every organ in our body. Our brain sends a signal to our adrenal glands to produce adrenaline. Adrenaline increases the heart rate, constricts blood vessels, and slows down other bodily functions that are deemed unnecessary to deal with the stressor. We respond to stress this way to help us react to that perceived threat.

This is what we know as the "fight or flight response," and whether you're a WellcomeMD member or working with another health team here in Naples, you need a management plan for stress.

When we are exposed to stress over a prolonged period, cortisol and adrenaline levels remain high. That can suppress our immune system and contribute to inflammation. We may physically experience back and neck pain from our muscles being tensed or stomach and digestive issues caused by processing food quickly. Hypertension, heart and lung disease, cancer, diabetes, depression, anxiety, obesity, immune disorders, as well as sexual and reproductive dysfunction can result. Stress can also interfere with our memory and ability to learn new things.

Sure, you already know that following a healthy diet and exercise plan helps you stay physically healthy, but what techniques can work to help us stay mentally healthy? Small changes like establishing routines, maintaining a regular sleep schedule, incorporating regular exercise and natural light, and minimizing alcohol can all help improve our well-being.



Deep breathing techniques like "box breathing" are a great way to manage stress and anxiety. It may seem like pseudoscience, but numerous studies show these techniques can help you cope with panic and stress when you feel overwhelmed. Focusing on your breath helps lower blood pressure and decrease cortisol, a stress hormone.

With the current shortage of mental health professionals and resources, a trusting relationship with your primary physician is key. A good physician won't immediately prescribe medication when you open up about sleepless nights, fatigue or worsening chronic conditions. Instead, he or she will *take the time to ask questions that reveal patterns* behind new or worsening ailments.

Looking for Guidance on Making Healthy Choices? The journey to optimal health looks different for everyone, and WellcomeMD can help! We limit memberships so that each of my patients has quicker and easier access, and more time with me. Let's set up a free consultation and tour of our clinic, at your convenience and let me tell you more about our approach to your health.

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SCULPTRA: A BIOSTIMULATORY APPROACH TO REBUILDING COLLAGEN

By Karen Swain, MSN, APRN, FNP-C

As you age, many visible changes occur to your skin. It was once widely believed that gravity was the primary cause of facial aging. It is now recognized that gravity only determines the direction of tissue sag and does not affect the extent of volume loss which can be attributed to many factors, including thinning skin, loss of collagen, redistribution of fat, loss of muscle, and loss of bone which all contribute to the overall aging effect. Many treatments address aging skin, but they must be tailored specifically to your needs. One treatment we have recently reintroduced to our practice is Poly-L-Lactic Acid (PLLA), also known as Sculptra.

Sculptra is a revolutionary biostimulatory approach to rebuilding collagen in the skin. It is a popular and effective treatment for a variety of skin conditions, including wrinkles, fine lines, and sun damage.

Sculptra is a collagen-stimulating agent that is gradually absorbed by the body and can be used in the face or body. It is an injectable treatment performed over several sessions, depending on your specific need. Sculptra is beneficial for both males and females and works by restoring lost tissue volume by gradually stimulating fibroblasts to produce new collagen by as much as 80%. Collagen is vital to your skin as it provides structure, support, and strength.

Sculptra is different from other dermal fillers because it stimulates collagen production, affecting the face's foundation and restoring the underlying structure. Other commonly used fillers, such as hyaluronic acids, plump and hydrate your skin but do not create collagen growth.

The success of Sculptra is due to its unique formulation, which stimulates the body's natural production of collagen. Collagen is a protein that provides structure and support to the skin. As we age, our collagen levels decrease, leading to sagging skin, wrinkles, and other signs of aging. Sculptra works by triggering the body's natural collagen production, leading to a gradual and natural improvement in the skin's appearance.

Sculptra has several advantages over other collagen-based treatments. Unlike fillers that provide immediate results, Sculptra's effects develop gradually over several weeks or months. This means that the results are more natural-looking and long-lasting, and there is less risk of over-treating the skin. Additionally, Sculptra is biodegradable and biocompatible, meaning that it is safe for use in the body and will not cause allergic reactions or other adverse effects.

Sculptra is a groundbreaking treatment that uses a biostimulatory approach to rebuilding collagen in the skin. It is an effective and safe treatment for

a variety of skin conditions and is suitable for all skin types and colors. Sculptra's unique formulation provides natural-looking and long-lasting results, making it an excellent option for patients who want to improve the appearance of their skin without the use of invasive procedures. With proper care and treatment, Sculptra can help patients look and feel their best, restoring their confidence and self-esteem.

You may be a candidate for Sculptra if you want to treat facial fat loss, elevate recessed areas of the skin, or soften contours. Sculptra can even be used in the body and is frequently used in conjunction with other treatments.

The results of Sculptra are not immediate as the new changes to your skin structure take time and are normally noticed in about a month. After treatment, your skin will appear plump or full. The initial fullness is from the sterile water used to dilute the Sculptra. The plumpness associated with the initial injections will go away within a few days as you wait for your long-term results.

If you are interested in additional information about Sculptra or other non-invasive cosmetic treatments, don't hesitate to contact our office at 239-322-3790 for more information or to discuss your specific situation. We will be happy to find a treatment modality that best suits your needs.

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To find out more about their procedures and expertise, please call **239-322-3790** for an appointment, or visit them online at **atcnaples.com**.



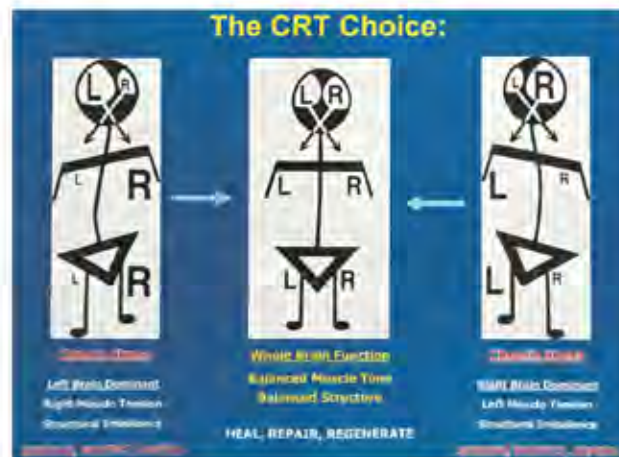
A HOLISTIC APPROACH TO ARTHRITIS RELIEF

By Chrysa Smith: chryasmith.com

Millions of Americans purchase creams and ointments, take cortisone injections and oral medications to help relieve their arthritis pain. And while these may offer temporary relief, they can often come with side effects. Movement of hands, knees, hips can be painful, and the swelling and stiffness in the joints can greatly inhibit your mobility. At the core of the condition is inflammation—the swelling of connective tissue between the joints.

There are holistic alternative therapies that can help, often more effectively, without any side effects. And several can be found at Naples Fitness Wellness Studio. Owner, Irena Basnikova is fully trained in modalities that look at pain relief from a different perspective. Irena says, “Improving posture has been shown to relieve pain and joint stress, while also improving balance, energy levels, functional motion, flexibility, ability to breathe deeply, appearance, confidence and athletic performance.” She offers a customized Posture Reset session, which includes a posture assessment, Cranial Release Technique, Active Isolated Stretching, massage therapy, Scar Release Therapy (if needed) and PEMF.

Through Cranial Release Technique (CRT), you will notice a major release of tension in the muscles, ligaments, and connective tissue of the body. It also causes the brain and the nervous system to come into a more balanced, optimal state of function. And Active Isolated Stretching (AIS) allows the target muscles to optimally lengthen and achieve a state of relaxation. These stretches provide maximum benefit, restoring a full range of motion and flexibility. Scar Release Therapy is a technique that involves applying MPS Therapy, which uses microcurrents to help relax muscles and release fascia, influenced by scar tissue. It is an excellent choice for healing areas that have been damaged.



The very best results will come from a combination of modalities. Irena will tell you that everything is connected, and thus looks at problems with an eye toward the whole person. It’s all about resetting the posture, strengthening the posture and the muscles, and reducing inflammation.

To achieve greater mobility, flexibility and core strengthening, she’ll work with you through disciplines such as Reformer Pilates and CoreAlign equipment that help to improve flexibility and mobility. Both help to improve flexibility, mobility and strengthen the major muscle groups in the body while focusing on the deep core muscles. Power Plate, an upright vibrational piece of equipment, increases blood flow, improves coordination, and causes the muscles to contract and rebalance. It is a proven help for healing damaged tissue, increasing bone density and flexibility.

To finish the session, Irena employs Pulsed Electro Magnetic Field Therapy, or PEMF Therapy. This modality is non-invasive and is scientifically proven to sustain chronic pain relief. Electromagnetic pulses emit energy to the cells of the body, aiding natural healing by balancing the cells. When the cells are healthy, the body becomes healthy. When energy flow is interrupted, as it is with inflammation that occurs with arthritis, proper cell metabolism is affected. This therapy helps optimize cell function, allowing for the proper transporting of nutrients, oxygen, and minerals to the cells. It’s regenerative.



Irena currently offers several different types of PEMF systems. They all use electromagnetic fields, and are all performed while lying down on a mat. But the frequencies and intensities can be different from system-to-system. Likewise, the applications and how they interact with your body are different. Depending on your personal assessment, Irena will decide on low to high frequency systems, such as Sedona, HUGO and Centropix/KLOUD. With each of these, you will likely feel energized when your session is complete, as your cells are returned to a better functional level.



Irena Uses a Multi-Prong Approach for Arthritis Relief.

RESETTING POSTURE:

- Posture assessment
- Cranial Release Technique (CRT)
- Active Isolated Stretching (AIS)
- Microcurrent Point Stimulation (MPS Therapy) for Scar Release Therapy
- Massage

STRENGTHENING POSTURE:

- Power Plate
- Pilates Reformer/CoreAlign

REDUCING INFLAMMATION:

- Pulsed Electro Magnetic Field Therapy (PEMF)

There are numerous possibilities and therapies that can help to enhance movement, reduce swelling, and return you to better balance. And Irena’s passion for her work and desire to help her clients is contagious. Give her a call at 239-293-7352 to learn more. She’ll be happy to talk to you about your fitness and wellness goals.

***All therapies are intended to provide body and brain harmony, to provide a holistic approach to health, and are not intended to diagnose or treat medical conditions.*

MA70323 and MM35784



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ASK THE EXPERT

May is Better Hearing Month

Dr. Brittany Colburn, Au.D.

May is known as Better Hearing Month in the United States, and it is a time for people to raise awareness about the importance of hearing health. With hearing loss being one of the most common health issues affecting people around the world, this month serves as a reminder to take care of our ears and seek professional help if needed.

Hearing loss can affect people of all ages, from newborns to the elderly. According to the World Health Organization (WHO), over 5% of the world's population, or 466 million people, have disabling hearing loss. This number is expected to rise to over 900 million by 2050. In the United States alone, about 48 million people experience some degree of hearing loss.

Hearing loss can have a significant impact on a person's quality of life. It can affect one's ability to communicate, work, and enjoy social activities. Untreated hearing loss has been linked to depression, social isolation, and cognitive decline.

Fortunately, there are ways to prevent or manage hearing loss. Here are a few tips to keep your ears healthy:

- 1 Protect your ears from loud noise:** Exposure to loud noise can damage your hearing. If you work in a loud environment or enjoy listening to music at high volumes, use earplugs or noise-cancelling headphones to protect your ears.
- 2 Get your hearing tested regularly:** Regular hearing tests can help detect hearing loss early. It is recommended that adults get their hearing tested at least once every ten years up to the age of 50 and then every three years thereafter.
- 3 Keep your ears clean:** Clean your ears regularly but gently to prevent buildup of earwax, which can cause hearing loss. Avoid using cotton swabs or other objects to clean your ears, as they can damage the ear canal and eardrum.

4 Eat a healthy diet: A healthy diet rich in vitamins and minerals can promote ear health. Foods like fish, nuts, and leafy greens contain nutrients that can help prevent hearing loss.

5 Seek professional help if you suspect hearing loss: If you notice signs of hearing loss, such as difficulty understanding conversations or ringing in your ears, seek professional help from an audiologist or hearing healthcare provider.

Better Hearing Month is also an opportunity to raise awareness about the resources available for those with hearing loss. Hearing aids, cochlear implants, and other assistive devices can improve communication and quality of life for people with hearing loss. Many hearing healthcare providers offer free hearing screenings during this month to encourage people to take control of their hearing health.

In addition, this month serves as a reminder to advocate for hearing health in our communities. By encouraging public places to install hearing loops and other assistive listening devices, we can create more inclusive environments for those with hearing loss.

May is Better Hearing Month, and it is a time to raise awareness about the importance of hearing health. By taking care of our ears and seeking professional help if needed, we can prevent or manage hearing loss and improve our quality of life. Let us use this month as an opportunity to promote hearing health and advocate for more inclusive communities.

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In Celebration of May as Mental Health Awareness Month

By Margaret Mouracade, MD

May is associated with Maia, the goddess of spring and growth. It is in this spirit that I as a nephrologist wish to write about the topic of Mental Health as May is deemed as National Mental Health Awareness Month. As a physician closing in on her 26th year of practice, I can attest to the need for all health-care providers to appreciate and to grow in their ability to recognize the importance of mental health wellness and to incorporate in their practice a means to address. Mental Health includes our emotional, psychological and social well-being. It affects how we think, feel and act. It also helps determine how well we handle stress, relate to others and how we make choices. For us in the healthcare field, our ability to engage our patients in partnerships as well as to motivate them to embrace change and to adopt new lifestyle habits relies heavily on the state of their mental health.

Data from 2020 reported by NAMI (National Alliance on Mental Health) showed that in the United States, 1 in 5 adults (21% or 52.9 million people) experience mental illness. Furthermore, 1 in 20 adults (5.6% or 14.2 million) experience serious mental illness. NIH (National Institute of Mental Health) defines serious mental illness as a mental, behavioral or emotional disorder resulting in serious functional impairment, which substantially interferes with or limits one or more major life activities. This is a disease that we find rooted in our youth, noting that data reviewed from 2016 showed that between the ages of 6-17 that 1 in 6 (16.5% or 7.7 million) experienced a mental health disorder. Data reviewed showed that 50% of lifetime mental illness begins by age 14 and 75% by age 24. Suicide is the 2nd leading cause of death among those aged 10-14. As a physician who also has board certification in addiction medicine, I found it quite noteworthy that 6.7% (17 million people) were identified as experiencing a co-occurring substance disorder and mental illness. In adults anxiety far leads as the most prevalent mental illness with 19% experiencing (48 million) the next prevalent is depression at 8.4% (21 million) and rounding out the top 3 would be PTSD at 3.6% (9 million).



Raising awareness that mental health illness should be treated like any other chronic disease entity is paramount. Similar to other chronic diseases, mental health illness has genetic propensity as it can be found in families as well as its manifestation in terms of severity often can be related to environmental factors as well as coexistence of other illness/conditions. Like other chronic diseases there can be periods of stability /dormancy and then flares can occur if triggered. Its treatment, like most other chronic diseases, is best appreciated when an integrative approach is taken with a combination of optimization of self-care, therapeutic endeavors and/or pharmacologic interventions. NAMI reports that the average delay between onset of mental illness and treatment is 11 years. In 2020, 46.2% of US adults with mental illness received treatment while 64.5% of those with serious mental illness were treated. Data reviewed from 2016 showed that 50.6% of youths aged 6-17 with mental illness received treatment.

The impact of mental illness can be appreciated in that depression raises the risk of developing cardiovascular and metabolic diseases by more than 40% than the general population. Depression has been recognized as a leading cause of disability worldwide. Substance use disorder has been identified in 32% of those with mental illness. High school students with significant symptoms of depression

are more than twice as likely to drop out compared to their peers. Some data collected from the Department of Corrections show that 37% of adults incarcerated have a diagnosed mental illness and that 70% of youth in the juvenile justice system have mental illness. Mood disorders are the most common cause of hospitalization for those under 45 years of age in the US excluding pregnancy and birth.

It is my hope that I have helped raise awareness of the need to address Mental Health and to appreciate the need to seek treatment and care like any other health issue. Treatment must be provided in a holistic, integrative and respectful manner. A state of wellness can be attained when an individual is provided a nurturing and restorative environment in which the skills and knowledge can be learned and gained to navigate through life and its challenges.

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FINDING RELIEF FROM ARTHRITIS PAIN WITH MEDICAL CANNABIS

Arthritis is a widespread chronic condition, causing inflamed and painful joints that make daily tasks feel impossible.

For those who find traditional treatments inadequate, medical cannabis presents a promising alternative. It's no wonder it's rapidly gaining popularity among Floridians as a viable option and alternative to traditional pharmaceuticals.

By harnessing the power of state regulated and lab-tested medical marijuana products, patients can access various selections that could help them find the relief they need to go about their daily lives more easily.

What is Arthritis?

Arthritis is a condition that causes inflammation in the joints, leading to stiffness, pain, and reduced mobility.

It can occur in any joint, including the hands, knees, hips, and spine. There are over 100 forms of arthritis, with osteoarthritis and rheumatoid arthritis being the most common.

Ultimately, arthritis can occur at any age or sex and is the leading disability among Americans — especially women.

Conventional Treatments for Arthritis

Several treatment options are available for arthritis, including medication, physical therapy, and surgery.

Medications, such as nonsteroidal anti-inflammatory drugs (NSAIDs), can help reduce joint inflammation and pain. However, they may cause side effects such as stomach upset, heartburn, and increased risk of heart attack or stroke.

Furthermore, many arthritis patients are prescribed narcotic options to reduce pain. However, powerful painkillers that contain opioids are extremely addictive and have led to increased overdose-related deaths nationwide.

Outside of medication, physical therapy can help improve joint flexibility and strengthen the muscles around the affected joint, while surgery may be necessary in severe cases. Physical therapy is the least invasive of the two primary conventional treatments compared to pharmaceutical pain medication and over-the-counter NSAIDs.



Medical Cannabis as an Alternative Treatment for Arthritis

Medical cannabis is becoming increasingly popular among arthritis patients as an alternative treatment option nationwide.

Medical marijuana contains cannabinoids, which interact with the body's endocannabinoid system to reduce inflammation and pain. Medical cannabis is available in various forms, including dry herb (flower), concentrate (extract), tinctures, edibles, and vape cartridges, and can be obtained with a prescription or recommendation from a certified cannabis doctor.

Cannabinoids and Arthritis

Cannabinoids, such as THC and CBD, have been shown to have anti-inflammatory and analgesic properties.

They work by interacting with the body's endocannabinoid system, crucial in regulating pain and inflammation. Research has shown that medical cannabis can help reduce pain and inflammation in arthritis patients, leading to improved quality of life.

A recent study found that cannabis use was associated with significant reductions in pain and improved sleep quality in patients with chronic pain, including those with arthritis. Another study published in the European Journal of Pain found that topical application of CBD reduced pain and inflammation in rats with arthritis.

The Power of Terpenes: Reducing Arthritis Inflammation and Pain with Medical Marijuana

Terpenes are natural compounds found in various plants, including cannabis.

They are responsible for the plant's aroma and flavor; recent studies suggest they may also have medicinal properties. Terpenes work in synergy with other cannabinoids like CBD and THC to produce various therapeutic effects, including pain and inflammation relief.

In the case of arthritis, terpenes found in medical marijuana can help alleviate pain and reduce inflammation. One terpene, particularly beta-caryophyllene, has shown significant promise in reducing inflammation and pain. It binds to CB2 receptors, primarily found in the immune system, and has anti-inflammatory effects.

Another terpene, limonene, has also been shown to have anti-inflammatory properties. It can help reduce inflammation and pain by modulating the body's immune response, which is often the cause of arthritis symptoms. Limonene is also a potent antioxidant, which can help protect the joints from oxidative stress.

Moreover, myrcene, another terpene found in medical marijuana, has been shown to have analgesic and anti-inflammatory effects. Myrcene can help reduce pain by inhibiting the production of prostaglandins responsible for inflammation and pain. It also enhances the permeability of the blood-brain barrier, allowing other cannabinoids to pass through and produce their therapeutic effects.

The Importance of Finding the Right Dosage for Maximum Relief

Finding the correct dosage of medical cannabis is crucial for arthritis patients to experience the maximum benefit.

It is recommended to start with a low dose and gradually increase it until the desired effect is achieved. In Florida, medical marijuana patients can access various products that can help them find their correct dosage that gives the greatest relief with minimal psychoactive effects.

It's important to note that different consumption methods will affect the onset time and duration of effects. Inhalation methods like vaporizing and smoking produce almost immediate results but don't last as long as edibles.

Overall, finding the right dosage and method of consumption is a crucial step in the medical marijuana journey. By working with a healthcare professional or medical marijuana doctor and experimenting with different products and dosages, patients can experience temporary relief from arthritis.

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Acupuncture, energy healing, medical massage, cold laser therapy, point injection therapy, cupping, Qi Gong, meditation, sound therapy...the list of holistic healing options is just as long as a list of Western specialists. But holistic healing isn't designed to be à la carte, and Dr. Alik has artfully combined Western and Traditional Chinese medicine to create his signature style, Acu-Healing.



We want the most out of our health options.

When we visit Western doctors, we anticipate needing multiple appointments. Or even seeing a specialist should the need arise. Rarely after the first visit do we feel like we received any benefits beyond maybe bloodwork and that referral to the specialist. Holistic healing is a different journey guided by science and the ability to read human pain. Every detail matters because the treatment is built around them. Every detail counts because Dr. Alik is creating a customized treatment plan to help you simply feel better.

We want to feel better after the first appointment.

We feel stressed leaving a doctor's appointment with our referral printed out to call a specialist and start the "get to know you process" all over again. After their first appointment, our clients will never leave more stressed than when they came in. Dr. Alik's ability to listen to the client's needs, "read" their pain, and develop a customized Acu-Healing plan is unique, and unlike any other holistic therapy you'll encounter.

So, what is Acu-Healing?

Acu-Healing combines various holistic healing treatments and customizes them to the client's needs and pain. There is never a one size fits all

approach to Dr. Alik's practice. Over 25 years of experience and education have allowed Dr. Alik to create signature therapies, like Acu-Healing, requested by Fortune 500 executives, professional athletes, and discerning clients worldwide.

What does Acu-Healing treat?

Acu-Healing provides relief from various issues and enhances overall well-being, including but not limited to:

- Pain, both chronic and acute
- Stress
- Insomnia
- Digestive health such as irritable bowel syndrome (IBS), acid reflux, and constipation
- Women's health concerns, including menstrual irregularities, fertility issues, and symptoms of menopause
- Enhanced immune function
- Anxiety
- Mental and emotional wellness

Acu-Healing also addresses the root cause of the pain or problem, not just the symptoms. Acu-Healing has a cumulative effect, meaning that the benefits of each session build on the previous ones. This accumulative effect can result in more significant and longer-lasting improvements to your health. Each session allows Dr. Alik to gather more information about the client's condition and continually update their plan of care and treatment options. Each person's body and symptoms are unique, and a treatment plan that works for one person may not work for another.

How does the treatment plan work?

At I Am Designed to Heal, Dr. Alik offers concierge memberships to help clients create an individualized plan of healing tailored just for them. During your initial appointment, Dr. Alik will listen to you and read your pain, allowing him to help you create the best plan for your conditions. You select the level of care that suits you best, and Dr. Alik begins working with you at least two times a week, and more if necessary.



Who is Dr. Alik?

Dr. Alik started his education at the renowned Lesgaft National State University of Physical Education, Sport, and Health, famous for training Russian Olympic athletes and coaches. There he studied the principles of Western exercise science, including anatomy, physics, sports physiology, and nutrition. While there, he was also introduced to Traditional Chinese medicine, particularly the concepts of manipulating our natural energy fields, or Qi, with the ancient but established techniques of acupuncture, meridian massage, and medical Qi Gong. Dr. Alik continued his studies in various Hindu monasteries gaining deeper insight into Ayurvedic and yogic principles. Combining his knowledge and education, he created signature remedies for a Forbes Four-diamond spa at Namacolin Woodlands Resort, which remain the most requested.

Acu-Healing's combination of Western and Eastern medicine provides the best of both worlds. Acu-Healing treats the root of the client's problem, thereby alleviating the symptoms; it inherently reduces stress and brings everyone an excellent range of holistic healing.

I AM DESIGNED TO HEAL

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DO YOU HAVE OVERACTIVE BLADDER?

What You Should Know

Are you constantly rushing to the bathroom, or excusing yourself from multiple situations per day to relieve your bladder? Many people start living on the sidelines of life due to the inconvenience of having the urge to urinate frequently. You don't have to continue to live this way; there are options to help you cope with and to treat your condition successfully.

In people with an overactive bladder (OAB), the layered, smooth muscle that surrounds the bladder (detrusor muscle) contracts spastically, sometimes without a known cause, which results in sustained, high bladder pressure and the urgent need to urinate (called urgency). Normally, the detrusor muscle contracts and relaxes in response to the volume of urine in the bladder and the initiation of urination.

People with OAB often experience urgency at inconvenient and unpredictable times and sometimes lose control before reaching a toilet. Thus, overactive bladder interferes with work, daily routine, intimacy and sexual function; causes embarrassment; and can diminish self-esteem and quality of life.

Urinary Incontinence

Urination (micturition) involves processes within the urinary tract and the brain. The slight need to urinate is sensed when urine volume reaches about one-half of the bladder's capacity. The brain suppresses this need until a person initiates urination.

Once urination has been initiated, the nervous system signals the detrusor muscle to contract into a funnel shape and expel urine. Pressure in the bladder increases and the detrusor muscle remains contracted until the bladder empties. Once empty, pressure falls, and the bladder relaxes and resumes its normal shape.

Urinary incontinence has recently gained considerable attention in the United States. It is estimated that approximately 10 to 20 million people (10-35% of the U.S. population) are suffering from urinary incontinence. Nearly 50 percent of the institutionalized elderly are incontinent.

The estimated cost of diagnosis and treatment of this group is \$15 billion per year. Though these numbers are staggering, about half of incontinent patients do not alert their physician or family members of their



problem. Unfortunately, most of these individuals assume nothing can be done for incontinence or feel that leakage is a normal part of aging.

Urinary incontinence is defined as the involuntary loss of urine from the bladder. It is important to remember that not all incontinence is the same.

There are several types of incontinence:

- Stress incontinence
- Urge incontinence
- Mixed incontinence
- Overflow incontinence
- Functional incontinence

Correct diagnosis of the type of incontinence is the first and most important step in developing an appropriate and effective treatment plan for incontinence.

Treatment Options

There are numerous treatments available for OAB and Frequent Urination. Depending on the severity of your disorder and the cause, your physician at Advanced Urology Institute will provide you with the best plan of action for your specific treatment.

Below are the most common treatment options:

- Behavioral and Medication Therapy
- Bladder Pacemaker
- Botox Injections into Bladder
- Implanted slings
- Nerve Stimulation

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- Urinary Tract Infection
- Pediatric Urology
- Women's Urological Health

We Value Patient-Centered, Evidence-Based Care

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

Please Contact Advanced Urology Institute Today.



Jonathan Jay, M.D.



Rolando Rivera, M.D.



Kristina Buscaino, D.O.



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www.advancedurologyinstitute.com

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MAY IS BETTER HEARING AND SPEECH MONTH

By Florida Gulf Coast Ear, Nose & Throat

THE CAUSES OF HEARING LOSS

Hearing loss can be caused by any number of factors. It may be something as simple as wax or a foreign body blocking the ear canal. Or it may be more complicated such as a hole in the eardrum, exposure to repeated noises, or the result of a viral infection. No matter the cause, the team at Florida Gulf Coast Hearing Center is able to diagnose and treat your hearing loss at our Naples and Estero, FL locations. Contact us today to make an appointment.

FIND RELIEF FROM TINNITUS IN SOUTHWEST FLORIDA

Hearing issues can present themselves in a variety of manners. While some people may feel like they can't hear as well as they used to, others may feel like they are hearing sounds not actually present. Often this perception accompanies hearing loss. Tinnitus, also known as ringing ears or head noise, is a problem closely associated with hearing loss. People suffering from tinnitus describe a constant ringing or other noise in their ear. However, this is just a perception. Florida Gulf Coast Hearing Center can provide a medical evaluation as well as an audiometric evaluation if you suffer from tinnitus in Naples and Estero, FL. We'll help to rule out certain causes and find a treatment option that works for you. Call us today for an appointment.

TREATMENT OPTIONS FOR TINNITUS

Using our advanced hearing tests, our doctors and professionals will rule out serious causes of tinnitus, like tumors. The evaluations will also allow us to discover if the tinnitus is being caused by a treatable medical condition, which could mean we can effectively stop your head noise altogether. If the ringing is not caused by a medical condition, but instead by hearing loss, we'll discover which tinnitus therapy option is best for you.

INNOVATIVE TREATMENT OPTIONS

MASKERS

These sound-generating devices are worn on the ears and used to "mask" the perceived head noise caused by tinnitus.

COMBINATION HEARING DEVICES

These devices combine hearing aids and maskers in one, amplifying sound and masking head noise at the same time.

HEARING AIDS

Using a hearing aid to treat tinnitus is a very successful option. The increased sound input from the hearing aid naturally masks tinnitus noise.

FRACTAL TECHNOLOGY & PROPRIETARY SOUND PROGRAMS

This is a relatively new solution incorporating chime-like tones to induce relaxation and reduce tinnitus awareness.

NEUROMONICS

A breakthrough tinnitus treatment, neuromonics helps to train the brain to filter out tinnitus disturbance. The device is paired with headphones and delivers spectrally modified music that is embedded with acoustic neural stimulus. The sounds are precisely designed and customized to match each user's audiological and tinnitus profile. This new treatment can provide long-term relief from symptoms.

TINNITUS RETRAINING THERAPY (TRT)

Using a combination of counseling and sound therapy, TRT is a form of habituation therapy. The therapy is designed to end negative reactions to tinnitus perception, first reducing and eventually ending the conscious recognition of the head noise.

OTHER TREATMENT OPTIONS

While those treatments listed above are the most common used for tinnitus, there are some other treatment options professionals use for tinnitus therapy.

These include:

- Relaxation techniques
- Acupuncture
- Supplement therapy
- Antidepressants
- The Sound Pillow®
- And many more

MAKE AN APPOINTMENT AT OUR HEARING CENTER

If you believe you're suffering from tinnitus, our Naples and Estero hearing centers are here to help. Make an appointment with us today. We'll complete a thorough evaluation to determine what treatment option is best for you.

RING LOSS RESOURCES

WE'RE ALWAYS HERE TO HELP

Dealing with hearing loss can be confusing. It's difficult to know where to turn for information, especially if you aren't even sure how severe your hearing loss is. At Florida Gulf Coast Hearing Center, we want to help our patients by giving them access to useful information about hearing loss and devices like hearing aids. On this page, you'll find a number of resources to inform you about your hearing loss. You can even take the quiz to help determine how your

hearing range stacks up against what is considered normal. If you have additional questions, please don't hesitate to reach out to us.

QUICK HEARING QUIZ

How is your hearing range, really? This simple quiz can help get you started on your path to understanding your hearing health.

1. Do you have difficulty understanding the other person on the telephone?

- Yes
- No

2. Does it seem like most people around you are mumbling?

- Yes
- No

3. Is it difficult to understand one person's speech while there is background noise?

- Yes
- No

4. Do you find it difficult to understand the dialogue on TV unless you turn the volume up high?

- Yes
- No

5. Do you often need to ask others to repeat themselves?

- Yes
- No

TREATMENT OPTIONS

- **Hearing Instrument** – Hearing aids and other devices.
- **Coclear Implant** – a small, complex electronic device that can help to provide a sense of sound to a person who is profoundly deaf or severely hard-of-hearing.
- **Surgery** – repairing the eardrum (Myringoplasty or Tympanoplasty), Ossiculoplasty, or PE tubes.

HEARING LOSS IN NAPLES AND ESTERO, FL

TREATING HEARING LOSS IN SOUTHWEST FLORIDA
The ear is a complicated system made up of three parts, the outer ear, the middle ear, and the inner ear. All three parts work together to transmit important auditory information to the brain, resulting in the ability to hear. Damage to any one part of the ear can hinder this ability or cause permanent hearing loss. At Florida Gulf Coast Hearing Center, we have a team of

professionals to treat issues in all parts of the ear. We can accurately diagnose the cause of your hearing loss and determine which hearing aid can help you recover some of your ability to hear. Contact us today and let us help you find a solution to your hearing loss at our Naples and Estero, FL locations.

THE THREE PARTS OF THE EAR AND HOW THEY WORK

The ear is made up of three distinct parts. Sound is transmitted through each section as it makes its way to the brain. These parts also work together to help maintain balance. Sound travels through each section in the following manner:

THE OUTER EAR

The outer ear consists of the flexible, fleshy part, called the pinna, as well as the ear canal. The pinna collects sound from the surrounding environment and funnels it through the ear canal to the eardrum, which is located at the end of the canal. The eardrum separates the outer ear from the middle ear.

THE MIDDLE EAR

The middle ear lies behind the eardrum, inside the skull. It contains three bones important to hearing called the malleus, the incus, and the stapes. As the sound waves reach the eardrum, they cause it to vibrate. These vibrations are then transmitted from the eardrum to the inner ear through the malleus, incus, and stapes.

THE INNER EAR

The stapes sits in the opening of the inner ear, and as it vibrates it produces waves in the fluid of the inner ear. The fluid of the inner ear is contained in a series of spaces located within the bone of the skull. These spaces are called the cochlea and the semicircular canals and contain sensitive neurosensory tissues and nerve endings. The waves created by the vibrating stapes fills the cochlea, pushing against the sensory membranes. The movement of the fluid causes sensory cells to transmit electrical impulses to nerve fibers. These electrical impulses are then sent to the brain where they are interpreted as sound.

TYPES OF HEARING LOSS

- **Conductive Hearing Loss** – happens when sounds cannot get through the outer and middle ear. It may be hard to hear soft sounds. Louder sounds may be muffled. Medicine or surgery can often fix this type of hearing loss.
- **Sensorineural Hearing Loss** – or SNHL, happens after inner ear damage. Problems with the nerve pathways from your inner ear to your brain can also cause SNHL. Soft sounds may be hard to hear. Even

louder sounds may be unclear or may sound muffled. This is the most common type of permanent hearing loss. Most of the time, medicine or surgery cannot fix SNHL. Hearing aids may help you hear.

- **Mixed Hearing Loss** – Sometimes, a conductive hearing loss happens at the same time as a sensorineural hearing loss. This means that there may be damage in the outer or middle ear and in the inner ear or nerve pathway to the brain.

HEARING LOSS FACTS

- 48 million Americans have a significant hearing loss
- 1 out of 3 people over age 65 have some degree of hearing loss
- 2 out of 3 people over 75 have a hearing loss
- 15% of children between the ages of 6-19 have a measurable hearing loss in at least one ear
- A mild hearing loss can cause a child to miss as much as 50% of classroom discussion
- People with hearing loss wait an average of 7 years before seeking help
- 15 million people in the United States with hearing loss avoid seeking help
- Only 16% of physicians routinely screen for hearing loss

WHAT HAPPENS IF UNTREATED

BALANCE & FALLING

Uncorrected hearing loss puts you at 3 times the risk of falling when compared to people with normal hearing. Hearing loss affects our inner-ear and equilibrium causing more limited awareness of our surroundings, making tripping or falling more likely to occur. This is believed to be caused by a cognitive overload. As your hearing loss worsens, your brain must work harder to hear and understand its surroundings thus taking your focus away from other tasks such as mobility.

FATIGUE & TIREDNESS

Straining to hear is exhausting. For people with hearing loss, daily weariness is increased from the added work that comes with deciphering conversation. Even moderate hearing loss can affect up to 50% of what a person hears. This leaves you to fill in the gaps through lip reading and guessing.

If simple conversation requires you to essentially solve a puzzle, you'll be expending far more energy than those with normal hearing.

HEART HEALTH

The connection between hearing and your heart is due to the inner ear's sensitivity to blood flow. If blood supplied to the inner ear is blocked or slowed, delicate structures of your auditory system are put at risk of being damaged by a lack of oxygen and nutrients.

This means that a healthy heart is directly tied to healthy ears. People with a history of heart disease are 50% more likely to be suffering from hearing loss, making hearing loss a predictor of developing heart problems.

DEMENTIA & MENTAL DECLINE

Recent studies by Johns Hopkins researchers discovered that older adults suffering from hearing loss were 30% to 40% more likely to experience a recession in cognitive function than those with normal hearing.

DEPRESSION & SOCIAL ISOLATION

It is well understood that people are social creatures. Hearing is a basic part of nearly all of our social interactions. The ability to confide in our loved ones or to carry out a cordial conversation with friends is vital to our general well-being.

FAMILY RELATIONSHIPS

Untreated hearing loss can put a high level of strain on our relationships. It is understood that hearing loss limits a person's quality of life through isolation and a reduction in social activities, causing depression and anxiety. But it also harms our relationships with loved ones.

As communication gaps widen, family members experience feelings of frustration and sadness. When the conversation becomes a burden, our quality of life decreases, and relationship dissatisfaction increases.

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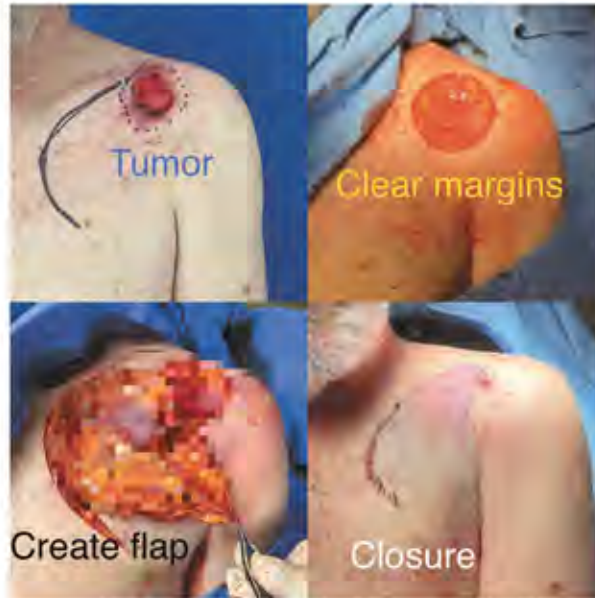


A PLASTIC SURGEONS ROLE FOR SKIN CANCER RECONSTRUCTION

By Plastic Surgery Center of Naples

Skin cancer is a very common problem. Half the population in America have at least one skin cancer by the time they're 65. Skin cancers come in many different forms- some are more aggressive, some are localized, and some have the risk of spreading into other organs. While the most common skin cancers are primarily local, in general, we're looking at basil cell carcinoma, squamous cell carcinoma and malignant melanoma.

Removal of skin cancer is most often necessary, and by default results in loss of tissue, therefore, you have a deficit. The question is, can this be closed easily or not? Simple skin cancers are often detected by your primary care provider or your dermatologist. However, more complicated skin cancers require significant closure or, otherwise, may cause a significant deformity or difficulty in healing. Plastic surgeons do closures that will help reduce deformity and scarring. Areas also need to be reconstructed or "rebuilt" to give back portions that have been resected. It is often not fully understood that the most difficult portion about skin



cancer is often closing the defect, not just removing the tumor. Removing the tumor and ensuring clear margins obviously is important, and removing an inadequate amount of tissue is not helpful if margins are still positive for cancer. If one does not care what the result of the deformity looks like, or, if putting things back together is not important, then obviously a plastic surgeon is not necessary. The standard of care should consider what the result will be, which includes the appearance and function of the area.



Graphic Content



Plastic surgeons are needed when there is a defect that is of more significant size or is in a complex area, which includes more difficult structures that must be put back together, or if a critical structure is exposed such as nerves, tendons, cartilage, bone, as well as areas involving critical complex structures, such as eyelids, nose, mouth, and ears. Other defects of the head and neck, and deformities involving hands and feet will most often require plastic surgery.

Sometimes areas can be reconstructed with direct closure, or a skin graft, however a "flap" may be a better choice which is a more advanced reconstruction, in which a live tissue transfer is required. This involves specialized knowledge and experience in vascular connections and how live tissue transfers can mend. It's not as easy as placing a patch.

My daily routine as a plastic surgeon involves resection and reconstruction of cancers of critical structures. Immediate or delayed reconstruction may be done in an office setting with only local anesthesia or with specialized anesthetic techniques using tumescent anesthesia for larger areas, that otherwise, would have to be done in the surgery center setting or hospital setting. The best advice to give, is to get regular screenings, so that cancers are detected early.

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Gunnar Bergqvist, MD
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ARTHRITIS... HELP!

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

Arthritis is a group of disorders that cause inflammation and pain in the joints. It affects millions of people worldwide, and it is one of the leading causes of disability. There are over 100 types of arthritis, and each one has unique symptoms, causes, and treatments. While there are many types of healthcare professionals that can help manage arthritis, an orthopedic surgeon is an essential part of the treatment plan for certain types of arthritis.

Orthopedic surgeons specialize in the diagnosis, treatment, and prevention of disorders of the musculoskeletal system. This includes bones, joints, muscles, tendons, ligaments, and nerves. Arthritis affects the joints, which makes an orthopedic surgeon a crucial part of the treatment team for certain types of arthritis.

One of the most common types of arthritis is osteoarthritis. This type of arthritis is caused by the wear and tear of the joints over time. Osteoarthritis can affect any joint in the body, but it most commonly affects the hands, hips, knees, and spine. While there is no cure for osteoarthritis, there are many treatment options available to help manage the symptoms. An orthopedic surgeon can provide surgical options such as joint replacement, which can greatly improve the quality of life for people with osteoarthritis.

Another type of arthritis that may require the expertise of an orthopedic surgeon is rheumatoid arthritis. Rheumatoid arthritis is an autoimmune disorder that causes the immune system to attack the joints, resulting in inflammation, pain, and damage to the joints. The most commonly affected joints in rheumatoid arthritis are the hands, wrists, and feet. While there are many medications available to help manage the symptoms of rheumatoid arthritis, some people may require surgery to help improve joint function. An orthopedic surgeon can perform procedures such as joint fusion or joint replacement to help alleviate the symptoms of rheumatoid arthritis.

Psoriatic arthritis is another type of arthritis that may require the expertise of an orthopedic surgeon. This type of arthritis is characterized by joint pain,



stiffness, and swelling, and it often occurs in people with psoriasis. The most commonly affected joints in psoriatic arthritis are the fingers, toes, and spine.

While medications can help manage the symptoms of psoriatic arthritis, some people may require surgery to help improve joint function. An orthopedic surgeon can perform procedures such as synovectomy or joint replacement to help alleviate the symptoms of psoriatic arthritis.

In addition to the types of arthritis mentioned above, there are many other types of arthritis that may require the expertise of an orthopedic surgeon. These include gout, ankylosing spondylitis, and reactive arthritis, among others. An orthopedic surgeon can provide a comprehensive evaluation of the joints and recommend the best course of treatment based on the individual's specific needs.

Arthritis is a complex and varied group of disorders that affect millions of people worldwide. While there are many types of healthcare professionals that can help manage arthritis, an orthopedic surgeon is an essential part of the treatment plan for certain types of arthritis. With their specialized training and expertise in the musculoskeletal system, orthopedic surgeons can provide surgical options that can greatly improve the quality of life for people with arthritis. If you or a loved one has been diagnosed with arthritis, it is important to work with a healthcare team that includes an orthopedic surgeon to ensure that you receive the best possible care.

Everyone has a busy life and being hurt or injured can get in the way of the enjoyment of life." Dr. Swift believes that movement gets us back to enjoying our lives. Our goal is to restore pain free motion to the injured spine, shoulder, knee, elbow, hip and ankle using the most modern, innovative and safety proven techniques available in orthopedic surgery today. My practice uses state of the art procedures that treat injured joints. It doesn't matter if you are an accomplished athlete, a weekend warrior, a busy professional, an active parent, or grandparent, our goal is to keep you active and get you moving. I believe it is important to spend time together and understand how we can accomplish your goals.

Robert D. Swift, DO is a board-certified orthopedic surgeon and a Fellow of the American Osteopathic Academy of Orthopedics and the American Academy of Orthopedic Surgeons. He has subspecialty and advanced training in minimally invasive surgery of the shoulder, knee, hip, ankle, and elbow. He has additional orthopedic trauma training to better manage fractures and Training in Robotic Knee and hip replacement. He has been an adjunct professor of Orthopedics at Vanderbilt University and at Upstate University Medical Center. Dr. Swift attended medical school at the New York College of Osteopathic Medicine. He completed a general surgery internship with the US Army at Dwight D. Eisenhower Army Medical Center and was then stationed in Europe. As a physician he supported missions and troops throughout Europe. He was asked to be the military physician for medical support to the White House Mission to Chernobyl. Dr. Swift completed his orthopedic residency training at UMDNJ-SOM/Copper Medical Center. He rejoined the military after residency and was stationed at Ft. Campbell, KY. He deployed to Afghanistan as the Chief of Orthopedics at Bagram. His service was decorated by the Bronze Star Medal, and the Meritorious Service Medal. Dr. Swift is accomplished in his field; he has been the Team Physician for Division I Athletic programs, been a course instructor, presenter, and author on fracture care and on minimally invasive shoulder and knee surgery. While in Michigan he was selected as a Top Doctor for 2019-2021.

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Handling Personal Property Left Behind After Tenant Vacates

By Cameron G. Woodward, Naples Attorney

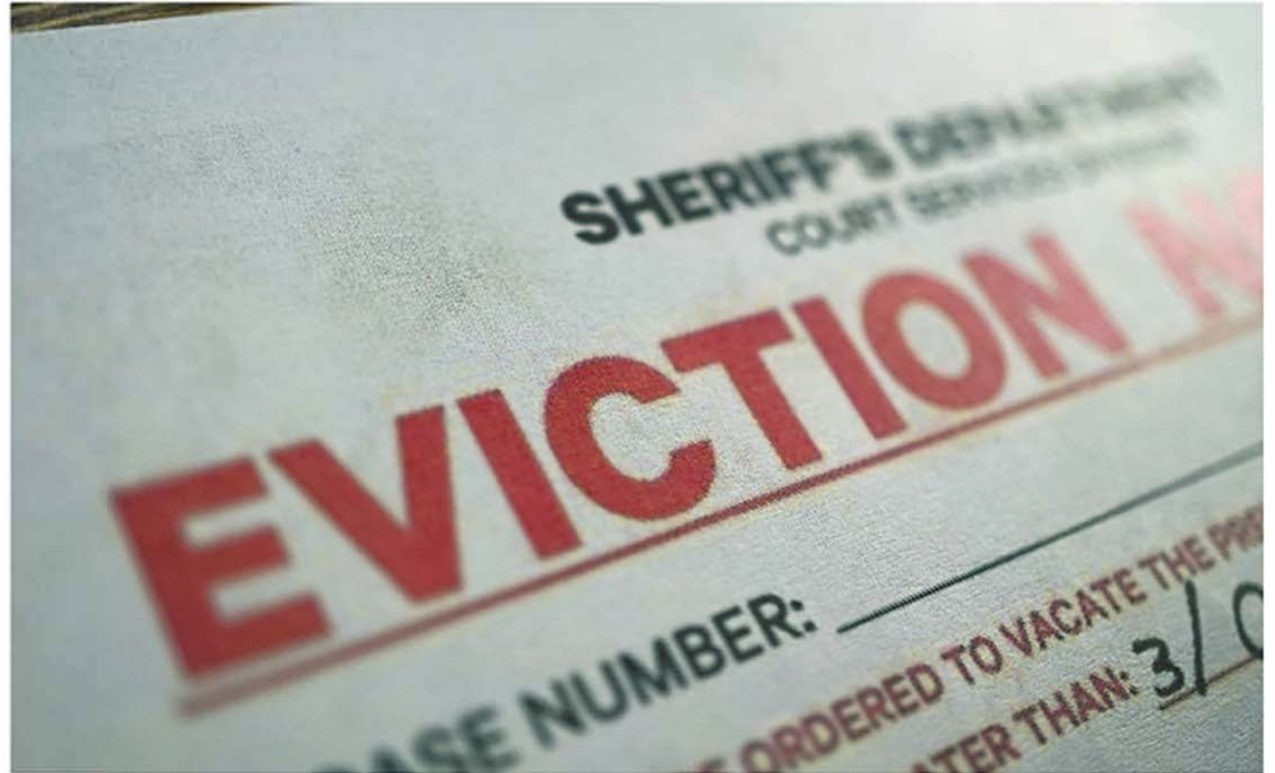
Many landlords find themselves in the unenviable position of having to deal with personal property of a former tenant left behind after the tenant vacates, either at the expiration of the lease or through an eviction action and may be subject to misinformation as to how to properly handle the tenant's property. In my experience, I have seen such misinformation being spread firsthand, from landlords being informed that they can throw away, keep, or simply sell any property left after a tenant vacates. Unfortunately, this is simply *not* the case.

If you have questions about legally handling the personal property left behind by a previous or evicted tenant, contact Naples real estate attorney Cameron Woodward at Woodward, Pires & Lombardo, P.A. today. Call (239) 649-6555 or see www.wpl-legal.com for more information.

Written Notice Required

Chapter 715 Florida Statutes details how a tenant's personal property is to be handled after vacating the property.

Specifically, section 715.104 Fla. Stat. "Notification of former tenant of personal property remaining on premises after tenancy has terminated" requires the landlord to provide written notice of personal property remaining on the leased premises to the tenant and to any other person the landlord reasonably believes to be the owner of the property. The notice shall describe the property in a manner reasonably adequate to permit the owner of the property to identify it. The notice shall advise the person to be notified that reasonable costs of storage may be charged before the property is returned, and the notice shall state where the property may be claimed and the date before which the claim must be made. The date specified in the notice shall be a date not fewer than 10 days after the notice is personally delivered or, if mailed, not fewer than 15 days after the notice is deposited in the mail. Further, the notice shall be personally delivered or sent by first-class mail, postage prepaid, to the person to be notified at her or his last known address and, if there is reason to believe that the notice sent to that address will not be received by that person, also delivered or sent to



such other address, if any, known to the landlord where such person may reasonably be expected to receive the notice.

Additionally, section 715.105 Fla. Stat. lays out the form that the notice is required to take and requires that the notice include one of the following statements:

- a. "If you fail to reclaim the property, it will be sold at a public sale after notice of the sale has been given by publication. You have the right to bid on the property at this sale. After the property is sold and the costs of storage, advertising, and sale are deducted, the remaining money will be paid over to the county. You may claim the remaining money at any time within 1 year after the county receives the money."
- b. "Because this property is believed to be worth less than \$500, it may be kept, sold, or destroyed without further notice if you fail to reclaim it within the time indicated above."

Failure to Give Written Notice

Should a landlord choose another method of dealing with a former tenant's property, they may

open themselves up to unintended liability for damage or destruction of the tenant's personal property.

About the Author

Cameron Grant Woodward, Esq. is a Naples native, graduating from Naples High School before attending Stetson University in Deland, Florida, and then Ave Maria School of Law. Cameron proudly joins his father, Mark J. Woodward, Esq., and Uncle, Craig R. Woodward, Esq. at Woodward, Pires & Lombardo, P.A. His law practice focuses on association, code enforcement, land use and zoning, landlord-tenant law, local government law. He is a graduate of Leadership Marco by the Marco Island Chamber of Commerce.



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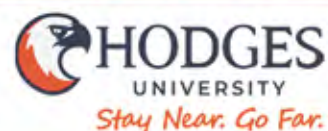
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Yes or No:

- 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.

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What is Plantar Fasciitis?

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

If you suffer from heel pain, you are well accompanied by over a million others that see their doctor for heel pain each year. The most common foot and heel discomfort is caused by a painful disorder known as plantar fasciitis.

The foot is comprised of many different bones, joints, tendons, and ligaments; these include the plantar fascia. The plantar fascia is a band of ligament tissue. It stretches from the heel of your foot to the middle, and it is responsible for reinforcing and supporting your arch. When this area becomes inflamed due to extreme tension on the ligament, pain erupts every time you take a step, and if left untreated, many people will even experience discomfort while at rest.

Because plantar fasciitis is one of the most common foot issues; one in ten people will experience it at some time in their life. Usually, the pain is concentrated in the heel area, and it is generally caused by small injuries that occur over an extended period of time. It's quite common for heel spurs, which are bony protrusions under the heel bone to coincide with plantar fasciitis.

There are many treatment options that you can do at home with the guidance of your podiatrist to try and alleviate the painful symptoms of plantar fasciitis. But, because of weight bearing, this area of the foot, in particular, is challenging to heal on its own. The key to getting your foot health back to normal, and you free from pain is to have medically based procedures provided by your podiatrist.

TREATMENT OPTIONS

Rest

Rest is one of the most important aspects of healing plantar fasciitis. It can take between 6 and 18 months for the issue to resolve completely. Taking it easy on the arches which you are healing is important.



Arch Supports & Orthotics

Arch taping or using orthotics can help to alleviate pressure and some of the pain associated with plantar fasciitis.

Stretching Exercises

Dynamic stretches can be very helpful to relax and create more flexibility within the tendon. Your podiatrist will give you a detailed list of exercises that you can safely do at home.

Anti-Inflammatory Medications

Ice and NSAIDs such as ibuprofen can help to reduce inflammation. These work best in conjunction with other treatments.

Ultrasound- Guided Corticosteroid Injections

This is an innovative treatment available from Collier Podiatry. It allows the podiatrist to view the precise placement of the cortisone injectable via an advanced ultrasound machine to make certain that all of the pain and tension relieving material is placed accurately.

Laser Treatment

Laser therapy is one of the top methods to reduce your pain and inflammation. Deep tissue laser therapy uses a process called photobiomodulation, which penetrates deep into the muscles tissues using photon energy. This therapy increases cellular metabolism while decreasing inflammation and pain.

Collier Podiatry sees great results in their patient's foot health with this treatment option. The best part is that there are no side effects, no harmful medications and more importantly, long lasting results.

Collier Podiatry

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

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ARTHRITIS AWARENESS MONTH

Arthritis is a common condition that affects millions of people worldwide. It is a term used to describe any condition that causes inflammation in the joints, which can lead to pain, stiffness, and reduced mobility. May is recognized as Arthritis Awareness Month, aimed at raising awareness about this condition and its impact on people's lives. In this article, we will discuss the different types of arthritis, their causes, symptoms, and treatments.

Osteoarthritis

Osteoarthritis is the most common type of arthritis. It is caused by the wear and tear of the joints over time, and it typically affects the hands, hips, knees, and spine. The cartilage that cushions the joints wears down, causing bone-on-bone friction and inflammation. Symptoms of osteoarthritis include pain, stiffness, swelling, and reduced mobility. Treatment options include physical therapy, pain medication, joint injections, and surgery in severe cases.

Rheumatoid Arthritis

occurs when the body's immune system attacks its own tissues. It primarily affects the joints, but it can also affect other parts of the body. Symptoms of rheumatoid arthritis include joint pain, stiffness, swelling, fatigue, and fever. Early diagnosis and treatment are crucial in managing this condition. Treatment options include medications, physical therapy, and surgery.

Psoriatic Arthritis

Psoriatic arthritis is a type of arthritis that occurs in people with psoriasis, a skin condition that causes red, scaly patches on the skin. It primarily affects the joints and can cause pain, stiffness, and swelling. Psoriatic arthritis can also cause changes in the nails and eyes. Treatment options include medications, physical therapy, and surgery.

Gout

Gout is a type of arthritis that occurs when there is a buildup of uric acid crystals in the joints. It typically affects the big toe but can also affect other joints such as the ankle, knee, and wrist. Symptoms of gout include sudden onset of pain, swelling, redness, and warmth in the affected joint. Treatment options include medications, lifestyle changes, and dietary modifications.



Juvenile Arthritis

Juvenile arthritis is a type of arthritis that occurs in children under the age of 16. It can affect any joint in the body, and symptoms include pain, stiffness, swelling, and reduced mobility. Early diagnosis and treatment are essential in managing this condition. Treatment options include medications, physical therapy, and surgery.

Ankylosing Spondylitis

Ankylosing spondylitis is a type of arthritis that primarily affects the spine. It causes inflammation in the joints between the spine and pelvis, leading to pain, stiffness, and reduced mobility. Other joints such as the hips, shoulders, and knees can also be affected. Treatment options include medications, physical therapy, and surgery.

Arthritis Awareness Month is an opportunity to learn more about this condition and its impact on people's lives. There are different types of arthritis, and each has its unique causes, symptoms, and treatment options. Early diagnosis and treatment are essential in managing arthritis and improving the quality of life of people living with this condition. If you or a loved one is experiencing joint pain, stiffness, or swelling, it is essential to speak with a healthcare provider to receive a proper diagnosis and appropriate treatment.

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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CANNABIS CROSSROADS

Have you ever heard the expression; When you stop learning you start dying?

By Hans Doherty - Growing in Health Florida

We are now at a juncture in the way cannabis is viewed by the medical community. Research that has been happening for decades in other parts of the world is finally going on here in America. The data is being compiled and studies have been done. Cannabis works! There are more than 700 different ailments that it is used to treat.

The reason it does isn't a mystery any longer. It all comes down to our internal endocannabinoid system. The phyto-cannabinoids in the cannabis plant very closely mimic the shape and size of our own endogenous (internal) cannabinoids.

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Terpenes like Mycerne, and Linalool are naturally calming and sedating. Good for insomnia. Others like Limonene can be uplifting and creative. Good for depression. Botanicals are plant matter. Lavender, turmeric, ginger, rosemary are all examples of botanicals.

When all three of these are combined (cannabinoids, terpenes, and botanicals) the results are naturally absorbed by the body and help bring on homeostasis, a state of balance where our sleep, pain, stress, diet, and other systems are functioning the way they are supposed to.



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

Thank you for reading!

**FDA disclaimer: Cannabis does not treat, cure remedy any medical condition.

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



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MAY IS OLDER AMERICANS MONTH

By Mary Beth Baxter

Each May, older adults across the country are honored for their contributions to our nation during “Older Americans Month.” This year’s theme is “Aging Unbound,” offering an opportunity to explore diverse aging experiences and combat aging stereotypes.

Here are five tips for celebrating Older Americans Month:

1. Embrace new experiences: Aging unbound means taking advantage of opportunities to try new things. Whether learning a new skill, traveling to a new place or meeting new people, exploring new experiences can help you stay engaged, inspired and fulfilled.

At The Carlisle Naples, an active retirement community, each day is filled with unlimited opportunities for new adventures and friendships. Without the day-to-day responsibilities of household chores, residents can discover and rediscover new hobbies and interests. They’ve authored new books, created art, become Tik Tok stars, senior Olympians, and much more! At The Carlisle, age is truly just a number. As one resident said, “If you closed your eyes while talking to a neighbor, you wouldn’t be able to tell if they were 40 or 90!”

2. Connect with others: Social connections are crucial to well-being, particularly as we age. Make an effort to stay connected with family, friends and community members. Consider joining a local senior center or social group, volunteering in your community or participating in online communities that share your interests.

At senior living communities such as The Carlisle, residents’ social circles expand. Even before someone moves to the community, there are numerous opportunities to get to know future neighbors. The Carlisle, for example, offers monthly events such as an upcoming Social Hour on Wednesday, May 24th from 4-5 p.m., inviting prospective residents to mix and mingle with current residents to learn more



about the maintenance-free lifestyle. Plus, the Newcomers Block Party serves as an official welcome and has laid the foundation for many new friendships.

3. Stay active: Physical activity is important at any age, but particularly as we age. Regular exercise can help maintain mobility, balance and strength, reducing the risk of falls and other health issues. Consider taking a daily walk, joining a fitness class, or trying low-impact exercises like yoga or swimming.

The Carlisle offers more than 10 opportunities for physical fitness each week. Residents can choose from a variety of classes, such as tai chi and aquacise, enabling them to meet their health and wellness goals. In addition to improving physical health, new research published in *Alzheimer’s & Dementia: The Journal of the Alzheimer’s Association* found that even late-life physical activity was tied to a reduced risk for the disease.

4. Prioritize your health: As we age, it’s essential to prioritize our health and wellbeing. This includes staying up to date on health screenings and immunizations, taking medications as prescribed, eating a healthy diet, and getting enough sleep. Be sure to talk to your healthcare provider regularly and ask any questions you may have.

“Our onsite wellness programs, such as MyCare Clinic and EmpowerMe Wellness, our rehabilitation company, make prioritizing health a breeze at The Carlisle,” said Executive Director Bill Diamond.

“We offer a holistic approach to health and wellness. Our Zest Wellness program, for example, is designed to bring healthy, positive balance to each day through personalized, enriching experiences focusing on three fundamental areas of the self: mind, body and soul.”

5. Embrace your individuality: Aging unbound means embracing your unique experiences, interests and identity. Don’t let stereotypes or ageism limit you. Pursue your passions, explore new hobbies, and continue to learn and grow throughout your life. Remember, there is no one right way to age – everyone’s journey is different, and that’s something to celebrate!

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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MAKE A DIFFERENCE AS A NURSE

By Dr. Nashat Abualhaija, Ph.D., MSN, RN, Nursing Program Director at Hodges University

When we need them, they are there. From that first breath to the last, they are there. Nurses are the professionals that patients interact with the most. Nurses provide the expert care that patients need and deserve, and that care extends to the patient's family. As a matter of fact, the American Nurses Association states that nurses are indispensable when it comes to safeguarding public health.

Nurses learn that their profession is a balance of art and science. The art is their ability to assess a patient's emotional state. The science is, of course, the assessment of a patient's physical state. Patients need to be treated as an individual, looking at them as a whole, and not just their physical ailment.

In the past few years, there has been a national spotlight on the shortage of nurses. In the state of Florida, the Florida Hospital Association predicts there will be a shortage of almost 60,000 nurses in the state by the year 2035. In the Southwest Florida region, there are currently 726 openings for registered nurses (RNs).

The Institute of Medicine's (IOM) 2010 report stated that there is a need to increase the percentage of nurses with a bachelor's of science in nursing (BSN) degree to 80 percent by the year 2020. The research showed that nurses with a BSN degree means patients have better clinical outcomes and a lower mortality rate.

Why?

The American Association of Colleges of Nursing (AACN) released "The Impact of Education on Nursing Practice" in 2014 that found that nurses with a BSN have increased skills in communication, leadership, professional integration as well as research and evaluation. This extra knowledge and expertise leads to better patient care.

As a matter of fact, the Veterans Administration (VA) has enacted a policy that requires RNs to have a BSN in order to be considered for promotion beyond entry level, and all branches of the United States Armed Forces now require a BSN or higher to practice as an active duty RN. Additionally, many healthcare facilities have begun requiring RNs to have a BSN for entry level nursing positions.

Nurses who have their BSN degree can see both increases in hourly pay rates faster than those with an associate degree, and they will have a better and faster track of pursuing senior positions, including nurse managers, nursing directors, and other leadership roles.

At Hodges University, we have a BSN program that is designed to educate, train, and graduate nursing students in four semesters. Our students have the advantage of learning from professionals in the field, and applying what they learn in our modern simulation labs, and in clinical rotations. They graduate with their bachelor's degree, fully prepared to take the NCLEX exam for their RN.

Hodges University is also designing an accelerated, online RN-BSN program for RNs that want and/or need their BSN degree. It can be completed in one year. Our plans are to launch this in the Fall of 2023, pending approval from our regional accreditor, SACSCOC.



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TOP 4 Reasons Chefs for Seniors Might Be The Right Choice For You

#1 Shopping is Challenging

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

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

#2 Cooking is Becoming Difficult or Dangerous

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

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

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

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

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

#4 You Want Nutritious Food Without the Hassle

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

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

Chefs for Seniors

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

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

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

Professionally Prepared Meals and Clean Up!

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

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

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

Cost and Insurance Coverage

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

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

Multiple Meals During Visit

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

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

Special Diets

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

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



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Prevention and Treatment for Dry Age-Related Macular Degeneration

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

In adults over the age of 50, age-related macular degeneration (AMD) is the leading cause of blindness. It is estimated that more than 10 million Americans have some degree of AMD, and unfortunately, there is still no cure for the disease. But there is a great treatment for some forms of the disease.

In AMD the portion of the retina responsible for our central vision, the macula, becomes damaged leading to a loss of vision, distortion or blind spots in central vision. Although it is a very complex disease and still not completely understood, it can be brought on by both hereditary and environmental factors.

There are two main types of AMD, wet and dry. Dry macular degeneration is the most common form of the disorder. Whitish deposits (drusen) adhere to the retina, just under the macula and eventually, the drusen weaken and deteriorate the macula, that can lead to severe central vision loss and blindness. Typically, AMD starts as the dry type and may progress into the wet form of the disease in 10-15% of high-risk dry macular degeneration.

Macular degeneration has several therapies that prevent the disease from progressing. One of the main treatments is the anti-VEGF injection.

Dr. Taba, Ophthalmologist and Retina Specialist explains, "In a National Eye Institute (NEI) study, researchers concluded that before the anti-VEGF (anti-vascular endothelial growth factor) injections, 2/3 of wet macular degeneration patients went legally blind within two years of diagnosis. Now, we are able to keep vision 20/40 or better in more than half of our patients. Early detection is essential for prevention of visual loss from AMD. The earlier we can treat a newly diagnosed wet AMD lesion, the higher chance the patient has of preserving central vision.

The Following information was published by the American Academy of Ophthalmology.

The Impact of Diet

While clinicians wait for dry AMD treatments, what concrete steps can be recommended to patients today?



"Diet plays a major role in macular degeneration, and it seems to be important in all stages" of the disease, said Emily Chew, MD, Deputy Director of Division of Epidemiology and Clinical Research at NIH. Her review of data from the Age-Related Eye Disease Study 1 (AREDS1) and AREDS2 took advantage of the largest data pool available on macular degeneration with the longest follow-up ever conducted.¹ "We had 13,204 eligible eyes in 7,756 participants with a 10-year follow-up, looking at diet and progression to late AMD, GA, and neovascular AMD," Dr. Chew said.

The key takeaway? "Greater adherence to the Mediterranean diet—particularly fish intake—is associated with a lower risk of progression in eyes with different severity of AMD," she said. "We found that if you have very early AMD, progression from the early to intermediate stage could be reduced by about 25% by eating a Mediterranean diet." She added, "When we looked at patients in the intermediate group, a very high adherence to the Mediterranean diet had almost a 30% reduction in progression to late macular degeneration. It's a dose/response effect: The more you follow this diet, the greater the benefit," particularly with regard to geographic atrophy, the advanced form of dry AMD.

Impact of Genetics

Complement factor H may also play a synergistic role.² "If you have complement factor H genetic changes and eat the Mediterranean diet, you get even more of a beneficial treatment effect," Dr. Chew said.

If you make just one change. What one dietary change should ophthalmologists encourage their patients to adopt? "What really drove the results of the Mediterranean diet was eating fish," she said. "Patients should consider eating fish twice a week."

If you go full Mediterranean. The nine "eating points" from the Mediterranean diet are as follows: Decrease your intake of 1) red meat and 2) alcohol even as you increase your intake of 3) fish, 4) vegetables, 5) whole fruit, 6) whole grains, 7) nuts,

8) legumes, and 9) "good" fats. The latter, notably olive, walnut, and safflower oils, have a beneficial ratio of MUFA:SFA (monounsaturated fatty acid to saturated fatty acid).

And remember AREDS2 supplements. Dr. Chew's work has also confirmed the benefits of the AREDS2 supplements.² "They reduce the risk of developing vision-threatening late disease by about 25%," Dr. Chew said. "We hope ophthalmologists are recommending this to their patients with intermediate AMD."

Other Beneficial Ways to Prevent and Protect Vision

- Stop smoking
- Wear protective eyewear
- Wear sunglasses
- Control blood pressure
- Control blood sugar
- Exercise
- Reduce sugar and salt intake
- Eat a healthy diet that consists of omega-3 fatty acids, flaxseeds, lean protein (avoid red meat) and plenty of fruits and vegetables.

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.

There are ways to regain your independence and correct low vision. To find out more, or to schedule your appointment, please call Personalized Retina Care of Naples at (239) 325-3970 today.

Reference:

1 Keenan TD et al., for the AREDS1 and 2 Research Groups. *Ophthalmology*. 2020;127(11):1515-1520.

2 Chew EY. *Am J Ophthalmol*. 2020;217:335-347.



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GENERATIONAL WEALTH PLANNING

Generational Wealth Planning: A Guide To Growing And Protecting Your Wealth For Decades To Come

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

It's common for people to want to leave money behind for their children and family members after death. After spending years working to earn a living, people are proud to leave behind a legacy and help their future generations to be better off. But there's a common saying regarding generational wealth – "Shirtsleeves to shirtsleeves in three generations." The idea is, by the third generation of wealth being passed down, it's primarily gone. With that being said, there are things you can do now to proactively protect your wealth and your heirs. Developing a generational wealth plan, communicating with your loved ones and working with a team of professionals can give your wealth a better chance at lasting for generations to come.

Here's how you can approach estate planning in a way that will last for generations, otherwise known as generational wealth planning.

Creating A Generational Plan

The making of a generational plan consists of two parts. First, the legal documents. Second, you will need a detailed plan outlined in a way that clearly states how your beneficiaries should address your wealth after your passing. There are several steps you can take now to begin the planning process.

Think Ahead, Far Ahead

It's important to remember that generational wealth planning is a bit different from designating gifts for your kids and grandkids through estate planning. When you start making a generational plan, you need to be considerate of future generations – even the ones you'll never meet. It may be hard, but try to think of your family as people you haven't even met. The point of generational wealth planning is to pass your assets down to those who haven't been born yet, but it can be hard to try to consider their needs alongside the family members you already know and love.

Have Conversations With Your Family

If you want your wealth to last for generations, it's crucial that you communicate your desires with your family. Everyone must be on the same page when it comes to leaving a legacy for future generations.



You are your family's best resource for wisdom and guidance when it comes to this, so don't make the mistake of thinking that your money and values need to be kept secret. Take the time to educate your children and grandchildren, sharing your vision with them so that they aren't left feeling confused and frustrated. This is an ideal opportunity to involve your financial advisor, as they can help you communicate your vision and answer any of the more technical questions your family may have.

Put It In Writing

Putting your plans in writing can rid future generations of potential doubt or confusion regarding your wishes. Your heirs are the ones who will truly be carrying out your generational wealth plan after you are gone.

Make sure you specifically identify how the money should be used, how it is accessed and how it is replenished. With proper planning, it's possible that your money could be used to invest in higher education, starting a business or other things that will help your family grow their wealth for decades to come.

Create A Support System

Do you know what a sustainable withdrawal rate is for your assets? It's possible you may not. And if you don't know, it's highly unlikely your heirs will know either. Understanding this, along with a number of other technical details, is an important part of maintaining wealth for decades to come. This is why working with the right system

of financial professionals could be your greatest chance at successful generational wealth transfer. They will have the advantage of working one-on-one with you to determine your goals, develop a plan, educate your heirs and help them stay on track.

If you think you're ready to start creating a generational wealth plan, remember to have a clear vision and share that vision with your family members. Put these wishes into legal documents, too. Your trusted financial professional can help you begin the planning process, speak to your family members and answer any questions you may have.

This is also a great time to ensure your entire financial plan is coordinated. At Wealthquest, we have many benefits under one roof to help make the planning process smooth and efficient.

If you have questions about your financial plan, about generational wealth or are just curious what it would look like to partner with Wealthquest, shoot Adam an email or give us a call. Adam's email is aday@wqcorp.com and Wealthquest's main line is 513-530-9700.

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P-LONG - INCREASE THE SIZE OF YOUR MANHOOD WITHOUT SURGERY

By Dr. Viviana Cuberos

When it comes to male enhancement, there are many different techniques and treatments available on the market. Some men opt for surgery, while others prefer pills or exercises. However, a clinically proven combination of therapeutic treatments that has been gaining popularity in recent years is P-Long. This technique combines platelet rich plasma (PRP) injections, AFFIRM Nitric Oxide Booster, and the RestoreX Traction Device to enhance the male penis. In this article, we will discuss what P-Long is, how it works, and its benefits.

More than 50% of men wish their manhood was larger. If you're one of them, keep reading. Orchidia Medical Group provides the only clinically proven protocol to naturally increase the size of your manhood without surgery, cosmetic fillers, or harmful side effects. This cutting-edge penile enhancement treatment is called P-Long!

Platelet rich plasma (PRP) injections involve taking a small amount of a patient's blood, processing it to separate the platelets and plasma, and then injecting it back into the body. PRP contains growth factors that help to promote healing and regeneration in the body. When PRP is injected into the penis, it can help to stimulate the growth of new tissue and blood vessels, leading to increased size and improved sexual function.

AFFIRM Nitric Oxide Booster is a supplement that contains a blend of ingredients designed to boost nitric oxide levels in the body. Nitric oxide is a molecule that helps to dilate blood vessels and increase blood flow. By increasing nitric oxide levels, AFFIRM can help to improve blood flow to the penis, leading to stronger, longer-lasting erections.

The RestoreX Traction Device is a medical device designed to provide gentle, constant traction to the penis. By stretching the tissues of the penis, the RestoreX Traction Device can help to promote the growth of new tissue and increase size over time. The device is designed to be used for short periods of time each day, making it a convenient option for men who are looking to enhance their penis size.



When used together, PRP injections, AFFIRM Nitric Oxide Booster, and the RestoreX Traction Device can provide a powerful combination of therapies for enhancing male sexual performance. The PRP injections can help to stimulate the growth of new tissue and blood vessels in the penis, while the AFFIRM Nitric Oxide Booster can help to improve blood flow and the RestoreX Traction Device can help to stretch the tissues and promote growth.

One of the benefits of using P-Long is that it is a non-surgical option for male enhancement. Surgery can be expensive and carry risks, such as infection, bleeding, and complications with anesthesia. P-Long, on the other hand, is a minimally invasive procedure that can be performed in a doctor's office with little to no downtime.

Another benefit of using P-Long is that it is a safe and effective treatment option. PRP injections, AFFIRM Nitric Oxide Booster, and the RestoreX Traction Device have all been extensively studied and found to be safe and effective for male enhancement. However, as with any medical treatment, it is important to consult with a qualified healthcare provider to determine if P-Long is right for you.

Using P-Long can also lead to increased confidence and satisfaction in the bedroom. Many men struggle with confidence issues when it comes to their sexual performance. P-Long can help to improve the size and function of the penis, leading to increased confidence and satisfaction during sexual activity.

It is important to note that P-Long is not a magic solution and results may vary. Some men may experience significant improvements in size and function, while others may only see modest gains. The results of P-Long can also vary depending on a variety of factors, including age, health status, and lifestyle habits.

The P-Long Study

The creators of the P-Long Protocol wanted to ensure the safety and efficacy of this treatment. Before bringing this treatment to the public, they conducted The P-Long Study*. The study consisted of a control group of 32 men who utilized the P-Long Protocol led by some of the most prestigious pioneers in the men's sexual health field.

The results were impressive

- 100% of men in the study increased the length of their manhood by almost 1" and the girth by a 1/2".
- 0% reported negative side effects or complications from the treatments.
- 100% of the men that participated reported a significant increase in their overall erectile function after treatments.

*Individual results may vary

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SKIN CANCER AWARENESS

By Dr. Anne Marie Tremaine

As a dermatologist, I am always promoting skin cancer education, but The American Cancer Society promotes May as skin cancer awareness month. This month I emphasize being mindful of the causes of skin cancer, getting annual skin exams, and discussing important skin cancer facts.

Skin cancer is the most common cancer, with over 5 million cases diagnosed in the United States annually. It is most frequently caused by excessive intense ultraviolet sun exposure in addition to cumulative, chronic UV exposure. The most common skin cancers are non-melanoma skin cancers: basal cell carcinoma and squamous cell carcinoma. Melanoma is a more aggressive and potentially deadly form of skin cancer that has been on the rise for years. On average, 1 person dies from melanoma every hour! Thankfully skin cancer is one of the most preventable cancers, and when recognized early, is almost always curable.

Research shows women are 9 times more likely than men to notice skin cancer on others. Thus, screening your partner for new or changing skin lesions could save their lives. The importance of skin cancer screening becomes even more critical as we age and our risk of skin cancer increases.



Important tips to protect your skin:

- Seek the shade, especially between the peak hours of sun exposure (10 AM and 4 PM)
- Cover up with clothing, wide brimmed hat, and UV-blocking sunglasses
- Use a broad spectrum (UVA/UVB) sunscreen with an SPF of 30 or higher every day! For extended outdoor activity, use a water-resistant sunscreen with an SPF of 50
- Apply 1 ounce (2 tablespoons) of sunscreen to your entire body 30 minutes before going outside. Reapply every two hours or immediately after swimming or excessive sweating
- Avoid tanning beds
- Do a self skin scan (and scan your partner) every month to assess for new or changing lesions
- See your dermatologist every year for a skin exam or more frequently if you have a history of skin cancer

Regular skin exams are the key to prevention.

Make your cancer screening appointment now!

Anne Marie Tremaine, MD

Board Certified Dermatologist
Harvard Cosmetic and Laser Medicine Fellowship

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



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MANAGING DIABETES IN THE SUMMER HEAT: TIPS FOR EFFECTIVE DIABETES CARE

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

Summer is a time for fun in the sun, but for people with diabetes, the rising temperatures can pose challenges in managing the condition effectively. Heat can impact blood sugar levels, insulin efficacy and overall diabetes care. It is important for people with diabetes to be aware of the potential risks associated with heat and take appropriate steps to protect their health during the hot months of summer.

The Impact of Heat on Diabetes Management

Managing diabetes requires careful monitoring of blood sugar levels, medication administration and lifestyle adjustments. However, high temperatures can interfere with these efforts in several ways:

1. Dehydration: Heat can cause excessive sweating, leading to dehydration. Dehydration can cause blood sugar levels to rise, leading to hyperglycemia. Dehydration can also affect kidney function, leading to impaired insulin clearance from the body, which can further affect blood sugar levels.

2. Heat-induced hypoglycemia (low blood sugar): While high temperatures can lead to hyperglycemia, they can also cause hypoglycemia. Heat can increase insulin absorption, leading to a rapid drop in blood sugar levels, especially if the individual is using rapid-acting insulin.

3. Insulin degradation: Heat can degrade the potency of insulin, reducing its effectiveness in lowering blood sugar levels. Exposure to high temperatures can cause insulin to denature and lose its efficacy, making it less effective in managing diabetes.

4. Reduced physical activity: Heat can make outdoor activities uncomfortable, causing some to skip their normal exercise routine. This is a mistake. Physical activity is crucial for managing blood sugar levels because it helps improve insulin sensitivity and promotes weight management.

Steps to Overcome Heat-related Challenges

To effectively manage diabetes during the hot months of summer, take the following steps:



1. Stay hydrated: It is essential to drink plenty of water and other hydrating fluids, even if you do not feel thirsty. Avoid sugary beverages as they can affect blood sugar levels. Monitoring urine color can be a good indicator of hydration status; clear or light yellow urine indicates good hydration.

2. Keep insulin cool: Insulin should be stored in a cool and dry place to prevent heat exposure. Avoid leaving insulin in direct sunlight or in a hot car. Insulin can be stored in a refrigerator, but it should not be frozen. If refrigeration is not available, consider using a cooling pouch or a Frio wallet that can keep insulin at a safe temperature.

3. Test blood sugar levels regularly: Monitoring blood sugar levels regularly is crucial during the hot months to detect any fluctuations early. Adjust your medication doses, diet, and physical activity levels to help manage blood sugar levels.

4. Dress appropriately: Wear light, loose-fitting, and breathable clothing to stay comfortable in hot weather. Consider wearing a hat and sunglasses to protect yourself from the sun.

5. Take precautions during exercise: If you exercise outdoors, take extra precautions during hot weather. Consider exercising during cooler parts of

the day, such as early morning or late evening. Stay hydrated, test blood sugar levels before and after exercise, and adjust medication doses as needed.

6. Carry diabetes supplies: Always carry your diabetes supplies, including blood glucose meter, insulin, and snacks when you are out and about during the summer. Make sure to keep them in a cool and dry place.

7. Communicate with your healthcare team: Consult with your healthcare team, including your endocrinologist or diabetes educator, for personalized advice on managing diabetes during the hot months of summer. They can provide guidance on medication adjustments, lifestyle modifications, and other strategies to help you manage diabetes effectively in the heat.

8. Be aware of heat-related symptoms: It's important to be vigilant about any heat-related symptoms that may indicate a medical emergency. These can include dizziness, nausea, rapid heartbeat, confusion, or signs of heat exhaustion or heat stroke. If you experience any of these symptoms, seek medical attention immediately.

Managing diabetes in the summer heat presents challenges that require extra precautions and some simple modifications. But you can do it. Stay proactive, vigilant, and take necessary steps to protect your health and enjoy a safe and healthy summer season!

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: naplesdiabetesconcierge.com

WHAT TO CONSIDER WHEN PURCHASING A DAMAGED PROPERTY

By Robert Nardi, Broker/Owner

Buyers in February 2023 had more choices to select properties than in the past. Overall inventory increased 131.4 percent to 2,835 properties from 1,225 properties in February 2022. Broker analysts reviewing the February 2023 Market Report by the Naples Area Board of REALTORS® (NABOR®), which tracks home listings and sales within Collier County (excluding Marco Island), attribute some of the rise in inventory to Hurricane Ian as many Sellers placed their damaged properties for purchase. February's median close price is the same as January's closed sales price of \$600,000. The gap in sales activity year over year continues to close thanks to continued confidence in the Naples real estate market.

Overall pending sales in February decreased 16.8 percent to 1,241 pending sales from 1,480 pending sales in February 2022. Overall closed sales in February fell 17.2 percent to 682 closed sales from 824 closed in February 2022. In addition, showings decreased by 15 percent in February to 36,574 showings from 43,032 showings in February 2022.

The NABOR® February 2023 Market Report compares single-family home and condominium sales (via the Southwest Florida MLS), price ranges, and geographic segmentation and includes an overall market summary. NABOR® sales statistics are in chart format. If you wish to receive a copy, please send an -mail to Robert@NardiRealty.com.

What does this mean?

Our inventory continues to rise, which gives potential Buyers a more comprehensive selection. However, even though the amount is increasing, it is partially populated by damaged properties from Hurricane Ian that the Sellers have never remedied. They figured that season would be the right time to throw them onto the market. However, Buyers need to investigate the property and the community to evaluate if this property would be a good fit for them.

In dealing with damaged property, you must determine if the Sellers have paid all hurricane assessments to the condominium or homeowners' association. You should request minutes of the board meetings, call the association directly, and ask to speak with someone who manages that association. You'll also want to investigate what the association is responsible for. An association will often be accountable for any drywall damage if it is a condominium. Therefore, receiving a copy of the Bylaws would be crucial before you make an offer on the property.

Lastly, it would be best to determine where the Seller stands regarding an insurance payout. If they received their payout, please consider this when making your offer. In addition, if they have yet to be paid out and are going to be, you may want to negotiate with them to see if they would be willing to assign any insurance monies to you as the Buyer.



And speaking of insurance, you'll need to determine what insurance will cost you concerning hurricanes, wind, and floods. Since Hurricane Ian, the insurance cost has risen significantly; therefore, you may want to use an insurance broker to shop around to get several different insurance quotes. Lastly, since the property is in a damaged state, it will be a challenge for you to obtain a mortgage. You may have to go to a "hard money lender," but you'll pay a much higher interest rate.

All of these are essential factors to consider when purchasing a damaged property.


Seasonal Rentals

Many people this year rented from January 1 through March 31, 2022. With Nardi Realty, we give the current renters "first right of refusal." If they pass, the condominium or home will be available next year. If you are considering renting for next year, contact my Rental Administrator, Sheri Martin, at 239-571-6189 or email her at sheri@teamonesource.com. You'll have a better opportunity to "nab" the rental before they fill up.


Happy Spring to all!

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Advocating for Yourself, The Caregiver At Home

Three Free Ways You Can Have Your Own Back as a Caregiver.

By Cynthia Perthuis, CDP, CADDCT, CSA

Advocating for yourself is hard. It's likely you've learned to advocate for yourself at different times and in different situations. If you were passed over for a promotion perhaps you learned to fight for your career by building a stronger professional network. In relationships you learned to advocate by knowing your value or communicating boundaries. Have you considered how you can advocate for yourself as a caregiver? Here are three free, but not always easy, ways you can advocate for yourself.

1. Give Up Control.

Caregivers have very little control. You can influence. But, you cannot control. You know this especially if you have a family member with dementia who has reached the I-don't-want-to-shower stage. The temptation is to force them to shower by laying down rules like, "You have to take a shower 3 times a week!" In your mind this may feel right and logical; others may agree. However, trying to control everything another person does or does not do adds more stress to your life. Often, the rules you make are not always best for the person you're trying to control...er...help. So stop.

Instead, when you feel the stress of forcing people or situations to go the way you think they should, stop. Take a breath. Ask yourself, "What is really important?" Is the shower the most important thing? Does "clean" have to happen in a shower? Can it happen with personal aide products? Is the shower more important than your loved one feeling connected and supported? Most likely, the answer is no. When your loved one feels connected and supported they are more likely to comply. When you try to control everything you usually end up alienating yourself which ultimately puts more stress on you.

2. Stop Comparing.

Comparison is tricky. When you see someone else's success it can prompt you to look at your situation differently. To continue the shower scenario... Perhaps you are scrolling through Facebook and you see someone in one of the Dementia Caregiving Groups showing how they



had *Shower Success!* by making the shower more inviting for their loved one. You see a picture that shows their bathroom lit with candles and in the corner there is a small electric heater warming the bathroom so mom does not get cold and there is a beautiful teak shower chair for her to sit on. Seeing this photo sparks a memory of your mom's love of lavender body wash and you buy some which makes showering more pleasurable for her. This is not comparing. It is an example of being open to learning from other people.

The dark side of comparison occurs when you start to say things like, "Why is it always harder for me?" or, "My friend can always get her mom to eat!" When you see yourself as less than or inferior to someone else, you will then feel inferior and then you will act inferior.

3. Go Neutral.

Let's take the shower example one step further. The minute you hear yourself saying things like, "I can never get my mom to take a shower!" or, "She always makes things so hard," stop yourself. Notice your language. Do you see how inflammatory it is? Instead of going down the dark road of comparison, change your language and go neutral. Instead say, "Mom is not showering today." Stop the sentence there. Take all the heat and comparison out of your words until you get to just the bare facts. "Mom did not shower today."

When you look at things through this lens you are not the problem. Your mom is not the problem. There is no problem. There is only the fact that your

mom did not shower today. Taking the heat and comparison out of your words is a great way to advocate for yourself because it removes stress from the situation. Problems come when you tell yourself a story around the situation. My mom did not shower so people will think I am a bad caregiver. If you are worried about what other people will think, you are comparing. Stop. Take the heat out of the words. Go neutral.

As a caregiver, remind yourself of what Brene Brown says, "If people aren't in the arena and they haven't gotten their butt kicked, you're not interested in what they have to say or what they think about you." People who have gone through the caregiving journey or are in the caregiving arena today know how hard it is. They know what long days and nights are like. They do not care that your mom did not shower today. They have your back. Now it is time for you to have your own back.

Next month we will share *Advocating for Yourself, The Caregiver, at Work*. Stay tuned!



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MAY IS MENTAL HEALTH AWARENESS MONTH

By Richard Capiola, MD

May is Mental Health Awareness Month, a time to raise awareness about mental health and the importance of seeking help when needed. Mental health disorders are common, affecting millions of people worldwide. Depression, bipolar disorder, and borderline personality disorder are among the most prevalent mental health conditions. It's essential to recognize the signs and symptoms of these disorders to receive appropriate treatment and improve overall quality of life.

Depression is a mood disorder that can affect individuals of all ages and genders. It is characterized by feelings of sadness, hopelessness, and loss of interest in activities that were once enjoyable. Other symptoms include changes in appetite and sleep patterns, fatigue, irritability, and difficulty concentrating. If left untreated, depression can lead to serious health problems, including suicidal thoughts and behaviors.

Bipolar disorder is a mood disorder characterized by extreme mood swings, ranging from manic episodes of high energy and euphoria to depressive episodes of sadness and despair. Other symptoms of bipolar disorder may include racing thoughts, grandiose beliefs, decreased need for sleep, and reckless behavior during manic episodes. Individuals with bipolar disorder may also experience periods of stable mood. Treatment typically involves medication and therapy to manage symptoms and improve overall functioning.

Borderline personality disorder (BPD) is a personality disorder characterized by intense and unstable emotions, impulsive behaviors, and difficulties with relationships. Individuals with BPD may experience rapid shifts in mood, frequent changes in self-image, and fear of abandonment. They may also engage in self-harm behaviors or have suicidal thoughts. Treatment for BPD often involves therapy, medication, and other interventions to address specific symptoms.

Screening for mental health disorders is an essential part of identifying and treating these conditions. Screening tools can help healthcare professionals identify individuals who may be at risk for depression, bipolar disorder, or borderline personality disorder. These tools typically involve a series of questions about mood, behavior, and symptoms.

Early detection and treatment of mental health disorders can have a significant impact on recovery and overall quality of life. Treatment may involve a combination of medication, therapy, and other interventions. For individuals with severe or persistent symptoms, hospitalization or other intensive treatment may be necessary.

If you or someone you know is experiencing symptoms of depression, bipolar disorder, or borderline personality disorder, it's essential to seek help from a healthcare professional. There are many resources available for those struggling with mental health issues, including hotlines, support groups, and counseling services.

Mental Health Awareness Month is an excellent opportunity to raise awareness about mental health disorders and the importance of seeking help when needed. Depression, bipolar disorder, and borderline personality disorder are among the most common mental health conditions, and it's crucial to recognize the signs and symptoms to receive appropriate treatment. Screening for mental health disorders can help identify individuals who may be at risk, and early intervention can have a significant impact on recovery and overall quality of life. Remember, seeking help is a sign of strength, and there are many resources available for those struggling with mental health issues.

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.

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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.

Boost Your Immune System for Travel with IV Vitamin Therapy

As snowbirds head back north from Florida and summer travelers prepare to hit the road, it's important to consider ways to boost your immune system before and during travel. With IV vitamin therapy, you can strengthen your body's natural defenses and ward off illnesses that can derail your plans.

IV vitamin therapy involves the delivery of vitamins, minerals, and other nutrients directly into your bloodstream through an IV drip. This bypasses the digestive system and ensures that your body can absorb the maximum amount of nutrients, providing a quick and effective boost to your overall health.

One of the key benefits of IV vitamin therapy is its ability to enhance immune function. Vitamins such as vitamin C, vitamin D, and zinc are essential for maintaining a strong immune system, and IV therapy allows for high doses of these nutrients to be delivered directly into your body.

Vitamin C is a powerful antioxidant that helps to neutralize harmful free radicals in your body, reducing the risk of oxidative stress and inflammation. It also helps to stimulate the production of white blood cells, which are critical for fighting off infections and diseases. With IV vitamin therapy, you can receive a high dose of vitamin C that can strengthen your immune system and help you stay healthy on your travels.

Vitamin D is another key nutrient for immune function. It helps to regulate the immune system and can help to reduce the risk of respiratory infections such as the flu. Unfortunately, many people are deficient in vitamin D, even with direct sunlight the absorption is limited. IV vitamin therapy can provide a high dose of vitamin D that can help to boost your immune system and keep you healthy during your travels.

Zinc is a mineral that is essential for immune function, as it helps to stimulate the production of white blood cells and can help to reduce inflammation in the body. It also plays a role in wound healing



and can help to reduce the duration of colds and other illnesses. With IV vitamin therapy, you can receive a high dose of zinc that can help to support your immune system and prevent illness while you're on the road.

In addition to boosting immune function, IV vitamin therapy can also help to combat the effects of jet lag and travel fatigue. The nutrients delivered through IV therapy can help to replenish your body's energy levels, reduce inflammation, and support overall wellness, helping you to feel your best no matter where your travels take you.

If you're planning to travel this season, consider IV vitamin therapy as a way to boost your immune system and support your overall health. By providing your body with the nutrients it needs to stay healthy and strong, you can reduce the risk of falling ill and ensure that you're able to make the most of your time away.

To learn more about IV vitamin therapy and how it can benefit your health, talk to IV Therapy inc today. With the right nutrients and support, you can enjoy a safe and healthy travel experience that leaves you feeling refreshed, rejuvenated, and ready for anything.

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High Blood Pressure in Pets: Causes, Symptoms, and Treatment

There are several factors that can contribute to hypertension in pets. Some of the common causes include:



Obesity: Just like in humans, obesity is a leading cause of high blood pressure in pets. Extra weight puts extra strain on the heart, leading to an increase in blood pressure.

Kidney Disease: Kidney disease can cause hypertension in pets by affecting the kidneys' ability to regulate blood pressure.

Hyperthyroidism: Overactive thyroid glands can cause hypertension in cats.

Cushing's Disease: This condition, which causes an overproduction of cortisol hormone, can lead to hypertension in dogs.

Aging: As pets age, their blood vessels become less elastic, and their blood pressure tends to increase.

Symptoms of High Blood Pressure in Pets

High blood pressure in pets can be asymptomatic, meaning there are no obvious signs of the condition. However, in some cases, pets may exhibit the following symptoms:

- Seizures
- Blindness or other vision problems
- Disorientation or confusion
- Nosebleeds
- Difficulty breathing
- Weakness or lethargy
- Loss of appetite
- Vomiting
- Increased thirst and urination

If you notice any of these symptoms in your pet, it is essential to take them to a veterinarian immediately. Early detection and treatment can prevent complications and improve your pet's quality of life.

Treatment of High Blood Pressure in Pets

The treatment of high blood pressure in pets depends on the underlying cause of the condition. In some cases, managing the underlying condition can resolve the hypertension. For example, weight loss can help manage hypertension in obese pets, and treating kidney disease can help regulate blood pressure in pets with kidney problems.

In other cases, medication may be necessary to control hypertension. There are several medications available to treat high blood pressure in pets, including angiotensin-converting enzyme (ACE) inhibitors and calcium channel blockers. These medications work by relaxing the blood vessels, which lowers blood pressure.

In addition to medication, lifestyle changes can also help manage hypertension in pets. For example, feeding your pet a healthy diet, ensuring they get regular exercise, and reducing stress can help manage hypertension.

High blood pressure is a common condition that affects pets, and it can lead to serious complications if left untreated. As a pet owner, it is essential to be aware of the causes, symptoms, and treatment of hypertension in pets. Regular veterinary checkups can help detect hypertension early, and early treatment can prevent complications and improve your pet's quality of life. By making lifestyle changes and working with your veterinarian to manage your pet's hypertension, you can help ensure that your furry companion lives a long and healthy life.

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Changes in Food Nutritional Value Over the Years

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

If there is one important thing we know about food, it's that different foods offer different types of nutrients. Even more, various foods provide different levels of these nutrients, which is why having a balanced and varied diet is always the best choice for supplementing your body with these crucial vitamins and minerals.

However, nutritional deficiencies continue to increase, affecting the overall health and well-being of all of us, even those who eat a varied diet. This causes us to question why these nutritional deficiencies are becoming more prominent, and what we can do about it.

A Decline in Nutrition

Nutrient deficiencies continue to rise in individuals, with a 2017 report citing that 31% of Americans are at risk of at least one vitamin deficiency, a number they expect to continue increasing.

According to the CDC, the most common vitamins and minerals associated with deficiency include:

- Vitamin B6
- Iron
- Vitamin D
- Vitamin C

Even more, this risk of deficiency increases for women, those from low-income households, non-Hispanic blacks, and those who are underweight or obese.

Why Is This Decline Occurring?

There may be many reasons contributing to this decline in nutrients seen in the food that we eat, all stemming from the growing process.

First, it helps to look at the soil used to grow the food, as this is the primary source of nutrients for the foods we eat. Fruits and vegetables require fertile and biodiverse soil to achieve their maximum nutritional value, yet the quality of soil used to plant food has rapidly declined.

The blame for this declining soil quality can partly lie on current farming practices, which place a greater priority on increasing farming yield and less on preserving good nutrition.

In fact, around a third of the soil in the world has already degraded, which can occur from deforestation, farming techniques that are chemical heavy, and global warming. The second cause, in particular, directly relates to the farmer's use of petrochemical fertilizers, fungicides, and herbicides.

These chemicals have allowed farmers to increase their yields, but the consequence is evident in the decreasing amount of topsoil remaining for future food growth. Some areas even estimate that there are only 60 years of topsoil left, which poses a rapidly approaching problem for the future of agriculture.

In addition to the quality of soil, how plants are being grown also affects the amount of nutrients they are able to absorb. High planting density has become a more prevalent practice, which refers to the planting of multiple crops in a specified area. While this increases crop yield, it causes the crops to have weaker roots, inhibiting how many nutrients they can absorb from the soil. This then decreases the nutrients they offer us when we consume them.

Combining weak roots that cannot absorb a lot of nutrients with nutrient-depleted soil leads to food with much lower nutrient profiles.

But just how significant is this decline in nutrient value? Pretty big, with reports that the average vegetable found in the store has a nutritional value of 5%-40% less than that same vegetable 50 years ago. In addition, six nutrient levels that have declined substantially come from the 13 most important nutrients found in fruits and vegetables. So, almost half of the essential nutrients your body needs to function properly are significantly less than they should be.

This means that meeting the nutrient value of one cup of vegetables in the 1960s may now require 3 cups of that same vegetable, all because their nutrient value is less. Not only does this mean that you get fewer nutrients eating the same amount of food, but if you want to meet your daily nutrient goals, you may need to overeat, which increases caloric intake and can contribute to weight gain.

Farming Changes to Address Nutrient Decline

While it can seem discouraging that such a significant nutrient decline has occurred, there are ways to combat this and increase the nutritional value of fruits and vegetables. Alternative practices to conventional agriculture, which shift the focus from maximizing yield to producing higher quality food, are becoming more widely understood, which offers a chance to improve nutritional food value.

Two of these alternatives include organic and regenerative agriculture. However, the most challenging step for farmers is first moving away from conventional practices, and this is because this shift requires changes in machinery, financial allocation, and time requirements.

Organic farming avoids pesticides, synthetic fertilizers, and GMOs. Since soil degradation results from the overuse of chemicals in farming, organic farming has the potential to stop this decline.

Taking things a step further, regenerative farming builds upon organic farming by also utilizing methods that help the soil heal, increasing its nutritional composition and thus producing food with higher nutritional levels.

Some of the tactics used in regenerative farming include:

- low-till/no-till methods
- composting
- cover cropping
- rotational grazing
- crop rotating

Many of these methods help reduce soil disturbances, allowing the soil to become more biodiverse.

Why Do We Need These Nutrients from Food?

Many of the nutrients we gain from food are necessary for specific processes in the body, but cannot be produced by the body itself. These are called essential vitamins and minerals because the only way your body can obtain the nutrients it needs to complete these processes is by ingesting them through the food you eat.

These processes, controlled by various vitamins and minerals, can include:

- fighting infections
- making bones strong
- healing wounds
- regulating hormones
- store energy
- protect vision
- maintain water levels



our food is not as nutrient-dense, the important functions in your body start to become less effective. This may mean that your energy levels decline, or your hormones become imbalanced. The body is a system that requires balance for all areas to function correctly, which is why a decline in nutrients can snowball into other areas of the body, causing various symptoms and problems.

Because of this connection between nutrients and body functionality, it is vital to ensure that you are getting enough essential vitamins and minerals each day.

How Can You Increase Nutritional Intake?

Now that we know the extent to which food nutritional levels have declined within the past few decades, it is only natural to wonder about what you can do to ensure you get enough nutrients each day to allow your body to function properly. Listed below are some options.

Support Alternative Farming Methods

The best way you can support alternative farming methods that are helping to combat the declining nutritional value of food is by purchasing food grown by these farmers.

When you show support for these farmers and the methods they use, which are often more expensive or time-dependent, you ensure that the farmers see a benefit for the changes they have made, which can encourage other farmers to take on these methods as well.

Eat A Varied Diet

Even though there has been a decline in nutritional value available from certain foods, it is still important to try and get as much of your daily nutrient amounts from the food you eat. Even more important is focusing on a varied diet, as this helps to increase your likelihood of getting all the different vitamins and minerals you need.

As we discussed before, different foods offer different nutritional profiles; one may be high in calcium, while another is high in vitamin C. By eating a variety of foods, instead of always eating the same ones, you ensure that you also get a range of vitamins and minerals.

Try a Dietary Supplement

Taking a supplement should always come second to eating a more varied diet because the body can absorb vitamins and minerals more easily from food than from a supplement. That being said, if you eat a balanced diet and are still noticing nutritional deficiencies, it is always helpful to talk to your doctor about taking a supplement to help your body meet its needs.

A report found that those who do not take dietary supplements were at the greatest risk of any type of deficiency, showing the powerful potential for supplements to bridge the nutritional gap you may be facing.

The Importance of Nutrients

Receiving enough vitamins and minerals from the food you consume is crucial for properly supporting your body and ensuring it can function correctly.

However, the amount of nutrients found in the foods we eat is declining due to farming practices such as high crop density and soil degradation.

Alternative farming methods are increasing in popularity and use, offering the potential to increase the nutritional profile of fruits and vegetables to those seen decades ago. This will then help you meet your nutritional needs with less food.

Currently, you can help improve your nutritional profile by eating a varied diet and supporting any remaining deficiencies (which your doctor can help you find) through dietary supplements. To see improvements in the long run, start supporting farmers who use alternative practices now so that we can build a future where food has higher nutritional profiles.

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INTERESTED IN STRAIGHTENING YOUR TEETH WITH CLEAR ALIGNERS?

THE TOP 7 THINGS YOU SHOULD KNOW ABOUT INVISALIGN

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

#1: Do clear aligners effectively straighten teeth?

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

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

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

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

#3: How long does treatment take?

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

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

#4: How often should I wear aligners?

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

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

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

#6: How much does it cost?

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

#7 The Benefits of Straightening Your Teeth

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



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



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Great Summer Cooking Begins with Proper Grill Maintenance

by **maidpro**

Heavy-duty grill cleaning is a once-a-year job best done at the start of each new grilling season. For gas grills, ensure all knobs are set to off and disconnect propane. When cleaning the main grill apparatus, focus on getting the outside shiny and appealing, but don't put too much effort into cleaning the inside; remove loose debris and ash but refrain from scrubbing away all that great cooked-on 'seasoning' that helps to control the grill's cooking heat, ultimately producing better food.

When it comes to cleaning grill grates, there are two schools of thought.

If you have loads of time on your hands and are into burning extra calories, go the cold-cleaning route. Use your sink, bathtub or a plastic tub large enough to accommodate your grill grates. Soak them for several hours in warm, soapy water. Then apply serious elbow grease to scrubbing, scraping, rinsing, and drying your grates and more effort to removing greasy particles and residues left behind in your sink or tub. Never use toxic cleaning solutions, rinse all solutions thoroughly and allow extra time for grates to heat on their first outing to ensure all residues burn off before cooking. A tip for cold cleaning without harsh chemicals is to soak grates in brewed coffee for an hour or longer before scrubbing.



Depending on your propensity to grill with sugary marinades, cheeses and other substances that ossify with intense heat over time, even the most assiduous cold cleaning may not produce pristine grates. If you are more interested in speed and efficiency, your mantra for cleaning and maintaining grill grates should be: heat and treat. If you are lucky enough to have a self-cleaning oven, simply stick your grates and other removable metal parts into the oven and run the self-cleaning cycle. The extreme high heat will burn away grill grime and muck, leaving you with clean grates and a clean oven for the summer.

If you do not have a self-cleaning oven, invest in a high-quality wire grill brush and pair of high-heat-safe gloves or mitts. When the grill is hot, brush the grates firmly with as much pressure as you can apply safely without toppling the grill. After grilling, either brush grates while still hot and, when cooled, treat lightly with cooking spray, vegetable or olive oil to protect; or, simply leave the grates dirty

as protection against the elements until the next time you grill. If you do not have a grill brush, a scrunched up piece of heavy-duty aluminum foil or half an onion used with extreme care (and high-heat-safe gloves) will also work to remove most stuck-on grime when the grill is hot.

For charcoal grills, be sure to remove cooled, spent ash after every use (and especially before it gets rained on). Gas grill briquettes should be periodically removed, shaken or brushed and gas jets cleared of grease and food debris, which can prohibit even distribution of heat. Flipping gas-grill briquettes periodically takes advantage of the grill's high interior heat to clean them with virtually zero effort.

Finally, when not in use, remember to always cover your grill. Good eating!

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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.

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.

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

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

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

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

Slowing the Pace of Your Life

By Pastor Timothy Neptune

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

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

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

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

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

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

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

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

The Apostle Paul said this about contentment. *¹I am not saying this because I am in need, for I have learned to be content whatever the circumstances. ²I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. ³I can do everything through him who gives me strength.* Philippians 4:11-13

If you're going to slow down your life, you have to learn contentment. Paul also said this about contentment: *⁴But godliness with contentment is great gain. ⁷For we brought nothing into the world, and we can take nothing out of it.* 1 Tim. 6:6-7

What he is saying in these passages is that we need to understand that life isn't about things.

Contentment means this: I don't need more in order to be happy.

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

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

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

If you find yourself making statements like this:

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

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

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



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