

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

Health & Wellness[®] MAGAZINE

November 2023

Collier Edition - Monthly

www.swfhealthandwellness.com

 **FREE**

LUNG CANCER SCREENINGS SAVE LIVES

Brett Beecher, M.D.

Cardiothoracic Surgery

 **PHYSICIANS REGIONAL
MEDICAL GROUP**

A CENTURY OF PROGRESS

THE EVOLUTION OF INSULIN THERAPY IN DIABETES

YOU MAY NEED TWO SHOTS, OR THREE, TO PROTECT YOUR HEALTH THIS FALL AND WINTER

MEN'S HEALTH
WHY YOU NEED TO STAY ON TOP OF YOUR MEDICAL EXAMS

A NEW DAWN IN ALZHEIMER'S TREATMENT

HAIR FOR THE HOLIDAYS
POWER OF PLANT STEM CELLS FOR HAIR RESTORATION

'TIS' THE SEASON FOR GIFTING

 **PHYSICIANS REGIONAL
MEDICAL GROUP**

PARK

Family & Cosmetic

DENTISTRY

Established 2009



Our patients say they feel like family when they visit us.

Isn't it time you treated yourself to an experience like that?

Come in and live the difference!

- Complimentary Second Opinion
When X-Ray Provided by Patients
- Cosmetic Implants & Sedation
- Same Day Emergency
- Same Day Crowns
- All Phases of Dentistry
- Convenient Location
- Extended Hours to Accommodate Your Busy Schedule



OUR DOCTORS

Dr. Long Huynh, Dr. Mai Huynh-Le, Dr. Ana Scopu,
Dr. Tamer Eshra, Dr. Mat Mouritsen and Dr. Bill Campbell

Change Your Smile...

Change Your Life!



690 Goodlette-Frank Rd. N.

239-330-4208

myparkdental.com



MAGNOLIA

BREAST CENTER

**YOU DESERVE THE BEST BREAST
HEALTH TEAM AVAILABLE.**

**Dr. Sharla Gayle Patterson
and Dr. Tam Mai are
the only board-certified,
fellowship-trained,
breast surgical oncologists
in Naples, FL.**



Sharla Gayle Patterson, MD, MBA, FACS
Board Certified Breast Surgical Oncologist

Tam T Mai, MD, FACS
Board Certified Breast Surgical Oncologist

3530 Kraft Rd, Suite 202, Naples, FL 34105

239.758.PINK (7465) • magnoliabc.com

CONTENTS NOVEMBER 2023

6 Trusting Your Dentist Improves Your Smile

7 National Family Caregivers Month

8 Lung Cancer Screenings Save Lives

9 Health Through the Holidays: How to Prioritize Your Nutrition During the Busy Season

10 Prostate Artery Embolization: A Minimally Invasive Solution for Benign Prostatic Hyperplasia

11 Essential Tremors: What Are They? What Are the Warning Signs? How Are They Treated?

12 Guarding Your Vision: The Essential Guide to Diabetic Eye Care

13 Understanding Regenerative Medicine for Knee Pain

14 Choose Your Cardiovascular Specialist Wisely

15 You May Need Two Shots, or Three, to Protect Your Health this Fall and Winter: Flu, COVID-19 and RSV Viruses will be Circulating

16 Balancing Your Hormones with Foods

17 Men's Health: Why You Need to Stay on Top of Your Medical Exams

18 Health Insurance - Important Dates

19 A New Dawn in Alzheimer's Treatment: Aduhelm and Leqembi

20 Revolutionize Your Life with Emsella Chair

21 Acupuncture & Alzheimer's: What You Need to Know

22 Diabetes and Neurology: The Unseen Impact on Brain Health

23 November: A Month of Lung Cancer Awareness and Empowerment

24 Don't Let 1 Hour Change Your Life! Cannabis & Daylight Savings Time

25 Managing Diabetes: Strategies for Treatment and Prevention

26 Ketamine Health Centers: Helping Patients Reduce Stress with SGB

SW Florida's Premier Board Certified Urogynecology Practice

FEMALE PELVIC MEDICINE & RECONSTRUCTIVE SURGERY



FLORIDA BLADDER INSTITUTE
Excellence in Women's Pelvic Health

Specializing in the treatment of:

- Urinary & Fecal Incontinence
- Overactive Bladder
- Complex Pelvic Disorders
- Cosmetic Gynecology
- Pelvic Organ Prolapse
- Recurrent Urinary Tract Infections
- Heavy Bleeding
- Emsella



JOSEPH GAUTA, MD



NICOLE HOUSER, PA-C



ROSEMARIE DOBRYDNEY, APRN

(239) 449-7979

www.FloridaBladderInstitute.com

1890 SW HEALTH PKWY., SUITE 205
NAPLES, FL

ASSOCIATES IN NEPHROLOGY

PROVIDING COMPREHENSIVE KIDNEY CARE AND TRANSPLANT SERVICES IN SOUTHWEST FLORIDA FOR OVER 40 YEARS



Neetu Malhotra, MD

Our multidisciplinary team provides treatment for kidney disease with follow up care, as well as kidney transplant services. We work collaboratively with a patient's primary care physician and specialists to slow the progression of chronic kidney disease (CKD) and prevent or manage complications.

Now Accepting New Patients (ages 18 and older)

239.939.0999
associatesnephrology.com
Most major insurances accepted.

CAPE CORAL

1320 SE 8th St
Cape Coral, FL 33990

FORT MYERS

7981 Gladiolus Dr
Fort Myers, FL 33908

LEHIGH ACRES

3400 Lee Blvd, #112
Lehigh Acres, FL 33971

BONITA SPRINGS

9550 Bonita Beach Rd, 108
Bonita Springs, FL 34134

Providing comprehensive kidney care & transplant services since 1984.

CONTACT US

OWNER / ACCOUNT EXECUTIVE

Cristan Gensing
cristan@gwhizmarketing.com

OWNER / CREATIVE DIRECTOR

Sonny Gensing
sonny@gwhizmarketing.com



Publishing • Advertising • Web Design • Graphic Design

Southwest Florida's Health & Wellness Magazine can be found in over 1,000 Southwest Florida medical facilities including, hospitals', doctors', chiropractors' and dentist offices. Find a copy of your FREE Southwest Florida's Health&Wellness Magazine in most grocery and convenience stores as well.

To get your article published and for ad rates, call 239.588.1200
Cristan@gwhizmarketing.com

G WHIZ Marketing, LLC | 1630 Caxambas Court | Marco Island, Florida 34145

©Copyright SOUTHWEST FLORIDA'S HEALTH & WELLNESS Magazine 2023. All rights reserved. Any reproduction of the material in this magazine in whole or in part without written prior consent is prohibited. Articles and other material in this Magazine are not necessarily the views of SWFL Health & Wellness Magazine. SWFL Health & Wellness Magazine reserves the right to publish and edit, or not publish any material that is sent. SWFL Health & Wellness Magazine will not knowingly publish any advertisement which is illegal or misleading to its readers. The information in SWFL Health & Wellness Magazine should not be construed as a substitute for medical examination, diagnosis, or treatment.

30 'Tis' The Season for Gifting

32 Diabetic Wound Healing: Why is it so Challenging to Treat?

33 Pickleball

34 Shining a Light on Diabetes

35 Selecting the Right Plastic Surgeon for Your Mommy Makeover

36 Hearing Aids Slow Cognitive Decline in People at High Risk

37 The Changing Landscape of Type 2 Diabetes: Treatment & Prevention

40 Hair for the Holidays: Power of Plant Stem Cells for Hair Restoration

44 Why is There so Much Resistance to Receiving Treatment for Alcohol and Drug Dependency?

46 Hormones and Depression

48 Meaningful Connections Positively Impact Overall Health

50 What Should I Do After an Auto Accident?

52 Stress Management

54 Minimally Invasive Treatments: A New Frontier for Brain and Spine Metastases from Lung Cancer

55 Understanding the Differences Between Palliative Care & Hospice Care

56 A Century of Progress: The Evolution of Insulin Therapy in Diabetes

57 Understanding Alzheimer's: Separating Fact from Fiction

58 Exploring the Potential Benefits of Medical Marijuana in Alzheimer's Disease

59 Anti-Aging: Myth or Reality?

60 Breathe Easy: Planning Your Oxygen Needs for a Stress-Free Holiday Season

61 Finding Relief: Exploring the Potential of Aquatic Therapy for Chronic Pain

62 New Treatments for Age-Related Macular Degeneration

63 Scalp Health 101: Understanding and Managing Dandruff

64 Revolutionizing Intimacy: GAINSWave for ED and FEMI Wave for Enhanced Orgasms and Arousal

65 The Many Benefits of Breastfeeding for Both Mother and Infant

66 The Secret to Getting Back to Sports Fast and Safely: Addressing Neurological Compensation

67 Navigating the Fog of Memory Changes in Aging

68 Are You Practicing Mindful Wealth?

69 Should I Test for Mold?

70 Compounded Medications for Pets: Tailored Solutions for Better Health

71 Naples Housing Market Resilient Despite Challenges

72 Managing Arthritis Pain and Discomfort

73 Healing Crystal Tunnel - Natural Energy Healing Because

74 The Growing Concern: Diabetes and the Soaring Cost of Medications

75 Gastro Health and the Bidet

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

77 Thanksgiving: How to Keep Your Pets Safe

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

79 Spiritual Wellness: What's Your Diet?

80 What's the Difference Between Misir Pharmacy & the Big Chains?



www.swfhealthandwellness.com

Does PAIN prevent you from getting back into the game of Life?

Let Dr. Swift help you return to a pain free, active life.



Dr. Robert Swift, D.O.

Blue Sky Orthopedics



- Sports Medicine
- General Orthopedic Surgery
 - Joint Reconstruction
 - Fracture Care
- Regenerative Medicine
- Arthroscopic Surgery
- Arthritis Treatment

Dr. Swift's goal is to provide thorough, high-quality orthopedic care to our community.

When you decide to put your health into our hands, it immediately becomes our number one priority. We value the relationships we form with each patient, and believe that goes a long way in improving their health care outcomes.

Give us a call to find out how we can help you today.

(239) 877-4662 | www.drrobertswift.com
47955 Airport-Pulling, Ste 101, Naples, FL 34109

GROWING IN HEALTH FLORIDA

7211 Vanderbilt Beach Road, Suite #3 | Naples, FL 34119



EDUCATIONAL SEMINARS
Every 3rd Wednesday of the month at 6pm.

- WALK-INS WELCOME
- NO ID REQUIRED

Let Us Help You!
239-331-4807

www.growinginhealthflorida.org

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

BENEFITS OF USING CBD

- Reduce Anxiety / PTSD / Depression
- Reduce Chronic Pain
- Reduce Cravings
- Reduce Blood Sugar Levels
- Anti-Inflammatory
- Cancer Fighter
- Shingles / Psoriasis / Acne
- Gastrointestinal Issues
- And more...



OUR CBD BOUTIQUE FOCUSES ON EDUCATING OUR PATIENTS ABOUT THE VARIOUS TREATMENT OPTIONS THAT UTILIZE ALTERNATIVE MEDICINE - NOT ONLY FOR PEOPLE, BUT ALSO FOR PETS.

Trusting Your Dentist Improves Your Smile

Dr. Tamer Eshra's success as a dentist is no accident. He has worked tirelessly to provide excellence for his patients and earn trust from them. As a certified provider for immediate fixed total mouth rehabilitations, he implements the highest level of implant technology to deliver a beautiful, confidence-inspiring smile. Dr. Tamer Eshra, DDS is a certified Hybridge and N-Sequence Full Mouth Over Implant Restoration provider.



Park Dental Patient MaryAnn Grieb states, "I absolutely love Dr. Eshra and consider myself very lucky to have found him." Ms. Grieb found Dr. Eshra by chance in January 2017, and hasn't stopped singing his praises since. "It was January 2017 and my husband Tom

woke up with a swollen face and was in a lot of pain. Our neighbor referred us to Park Family & Cosmetic Dentistry since we did not have a dentist in Florida. Dr. Eshra happened to be the dentist working that Saturday and did not hesitate to tell us to "come right in". He immediately relieved Tom of his pain, treated the infection, and began extensive dental work that was needed. I was impressed and comforted by how he treated my husband, and I knew I had also found my dentist. Our experience at Park Family & Cosmetic Dentistry has been very positive."

Dr. Eshra knows that building trust with your dental provider is key to a healthy smile. "The doctor-patient relationship holds paramount importance to me. It's not just about fixing teeth; it is about building trust, understanding individual needs, and working collaboratively to achieve optimal oral health. This partnership allows for open communication, informed decision-making, and a comfortable patient environment. Prevention is a cornerstone of my practice. I believe that proactive care, including regular check-ups, cleanings, and educating patients about proper oral hygiene, can significantly reduce the need for complex treatments down the line. Preventive measures are like investing in long-term dental health, ensuring my patients can maintain their smiles for years to come."

MaryAnn wanted a healthier smile for herself now that the Greib family had found a new dental provider they could trust. "Before treatment with Dr. Eshra, I would be hesitant about smiling for pictures and would almost hide my teeth. The coloring was off, and I had an old bridge in the front, which made me very self-conscious.



It just didn't "fit" me. Dr. Eshra suggested a treatment plan for cosmetic reasons and medically necessary work. I've never regretted anything he has done. And now I can smile and be proud of my beautiful teeth, with self-esteem and confidence being restored."

Dr. Eshra understands that a healthy smile builds self-confidence and is a major financial commitment from his patients. "When it comes to aesthetics versus function, I strike a balance. While it is essential for dental work to look aesthetically pleasing, I never compromise on functionality. A beautiful smile is meaningful but must also serve its purpose – enabling proper chewing, speaking, and overall oral health. My approach combines artistry with a deep understanding of dental function to create visually appealing and fully functional treatments. I focus on fostering a strong doctor-patient relationship, emphasizing prevention as a key strategy, and delivering treatments that harmoniously blend aesthetics and function for enduring oral health and patient satisfaction. I strive to provide dental treatments that have long-lasting results for my patients, ensuring they will not need replacement or further attention in just a couple of years. I aim to offer treatments that stand the test of time and contribute to their oral health and well-being."

So, after six months of intensive treatment, what does MaryAnn have to say about Dr. Eshra and her results? "My experience with Dr. Eshra has been amazing. Dr. Eshra is extremely talented and has a genuine concern for his patients. He has a very gentle pain-free approach. He has an incredible ability to connect with his patients. His compassion and knowledge make

him very special. I've had extensive dental work done in the last few years (extractions, root canals, crowns, and implants). I have never experienced any pain or discomfort during or after a visit with Dr. Eshra. I trust him completely to do any dental work needed."



Dr. Eshra has extensive training in the dental, radiology, and medical fields. His educational journey displays a diverse and comprehensive set of skills in healthcare. Dr. Eshra stands as a fellow of the esteemed **Misch Implant Institute**, a testament to his dedication in mastering the intricate art of dental implantology. Dr. Eshra's commitment to excellence has led him to attain the distinguished status of a **Platinum Member within the Pikos Surgical Institute**, an honor that reflects his advanced expertise in surgical techniques. Dr. Eshra is a **Certified Invisalign Provider**, certified in **IV and Oral Sedation Conscious Sedation**, ensuring patient comfort and relaxation during procedures. Dr. Eshra excels in full mouth reconstructions and is a **Certified Hybrid Denture Provider**, enabling him to offer modern and functional denture solutions. Dr. Eshra is also certified in **Insequence Immediate Full Arch Rehabilitation, Bone Augmentation and Sinus Lift techniques, and Micro Needling Facial Rejuvenation**.

Dr. Eshra states "crafting cosmetics cases, including crowns and veneers, is my passion, as I enjoy creating beautiful, natural-looking smiles. My journey embodies dedication to mastering various aspects of oral health, aesthetics, and patient comfort, aiming to provide the best possible care and elevate the standards of dental practice."

Implant Seminar

Hosted by Dr. Eshra

December 9th, 2023

For details, call our office at 239-330-4208

Change Your Smile... Change Your Life!

PARK
Family & Cosmetic
DENTISTRY
Established 2009



690 Goodlette-Frank Rd. N.

239-330-4208

myparkdental.com

National Family Caregivers Month

Columbus sailed the ocean blue in 1492.

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

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

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

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



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

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

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

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

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

Magnolia Breast Center – The Trusted Choice for Breast Cancer Screening, Diagnosis, and Treatment in Southwest Florida

Breast cancer is a serious, life-threatening disease that must be detected and treated as soon as possible. Whether you want to know your risk of developing cancer, get yourself checked for cancer, or get treated for cancer, the experts at Magnolia Breast Center can help you.

We have extensive experience in treating breast cancer patients – including highly complicated cases and patients with an advanced stage of cancer. We can determine the severity of your condition, take your unique needs and preferences into account, and devise a customized treatment plan to achieve a positive outcome.

Call our dedicated breast care center today at 239-758-PINK (7465) or contact us online and schedule an appointment with one of our experienced breast surgeons.



MAGNOLIA
BREAST CENTER

3530 Kraft Rd, Suite 202, Naples, FL 34105

239.758.PINK (7465)

magnoliabc.com



LUNG CANCER SCREENINGS SAVE LIVES

When it comes to lung cancer, early detection is the key. In the United States, lung cancer causes more deaths than any other type of cancer. A preventative low-dose computed-tomography (CT) lung cancer scan can help detect lung cancer in its earliest stage, while there are more treatment options available.

The goal of a lung cancer screening is to detect cancer while it is in its earliest stage of progression, before it has spread to other areas of the body. Medicare and most insurance companies will cover a lung cancer screening if certain criteria is met. If you smoke or used to smoke in the past, talk to your doctor about how a CT lung cancer screening can benefit you.

A CT lung cancer screening is recommended for those who meet the following criteria:

- Age 50-77
- Must be asymptomatic (no signs or symptoms of lung cancer)
- A smoking history of 20 pack-years
- Either a current smoker or have quit smoking within the last 15 years
- Have an order from your physician or qualified non-physician practitioner

Before scheduling your first CT lung cancer screening, you will need to consult with your doctor to see if a lung cancer screening is right for you. If an initial CT lung cancer screening is recommended, then you should continue with annual screening exams until the age of 77, or until at least 15 years have passed since you have stopped smoking.

At Physicians Regional Healthcare System, our lung cancer screenings use a CT scan that emits a lower dose of radiation than a conventional CT scan. For those that are at risk and get screened, the chance of finding cancer in its earliest stage is greater. Finding cancer early on generally allows for more treatment options and a better prognosis.

A CT lung cancer screening helps identify lung nodules, some of which may be cancerous. The vast majority (more than 96 percent) of nodules detected on a screening are not cancerous.



To see if a nodule is cancerous, the recommendation is generally to take additional follow-up scans to monitor and look for changes in these nodules. Your doctor will make recommendations for the proper follow-up intervals in order to monitor any lung nodules detected. Most often, but not always, these intervals are usually 6 to 12 months apart.



Robotic lung surgery may be recommended if cancerous nodules are found. **Dr. Brett Beecher, M.D.** specializes in minimally invasive heart and lung surgery at Physicians Regional Medical Group. "In robotic surgery, the surgeon will sit at a console next to the patient in the operating room and control the instruments on the robotic surgical system. This system makes it possible to perform surgery through a few small incisions about the size of your fingertip." Says Dr. Beecher.

CT lung cancer screenings are not an alternative to smoking cessation. Active smokers should enter a smoking cessation program and stop the usage of all tobacco products, as this lowers their risk of lung cancer in general. For those that do quit smoking, it usually takes approximately 15 years to reduce their risk of lung cancer.

Smoking cessation reduces your risk of:

- High blood pressure
- Lung infections
- Heart attack
- Coughing, sinus infection, fatigue and shortness of breath
- High carbon monoxide levels in the blood
- Cancer of the lung, mouth, throat, bladder, esophagus, kidney, pancreas and colon



Nikki Audia, Lung Navigator Specialist

Screenings are available at Physicians Regional – Collier Boulevard and Physicians Regional – Pine Ridge. Both are designated as Lung Cancer Screening Centers by the American College of Radiology. For more information, please call Nikki Audia our lung navigator at **239-348-4401** or email lungscreening@physiciansregional.com.





HEALTH THROUGH THE HOLIDAYS: HOW TO PRIORITIZE YOUR NUTRITION DURING THE BUSY SEASON

By Greer Burcky, MS, RDN/LDN, CPT - Registered Dietitian, Performance Coach

Thanksgiving is upon us and with increased focus on gratitude comes an increased focus on family. The holidays are a special time for family and friends as well as everybody's favorite, food! Many lose sight of their nutrition and fitness goals. The holiday season runs for many from October 31st through early January, over half of an individual's weight gain occurs during this time.¹ On average, "normal weight" individuals gain about one pound while overweight/obese individuals average about 5 pounds per holiday season.^{2,3}

Additionally, this weight gain is not lost in the preceding months, 51% of annual weight gain occurs during this holiday season in turn leading to 15-30# weight gain over many years.^{1,2,3} Year after year, this weight gain can add up and as we get older the difficulty to lose weight increases substantially.⁴ As we all know, additional weight can lead to a multitude of morbidity risk, and overall diminished quality of life.⁴ When fueling the body, focusing on what we need and then revisiting what we want is a key way of eliminating the holiday weight gain. Keeping these 5 key pieces in mind during the holiday season can help you prioritize your nutrition during the busy season!

1. Real and minimally processed foods with a focus on protein

When at the grocery store, focus on shopping the perimeter of the store, less processed items live here and will keep your diet focused more on real foods. This will help in the avoidance of processed carbohydrates and packaged foods that contain preservatives. When picking organic fruits, look for fruits with irremovable skin. The skins of the fruit are packed with antioxidants and polyphenols. When in the meat and seafood department look for grass-fed/pasture-raised meats and wild-caught seafood. This will alleviate meats with added hormones and antibiotics.

The brick and mortar of the human body are our protein sources. Protein is needed for muscle repair and proper muscle function. Some options include chicken, turkey, grass-fed beef, bison, pasture-raised pork, salmon, shrimp, scallops, grass-fed yogurt, pasture-raised eggs, and good-quality protein powders/supplements. When it comes to what we eat, quality should be a top priority!

2. A structured plate

When it comes to each meal, focus on incorporating leafy greens alongside fiber filled vegetables, about 30-40 grams* of protein, substantial amount of fat, and when it comes to carbohydrates focus on fiber filled carbs. It is most prudent to avoid processed carbohydrates as they provide little to no nutritional sustenance. These foods can lead to an unstable blood glucose response and high insulin levels. This then can lead to dissatisfaction and promote unwanted metabolic changes. Make sure your meals fill you up and keep you fueled for at least 4 hours!

**Key: 1 ounce of meat averages about 7 grams of protein and a good measure is the palm of your hand, this is the average size of a 3-4 oz piece of meat*

3. Vegetables most

Vegetables are famous for being low in calories but high in volume assisting in feeling satiated. Keeping your plate mainly vegetables is a great way to give the body what it needs – fibers, vitamins, and minerals. We have receptors in the stomach that stretch and signal to the brain we are full, this assists in decreasing the chances of overeating. A good goal to have is keeping half your plate vegetables!

4. Don't skip meals!

A big practice of many is to save calories for later. They skip breakfast and lunch to overindulge at dinner. This is never a good idea and structured meals should be consistent throughout the day even if you know later there may be more indulgent items. Keep in mind tips 1-3 and make sure to have a substantial amount at breakfast and lunch.

References:

1. Bhutani S, Wells N, Finlayson G, Schoeller DA. Change in eating pattern as a contributor to energy intake and weight gain during the winter holiday period in obese adults. *Int J Obes (Lond)*. 2020;44(7):1586-1595. doi:10.1038/s41366-020-0562-2
2. Yanovski JA, Yanovski SZ, Sovik KN, Nguyen TT, O'Neil PM, Sebring NG. A prospective study of holiday weight gain. *N Engl J Med*. 2000;342(12):861-867. doi:10.1056/NEJM200003233421206
3. Roberts SB, Mayer J. Holiday weight gain: fact or fiction?. *Nutr Rev*. 2000;58(12):378-379. doi:10.1111/j.1753-4887.2000.tb01839.x
4. Gill LE, Bartels SJ, Batsis JA. Weight Management in Older Adults. *Curr Obes Rep*. 2015;4(3):379-388. doi:10.1007/s13679-015-0161-z



5. Stay moving and hydrate!

Stay active and keep water in hand! Take a 5-10-minute walk after meals to stabilize blood sugar and get some fresh air. One hour of exercise shouldn't replace a days' worth of activity!



INSPIRE
EXERCISE MEDICINE

239.429.0800

www.inspireem.com

3555 Kraft Road, Suite 130, Naples, FL 34105

Greer Burcky, MS, RDN/LDN, CPT
Registered Dietician/Performance Coach

Greer is a registered dietitian with a Master of Science in Dietetics and Nutrition with over 1,200 hours of supervised practice in Naples and Miami. During her internship, she worked with registered dietitians in the food service and clinical sector at Physicians Regional Medical Center.

Additionally, she was able to work alongside registered dietitians at the Florida Department of Health and in private practice. With a specialty rotation focused on Integrative Functional Nutrition, Greer is passionate about the power nutrition can provide her patients. Greer aims to provide the highest quality care and healing through proper nutrition and exercise. She incorporates her dietetic and personal trainer licenses to offer both services seamlessly to her patients at Inspire Exercise Medicine.

You can find Greer cooking new recipes outside the gym, hiking the Great Smoky Mountains, and playing with all her dogs.

Prostate Artery Embolization: A Minimally Invasive Solution for Benign Prostatic Hyperplasia

By Paul Hulsberg, MD

Benign prostatic hyperplasia (BPH) is a common condition that many men face as they age. BPH can lead to bothersome urinary symptoms, such as incomplete bladder emptying, increased urinary frequency, intermittency, urgency, weak stream, straining and nocturia. This can have a significant effect on patients' quality of life. While traditional treatments like medications and surgical procedures have been the standard of care, a minimally-invasive option called Prostate Artery Embolization (PAE) is gaining attention as an effective alternative.

Understanding BPH

Benign Prostatic Hyperplasia is a non-cancerous enlargement of the prostate. The prostate gland surrounds the urethra, which is the tube that carries urine from the bladder. As the prostate enlarges, it can compress the urethra leading to urinary symptoms such as frequent urination, weak urine flow, and incomplete emptying of the bladder. These symptoms can significantly interfere with men's daily activities and sleep.

Traditional Treatment Options

Medications such as alpha blockers (tamsulosin/Flomax, terazosin/Hytrin, doxazosin/Cardura, alfuzosin/Uroxatral, and silodosin/Rapaflo) and 5-alpha reductase inhibitors (finasteride/Proscar, Dutasteride/Avodart) can help manage the symptoms of BPH, but they may come with side effects and they may not be effective for all patients. When medication is not effective, several procedural options are available for treatment of BPH. Transurethral resection of the prostate (TURP) or holmium laser enucleation of the prostate (HoLEP) are more minimally invasive options, but can sometimes be complicated by side effects such as sexual dysfunction and incontinence. Surgical resection of the prostate is a more invasive option for massively enlarged prostates, but typically requires a more extended recovery period.

The Emergence of Prostate Artery Embolization (PAE)

Prostate Artery Embolization (PAE) is a relatively new and minimally invasive treatment option for BPH. Performed by an interventional radiologist, this procedure can provide relief from lower urinary tract symptoms with reduced risk, shorter recovery times, and no need for a hospital stay.

How PAE Works

The entire procedure is typically performed through a small pinhole puncture in the groin or the wrist, as the

interventional radiologist uses live X-ray imaging (fluoroscopy) to guide catheters and wires from the accessed artery into the bilateral prostate arteries. After confirming position of the catheter with contrast injections and cone-beam CT imaging, the radiologist injects microscopic particles into the prostate arteries, which work by blocking the blood flow to the prostate. This causes the abnormal prostate tissue to shrink, which relieves the obstructive pressure on the urethra, allowing urine to flow more easily from the bladder to the penis.

Benefits of PAE

- **Minimally Invasive:** no incisions or surgical resection involved
- **Shorter Recovery Time:** typically an outpatient procedure. Patients may have some post-embolization pain related to inflammation that is self-limiting and managed with oral medications.
- **Preservation of Sexual Function:** PAE has shown a lower risk of sexual side effects compared to some traditional treatments.
- **No need for general anesthesia:** typically performed with local anesthetic and light IV sedation, making this an excellent option for patients with multiple comorbidities who may not be candidates for more invasive surgical procedures

Risks and Limitations

Like any medical procedure, PAE isn't without risks. Some potential complications include access site bleeding, infection, and non-target embolization.

With advancements in imaging and technique, these risks are minimal in expert hands. In the initial post-procedural phase, there is a small risk of complete bladder obstruction related to prostate inflammation. This is typically managed with Foley catheterization for a few days until the inflammation subsides.

Who is a Suitable Candidate for PAE?

PAE is not suitable for everyone, and a thorough evaluation and multidisciplinary discussion between a urologist and interventional radiologist is essential in determining eligibility. Patients with prostates larger than 100cc are typically better candidates for this procedure because the arteries supplying the prostate are much larger and easier to catheterize. Patient with significant atherosclerotic disease may have more technically challenging arterial anatomy,

but it is usually not a contraindication to PAE. Patients with a history of aortic endograft or previous pelvic artery embolization may also pose difficulties in arterial catheterization. Careful consideration of prior procedures by the urologist and the interventional radiologist is an important factor in deciding on a treatment approach.

Conclusion

Prostate artery embolization represents a significant advancement in the treatment landscape for benign prostatic hyperplasia. For referring providers, understanding PAE and its benefits ensures that patients are offered the most comprehensive care options. For potential patients, knowledge is empowerment. The more you know about your treatment options, the more confidently you can make decisions about your health. If you or someone you know is struggling with the symptoms of BPH, it may be worth discussing PAE with your urologist to determine if this option may be right for you.



Paul Hulsberg, MD is board-certified in both diagnostic and interventional radiology. He completed his diagnostic radiology residency at Case Western Reserve University in Cleveland, OH and completed his fellowship at University of Florida in Jacksonville, FL.

Dr. Hulsberg and his family have lived in Naples since 2019. He has been instrumental in building and growing the interventional radiology practice at NCH and Proscan along with his partners Scott Peterson, MD, Ashley Wood, MD and Bruce Bordlee, MD. The Proscan team of talented physicians, together with the caring and professional technologists and nurses at NCH, provide compassionate and comprehensive care to their patients using the latest imaging technology and procedural innovation.



For more information or to schedule an appointment, call 239-624-4443.

PROSCAN.COM

ESSENTIAL TREMORS: WHAT ARE THEY? WHAT ARE THE WARNING SIGNS? HOW ARE THEY TREATED?

Essential Tremor (ET) is a common neurological disorder characterized by involuntary, rhythmic shaking of certain parts of the body, most often the hands, but it can also affect the head, voice, and other body parts. Often mistaken for Parkinson's disease, ET has distinct features and requires its own approach to diagnosis and management. In this article, we delve into the world of essential tremors, exploring what they are, recognizing their warning signs, discussing available treatments, and understanding their prevalence.

What Are Essential Tremors?

Essential Tremor is a neurological disorder that causes rhythmic, involuntary shaking of the affected body parts. It is considered the most common movement disorder, surpassing even Parkinson's disease in prevalence. Unlike Parkinson's, essential tremor is typically an action tremor, meaning it occurs when a person is trying to perform a voluntary movement, such as holding a cup or writing. This makes simple tasks like eating, drinking, and writing challenging for individuals with ET.

The exact cause of essential tremor remains unclear, but it is believed to be related to abnormal electrical brain activity that leads to motor dysfunction. Genetic factors are also thought to play a significant role in its development, as it often runs in families.

Warning Signs

Identifying essential tremor in its early stages can be critical for timely diagnosis and management. Here are some common warning signs:

- **Rhythmic Shaking:** The hallmark of ET is the presence of rhythmic shaking, typically in the hands. This shaking can also affect the head, voice, and other body parts.
- **Worsening with Movement:** Tremors become more pronounced during voluntary movements or when attempting to hold objects or perform fine motor tasks.
- **Symmetry:** Essential tremor often affects both sides of the body symmetrically. For example, if the right hand is affected, the left hand will typically exhibit similar symptoms.
- **Tremors at Rest:** Unlike Parkinson's disease, essential tremor is generally not associated with tremors at rest or other Parkinsonian symptoms like bradykinesia (slowness of movement) or rigidity.

- **Improvement at Rest:** The tremors may diminish or even disappear when the affected person is at rest or asleep.

- **Family History:** A family history of essential tremor is common, suggesting a genetic component to the condition.

- **Progressive Over Time:** Essential tremor is typically progressive, meaning the symptoms may worsen with age.

Available Treatments

Although there is currently no cure for essential tremor, several treatment options are available to help manage its symptoms and improve the quality of life for affected individuals:

- **Medications:** Beta-blockers (e.g., propranolol) and anticonvulsants (e.g., primidone) are commonly prescribed to reduce tremor severity. These medications can be effective in many cases but may have side effects.

- **Physical Therapy:** Physical therapy and occupational therapy can teach individuals with ET techniques to control their tremors and improve coordination.

- **Lifestyle Modifications:** Reducing caffeine and alcohol intake, managing stress, and getting adequate rest can help minimize tremor severity.

- **Deep Brain Stimulation (DBS):** DBS is a surgical procedure that involves implanting electrodes in specific areas of the brain to regulate abnormal electrical activity. It is generally reserved for cases of severe, medication-resistant ET.

- **Focused Ultrasound:** High-intensity focused ultrasound (HIFU) is a non-invasive procedure that uses ultrasound waves to target and ablate the brain tissue responsible for the tremors.

- **Botox Injections:** Botulinum toxin injections can temporarily reduce tremors in specific muscle groups, such as those responsible for voice tremors.



239-529-6780

3200 Bailey Lane • Suite 180 • Naples, FL 34105

www.aqualaneresearch.com

Prevalence of Essential Tremors

Essential tremor is more common than most people realize. It is estimated to affect up to 10 million people in the United States alone, making it one of the most prevalent neurological conditions. It typically begins in the second half of life, with the highest prevalence among individuals over the age of 65. However, essential tremor can affect people of all ages, and in some cases, it may have an earlier onset, even in childhood.

Conclusion

Essential Tremor is a prevalent neurological disorder characterized by involuntary shaking of certain body parts, most commonly the hands. While it shares some similarities with Parkinson's disease, it has its own distinct features, including its tendency to worsen with voluntary movements and its symmetric involvement of body parts. Recognizing the warning signs of ET is essential for early diagnosis and effective management.

Though there is no cure for essential tremor, various treatments, including medications, therapy, and surgical interventions, can help individuals manage their symptoms and improve their quality of life. As research continues into the underlying causes of ET, there is hope that more effective treatments and even a cure may emerge in the future. Increased awareness of this common condition and its management options is vital in providing support and improving the lives of those living with essential tremor.

Aqualane Clinical Research is a comprehensive clinical research group focusing on advancing medical therapies in a wide array of human disease states. We provide patients with the opportunity to participate in the discovery of treatments where none currently exist or where there is an unmet need for safety and more effectiveness. By collaborating with our patients, their care partners, and sponsors in the industry, we focus on the safe and ethical study of these emerging therapies.

Aqualane Clinical Research is looking for individuals suffering from Essential Tremors to participate in a new trial.

SAGE 324-ETD-202

(also called the KINETIC 2 Trial)

The KINETIC 2 TRIAL is looking for adults between ages 18 to 80 years old who have been diagnosed with essential tremor for at least three years to participate in a clinical research study of an investigational drug.

The trial is 104 days long.

GUARDING YOUR VISION: THE ESSENTIAL GUIDE TO DIABETIC EYE CARE

Diabetes is a chronic condition that affects millions of individuals worldwide. While managing blood sugar levels is a top priority, it's crucial to recognize that diabetes can also have a significant impact on your eye health. Diabetic eye care is a vital aspect of overall diabetes management, and in this article, we will explore the key aspects of safeguarding your vision.

Diabetic Retinopathy: A Growing Concern

Diabetic retinopathy is a common eye condition among people with diabetes. Over time, high blood sugar levels can damage the blood vessels in the retina, the light-sensitive tissue at the back of the eye. This can lead to vision problems and even blindness if left untreated. Regular eye examinations are the first line of defense against diabetic retinopathy. The American Diabetes Association recommends annual eye check-ups for people with diabetes to catch any signs of retinopathy early.

Lifestyle Choices and Blood Sugar Control

Maintaining stable blood sugar levels is essential in preventing and managing diabetic eye complications. Healthy lifestyle choices play a crucial role in this aspect. A balanced diet, regular exercise, and proper medication management are all essential in controlling diabetes. By adhering to your healthcare provider's recommendations, you can significantly reduce the risk of eye complications.

The Importance of Regular Eye Exams

Regular eye examinations are the cornerstone of diabetic eye care. These exams can detect diabetic retinopathy and other eye conditions early, allowing for prompt treatment. If you have diabetes, don't skip your annual eye check-ups, even if your vision seems perfectly fine. Early detection and intervention can prevent further vision loss.

Medication and Treatment Options

If diabetic retinopathy is detected, there are various treatment options available, depending on the severity of the condition. These may include laser therapy, anti-VEGF injections, or surgery. Your ophthalmologist will determine the most suitable treatment based on your specific situation. It's crucial to follow through with the recommended treatment plan and attend all follow-up appointments.

Blood Pressure Management

High blood pressure is often a companion to diabetes and can exacerbate diabetic eye complications. Controlling your blood pressure through medication and lifestyle changes is crucial in preserving your vision. Regular check-ups with your healthcare provider can help you manage both your blood sugar and blood pressure effectively.

Protecting Your Eyes Daily

Aside from medical interventions, there are everyday steps you can take to protect your eyes. Wear sunglasses with UV protection to shield your eyes from harmful sun exposure. Manage your blood sugar levels consistently to reduce the risk of diabetic eye issues. Additionally, it's essential to quit smoking if you're a smoker, as smoking can worsen eye problems associated with diabetes.

Dietary Choices for Eye Health

A diet rich in certain nutrients can benefit your eye health. Antioxidants, such as vitamin C and E, zinc, and omega-3 fatty acids, can support your retinal health. Incorporate foods like leafy greens, citrus fruits, nuts, and fish into your diet to promote healthier eyes. Always consult with a healthcare professional or a registered dietitian for personalized dietary advice.

Technology and Advancements

The field of diabetic eye care has seen significant advancements in recent years. Telemedicine and digital retinal imaging are making it easier for individuals to receive eye care, especially in remote or underserved areas. These technologies allow for early detection and monitoring of diabetic retinopathy, ensuring that patients receive timely care.

The Bottom Line

Diabetic eye care is a crucial aspect of managing diabetes and preserving your vision. By maintaining stable blood sugar levels, attending regular eye exams, and following your healthcare provider's recommendations, you can reduce the risk of diabetic retinopathy and other eye complications. Remember that your eyes are precious, and with the right approach, you can protect your vision and enjoy a higher quality of life, even while managing diabetes.



Albert Smolyar M.D.
LASIK, Cataract & Lens
Replacement Surgeon

Dr. Smolyar is a board-certified cataract and refractive surgeon with over 25 years of experience. He received his medical degree from Kursk State Medical University in the former Soviet Union. He completed an ophthalmology residency at the University of Louisville and a fellowship in Neuro-Ophthalmology at Michigan State University. He completed another ophthalmology residency at Ben Gurion University in Israel prior to coming to the United States.

Dr. Smolyar specializes in premium cataract and lens replacement surgery, as well as laser vision correction with LASIK, photorefractive keratectomy (PRK), and phototherapeutic keratectomy (PTK). He also has significant expertise in cosmetic and reconstructive eyelid surgery. Dr. Smolyar is certified by the American Board of Ophthalmology. He was in private practice in Louisville, Kentucky, for many years, where he also served as a clinical Associate Professor at the University of Louisville Department of Ophthalmology.

He has been living in Fort Myers since 2018 with his wife and dogs; they have raised three children together. In his spare time, Dr. Smolyar enjoys swimming, scuba diving, kayaking, and fishing. He has dedicated time to providing free surgical eye care in underserved countries and considers that to be one of his passions.



A US EYE COMPANY

(239) 768-0006 | www.swfleye.com

6850 International Center Blvd.
Fort Myers, FL 33912



UNDERSTANDING REGENERATIVE MEDICINE FOR KNEE PAIN

By Richard Hiler, DABCN

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

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

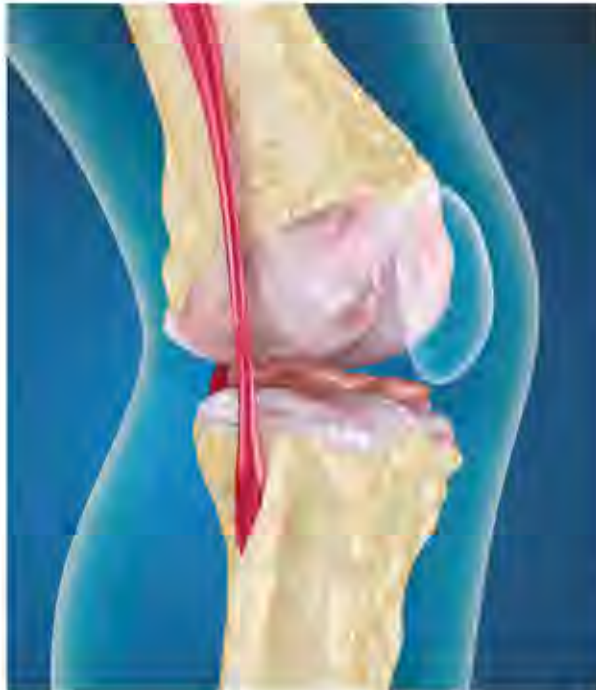
REGENERATIVE MEDICINE FOR KNEE AND JOINT PAIN

Hyaluronic Acid Injections

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

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

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



Stem Cell Therapy/Allografts

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

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

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

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

OTHER OPTIONS

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

Feel Amazing Institute

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

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

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

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



**FEEL AMAZING
INSTITUTE**

239.330.1000

3031 AIRPORT PULLING RD. N.
NAPLES, FL 34105

FEELAMAZING.COM

CHOOSE YOUR CARDIOVASCULAR SPECIALIST WISELY

Each year millions of patients are faced with cardiovascular conditions. Whether your heart and vascular disorder require surgery or minimally invasive procedures, choosing a cardiovascular specialist should not be taken lightly. Making sure the physician you select has the credentials and experience necessary is essential, and when it comes to healing your body, and reducing future risk, finding the best surgeon is critical.

You have a choice. It's essential for patients to do their research, look at reviews and patient testimonials, and most importantly, patients should go with a physician or group with the experience level, innovation, and training necessary to improve their condition and restore function.

Dr. Javier, founder of Naples Heart & Vein, is not just a remarkable physician; he is also a world-renown thought leader and trains his peers with the knowledge and skills that he has mastered over the past two decades. His practice specializes in treating cardiovascular and vein conditions.

Dr. Javier is an Endovascular Specialist, Board Certified in Interventional Cardiology & a Vascular Specialist. He did his cardiovascular specialty at Saint Louis University and his Interventional Cardiology specialty at the University of Arkansas for Medical Science in Little Rock, Arkansas. He is board-certified in Cardiovascular Disease and in Interventional Cardiology. He is a fellow of the American College of Cardiology, the Society of Cardiac Angiography and Interventions; he is also a member of the European Society of Cardiology, American Venous Forum, and the Society of Lymphatic and Venous disease.

Dr. Javier gained extensive experience in the cardiac and vascular field while practicing at the Miami Cardiac and Vascular Institute from 1998 to 2005. The Miami Cardiac and Vascular Institute are World Known for its pioneering work in the Endovascular field. During his time here, Dr. Javier concentrated on venous disease as well as joining the research and cardiovascular team at Baptist Hospital.

Academic Background

Dr. Javier began his academic career in 1996 as a faculty member of the University of Arkansas for Medical Science and director of the Coronary care unit at the VA system in Little Rock. He is a Voluntary Assistant professor at the University of Miami School of Medicine and Adjunct Professor of Medicine at Nova Southeastern University.

Dr. Javier moved to Naples to assume the directorship of The Naples Cardiac Endovascular Center, A center dedicated to the treatment of Cardiac and Vascular disorders, and where he practices as an endovascular specialist and cardiologist.

Medical Authorship

Dr. Javier has authored 6 books chapters, and multiple peer-reviewed articles in Endovascular Disease and has been the principal investigator in many trials developing a new therapeutic technique to treat venous disorder.

Dr. Julian Javier is one of the pioneers in the radial access technique for heart catheterization using this approach since 1996, which in the last three years has become the recommended technique by cardiac societies for Left Heart Catheterization. He presented his radial technique experience via multiple abstracts at the annual meeting of the Society of Cardiac Angiography and Interventions in Boston, MA in 2003.

Dr. Javier is a frequent invited speaker in many National and International conferences on cardiac and endovascular disorders. He is co-creator of two patents in the venous world, one of the devices which is a phlebectomy hook is widely used by venous specialists in the United States. Another is a catheter that assists in venous ablation.

Clinical Research

Dr. Julian Javier is an experience and skill interventionists, with a strong belief in preventive medicine. He is an active participant in clinical research and works with some of the most prestigious academic centers and investigators in the cardiac and vascular field. He is currently the director of Advanced Research for Health Improvement studying new and advanced therapies for heart disease. Advanced Research is dedicated to bringing to Southwest Florida medical research that was formerly only available in academic and large centers.

He is also the director of Venous Hands on Course, dedicated to teaching other specialists his technique for treating venous disease.

When it comes to your cardiovascular health, Naples Cardiac & Endovascular Center is the elite group practice featuring Dr. Javier and Dr. Tracy Roth. Both have impeccable training and experience, and their patients attest to their remarkable outcomes and patient care.

WHAT THEIR PATIENTS HAVE TO SAY:

"The result was immediate, and the recovery time was almost inexistent. Highly satisfied with staff's skill level with how they handle the complete process/procedure and follow up." —D. Lopez

"Very clean, professional, and understanding staff. Maria is very good at what she does – very gentle, explained everything in full, and it was just an overall pleasant experience." —O. Fernandez

"No more veins – my thigh looks great! I had a great experience. The procedure was a success & the doctor is very skilled. The staff is super competent, and the environment could not be more beautiful." —A. Miller

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



Julian Javier, MD



Tracy Roth, MD

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

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



Naples Cardiac and Endovascular Center

1168 Goodlette N.
Naples, FL 34102

www.heartvein.com

YOU MAY NEED TWO SHOTS, OR THREE, TO PROTECT YOUR HEALTH THIS FALL AND WINTER

Flu, COVID-19 and RSV viruses will be circulating

To protect yourself and those you love when respiratory viruses are circulating this fall and winter, getting vaccinated against both the flu and COVID-19 will be important. Individuals who are age 60 or older may also need to get vaccinated against respiratory syncytial virus (RSV).

These three viral, respiratory illnesses are active this year and hospital admissions for COVID are already starting to increase around the country. Here in SWFL, Physicians Regional has already begun seeing more people who need inpatient care for their COVID-19 symptoms.

Physicians Regional is encouraging community members to follow the Centers for Disease Control and Prevention recommendation that everyone 6 months or older get both flu and updated COVID shots this year to bolster immune defenses as the weather turns colder.

“Vaccinations stimulate the body’s immune system to minimize your chances of developing a severe illness that requires hospitalization,” said **Dr. Lloyd Hughes, D.O., ABFM**, board certified in family medicine with Physicians Regional Medical Group. “In addition to helping ourselves, immunization can also slow the spread of viruses to the more vulnerable members of our community.”

Those at the highest risk of serious illness from flu or COVID include babies and toddlers, the elderly, pregnant women and people with chronic health conditions, including asthma, diabetes, heart disease and obesity.

People ages 60 years and older should talk to their healthcare provider about whether RSV vaccination is right for them as well. Older adults, adults with chronic heart or lung disease, with weakened immune systems or living in nursing homes or long-term care facilities are at the highest risk for RSV illness.



Dr. Hughes continues, “Anyone can get sick from a respiratory virus but vaccination and preventive actions such as avoiding close contact with people who are sick, covering your coughs and sneezes and frequent hand-washing with soap and water are the best steps you can take to minimize your risk.”

As for when to get your shots, those who are in a high risk group or who have not had COVID in the last two months can get vaccinated right away. If you plan to travel for the holidays, you might push your vaccination out to late October or early November to maximize the period in which the induced protection is still high.

Clinical experts say it’s safe to get both the flu and COVID shots at the same appointment and the vaccines will be effective in boosting your immune

system. Short-term side effects may include soreness at the injection site, headaches, fatigue or fever, but they should pass quickly.

Dr. Hughes specializes in primary care for adolescents and adults. His preventive care services include physical exams, pre-operative assessments and Medicare wellness visits. He provides treatment for sports injuries, diabetes, hypertension, arthritic disorders, asthma, COPD, lipid disorders and skin lesions and offers simple wound management.

 **PHYSICIANS REGIONAL**
MEDICAL GROUP

To schedule an appointment, please call
239-920-4503 or visit
[https://www.physiciansregionalmedicalgroup.com/
doctors-providers](https://www.physiciansregionalmedicalgroup.com/doctors-providers)

Balancing your Hormones with Foods

By Svetlana Kogan, M.D.

Living in paradise is a positive thing for our health and longevity in general. And yet even here, people of different ages can come down with hormonal imbalances resulting in various health concerns. In many cases, instead of starting a long-term relationship with prescription hormone replacement therapy, there are safer holistic options to begin with. Because no matter which way you slice it – hormones, even if they are bio-identical – still pose a small cancer risk, albeit less than their non-bio-identical siblings do. Holistically speaking, if we can modify our food intake and life style, we can often get many of the same benefits without side effects of hormones whatsoever.

The most common hormone culprit in both men and women is certainly cortisol. It is the primary hormone of the sympathetic autonomic nervous system and is released by the adrenal glands when we feel threatened or anxious. From the evolutionary standpoint, it was designed to help us handle acute dangers like oncoming predators in the prehistoric times. Normally, cortisol is highest in the morning, and then tapers off as the day goes by. Unfortunately, in the modern world, we are exposed to prolonged stress and chronic anxiety, and most people test for excessively high cortisol levels throughout the day. Keep in mind that cortisol is a fat depositing hormone contributing to obesity as well. It also raises blood pressure and increases risk for diabetes by elevating baseline glucose in the blood. Finally, cortisol promotes inflammation, which is correlated with every illness known to humanity today. To balance out your cortisol nutritionally, first cut back on the amounts and frequency of alcohol and caffeine intake. Next, start eating mostly anti-inflammatory diet, predominantly fruits (especially berries), vegetables, nuts, and beans. It is prudent to enrich your diet with Omega-3 fatty acid-rich fish, like wild caught Atlantic, Norwegian, or Alaskan salmon. Finally, adding a small amount of goat or sheep cheese to your diet will provide glutamine – an amino acid, which is a precursor of L-theanine – an important neuro-hormone which helps to regulate cortisol.



For women entering or going through the menopause, who tested for estrogen deficiency, common hormonal symptoms are tiredness, low libido, hot flashes, and vaginal dryness. Many people do not want to take hormone replacement therapy, even if it is bio-identical, because of the small but significant risk for breast, uterine, and colon cancers. Instead, consider adding a small amount of plant derived estrogens to your diet. Typically, 50mg of phytoestrogens eaten daily is sufficient for alleviating most of the menopause-related ailments. This can be supplied by a small cup of miso soup or 4 oz. of tempeh. If you don't like the taste of the former, you can opt for 1 and ½ cup of soy milk daily or 1 and ½ cup of tofu yogurt daily. There are other foods rich in phytoestrogens, such as flax seeds, tofu, garlic, dried apricots, prunes, and sesame seeds and these can serve as a tasty component in many recipes.

Menopause is also accompanied by decreasing progesterone levels. The lack of this hormone is accompanied by painful breasts, hair loss, bloatedness and headaches. In the past, it was customary to treat this with progesterone hormone replacement therapy or its bio-identical variant. However, progesterone, even bio-identical, poses small but significant risks for developing breast cancer, ovarian cancer, blood clots and stroke. Instead, try

natures' own pharmacy: enriching your diet with yams and sweet potatoes, brown rice, sesame seeds, pumpkin seeds, almonds, walnuts and avocados – all will help optimize body's own manufacturing of progesterone.

Now, let's turn to a common aging concern in men – namely andropause – a decrease in testosterone levels. This can lead to erectile dysfunction and/or impaired libido, both of which can be very discouraging to say the least. Instead of turning to prescription or bio-identical hormones right away, try the following change in your diet. For those men who are obese or overweight – the most important first step is to lose weight to bring Body Mass Index (BMI) to normal range of 20-25. This is so because every pound of excess fat disables normal testosterone functioning by transforming it into estrogen molecules. The next step would be to eat anti-inflammatory diet, rich in fruits, vegetables, fish, and beans. For a colorful example of such diet, take a look at Dr.Weil's website at:

<https://www.drweil.com/diet-nutrition/anti-inflammatory-diet-pyramid/dr-weils-anti-inflammatory-food-pyramid/>

It is important to remember that just because something is natural, does not mean that it cannot be harmful. So, instead of indiscriminately starting to favor a certain food group – talk to your holistic physician customizing this nutritional advice just for you, with your unique medical history and lifestyle.



Svetlana Kogan, M.D.

The author of 'Diet Slove No More!', Svetlana Kogan, MD is a Board-Certified Internal Medicine, Holistic & Functional Medical Doctor with 25 years of experience. She has appeared as a health expert on prime-time TV and radio stations and has authored hundreds of holistic health articles for internet and print. She moved her Concierge Practice from Manhattan NYC to Naples in 2019. Her Functional Medicine Primary Core Practice is focused on prevention and holistic approach to illness, and longevity.

720 Fifth Ave S, Unit 209, Naples , FL 34102

Phone: (239) 676-6883

www.customlongevity.com

Men's Health:

Why You Need to Stay on Top of Your Medical Exams

The month of November is also referred to as NOVEMBER for Men's Health. We often hear jokes that men prefer to stay away from the doctor, but more and more men have become proactive about their healthcare than ever before, which allows for healthier lifestyle choices and earlier diagnosis. Men taking the lead on their health is always better for long term outcomes and living well.

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

Getting Your Prostate Checked is Not Optional

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

Some of the Most Common Symptoms of the Disorder are:

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

Diagnostics

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



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

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

Additional Testing

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

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

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



239.465.4157

www.advancedurologyinstitute.com

1035 Piper Blvd., Suite 101, Naples, FL 34110

Treatment

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

Advanced Urology Institute

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

Services Offered & Conditions We Treat

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

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



Health Insurance – Important Dates!

By Ulla-Undine Merritt (Dee) National Producer Number (NPN) 8853366

HEALTH INSURANCE is more important than ever! There is no way to determine when something will happen or when you could be diagnosed with a serious medical condition. So, saying I am healthy, so I don't need health insurance makes no sense. Insurance is moving the financial risk from you to the insurance company. There are always options for about every budget. Work with a professional that is contracted with many carriers and offers multiple options. Many plans are available year-round, the government plans such as the Marketplace and Medicare have specific times that you can enroll unless you have a Special Enrollment Period due to, as an example loss of coverage, marriage, moving out of the plans service area, etc.

MEDICARE – Annual Enrollment Period October 15-December 7th, 2023, for January 1st, 2024, effective. Medicare Advantage – Part C & Part D Prescription Plans

Most of the plans in your area have made many changes and things you might not notice, especially important, are your doctors still in network, what tier are your medications and maybe the tier changed, copays, coinsurance. What extras are the plans offering? Maybe you need extra dental, vision, hearing aids. Many plans include some wonderful extra benefits, but it is also particularly important to know how to use the benefit and if they work for you. If the insurance company, you are with comes up with a better plan they will NOT switch you to it automatically. Your insurance agent should be making you aware of a better option. It is illegal for a insurance person to call you regarding Medicare, do not talk to someone you have not given permission to call. Ask them for their National Producer number and report them to Medicare for a unsolicited call.

CMS has made many rules for 2024 Medicare season. If you want to enroll or review your plan over the phone, 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 authorizes us to talk to you about 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 2024. Part D after you, the plan and the pharmaceutical company paid \$8,000 you no longer have a cost for your medications for the rest of the year.

When you turn 65 you are eligible for Medicare, once you have worked 40 quarters roughly 10 years there is no cost for Medicare Part "A". Part A covers Hospitals, Skilled Nursing, Home Health & Hospice. Medicare Part B you can choose to take at 65 or you can hold off if you are still working and have credible coverage. If you do not have group health insurance that is considered qualified, and then you want it you would have a late enrollment penalty for each month you did not have Part B & Part D and that penalty will last for the rest of your life. Part B covers, doctors, imaging, blood work, ambulance, durable medical equipment, etc. Part D is a Medicare Drug Plan and covers medications. During your initial enrollment period it is especially important to understand your options! Medicare Supplements/Medigap Plans are NOT guarantee issue you may need to medically qualify. You can purchase a Medigap Plan during your 1st 6-month on Medicare Part B without medical underwriting. There are a lot of things you need to know. Again, work with an agent you can trust! **Especially important:** when you move you need to know your options. Can you keep the same plan? Do you need to make a change and what does that look like?

We offer **Free Medicare Seminars** in Lee & Collier County please e-mail info@logicalinsurance.com to register or call 239-362-0855 for dates. Medicare's website is www.Medicare.gov.

MARKETPLACE - Obama Care/Affordable Care Act – open enrollment starts November 1st- December 15th for January 1st effective. December 16th to January 15th will have February 1st, 2024, effective. The website is HealthCare.gov, your local insurance agent can help you through the maze. The government also changes each year what how much you can earn to receive subsidy to help lower your cost for insurance. Many people are not aware that they do not need to forgo having health insurance and there are affordable options for them. Insurance is not just about the price of the premium but particularly important the network of doctors, hospital, etc. that you can have access to. Be careful carriers that are selling in your area might not have a good network, so the price might be right but if your hospital and your doctors are not in their network that is a problem. So always check the network!

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

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

Logical Insurance Solutions is a SWFL Insurance Broker that works with most of the carriers, we are happy to help you through the maze. This is what we do daily, it is second nature to us. We offer virtual seminars, one on one WebEx, phone and in person appointments.

To learn more about your options call to schedule an appointment contact: Logical Insurance Solutions for all your insurance needs, we I am licensed in 30 states.

**Logical
Insurance
Solutions USA**

239.362.0855

www.Logicalinsurance.com

info@Logicalinsurance.com

A NEW DAWN IN ALZHEIMER'S TREATMENT: ADUHELM AND LEQEMBI

As we navigate the complexities of modern life, it's easy to overlook the quiet battles fought every day by those living with Alzheimer's and the countless caregivers who stand by their side. Yet, the need for Alzheimer's awareness has never been more urgent. This silent epidemic touches us all, directly or indirectly, and it's high time we brought it into the spotlight.

Alzheimer's disease, a progressive and debilitating neurodegenerative disorder, affects millions of individuals and their families worldwide. Until recently, treatment options for Alzheimer's were limited to managing symptoms, leaving the underlying causes untouched. However, two groundbreaking treatments, Aduhelm and Leqembi, have entered the spotlight, offering hope to those living with Alzheimer's and their loved ones.

Aduhelm: A Turning Point in Alzheimer's Treatment

Aduhelm, also known as aducanumab, has generated significant attention and debate in the medical community and beyond. Developed by Biogen, Aduhelm was approved by the U.S. Food and Drug Administration (FDA) in June 2021, marking the first new Alzheimer's treatment in almost two decades.

Aduhelm works by targeting the amyloid plaques that accumulate in the brains of Alzheimer's patients, contributing to cognitive decline. Amyloid plaques are thought to disrupt normal brain function, and their removal may slow down the progression of the disease.

The approval of Aduhelm, however, was met with controversy due to the limited clinical evidence supporting its efficacy. Critics argue that the drug's benefits are marginal, and that the FDA's decision was hasty. Nevertheless, Aduhelm's approval offers a glimmer of hope for Alzheimer's patients and their families, as it represents a new approach to tackling the disease at its root.

Leqembi: A Promising Newcomer

Leqembi, also known as lecanemab, is another innovative treatment on the horizon. Developed by Eli Lilly, this drug is currently in the late stages of clinical trials. Leqembi functions similarly to Aduhelm by targeting and removing amyloid plaques in the brain.



What sets Leqembi apart from Aduhelm is its rigorous and extensive clinical testing. Researchers have conducted large-scale, double-blind, placebo-controlled trials to evaluate the drug's safety and effectiveness. Initial results from these trials are promising, showing a significant reduction in amyloid plaques and potential improvements in cognitive function among patients.

The hope is that Leqembi will provide a safer and more effective alternative to Aduhelm. The rigorous clinical testing and transparency in research may address some of the concerns raised by Aduhelm's approval.

Future Perspectives

The development of Aduhelm and Leqembi represents a critical step forward in the fight against Alzheimer's. As research progresses, it is expected that the field will become more refined, leading to even more effective treatments in the future. These new drugs may pave the way for innovative approaches to address Alzheimer's at earlier stages and prevent the disease's onset.

In addition to drug-based treatments, there is a growing focus on lifestyle and preventive measures. Adopting a brain-healthy lifestyle that includes regular exercise, a balanced diet, social engagement, and cognitive stimulation is recognized as a complementary strategy for reducing the risk of Alzheimer's.

Paragon and Alzheimer's:

- In 2022, we supported 300+ infusions of Aduhelm.
- In 2023 YTD, we've supported 450+ infusions of Aduhelm and Leqembi; nearly 300 of those infusions are Leqembi.



Take the Next Step



Learn more about
IV Anywhere in FL

PARAGONHEALTHCARE.COM    



6.7 million

Estimated number of Americans aged 65+ that are living with Alzheimer's in 2023¹



12.7 million

Estimated number of Americans aged 65+ that will be living with Alzheimer's by 2050¹



27% slower

Rate of cognitive decline of eligible patients treated with LEQEMBI® in clinical trials than those in a control group, as reported by the manufacturer

¹ Alzheimer's Association, 2023 Alzheimer's Disease Facts and Figures, www.alz.org/alzheimers-dementia/facts-figures.

Alzheimer's disease remains a formidable challenge, affecting millions of lives worldwide. While Aduhelm and Leqembi have sparked significant controversy, they represent a new frontier in Alzheimer's treatment, offering a glimmer of hope for patients and their families. The ongoing research and development in the field promises a future with more effective and accessible treatments. As we strive to unlock the mysteries of this devastating disease, we can look forward to a world where Alzheimer's is no longer an inevitable fate, but a condition that can be managed, treated, and, ultimately, prevented.

Paragon Healthcare

Our story began in 2002 with a heart to serve people. We strive to make the healthcare process easier for patients and physicians just like you. Our compassionate team of nurses, dietitians, pharmacists, and customer service representatives are dedicated to serving each person who joins our family. Each patient receives exceptional and customized care focused on maximizing their quality of life. We specialize in providing life-saving and life-giving infusible and injectable drug therapies through our specialty pharmacies, our infusion centers, and the home setting.

REVOLUTIONIZE YOUR LIFE WITH Emsella Chair

A Solution to Incontinence

By Joseph Gauta, MD, FACOG

Incontinence is a silent struggle faced by a third of the US population. This common condition, often stemming from causes like childbirth, weakened muscles, or the effects of aging, can disrupt daily life and self-confidence. Many of us have heard about kegel exercises as a solution, but how many actually commit to them? The Emsella Chair is here to change the game, offering the equivalent of 11,000 kegel exercises in a single session and a total of 66,000 exercises in a full 6-session treatment. If you've experienced the toll of childbirth or are starting to have those "close calls" when nature calls, it might be time to give your pelvic floor the workout it deserves.

Incontinence is not an issue to be taken lightly, as it can have a profound impact on one's quality of life. However, there is hope for those who have been struggling with this condition. The Emsella Chair is a revolutionary solution that is making waves in the world of pelvic health.

Understanding the Causes

Childbirth, weakened muscles, and the natural aging process are some of the primary factors contributing to incontinence. Childbirth can weaken the pelvic floor muscles, making it challenging to maintain control over the bladder and causing leakage. Additionally, as we age, our muscles tend to lose their strength, including those in the pelvic region. This muscle weakening, combined with the impact of hormonal changes, can lead to incontinence issues. It's a common problem that many are hesitant to discuss, but it's essential to address it for a better quality of life.

Kegel Exercises: Easier Said Than Done

Kegel exercises are often recommended as a way to strengthen the pelvic floor muscles. However, despite their potential benefits, how many of us actually follow through with these exercises consistently? Life gets busy, and it's easy to forget or lose motivation. This is where the Emsella Chair comes in as a game-changer.

Emsella Chair: The Ultimate Pelvic Workout

The Emsella Chair is a non-surgical, non-invasive treatment that can greatly improve incontinence.



Each 28-minute session is the equivalent of 11,200 pelvic floor exercises. The Emsella™ chair is being touted as the Kegel throne. It produces high-frequency vibrations with thousands of contractions per session that tighten the pelvic floor muscles and the bladder sometimes as quickly as the first treatment

The full treatment, consisting of about six sessions, delivers an incredible 66,000 kegel exercises to your pelvic floor. This innovative technology is designed to strengthen your muscles, increase bladder control, and ultimately improve your quality of life.

Who Can Benefit from Emsella?

Whether you've recently given birth and are experiencing postpartum incontinence, or you've started having those "close calls" when heading to the restroom, the Emsella Chair can be a game-changer for you. It's not just for women; men dealing with incontinence issues can also benefit from this non-invasive, FDA-approved treatment.

The Future of Pelvic Health

Incontinence can be an isolating and embarrassing condition, but it's crucial to remember that you're not alone. The Emsella Chair is reshaping the way we address pelvic health issues, offering a more efficient and convenient solution than traditional exercises. You don't have to accept incontinence as an inevitable part of aging or motherhood. With the Emsella Chair, you can regain control, confidence, and, most importantly, your life.

In conclusion, the Emsella Chair is a groundbreaking solution that promises to change the lives of many who have been silently suffering from incontinence. Don't let this condition hold you back any longer; take charge of your pelvic health and experience the benefits of this innovative treatment. You'll thank yourself for making the choice to improve your quality of life and regain control over your bladder.



Some comments from local users:

- I don't have to worry about peeing when I sneeze anymore
- My husband definitely notices the difference
- I just feel lighter down there.

To learn more about this technology please go to our website at www.FloridaBladderInstitute.com. Call 239-449-7979 to schedule your Emsella consultation today.



Joseph Gauta, MD



Nicole Houser, PA-C



Rosemarie Dobrydney, APRN


**FLORIDA BLADDER
INSTITUTE**
Excellence in Women's Pelvic Health
239-449-7979
www.FloridaBladderInstitute.com

NAPLES:
1890 SW HEALTH PKWY., SUITE 205
info@floridabladderinstitute.com



ACUPUNCTURE & ALZHEIMER'S: WHAT YOU NEED TO KNOW

Insights from the latest research and clinical experiences

By Alik Minikhanov, DACM, AP

Alzheimer's Disease is the most common form of dementia. According to the Centers for Disease Control, Alzheimer's is a progressive and potentially debilitating disease that often begins with mild forms of memory loss. Many clients dismiss the early warning signs as a natural progression of aging. However, without proper care and early intervention, the disease may gradually interfere with daily life, interrupting the ability to find the next word in a friendly conversation to forgetting important appointments or neglecting the basics of personal hygiene and self-care.

As the adult population of the United States continues to age, it is estimated that between now and 2050, over 28 million adults over the age of 60 will receive a Alzheimer's diagnosis. While the Alzheimer's Association recognizes that causes vary considerably between individuals, the reduction of certain risk factors such as lack of exercise, decreased cognitive challenges, decreased social interactions, and high blood pressure, can help.¹

As a Doctor of Acupuncture and Chinese Medicine, I emphasize a Mediterranean diet rich in fish, olive oil, and vegetables along with gentle exercises that strengthen the mind-body connection such as yoga, tai chi, and walking. I also encourage all of my aging patients to engage in mentally stimulating activities such as reading and working puzzles. I highly recommend signing up for an art class, an book club, or other group activity that will not only allow you to meet new friends, but also try new things in a fun and supportive environment.

With the advent of new treatments and discussions over the prevention and care for those with Alzheimer's Disease, acupuncture has demonstrated clinical results that are more than promising, especially when integrated into a personal wellness regimen that includes mindful eating, exercise, and social interactions. According to a 2022 study, acupuncture is shown to help the brain maintain plasticity. Simply stated, plasticity is the mechanism that allows the brain to function in a healthy way, effectively retaining

memory along with the ability to learn new things. The study notes that acupuncture can change the structural characteristics and function of synaptic plasticity while inhibiting inflammatory responses in neural pathways.²

Alzheimer's Disease is characterized by Traditional Chinese Medicine as an acquired cognitive deficit and impaired daily activity. In clinical practice, acupuncture therapy has been demonstrated to slow the progression of dementia. Acupuncture does so by focusing on regulating the imbalance of Yin and Yang by stimulating certain acupoints on the body surface. Traditional Chinese Medicine considers a deficiency of marrow and Yang energy as a hallmark of Alzheimer's Disease. Stimulation of kidney points, particularly along the governing vessel of the scalp, have been shown to improve cognitive function by nourishing the brain and enhancing Yang energy.³

Traditional Chinese Medicine also looks to kidney meridian deficiencies as a major contributor to Alzheimer's Disease. According to a study published in 2021 in the American Association for Anatomy Journal, insufficiency of kidney essence can lead to the emptiness of marrow, which in turn can cause memory impairment. Therefore, if the kidney deficiency in AD patients can be restored, the neural system, hematopoietic function, and even dementia can be improved. And it makes the strategy of nourishing the kidney and filling the Marrow Sea so significant.⁴

It is my clinical experience, that patients who maintain an acupuncture regimen of three days a week often see improvements to their quality of daily life. Of course, this is determined by the individual, and is often supported by maintaining a healthy diet, mindful exercise, supportive social interactions, and appropriate western medical support.

My treatment recommendations align with the findings of the above mentioned studies, and specifically include scalp acupuncture which involves placing needles in the head, helping stimulation underlying areas of the brain to increase synaptic

communication, blood flow, and anti-inflammatory responses. Scalp acupuncture is successful because it directly correlates to the area of the brain that is affected by Alzheimer's, particularly, the frontal lobe, parietal lobe, and temporal lobe. Patients demonstrate improvement with attention, memory, and speech with continued treatments when compared to body acupuncture.

My treatment protocol incorporates medical qi gong, a recognized Traditional Chinese Medicine form of energy healing, which continues to stimulate the movement of bio-energy throughout the central nervous system. My treatment also includes localized medical massage once the needles are removed. Research has continually demonstrated the effectiveness of a multiple modality approach, one I have historically used with much success with all of my patients. Together, the treatment approach relies heavily on stimulating the governor vessel and the kidney meridians. While additional points are used, the treatment plan and the individual results of my clients are a testament to the hope the prevailing research offers for Alzheimer's Disease patients and their families.

As always, I encourage all of my patients to consult with their primary care doctors, specialists, and families about treatment options and lifestyle support. It is important that we all work together to help create a treatment plan that reflects the values of the individual while addressing not just the symptoms, but instead, offering a collaborative approach that enhances daily life and individual goals. Acupuncture and Traditional Chinese Medicine are now demonstrating a viable treatment option for individuals and their families, and I am honored to be able to offer integrative and holistic personalized care to those in need.

Please call us for more information or to schedule an initial appointment at (239) 322-3817.

References:

1. Can Alzheimer's disease be prevented? Alzheimer's Disease and Dementia. (n.d.) https://www.alz.org/alzheimers-dementia/research_progress/prevention
2. Du, K., Yang, S., Wang, J., & Zhu, G. (2022). Acupuncture Interventions for Alzheimer's Disease and Vascular Cognitive Disorders: A Review of Mechanisms. *Oxidative medicine and cellular longevity*, 2022, 6080282. <https://doi.org/10.1155/2022/6080282>
3. Yin, W., Lu, G., Li, C., & Sun, J. (2021). Acupuncture therapy for Alzheimer's disease: The effectiveness and potential mechanisms. *The Anatomical Record*, 304(11), 2397-2411. <https://doi.org/10.1002/ar.24780>
4. Yin, W., Lu, G., Li, C., & Sun, J. (2021). Acupuncture therapy for Alzheimer's disease: The effectiveness and potential mechanisms. *The Anatomical Record*, 304(11), 2397-2411. <https://doi.org/10.1002/ar.24780>

I AM DESIGNED TO HEAL

239.322.3817

WWW.IAMDESIGNEDTOHEAL.COM

826 Anchor Rode Dr., Naples, FL 34103

DIABETES AND NEUROLOGY: The Unseen Impact on Brain Health

When we hear the word "diabetes," our thoughts often drift toward blood sugar management, dietary changes, and diligent monitoring of what we consume. However, what might come as a surprise to many is that diabetes has a profound impact on our brain health. It's a connection that is often underestimated and under-treated, yet it plays a significant role in our overall well-being.

Diabetes and Brain Health: A Complex Relationship

Diabetes, both type 1 and type 2, is a complex condition that affects multiple systems in the body. One of the lesser-known aspects of this condition is its intricate relationship with neurological health. Here are some essential points to consider:

1. Increased Risk of Stroke: For those with diabetes, the risk of stroke is not just elevated; it is doubled. This alarming statistic underscores the importance of managing diabetes effectively to reduce the risk of this life-altering event.

2. Greater Risk of Dementia: Another startling connection between diabetes and neurology is the increased risk of dementia. Research has shown that individuals with diabetes are more likely to develop cognitive impairments and neurodegenerative conditions like Alzheimer's disease.

Taking Control of Your Brain Health

While the connection between diabetes and neurology may seem daunting, there are several proactive steps you can take to protect your brain health.

1. Maintain a Healthy Weight: Achieving and maintaining a healthy weight is vital in diabetes management. It can significantly reduce the risk of complications, including those affecting your brain.

2. Follow a Healthy Eating Plan: Adhering to a balanced, diabetes-friendly diet can help stabilize blood sugar levels and positively impact brain health. Minimize the consumption of white flour, white sugar, and hydrogenated fats in your diet.



3. Engage in Regular Exercise: Physical activity is a key component of diabetes management. Aim for at least 30 minutes of exercise five times a week, incorporating a mix of aerobic, strength, flexibility, and balance exercises.

4. Monitor Your Blood Sugar: Consistently monitoring and managing your blood sugar within recommended levels can have a direct impact on your brain health and reduce the risk of neurological complications.

5. Take Medication as Prescribed: If your healthcare provider has prescribed medication to manage your diabetes, ensure you take it as directed. Consistency in medication is crucial for maintaining optimal blood sugar control.

Nurturing Your Brain: Beyond Diabetes Management

Beyond these fundamental diabetes management strategies, you can take additional steps to protect and enhance your brain health:

- Include protein in every meal to support brain function.
- Control portion sizes to manage caloric intake effectively.
- Embrace a well-rounded exercise routine that combines various forms of physical activity.
- Challenge your brain with cognitive exercises like puzzles, games, or learning new skills, such as playing a musical instrument.

Lasene Neural Therapeutics: A Beacon of Hope

In the quest to safeguard your brain health while managing diabetes, it's essential to have a reliable ally. Lasene Neural Therapeutics understands the complexities of neurological deficits and offers solutions designed to improve your quality of life. Their commitment to enhancing neurological well-being can provide much-needed support and guidance on your journey.

In conclusion, diabetes is not just about blood sugar – it extends its influence into the realm of neurology. The risks of stroke and dementia are significant concerns for those with diabetes. However, by proactively managing your diabetes, following a healthy lifestyle, and seeking the right support, you can protect and enhance your brain health. Remember, your brain deserves as much attention as your blood sugar levels in your pursuit of a healthier, happier life.

About Us

Lasene is bridging the gap between the world's finest Therapeutic Light Treatments technology and proprietary advanced treatment protocols for rapid management of chronic pain and functional restoration of quality-of-life metrics for our patients living with Parkinson's, sleep disorders, deterioration of executive function, and other neurological degenerative ailments.

Lasene is part of a series of research-based protocols focusing on the world of pain management and neurological restoration. From our discoveries, we pioneer the strategies to deliver safe, affordable, and effective care to assist those in need.

As the founders of Lasene, our 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 our patients back to a more active and productive life.



239-374-2574 | www.lasene.com

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

November: A Month of Lung Cancer Awareness and Empowerment

November is traditionally a time of changing leaves, family gatherings, and a collective effort to raise awareness about lung cancer and the importance of early screening and preventative measures as a means to avert lung cancer in the first place.

Understanding Lung Cancer: A Silent Threat

Lung cancer is often referred to as the "silent killer" because it can progress without noticeable symptoms until it reaches advanced stages. As the leading cause of cancer-related deaths worldwide, lung cancer takes an immense toll on individuals and their families. However, there is hope, as early detection and preventative measures such as quitting smoking can dramatically lower lung cancer's mortality rate.

November: A Month of Lung Cancer Awareness

November is Lung Cancer Awareness Month, when communities, organizations, and healthcare providers come together to shed light on this prevalent and deadly disease. It's a time to honor those affected by lung cancer, raise awareness about risk factors, and advocate for the importance of early screening.

The Power of Lung Cancer Screening: A Lifesaving Initiative

One of the most critical aspects of lung cancer awareness is promoting regular screenings, especially for individuals at risk. Smoking, exposure to secondhand smoke, occupational hazards, and family history are all factors that can increase the likelihood of developing lung cancer.

Low-dose computed tomography (LDCT) screening has emerged as a game-changer in the early detection of lung cancer. By identifying lung nodules or abnormalities at an early, treatable stage, LDCT screenings offer the potential to save lives. LDCT is a quick, non-invasive, low risk way to get a jump on lung cancer.

Naples Cancer Advisors: Guiding You on Your Cancer Journey

In the heart of Southwest Florida, Naples Cancer Advisors (NCA) stands as a pillar of support for individuals facing a cancer diagnosis. Guided by the

principles of compassion, expertise, and empowerment, Naples Cancer Advisors is more than a clinic; it's a lifeline for those seeking clarity and guidance during their cancer journey.

NCA provides consultative oncology services such as secondary case review, care coordination, referrals, clinical trial navigation, financial navigation, and precision oncology services such as genetic testing and counseling – all at no charge to the patient.



Empowering Patients Through Second Opinions

At Naples Cancer Advisors, we understand the importance of informed decisions when it comes to cancer treatment. That's why we offer a unique

service—a free second opinion for patients diagnosed with cancer. Led by a team of seasoned oncologists and specialists, including lung cancer expert and NCA's Director of Innovation and Research, **Abdul Jazieh, MD, MPH**, we provide comprehensive evaluations and expert guidance.

"Although we have had major advances in the treatment of lung cancer over the last decade by using precision medicine and immunotherapy, prevention remains the best approach to combat lung cancer," said Dr. Jazieh.

"Therefore, for those who are smoking or using any form of tobacco, remember that 'an ounce of prevention is better than a pound of a cure.' While lung cancer is the number one 'killer cancer,' it is the most preventable cancer. Avoiding tobacco use will reduce your risk of lung cancer by as much as 85%," he added.

Dr. Jazieh aims to provide next-level oncology expertise to patients throughout their cancer journey and find the right balance between hope and science that fits each individual and ensures their best quality of life.

Our commitment to patient-centered care extends to offering support beyond the clinic. We assist patients and their treating physicians in understanding their diagnosis, exploring treatment options, and advocating for their well-being every step of the way.



Join Us in the Fight Against Lung Cancer

This November, let's make a collective effort to raise awareness about lung cancer and encourage early screening. Visit the Southwest Florida Health and Wellness Magazine's website at <https://swf-healthandwellness.com/> for more information on local events and initiatives dedicated to lung cancer awareness.

And when you or a loved one needs guidance, remember that Naples Cancer Advisors is here for you. Visit our website at www.naplescanceradvisors.org to learn more about our services, including our free second opinion. Together, we can make a difference by catching lung cancer in its early stages and offering hope and empowerment to those facing this formidable foe.

Conclusion: Empowerment Through Awareness
November is more than just a month on the calendar. It's a time to empower ourselves with knowledge, unite as a community, and take action against lung cancer.



239-846-2273 (CARE)
3201 Tamiami Trail N, Suite 112, Naples, FL 34103
naplescanceradvisors.org

Don't let one hour change your life!

Cannabis & Daylight Savings Time

By Hans Doherty - Growing in Health Florida



I think we'd all agree that anytime our regular sleep routine gets disrupted, it's not a good thing. So why does the government continue with this twice per year time change? I'll tell you right now, I don't know. What I do know that there are ways that cannabis might help minimize that disruption.

"Falling back" or turning the clock back one hour generally isn't the major problem, "springing forward" is. When we lose that hour in the morning, especially the first few days, it can be torturous for school age kids and the parents that need to get them up and motivated.

Cannabis and sleep have gone hand in hand for centuries. It was one of its primary medicinal uses. When cannabis flower (bud) is heated and inhaled the effects can be very relaxing and calming. Flower is "full spectrum" which gives the body and head a feeling of mild euphoria.

Most people don't want to smoke. Most prefer the gummies. Dosing is very important with THC. Many cannabis doctors recommend THC for sleep. One 5 milligram edible is a common recommendation.

For some people, however, THC will elevate their mood. THC might not be the answer for them. It's important to know that too much THC can have negative side effects like dizziness, and hallucinations. Start low and go slow. You can always have more later, after you see how it affects you.

WHAT'S NEW for sleep is CBN, or Cannabinol. CBN doesn't have the side effects like the THC, only deep restorative sleep. It's usually combined with some CBD. A 1 part CBD and 1 part CBN ratio is great. A 2-1 is good. Check the label for actual ingredients and strength.

We have **ALL THESE OPTIONS** and **MORE!** We are here to answer your questions and provide more natural alternatives to sleeplessness.

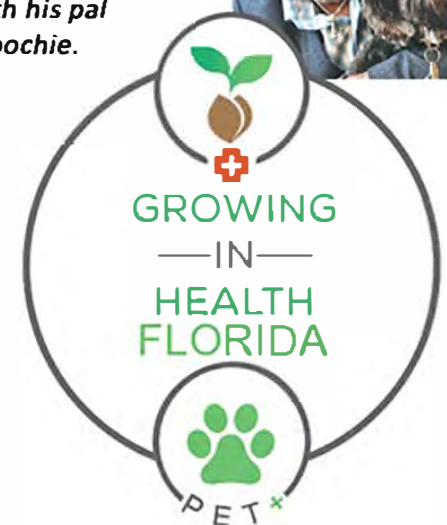
**COME INTO THE STORE AND
LEARN HOW THESE
PRODUCTS
ARE CHANGING LIVES
FOR THE BETTER.**

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. No medical advice given.

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



7211 Vanderbilt Beach Rd., Suite. 3
Naples, FL 34119

239-331-4807

www.growinginhealthflorida.org



Managing Diabetes: Strategies for Treatment and Prevention

By Kathy V. Verdes, APRN, A-GNP-C

Diabetes is a chronic condition that affects millions of people worldwide. While it can be a challenging condition to manage, there are various effective strategies for both treatment and prevention. In this article, we will explore these approaches and provide insights into how individuals can take control of their health.

UNDERSTANDING DIABETES

Before diving into treatment and prevention, it's essential to understand the different types of diabetes. The two most common types are Type 1 and Type 2 diabetes. Type 1 is an autoimmune condition where the body doesn't produce insulin, while Type 2 is characterized by insulin resistance.

DIABETES TREATMENT

1. Medication: For individuals with Type 2 diabetes, medication might be prescribed to help lower blood sugar levels. Metformin, insulin, and other oral medications can be effective.

2. Insulin Therapy: People with Type 1 diabetes require insulin therapy to manage their condition. There are different types of insulin, including fast-acting and long-acting, which can be tailored to an individual's needs.

3. Healthy Eating: A balanced diet is crucial for diabetes management. Focus on whole grains, lean proteins, and plenty of vegetables. Monitoring carbohydrate intake can also help regulate blood sugar levels.

4. Regular Exercise: Physical activity helps lower blood sugar and improve insulin sensitivity. Aim for at least 150 minutes of moderate-intensity exercise per week.

5. Blood Sugar Monitoring: Regularly checking blood sugar levels is vital for adjusting treatment plans and making informed decisions about food and activity.

DIABETES PREVENTION

1. Healthy Lifestyle: Maintaining a healthy weight and eating a balanced diet can reduce the risk of developing Type 2 diabetes. Reducing sugar and processed food intake is key.



2. Regular Physical Activity: Exercise can help prevent Type 2 diabetes by improving insulin sensitivity and reducing the risk of obesity.

3. Stress Management: Chronic stress can affect blood sugar levels. Practices like mindfulness, yoga, and meditation can help manage stress.

4. Screening and Early Detection: Regular check-ups can detect prediabetes, a condition that often precedes Type 2 diabetes. Early intervention can prevent the progression of the disease.

5. Avoid Smoking and Excessive Alcohol: Smoking and excessive alcohol consumption increase the risk of diabetes. Quitting smoking and limiting alcohol intake are vital for prevention.

PROMISING RESEARCH

There's ongoing research into diabetes treatment and prevention. This includes advancements in insulin delivery systems, the development of new medications, and a growing understanding of the genetic factors contributing to diabetes risk.

Diabetes is a complex condition, but with the right strategies, it can be effectively managed and, in many cases, prevented. Whether you have diabetes or want to reduce your risk, a combination of medication, healthy lifestyle choices, and ongoing medical care can make a significant difference. Stay informed, consult with healthcare professionals, and take proactive steps to manage and prevent diabetes for a healthier, happier life.

KATHY VERDES APRN, A-GNP-C

Kathy earned her Master's in Nursing Degree from Kaplan University in 2017. Kathy is certified by the American Academy of Nurse Practitioners (AANP) as an Adult-Gerontology Primary Care Nurse Practitioner (A-GNP-C). Prior to her Advanced Practice Registered Nurse Degree (APRN), Kathy managed a weight loss clinic for over 6 years right here in Naples. Kathy has since then managed acute and chronic care illnesses in different settings, and she genuinely enjoys spending time with her patients.

Are you ready for a consultation?

Your treatment will be performed by a Certified Nurse Practitioner. Schedule your appointment now!



NAPLES CLINIC

7385 Radio Road; Ste., 104, Naples FL 34104

(239) 384-9392

www.Naples-Clinic.com

Ketamine Health Centers:

HELPING PATIENTS REDUCE STRESS WITH SGB

The Stellate Ganglion Block (SGB) is a medical procedure for managing pain-related conditions and certain neurological disorders. It involves the injection of local anesthetics, such as Lidocaine and Ropivacaine, into the stellate ganglion, a cluster of nerve cells located in the neck on either side of the voice box (larynx), at the level of the sixth cervical vertebra. Two nerve blocks are used, one at the C6 and the second at the C4.

Indications:

- SGB is commonly used to treat the upper extremities' complex regional pain syndrome (CRPS).
- It can also be considered in managing neuropathic pain, vasospastic disorders, and conditions like post-traumatic stress disorder (PTSD).

How it Works:

- During the procedure, a trained medical professional typically uses ultrasound to locate the stellate ganglion accurately.
- A local anesthetic is injected into this nerve cluster.
- The medication temporarily blocks or modulates the nerve signals in the region, which can help reduce pain and improve blood flow.

Procedure Details:

- The procedure is usually performed on an outpatient basis.
- You may be asked to fast for several hours before the procedure.
- It's essential to inform your healthcare provider about any allergies or medical conditions you have.

Effectiveness:

- The effectiveness of SGB can vary from person to person. Some individuals experience significant mental health and pain relief, while others may have more modest results.
- It is often combined with other treatments and therapies, depending on the underlying condition.

Post-Procedure Care:

- You might experience temporary numbness or weakness in the upper extremity on the side where the block was administered.
- Follow your healthcare provider's instructions for post-procedure care, which may include restrictions on certain activities.

Seek Medical Advice:

- If you are considering a Stellate Ganglion Block, it is essential to consult a qualified medical provider.
- Discuss your symptoms, medical history, and treatment options thoroughly with your healthcare professional.

According to Dr. Raul Cruz, Medical Director at the Miami and West Palm Beach locations: *"The SGB procedure has really been a game changer for our patients at KHC. It is a highly effective, safe, quick, and fast-acting procedure used synergistically with our ketamine infusions to provide a robust Body (SGB) and Mind (Infusions) solution to PTSD symptoms, where other modalities may only scratch the surface. It will take an overactive fight or flight response that has become deranged and normalize it in minutes and hours, providing relief for months. There is nothing else that comes close to its speed and effectiveness."*

The Administration of Ketamine Infusions

Ketamine infusions are administered in a controlled medical setting to ensure patient safety and optimize therapeutic outcomes. The dosage, frequency, and duration of ketamine therapy vary based on the specific condition being treated, the individual's response, and the healthcare provider's recommendations. Patients typically remain awake as they receive the medication intravenously (IV).

Ketamine infusions have transcended their role as an anesthetic agent, offering newfound hope and healing for individuals battling treatment-resistant psychiatric conditions and chronic pain disorders.

Their rapid onset of action and efficacy have revolutionized treatment approaches, especially for those who have exhausted conventional therapies.

Begin Your Recovery Journey Today!

What Our Patients Are Saying

"The KHC team really cares about every single person that walks in the doors. From the moment I walked in, I felt welcomed and relaxed! The facilities are beautiful and the people are so kind & professional. I highly recommend Ketamine Health Centers and am so grateful for their work."

- Francesca T.

"I did my first treatment in January of 2019, and it was life changing to say the least. The staff is spectacular, and this place was essential on my road to mental health recovery. You can view my testimonial on the Instagram page for the ketamine health centers. Truly grateful, thank you so much!!"

- Juan C.

"So grateful for the entire team at Ketamine Health centers! They all genuinely care about their patients. What they have done for my brother and our family is priceless. No better group of people to help someone you love through a crisis."

- Janelle M.



KETAMINE HEALTH CENTERS

As the leading provider of IV ketamine infusion therapy in Florida, we aim to provide relief and offer hope to those suffering from treatment-resistant conditions. We are one of the very few centers specializing in ketamine infusion therapy, with a team of both mental health and certified anesthesia professionals to help our patients on their journey to recovery.



ketamine
HEALTH CENTERS
POWERED BY
EMERGENCE

239-387-3496

www.ketaminehealthcenters.com

BONITA SPRINGS
26800 S. Tamiami Trail
Suite 310
Bonita Springs, FL 34134

MIAMI
9408 SW 87th Ave.
Suite 302
Miami, FL 33176

ORLANDO
616 E. Altamonte Dr.
Suite 206
Altamonte, FL 32701

WEST PALM BEACH
1411 N. Flagler Dr.
Suite 9300B
West Palm Beach, FL

In addition to ketamine infusion therapy, our centers have multiple treatment options designed to help you regain control and start living again. Considering your health, our practical and minimally invasive therapies are available for various conditions.

At **Ketamine Health Centers**, our goal is for our patients to succeed. We want you to be happy and healthy. Our mission is to help depression, fibromyalgia, and post-traumatic stress disorder sufferers, as well as recovering substance abusers, to regain balance in their lives.

With years of medical experience, knowledge, and prior ketamine application, our team of qualified medical experts can provide patients with life-changing, holistic treatments.

Check out our YouTube channel to see what we have to offer and how we can help you.
<https://www.youtube.com/watch?v=OmTvhURAUzIs>

*Ketamine Health Centers is affiliated with Irwin Naturals Emergence as a mental health and chronic pain provider. We are collaborating with the nutritional supplements company to address the mind-gut connection.



Dale Alice Block, LMFT
 Dale Alice Block, Licensed Marriage and Family Therapist,
 Clinical Director of Ketamine Health Centers

After graduating from the University of Rhode Island with a masters in MFT, Ms. Block completed three years of post-graduate study in clinical supervision and management, culminating in the AAMFT Qualified Supervisor designation. Her clinical experience and supervision of other professionals spans 30+ years. She has established and supervised multiple programs, both inpatient and outpatient, including trauma focused care programs, addiction facilities, loss and bereavement programs, neurodiverse support programming, spiritual healing programs, general counseling and currently all clinical aspects of the counseling and alternative services at Ketamine Health Centers across the state.



Raul Cruz, MD, Medical Director
 Dr. Cruz is a Certified Diplomate of the American Board of Anesthesiology and has been a licensed, practicing anesthesiologist for 15 years. Dr. Cruz has had extensive experience in both the academic and private practice settings including teaching, operating room and practice management, and direct patient care.

Dr. Cruz has been involved in the full spectrum of anesthesia practice ranging from procedural medicine and all the surgical sub-specialties, including level 1 Trauma and Burn surgery; as well as anesthetic management in Obstetrics and Psychiatry. During his 15 years in practice, Dr. Cruz has developed an expert knowledge in the use of and delivery of IV ketamine to treat burn patients, as well as those with acute and postoperative pain. He has had success treating patients with comorbid depression, anxiety, and/or PTSD using ketamine infusions in the hospital setting, while also using it as an anesthetic, an analgesic, and as a sedative.

Optimistic Approach

REGAIN CONTROL OF YOUR LIFE



Ketamine Infusion & Other Effective Treatment Options For Many Conditions

- Major Depression • Bipolar Depression • Severe Anxiety
- Suicidal Ideations • Post-Traumatic Stress Disorder (PTSD)
- Obsessive-Compulsive Disorder (OCD)
- Fibromyalgia and Pain Syndromes • Autism
- SGB Treatment • Post COVID Relief Therapy
- Addiction Treatment • TMS

ketamine
HEALTH CENTERS



POWERED BY
EMERGENCE

239-387-3496

26800 S. Tamiami Trl., Suite 310, Bonita Springs, FL 34134

www.ketaminehealthcenters.com

BEAUTY, WELLNESS & SEXUAL HEALTH



DR. MEL
IRVINE



Dr. Mel Irvine, DNP and Clinical Sexologist specializes in sexual medicine and beauty in Naples, Estero and Fort Myers Florida Areas.

FOR HIM

Self-discovery and improvement for him covering a wide range of topics tailored to men's sexual health and enhancement.

FOR HER

Self-discovery and improvement for her covering a wide range of topics tailored to women's sexual health and enlightenment.

239-351-5663

info@sextys.com | drmelirvine.com
www.youtube.com/watch?v=vRSBgNItKmc

9250 Corkscrew Rd. STE 15, Estero, FL 33928

Logical Insurance Solutions USA

logicalinsurance.com

Contact us today for all
your insurance needs.

239.362.0855

We are contracted with most
insurance companies and our
services are **FREE** to you.

2161 McGregor Blvd, Ste C
Fort Myers 33901
info@logicalinsurance.com

We specialize in:

- Medicare Plan Options
- Medical Insurance for
Individuals / Families
- Employer Health &
Wellness Benefits

Other services but not limited to:

- Homeowners
- Flood Insurance
- Life Insurance
- Long Term Care
- Disability Insurance
- Travel Insurance
- Pet Insurance
- Supplemental Policies
- Dental & Vision Plans

SAVE MONEY & GAIN

*peace of
mind*



Logical Insurance Solutions is happy to present insurance companies Medicare Advantage Plans for 2024

Below is a current schedule of seminars in your area. For specifics on the presentation and what insurance company will be presented, please call 239-362-0855 or e-mail info@logicalinsurance.com. A sales agent will be present at the event, there is no obligation and admission is free.

For accommodations of persons with special needs at meetings call (239-362-0855) TTY 711.

Date	Time	Location
10/19	10 AM	Perkins 4335 Tamiami Trail E, Naples 34112
10/24	2 PM	Perkins 4335 Tamiami Trail E, Naples 34112
11/2	10 AM	Perkins 4335 Tamiami Trail E, Naples 34112
11/7	2 PM	Perkins 4335 Tamiami Trail E, Naples 34112
11/16	10 AM	Perkins 4335 Tamiami Trail E, Naples 34112
11/21	2 PM	Perkins 4335 Tamiami Trail E, Naples 34112

NOW OPEN!



**2320 Vanderbilt Beach Rd.
Suite 1
Naples, Florida 34109**



OFFERING:

- 2D and 3D Mammograms
- Stereotactic & Ultrasound Breast Biopsies
- 3T MRI Breast Imaging
- 3T MRI Breast Biopsies
- Bone Density/DEXA
- Needle Localization (wire and wireless)
- Breast Nurse Navigator
- Breast Cancer Support Group
- Genetic Testing

First to Offer Contrast Enhanced Mammography!

Phone: 239-624-4443 Fax: 239-624-4401

TIS' THE SEASON FOR GIFTING

Often times it may not feel like the holiday season with Florida's toasty temperatures, but don't be fooled. The holidays are here! There's an undeniable sense of anticipation in the air, as many of us are looking forward to reconnecting with friends and family.

With Christmas 2023 just around the corner, the age-old tradition of exchanging gifts and spreading joy takes center stage. This year, however, there's a growing trend that savvy shoppers are embracing – the art of shopping early. Beyond the twinkling lights and bustling holiday markets, the wisdom of starting your Christmas shopping ahead of time becomes evident. As we navigate through a world of ever-changing dynamics, early holiday shopping not only ensures access to the finest gifts but also offers a respite from the last-minute chaos, allowing for a more thoughtful and enjoyable celebration.



2023 Gifting Trends

Everyone is under a lot of stress, so consider gifting something focused around health, wellness and mindfulness. Think self care, aromatherapy, meditation, journaling and even fitness. The great thing about wellness gifts is that they are perfect for people of all ages and enjoyed by both men and women alike.

Young children will enjoy a set of fizzy bath bombs. Your best friend will appreciate a handwritten friendship note on the first page of a gorgeous leather-bound journal. Your co-workers may like an aromatic collection of soaps or essential oils. And, your significant other will love a set of comfy pajamas or workout clothes for the gym.



Avoid the Sweets & Drinks

Traditionally, alcohol and sweets such as chocolate and cookies, have been the "go to" gifts for clients and family members. They're easy to give, but often times they're eaten and forgotten. Or, they're simply trashed when New Year's Day rolls around, and people are purging their kitchens of all the calorie-laden gift sets. Let's face it, many of us have put on some "lb's" over the past few years, so do everyone a favor and skip the sweets and choose health & wellness options.

Give Experiences

Another gift idea that is on trend for 2023 is experiential gifts. This could be a trip to the spa for a relaxing massage, a facial with your local esthetician, a sunset boat cruise or an art class. Experiential gifts are memorable, and they're perfect for the person in your life who already has one of everything.

Shop Local

Although it's tempting to knock-out your list by simply shopping online, consider visiting the locally-owned stores in your community. Many small businesses and restaurants have struggled the past few years. By shopping local, you'll find truly unique gifts with a delightful shopping experience that you can't get online. Plus, you'll be supporting the fabric and diversity of your community by helping to keep local shops in business.

Skip the holiday hustle this year. Make your list. Check it twice. And get your holiday shopping done!



www.naplessoap.com

Naples Soap Company has carefully curated a huge assortment of gift sets to make your gift giving a breeze this holiday season. From our coastal-inspired "Christmas on the Beach Box" to our all-new "Self Care Essentials Sets" to our fan favorite "Soap Stacks," we have something for every budget and for everyone on your list. Naples Soap Company has 14 stores across the state of Florida. Visit us at naplessoap.com to find a store near you or shop online and ship for free with orders over \$50.

Your *Holiday* Headquarters

Gifts Galore • Holiday Decor • Self Care & More



Naples • Estero • Ft Myers • Kissimmee • Lakewood Ranch • Mount Dora Plantation • Punta Gorda • Santa Rosa Beach • The Villages • Wellen Park
Visit NAPLESSOAP.COM & ship for free on orders \$50+



NAPLES SOAP COMPANY
.....
Happiness is Here




SEEKING CHIROPRACTORS IN SW FLORIDA

LASENE BRAND PARTNERSHIP'S NOW AVAILABLE

- Groundbreaking Management of Neural Deficits for Simultaneous Gains in Over 200 Functional Deficits
- Expand Services, Maximize Outcomes, Increase Revenue

CALL TODAY OR VISIT OUR WEBSITE TO LEARN MORE.

A Lasene Brand Partnership is a smart investment in a results driven brand, bound to reach new heights!

Change your life for the better.

Learn more by visiting www.lasene.com

Scan the code with your smartphone to learn more about this amazing opportunity!



239-374-2574
15930 Old 41 Rd., Suite 400, Naples, FL 34110

Legal Disclaimer: This is not a Brand Partnership offering. A Brand Partnership offering can be made by us only in a state if we are first registered, excluded, exempted or otherwise qualified to offer Brand Partnerships in that state, and only if we provide you with an appropriate Brand Partnership disclosure document. Follow-up or individualized responses to you that involve either effecting or attempting to effect the sale of a Brand Partnership will be made only if we are first in compliance with state registration requirements, or are covered by an applicable state exclusion or exemption. © 2023 Lasene. All Rights Reserved.



Now is YOUR time!

Right now, we are offering a luxury retirement lifestyle for an extraordinary value.

EXCLUSIVE SAVINGS FOR ALL-INCLUSIVE LIVING

It's all here.

- Distinctive experiences
- Fascinating connections
- Elevated cuisine • Attentive service
- Signature Zest wellness programs

UNLOCK UNPRECEDENTED SAVINGS!*

Community Fee Waived!

CALL 239.249.3247 NOW!

Limited availability. Limited-time offer.



INDEPENDENT & ASSISTED LIVING RESIDENCES • ECC LICENSED

6945 Carlisle Court • Naples, FL • **239.249.3247**

   ASSISTED LIVING FACILITY #9408 RetireAtTheCarlisle.com

*Limited availability. Limited time. New residents in independent living only.



Diabetic Wound Healing: Why is it so Challenging to Treat?

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

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

Diabetic Wound Issues:

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

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

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

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



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

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

Diabetic Wounds & Vascularization

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

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

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

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

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

Collier Podiatry’s Wound Care Treatment:

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

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



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

239-775-0019
www.collierpodiatry.com

NCH Countryside Commons
1715 Heritage Trail, Suite 204
Naples, FL 34112
Phone: (239) 775-0019
Fax: (239) 775-0219



PICKLEBALL

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



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

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

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

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

Associated Injuries

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

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

Acute Injuries

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

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

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

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

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

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

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

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

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

Blue Sky Orthopedics



47955 Airport-Pulling, Ste 101, Naples, FL 34109
(239) 877-4662 | www.drrobertswift.com

Shining a Light on Diabetes

November's Diabetes Awareness Month

November is a month that brings with it the promise of cooler weather, cozy sweaters, and the anticipation of holiday festivities. However, amid all these joys, it also serves as a poignant reminder that it's Diabetes Awareness Month. This month is dedicated to raising awareness about diabetes, a condition that affects millions of people worldwide. In this article, we'll delve into the significance of Diabetes Awareness Month and why it's crucial to shine a light on this prevalent health issue.

Understanding Diabetes

Before we delve into the awareness month, let's start by understanding what diabetes is. Diabetes is a chronic medical condition that affects the body's ability to regulate blood sugar (glucose) levels. It occurs when the pancreas does not produce enough insulin or when the body cannot effectively use the insulin it produces. There are primarily two types of diabetes: Type 1 and Type 2, with different causes and treatment approaches.

Why November?

The choice of November for Diabetes Awareness Month is significant. It marks the birthday of Sir Frederick Banting, a Canadian scientist who, along with Charles Best, discovered insulin in 1921. Insulin remains a lifeline for people with Type 1 diabetes, allowing them to manage their blood sugar levels and lead healthier lives.

The Global Impact

Diabetes is a global epidemic, and its prevalence is on the rise. The International Diabetes Federation estimates that over 463 million adults have diabetes, and this number is expected to rise to 700 million by 2045. This pandemic isn't confined to any particular region or demographic; it affects people of all ages, backgrounds, and walks of life.

The Importance of Awareness

Diabetes Awareness Month is not just about acknowledging the statistics but also about fostering understanding and empathy. It's about educating people on the risk factors, prevention, and management of diabetes. It's about supporting individuals living with diabetes, both emotionally and practically. It's also a call to action for research and development to find better treatments and, ultimately, a cure.



Prevention and Lifestyle

A significant portion of diabetes cases is preventable. Promoting a healthy lifestyle through diet and exercise can go a long way in reducing the risk of Type 2 diabetes. Awareness campaigns often focus on spreading the message of the importance of a balanced diet, regular physical activity, and maintaining a healthy weight.

Supporting Those Affected

Living with diabetes can be challenging, and this is where the power of community support shines. Diabetes Awareness Month emphasizes the importance of compassion and assistance for individuals and families affected by the condition. Local and global organizations work tirelessly to provide resources, information, and support networks.

The Role of Technology

Advancements in technology have revolutionized diabetes management. Continuous glucose monitoring systems, insulin pumps, and smartphone apps have made it easier for people with diabetes to track their blood sugar levels, manage their medications, and share data with healthcare providers. It's essential to highlight these innovations during Diabetes Awareness Month.

Advocating for Research

Research is crucial in the fight against diabetes. November is a time to advocate for funding and support for diabetes research. Breakthroughs in understanding the disease and developing better treatments are essential in improving the lives of those affected by diabetes.

Get Involved

Diabetes Awareness Month is not limited to healthcare professionals and researchers. Anyone can get involved in raising awareness. You can participate in

local events, wear blue to show your support, or simply share information about diabetes on your social media platforms. Small acts can make a big difference in educating others about this condition.

Diabetes Awareness Month is a time for reflection, education, and action. It's a reminder that diabetes is a significant health challenge that affects millions worldwide, and it's a call to make a difference. Whether you're living with diabetes, know someone who is, or simply want to contribute to the cause, November is your chance to shine a light on this condition and support those affected. Together, we can make strides in the prevention, management, and, hopefully, one day, the cure for diabetes.

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.



239-315-7801

www.well-beingmedicalcenter.org
851 5th Ave. N. Suite 102, Naples, FL 34102



By Gunnar Bergqvist, MD

SELECTING THE RIGHT PLASTIC SURGEON FOR YOUR MOMMY MAKEOVER

When considering a mommy makeover, a transformative procedure that combines various plastic surgeries to rejuvenate the body post-pregnancy, choosing the right plastic surgeon is of paramount importance. Your choice will not only affect the outcome of the surgery but also your overall safety and well-being during the process. In this article, we will discuss the crucial factors to consider when selecting a plastic surgeon for your mommy makeover.

1. Board Certification:

The first and most critical criterion is board certification. Ensure that your plastic surgeon is certified by the American Board of Plastic Surgery or an equivalent board in your country. Certification demonstrates that the surgeon has undergone rigorous training, is highly skilled, and adheres to strict ethical standards.

2. Experience in Mommy Makeovers:

Seek a surgeon with specific experience in mommy makeover procedures. These often involve a combination of surgeries like tummy tucks, breast augmentation or lift, and liposuction. A surgeon with a history of successful mommy makeovers will be well-versed in addressing the unique challenges of these surgeries.

3. Before and After Photos:

Ask to see before-and-after photos of the surgeon's previous mommy makeover patients. This provides insight into their skill and aesthetic preferences. Be sure to examine cases similar to what you desire.

4. Patient Testimonials:

Reading testimonials from past patients can offer valuable insights into the surgeon's bedside manner and post-surgery care. Seek reviews on websites, social media, and word-of-mouth recommendations.



5. Consultation:

Arrange a consultation with the surgeon. During this meeting, you can discuss your goals, ask questions, and gauge your comfort level with the surgeon. Trust your instincts - you should feel at ease and confident in their abilities.

6. Hospital Privileges:

Find out if your chosen surgeon has hospital privileges. This means they can perform the procedure in an accredited hospital, which provides an additional layer of safety.

7. Safety Precautions:

Inquire about the safety measures the surgeon and their facility have in place. Ensure they follow strict infection control procedures and have access to emergency care if needed.

8. Transparent Pricing:

Request a detailed breakdown of the costs involved in your mommy makeover. This should include surgeon's fees, facility fees, anesthesiologist fees, and any other associated expenses. Beware of hidden fees or unusually low prices.

9. Recovery and Aftercare:

Ask about the surgeon's approach to post-operative care. A successful mommy makeover isn't just about the surgery; it's also about the recovery process. The surgeon should be available to monitor your progress and address any concerns.

10. Personal Compatibility:

Consider the surgeon's personality and communication style. You'll be working closely with them throughout your journey. It's essential to choose someone you can easily communicate with and who understands your goals and concerns.

11. Second Opinions:

Don't hesitate to seek a second or even third opinion. Multiple consultations can help you make a well-informed decision and provide you with a broader perspective on your options.

12. Ethics and Integrity:

Ensure that your chosen surgeon operates with the utmost ethics and integrity. A trustworthy surgeon will always prioritize your best interests over financial gain.

13. Recovery Time and Expectations:

Discuss the expected recovery time and any potential side effects or complications. Being fully informed about what to expect post-surgery is crucial.

In conclusion, the process of choosing a plastic surgeon for your mommy makeover is not one to be rushed. Take your time to research and meet with potential surgeons, asking the right questions and examining their qualifications and track record. The decision you make will greatly influence the results and safety of your mommy makeover, so make it wisely.

The Plastic Surgery Center of Naples

860 111th Ave., N., Suite #6, Naples Florida, 34108

239.431.7967 | 866-416-SKIN | www.SwedishDr.com



Gunnar Bergqvist, MD
Practice Made Perfect



Hearing Aids Slow Cognitive Decline in People at High Risk

By Brittany Colburn, Au.D. Doctor of Audiology/Ear Nerd

As the world population ages, the number of people living with dementia and other types of cognitive impairment continues to rise. Safe and affordable interventions to prevent or slow age-related cognitive decline are greatly needed.

Studies have found an association between hearing loss and the development of dementia in older adults. Research also suggests that using hearing aids to treat hearing loss may help slow the development of cognitive problems. But potential links between hearing loss treatment and improved cognition hadn't been tested in a large, randomized study.

To close this gap, an NIH-funded research team co-led by Dr. Frank Lin from Johns Hopkins University enrolled nearly 1,000 adults, ages 70 to 84, into a clinical trial. They compared the rate of cognitive decline over a three-year period between people who did and didn't receive hearing aids.

The researchers recruited participants with substantial hearing loss from two different study populations. About 250 healthy older adults came from a long-term study of heart health at four sites in the U.S. Another 739 people were newly recruited from the surrounding communities at the same four sites. Participants recruited from the heart-health study had more risk factors for developing dementia, including being older and having faster rates of cognitive decline than those from the general community.

The researchers randomly assigned participants to one of two interventions. About half received hearing aids and instruction in how to use them. The other half were assigned to a health education program focused on promoting healthy aging. Both groups received follow-up visits every six months to reinforce the training.

Before the start of the study and annually for three years, all participants took a battery of tests to measure cognitive functioning. The results were published on July 17, 2023, in *The Lancet*.



People who received the hearing aids reported substantial improvement in communication abilities over the course of the study. Those in the health-education group, as expected, did not experience improvement in hearing and communication.

In the main analysis of all study participants, the researchers saw no difference in the rate of change in cognitive functioning between people who received the hearing aids and those who didn't.

However, when the analysis focused on people from the heart-health study, who had a higher risk of dementia, the benefit of the hearing aids was substantial. Those who received hearing aids had an almost 50% reduction in the rate of cognitive decline compared with people in the health-education group.

"Hearing loss is very treatable in later life, which makes it an important public health target to reduce risk of cognitive decline and dementia," Lin says.

The researchers are continuing to follow the study participants to see how changes in cognition develop over time. They're also looking at brain

scans and data on social engagement to better understand how protecting hearing may prevent cognitive decline in vulnerable older adults.

"Until we know more," Lin adds, "we recommend for general health and well-being that older adults have their hearing checked regularly and any hearing issues properly addressed."

At Decibels Audiology our clinics are staffed with university-trained Doctors of Audiology who test and diagnose hearing loss. The hearing tests are free and are recommended for anyone over the age of 55. The full Frank Lin study is available at any of our hearing clinics in Naples.

Decibels

Audiology & Hearing Center

Call today and schedule your complimentary hearing test and consultation.

Celebrating 12 years as Southwest Florida's #1 Hearing Center

239-325-0596

napleshearingaids.com

THE CHANGING LANDSCAPE OF TYPE 2 DIABETES: TREATMENT AND PREVENTION

By Lisa Gonzalez, APRN-BC

Formerly referred to as "adult-onset diabetes mellitus," Type 2 Diabetes has long been associated with high blood sugar, insulin resistance, and a deficiency in insulin production. Traditionally, this condition primarily affected adults over the age of 45. However, with the alarming rise in childhood obesity in the United States, Type 2 diabetes has become increasingly prevalent across all age groups, although it remains most common among older adults.

CAUSES OF TYPE 2 DIABETES

The primary causes of Type 2 diabetes are obesity and a lack of physical activity, with genetic factors also playing a role. Notably, this type of diabetes is largely preventable, and there are several strategies individuals can adopt to reduce their risk of a Type 2 diabetes diagnosis.

PREVENTING TYPE 2 DIABETES

1. Lose Excess Weight: The American Diabetes Association recommends individuals with prediabetes to shed 7-10% of their body weight, significantly reducing the risk of developing diabetes. Greater weight loss yields even more substantial benefits.

2. Get Moving: Regular exercise aids in weight loss, lowers blood sugar levels, and enhances the body's insulin utilization. Aim for 30 minutes of aerobic activity daily.

3. Eat Healthy: Cultivating a lifelong habit of healthy eating involves choosing nutritious foods and managing portion sizes. A recommended dietary approach includes dedicating half the plate to fruits and vegetables, one-fourth to whole grains, and one-fourth to proteins like fish or lean meat.

TREATING TYPE 2 DIABETES

For individuals already diagnosed with Type 2 diabetes, effective treatment involves the management of blood sugar levels. Many patients can accomplish this by adhering to the prevention measures outlined above. Nevertheless, in cases where diet and exercise prove insufficient, medications may be necessary.



DIABETES MEDICATIONS

There are over 100 different diabetes medications available today. One of the most commonly prescribed oral medications is Metformin, a time-tested treatment for Type 2 diabetes. If Metformin does not suffice, various other oral and injectable medications are at a physician's disposal. Recent advancements have introduced weekly injectable medications that assist in weight loss and hemoglobin A1C reduction.

INJECTABLE MEDICATIONS: GLP-1 RECEPTOR AGONISTS

Among these innovations are GLP-1 receptor agonists, non-insulin medications prescribed in combination with exercise and other diabetes medications. These medications not only lower blood sugar levels and hemoglobin A1C but also aid in weight loss. Furthermore, they offer additional health benefits by improving blood pressure, cholesterol levels, and beta-cell functions.

Common medications in the GLP-1 agonists class include:

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

RESULTS

Studies conducted by the Mayo Clinic have demonstrated the efficacy of these GLP-1 drugs. Weight loss can vary depending on the specific drug used and the dosage. On average, individuals using liraglutide lost approximately 10.5 to 15.8 pounds, while those taking semaglutide, alongside lifestyle changes, achieved a remarkable 33.7-pound weight loss, compared to a mere 5.7 pounds in the control group.

Type 2 diabetes is a condition closely associated with obesity and a lack of exercise. While these newly developed medications offer promising results in managing the disease, it is essential to emphasize that they are most effective when integrated into a holistic approach that includes a healthy diet and regular exercise. As we navigate the changing landscape of Type 2 diabetes, a multi-faceted strategy remains the most effective means of prevention and treatment.

At Soleil Health and Wellness, we believe that true health and beauty are intertwined, forming the foundation for a fulfilling and vibrant life. Led by Nurse Practitioner Lisa Gonzalez, APRN-BC, our practice is dedicated to providing exceptional care and transformative services that empower our patients to unlock their full potential. With a focus on holistic well-being, cutting-edge treatments, and personalized care, we strive to build lifelong relationships with those we serve.



Lisa Gonzalez, APRN-BC

Lisa Gonzalez is a compassionate and highly skilled Board-Certified Family Nurse Practitioner, certified by the American Nurses Credentialing Center (ANCC). After graduating with honors from Nova Southeastern University, Lisa's remarkable journey has been

marked by both didactic and clinical achievements. Her extensive training includes aesthetic procedures such as Botox/Dysport injections, Dermal Fillers, Microneedling, and Platelet-Rich Plasma Injections. With experience in Primary Care, Acute Care, and Skilled Home Care, Lisa was drawn to the profession by her deep desire to serve others and build lifelong relationships with her patients.

SOLEIL
HEALTH & WELLNESS

239.893.7420

www.soleilhealthwellness.com

840 111th Ave N Ste 10, Naples, FL 34108



Dr. William A. Justiz, MD
Medical Director,
Principal Investigator



Kelly E. Calistri, B.A.
Chief Operating Officer,
Site Director



Dr. Matthew J. Baker, MD
Principal Investigator

**ADVANCING MEDICINE,
ONE DISCOVERY AT A TIME.**

239-529-6780 • www.aqualaneresearch.com

3200 Bailey Lane • Suite 180 • Naples, FL 34105



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



Arterial or Venous Circulatory Problems?

Naples Cardiac & Endovascular Center



Peripheral Artery Disease | Venous Insufficiency | Endovascular Center

Symptoms that may indicate PAD:

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

PAD pain may feel like:

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

Advanced PAD stages may cause:

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

We are able to evaluate and treat lower extremity arterial and deep venous disorders using minimally invasive (catheter-based) procedures without surgical incisions. Many of these procedures can be performed in our state-of-the-art Office-Based Endovascular Suite. This results in improved patient convenience and satisfaction.

For more information call us at:

239-300-0586

1168 Goodlette N., Naples, FL 34102
9400 Bonita Beach Rd., Suite 203, Bonita Springs, FL 34135

www.heartvein.com

HAIR FOR THE HOLIDAYS

POWER OF PLANT STEM CELLS FOR HAIR RESTORATION

In recent years, the field of hair restoration has witnessed a paradigm shift, moving beyond conventional approaches to embrace cutting-edge technologies. Among these innovations, plant stem cell therapy has emerged as a groundbreaking method, promising not only to counteract hair loss but also to rejuvenate and revitalize the scalp. This transformative procedure is now finding its place in the serene environment of medical spas, offering individuals a holistic and natural solution to their hair-related concerns.

Understanding Plant Stem Cells

At the heart of plant stem cell hair restoration lies the remarkable potential of plant stem cells. Unlike animal stem cells, plant stem cells possess the unique ability to regenerate and differentiate into various cell types. In the context of hair restoration, these cells can stimulate the growth of hair follicles, enhance the quality of existing hair, and contribute to an overall healthier scalp.

The Process Unveiled

Plant stem cell hair restoration begins with a thorough consultation at Tribe Med Spa, where a trained professional assesses the individual's specific needs and goals. Following this, a personalized treatment plan is crafted, taking into consideration factors such as the extent of hair loss, overall health, and lifestyle.

The treatment itself involves the extraction of plant stem cells, typically from botanical sources known for their regenerative properties. These cells are



then meticulously processed to create a potent serum or solution that is tailored to address the unique requirements of the guest. The application of this serum is performed through non-invasive techniques, ensuring a comfortable and relaxing experience.

KEY BENEFITS:

1. Natural and Sustainable

Plant stem cell therapy is celebrated for its natural and sustainable approach to hair restoration. By harnessing the power of plants, this method aligns with the growing demand for eco-friendly and ethical solutions. Moreover, it eliminates the need for synthetic chemicals that may be present in traditional hair restoration treatments.

2. Minimal Downtime

Unlike surgical procedures, plant stem cell hair restoration at medical spas involves minimal downtime. Guest can

resume their daily activities almost immediately, making it an attractive option for those with busy lifestyles.

3. Stimulation of Hair Follicles

The primary goal of plant stem cell therapy is to stimulate the dormant hair follicles, encouraging the growth of new, healthy hair. This not only addresses the visible signs of hair loss but also contributes to long-term scalp health.

4. Improved Hair Quality

Beyond quantity, plant stem cell therapy focuses on enhancing the quality of existing hair. This includes improvements in texture, thickness, and overall vitality, providing individuals with not just more hair but better hair.

5. Personalized Treatment Plans

At Tribe Med Spa, we pride ourselves on tailoring treatment plans to meet the

unique needs of each guest. This personalized approach ensures that individuals receive the most effective and targeted solutions for their specific concerns.

6. Relaxing Environment

The tranquil setting of Tribe Med Spa enhances the overall experience of plant stem cell hair restoration. Guests can undergo the treatment in a calm and soothing atmosphere, promoting relaxation and well-being.

Addressing Common Concerns

While plant stem cell therapy holds immense promise, it's essential to address common concerns and misconceptions surrounding the procedure. One of the frequently asked questions is whether the treatment is suitable for everyone. Tribe Med Spa emphasizes the importance of a comprehensive consultation to determine the suitability of the procedure for each individual.

Additionally, concerns about the longevity of results are common. While individual responses may vary, many guests experience sustained results over an extended period. Maintenance sessions may be recommended to optimize and prolong the benefits of plant stem cell therapy.

Conclusion

Plant stem cell hair restoration at Tribe Med Spa represents a harmonious blend of science and nature, offering individuals a transformative solution to their hair-related concerns. As this innovative approach gains traction, it is poised to redefine the landscape of hair restoration, providing a sustainable, personalized, and effective alternative to traditional methods. With the promise of healthier, fuller hair in a relaxing spa

environment, plant stem cell therapy is not just a treatment—it's a rejuvenating experience that empowers individuals to embrace their best selves.

In the realm of hair loss, time is undeniably of the essence. The longer an individual waits to address the issue, the more challenging it becomes to halt the progression and revive dormant hair follicles. This article underscores the critical importance of early intervention, emphasizing the need for individuals experiencing hair loss to consult with medical professionals promptly. Through timely and informed action, individuals can enhance the likelihood of successful interventions and potentially mitigate the impact of this common and often distressing condition.



239-766-4727

**1201 Piper Blvd., Ste #1
Naples, Florida 34110**

www.tribemedspa.com



Dr. Harold Bafitis is a highly accomplished and respected osteopathic plastic surgeon. He holds a Master's in Public Health from the University of Texas and a medical degree from the University of North Texas, Texas College of Osteopathic Medicine. He completed a general surgery residency at Grandview Medical Center, a plastic and reconstructive surgery fellowship in Des Moines, and a fellowship focusing on cosmetic, breast, and reconstructive surgery in Cincinnati.

Dr. Bafitis is double board-certified in general surgery and plastic and reconstructive surgery. He holds the title of FELLOW (FACOS) in the College of Osteopathic Surgeons and FACS in the American College of Surgeons. He has served on the American Osteopathic Board of Surgery, including as its chairman, and currently sits on the Residency Evaluation and Standards Committee of the American College of Osteopathic Surgeons. He is also a clinical associate professor of surgery at Nova Southeastern University College of Osteopathic Medicine.

With over 20 years of experience, Dr. Bafitis has trained medical students and physicians, contributed to medical publications, lectured nationally and internationally, and hosted scientific programs. He has developed and refined surgical techniques and instruments, such as integrated liposculpture and abdominoplasty. Dr. Bafitis is also dedicated to philanthropy, participating in mission trips to provide free reconstructive services and education in countries like Bolivia, Peru, and Cambodia.





Joe Aldeguer



Laura Aldeguer

For more information on the revolutionary treatments offered at **Tribe Med Spa** visit our website **napleshairrestoration.com**.

Stay up to date on our personalized treatments through social media:

 [Instagram.com/tribemedspa](https://www.instagram.com/tribemedspa) and  [facebook.com/tribemedspa](https://www.facebook.com/tribemedspa).



INSPIRE
EXERCISE MEDICINE

Your prescription for life

**Exercise is the one medical treatment
that works to prevent and manage all
chronic conditions, including cancer.**

**Visit us today to learn how
we're redefining healthcare together.**

📞 239.429.0800

3555 Kraft Rd, Ste 130, Naples, Florida, 34105

inspireem.com



TRIBE
MED SPA



239.766.4727

1201 Piper Blvd., Ste #1
Naples, Florida 34110

tribemedspa.com

License #6025990

- BBL/MOXI
- HYDRAFACIAL
- MEDICAL GRADE PEELS
- SKIN REJUVENATION
- COLLAGEN RESTORATION
- MICRONEEDLING
- SCITON FOREVER YOUNG TREATMENTS
- MICRONEEDLING WITH RADIO FREQUENCY
- REMOVE SUNSPOTS/FACE AND BODY
- HELP CLEAR ACNE/REMOVE FACIAL SCARS
- HELP REDUCE AND ELIMINATE ROSACEA

GRAND OPENING SPECIAL

HAIR RESTORATION TREATMENT

(6 TREATMENTS)

\$1,000^{off}

GUARANTEED IMPROVEMENT OR YOUR MONEY BACK

Valid with Health&Wellness AD.
Expires 11/30/2023



DR. HAROLD BAFITIS is our Medical Director as well as a highly accomplished and respected osteopathic plastic surgeon Focusing on cosmetic, breast, and reconstructive surgery with

20 years of experience. He holds a Master's in Public Health from the University of Texas and a medical degree from the University of North Texas, Texas College of Osteopathic Medicine.



LAURA ALDEGUER
Founder, Tribe Med Spa

47 YEARS OLD

DO YOU WANT A FACIAL WITH UNMATCHED RESULTS?

**TRIBE IS INTRODUCING MICROTOX
BOTOX WITH MICRONEEDLE TREATMENT**

\$399

Reduces WRINKLES AND FINE LINES within days and at the same time, makes your face produce collagen for lasting results.

SUPER EFFECTIVE AND RESULTS ARE IMMEDIATE

Valid with Health&Wellness Ad. Expires 11/30/2023.

INJECTABLES

FILLER \$100 OFF
Full Syringe

BOTOX \$10 Per Unit

DAXXIFY \$9 Per Unit

DYSPORT \$5 Per Unit

Average 20-40 units per area of the face.

Valid with Health&Wellness Ad. Expires 11/30/2023.

WHY IS THERE SO MUCH RESISTANCE TO RECEIVING TREATMENT FOR ALCOHOL AND DRUG DEPENDENCY WHEN A SOLUTION EXISTS?

By Robert C. Gibson— Managing Director Crossroads Behavioral Health Center and Crossroads Substance Abuse Services Group

For decades, the medical community has recognized addiction as a complex, multifaceted disease. In a landmark decision in 1956, the American Medical Association (AMA) officially classified addiction as a disease, aiming to destigmatize the struggles of those grappling with substance abuse. Despite this crucial acknowledgment, the battle to eradicate resistance to alcohol and drug treatment persists, presenting an intricate web of challenges that continue to hinder progress in combating this pervasive issue.

One of the predominant barricades remains the enduring stigma associated with addiction. Misconceptions persist, perpetuating the notion that addiction is a matter of personal choice rather than an ailment demanding compassionate and evidence-based treatment. This deep-seated misunderstanding fosters a culture of alienation, deterring individuals from seeking the support they urgently require.

Moreover, the accessibility of comprehensive treatment services remains a pressing concern. Unfortunately, all alcohol and substance abuse treatment programs are not created equally. Intensive outpatient (IOP) treatment programs for alcohol and substance abuse provide comprehensive care and support for individuals struggling with addiction. Crossroads Behavioral Health Center and Crossroads Substance Abuse Services Group, located at 708 Goodlette-Frank Road Naples, FL 34102, is a unique 90-day treatment program that is tailored for each client's needs. Crossroads has developed a proprietary curriculum that helps individuals seeking long term sobriety and provides assistance in reaching their goals and dreams.

While both diabetes and alcohol and drug abuse are classified as diseases by the American Medical Association (AMA), seeking treatment for each can elicit starkly different responses. Seeking treatment for diabetes is often deemed imperative due to the perceived physical health implications. However, the reluctance to pursue medical treatment for alcohol and drug abuse stems from the stigma attached to addiction, often regarded as a personal failing rather than a medical condition. The societal judgment and

misunderstanding surrounding addiction can create significant barriers, discouraging individuals from seeking the necessary help and support critical for their recovery. This stark contrast underlines the pressing need for higher quality, individualized addiction treatment programs, as well as greater awareness and destigmatization efforts to facilitate a more compassionate and comprehensive approach to addressing alcohol and drug abuse.

Key Elements for an Effective IOP Treatment Program

1. Individualized Treatment Plans: Each patient's journey towards recovery is unique and requires a personalized approach. Crossroads IOP program developed individualized treatment plans based on a thorough assessment of the patient's addiction history, mental health, and overall health status. The plans are regularly reviewed and updated based on the patient's progress.

2. Evidence-Based Therapies: Effective IOP programs should provide evidence-based therapies such as cognitive-behavioral therapy (CBT), motivational interviewing, and dialectical behavior therapy (DBT). Crossroads integrates these therapies which are proven to be effective in treating addiction and co-occurring mental health disorders.

3. Group Therapy: Group therapy is an essential component of Crossroads IOP programs as it provides patients with a supportive community of peers who can relate to their struggles. Group therapy also allows patients to learn from each other and provides opportunities for them to practice healthy communication and relationship-building skills.

4. Medication-Assisted Treatment (MAT): MAT involves the use of medications such as methadone, buprenorphine, or naltrexone to manage cravings and withdrawal symptoms during the recovery process. Crossroads IOP program offers MAT to patients who need it as part of their individualized treatment plan.

5. Holistic Care: A strong IOP program should address the whole person, including their physical, emotional, and spiritual needs. Crossroads holistic care includes activities such as art therapy, yoga, meditation, boating, hiking, as well as other group outings and activities.

6. Family Involvement: Addiction affects not only the individual struggling with it but also their loved ones. Crossroads strives to involve family members in the treatment process through family therapy and education.

7. Aftercare Planning: IOP programs should prepare patients for the transition back to their daily lives by developing a comprehensive aftercare plan. Crossroads offers ongoing support such as continued therapy, support group meetings, and sober living arrangements if needed.

Overall, a successful IOP program should prioritize patient-centered care, evidence-based treatments, and ongoing support to ensure the best possible outcomes for individuals struggling with addiction.

Why is Crossroads Substance Abuse Services Group is Regarded as a Premiere Intensive Outpatient (IOP) Treatment Programs in SWFL?

Crossroads Substance Abuse Services Group has established itself as a premier Intensive Outpatient Treatment Recovery Program (IOP) in Southwest Florida, acclaimed for its multifaceted approach and unwavering commitment to individualized care. At the heart of its distinction lies an expert team of dedicated professionals renowned for their depth of expertise and compassionate approach. Crossroads offers a comprehensive array of evidence-based therapies, cognitive-behavioral interventions, and holistic treatment modalities, tailored to address the unique needs of each client. Its emphasis on a client-centered approach fosters a sense of empowerment and personal agency, creating a supportive environment conducive to sustainable recovery.



CROSSROADS
BEHAVIORAL HEALTH CENTER
(239) 692.1020 | www.CrossroadsFL.org

Moreover, Crossroads' strong community integration and collaborative partnerships with local support networks contribute to its exceptional standing. The program not only focuses on addressing the immediate challenges of substance abuse but also places significant emphasis on equipping individuals with the necessary life skills and coping mechanisms essential for sustained sobriety and successful reintegration into society. Through its innovative and inclusive treatment strategies, Crossroads actively promotes a culture of understanding, empathy, and respect, fostering a sense of belonging and camaraderie among its clients.

The program's holistic philosophy extends beyond treatment sessions, with an emphasis on long-term aftercare and relapse prevention strategies, ensuring ongoing support for individuals even after the completion of the program. This comprehensive post-treatment approach has garnered accolades and commendations from both clients and the broader community, solidifying Crossroads' reputation as a beacon of excellence in the realm of substance abuse services. As a result, Crossroads Substance Abuse Services Group continues to serve as a pillar of hope and transformation, exemplifying the highest standards of care and dedication to recovery in Southwest Florida.

The Need for Destigmatizing Alcohol and Substance Abuse Treatment

The critical need to destigmatize alcohol and substance abuse treatment cannot be overstated, as it is essential to foster an environment of understanding and empathy for individuals grappling with addiction. Crossroads Substance Abuse Services Group, recognizing the profound impact of stigma on individuals seeking help, has spearheaded innovative initiatives aimed at dismantling the pervasive societal misconceptions surrounding addiction. By actively promoting a culture of inclusivity and non-judgment, Crossroads has created a safe and nurturing space where individuals feel empowered to share their struggles without fear of condemnation or discrimination.

Through its comprehensive educational programs and community outreach efforts, Crossroads works tirelessly to raise awareness about the complex nature of addiction, emphasizing that it is a treatable medical condition rather than a moral failing. By amplifying the voices of those in recovery and highlighting their successes, Crossroads aims to shift the societal narrative from one of shame and isolation to one of acceptance and support. This approach not only encourages individuals to seek treatment without fear of stigma but also fosters a sense of belonging and solidarity within the recovery community.

Furthermore, Crossroads' commitment to providing personalized, evidence-based care underscores its dedication to treating each client with the utmost respect and dignity. By offering a holistic range of therapeutic interventions, including cognitive-behavioral therapy, group counseling, and family support programs, Crossroads tailors its treatment plans to meet the unique needs of each individual, ensuring a comprehensive and integrated approach to recovery. This personalized care, coupled with a strong emphasis on post-treatment support and relapse prevention strategies, serves to reinforce the message that seeking help is not a sign of weakness but a courageous step towards reclaiming one's life.

Through its unwavering efforts to destigmatize alcohol and substance abuse treatment, Crossroads Substance Abuse Services Group has not only transformed the lives of countless individuals but has also set a powerful precedent for the broader healthcare community. By advocating for a more compassionate and understanding approach to addiction, Crossroads continues to pave the way for a more inclusive and supportive treatment landscape, emphasizing that every individual deserves the opportunity to embark on a journey of healing and recovery without the burden of societal stigma.



DON'T LET ALCOHOL OR DRUGS CONTROL YOUR LIFE

IT'S NEVER TOO LATE TO REWRITE YOUR STORY...

CROSSROADS SUBSTANCE ABUSE

- CONFIDENTIAL
- PROFESSIONAL
- EFFECTIVE

FLORIDA'S PREMIERE OUTPATIENT ADDICTION RECOVERY PROGRAM

239.692.1020
www.CrossroadsFL.org
 708 Goodlette-Frank Rd
 Naples, FL 34102
MOST INSURANCES ACCEPTED

CROSSROADS
 SUBSTANCE ABUSE SERVICES GROUP



Misir PHARMACY DME

MISIR PHARMACY IS AN INDEPENDENTLY OWNED RETAIL PHARMACY. OUR STAFF PHARMACIST HAVE MORE THAN 75 YEARS OF TOTAL EXPERIENCE.

OUR COMPOUNDING ABILITIES ENABLE US TO HELP OUR PATIENTS ACHIEVE THEIR GREATEST THERAPEUTIC OUTCOMES BY PROVIDING PHARMACEUTICAL COMPOUNDING SERVICES WHICH TAILORS MEDICATIONS SPECIFICALLY CUSTOM TO EACH INDIVIDUALS NEED.

- DERMATOLOGY COMPOUNDING
- PAIN MANAGEMENT
- VETERINARIAN COMPOUNDING
- FLAVORING OF MEDICATIONS
- SPECIALIZED CHILDREN'S FORMULATIONS

FREE DELIVERY
 WE ACCEPT MOST MEDICARE, MEDICAID, PRIVATE INSURANCE, DISCOUNT PROGRAMS

"Our pharmacists do more than fill your prescriptions, they take an active role in your health care"

At Misir Pharmacy, we have a singular focus on service, collaborating with our clients to develop products and services that help them provide quality care, control costs, and remain compliant with ever-changing regulations.

MISIR PHARMACY
 8795 TAMiami TRAIL EAST, NAPLES, FL 34113
 239-403-0060



Hormones and Depression

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

Your hormones play an essential role in regulating many bodily functions, such as development, metabolism, and reproduction, but their influence can also extend to your mood. However, since hormones help to keep your mood regulated, an imbalance in hormones can negatively impact your mood, potentially causing symptoms of depression.

If hormones are the cause of your depression, finding the underlying cause of your hormonal imbalance, addressing it, and returning your hormone levels to their ideal range may help relieve your depressive symptoms.

Symptoms of Depression

Depression is a mental illness that affects the way you think, how you feel, and how you act. It is most commonly associated with feelings of sadness and/or a loss of interest in the activities that once brought you joy. If left untreated, depression can affect your work and personal life while also leading to physical and emotional problems.

Depression can present differently in everyone, and what one person may experience often differs from what another does. That being said, the following are some possible symptoms of depression:

- irritability
- persistent feelings of anxiousness or sadness
- difficulty sleeping
- frustration or restlessness
- loss of interest in hobbies or usual activities
- feeling pessimistic or hopeless
- appetite changes
- difficulty focusing
- fatigue or lack of energy
- physical aches and pains
- suicidal thoughts

As you can see, depression is not an entirely mental dilemma; it can manifest with physical concerns.

There are many potential causes of depression, including medical conditions (e.g., a brain tumor, vitamin deficiency, thyroid problems) or personal circumstances (e.g., a death in the family). In some cases, depression may even result from imbalanced hormones.

Imbalanced Hormones

If there is one thing that your body prioritizes, it is balance. It requires balance in order to function correctly, and if there is a problem in your body, it can often be tied back to imbalance, such as an imbalance in your bacterial microbiomes, immune cells, or even hormone levels.

Some factors that commonly affect hormone levels include birth control, menopause, or pregnancy. When these conditions alter your hormone levels, they can also affect certain neurotransmitters responsible for your mood.

Not just women have to worry about hormonal imbalance, though. A drop in testosterone, which is present and used by those of both genders, although notably more prominent in males, can affect your mood and cause symptoms such as:

- increased anxiety
- depression
- low sex drive
- increased irritability
- reduced energy levels

In short, both genders can be susceptible to hormone troubles and changes in mood.

Causes of Hormonal Depression

Aptly named, depression that results from hormonal imbalances is called hormonal depression. Let's explore some hormonal imbalances, their causes, and how they can lead to depression.

Low Testosterone

While both males and females use testosterone, the effects of low testosterone can be more dramatic in males since their body requires significantly more testosterone.

Those with low testosterone may experience erectile dysfunction, reduced lean muscle mass, low sex drive, fatigue, irritability, and loss of body or facial hair. In some individuals, depression may develop, although researchers are less sure if it is because of low testosterone or because of the symptoms of low testosterone. Nevertheless, those of both genders show connections between low testosterone levels and depression.

Some potential causes of low testosterone include chemotherapy, radiation therapy, injury to or removal of testicles, diseases affecting the pituitary gland, certain infections, obesity, autoimmune diseases, and metabolic syndrome.

Coincidentally, certain medications, such as antidepressants, can also cause low testosterone, which can then cause depressive symptoms. In this case, the individual would end up in a cycle of low testosterone and depression.

In addition to the above potential causes, yet another common cause of low testosterone is aging, with testosterone production declining as we get older.

While women produce less testosterone than males, they can still experience the effect of its imbalance, with possible symptoms such as lack of motivation, lowered mood, tiredness, and loss of sex drive.

Unfortunately, since women produce lower testosterone levels, it can be harder to diagnose low testosterone. However, a doctor may look into it if you have had ovaries removed, lost your menstrual period, experience adrenal insufficiency, or are on oral estrogen therapy.

For those of both genders, reaching out to your doctor if you experience any symptoms of low testosterone is a crucial first step for determining its cause and restoring balance to this essential hormone.

Menopause

Menopause is a time in a woman's life characterized by a dramatic drop in the female sex hormones estrogen and progesterone. This decline can trigger mood changes and may cause some women transitioning into menopause to experience episodes of depression.

Other symptoms of menopause include:

- hot flashes
- sleep problems
- irregular periods
- vaginal dryness
- weight gain

Of note, menopause can cause sleep problems, and a difficulty with sleeping can also increase the risk of someone experiencing depression by ten times.

Those with a history of depression may also be more likely to experience depression during menopause.

Premenstrual Dysphoric Disorder (PMDD)

PMDD is a more severe version of premenstrual syndrome (PMS) with symptoms that include:

- severe anxiety or depression
- tension
- severe anger or irritability
- difficulty focusing
- mood changes
- panic attacks
- difficulty sleeping
- fatigue
- binge eating or food cravings

Those with PMDD may notice these symptoms appear 1 to 2 weeks before their period starts, which is around the time that hormone levels drop.

Those with PMDD are often more sensitive to hormonal changes that occur throughout the menstrual cycle, including a change in serotonin levels, which can contribute to episodes of depression. Those with depression due to PMDD often notice an improvement in their symptoms once their cycle progresses and hormone levels even out again.

Postpartum Depression

Throughout pregnancy, the body increases its production of allopregnanolone, which is a steroid produced by the brain when progesterone is broken down. Up to the third trimester, allopregnanolone levels steadily increase, but after childbirth, these levels quickly decline. Research suggests that this quick change in allopregnanolone levels can significantly contribute to postpartum depression, or depression that develops after giving birth.

Allopregnanolone levels usually increase a few days after giving birth, but for those experiencing postpartum depression, these levels do not rise.

Yet another link between hormones and depression has to do with GABA receptors in the brain, which play a role in many mental health conditions. When hormone and allopregnanolone levels change during pregnancy, they may affect the functionality of the GABA receptors, potentially contributing to depression.



Hormonal Contraceptives

In some people, hormonal contraceptives may cause depressive episodes or contribute to their severity, according to a 2022 research article, but the influence of the contraceptive depends upon the amount and type of progesterone contained within.

Both estrogen and progesterone are hormones that affect the nervous system, brain function, and certain neurotransmitters, such as dopamine and serotonin. These two neurotransmitters influence your mood, and when they are low, depression can occur.

Research has shown that estrogen may help to protect against mood disorders, but progesterone may have the opposite effect by lowering serotonin levels. Since oral contraceptives often contain progesterone, they may cause a decline in serotonin levels and lead to mood changes and depression.

Thyroid Problems

While thyroid disorders may not cause depression, research has shown that they may have symptoms that are similar to depression.

There is also a moderate link between overt hypothyroidism and clinical depression in females, likely due to the decline of thyroid hormones in the body and its more significant influence on the female body.

Treating Hormonal Depression

When it comes to treating hormonal depression, the best course of action is generally to treat the hormonal imbalance, with the best method depending on the underlying cause.

Your doctor will first need to check hormone levels through a blood test and match the results with your physical symptoms to help determine the cause of your depression. Once they know the reason for your imbalanced hormones, they can then work on treating it.

Some possible treatments for hormonal imbalance include:

- hormone replacement therapy
- antidepressants, if HRT is not suitable
- hormonal birth control for those with PMDD
- thyroid hormone replacement medications
- over-the-counter pain relievers for physical aches and pains
- testosterone therapy
- alternative contraceptive methods, such as nonhormonal contraception, lower dose progesterone options, or estrogen-based contraception
- lifestyle strategies (e.g., eating a balanced diet, exercising, practicing relaxation techniques)

Don't Ignore Hormonal Depression

If you ever experience moments of sadness, hopelessness, or a general loss of interest in the activities you used to enjoy, check in with your doctor about treatment for depression. Your doctor can help you work out the cause of your depression and offer treatment options that help address it.

Some cases of depression result from hormonal imbalances, and the optimal way to manage these instances is by regulating your hormones. The best way to do this is by reaching out to a hormone specialist who looks at all aspects of your hormone health and physical symptoms. With this information, they can help you better understand what is going on internally and devise a plan to help keep your mental health high.

References:

Can Menopause Cause Depression?. (2021). <https://www.hopkinsmedicine.org/health/wellness-and-prevention/can-menopause-cause-depression>

Nogrady B. (2022). The hormonal keys to depression. Nature, 608(7924), S44-S45. <https://doi.org/10.1038/d41586-022-02208-7>

Bode, H., Ivens, B., Bschor, T., Schwarzer, G., Henssler, J., & Baethge, C. (2021). Association of Hypothyroidism and Clinical Depression. JAMA Psychiatry, 78(12), 1375. [doi: 10.1001/jamapsychiatry.2021.2506](https://doi.org/10.1001/jamapsychiatry.2021.2506)

What is Depression? (2020). <https://www.psychiatry.org/patients-families/depression/what-is-depression>



9250 Corkscrew Rd., Suite 15, Estero, FL 33928
239-351-5663
info@sextys.com | drmelirvine.com

MEANINGFUL CONNECTIONS POSITIVELY IMPACT OVERALL HEALTH

By Jenny Bradley

Research cited by the National Institutes of Health emphasizes the importance of meaningful relationships, especially as we age. Social connections can profoundly impact our overall health and well-being. The benefits of discovering like-minded individuals and embracing the wealth of benefits offered by meaningful groups range from reducing stress and anxiety to adding years to your life.

Senior living communities provide the perfect setting for older adults to broaden their social horizons and form bonds with neighbors who share their interests and hobbies while embracing the excitement of discovering new adventures.

For example, nearly 50 veterans call The Carlisle Naples home, and many have found camaraderie and support through their involvement in the active retirement community's American Veteran Association (AVA) group. The club was started by veteran Christopher Dietz, the Clinical Therapy Director for EmpowerMe Wellness, The Carlisle Naples onsite therapy provider. The group meets weekly and gives members an opportunity to connect, share military stories and give back to the external community via volunteer initiatives.

"It's nice getting together with others with similar backgrounds and who answered the call to serve our nation," said resident George Hader. "It's a time to reflect, laugh and be of service. We have a great group of guys, and I look forward to our meetings."

AVA members have been actively involved in service projects, including organizing and coordinating care packages for hospice residents, clothing drives, and donations for Florida's Breast Cancer Foundation, providing a sense of purpose.

Regardless of whether you are a veteran or not, numerous avenues exist to forge meaningful connections. The crucial element is to remain open to new experiences and explore the possibilities. Here are a few tips for uncovering support, encouragement and camaraderie.



- **Follow Your Passions:** Start by thinking about what activities light up your life. Whether gardening, art, reading or a sport, pursuing your interests can lead you to like-minded people. Look for local clubs or online communities that share your hobbies.

- **Join Age-Focused Groups:** Seek out social groups that understand the unique needs and joys of being an older adult. Senior centers, fitness classes, book clubs, or travel groups designed for older adults can be wonderful places to connect with people in your age group.

- **Embrace Technology:** Don't shy away from technology. Use it to your advantage by connecting with others online. Social media, video chats, and websites created for older adults can help you meet and talk to people who share your interests.

- **Find a Sense of Belonging:** Take a moment to think about the kind of people you enjoy. Are you outgoing or more reserved? Find groups that match your personality, communication style, and values. This can help you form deeper and more meaningful connections.

- **Give Back and Get Involved:** Volunteering is a fantastic way to meet people while positively impacting your community. Look for local charities or organizations that need volunteers. The friendships you forge while helping others can be enriching.

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 239-249-3247 or visit www.TheCarlisleNaples.com.



Luxury Rental Retirement Living
6945 Carlisle Court, Naples, FL 34109
239-221-0017 • www.TheCarlisleNaples.com





Bringing Clear Vision to Life

At **Center For Sight**, we know that restoring vision is not just about improving your sight – it's about enhancing your quality of life. We are proud to offer our patients convenient access to nationally renowned surgeons, compassionate staff members and cutting-edge technology.

Schedule your appointment today!

Services Include:

- Cataract Surgery
- LASIK Surgery
- Glaucoma Management and Treatment
- Comprehensive Care
- Reconstructive and Cosmetic Eyelid Surgery

CENTER FOR SIGHT |  A US EYE COMPANY

CenterForSightSWFL.com | 239.310.2020
700 Neapolitan Way, Naples, FL 34103

YOUR UROLOGICAL WELLNESS IS OUR PRIORITY



ROLANDO RIVERA, M.D.



JONATHAN JAY, M.D.



Kristina Buscaino, D.O.

Accepting New Patients

CALL 239-465-4157


ADVANCED UROLOGY
INSTITUTE
NAPLES



www.advancedurologyinstitute.com/aui-naples-office/



What Should I Do After an Auto Accident?

By F. Scott Pauzar, III, Naples Personal Injury Attorney

A car wreck can be a very traumatic experience. The main thing to remember right after an automobile crash is to remain calm and ensure all parties around you are safe by dialing 911 if there is an emergency medical situation. Do not leave the scene at all.

Next, exchange basic information immediately—trade information like your names and insurance companies, but nothing else. Never admit fault or start apologizing. You do not know whose fault is who's in a moment like this, and you do not want to say anything to jeopardize your claim for compensation in the future. Therefore, remain silent on the fault issue.

The next step is to call the police. And finally, contact an attorney with experience in car accidents in Florida. These are all crucial steps following a car accident.

Claim for Compensation Following an Auto Accident

Follow these critical steps to make sure you are safe and to secure yourself in the event of pursuit of compensation if you file a future claim:

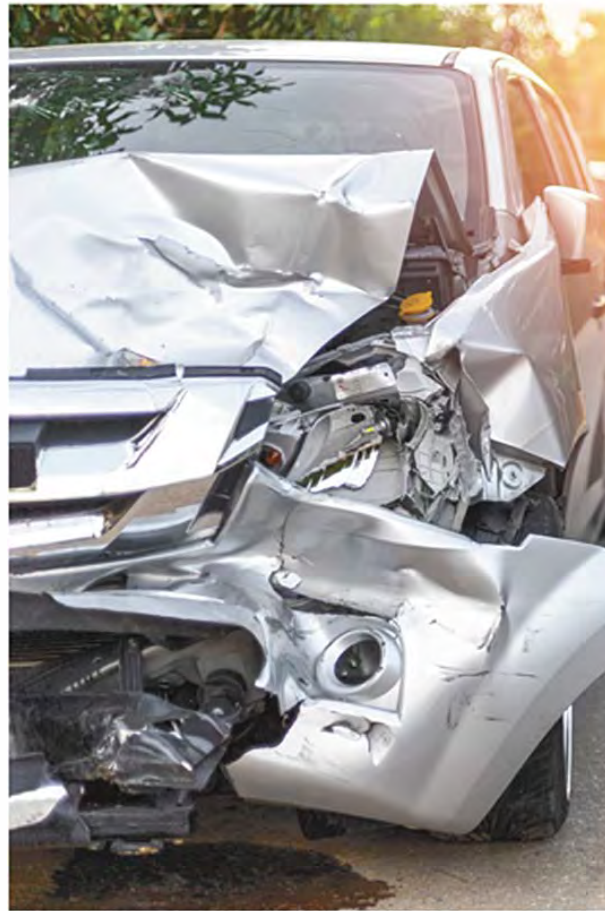
Do not leave the scene – If there are significant injuries, death(s), or property damages, it is a crime to leave an accident scene. However, be sure to move to safety until the authorities arrive.

Make sure everyone is okay and check for injuries – It is okay to leave the scene if emergency medical attention is needed.

Call the police – Make sure your accident is on record, no matter the circumstances, and wait for an officer to arrive. A police report is crucially important to your potential claim.

Stay at the scene and stay silent – Exchange basic information like names and insurance companies – Otherwise, remain quiet and do not discuss any "fault."

Seek medical attention – After your accident, go to a doctor and seek prompt medical help. Ensure your injuries are documented and explained and that you receive the care needed to get on the road to recovery. Your medical records will be vital to your future lawsuit or insurance claim if filed.



Call an attorney – The insurance companies will try to communicate with you right away. Avoid this, and do not give a "recorded statement." Instead, hire an attorney to speak on your behalf as your legal counsel.

The law firm of Woodward, Pires & Lombardo, P.A. has the experience and knowledge to walk you through the Florida legal process following your car accident. The weeks following a car accident can be challenging, so let us handle the legal aspects immediately so you will be able to focus on your entire physical and mental recovery while your attorneys handle the claim or lawsuit on your behalf.

Don't Settle for Less

A car accident is stressful enough. You do not have to talk to insurance adjusters or anyone else alone. An experienced car accident lawyer can help you through the tedious and challenging Florida legal process and fight to win the full settlement you are due.

If you have a personal injury claim, settling it on your own without a lawyer could mean getting much less than you're legally entitled to. Let us fight to bring you the money you deserve!

We provide our car accident legal services on contingency, meaning there is no cost to you unless we get paid by negotiating an equitable settlement or winning a verdict. Contact us today at 239-649-6555 or see www.wpl-legal.com.

About the Author

F. Scott ("Scott") Pauzar, III is a litigation and personal injury law attorney in Woodward, Pires & Lombardo's Naples office. He has a broad base of legal knowledge and skills cultivated through over 19 years of experience as a litigator in complex litigation in both state and federal courts. Previously, Scott was an Assistant State Attorney at the 20th Judicial Circuit State Attorney's Office in Fort Myers. During his five years as a Prosecutor, Scott conducted over 30 jury trials. After leaving the Office of the State Attorney, Scott served as an insurance defense attorney for 11 years, where his practice focused on litigation of complex cases and catastrophic injuries. Scott now combines his jury trial and defense experience to successfully represent his clients in litigation and personal injury law matters.

Scott is a military veteran, having served on active duty in the United States Air Force between 1989 and 1993. He is a native of Naples, Florida. Scott received his Bachelor of Arts degree from Jacksonville University in 1996 and his Juris Doctor from the University of Nevada, Las Vegas, in 2004. He is a member of The Florida Bar, and is admitted to practice in the U.S. Middle District and U.S. Northern District of Florida.



**WOODWARD, PIRES
& LOMBARDO, P.A.**
ATTORNEYS AT LAW

NAPLES OFFICE:
3200 TAMiami TRAIL N. STE 200
NAPLES, FL 34103
239-649-6555

MARCO ISLAND OFFICE:
606 BALD EAGLE DR. STE 500
MARCO ISLAND, FL 34145
239-394-5161

WWW.WPL-LEGAL.COM

A DEDICATED TEAM YOU CAN TRUST!

Voted Southwest Florida's Best Hearing Center

Decibels

Audiology & Hearing Center



University-Trained Audiologist's with Doctoral Degrees

Dr. Sarah Sessler, Au.D. | Dr. Rachel Spencer, Au.D. | Dr. Brittany Colburn, Au.D.

Complimentary hearing test and evaluation.

Hearing devices to fit any lifestyle and budget.

We work with and service all brands of hearing devices.

Complimentary hearing test and evaluation.

Schedule Your Free Hearing Test

239-325-0596

napleshearingaids.com

Southwest Florida's #1 Hearing Center for Over 10 Years

This is not a coupon.

It's a promise.

Our customers are smart. We owe them honest and up-front pricing that is easy to understand.

Competitive Pricing Superior Customer Service
No coupons or promotions needed.

Hearing Devices starting at \$999 each.

NORTH NAPLES



3000 Immokalee Rd., Suite 8
Just East of Jason's Deli

SOUTH NAPLES



971 Michigan Avenue
Just Northeast of Bascom Palmer

NCA

advocates that great care begins with a great plan and in doing so, the organization hopes to take those feelings of chaos out of a cancer diagnosis through its mission-driven approach to making these no cost services more accessible.



Naples Cancer Advisors

Great Care Begins with a Great Plan

Naples Cancer Advisors (NCA) provides NO COST second opinion, consultative oncology, and genetic counseling services **powered by** generous donors.



239-846-2273 (CARE) | NaplesCancerAdvisors.org

NOW OFFERING

SEMAGLUTIDE

WEIGHT-LOSS TREATMENT

NEW PATIENTS BEING ACCEPTED

Patients can easily lose up to 20 lbs or more in 3 months!

Once a week tiny injection!



Lisa Gonzalez, APRN-BC

SOLEIL
HEALTH & WELLNESS

840 111th Ave N Ste 10 Naples, FL 34108

239-893-7420



#1 WEIGHT LOSS MEDICATION ON THE MARKET

GET STARTED TODAY!
www.solcilhealthwellness.com

DON'T LET PAIN KEEP YOU FROM LIFE



ABSOLUTE
Physical Therapy

Absolute Physical Therapy is a top-notch physical therapy clinic that is helping you get back to your healthy life.

WHAT'S HOLDING YOU BACK?

No Doctor's Referral Needed! Schedule Today!

239-494-4241

<https://mainstreetpt.net/absolute-physical-therapy/>

9401 Fountain Medical Court, Ste. 101D, Bonita Springs, FL 34135



Stress Management

By Neetu Malhotra, MD

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

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

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



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

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

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

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

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

ASSOCIATES IN NEPHROLOGY

239-939-0999

www.associatesnephrology.com

FORT MYERS

7981 Gladiolus Dr
Fort Myers, FL 33908

CAPE CORAL

1320 SE 8th St
Cape Coral, FL 33990

BONITA SPRINGS

9550 Bonita Beach Rd, 108
Bonita Springs, FL 34134

LEHIGH ACRES

3400 Lee Blvd, #112
Lehigh Acres, FL 33971

WOODWARD, PIRES & LOMBARDO, P.A.
A TRADITION OF EXCELLENCE



NAPLES OFFICE
3200 Tamiami Trail North
Suite 200
(239) 649-6555

Est. 1971
WPI WOODWARD, PIRES
& LOMBARDO, P.A.
ATTORNEYS AT LAW

wpl-legal.com



MARCO OFFICE
606 Bald Eagle Drive
Suite 500
(239) 394-5161

Business Law • Community Association • Estate Planning • Family Law
Land Use & Zoning • Litigation • Local Government Law • Personal Injury Law
Probate & Trust Administration • Real Estate Law



20+ Years of Service



Paragon Healthcare is a nationwide leader for 20+ years in infusion care. We support an **IV Anywhere** approach, managing patient care from start to finish, *anywhere* in a community setting.

Bringing Floridians access to their infusion therapy — *anytime, anywhere.*

Home Infusion Therapy

Infusion Centers

Specialty Pharmacies



Learn more about IV Anywhere in FL.
PARAGONHEALTHCARE.COM



Paragon Naples Infusion Center
3540 Pine Ridge Road, Suite 2
Naples, FL 34109 | P: 239.544.3151
Other FL locations: Cape Coral, Clearwater, Fort Myers & Sarasota

*Care for Your Feet, Relieve Discomfort
and Enjoy Walking Again*



COLLIER PODIATRY, P.A.

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

Foot and Ankle Services

- Deep Tissue Laser Therapy
- Heel & Achilles Pain
- Bunion Surgery
- Diabetes Foot & Limb Care
- Wound Care
- Onychomycosis (Nail Fungus)

239-775-0019

www.collierpodiatry.com

NCH Countryside Commons
1715 Heritage Trail, Suite 204
Naples, FL 34112

**PRIMARY & URGENT CARE
HORMONE THERAPY**

A DIFFERENT APPROACH TO HEALTHCARE



NAPLES CLINIC

239-384-9392

www.Naples-Clinic.com



Kathy V. Verdes
APRN, A-GNP-C



James M. Ray, MD

- Ortho Urgent Care
- IV Injectable Biologics
- Arthritis Care

WE BELIEVE THE HEART OF HEALTHCARE IS SERVICE.



MINIMALLY INVASIVE TREATMENTS:

A New Frontier for Brain and Spine Metastases from Lung Cancer

By Gregory Cannarsa, MD, Fellowship-Trained Neurosurgeon

November is Lung Cancer Awareness Month, and while a lung cancer diagnosis is distressing enough, discovering subsequent metastases to the brain or spine adds another layer of complexity and stress. However, medical and surgical science has made remarkable strides, particularly in minimally invasive treatments that offer patients improved longevity and better quality of life. This article will focus on these state-of-the-art interventions that are making life significantly better for patients.

Stereotactic Radiosurgery (SRS): Precision in Brain Treatment

Stereotactic radiosurgery (SRS) has been a groundbreaking development for treating brain metastases. Not a surgery in the traditional sense, SRS is a highly accurate form of radiation therapy. The treatment is extremely precise, often completed in a single session, and spares surrounding healthy tissues. Suitable for treating multiple metastases, SRS allows for rapid recovery, often having patients back to regular activities in a day or two.

Radiofrequency Ablation (RFA) and Vertebral Augmentation: Twin Solutions for Spinal Metastases
Radiofrequency Ablation (RFA) is a pioneering technique for treating spinal metastases. By using electrical currents to heat targeted nerve tissue, pain signals are decreased. This technique pairs well with vertebral augmentation procedures like kyphoplasty, which restore the shape of a damaged vertebra and stabilize the spine. These minimally invasive approaches are often ideal for patients who are not candidates for more invasive surgeries.

Keyhole Craniotomy: Minimally Invasive yet Maximally Effective

A keyhole craniotomy represents a quantum leap in neurosurgical techniques. Instead of making a large incision and removing a significant portion of the skull, surgeons make a small hole just large enough to insert surgical instruments. The metastatic tumor can then be completely excised with minimal disturbance to surrounding brain tissue. This technique drastically reduces both the risks associated with surgery and the postoperative recovery time, making it an increasingly popular option for treating brain metastases.

Enhanced Recovery Protocols: The New Standard of Care
Postoperative recovery plays a crucial role in a patient's overall treatment experience and outcome. Enhanced recovery protocols have been designed to optimize every aspect of patient care before, during, and after surgery. These can include optimized pain



Source: www.clinicaloncology.com

management regimens, early mobilization, and individualized care plans designed to minimize hospital stays and speed up recovery. These protocols not only improve patient comfort but also reduce the risks of complications, representing a significant advancement in the overall approach to metastatic disease treatment.

Robot-Assisted Spine Surgery: A Minimally Invasive Approach to Spinal Metastases

Robot-assisted techniques have been making inroads into neurosurgery, especially for spinal metastases. Through tiny incisions, specialized instruments allow for stabilization of the spine while a small incision over the area of the tumor allows for the removal of tumor and decompression of the spinal cord. The technique minimizes damage to surrounding tissues, leading to reduced postoperative pain and quicker recovery.

Spinal Radiosurgery: Non-Invasive and Effective

Spinal radiosurgery offers another non-invasive option, especially beneficial for tumors near critical structures like the spinal cord. Highly targeted radiation destroys the tumor while sparing surrounding tissues. Much like SRS for brain metastases, spinal radiosurgery allows for quick recovery and is a particularly appealing option for those who have reached their lifetime limits for radiation exposure.

The Future is Bright: Optimism in the Face of Challenge

The landscape of treating metastases from lung cancer to the brain and spine has never been more promising. These minimally invasive treatments not only promise quicker recovery times but also offer multiple approaches for what is often a complex, multifaceted disease. As research progresses, these techniques will likely become even more refined, offering patients not just life-extending options but also better quality of life.

Why Minimally Invasive and Minimally Disruptive Is the Way Forward

The benefits of these cutting-edge treatments are manifold and transformative. From the precision of stereotactic radiosurgery in treating multiple brain metastases to the pain alleviation and spinal stabilization offered by radiofrequency ablation and vertebral augmentation, these interventions are game-changers for patients. The minimized surgical trauma and reduced hospital stays associated with keyhole craniotomy and enhanced recovery protocols ensure that patients can return to their lives more quickly and with fewer complications. These treatments represent a paradigm shift in the way we approach metastatic disease, placing patient comfort and quality of life at the forefront, while still effectively tackling the complex challenges of metastases from lung cancer.

About Gregory Cannarsa, MD

Dr. Cannarsa completed neurosurgical residency at the University of Maryland Medical Center/Shock Trauma Center, training in all types of neurosurgery both cranial and spinal. He focuses on cranial neurosurgery including brain tumors, hydrocephalus, stroke, brain bleeds, trauma, aneurysms, and other cerebrovascular malformations. He did a further specialized Cranial and Cerebrovascular Neurosurgery Fellowship at Swedish Neuroscience Institute in Seattle, WA. His goal is to ensure patients' quickest recovery and the longest lasting treatment whenever possible through minimally-invasive and minimally-disruptive techniques. He's a strong advocate of no-hair-shave neurosurgery such that the patient keeps all of their hair, as well as invisible closures which involves closing all incisions without the use of staples or sutures that need to be removed. He is accepting new patients which are seen within one week of referral at his practice, Apex Brain & Spine, located in Naples, Florida.



Apex Brain & Spine
Neurosurgical Specialists

239-422-APEX (2739)

3530 Kraft Road, Suite 203 • Naples, FL 34105

www.apexbrainandspine.com

Understanding the Differences Between Palliative Care and Hospice Care

Beverly needed help when her 90-year-old husband Arthur began experiencing increasing feelings of anxiety and depression while being treated for a chronic heart condition. A licensed clinical social worker, she turned to Avow's Palliative Care Program for guidance and support.

"The nurse practitioner learned more about Arthur in one session than other physicians had in seeing him over many visits," shares Beverly. "She also listened to my needs and concerns and came up with a plan that helped us both. It's not an exaggeration when I say that Avow's palliative care service saved two lives: mine and Arthur's. Life is so much better now."

While many are familiar with hospice and the compassionate end-of-life care it provides for those with terminal illnesses who no longer seek a cure for their condition or disease, non-hospice palliative care has emerged as an option to provide comfort care for chronically or seriously ill patients, even if they are still seeking curative treatment. Both hospice and palliative care focus on easing suffering and improving a patient's quality of life by treating their mind, body, and spirit.

November is Hospice & Palliative Care Month. Established in 1983 by Collier County volunteers and community members as the county's first hospice, Avow is the top-rated hospice in the county, according to Medicare Compare. In 2003, the nonprofit health care organization expanded its services beyond hospice care and bereavement support, pioneering the delivery of palliative care to the Southwest Florida community. Last year, Avow staff had 1,578 patient visits, and is on track to do approximately 2,500 visits for 2023.

How Palliative Care Works

Palliative care provides comfort for individuals living with serious illnesses such as cancer, heart disease, lung disease and kidney failure. These patients often face persistent, increasing suffering with challenges like pain, shortness of breath, drowsiness, constipation, nausea, loss of appetite, sleep disturbances, depression, and anxiety related to their



disease or treatment. The primary purpose of palliative care is to help alleviate the patient's physical symptoms and emotional distress, improving their quality of life as they continue treatment.

Avow's multidisciplinary palliative care team includes an advanced practice registered nurse (APRN), physician, licensed clinical social worker (LCSW), and can also include a spiritual counselor and licensed massage therapist. This team meets with the patient and family to complete an initial evaluation and then creates a customized palliative care plan to complement the patient's primary treatment plan, sharing recommendations with the patient's primary care physician and/or other physicians including their specialist. Patients can receive their initial evaluation and any ongoing palliative care services at Avow's outpatient center or, for bedbound patients, in their home.

In addition to symptom relief, benefits of palliative care include the following:

- Education and open discussion about treatment choices and symptom management
- Improved communication and coordination of care with all the patient's healthcare providers
- Emotional support for the patient and family

"The palliative care team supports not only the patient, but also those who love them," explains Avow Palliative Care Nurse Practitioner Eileen Crowley. "It helps the patient and family set goals for the future that lead to a more meaningful, enjoyable life while the patient continues to receive treatment for their illness."

Other Ways Hospice and Palliative Care Differ

Palliative care patients may or may not have a terminal illness. However, they usually have a life expectancy longer than six months while hospice patients must have a prognosis of six months or less. Furthermore, while both hospice and palliative care can be billed to Medicare, Medicaid, and other third-party payors, palliative care may be used at any point during the course of an illness without the qualification restrictions required for hospice care coverage.

Seeking Support

Despite their differences, both palliative and hospice care aim to acknowledge, relieve and prevent persistent suffering. They can be requested by anyone and do not require a physician referral. In addition, patients are not required to have advance directives such as a living will, Do Not Resuscitate Order (DNRO) or healthcare surrogate designation in place to receive either hospice or palliative care.

"We believe in meeting patients where they are," shares Crowley. "Whether its hospice care or palliative care, our team strives to give patients and their caregivers peace of mind by providing them with the individualized, compassionate care and support they need."

For more information about Avow's hospice or palliative care services, visit www.avowcares.org or call 239-280-2288.



239.280.2288
www.avowcares.org



A Century of Progress: The Evolution of Insulin Therapy in Diabetes

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

In 2023, we commemorate the 100 year anniversary of one of the most remarkable discoveries in medical history - the isolation and purification of insulin, a hormone that revolutionized the management of diabetes. Since its discovery, insulin therapy has witnessed remarkable advancements which have dramatically changed the lives of people with diabetes.

The Discovery of Insulin: A Life-Saving Breakthrough

The story of insulin begins in 1923 when Sir Frederick Banting and Charles Best isolated insulin from the pancreas of dogs and pigs. This marked the birth of insulin therapy and an era of hope for individuals with diabetes who were previously condemned to a life of severe metabolic imbalances and early death.

The first significant milestone in insulin therapy was the successful treatment of a young patient with type 1 diabetes. This marked the beginning of an incredible journey towards making insulin accessible to millions of people worldwide.

Human Insulin: A Breakthrough in Compatibility

One of the most significant developments in insulin therapy came in the 1980s with the advent of human insulin. Before this breakthrough, insulin was derived from animal sources, predominantly bovine and porcine, which posed a risk of allergic reactions and insulin resistance in some patients.

Recombinant DNA technology allowed scientists to synthesize insulin that is structurally identical to human insulin, making it more compatible with the human body. Human insulin, available in both regular and NPH forms, represented a monumental leap in insulin therapy, offering better efficacy, fewer side effects, and increased safety for patients.

Insulin Analogues: Tailoring Insulin Therapy to Individual Needs

The late 20th century and the early 21st century witnessed further progress in insulin therapy with the development of insulin analogues. These are synthetic insulins designed to mimic the body's natural insulin production more closely, providing greater precision and flexibility in diabetes management.

Rapid-acting analogues, such as insulin lispro and insulin aspart, have a faster onset of action, enabling patients to time their injections more closely to their meals. This helps reduce postprandial hyperglycemia and enhances overall blood glucose control.

Long-acting analogues, such as insulin glargine and insulin detemir, provide a stable basal insulin level over an extended period, minimizing the risk of hypoglycemia and allowing for once-daily dosing in some cases. This improved profile more closely resembles the body's natural insulin secretion, offering better blood glucose stability.

Designer Insulins: A New Frontier in Customized Therapy

As we enter the third decade of the 21st century, the field of insulin therapy continues to evolve with the emergence of "designer" insulins. These insulins are engineered to offer precise control over various aspects of glycemic management.

Ultra-rapid-acting insulins like insulin glulisine and faster-acting insulin lispro, known as "designer" insulins, are formulated to provide even quicker glycemic control, ideal for specific patient needs, particularly those who rely on insulin pumps or who require fine-tuned insulin dosing.

Additionally, smart insulins are on the horizon, with the promise of delivering insulin in response to real-time glucose levels. These innovative insulins may revolutionize diabetes management, reducing the burden of constant glucose monitoring and insulin dose adjustments.

The 100-Year Milestone: A Reflection on Insulin's Impact

The centenary of insulin's discovery serves as a poignant reminder of the profound impact this hormone has had on the lives of people with diabetes. Prior to its availability, diabetes was a death sentence for those with type 1 diabetes and a life of severe metabolic struggles for those with type 2 diabetes. Insulin therapy has transformed these narratives.

Today, individuals with diabetes can lead longer and healthier lives, manage their condition more effectively, and experience fewer complications thanks to the advancements in insulin therapy. The introduction of human insulin, insulin analogues, and the potential for designer insulins has opened doors to more tailored and personalized diabetes management.

Challenges and Future Directions

While the progress in insulin therapy is remarkable, there are still challenges to be addressed. Access to insulin remains a concern in some parts of the world, and the cost of newer insulins can be a barrier to many individuals. Efforts to make insulin more affordable and accessible are crucial.

Furthermore, the field of insulin therapy continues to evolve. New technologies, such as closed-loop insulin delivery systems and artificial pancreas devices, are emerging, further automating insulin management and improving the quality of life for individuals with diabetes.

Insulin therapy has come a long way since its discovery 100 years ago. The journey from animal-derived insulin to human insulin, insulin analogues, and the concept of designer insulins has made diabetes management more precise and manageable. As we celebrate this remarkable discovery, it is important to strive for continued advancements, making insulin more accessible and effective for all who need it. The future holds promise for even more innovative approaches to diabetes management, further improving the quality of life for those living with this condition.

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



Understanding Alzheimer's: Separating Fact from Fiction

By Cynthia Perthuis, CDP, CADDCT, CSA

November marks National Alzheimer's Awareness Month, a time dedicated to raising awareness about a disease that affects millions of people worldwide. By 2050 it is estimated that 153 million people will be diagnosed with Alzheimer's disease. It is important for everyone to understand what Alzheimer's is and is not and the risk factors associated with the disease. We hope to promote understanding, compassion, and support for those living with Alzheimer's and their families; as well as critical information for you to reduce your risk of getting this horrible disease.

What Alzheimer's Is:

- **A Brain Disorder:** Alzheimer's is a disease of the brain, leading to the accumulation of abnormal protein deposits, which disrupt the communication between brain cells, resulting in cell death.
- **Progressive:** Alzheimer's is a progressive disease, meaning symptoms worsen over time. It advances through stages, starting with mild memory problems and eventually leading to severe cognitive impairment.
- **Not a Normal Part of Aging:** While memory changes are common with aging, Alzheimer's is not a typical part of growing older. It is a distinct disease, and not all elderly individuals will develop Alzheimer's.

What Alzheimer's Is Not:

- **A Natural Part of Aging:** Age-related memory changes are normal. Forgetting the name of an acquaintance or where you left your keys occasionally does not necessarily indicate Alzheimer's. If you forget something and then later remember that you forgot, that is indication you do not have Alzheimer's.
- **A Transient Condition:** Alzheimer's is not a temporary condition that can be treated and cured. It is a chronic, long-term illness with no known cure. Prior to an Alzheimer's diagnosis, many patients are diagnosed with Mild Cognitive Impairment (MCI). Several studies have reported that symptoms of MCI can be reversed through diet, exercise, proper sleep habits and social activities.

- **Solely About Memory Loss:** While memory loss is a hallmark symptom of Alzheimer's, it also affects cognitive abilities, behavior, and personality. Individuals may experience changes in mood, judgment, and reasoning, among other symptoms.

Risk Factors for Alzheimer's

Understanding the risk factors associated with Alzheimer's is essential, as it helps you make informed decisions to mitigate those risks. While some risk factors cannot be changed, others can be influenced through lifestyle choices.

- **Age:** The most significant risk factor for Alzheimer's is age. The risk increases substantially after the age of 65, and the prevalence continues to rise with advancing age.
- **Family History:** Individuals with a family history of Alzheimer's are at a slightly higher risk of developing the disease. While it may have a genetic component, it is not guaranteed that someone with a family history will develop Alzheimer's.
- **Genetics:** Certain gene mutations, such as those related to the APOE gene, are associated with an increased risk of Alzheimer's. However, having these genes does not guarantee that an individual will develop the disease.
- **Down Syndrome:** People with Down syndrome are at a higher risk of developing Alzheimer's, often at an earlier age.
- **Cardiovascular Health:** Conditions like hypertension, heart disease, diabetes, and high cholesterol can increase the risk of Alzheimer's. Maintaining good heart health may lower this risk.
- **Lifestyle Factors:** Healthy lifestyle choices, such as regular physical activity, a balanced diet, and mental stimulation, may help reduce the risk of Alzheimer's. Additionally, avoiding smoking and excessive alcohol consumption can contribute to a healthier brain.



As we observe National Alzheimer's Awareness Month, it is essential to understand what Alzheimer's is and is not, recognize the risk factors, and be aware of the early warning signs. By increasing our knowledge and awareness of this debilitating disease, we can offer better support to those affected and work towards a future with improved treatments and, hopefully, a cure. Educating ourselves and others about Alzheimer's is the first step in making a difference in the lives of those living with this condition and their families.

If You Suspect a Loved One Has Alzheimer's

If your loved one is displaying signs of Alzheimer's, it is important to bring your concerns to a physician. Unfortunately, 97% of physicians admit to waiting for family members to raise the question of Alzheimer's or dementia according to the Alzheimer's Association. Do what you can do to let your doctor know in advance that you suspect your loved one is showing symptoms. It is important to have a physician check your loved one because there are many medical conditions which can mimic Alzheimer's. Often, these conditions are treatable. For example, urinary tract infections, depression, and grief can mimic Alzheimer's.

If your loved one's condition is such that you can no longer take care of them on your own or you are considering alternative ways to care for them, please call us at (239) 330-2133. We are trained to assess the situation and provide guidance on your next steps.



Senior Living and Care Solutions

239-330-2133 | www.scanyfl.com

EXPLORING THE POTENTIAL BENEFITS OF MEDICAL MARIJUANA IN ALZHEIMER'S DISEASE

Alzheimer's disease is a progressive neurological disorder that affects around 6.5 million people in the United States, causing cognitive decline, memory loss, and impaired daily functioning. The CDC projects this number to triple to 14 million Americans by 2060. Since more than 70% of those affected are 75 years and older, as the population ages, finding effective treatments for Alzheimer's has become a critical area of research and exploration. One avenue that has gained attention in recent years is the potential use of medical marijuana to alleviate symptoms and possibly slow down the progression of the disease.

Understanding Alzheimer's Disease

Alzheimer's disease is characterized by the accumulation of abnormal proteins in the brain, primarily beta-amyloid plaques and tau tangles. These buildups disrupt communication between nerve cells and lead to their eventual death, resulting in cognitive decline and memory loss. Current treatments aim to manage symptoms and improve the quality of life for affected individuals, but there is no cure for Alzheimer's disease. Since 1995, the onset of Alzheimer's Disease has increased while other forms of dementia have decreased. Alzheimer's is the most common cause of dementia and results in a decline of thinking, memory, behavior, and social skills over time. In advanced stages, Alzheimer's can result in death and is currently the 5th leading cause of death for those over the age of 65. Although a lot is still unknown about Alzheimer's Disease, there is likely more than one factor that causes its progression. The top risk factors for the disease are prior family history of Alzheimer's and age.

The Endocannabinoid System and Alzheimer's

The endocannabinoid system (ECS) is a complex network of receptors, cannabinoids, and enzymes present throughout the human body, including the brain. This system plays a vital role in various physiological processes, such as appetite, pain sensation, mood, and memory. Research has shown that the ECS may be dysregulated in Alzheimer's patients, prompting interest in using cannabinoids to modulate this system and potentially mitigate the progression of the disease.



Cannabinoids and Their Potential Therapeutic Effects

Cannabinoids are the chemical compounds found in marijuana that interact with the ECS. Although there are over 100 natural occurring cannabinoids in medical cannabis, two primary cannabinoids of interest are delta-9-tetrahydrocannabinol (THC) and cannabidiol (CBD). THC is psychoactive and responsible for the medicated feeling or "high" associated with marijuana, while CBD is non-psychoactive and has shown promise for its potential therapeutic effects.

Potential Benefits of THC

Symptom Management: THC may help manage symptoms such as agitation, anxiety, and sleep disturbances, common in Alzheimer's patients. THC has also shown strong therapeutic potential for the treatment of neuronal inflammation and neurodegenerative diseases such as Alzheimer's.

Appetite Stimulation: THC can stimulate appetite, potentially aiding in weight maintenance, which is a concern in advanced Alzheimer's stages.

Potential Benefits of CBD

Neuroprotective Properties: CBD has shown neuroprotective effects, potentially protecting brain cells from the neurodegenerative process seen in Alzheimer's.

Anti-inflammatory Effects: CBD possesses anti-inflammatory properties that may help reduce neuroinflammation associated with Alzheimer's disease. CBD additionally has shown significant improvement in the neuropsychiatric symptoms of Alzheimer's patients.

Research and Clinical Studies

Research on the use of medical marijuana in Alzheimer's is still in its infancy, and more rigorous clinical trials are needed to establish its safety and efficacy conclusively. It was found in some studies that its use can increase cell survival, protect against oxidation stress, reduce ROS progression, reduce lipid peroxidation and stimulate neurogenesis of the hippocampus. Preliminary studies and anecdotal evidence suggest potential benefits in symptom management and slowing disease progression, but further investigation is essential.

Conclusion

Medical marijuana holds promise as a potential adjunctive treatment for managing symptoms and potentially slowing the progression of Alzheimer's disease. The cannabinoids THC and CBD may offer therapeutic effects, including symptom relief and neuroprotection. However, extensive research, clinical trials, and regulatory considerations are necessary to better understand the efficacy, safety, and appropriate dosing of medical marijuana for Alzheimer's patients. As the field of medical cannabis research continues to evolve, there is hope for leveraging its potential to improve the lives of those affected by this devastating neurodegenerative disease who currently do not have a large number of options available to them.



**COMPASSIONATE
HEALTHCARE OF FLORIDA**

WWW.FLMMJHEALTH.COM

Call for Appointments (833) 633-3665

Anti-Aging: Myth or Reality?

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

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

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

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

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

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

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

Retinol

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



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

Peptides

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



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

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

Aesthetic Treatment Centers

As a leader in the industry, ATC always offers the latest technology in skin and body care. By combining their expertise through industry leaders, innovative procedures, and cutting-edge products, you will always receive remarkable results within the serene, inviting atmosphere of the Aesthetic Treatment Centers.

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



Hours: Monday - Friday 9-5
Saturday: By appointment

(239) 322-3790 | atcnaples.com

Office

720 Goodlette-Frank Road, Suite 300
Naples FL 34102

BREATHE EASY: PLANNING YOUR OXYGEN NEEDS FOR A STRESS-FREE HOLIDAY SEASON

As the holiday season approaches, it's essential to prepare for every aspect of the festivities, including your oxygen therapy needs. With increased traffic, busy schedules, and dining out becoming more common, planning ahead is crucial to ensure a seamless and enjoyable holiday experience.

Oxygen therapy is a lifeline for many individuals with respiratory conditions, such as chronic obstructive pulmonary disease (COPD) or pulmonary fibrosis. It provides the necessary oxygen levels to maintain a healthy and active lifestyle. However, when the holiday season arrives, the usual routine can be disrupted. Here's how to plan your oxygen needs effectively to make the most of this joyous time:

Consult Your Healthcare Provider Early

Start by scheduling an appointment with your healthcare provider well in advance of the holiday season. Discuss your travel plans, including any long drives or flights, and ask for their advice on adjusting your oxygen therapy accordingly.

Check Your Equipment

Ensure that your oxygen concentrator or other equipment is in good working condition. Replace any worn-out tubing or filters and have spare batteries on hand if you use a portable oxygen concentrator.

Order Supplies in Advance

The holiday season can cause delays in medical supply deliveries. To avoid running out of essential oxygen-related items like nasal cannulas or oxygen tanks, order extra supplies ahead of time.

Travel Planning

If you plan to travel during the holidays, coordinate with your oxygen supplier to arrange for oxygen deliveries at your destination. Airlines and other transportation providers have policies for traveling with oxygen, so familiarize yourself with their requirements and make necessary arrangements.

Notify Your Accommodations

If you're staying in a hotel or vacation rental, inform them of your oxygen therapy needs. They can assist with setting up your equipment and ensuring a safe and comfortable stay.



Plan Rest Stops

If driving long distances, plan regular rest stops to take breaks and check your oxygen levels. Carry your portable oxygen concentrator with you, and ensure it's fully charged.

Dining Out

Dining at restaurants is a common holiday activity, but it's essential to consider your oxygen needs. Choose restaurants that are oxygen-friendly, where staff are knowledgeable about accommodating oxygen therapy users.

Stay Hydrated

The dry winter air can worsen respiratory symptoms. Stay well-hydrated by drinking plenty of water to keep your airways moist and aid in oxygen absorption.

Monitor Your Oxygen Levels

Throughout the holiday season, regularly monitor your oxygen levels using a pulse oximeter. This small device can alert you to any potential issues and ensure you receive the oxygen levels your body requires.

Share Your Plan

Inform your travel companions and family members about your oxygen needs and emergency procedures. Having a support system in place can provide peace of mind during the holiday season.

By planning your oxygen needs ahead of time, you can minimize disruptions and enjoy a stress-free holiday season filled with cherished moments. Remember that taking care of your health is the most precious gift you can give yourself, allowing you to fully savor the joys of this special time of year.

PANAKEIA is a certified Service-Disabled Veteran-Owned Small Business (SDVOSB) and nationally accredited by The Joint Commission's Home Care Accreditation program. We specialize in marketing, training, and distributing advanced medical products to the military, prehospital care and EMS, law enforcement, fire/rescue, Veterans Administration, hospital critical care, and home care.

Our mission is to provide the medical community with unique solutions and innovative products that transform patient care and save lives. We bring medical innovations to life.

PANAKEIA 



202-656-8848
3050 N. Horseshoe Drive,
Suite 164
Naples, FL 34104



www.PanakeiaUSA.com

FINDING RELIEF: EXPLORING THE POTENTIAL OF AQUATIC THERAPY FOR CHRONIC PAIN

Living with chronic pain can be an overwhelming and debilitating experience. However, emerging research suggests that aquatic therapy may offer a promising solution for individuals seeking relief. Aquatic therapy harnesses the healing power of water to provide a low-impact environment that promotes physical activity, relaxation, and pain management. In this article, we will delve into the challenges faced by those with chronic pain, explore the unique benefits of aquatic therapy, and highlight how this innovative approach can be a game-changer in managing chronic pain effectively.

1. Understanding Chronic Pain

Chronic pain affects millions of people worldwide, disrupting their daily lives and diminishing their quality of life. It can arise from various conditions such as arthritis, fibromyalgia, or back injuries, lasting for weeks, months, or even years. Traditional pain management approaches often involve medication, physical therapy, or surgical interventions. However, these treatments may not always provide satisfactory results or may have unwanted side effects. This is where aquatic therapy comes into play, offering a holistic alternative that targets pain relief while promoting overall well-being.

2. The Therapeutic Power of Water

Aquatic therapy, also known as water therapy or hydrotherapy, utilizes water's unique properties to enhance healing and rehabilitation. The buoyancy of water reduces the impact on joints and allows for gentle movement without exacerbating pain. Additionally, the resistance provided by water helps strengthen muscles, improve flexibility, and increase range of motion. The hydrostatic pressure exerted by water reduces swelling and inflammation, alleviating pain and promoting circulation. These combined benefits make aquatic therapy an attractive option for individuals dealing with chronic pain.

3. Managing Pain through Aquatic Therapy

Aquatic therapy offers a range of exercises and techniques tailored to address specific pain issues. From simple stretches and movements to more advanced activities, such as water aerobics or resistance training, the therapy can be customized to suit individual needs and abilities. The warm water



temperature used in aquatic therapy sessions further aids in muscle relaxation and pain reduction. Moreover, the supportive and soothing nature of water creates a calming effect on the mind, reducing stress and anxiety often associated with chronic pain.

4. Benefits and Considerations

One of the key advantages of aquatic therapy is its accessibility to people of different ages and fitness levels. It is particularly beneficial for individuals who struggle with weight-bearing exercises on land or those who experience limited mobility. The water's natural resistance helps improve muscle strength and endurance, enhancing overall fitness and promoting better posture. Additionally, aquatic therapy fosters a sense of community among participants, offering emotional support and motivation throughout the healing journey. However, it is essential to consult with a healthcare professional to determine the suitability of aquatic therapy and identify any precautions or contraindications.

The advantages of aquatic therapy

Aquatic therapy has been used for hundreds of years! And it is available at Absolute Physical Therapy.

The following are some of the advantages:

- Increasing flexibility and mobility
- Assisting with locomotion and gait
- Increasing muscular strength and endurance
- Improving the healing process to reduce recovery time
- Increasing aerobic capacity for better health
- Improving coordination and balance
- Reducing stress and promoting relaxation

Depending on your specific requirements, your physical therapist may choose to add aquatic therapy into your treatment plan.

Chronic pain can significantly impact one's physical and emotional well-being. Aquatic therapy emerges as a promising option, offering a unique approach to pain management that combines gentle exercise, buoyancy, and the therapeutic benefits of water. By reducing pain, improving mobility, and enhancing overall quality of life, aquatic therapy empowers individuals to take an active role in their recovery. As research continues to highlight its effectiveness, it is crucial for those living with chronic pain to explore the potential benefits of aquatic therapy, potentially finding relief and renewed hope in their journey towards a pain-free life.

Why Choose Absolute Physical Therapy of SW FL

Absolute Physical Therapy is a state-of-the-art 2,500 square foot facility with modern amenities located just off Bonita Beach Road in a quaint medical district. With offerings like a heated therapeutic exercise pool, fully equipped gym space, traction room, and multiple private treatment rooms, Absolute is the #1 destination for many Southwestern Floridians therapy needs. Absolute Physical Therapy is well known for providing pelvic health therapy and aquatic therapy, but our skilled team can help with all conditions like orthopedics, neurological, vestibular training, soft tissue injuries, and so much more.

Absolute Physical Therapy in Bonita Springs, FL believes that each patient has a unique need unlike any other we've treated; you are not just "another patient". We will work to get you in as quickly as possible to assess your needs and develop a personalized plan of care that will help you attain your goals, reduce your pains, and get you back to the life you love.



239-494-4241

www.mainstreetpt.net

9401 FOUNTAIN MEDICAL CT.,
BONITA SPRINGS, FL 34135



New Treatments for Age-Related Macular Degeneration

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

For over a decade, ophthalmologists have been at the forefront of treating age-related macular degeneration (AMD), using innovative techniques to combat both wet and dry AMD. These treatments have changed the final visual outcome for millions of Americans afflicted with this potentially vision-stealing disease. As the field of ophthalmology continues to evolve, the coming decade promises a continuing plethora of exciting advancements aimed at providing even more effective ways to safeguard the eyesight of those affected by AMD. In this article, we delve into the most promising treatments on the horizon for both wet and dry AMD.

Wet AMD Breakthroughs

Wet AMD is a condition that ensues when abnormal blood vessels form beneath the retina and subsequently leak blood or fluids, leading to rapid vision loss. Thanks to groundbreaking research, anti-VEGF drugs emerged about 15 years ago as a game-changer. These drugs function by obstructing vascular endothelial growth factor (VEGF), a key protein involved in the growth of these detrimental blood vessels.

Before the advent of anti-VEGF drugs, individuals with wet AMD faced a grim prognosis of severe vision loss or even legal blindness. Drugs like Lucentis, Avastin and Eylea have revolutionized the management of wet AMD by either stabilizing in most or even improving vision in a significant proportion of patients. Nevertheless, there's a catch – they require regular injections into the eye.

The good news is that more enduring therapies are now emerging, and there are new drugs that promise fewer scheduled intraocular injections while maintaining eyesight.

However, while clinical trials demonstrate that anti-VEGF injections have allowed more than 90% of patients to preserve their vision, real-world statistics indicate a figure closer to 50%. The major reason behind this gap is the challenge of sticking to a demanding injection schedule, often requiring monthly or bi-monthly appointments, which can be arduous for elderly patients dealing with multiple health issues.

Source:
<https://www.aao.org/eye-health/tips-prevention/promising-new-treatments-amd>

Gene Therapy for Wet AMD

One promising avenue is gene therapy, which could replace the need for frequent drug injections. The objective is to develop a "one-and-done" treatment that stimulates the eye to produce its own anti-VEGF medicine. Two distinct methods are under exploration: one involves surgical injection of gene therapy under the retina, while the other, more convenient approach is an injection performed in an ophthalmologist's office.

Gene therapy offers substantial potential, but its long-term effectiveness and affordability remain uncertain. It might not be a universal solution for all AMD patients, given the potential costs and individual suitability.

Drugs that Target Multiple Causes of Wet AMD

In addition to gene therapy, there's excitement about drugs that could tackle more than one underlying factor contributing to AMD. Faricimab, sold under the brand name Vabysmo, is one such drug that targets both VEGF and the protein angiopoietin-2. It's injected into the eye, similar to traditional anti-VEGF treatments and may offer the advantage of extended effectiveness, allowing patients to go longer than monthly between treatments.

Moreover, the prospect of combining two drugs to address wet AMD more comprehensively is on the horizon. Other drugs are currently in clinical trials, and have shown better outcomes when compared to anti-VEGF agents alone.

Advancements in Dry AMD Treatments

Dry AMD is a condition that affects approximately 8 out of 10 AMD patients. It manifests as the gradual thinning of the macula with age, accompanied by the growth of tiny protein clumps called drusen. Central vision is progressively lost, and the severity categorizes it as early, intermediate, or late stage. For those in the intermediate stage, the AREDS2 formula, a combination of antioxidant vitamins, helps reduce the risk of vision loss. However, a small percentage of individuals in the late stage, known as geographic atrophy (GA), have had limited treatment options.

Dry AMD Treatments Targeting the Immune System

A significant breakthrough in the treatment of dry AMD is the identification of the immune system's "complement cascade" as a key contributor to the condition. These drugs aim to halt the complement

cascade's attack on the retina and are administered through eye injections, similar to wet AMD treatments. Two novel drugs that target this cascade, Syfovre and Izervay were both recently granted FDA approval and are available for eligible patients.

Replacing Vision Cells in Dry AMD

Another intriguing avenue of research for late-stage dry AMD involves the potential replacement of deteriorating retinal cells. Stem cells hold the promise of replacing these damaged cells, and various methods are being explored to transplant them into the eye. This includes layering stem cells on thin scaffolds or injecting them in a fluid suspension under the retina. Early clinical trials have not revealed any unexpected side effects, but it may take another decade or more to refine and validate these therapies for human application.

In conclusion, the future of AMD treatment is rife with innovation. New therapies, including gene therapy, multifactor-targeting drugs, and stem cell treatments, offer hope for patients affected from both wet and dry AMD. With ongoing research and clinical trials, the next decade may indeed witness a transformation in the management of this sight-threatening condition, providing a brighter outlook for the nearly 20 million Americans currently grappling with AMD.

Retina Group of Florida

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 Retina Group of Florida.

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

Retina Group of Florida 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.



www.retinagroupflorida.com | 239-325-3970
 3467 Pine Ridge Rd., Suite 103, Naples 34109

SCALP HEALTH 101: Understanding and Managing Dandruff

By Dr. Anita Grassi

Dandruff is a common condition characterized by increased flaking of skin on the scalp. It may be itchy and unsightly with visible accumulation of scale on the hair and clothing but is otherwise medically harmless. It may worsen with cold, dry weather and stress. Men are often affected more than women.

Dandruff represents a mild form of seborrheic dermatitis, an inflammatory skin condition that produces both scaling and annular red patches. Most dermatologists will use the term seborrheic dermatitis for the diagnosis. While dandruff is confined to the scalp, more widespread forms of seborrheic dermatitis can affect the eyebrows, beard, and groin, as well as oily areas of skin including the central face, ears, and chest. In infants, the thick matted scaling of seborrheic dermatitis on the scalp is known as cradle cap.

The cause of seborrheic dermatitis in all its forms is not known but the combination of sebum production and yeast colonization seems to play a role. Seborrheic dermatitis is worse in areas of skin with high sebaceous or oil gland activity especially on the scalp, face, and chest. Yeast, specifically *Malassezia* species, that normally live on skin degrade the sebum to free fatty acids, which in turn promote skin cell shedding and inflammation.

Treatments therefore are directed towards reduction of oil production, cell turnover and yeast. Patients with certain neurological disorders such as Parkinson's and immunodeficiency diseases including HIV are also at increased risk for seborrheic dermatitis.

Although there is no cure, effective treatments are available to control the flaking and itch.

Consider the following steps:

- Wash hair daily or every other day if possible. Infrequent shampooing can lead to build up of scale and worsening itch.
- Try a medicated shampoo. Anti-dandruff shampoos containing active ingredients such as salicylic acid (e.g., Neutrogena T/Sal), pyrithione zinc (e.g., Vanicream 2% zinc), selenium sulfide (e.g., some Selsun products) or tar (e.g., Neutrogena T/Gel) will help to relieve symptoms. They can be alternated with your regular shampoo. If one ingredient does not work then try another. Be aware that tar-based products can discolor blond or white hair.
- Ketoconazole 1% shampoo is an over-the-counter antifungal agent which targets the yeast species that promote dandruff.
- If you still see no improvement, then you may have a more stubborn case of seborrheic dermatitis that requires prescription medications

to clear. Stronger antifungal agents or anti-inflammatory topical steroids are available through your doctor. These medications include both shampoos as well as solutions and foams that are left on the scalp overnight.

Remember that seborrheic dermatitis is chronic and recurrent so realistic treatment goals are aimed at management rather than cure. If you are struggling with a flaky scalp, consult your dermatologist about a regimen that works best for you.


DR. ANITA GRASSI

Board Certified Dermatologist




Dr. Anita Grassi is a board-certified dermatologist who joins Skin Wellness Physicians after a long career in both academic and private practice in the Boston area. She spent 30 years in practice at the Dermatology Laser and Cosmetic Center at xpert for Massachusetts General Hospital in Boston, MA, where she gained experience in cutting-edge laser treatments of skin disorders. She also served on the faculty of Harvard Medical School as an assistant professor and was instrumental in training many residents and fellows in medical dermatology, laser, and cosmetic procedures. Furthermore, she co-founded a private practice in Watertown, MA, bringing the same level of skillful dermatologic care into the community setting.

239.732.0044
www.SkinWellnessFlorida.com



- Eldercare Consulting
- Placement Assistance
- Advocacy
- Beyond Driving With Dignity



Senior Living and Care Solutions
www.scanyfl.com

Cynthia Perthuis, CDP, CADDCT, CSA
Owner of Senior Care Authority of New York and Southwest Florida.
Has supported over 10,000 families across the US.
239-330-2133
cynthia@seniorcareauthority.com




DOWNTOWN NAPLES
1300 Goodlette Rd. N., Ste. 101
Naples, FL 34102

EAST NAPLES
8625 Collier Blvd.
Naples, FL 34114

MARCO ISLAND
Marco Island Medical Center
531 Bald Eagle Dr.

239.732.0044 • www.SkinWellnessFlorida.com

REVOLUTIONIZING INTIMACY

GAINSWave for ED and FEMI Wave for Enhanced Orgasms and Arousal

By Dr. Viviana Cuberos

In a world where technology and innovation continue to transform our lives, it's no surprise that the realm of sexual health and wellness is also experiencing a revolution. Two groundbreaking treatments, GAINSWave for Erectile Dysfunction (ED) and FEMI Wave for intensified orgasms and increased arousal, are taking center stage, offering hope, pleasure, and improved intimacy for countless individuals.

Understanding GAINSWave for Erectile Dysfunction (ED)

Erectile Dysfunction, a condition that affects millions of men worldwide, has long been a challenging issue to address. While there are various treatment options available, GAINSWave is emerging as a non-invasive, effective, and scientifically-proven alternative. This innovative therapy employs high-frequency, low-intensity soundwaves to stimulate blood flow, enhance tissue regeneration, and improve overall sexual function.

GAINSWave works by breaking down plaque buildup in blood vessels, which can obstruct blood flow to the penis. By promoting new blood vessel growth and improving circulation, it helps men achieve and sustain firmer, longer-lasting erections. The treatment is virtually painless, with no need for surgery or medication, making it a safe and attractive option for those seeking a solution to ED.

The FEMI Wave Experience: Intensifying Orgasms and Arousal

While GAINSWave caters to the needs of men, FEMI Wave is here to transform the lives of women. This advanced therapy focuses on the female anatomy, addressing concerns related to sexual health and pleasure. FEMI Wave employs a similar mechanism of action to GAINSWave, utilizing soundwave technology to stimulate blood flow, rejuvenate tissues, and heighten sensitivity in the female genital area.

FEMI Wave offers women a non-surgical, non-invasive solution to conditions such as vaginal dryness, low libido, and difficulty achieving orgasm. The



treatment can also be beneficial for post-menopausal women experiencing sexual discomfort. By promoting healthy vaginal tissues and increasing blood flow, FEMI Wave enhances arousal and orgasm, ultimately transforming the intimate lives of countless women.

The Science Behind the Waves

Both GAINSWave and FEMI Wave rely on the principle of acoustic wave therapy. These high-frequency soundwaves are delivered through a specialized device and applied directly to the targeted areas. The waves trigger a cascade of biological responses that include the release of growth factors, the stimulation of stem cells, and the regeneration of blood vessels. This, in turn, improves blood flow and tissue health, leading to the remarkable benefits these therapies offer.

The results of GAINSWave and FEMI Wave treatments have been backed by numerous scientific studies and clinical trials, which have demonstrated their safety and effectiveness. This evidence, combined with the non-invasive nature of these therapies, has made them increasingly popular options for those seeking to address sexual health concerns.

A More Satisfying, Fulfilling Intimacy

The benefits of GAINSWave and FEMI Wave extend beyond physical improvements. Both treatments can have a profound impact on the emotional and psychological aspects of one's intimate life.

Increased confidence, reduced anxiety, and a deeper connection with one's partner often accompany the physical changes. For couples facing challenges in the bedroom, these therapies can help rekindle the flame and lead to a more satisfying, fulfilling intimacy.

Consulting a Qualified Provider

It's crucial to consult with a qualified healthcare provider who specializes in GAINSWave and FEMI Wave treatments. These experts can assess individual needs and create personalized treatment plans to achieve the best results. The number of sessions required may vary from person to person, but the overall goal remains the same – to enhance sexual health and well-being.

In conclusion, GAINSWave and FEMI Wave are revolutionizing sexual health and wellness. With their non-invasive nature, scientific backing, and remarkable benefits, they are offering new hope to those dealing with erectile dysfunction, as well as women seeking enhanced arousal and orgasms. These therapies represent a promising future for individuals and couples looking to reinvigorate their intimate lives, ultimately fostering healthier, happier relationships.

Orchidia Medical Group

Our mission is to utilize the latest in medical science and apply this with the simple understanding that you want to look, feel, and live better. Let us help you realize your potential well-being and become the individual that you have long desired. Your well-being is worth it!

November SPECIALS!

GAINSWAVE - 3 TREATMENTS FOR \$1350.00

FEMIWAVE - 3 TREATMENTS FOR \$1350.00

**DYSPORT - 50 UNITS FOR \$225.00
(REG PRICE \$275.00) \$50.00 OFF**

**RESTYLANE FILLERS TO ENHANCE YOUR
CHEEKS - SPECIAL OFFER: \$675.00
TAKE \$75.00 OFF THE REGULAR PRICE.
NOW AT \$600.00**

**SCULPTRA TREATMENT - \$100.00 OFF
REGULAR PRICE \$1300.00**



**CALL TODAY!
239-333-8809**

2590 Golden Gate Parkway,
Suite 104
Naples FL 34105

Board Certified Physicians
Dr. Cuberos & Dr. Young

THE MANY BENEFITS OF BREASTFEEDING FOR BOTH MOTHER AND INFANT

By Dr. Michel Saaloukeh - MD, FAAP, IBCLC

Breastfeeding is often referred to as the "gold standard" of infant nutrition, and for a good reason. It provides numerous advantages for both the mother and the baby. The benefits of breastfeeding begin even before the baby arrives, with prenatal education playing a crucial role in preparing for this remarkable journey.

Breastfeeding education starts early in pregnancy, allowing mothers to understand the process, benefits, and potential challenges. Prenatal classes and discussions with healthcare professionals ensure that mothers are well-informed and confident in their ability to breastfeed.

International Board Certified Lactation Consultants (IBCLCs) are the gold standard of lactation care. They play a pivotal role in assisting mothers with breastfeeding, both initially and throughout their journey. These experts provide invaluable support and guidance, addressing concerns like perceived weight loss in the infant and potential decreases in milk output when pumping. With their expertise, mothers can navigate through these challenges and continue to provide the best nutrition for their babies.

For mothers who plan to return to work or need to wean their newborns, lactation specialists are a valuable resource. Going back to work can be a daunting transition, but with the guidance of these specialists, mothers can establish pumping routines, maintain milk supply, and ensure a smooth continuation of breastfeeding alongside their professional commitments.

One of the lesser-known benefits of lactation specialists is their proficiency in determining which medications are safe for breastfeeding. Many mothers may find themselves in situations where they need to take medication while nursing their babies. Lactation specialists can offer expert advice on the safety of these medications, providing peace of mind to mothers. In cases where a particular medication may not be safe, they can suggest alternatives or guide mothers on the "pump and dump" technique, ensuring that the baby's health remains a top priority.

Breastfeeding offers a myriad of benefits for both the mother and infant. For the infant, it is the optimal source of nutrition, offering the perfect blend of nutrients, antibodies, and essential components required for healthy growth and development. Breast milk is not only easily digestible but also protects the infant from infections and allergies, offering a strong immune system foundation.

Mothers, too, reap numerous rewards from breastfeeding. It promotes bonding between mother and baby, creating a strong emotional connection. Breastfeeding helps with postpartum weight loss as it burns extra calories and reduces the risk of postpartum depression. Furthermore, it decreases the chances of breast and ovarian cancers in the long run.

Breastfeeding also has an environmental impact. It is a sustainable choice, as it produces no waste, and mothers don't need to rely on formula production and packaging. This makes it an eco-friendly option that reduces the carbon footprint.



In conclusion, breastfeeding is a remarkable journey that provides innumerable benefits for both the mother and the infant. It begins with prenatal education, with lactation specialists acting as valuable guides throughout the process. They help address challenges, ensure a smooth transition back to work or weaning, and offer expert advice on medication safety. The advantages of breastfeeding are undeniable, ranging from providing the best nutrition for the infant to fostering strong emotional bonds between mother and child. It's a win-win for both health and the environment.

Dr. Michel Saaloukeh, MD, FAAP, IBCLC, is board certified in Pediatrics, Neonatology and lactation. Trained at University of Pittsburgh Medical Centre UPMC, has been practicing for over 15 years in the field of Pediatrics and Neonatology. Dr. Saaloukeh is the medical director of a general pediatrics practice, Comprehensive Pediatric and Neonatal Clinic in Southwest Florida. He is IBCLC certified and is committed to providing breast feeding support to mothers and infants after discharge home from the hospital. With a focus on infants who graduate from the NICU, and their special needs, he is dedicated in providing support following discharge home.

For more information, call 239-422-6020 or visit: www.cpnclinic.com



OUR TREATMENTS

- Botox & Fillers
- Facial Rejuvenation
- Vaginal Rejuvenation
- Erectile Dysfunction (GAINSWave)
- Hair Removal
- Acne Treatments
- Body Sculpting
- Lipotropic Injections
- Medical Weight Management
- Hair Restoration for Male & Females
- Health for Men
- IV Vitamin Infusion Tx.
- Nonsurgical Facelift with Silhouette Instalift
- P-Shot and O-Shot Available
- Testosterone Testing Available - Results in Minutes

239-333-8809 | www.orchidiamedicalgroup.com | HABLAMOS ESPAÑOL!
2590 Golden Gate Parkway • Naples, FL 34105 • Suite 103 & 104

Prenatal Care • Lactation Consultation • Newborn Care • Pediatric Care

PRIORITIZING YOUR CARE AND COMFORT



COMPREHENSIVE Pediatric & Neonatal CLINIC
www.cpnclinic.com



**Dr. Michel Saaloukeh, MD
FAAP, IBCLC**

NOW WELCOMING NEW PATIENTS (239) 422-6020
BONITA PALMS PROFESSIONAL CENTER
9400 Bonita Beach Road, SE #204 • Bonita Springs, Florida 34135



The Secret to Getting Back to Sports Fast and Safely: Addressing Neurological Compensation

By Angela Puchalla, MS, ATC, LAT

Current research indicates that one in four American adults DO NOT meet the minimum recommendations for physical activity. The body is not designed to be idle, and we know that moving regularly can add years to our lives. As we age, we want to be able to continue to do the things we love, whether that be general activities of daily living or participation in recreational sports. However, injuries can be a major part of being active. Pain is unique to all of us and can be all-encompassing as it may adversely impact functional, social, and psychological well-being.

As we age, we the signal between the brain and muscles slows and causes compensation patterns. These patterns can lead to pain and injury.

The leading company in Florida for identifying and correcting neurological compensation is Naples-based **Matterhorn Fit**. Through their proprietary process, called the Matterhorn Method, they have been able to successfully treat over 70 professional athletes, 11 Olympians, and thousands of SW Florida residents in as little as two weeks. In their comprehensive initial evaluation, they will identify exactly where the root cause of your problem is coming from, create a plan to fix it quickly, and prevent it from returning.

Dr. Erin Edwards, a translational neuroscientist, supports Matterhorn Fit's unique and specifically sequenced method of identifying the root cause of pain, neuropriming the system, reinforcing connections and strengthening. "The Matterhorn Fit team brings together proven neurological practices and applies them in a cohesive process for the everyday person in pain," said Dr. Edwards.

"Many of our clients have lost hope. They are at the point in their lives where they want to enjoy recreation sports, but they are in pain. They have tried traditional treatment methods without any results. When you address pain, injury, and movement dysfunction from a neurological level, the results are immediate and our clients can enjoy the activities they desire," says Matterhorn Fit CEO Ryan Vesce.



Ryan Vesce was on the verge of retirement from his professional hockey career after major back and hip surgery, but mentally he was not ready. Ryan teamed up with professional athlete strength coach, Sean Sullivan, to find a solution to his chronic pain. The team spent the next five years compiling various techniques they had learned in professional sports into a systematic process and applied it to Ryan's rehabilitation. The results were immediate, and it enabled Ryan to keep playing for an additional 5 years pain free. Ryan and Sean founded Matterhorn Fit in 2018 to bring their newly developed process, called the Matterhorn Method, to everyday people who struggle with pain.

"When I retired in 2018, we had to tell the world what we had discovered," says Vesce. "So we started testing our new process on pro athletes, and it worked. We started testing on active seniors in the area (60-80 yr olds) and it worked. In fact, the Matterhorn Method worked so well that our clients told all of their family and friends about it. That's when we knew we had something really special.

Within 2 weeks, virtually all of our patients were seeing a major reduction of pain and that has held true for thousands of our clients through today. The process worked fast. The culture was inspiring, and we began to take off."

The first step in Matterhorn Fit's process is a comprehensive initial evaluation. Through their evaluation, they will be able to identify any neurological compensation in the client's system. If they do find compensations, there is a very high probability that they can improve the client's pain in two weeks.

"Through our initial evaluation we will be able to determine IF we can help you. If we do find something that we can fix, then we will start you with 6 sessions over a two-week period to resolve your symptoms," says Vesce. "Over 94% of our clients have reported a major reduction of pain within two weeks. After the symptoms are resolved, we build a personalized movement plan to prevent the problem from returning."

To schedule an initial evaluation visit
matterhornfit.com or call the office at
239.676.5342.



239-676-5342 | www.matterhornfit.com

SW Florida Locations

Matterhorn Fit Naples - 2079 Pine Ridge Rd.
Naples FL 34109

Matterhorn Fit Bonita - 25330 Bernwood Dr #2
Bonita Springs, FL 34135

Navigating the Fog of Memory Changes in Aging

By Richard J. Capiola, MD

As we journey through life, our memories evolve just as we do. Memory changes are a natural part of aging, but they can also raise concerns about more serious conditions like dementia or Alzheimer's disease. Additionally, depression in the elderly can manifest as memory problems, further complicating the landscape of cognitive health. This article explores the nuances of memory changes in aging and provides guidance on distinguishing between typical age-related memory changes, dementia, and depression-related memory issues.

Normal Memory Changes with Aging

It's normal to experience some memory changes as we grow older. These changes are often characterized by:

- **Slower Processing Speed:** As we age, the speed at which we process information may decline, leading to mild forgetfulness.
- **Difficulty with Multitasking:** Juggling multiple tasks becomes more challenging, which can affect our ability to remember things.
- **Recall Issues:** Temporary forgetfulness about names, words, or where you left your keys may occur.
- **Absent-Mindedness:** Occasionally forgetting appointments or details due to distractions is common.

Dementia and Alzheimer's Disease

Dementia is not a normal part of aging. It is a group of cognitive disorders that significantly impair daily

functioning. Alzheimer's disease is the most common cause of dementia. Warning signs include:

- **Severe Memory Loss:** Profound memory deficits, particularly for recent events or familiar people.
- **Confusion:** Difficulty with orientation, time, and place.
- **Personality Changes:** Noticeable shifts in mood, behavior, and personality.
- **Decline in Problem-Solving Skills:** Struggles with managing finances, making decisions, or solving problems.

Depression-Related Memory Issues

Depression in the elderly can mimic dementia symptoms, creating a diagnostic challenge. Common signs include:

- **Memory Complaints:** Feeling forgetful, though memory tests may not show significant impairment.
- **Concentration Problems:** Difficulty focusing and making decisions.
- **Apathy:** Loss of interest in activities and social withdrawal.
- **Sleep Disturbances:** Insomnia or excessive sleeping.

Differentiating Between the Three

Differentiating between normal aging, dementia, and depression-related memory issues can be challenging. Consult a healthcare professional for an accurate diagnosis. Medical assessments, cognitive tests, and brain imaging can help distinguish the causes.



Managing Memory Changes

To clarify and address memory changes, regardless of their origin, consider the following:

- **Lifestyle Modifications:** Maintain a healthy diet, stay physically active, and engage in mental stimulation through activities like puzzles or learning new skills.
- **Social Interaction:** Staying socially connected can improve cognitive health and prevent depression.
- **Seek Help:** If memory issues persist, consult a healthcare provider to rule out underlying conditions.




In conclusion, understanding memory changes in aging and distinguishing them from dementia, Alzheimer's disease, or depression-related issues is crucial. Recognizing the signs and seeking professional guidance can make all the difference in ensuring the best possible cognitive health and quality of life as we age.

Dr. Richard J. Capiola is the Chief of Psychiatry for Physicians Regional Medical Center. He received his medical degree from Tulane University School of Medicine and has been in practice for more than 20 years. Call Dr. Capiola today at 239-649-7494.

We eliminate pain. Fast.

/ PAIN RELIEF
/ REHABILITATION
/ MOVEMENT

matterhornfit.com | 239.260.1896
2079 Pine Ridge Rd | Naples, FL 34109


PSYCHIATRIC CONSULTATION SERVICES

Dr. Capiola focuses on the treatment of:

- Depression and Anxiety
 - Mood Disorders
- Alcohol use disorders
 - Substance abuse
- Obsessive Compulsive Disorder
 - ADHD

Treatment of Adolescents and Adults, Alcohol and Substance abuse, medication assisted therapy with suboxone, and patients needing psychiatric assessments related to the court system.

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.



RICHARD J. CAPIOLA, MD
239.649.7494
704 Goodlette Frank Road North
Suite 222
Naples, Florida 34102



Are You Practicing Mindful Wealth?

Courtesy of Nina Azwoir, First Vice President, Investments

If the past few months have given you more time for introspection, use it to improve your financial plan in a big-picture way. Even for the privileged among us who still have our jobs, are not on the front lines with the pandemic, and have not had anyone close to us felled by COVID-19, the current crisis has brought hardships big and small.

Parents have confronted the daily struggle of trying to do their jobs while also home-schooling. Adult children have not been able to visit their elderly parents. Graduations, weddings, and even funerals have been put on hold or “Zoomified.” Yet as difficult as it has been, there have been a few silver linings too, especially for those of us lucky enough to not be touched directly by the crisis. One of the most valuable is that pressing pause on our usual routines has given many of us the opportunity to take a step back, get out of our ruts, and take stock. What do we really value? What do we really miss? What can we not wait to do when this is all over? What “necessity” of our past lives, whether the daily purchased latte or frequent meals in restaurants, are we finding that we are quite happily doing without?

Travel may be someone’s greatest longing, while others miss cooking and entertaining big groups of family and friends. Talking about how the pandemic has changed our thinking on a topic, or made us want to do more of something else, can help us feel like we are using the present situation productively. The current sense of isolation will not be for naught, because it is shaping how we intend to use our lives in the future, when we once again have a full set of choices before us.

Are You Allocating Your Time and Money with Your Intentions?

It can be argued that now is a good time to put a fresh set of eyes on your financial plan, taking a similarly expansive view of it that you might not have been able to do when you were busy and mired in your day-to-day activities. Too often, one expert opined, financial plans (and planners) move straight to the “solution” phase, without stopping to ask some basic questions about what someone is trying to achieve and what their real problems are.

“Much of the scientific research about spending and happiness points to a clear connection between spending on experiences versus things.”

What will constitute “success” for you over the next few years, not just in financial terms, but in life terms, too? Are you allocating your time and money in line with your intentions, what you find fulfilling, and what brings you joy? These questions are incredibly personal; no one else can answer them for you.

Whether you are well into retirement or early in your career, it can be easy to backburner questions like these and move straight to logistics, determining your asset allocation and minimizing taxes, for example. Those are all worthy pursuits, but if you find yourself with a bit of extra time to think a bit more broadly and introspectively about your financial plan, here are some of the key questions to ask yourself.

What Expenditures Bring You Happiness?

As most investors know, the biggest determinant of whether you achieve financial success is how much you spend versus how much you save. But as important as it is to make sure your intake exceeds your outgo, budgeting can seem like sheer drudgery. Here is a different way to think about budgeting. Simply begin to take note of how various discretionary expenditures make you feel. It can be incredibly illuminating. Much of the scientific research about spending and happiness points to a clear connection between spending on experiences versus things. Many would also argue that many of life’s most memorable experiences cost very little.

How Are You Allocating Your Precious Resources?

Investors should strive to make smart allocations of financial capital across opportunity sets, not just saving versus spending but also debt pay down versus investing in the market, how much to allocate to retirement savings versus college, and so on. These are crucial topics worthy of significant analysis and introspection. Ultimately, the right answers are a matter of math (expected return on “investment”) and personal preference.

Many of us pay much less attention to how we allocate an even more scarce resource, our time, even though that allocation will ultimately have an even greater impact on whether we feel like we have met our goals. Of course, some of our time expenditures are pre-ordained, the time we spend working or caring for children, for example. Even within those allocations it seems worthwhile to be more mindful, to help ensure that your allocation of time in a given day, week, or year aligns with your goals and vision for that period. An audit of how you are allocating your time currently is a good starting point. Technology tools can help you determine how much time you waste (uh, spend) on social media and other activities that could be detracting from your productivity and happiness.

What Is Your Definition of “Enough”?

Many of us are operating with an incredibly vague notion of how much we really need to save in order to achieve our financial goals and find security. Even financial planners might rely on rules of thumb when setting your retirement savings target. For example, they might assume that you will need 80% of your working income in retirement and extrapolate the rest of your plan from there.

As humans, we often have a natural tendency to reach for more more more, regardless of whether that “more” is actually bringing more happiness and security. Trying to keep up with the people around us, in terms of possessions and outward signs of success, can get exhausting and may not get us any closer to our life’s goals. That is why, in this period of limited activity, spending, and social contact, it is worthwhile to think through your own definition of enough, both now and for the future.

What Do You Want Your Legacy to Be?

When taking a strictly financial and estate-planning perspective, leaving a “legacy” is one of those topics that can seem overly narrow. It is about leaving assets behind for children, grandchildren, and other loved ones, as well as charity if we so choose. It is about making sure we do not burden the people we care about. Those are crucial considerations and they are why everyone needs an estate plan that includes wills, powers of attorney, and beneficiary designations, among other key documents.

While you are at it, why not think big picture about your legacy, too? What do you hope people will say about you after you are gone? What life philosophy or pieces of wisdom do you hope that your loved ones will always associate with you? If you find yourself with a bit of extra time for introspection, write down a few ideas along these lines. And no, you are not too young to start thinking about this. You can find templates for creating a “personal legacy” online, but some good advice is not to overthink it. Balance more serious ideas with more lighthearted ones. We all have credos that we live by; make sure your loved ones know yours.

*Nina Azwoir, First Vice President of Investments,
Wintrust Wealth Management.*

© Morningstar 2020. All Rights Reserved. Used with permission. Securities, insurance products, financial planning, and investment management services offered through Wintrust Investments, LLC (Member FINRA/SIPC), founded in 1931. Trust and asset management services offered by The Chicago Trust Company, N.A. and Great Lakes Advisors, LLC, respectively. Investment products such as stocks, bonds, and mutual funds are: NOT FDIC INSURED | NOT BANK GUARANTEED | MAY LOSE VALUE | NOT A DEPOSIT | NOT INSURED BY ANY FEDERAL GOVERNMENT AGENCY.

WINTRUST
WEALTH MANAGEMENT

239.687.5204

nazwoir@wintrustwealth.com

3401 Tamiami Trail North Naples, Florida



Should I Test for Mold?

By Julie S. Hurst-Nicoll, MBA, CMI, CMR - President, American Mold Experts

Over the years, there has been controversy over whether it is necessary to test for mold. The EPA states "All mold is bad and needs to be removed." Historically, if you see mold, it needs to be removed, and there is no reason to test. Now, with the latest research showing how toxic mold can be, its health effects, and considering that some molds produce a poison called mycotoxins, some specialists have changed their view to consider testing as an important evaluation factor.

Remember, mold is microscopic, and by the time you see mold, a 1" square can contain millions of spores. There are many valid and valuable reasons to perform mold testing. Here are just a few of them:

1. To establish a baseline for future testing. This allows a mold professional to track and evaluate the progress of mold removal activities. If the current levels are unknown, it is difficult to establish what progress has been made.
2. To establish the presence of mold and the justification for remediation. Many remediators and insurance companies will not authorize or undertake mold remediation if the presence of mold growth is not scientifically demonstrated.
3. To set the parameters for the remediation. Many remediation companies will not initiate a remediation project without the input of a testing company to define the boundaries of the affected area needing remediation. It can be used to see the degree of any cross contamination to other areas of the structure.

4. To identify the types of mold present, i.e. "natural" or "toxic". Those species that are known to produce mycotoxins. In many cases, residents are interested in the types of mold present and the possible relation to medical symptoms they may be experiencing. Certain mold species may cause serious illness in the elderly, or in infants; people who have weak immune systems. Testing can assure the indoor environment is free of mold species that may cause infection in susceptible persons.

5. To find out the levels present. Although mold is mold, and its presence calls for remediation, it is useful to know if the ambient airborne levels are in a range of hundreds, or hundreds of thousands. For example, this may affect decisions regarding the timeliness of remediation, and the continued occupancy of the premises.

6. To find "hidden mold". Mold growth may often not be visible in a house, but known water intrusion or a moldy odor provides cause for concern. Testing will identify if there is a mold problem, even when there is no visible mold growth.

7. To "clear" a remediation, that is, to show that all high levels of mold are gone after remediation. Often, mold remediation will miss a mold-contaminated area. Testing of the air in the contained work area will assure that the levels inside the work area are reduced to safe or normal levels. This also provides documentation for future real estate transfers that the mold has been properly and effectively removed.

8. To "establish" the lack of mold, as in a home purchase. Sometimes a homebuyer will have concerns about mold when purchasing a new home. This may be as a result of a bad experience with mold in their previous residence. Mold testing can provide the peace of mind that there are no problems with elevated airborne mold in the new house.

9. To show that a flood has not yet created mold growth. Floods in homes and offices can occur due to breaks in plumbing lines, or failure of plumbing fixtures. After the cleanup and drying, it is useful to test for mold to assure occupants that mold has not grown as a result of the flooding.

10. To support a legal case. A lawyer or plaintiff usually needs to have objective evidence of the presence or absence of mold and mold exposure to support a legal action. Testing can show scientifically that mold was, or was not, present and to what degree.

If you need more information, please reach out to info@americanmoldexperts.com or visit www.AMEswfl.com.

CALL TODAY to schedule an assessment!
239-572-2216 or visit **www.AMEswfl.com**

Julie S. Hurst-Nicoll, MBA, CMI, CMR
President, American Mold Experts

*Serving Central Indiana & Southwest Florida
(Other States for Mold Toxic Patients/Clients Upon Arrangement)
Mold Inspections, Testing & NON-Destructive Remediation
Clearance Testing is ALWAYS INCLUDED in Warranted Jobs (excluding States that forbid clearance by Remediation Company, ie Florida)*

*A+ Accredited Better Business Bureau (BBB)
IICRC Certified Company
FL License MRSA 3097, MRSR 3248*

Meet Nina Azwoir: A Financial Advisor Who Truly Wants to Know You



Nina Azwoir
First Vice President, Investments

(239) 687-5204
nazwoir@wintrustwealth.com
3401 Tamiami Trail North, Naples, Florida

WINTRUST
WEALTH MANAGEMENT

Securities, insurance products, financial planning, and investment management services are offered through Wintrust Investments, LLC | Member FINRA/SIPC, founded in 1938. Trust and asset management services offered by The Chicago Trust Company, N.A. and Great Lakes Advisors, LLC, respectively. © 2023 Wintrust Wealth Management

Investment products such as stocks, bonds, and mutual funds are NOT FDIC INSURED | NOT BANK GUARANTEED | MAY LOSE VALUE | NOT A DEPOSIT | NOT INSURED BY ANY FEDERAL GOVERNMENT AGENCY

Is Your Home Making You Sick?

- **Mold** is microscopic. By the time you see it, a 1 inch square has over a million spores!
- **Mold** produces a by-product called **MYCOTOXINS**, a light-weight vapor molecule that easily travels through your HVAC, is easily inhaled and absorbed through your skin.
- It is well known that mold and **MYCOTOXINS** cause health issues.
- A water issue - even years earlier - could still be haunting your home.

The most common mold that affect our health can often appear as dust!



AMERICAN MOLD EXPERTS
"Restoring Comfort, Health & Confidence"

Mold Inspections, Testing & Safe, Green Removal
Licensed and Insured

CALL TODAY
to schedule an
assessment!

239-572-2216

or visit **www.AMEswfl.com**

AS THE EPA STATES:
"No mold is good and
needs to be removed."

American Mold Experts - Southwest Florida Mold Remediation Southwest Florida's go-to expert for residential and commercial certified mold remediation, inspection, testing, treatment and removal.



COMPOUNDED MEDICATIONS FOR PETS:

Tailored Solutions for Better Health

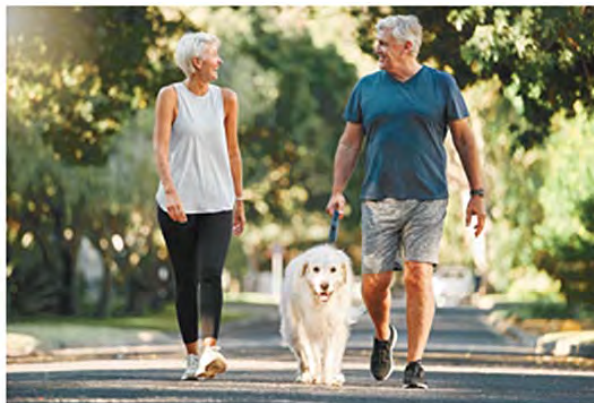
By Jerry and Lisa Meloche, Pharm.D., Owners, Compounding Pharmacists

As a pharmacist specializing in compounded medications for pets, I understand the unique challenges pet owners face when ensuring their furry companions receive the necessary treatments. Regarding the health and well-being of our pets, one size does not fit all. That's where compounded medications come into play. In this article, we will explore why compounded medications are often the best choice for pets, considering the distinct anatomy, physiology, and preferences of our animal friends. From transdermal medications for those hard-to-pill pets to allergen-free formulations and a plethora of tasty flavors, compounded medications offer tailored solutions that make medication administration easier and prioritize the safety and comfort of your cherished pets. Let's delve deeper into the world of compounded medications for pets and discover how they can significantly enhance your pet's healthcare journey.

1. Transdermal Medications for Hard-to-Pill Animals: For some pet owners, trying to give their pets pills can be a daily ordeal. This is especially true for animals that are notorious for spitting out or refusing to swallow medication. As discussed in a previous article, transdermal medications offer an effective alternative. These medications are applied topically to the skin, allowing for absorption through the skin barrier. They are particularly valuable for cats and other hard-to-pill animals, ensuring that the prescribed treatment reaches its target without causing stress for both pet and owner.

2. Combined Oral Medications for Ease of Administration: Sometimes, pets may require multiple medications to manage their health conditions. Combining these medications into a single, easy-to-administer form, such as a liquid or capsule, simplifies the dosing regimen. Liquid medications can be flavored to appeal to your pet's taste preferences, making the process more enjoyable for them and convenient for you. This approach minimizes the chances of missing doses and ensures that your pet receives the necessary treatment effectively.

3. Vet-Trained Compounding Pharmacists: One of the key advantages of choosing compounded medications for your pets is the expertise of vet-trained compounding pharmacists. These professionals



have a broad knowledge base and years of combined experience. Their "out-of-the-box" thinking and problem-solving skills are invaluable in tailoring medications to meet your pet's specific needs. Whether it's adjusting dosages, finding alternative delivery methods, or creating unique formulations, these pharmacists are dedicated to optimizing your pet's treatment.

4. Pets Are Not Humans: It's essential to recognize that pets have distinct anatomy, physiology, and metabolism compared to humans. This fundamental difference underscores the importance of tailored medications. One critical concern is xylitol, a sugar substitute in various human products like sugar-free gums and candies. Xylitol is toxic to canine kidneys, emphasizing the need for specialized medications that do not contain harmful ingredients for pets.

5. Weight-Based Dosing and Different-Sized Pets: The diversity in pet sizes, from tiny birds to large dogs, necessitates weight-based dosing and appropriately sized dosage forms. Compounded medications allow for precision in creating small tablets, capsules, or liquid formulations suitable for small animals. This ensures that even the tiniest of patients receive accurate and safe doses of their medication.

6. Flavored Medications: To make medication administration more palatable for pets, compounded medications come in various flavors. Options like beef, chicken, duck, liver, bacon, peanut butter, and salmon are available to cater to your pet's taste preferences. For exotic pets like birds and rodents, fruit flavors can be used. This wide array of flavors helps reduce medication resistance and ensures treatment compliance.

7. Allergen Control: Some pets may have food allergies or sensitivities, which can extend to the ingredients in their medications. Compounding pharmacists can control all the components in the preparation, allowing for the removal of allergens, fillers, colors, proteins, and any offensive or harmful chemicals. This customization ensures the medication is free from substances that may trigger adverse reactions in sensitive patients, promoting their overall well-being.

In conclusion, compounded pet medications offer tailored solutions that address pet owners' unique challenges. These medications, crafted by vet-trained compounding pharmacists, ensure your beloved pets' safety, effectiveness, and comfort during their treatment journey. Remember, while this information provides valuable insights, consulting with your veterinarian for personalized advice and treatment recommendations for your pet's specific health needs is essential.

Creative Scripts Compounding Pharmacy custom builds medication, one patient at a time. We use the highest quality pharmaceutical-grade ingredients, state-of-the-art bases, equipment, and technology. Continual training on the newest techniques, advances in therapy, and regulations allows our pharmacists and technicians to provide the safest, most effective medications for you AND your pets. In addition to compounded medications, we offer pharmaceutical-grade nutritional supplements, health advice, and hormone consults. Creative Scripts specializes in veterinary compounding, dermatology, bio-identical hormone replacement therapy (BHRT), pain management, and more. Pharmacists Jerry and Lisa Meloche have served Naples and surrounding communities since 2005.

Come in to see us or call for a one time
\$15 off a new or transferred prescription!



CREATIVE SCRIPTS

— COMPOUNDING PHARMACY —

Natives Serving Naples Since 2005

239-261-0050

600 Goodlette Road North #108

Naples, FL 34102

www.creativescripts.net

rx@creativescripts.net

NAPLES HOUSING MARKET RESILIENT DESPITE CHALLENGES

By Robert Nardi, Broker/Owner

Inventory is selling quickly, and prices are stable in the Naples housing market. According to the August 2023 Market Report by the Naples Area Board of REALTORS® (NABOR®), which tracks home listings and sales within Collier County (excluding Marco Island), closed sales of homes in Naples during August increased 17 percent compared to July closed sales, and 1.9 percent to 702 closed sales from 689 closed sales in August 2022. Brokers who reviewed the Market Report are confident sales during the second half of 2023 could outperform sales during the second half of 2022 unless we experience another major disaster like a hurricane. Another promising factor that supports this expectation is the steady rate of new listings, which increased 2.6 percent in August and contributed to the 7.2 percent increase in inventory for the month. Prices are holding, and we will be near the historical 8% yearly appreciation.

The median closed price in August increased 5.2 percent to \$605,000 from \$575,000 in August 2022. However, according to the August report, activity in the condominium market fueled many of the increases reported. As such, there was a 7.7 percent increase in the median closed price in the condominium market compared to a 2.2 percent decrease in median closed sales price for the single-family home market; a 10.1 percent increase in new condominium listings compared to a 3 percent decrease in new single-family home listings; and a 25.5 percent increase in condominium inventory compared to a 3.7 percent decrease in single-family home inventory. The report showed 54 days on the market compared to 31 days in August 2022.

The NABOR® August 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 in chart format. If you wish to receive a copy, please send an e-mail to Robert@NardiRealty.com.

What does this all mean?

It means that Naples, FL, continues to be resilient even after having a major hurricane last year and with mortgage rates climbing. The real reason prices are holding steady is because of our lower inventory. Naples' housing inventory currently has 2869 properties for sale. An even market would be hovering around 6000 properties for sale. Demand continues to occur here, just at a lesser pace. Less demand and inventory equate to prices holding steady. Why is there less inventory? People are "stuck" in their current properties because they have a low mortgage interest rate. Most interest rates for years were between 2.75% and 3.25%. Their mortgage payment would double if someone wanted to move for an extra bedroom or a third-car garage. Most people can't afford that. Plus, since the hurricane, it has been a challenge to find insurance, and if you did find insurance for a new property, it would be higher than what you are currently paying. Let's face it: the only people who are moving are the ones with life changes. Some of those life changes are newborns, divorce, death, and the elderly who can no longer live alone. Older adults have the best advantage because they have owned their homes for years and most likely have accumulated much equity. In addition, there certainly are plenty of 55-plus communities here. There is a wide variety they could choose from.

These communities are all different and allow an array of living packages. There could be a "buy-in" and rent like an apartment. Another could be a much larger "buy-in," they build the property to suit, but it reverts to the community upon death. The last one is you buy a fee simple property. If death occurs or you decide to move, you can sell the property.

Seasonal Rentals

Summer and seasonal rentals have been slower than in the past. For years, with COVID-19 rearing its ugly head, many people chose Florida as a destination. For the most part, we were an open state with many outdoor dining opportunities, and people could be social and not wear masks like the rest of the country. We had an increasing number of bookings for both seasonal and summer rentals. No one wanted to be in their home state due to COVID-19 restrictions. COVID-19 mandates started disappearing at the beginning of 2023. When the summer of 2023 approached, we realized that bookings for both summer of 2023 and seasonal rentals for 2024 were down significantly. Why? No more COVID-19 mandates preventing people from traveling. They wanted to venture out and do something different. I am sure you noticed everyone went to Europe this summer; Italy was the most prevalent vacation destination. Since potential tenants now have other options to travel, along with the hike in seasonal rental costs, the demand for seasonal rentals has lessened.

If you are considering buying, selling, or renting, don't hesitate to contact me with any questions. You can call me directly at **239-293-3592** or send an e-mail to Robert@NardiRealty.com or you can always perform your own searches at BuyNaples.net.

I wish you all a Happy Thanksgiving!



**NAPLES
DIABETES
CONCIERGE**

Andrea Hayes MD
Board Certified Endocrinologist
239-641-8199
naplesdiabetesconcierge.com

Andrea Hayes offers personalized diabetes and endocrinology care in the Naples, Fla. area on a concierge basis.

WHAT WE TREAT:

- Diabetes/pre-diabetes
- Thyroid disease
- Low testosterone
- Obesity
- Metabolic Syndrome
- General Endocrine Disorders



NARDI REALTY

Robert Nardi Broker/Owner

Sales & Rentals
239-293-3592

Robert@NardiRealty.com
www.BuyNaples.net



"We treat every customer like our only customer!"

3400 Tamiami Trail N. Ste 103
Naples, FL 34103

Managing Arthritis Pain and Discomfort: WHY MITOCHONDRIAL HEALTH MATTERS

By Dr. Eric Pearson, Chief Medical Officer, Vetirus Pharmaceuticals

Osteoarthritis (OA) is the most common form of arthritis, a chronic disease of aging. Effective and safe long-term treatment for most OA patients is not available, creating a large unmet medical need. It is estimated that more than 150 million people globally suffer from OA. Many of the symptoms of OA are often overlooked or shrugged off as merely “getting old”. The truth is that Osteo Arthritis of the knee affects roughly 12% of all people 60 years or older, and this is just the tip of the iceberg in both undiagnosed and diagnosed arthritic conditions. As the population ages, the number of people with arthritis is projected to grow substantially. The Center for Disease Control is estimating that by 2030, in the U.S. alone, more than 67 million people will have physician diagnosed arthritis. The majority of these people will have OA.

Osteoarthritis (OA) is a chronic degenerative joint disease that causes progressive pain, loss of function, and in many cases, variable levels of disability. It mainly affects individuals over 60. Notable symptoms of OA include the degradation of cartilage, formation of bone spurs and cysts, loss of joint fluid and local and systemic inflammation. The destruction of cartilage plays the most important role in the course of OA. Articular cartilage is comprised of chondrocytes and extracellular matrix. Preventing these chondrocytes from damage is a key factor to the integrity of articular cartilage. Studies have regarded inflammatory response to be the primary cause of chondrocytes injuries and there is growing evidence regarding the role of mitochondrial dysfunction in OA and rheumatoid arthritis (RA). Joint dysfunction and pain are the most common characteristics of all forms of arthritis. Mitochondria are both targets and sources of inflammation-associated injury in the synovial membrane, hence injury and death of synovocytes trigger the release of pro-inflammatory mediators and the activation of inflammatory cells.

While OA has been viewed as a disease of increased joint stress due to heavy load bearing (excessive weight and obesity), recent scientific progress is pointing towards chronic inflammation as the driving factor in OA disease progression. As many healthy, younger patients are developing OA years after acute sports-related injuries, it became evident that more than simple overweight issues contribute to disease pathobiology.

Current treatments for OA include anti-inflammatories such as corticosteroids; non-steroidal anti-inflammatories (NSAIDs) including Celebrex, ibuprofen (Motrin), and Naproxen (Aleve); pain relievers including acetaminophen (Tylenol) and opioids (Tramadol). While short-term partial relief is achieved with steroidal treatments, diminished long-term benefits and significant adverse events prevent long term dosing. Likewise, currently available NSAIDs offer anti-inflammatory action but have

unacceptable long-term adverse side effects including risks of bleeding, gastric ulcers, liver and kidney damage and cardiovascular events. Pain relievers such as acetaminophen have risks of liver toxicity and opioids, of course, are not suitable for long term administration. Ultimately, effective treatment of OA requires a safer, multi-faceted anti-inflammatory molecule able to affect a multitude of OA-related mechanisms with minimal or no adverse effects when used over long time periods. Astaxanthin (ASTX) is that molecule.

ASTX localizes into the mitochondria significantly decreasing oxidative stress while stabilizing the mitochondrial membranes. This stabilizing effect on the mitochondrial membranes has been shown using electron microscopy. (Dr. Mason Preston of Harvard University discovered this). This leads to decreased pro-apoptotic (cell death) mediators and increased anti-apoptotic (cell death) Stabilization of mitochondria and inhibition of these pathways will prolong cell life and contribute to joint matrix maintenance. Likewise, ASTX has been shown to upregulate PGC-1 α , a master regulator of mitochondrial biogenesis, as well as critical metabolic regulators such as CPT-1. All this scientific evidence, in both humans and animal models, highlight the capacity of ASTX to affect important mechanisms critical to osteoarthritis in humans (oxidative stress, inflammation) and underscores the enormous ability of ASTX to slow disease progression and improve symptoms of arthritis.

Vetirus Pharmaceuticals has developed a Natural Biologic compound to bring the benefits of all of this in one easy to use single dose formula named MitoPak™. In summary, it has the below properties:

- 1. Potent Antioxidant Properties:** Mitopak is a powerful antioxidant, which helps protect joints from oxidative stress and inflammation that can lead to joint pain and degradation.
- 2. Anti-inflammatory Effects:** Mitopak has demonstrated anti-inflammatory properties, which can help reduce joint pain and improve overall joint health by decreasing the production of inflammatory mediators.
- 3. Cartilage Protection:** Mitopak has been shown to protect cartilage from degradation by inhibiting the activity of enzymes responsible for breaking down cartilage, such as matrix metalloproteinases (MMPs).
- 4. Reduction of Joint Pain Symptoms:** Studies have reported that Mitopak supplementation can help reduce joint pain symptoms, such as stiffness and discomfort, in people suffering from conditions like osteoarthritis and rheumatoid arthritis.

5. Improved Joint Mobility: Mitopak can improve joint mobility by reducing inflammation and promoting the health of joint tissues, making it easier for individuals to move and maintain an active lifestyle.

6. Enhanced Synovial Fluid Production: Mitopak has been found to enhance the production of synovial fluid, which lubricates and nourishes the joints, promoting overall joint health.

7. Supports Collagen Synthesis: Mitopak can support collagen synthesis, which is crucial for maintaining the integrity of joint structures such as tendons, ligaments, and cartilage.

8. Slows Age-Related Joint Degeneration: Mitopak's antioxidant and anti-inflammatory properties can slow down the age-related degeneration of joints, helping to maintain joint health and function in older individuals.

9. Complementary to Conventional Treatments: Mitopak can be used as a complementary treatment to conventional therapies for joint pain and inflammation, such as nonsteroidal anti-inflammatory drugs (NSAIDs) or corticosteroids, potentially enhancing their effectiveness or reducing side effects.

10. Sports Performance and Recovery: Athletes and active individuals can benefit from Mitopak supplementation, as it may help to reduce exercise-induced joint pain and reduces inflammation, and speeds up muscle recovery while supporting muscle strength, and improve overall sports performance.

All inflammation starts in your mitochondria. MitoPak™ stops the inflammation where it starts. Over 1200 scientific studies have concluded the safety of the active ingredients and they have a long history of use in both Humans and animals. MitoPak™ fights inflammation without harmful side effects found in NSAIDs. It supercharges your mitochondrial energy production, and its unique proprietary formula contains the most powerful known antioxidant allowing your body to function at peak performance,

MitoPAK™ is nature's most potent anti-inflammatory and is:

- 110x stronger than Vitamin E
- 800x stronger than CoQ10
- 6000x stronger than Vitamin C

and has grown in popularity as more medical evidence supports its benefits. Regardless of your age, MitoPak™ positively influences mitochondrial function and preserves membrane structure while scavenging radicals. It is a natural therapeutic that reduces inflammation and speeds up muscle recovery without compromising muscle strength.

Vetirus Pharmaceuticals is based in Naples, Florida and London, England and ore focused on searching the world for developing Natural Biologics to advance their mission of changing the way we age in both human and veterinary medicine with purity and precision.

MITOPAK™

MitoPak.com | 239-238-8456

HEALING CRYSTAL TUNNEL

NATURAL ENERGY HEALING *Because*

Natural Energy Healing, is based on the principle that our psychobiological system operates its energy through electromagnetic fields, these electromagnetic fields can be measured; these fields use different electric charges or energy charges because each organ uses different energy charges therefore the magnetic fields have multiples magnitudes of intensity. The imbalance, the alteration close-off or destruction of this energy modifies the order, the protection and the equilibrium system, this can create partial or total loss of the cellular memory, even in extreme cases, causing quadriplegia, neural disorders as muscle movements of unknown origin between others.

Every organism in equilibrium (homeostasis) regulates the genetic and metabolism of every one of its cells, through the cellular intelligence. The cellular intelligence at the same time generates the autoimmune intelligence (protecting the cellular system), and the biochemistry and genetics, allowing the communication and nutrition of the cellular system. Natural Energy Healing works with the original amplification, organized and directed energy, able to recognize at a certain specific moment the alterations of the frequencies in conflict. Giving or transmitting the specific amount of energy to the cells now suffering imbalance, resetting their functionality gradually. Natural Energy Healing always is looking for energy body blockages in order to start removing them until finding the root of the issues, during



the process, the Energetic Fields subjected to cleaning will be compensated with wellness reprogramming, generating calm and more lucidity in the patient.

This is the work conducted through José's hands. José has a knowing of how to heal in this way, product of knowledge acquired during his path through lives on the universe and his direct contact with the mother nature on each evolution cycle. He provides the exact amount of energy to the point or points required, through the use of his hands and fingertips, looking for re-establishing the natural flow of the electromagnetic fields, allowing each cell to re-program its wellness information. José has been doing this kind of work since almost 7 years old.

The Journey to Self Renewal

HEALING CRYSTAL TUNNEL will provide the skills and benefits of being present, focusing your energy, and reconnecting with yourself. Slow down your mind, bring clarity to your thoughts, and experience personal growth. Are you still struggling for answers? Give us a try. We have many patients who have been all over the world getting treatment the traditional way with no resolution. We strive to transform your current life into a new beautiful life path, which you never knew existed!

- CLARITY OF THE MIND
- REDUCE LONELINESS
- HELP WITH GRIEF
- STRESS REDUCTION
- REDUCE OR ELIMINATE PAIN
- HORMONAL BALANCE
- IMPROVE SLEEP
- ELEVATE MOOD
- DEEP RELAXATION
- EMOTIONAL/PHYSICAL DISTRESS
- IMPROVE SELF-ESTEEM
- PINEAL GLAND AND PITUITARY ACTIVATION
- REACTIVATE AND ALIGN CHAKRAS
- SERENITY AND PEACE
- BALANCE YOUR EMOTIONAL BODY
- ENERGETIC EXPANSION
- BROADEN CONSCIOUSNESS
- DISCOVERING SELF TRUTH AND AWARENESS
- UNRESOLVED HEALTH ISSUES
- ADDICTION PROBLEMS
- BACK PAIN
- SPINAL ISSUES
- PET HEALING, FOR PET INJURIES AND ILLNESS TOO!

3960 Radio Rd suite 108, Naples, FL 34104

239-285-0071 | www.HealingCrystalTunnel.com

Manage Arthritis with MitoPak



110x Stronger than Vitamin E

800x Stronger than CoQ10

6000x Stronger than Vitamin C

Improve Joint Mobility

Visit MitoPak.com or order by calling (239) 238-8456

HEALING

CRYSTAL TUNNEL



Natural Energy Healing, Back Pain, Injury, Depression, Weight Loss, and more!

José Hernandez is our **RENOWNED HEALER**. HE HAS BEEN CHANGING PEOPLE'S LIVES BEFORE AGE 7. At HEALING CRYSTAL TUNNEL we **KNOW** the powerful natural approach to healing, reducing stress, increasing circulation and providing an excellent source of preventative wellness for your entire body.

239-285-0071
www.HealingCrystalTunnel.com

The Growing Concern: Diabetes and the Soaring Cost of Medications

In recent years, diabetes has become a global health epidemic, affecting millions of individuals worldwide. While the physical and emotional toll of managing this chronic condition is challenging in itself, another significant burden looms large – the escalating cost of diabetes medications. This article explores the ever-increasing financial strain that diabetes medications impose on patients and the healthcare system, shedding light on the causes and potential solutions to this critical issue.

Diabetes, a metabolic disorder characterized by high blood sugar levels, requires ongoing management to prevent complications. Medications play a pivotal role in controlling blood glucose, but their rising costs are creating barriers for patients. Several factors contribute to the increasing expense of diabetes medications, including research and development costs, pharmaceutical company practices, and the complex healthcare system in the United States.

Research and development are essential in creating innovative diabetes drugs, but the cost is often passed on to consumers. Drug companies invest vast sums of money in developing and testing new medications, and these expenses are factored into the final product's price. Unfortunately, these high development costs are disproportionately borne by individuals with diabetes, making it a major challenge for them to access the medications they need.

Pharmaceutical company practices, including pricing strategies and patent protections, also contribute to the soaring cost of diabetes medications. Some companies have been criticized for raising prices without apparent justification, and the lack of competition in the marketplace allows them to maintain high prices. Furthermore, patent protections often prevent more affordable generic versions of drugs from entering the market, further limiting choices for patients.

The complexity of the healthcare system in the United States adds another layer of confusion to the issue of medication costs. Insurance plans, copayments, and deductibles vary widely, making it challenging for individuals with diabetes to predict

their out-of-pocket expenses. This unpredictability leaves many struggling to budget for their medications, leading to skipped doses or medication non-adherence, which can exacerbate their condition and lead to more expensive complications.

To address the growing concern of diabetes medication costs, several potential solutions can be considered. Policymakers can work to promote transparency in drug pricing, enabling patients to make informed choices about their medications. Encouraging competition among pharmaceutical companies through patent reform and price controls could also help to lower costs.

Furthermore, expanding access to affordable healthcare for all, as seen in the implementation of universal healthcare systems in some countries, can alleviate the financial burden on patients with diabetes. These comprehensive healthcare systems often negotiate directly with drug companies, resulting in lower medication prices and ensuring that patients have access to necessary treatments.

On a personal level, individuals with diabetes can explore alternative ways to reduce medication costs, such as switching to generic medications, participating in assistance programs, or seeking out affordable healthcare options. It's crucial for patients to advocate for themselves and become informed about available resources.

In conclusion, the increasing cost of diabetes medications is a pressing issue that affects millions of individuals globally. While the causes of these rising costs are multifaceted, potential solutions exist at the policy and personal levels. By addressing the problem of diabetes medication costs, we can work towards ensuring that individuals with diabetes receive the treatments they need without being financially overwhelmed, ultimately improving their overall health and well-being.

Prescription Hope is a national prescription drug benefit program that offers 1,500 Brand-Name medications at \$60 per medication per month no matter the retail cost.

For the set price of \$60 per month per medication, our advocates order, manage, track, and refill your prescription medications through patient assistance programs for those who qualify. We manage your enrollment with these programs throughout the year, working with over 180 pharmaceutical manufacturers and their pharmacy. There are no other costs, fees, or charges associated with your medication or our program.

Diabetes			
Drug Name	Retail Cost	Prescription Hope	Total Savings
Admelog	\$194.00	\$60.00	\$134.00
Apidra	\$512.00	\$60.00	\$452.00
Apidra SoloStar	\$512.00	\$60.00	\$452.00
Basaglar	\$248.00	\$60.00	\$188.00
Cycloset	\$328.00	\$60.00	\$268.00
Farxiga	\$551.00	\$60.00	\$491.00
Fiasp	\$285.00	\$60.00	\$225.00
Fiasp FlexTouch	\$544.00	\$60.00	\$484.00
Glyxambi	\$577.00	\$60.00	\$517.00
Humalog	\$269.00	\$60.00	\$209.00
Humalog KwikPen	\$412.00	\$60.00	\$352.00
Humalog Mix 50/50	\$217.00	\$60.00	\$157.00
Humalog Mix 50/50 KwikPen	\$325.00	\$60.00	\$265.00
Humalog Mix 75/25 KwikPen	\$217.00	\$60.00	\$157.00
Humulin 70/30 KwikPen	\$506.00	\$60.00	\$446.00
Humulin R U-500	\$1,432.00	\$60.00	\$1,372.00
Humulin R U-500 KwikPen	\$556.00	\$60.00	\$496.00
Janumet	\$1,584.00	\$60.00	\$1,524.00
Janumet XR	\$533.00	\$60.00	\$473.00
Januvia	\$533.00	\$60.00	\$473.00
Jardiance	\$578.00	\$60.00	\$518.00
Jentadueto	\$460.00	\$60.00	\$400.00
Jentadueto XR	\$460.00	\$60.00	\$400.00
Lantus SoloStar	\$425.00	\$60.00	\$365.00
Levemir	\$451.00	\$60.00	\$391.00
Lyumjev	\$246.00	\$60.00	\$186.00
Ozempic	\$907.00	\$60.00	\$847.00
Synjardy	\$579.00	\$60.00	\$519.00
Synjardy XR	\$579.00	\$60.00	\$519.00
Toujeo SoloStar	\$397.00	\$60.00	\$337.00
Tradjenta	\$460.00	\$60.00	\$400.00
Trijardy XR	\$578.00	\$60.00	\$518.00
Victoza	\$722.00	\$60.00	\$662.00
Xigduo XR	\$556.00	\$60.00	\$496.00



Unmatched Rx Savings

Visit, www.PrescriptionHope.com today to see if you qualify.



GASTRO HEALTH AND THE BIDET: A Lifesaver for Thanksgiving Indulgence

The holiday season is a time of celebration, joy, and of course, indulgent feasting. Thanksgiving, in particular, is synonymous with bountiful meals that often leave us feeling uncomfortably full. While these occasions are a gastronomic delight, they can take a toll on our digestive health. Thankfully, there's a simple yet effective solution that can aid those with gastro issues or anyone who overindulges during holiday gatherings – the bidet.

Gastrointestinal problems are all too common, and they can be a real nuisance in our daily lives. Conditions like constipation, diarrhea, and irritable bowel syndrome (IBS) can cause discomfort and inconvenience. Furthermore, the aftermath of a hearty Thanksgiving meal can leave you feeling bloated and sluggish. Bidets, often seen as a luxury item, can actually be a secret weapon in promoting gastro health and relieving post-feast distress.

Gentle Cleansing: Bidets provide a gentle and thorough cleansing experience. They use a stream of water to cleanse the perianal area, eliminating the need for abrasive toilet paper. This is especially beneficial for individuals with sensitive skin or those suffering from conditions like hemorrhoids.

Preventing Irritation: Excessive wiping with toilet paper can irritate the skin and exacerbate gastro issues. Bidets help reduce this friction, which is essential for individuals dealing with digestive sensitivities.

Hemorrhoid Relief: Hemorrhoids are a common gastro woe. Bidets can soothe the discomfort associated with hemorrhoids by providing a soothing and cleansing flow of water.

Hygiene Matters: Good hygiene is paramount for gastro health. Bidets ensure thorough cleaning, reducing the risk of infections and promoting overall well-being.

Constipation Aid: Bidets have a gentle massaging effect that can help stimulate bowel movements, providing relief to those suffering from constipation.

Now, let's talk about the post-Thanksgiving scenario. We've all been there – the grand feast leaves you feeling overstuffed and regretful. This is where the bidet can come to the rescue:

Ease of Cleaning: After a Thanksgiving feast, a bidet can be a savior, helping you feel clean and fresh. No need to struggle with the aftermath of an indulgent meal.

Stress Reduction: Overeating can be stressful, both mentally and physically. Using a bidet can alleviate some of this stress by offering comfort and cleanliness.

Promoting Healthy Digestion: Bidets can stimulate circulation and provide a sense of relaxation, which can aid in digestion after a heavy meal.



In conclusion, gastro health is a crucial aspect of our overall well-being. Whether you're dealing with chronic digestive issues or simply indulged a bit too much on Thanksgiving, bidets can be a valuable addition to your bathroom. They offer gentle, hygienic, and effective cleansing, making them an ideal solution for maintaining gastro health. So, this holiday season, consider the many benefits of a bidet and experience the comfort and relief it can provide, especially when faced with the temptations of a hearty Thanksgiving meal.

House of Bidets

Founded in 2022, House of Bidets is a small business based in Tampa, Florida. Given the scarcity of toilet paper in recent history, we reevaluated why toilet paper is used at all in the bathroom. It is wasteful, dirty, and plain ineffective compared to the cleaning you receive from a bidet.

Our team thinks doing your business should be an enjoyable experience, and a standard toilet will never live up to that task! We are Better Business Bureau accredited, so you can expect top-notch treatment and confidently do your business with us.

HOUSE OF BIDETS
813-280-5317 | www.tryabidet.com



Retina Group of Florida™
Dr. Katia E. Taba, M.D., Ph.D.
3467 Pine Ridge Rd #103
Naples, Florida 34109
239-325-3970
www.retinagroupflorida.com

Retinal Conditions and Diseases We Treat

Retinal diseases are often silent. There is usually no pain, no redness and no tearing associated with most retinal diseases. The paucity of symptoms can delay diagnosis and threaten your vision. Early detection is the key to preserve vision.

- Macular Degeneration
- Retina Detachment, Holes & Tears
- Flashes and Floaters
- Diabetic Retinopathy
- Macular Holes and Puckers



HOUSE OF BIDETS

Try a Bidet RISK FREE!

Feel cleaner and healthier.

tryabidet.com
813-280-5317

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.



CHEFS FOR SENIORS

chefsforseiors.com

Phone: 239-776-1758

Email: bill.springer@chefsforseiors.com

Thanksgiving: How to Keep Your Pets Safe

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

What you can do:

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



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

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

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

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

If you need us, we are here for you!

For out-of-towners, enjoy your stay in our beautiful town. For our local residents, enjoy time well spent with your family and friends—and pets. Animal Oasis is always here for you for all of your veterinary needs.

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

239-431-7980

www.aovethospital.com

COMPOUNDING SOLUTIONS FOR YOU AND YOUR PETS!



Jerry and Lisa Meloche
Pharm.D., Owners,
Compounding Pharmacists

CREATIVE SCRIPTS
— COMPOUNDING PHARMACY —
Natives Serving Naples Since 2005

239-261-0050
www.creativescripts.net

600 Goodlette Road North #108, Naples, FL 34102

YOUR PET'S HOME AWAY FROM HOME!



Animal Oasis Veterinary Hospital in Naples offers the most up to date and progressive veterinary services for your pets.

Ranging from Laser Surgery, Ultrasound, Dental Xrays, Radiology, Full Pharmacy and In House Diagnostics, Animal Oasis Veterinary Hospital provides your pets with the necessary options for treatment.

Dr. Kimberly Greene
Dr. Lien d'Hespeel
Dr. Natasha Self
Dr. Rebecca Smith

239-431-7980

www.aovethospital.com

2700 Immokalee Road, Suite 16, Naples, FL 34110

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

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

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

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

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

3. Spray disinfecting spray on a cloth, wipe toys, door knobs, appliance handles, keyboards, remote controls, light switches, phones and facial tissue box covers. Viruses can live up to 48 hours on hard surfaces.

4. Wash items like towels and bedding in hot water with soap if someone has been sick in the home. Be sure not to share these items until they are thoroughly cleaned.

5. Change vacuum bags monthly or more frequently.

6. Boil toothbrushes for one minute in water and vinegar, run through a dishwasher cycle or purchase new brushes.

7. Use antibacterial wipes on your keyboard, phone and pens to protect yourself from spreading germs at work.

8. Wash telephones, cabinet handles, doorknobs, light switches and refrigerator door handles using a slightly dampened cloth with a solution of mild detergent and warm water.

9. Wash mop heads in a solution of ¼ cup bleach and one gallon water, dry thoroughly, then store. Not only will mop heads pick up germs and dirt, but they also can also grow mold and mildew if they don't dry out completely.



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

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

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



239.596.5200 maidpro.com/naples
 239.437.5527 maidpro.com/fortmyers
 239.206.2881 maidpro.com/marcolisland

Get Answers to Your Neurological Issue from Specialized Neurosurgeons

Fellowship-Trained Neurosurgeons from Johns Hopkins Hospital, University of Maryland/Shock Trauma Center now in Naples, Florida

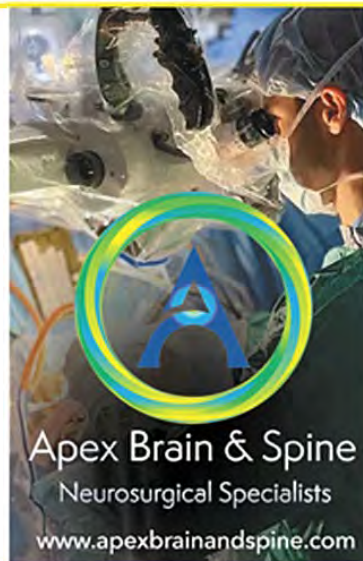
239-422-APEX (2739)

3530 Kraft Road • Suite 203 • Naples, FL 34105

24/7 Availability

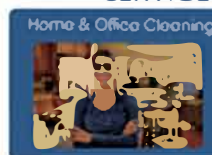
Neurological Specialists

Caring for the Patient as if they were family



We've taken cleaning to a whole new level...

SERVICES AVAILABLE



NOT YOUR STANDARD CLEANERS

- Damage and theft protection
- Employee backgrounds
- Knowledgeable cleaners
- Satisfaction Guaranteed



NOW OFFERING! MaidPro MUSCLE Services

- Immediately Dry & Green Carpet Cleaning
- Upholstery • Tile & Grout
- Pressure Washing
- Window Cleaning



\$75 off CLEANING SERVICES

\$25 OFF YOUR 1ST, 3RD & 5TH CLEANING plus up to

\$125 off \$25 OFF EACH INDIVIDUAL MAIDPRO MUSCLE SERVICE

MAIDPRO MUSCLE SERVICES OFFER CANNOT BE COMBINED WITH OTHER OFFERS.



maidpro.com
239.596.5200

Servicing Marco Island, Naples, Bonita Springs and Fort Myers Area

What's Your Diet?

By Pastor Roger P. Felipe

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

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

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

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

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

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



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

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



VENTURECHURCH
Naples

www.venturenaples.com

Board Certified M.D. with 25+ Years of Experience in Holistic Internal Medicine



- Moved practice from NYC to Naples
- A Cornell University graduate - authored hundreds of print & online publications and has appeared as a medical expert on FOX, CBS, ABC, and NBC.
- Author of *'Diet Slave No More!'* book, phone app, & weight management program.
- A luxury concierge-style private practice with direct access to the doctor herself & instant feedback to your questions & needs
- Holistic Primary Care with meticulous attention to lifestyle, nutrition, and Mind-Body balance. Will help you manage your most important asset - your health.

Svetlana Kogan, M.D.

720 Fifth Ave S, Unit 209, Naples, FL 34102
(239) 676-6883 | www.customlongevity.com

CHEF-MADE MEALS FOR SENIORS

Our chefs shop, cook meals for the week, and clean up
Cost similar to meal delivery.
Customized to your diet.



CHEFS FOR SENIORS®

239-776-1758

chefsforseiors.com

Email: bill.springer@chefsforseiors.com

BOOK YOUR CHEF

Schedule weekly or bi-weekly visits with your chef. There are no long-term contracts to worry about.

WE COOK FOR YOU

Our professional chefs bring fresh ingredients and cook delicious, homemade meals in your kitchen.

ENJOY YOUR MEALS

You're set for the week! We leave you with customized, nutritious meals that can be eaten when you need them.

What's the Difference Between Misir Pharmacy & the Big Chains?

We take the time to get to know our customers and treat them like family. They're not just another number. When you call here, a real person will answer. The key difference between Misir Pharmacy and large corporations is that large corporations services care primarily about their corporate profits, while Misir Pharmacy cares about their patients and the quality of care they are receiving.

Packaging to meet individual patient's need:

As well as online services, independent pharmacies can also make your life easier through additional options. For example, we can deliver your medication right to your house. So, if it's hard for you to get to the pharmacy, you don't have to. Convenient packaging, including blister packs, will also make it easier to remember to take the right dosages of your medications.

An Innovative Medication-Taking Solution:

Dispill® Multi-dose Packaging is a safer, easier way for you to help patients adhere to their medication schedules. It's a patented system that lets you provide prescribed medication to patients in an all-inclusive blister pack. Not only will it help you protect the independence of your patient's medications, Dispill® eliminates the need for pillboxes and single-dose bingo cards, which in turn decreases the risk of patients mixing up medication or forgetting the time of day they have to take them. And, each cell is perforated, making it easy for patients to take them on the go. Giving patients a safer, easier way to take their medications correctly is a convenience that helps them maintain their quality of life.

Your Local Pharmacy

You can always feel better about shopping at a locally owned and operated store. When shopping at big-box stores, your money increases a high-level executive's already immense salary. By shopping at a local business, your money will help put food on a family's table or send their kids to camp. In other words, your money is recycled into your own community.



At independent pharmacies, you'll gain all the benefits of getting to know your pharmacist, and your pharmacist getting to know you. We can always take the time to greet you by name, hear your story, and answer your questions. Having a dedicated pharmacist who knows you and your needs also means there's less chance of an error occurring. At independent pharmacies, our main goal is to help you and make sure your visit to the pharmacy is a positive experience.

If you need to rush in, grab your medication and go, we understand, and with a simple phone call or notification through our online system, we can have your prescription ready for you. If you have questions or need us to go over your instructions once, or a few times, the pharmacists at independent pharmacies can give you as much time as you need. We understand that it's hard to remember how to take your medications sometimes and, to prevent taking them incorrectly, you need to have them properly explained to you.

MISIRx Compounding Pharmacy

When you partner with MISIRx's independently owned and operated pharmacy, you get the personal touch of a neighborhood pharmacy and the strength, resources, an array of services.

Misir Pharmacy has a singular focus on service, collaborating with their patients and their physicians to develop products and services that will help us provide the best quality of care, control cost, and remain compliant with the ever-changing healthcare.



St. Andrews Square - 8795 Tamiami Trail East
Naples, FL 34113

(239) 403-0060 | FREE DELIVERY

www.misirpharmacy.com

PANAKEIA®



Specializing in....

- Oxygen concentrators and other equipment for all your home and travel needs
- CPAP/BiPAP supplies
- Medical Supplies

We are a Service Disabled Veteran-Owned Small Business.
www.PanakeiaUSA.com



**Medical Innovations
to live your life.**

Headquartered in Naples, FL

P: (202) 656-8848

F: (202) 204-0262

info@PanakeiaUSA.com

RECONSTRUCTIVE AND COSMETIC SURGERY

Gunnar Bergqvist, MD
Practice Made Perfect



**COMPASSION.
SKILL.
EXPERIENCE.**



Gunnar Bergqvist, MD, is the premier choice for safe, effective, personalized care in our area.

**IT'S YOUR BODY. IT'S YOUR LIFE.
MAKE AN INFORMED DECISION.**

For more information, or to schedule a no-obligation consultation with Dr. Bergqvist, contact us today.

239.431.7967 | SWEDISHDR.COM

Member



AMERICAN SOCIETY OF PLASTIC SURGEONS



Simply Feel Better.

CONCIERGE HOLISTIC MEDICINE

Dr. Alik Minikhanov, DACM, AP

**EASTERN
MEDICINE.**

**WESTERN
SCIENCE.**



I AM DESIGNED TO HEAL

826 Anchor Rode Drive
Naples, Florida 34013

tel: 239-322-3817
web: iamdesignedtoheal.com



DR. ALIK MINIKHANOV ACUPUNCTURE
PHYSICIAN. DOCTOR OF ORIENTAL
MEDICINE

Dr. Alik Minikhanov

REVIVE.
RENEW.
REJUVENATE.

AESTHETIC
TREATMENT CENTERS

BODY

FAT REDUCTION SKIN TIGHTENING
LASER HAIR REMOVAL THERMIVA

SKIN

INJECTABLES & FILLERS ADVANCED SKIN
REJUVENATION FACIALS

IV HYDRATION

TREATING

- Extreme fatigue
- Headache
- Nausea
- Dry skin
- Dizziness
- Constipation

Convenient
Financing
Options

**Call Today
for Your
FREE
FACIAL**

720 Goodlette-Frank Rd. Suite 300, Naples, FL 34102
Phone: (239) 322-3790
aestheticreatmentcenters.com

GET YOUR MEDICAL MARIJUANA CARD TODAY!



- No Medical Records - No Problem
- Maximum Orders
- All Methods
- No Additional Fees
- Same Day Purchasing for Florida Residents

100's of Conditions Qualify

Find an alternative to addictive and ineffective pharmaceuticals today with medical cannabis.



COMPASSIONATE HEALTHCARE OF FLORIDA

Call for Appointments (833) 633-3665
www.flmmjhealth.com

NO RISK GUARANTEE
Convenient Locations in Naples & Cape Coral

YOUR HEALTH COMES FIRST



Ricardo Martinez, MD

Our Services Include:

- Routine Exams
- Health Consultations
- Addiction Medicine
- Urgent Care Services

We are a team of specialized health professionals who work to achieve the optimal health of all of our patients.

239-315-7801

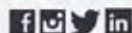
www.well-beingmedicalcenter.org

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

Thanks
Happy Thanksgiving



CONTACT US AT (239)-938-7744 | ADMISSIONS@HODGES.EDU | HODGES.EDU
Hodges University is an equal access, equal opportunity organization.



40 YEARS
AS THE TOP HOSPICE &
PALLIATIVE CARE
PROVIDER IN
COLLIER COUNTY*

ALL HOSPICE PROGRAMS ARE NOT THE SAME

WHEN IT COMES TO THE CARE OF A LOVED ONE,
DEMAND THE HIGHEST RATED HOSPICE
& PALLIATIVE CARE PROVIDER*

Specially trained, caring
team of doctors, nurses,
social workers, aides and
chaplains make individualized
care plans for each patient.



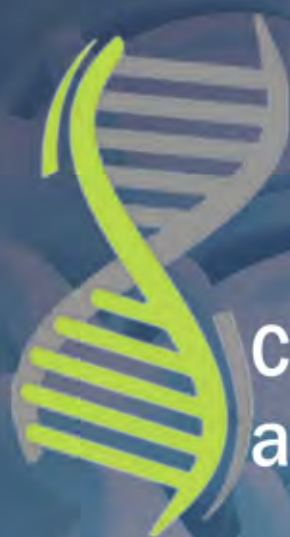
40 YEARS OF PROVEN EXCELLENCE AND COMMITMENT
TO CARING FOR THE COMMUNITY.

CALL (239) 280-2288 FOR MORE INFORMATION.

Avow | Florida Hospice License 5022096 since 1983 | avowcares.org

* In Collier County as of September 2022 medicare.gov/care-compare

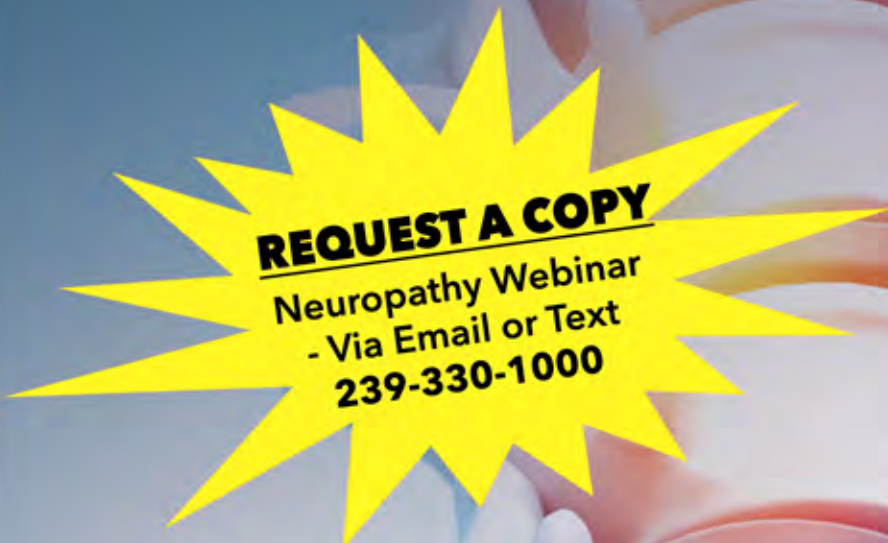
Regenerative, Physical, & Preventative Medicine



HILER

CHIROPRACTIC & NEUROLOGY
and **FEEL AMAZING** INSTITUTE

"Comprehensive programs for spine, joints, neuropathy, and wellness."



REQUEST A COPY
Neuropathy Webinar
- Via Email or Text
239-330-1000

- Stem Cell Allografts
- Platelet Rich Plasma
 - Chiropractic
 - Massage
- Ultimate Neuropathy Program
- Ultimate Spinal Decompression
 - Ultimate Knee Program
 - Peptides
 - Nutritional IVs

239.330.1000

3031 AIRPORT PULLING RD. N.
NAPLES, FL 34105

FEELAMAZING.COM

FOR CONVENIENT URGENT CARE, WE'VE GOT YOU COVERED.



Physicians Regional Medical Group now has convenient urgent care locations closer to you. You can simply walk in or save your spot online. We offer a variety of services, including treatment for cold, flu, sore throat, animal bites, urinary infections, sprains and much more.

Save your spot in line by visiting MyPhysiciansRegionalUC.com.

Marco Island
1839 San Marco Rd.
Marco Island
Mon. – Fri. • 8 a.m. – 5 p.m.

East Naples
4525 Thomasson Dr.
Naples
Daily • 7 a.m. – 7 p.m.

Pine Ridge Medical Office Bldg.
6376 Pine Ridge Rd.
Naples
Daily • 7 a.m. – 7 p.m.

 **PHYSICIANS REGIONAL**
MEDICAL GROUP

Save Your Spot:
MyPhysiciansRegionalUC.com