

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

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

November 2024

Collier Edition - Monthly

[www.swfhealthandwellness.com](http://www.swfhealthandwellness.com)

 **FREE**

**AMERICAN  
DIABETES  
MONTH**

**MEN'S  
HEALTH**

What Your Wife  
Wishes You'd  
Handle Sooner



TIS' THE SEASON  
FOR GIFTING

**CELEBRATING  
NATIONAL  
HEALTHY  
SKIN MONTH**

with Advanced  
Anti-Aging Procedures

**LUNG CANCER  
SCREENING  
SAVES LIVES.  
SHOULD YOU  
HAVE ONE?**

**HEALTH THROUGH  
THE HOLIDAYS**

How to Prioritize Your Nutrition  
During the Busy Season



# PARK

---

*Family & Cosmetic*

---

# DENTISTRY

Established 2009

**Are you the type of person who values excellent dental health and wellness?**

Look no further!

We are here to serve you, your family, and friends.

With over 1,700 5-star Google reviews and 15 years in business, our dedicated team provides ALL PHASES of dentistry under one roof.

We love changing lives through the arts and science of creating a confident smile.



**Change Your Smile...**

**Change Your Life!**

**You are just a phone call away from a new life.**



## **OUR DOCTORS**

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



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](http://magnoliabc.com)**

# CONTENTS NOVEMBER 2024

6 Meet the Dental Hygienists of Park Family & Cosmetic Dentistry

7 National Family Caregivers Month

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

9 Renew Your Radiance: Celebrating National Healthy Skin Month with Advanced Anti-Aging Procedures

10 Transforming Dentistry Through Advanced Robotics

11 Lung Cancer Screening Saves Lives. Should You Have One?

12 Understanding Cerebral Amyloid Angiopathy: A Growing Concern in Brain Health

13 Understanding Regenerative Medicine for Knee Pain

14 Is Loosing Weight Good for Your Heart?

15 Men's Health: What Your Wife Wishes You'd Handle Sooner

16 A Functional Doctor's Approach to Elevated Blood Pressure

17 Understanding COPD and Sleep Apnea Overlap Syndrome

18 Senior Living Communities Offer Safety and Peace of Mind During Hurricane Season

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

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

21 Revolutionize Your Life with Emsella Chair: A Solution to Incontinence

22 When to Consult with a Spine Specialist: Addressing Back Pain, Radiating Leg Pain, and Walking Difficulties

23 Restoring Balance: The Promise of Bio-Identical Hormone Replacement Therapy for Women

## WOUND THAT WON'T HEAL?

Advanced In-Home Wound Care Providers



**RxWound**  
The hard-to-heal experts

Treating Chronic and Complex Wounds

**CONTACT US  
TODAY FOR  
A FREE  
CONSULTATION**

**95% of Patients  
Achieve  
Full Wound Closure  
in under 6 weeks**

At **RxWound**, tailored treatment plans are designed to address the unique requirements of each patient's wound, maximizing the potential for optimal results. The extensive selection of wound grafts are safe, FDA-approved, and covered by Medicare Part B, giving seniors access to cutting-edge wound healing solutions.



**Phone or Text: (813)765-8804**

**Email: Rick@gulfstream-med.com**

**Website: www.rxwound.com**

## ELEVATE YOUR HEALTH WITH VITAMIN THERAPY AT THE DRIPBaR

THE  
**DRIPBAR**  
VITAMIN THERAPY  
**NAPLES**

NOW OFFERING:  
OZONE THERAPY

**O<sub>3</sub>**

**Faster Healing and Recovery  
Without Medication**

• HIGH-DOSE VITAMIN C FOR PRE/POST CANCER TREATMENTS

• ANTI AGING

• SEMAGLUTIDE/TIRZEPATIDE TREATMENTS

• IV LIFESTYLE DRIPS

• IM SHOTS

11216 Tamiami Trail N

Naples, FL, 34110

(239) 422-6044

thedripbar.com/naples

NaplesFL240@TheDRIPBaR.com

**Feed your Cells.  
Fuel your Life.**



Contact us online or call **(239) 422-6044** today to learn more about our IV therapy, wellness programs, and other services!

**TheDRIPBaR.com/Naples**

### CONTACT US

OWNER / ACCOUNT EXECUTIVE  
**Cristan Gensing**  
cristan@gwhizmarketing.com

OWNER / CREATIVE DIRECTOR  
**Sonny Gensing**  
sonnygensing@yahoo.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 2024. 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.

24 The Life-Saving Power of Regular Skin Cancer Screenings: Why Early Detection Matters

25 The Benefits of Physician Home Visits in the Management of COPD

26 American Diabetes Month: Focusing on Eye Health

27 Get Better Faster with MLS Laser Therapy

28 Watch Out for Trademark Scammers

29 November is Lung Cancer Awareness Month: Key Insights from an Oncologist on Prevention, Detection, and Treatment Advances

30 Innovative Teaching is Integral to FGCU's Mission

31 The Rejuvenating Power of Ozone IV Therapy and NAD+ at The DRIPBaR

32 'Tis' The Season for Gifting

40 The Connection Between Hearing Loss and Diabetes

41 Epidural Injections: Beacon of Hope for Sciatic Back Pain Sufferers

42 Managing Diabetes: Strategies for Treatment and Prevention

44 Diabetic Wound Care: Harnessing the Power of Amniotic Membrane Technology

46 Hormones and Depression

48 Pickleball

50 Shining a Light on Diabetes November's Diabetes Awareness Month

52 Stress Management

54 What is Rhinitis? An In-Depth Look at This Common Nasal Condition

56 Understanding Alzheimer's: Separating Fact from Fiction

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

58 Acupuncture and Diabetes: A Holistic Approach to Managing a Complex Condition

59 Misir Pharmacy Compounding Skincare Customized Specifically for You

60 Men's Health Month: Optimizing Wellness Beyond Testosterone

61 The P-Shot: Revolutionizing Male Sexual Health with Regenerative Therapy

62 Cardiovascular Wellness: What is Cardiovascular Wellness???

63 Navigating the Fog of Memory Changes in Aging

64 2025 Annual Enrollment is Here!

65 Thanksgiving: How to Keep Your Pets Safe

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

67 If I Don't See Mold Could I Still Be Affected?

68 Are You Practicing Mindful Wealth?

69 Any Lab Test Now! Take Control of Your Health

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

71 Spiritual Wellness: What's Your Diet?



[www.swfhealthandwellness.com](http://www.swfhealthandwellness.com)

# NEW PREMIER DERMATOLOGY PRACTICE NOW IN NORTH NAPLES!

Art of Dermatology is the premier choice for comprehensive **Dermatology, Surgical, and Aesthetic** services. We are dedicated to offering exceptional care for the diagnosis, treatment, and enhancement of your overall skin health.

2350 Vanderbilt Beach Road Suite 301,  
Naples, FL 34109

[www.theartofderm.com](http://www.theartofderm.com)

(239) 356-3503



ART OF DERMATOLOGY  
MEDICAL • SURGICAL • COSMETIC

# Meet the Dental Hygienists of Park Family & Cosmetic Dentistry: Caring for Smiles, Building Relationships

When it comes to maintaining a healthy smile, dental hygienists are your first line of defense. They play a critical role in ensuring your teeth and gums stay clean and healthy, but their job goes far beyond just cleaning. At Park Family & Cosmetic Dentistry in Naples, FL, the hygienist team is not only highly skilled but also dedicated to building lasting relationships with their patients and creating a warm, welcoming environment.

## What Does a Dental Hygienist Do?

Dental hygienists are licensed oral health professionals who specialize in preventive care. Their primary responsibilities include cleaning teeth, examining patients for signs of oral diseases like gingivitis, and providing other preventative dental care. They also educate patients on how to maintain good oral health at home. Hygienists use a range of tools, from ultrasonic devices to hand instruments, to remove plaque, tartar, and stains, ensuring your smile stays bright.

To become a dental hygienist, extensive training is required. They must complete a dental hygiene program, which typically includes coursework in anatomy, radiography, periodontology (the study of gum disease), and clinical practice. Afterward, they must pass a national board exam and obtain state licensure.

But at Park Family & Cosmetic Dentistry, the hygienists go above and beyond their clinical skills. They provide compassionate care, patient education, and fostering a family-like atmosphere that makes both employees and patients feel at home.

## A Team Built on Trust and Compassion

One of the things that makes Park Family & Cosmetic Dentistry stand out is their exceptional team of dental hygienists, who share a strong bond and work seamlessly together. The lead hygienist, Kim Plommer, has been with the practice for over eight years and is a firm believer that the best thing about Park Family & Cosmetic Dentistry is right in the name—the family atmosphere.

“Our hygiene team knows the importance of patient education, compassion, and building relationships,” says Kim. “It’s not just about professional development here; we focus on personal development too. We’re like a family, and that makes all the difference.”



Kim’s dedication to her patients and her team sets the tone for the entire practice. She believes that when you work in an environment where you feel appreciated and supported, it reflects in the care you provide to your patients.

Hygienist Heather Boe, who has been with the practice for over 12 years, shares a similar sentiment. “Park Family & Cosmetic Dentistry is truly a welcoming place. We all take care of each other like we are family. We’re given opportunities to grow and try new roles, which keeps things exciting and rewarding.” Heather adds, “Many of our patients have been coming to us for years and years, so I really love getting to know about their lives. It’s more than just cleaning teeth—it’s building lasting relationships.”

## A Spa-Like Experience with Advanced Technology

For some people, going to the dentist can be nerve-racking, but at Park Family & Cosmetic Dentistry, patients are treated to a spa-like experience. RDH Linda Sexton, who has been with the team for over five years, says the attention to patient comfort is unmatched. “I love the way our office

feels like a spa and not a dentist office. Our chairs have heat and massage. There’s even a comfort menu where patients can request a drink or a blanket.”

Beyond comfort, Park Family & Cosmetic Dentistry prides itself on using the latest in dental technology. “The technology we’re given to use with our patients is the best in the industry,” Linda explains. This allows the team to provide top-notch care with efficiency and precision, ensuring their patients receive the highest standard of treatment.

## A Place That Feels Like Home

The unique work culture at Park Family & Cosmetic Dentistry goes beyond patient care. It’s a place where employees feel appreciated and have fun together. “Our doctors are not only compassionate about our patients, but about the employees as well,” says Kim Plommer. “We’ve had Ugly Sweater contests, they rent out movie theaters for family events, and we’ve even been on a Princess Boat tour of Naples. When I come to work, I feel appreciated, and that makes all the difference.”

The sense of family extends not only to the staff but also to the patients, who are treated like family members when they walk through the doors. The focus on both professional and personal development, along with a fun, supportive atmosphere, makes Park Family & Cosmetic Dentistry a truly special place to work—and to receive care.

Park Family & Cosmetic Dentistry offers a wide range of services, including cosmetic dentistry, teeth replacement, orthodontics, dental implants, dentures, sedation dentistry, emergency dental treatments, pediatric treatments, and dental surgery.

Change Your Smile... Change Your Life!



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](http://magnoliabc.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

**T**hanksgiving 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.<sup>1</sup> On average, "normal weight" individuals gain about one pound while overweight/obese individuals average about 5 pounds per holiday season.<sup>2,3</sup>

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.<sup>1,2,3</sup> Year after year, this weight gain can add up and as we get older the difficulty to lose weight increases substantially.<sup>4</sup> As we all know, additional weight can lead to a multitude of morbidity risk, and overall diminished quality of life.<sup>4</sup> 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](http://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.*



# RENEW YOUR RADIANCE:

## Celebrating National Healthy Skin Month with Advanced Anti-Aging Procedures

**A**s we embrace National Healthy Skin Month, it's the perfect time to explore the cutting-edge world of anti-aging procedures. At Naples Aesthetic Institute, we're dedicated to helping you achieve and maintain vibrant, youthful-looking skin. Let's delve into some of the most effective treatments that can turn back the clock on aging: Intense Pulsed Light (IPL) therapy, chemical peels, and medical facials.

### Intense Pulsed Light (IPL) Therapy: Illuminating Your Natural Glow

IPL therapy has revolutionized the way we approach skin rejuvenation. This non-invasive treatment harnesses the power of light energy to target various skin concerns associated with aging. By delivering precise pulses of light to the deeper layers of your skin, IPL can effectively address issues such as:

1. Sun damage and age spots
2. Fine lines and wrinkles
3. Uneven skin tone and texture
4. Redness and rosacea
5. Enlarged pores

The beauty of IPL lies in its versatility and minimal downtime. Many patients notice improvements after just one session, with optimal results typically achieved through a series of treatments. At Naples Aesthetic Institute, our skilled professionals tailor IPL treatments to your unique skin type and concerns, ensuring the best possible outcomes.

### Chemical Peels: Unveiling Fresh, Rejuvenated Skin

Chemical peels have long been a staple in the anti-aging arsenal, and for good reason. These treatments involve applying a carefully formulated solution to the skin, which gently exfoliates and removes damaged outer layers. As your skin heals, it reveals a smoother, more youthful complexion underneath.

There are various types of chemical peels, ranging from mild to deep, each designed to address specific skin concerns:

1. Superficial peels: Ideal for mild skin texture issues and dullness
2. Medium peels: Target fine lines, wrinkles, and uneven pigmentation
3. Deep peels: Address more significant signs of aging and sun damage



At Naples Aesthetic Institute, we offer a range of chemical peel options, allowing us to customize treatments to your skin's needs and your desired results. Our experts can help you choose the right peel to achieve your anti-aging goals while ensuring your comfort and safety throughout the process.

### Medical Facials: The Ultimate in Skin Pampering and Rejuvenation

While traditional spa facials can be relaxing, medical facials take skin care to the next level. These treatments combine the luxurious experience of a facial with advanced medical-grade products and techniques. Medical facials at Naples Aesthetic Institute are designed to deliver powerful anti-aging benefits, including:

1. Deep cleansing and exfoliation
2. Targeted treatment of specific skin concerns
3. Hydration and nourishment
4. Stimulation of collagen production
5. Improvement in skin texture and tone

Our medical facials often incorporate additional technologies or treatments, such as microdermabrasion, LED light therapy, or ultrasound, to enhance their effectiveness. The result is a comprehensive approach to skin rejuvenation that leaves you looking and feeling refreshed.

### Combining Treatments for Optimal Results

While each of these procedures offers significant benefits on its own, many patients at Naples Aesthetic Institute find that combining treatments yields

even more impressive results. For example, starting with an IPL session to address pigmentation issues, followed by a series of chemical peels to refine texture, and maintaining results with regular medical facials can create a transformative effect on your skin's appearance.

As we celebrate National Healthy Skin Month, it's important to remember that achieving and maintaining youthful, radiant skin is a journey. Consistency in your skincare routine, protection from sun damage, and a healthy lifestyle all play crucial roles in preserving your skin's health and appearance.

At Naples Aesthetic Institute, we're committed to guiding you through this journey with personalized treatment plans and expert care. Whether you're new to anti-aging procedures or looking to enhance your current regimen, our team is here to help you unveil your most beautiful, confident self.

This National Healthy Skin Month, take the first step towards rejuvenated, glowing skin. Explore the transformative possibilities of IPL therapy, chemical peels, and medical facials, and discover how these advanced anti-aging procedures can help you look as young as you feel.



Renata  
Almeida

Brittany  
Napior

Christina  
Espineta

**THE SPA**  
at Naples Aesthetic Institute

3025 Airport Pulling Road North  
Naples, FL 34105  
239.596.8000  
NaplesAestheticInstitute.com

# Transforming Dentistry Through Advanced Robotics



Robot-assisted surgery has become the standard of care across a wide range of medical disciplines with many advantages. Enhanced planning. Heightened precision. A better patient experience. Yomi® brings all of this and more to dentistry.

## Say hello to Yomi®

As the first and only robotic-assisted surgical system cleared by the FDA for dental implant surgery, Yomi® helps your team of specialists accurately plan your procedure and place your implants. Whether you need to replace a single tooth, multiple teeth or your complete smile, this is the less invasive, life-changing solution you've been waiting for.

### Here's why Yomi may be the best option for you:

- Enables smaller incisions for faster recovery: Yomi enables minimally invasive procedures, which could lead to a faster recovery.
- Robotic guidance control: Your doctor is always in control with Yomi assisting in the accurate placement of the implants according to the digital plan.
- Digital planning accuracy: Yomi complements your doctor's surgical skills by pre-planning the entire procedure and enabling robotic guidance throughout the surgery.
- More peace of mind & saves time: Implants are an investment, so it feels good knowing you're getting more accurate dental care with fewer appointments (for the appropriate candidates).
- Great smile & life-changing results: Dental implants look, feel and function like real teeth, helping you take control of your oral health now and for the future.



## THE LASTING BENEFITS OF FULL-ARCH DENTAL IMPLANTS

- Ditch the dentures for a permanently fixed full-arch smile in JUST 1 DAY
- No bone, no problem. See us for a second opinion.
- Restore your ability to eat your favorite foods
- Prevent bone loss-related facial collapse
- Improve your quality of life
- Regain your youthful & exuberant smile

## Call Us to Find Out About Our Full-Arch Implants Special *Today!*

DR. EUGENE TITOV  
DR. OLGA TITOV



*Marsh Cove*  
DENTAL & IMPLANT  
— CENTER —



**239-572-9863**  
[www.marshcovedental.com](http://www.marshcovedental.com)

**6654 Collier Blvd.  
Ste 104, Naples, FL 34114**

# LUNG CANCER SCREENING SAVES LIVES. SHOULD YOU HAVE ONE?

**W**hen it comes to lung cancer, early detection is key. In the United States, lung cancer causes more deaths than any other type of cancer. But fortunately, a preventative, low-dose computed-tomography (CT) scan can help detect lung cancer in its earliest stage, leading to better outcomes for patients.

Medicare and most insurance companies cover the cost of a lung cancer screening for those who meet certain criteria. If you smoke or smoked in the past, talk to your doctor about how a CT lung cancer screening can benefit you. November is Lung Cancer Awareness Month, so there's no better time.

A 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

The goal of lung cancer screening is to detect cancer before it has spread to other areas of the body. It helps identify lung nodules, the vast majority of which detected on a screening (more than 96 percent) are not cancerous.

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

Screenings are not an alternative to quitting smoking. Active smokers should enter a smoking cessation program and stop the usage of all tobacco



products, as this lowers risk of lung cancer in general. For those that do quit smoking, it usually takes approximately 15 years to reduce the risk of lung cancer.

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.

 **PHYSICIANS REGIONAL**  
MEDICAL GROUP

For more information, call the lung navigator at 239-348-4401 or email [lungscreening@physiciansregional.com](mailto:lungscreening@physiciansregional.com).

# Understanding Cerebral Amyloid Angiopathy: A Growing Concern in Brain Health

**C**erebral Amyloid Angiopathy (CAA) is a serious condition affecting the brain's blood vessels, characterized by the accumulation of beta-amyloid proteins in the walls of cerebral arteries. This progressive condition primarily impacts older adults and can lead to potentially severe complications, including stroke and cognitive decline. As our population ages, understanding CAA becomes increasingly important for both healthcare providers and patients.

## Who Is Most Affected?

CAA predominantly affects individuals over the age of 65, with its prevalence increasing significantly with age. Studies indicate that by age 90, more than 50% of people show some degree of CAA pathology. While age is the primary risk factor, certain genetic factors can also increase susceptibility. The condition appears to affect both men and women equally and has been observed across all ethnic groups.

## Risk Factors

Several factors can increase an individual's likelihood of developing CAA:

- Advanced age (primary risk factor)
- Family history of CAA or related conditions
- Presence of the APOE ε4 gene variant
- History of high blood pressure
- Previous brain hemorrhages
- Cognitive impairment or dementia
- Cardiovascular disease

## Recognizing the Symptoms

CAA can manifest through various symptoms, though some individuals may remain asymptomatic until complications arise. Common symptoms and complications include:

- Sudden headaches
- Confusion or disorientation
- Weakness on one side of the body
- Speech difficulties
- Seizures
- Memory problems
- Balance and coordination issues
- Visual disturbances
- Cognitive decline



In severe cases, CAA can lead to intracerebral hemorrhage (bleeding in the brain), which requires immediate medical attention.

## Current Treatment Landscape and Future Hope

While there is currently no FDA-approved treatment specifically for CAA, medical management focuses on:

- Controlling blood pressure
- Managing other cardiovascular risk factors
- Avoiding blood thinners when possible
- Treating symptoms as they arise
- Regular monitoring through brain imaging
- Implementing safety measures to prevent falls

However, the landscape of CAA treatment is evolving rapidly. Researchers are actively investigating new therapeutic approaches to address this challenging condition. One promising development is taking place at Aqualane Clinical Research, where an investigational drug study specifically targeting CAA is currently underway.

## Research and Clinical Trials: A Path Forward

The medical community recognizes the urgent need for effective CAA treatments. Clinical trials, such as those conducted at Aqualane Clinical Research, are essential steps toward developing these treatments. Aqualane is at the forefront of neurological research, conducting studies not only for CAA but also for related conditions including:

- Alzheimer's Disease
- Parkinson's Disease
- Multiple Sclerosis
- Various rare neurological conditions

## Taking Action: Next Steps

If you or a loved one are experiencing memory concerns or are interested in contributing to the advancement of CAA treatment through clinical research, help is available. Aqualane Clinical Research offers:

- Comprehensive memory screening
- Evaluation for clinical trial participation
- Access to cutting-edge investigational treatments
- Expert medical monitoring
- Opportunity to contribute to medical advancement

Early detection and monitoring of CAA and related conditions are crucial for optimal management. By participating in clinical research, you not only gain access to potentially beneficial investigational treatments but also contribute to the development of future therapies that may help countless others.

To learn more about memory screening services or to explore participation in current clinical trials, contact Aqualane Clinical Research. Their team of medical professionals is ready to answer your questions and guide you through the process of joining a clinical study.

*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.*



**239-529-6780**

3200 Bailey Lane • Suite 250 • Naples, FL 34105

[www.aqualaneresearch.com](http://www.aqualaneresearch.com)



# UNDERSTANDING REGENERATIVE MEDICINE FOR KNEE PAIN

By Richard Hiler, DABCN

**U**nlike 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 Spine & Joint Institute, they specialize in treating knee and joint pain to give patients remarkable results and regeneration.

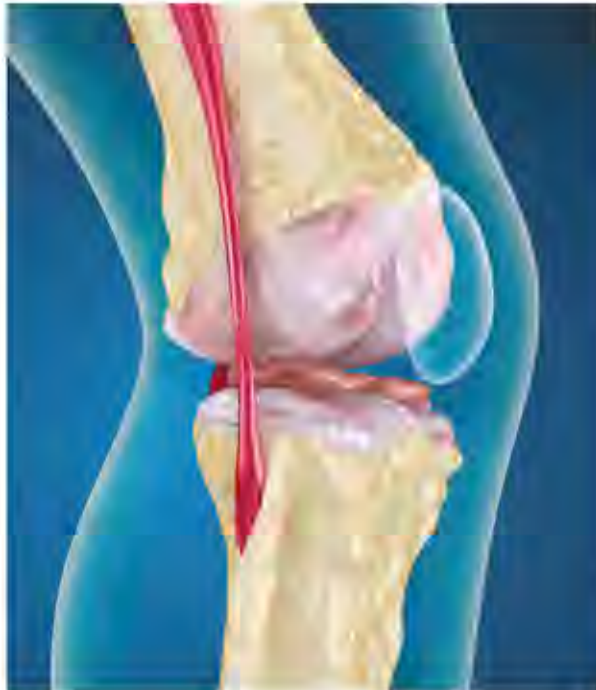
## REGENERATIVE MEDICINE FOR KNEE AND JOINT PAIN

### 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 Spine & Joint 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 Spine & Joint 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.**



**239.330.1000**

3031 AIRPORT PULLING RD. N.  
NAPLES, FL 34105

FEELAMAZING.COM

# Is Losing Weight Good for Your Heart?

## The Dangers of Muscle Mass Loss While Taking Weight Loss Medications

### Preventing Muscle Loss: Vital for Heart Health

Our bodies undergo various changes as we age, including gradually losing muscle mass and strength. This process, known as sarcopenia, is not just a concern for our physical appearance but also for our overall health, particularly our heart health. Preserving muscle mass matters, especially for individuals taking weight loss medications like GLP-1 agonists, and how Naples Cardiac and Endovascular Center is leading the way in addressing this issue.

### Understanding the Connection Between Muscle Loss and Heart Disease

Sarcopenia isn't just about losing muscle; it's about losing a key component of our body's health and vitality. Recent studies have shown that the decline in muscle mass is closely linked to an increased risk of heart disease and other cardiovascular complications. This is particularly relevant for individuals with coronary heart disease (CHD), where maintaining muscle strength becomes even more critical.

Research has indicated that individuals with low muscle mass tend to experience higher rates of major adverse cardiovascular events (MACEs) and all-cause mortality. These findings underscore the importance of addressing muscle health in cardiovascular disease management.



### Why Muscle Matters for Heart Health

Our muscles do more than help us move; they play a crucial role in supporting our cardiovascular system. Strong muscles promote better blood circulation, help regulate blood sugar levels, and contribute to overall metabolic health. By preserving muscle mass, we can better protect our heart and reduce the risk of cardiovascular complications.



### Introducing Naples Cardiac and Endovascular Center's Approach

At Naples Cardiac and Endovascular Center, we understand the importance of preserving muscle mass, especially for individuals undergoing weight loss treatments like GLP-1 agonists. That's why we've integrated state-of-the-art equipment to accurately measure muscle mass in our patients participating in weight loss programs.

Led by renowned specialists like Dr. Leandro Perez, Dr. Tracy Roth, Dr. Javier, and the newest addition, Dr. Solano, our team is dedicated to helping patients maintain their muscle mass while achieving their weight loss goals. With board-certified lifestyle specialists on board, we offer comprehensive wellness programs tailored to each individual's needs.

### Empowering Patients for Better Health

We believe that knowledge is power, so we're committed to educating our patients about the importance of muscle health in preventing cardiovascular disease. By providing the latest tools and techniques for measuring muscle mass and personalized lifestyle recommendations, we empower our patients to take control of their heart health and overall well-being.

### Take Charge of Your Health

If you're taking any of the new weight loss medications like Ozempic, Wegovy or other formulations medications for weight loss or have concerns about preserving muscle mass, don't hesitate to contact Naples Cardiac and Endovascular Center. Our team is here to support you on your journey to better health. If you are interested in knowing your body composition, including muscle mass, visceral fat, and other health risk factors, please call 239-300-0586 to set up an appointment for a DexaFit scan today.



Julian Javier, MD



Leandro Perez, MD



Tracy Roth, MD



239-300-0586 | [www.heartvein.com](http://www.heartvein.com)

1168 Goodlette-Frank Rd N., Naples, FL 34102

# MEN'S HEALTH:

## What Your Wife Wishes You'd Handle Sooner

By Sonny Gensing

**L**et's face it: men have a knack for ignoring health concerns until they're impossible to ignore. Whether it's the low energy that's making the couch your new best friend, or that snoring that's become the soundtrack of the night, there's always a reason to push it off. "I'm just tired," or "It's not a big deal," sound familiar? Your wife probably thinks otherwise.

So, what's really going on when your energy dips, your drive is nonexistent, and getting to the gym feels like climbing Everest? These everyday issues may be more than just the wear and tear of life—they're signals your body is sending that you can't afford to ignore. Here's a look at some of the most common men's health concerns and how addressing them head-on could be the key to feeling like your younger, more vibrant self.

### Chronic Fatigue: More Than Just a Busy Life

Most men chalk up their tiredness to stress, work, and just "getting older." But when that morning coffee stops working and you're still feeling drained halfway through the day, it might be time to dig a little deeper.

### The Culprit? Low Testosterone.

One common cause of chronic fatigue in men is low testosterone. Testosterone levels naturally decline with age, but when they drop too fast or too low, fatigue is one of the first symptoms. This isn't just feeling tired after a long day—this is the kind of fatigue that no amount of rest seems to fix. And it doesn't just impact your energy levels. Low testosterone can also affect your mood, motivation, and yes, your libido.

But here's the good news: there are plenty of options to help restore balance. From hormone replacement therapy to natural supplements and lifestyle adjustments, regaining energy and motivation is possible. So next time your wife raises an eyebrow when you fall asleep on the couch at 8 p.m., maybe take it as a sign that it's time to get things checked out.

### The Elephant in the Bedroom: Snoring

Let's talk about snoring. You might think it's no big deal, but your partner probably disagrees. And more than that, snoring could be a sign of something much more serious—sleep apnea.

### Why You Should Care About Sleep Apnea

Sleep apnea is a condition where you stop breathing for short periods during the night, which leads to poor sleep quality. The result? Chronic fatigue, increased risk of heart disease, and weight gain. It's also known to lower testosterone, which can lead to those energy and drive issues mentioned earlier.

Ignoring snoring isn't just a problem for your relationship—it's a health risk. The sooner you get it checked, the sooner you can find a solution. CPAP doesn't have to be the only answer - as new approaches to reducing respiratory inflammation, assisting with weight loss, or other treatments can target the root cause.

### Low Drive: It's Not Just in Your Head

Let's talk about libido—or lack thereof. It's a topic men like to avoid, but loss of sex drive is often the elephant in the room. While it's easy to brush off as stress, it's frequently tied to hormonal imbalances or other health issues that can affect overall vitality.

### Hormones at Play

Testosterone isn't the only hormone at work here. Cortisol, the stress hormone, can wreak havoc on your libido when it's chronically elevated. High cortisol levels, often caused by poor sleep, bad diet, or lack of exercise, suppress the body's production of sex hormones. When testosterone drops, it doesn't just affect your sex drive; it impacts your mood, motivation, and physical stamina.

Addressing low drive can involve a multi-pronged approach, from stress management techniques like meditation and exercise to hormonal therapies and nutrient infusions designed to support energy and vitality.

### The Gym Guys: Why Some Men Thrive

Ever notice those guys in their 50s and 60s who still look like they belong in the gym, pushing weights, and staying motivated? They aren't superhuman—they've just tapped into the secret that health isn't something you leave up to chance.

### What Keeps Them Going?

For starters, consistency. They don't treat their health as optional. They've found ways to keep their bodies and minds in balance, and it shows in their energy levels, drive, and overall health.

Regular exercise doesn't just keep you fit—it boosts testosterone, improves sleep, reduces stress, and enhances brain function.

But it's not just about willpower. Many men in their later years are using advanced health solutions to stay ahead of the game. From targeted IV infusions to custom pounded peptides or regenerative therapies, they're investing in their health with cutting-edge options designed to optimize their bodies from the inside out.

### It's Time to Be Proactive

Here's the bottom line: whether it's chronic fatigue, snoring, or low libido, these common health issues can be addressed. The key is not ignoring them. Your body is giving you clues, and the longer you wait, the harder it becomes to bounce back. So what's the solution?

- **Check Your Hormones:** Get a simple blood test to check for low testosterone and other hormonal imbalances. Balancing hormones can be a game-changer for energy, mood, and libido.
- **Upgrade Your Sleep:** If snoring is an issue, it's worth investigating whether sleep apnea could be at play. Better sleep can drastically improve your energy and overall health.
- **Prioritize Self-Care:** Consistent exercise, proper nutrition, and targeted therapies are your best bet to feeling younger and stronger, even as you age.

There are treatments out there designed specifically to help men reclaim their energy, vitality, and drive. From hormone balancing therapies to nutrient infusions and regenerative treatments, you have options. So, if you've been putting off those health concerns for "later," maybe now is the time to listen to your body—and your wife.

*Disclaimer: The information provided in this article is for educational purposes only and is not intended as medical advice. Always consult with your healthcare provider before starting any new diet, exercise program, supplementation, or therapy, especially if you have underlying health conditions or are taking medications.*

Join us for one of our upcoming **FREE DINNER SEMINARS** to learn more about Functional and Regenerative Medicine:

- Tuesday, November 12th @ 6:30 PM - Talis Park
- Wednesday, November 13th @ 12:30 PM - Seasons 52
- Tuesday, January 21st @ 6:30 PM - Talis Park
- Wednesday, January 22nd @ 12:30 - Seasons 52

Please call for info and to RSVP



239-331-7607  
www.wellinfused.com

7273 Vanderbilt Beach Rd. Suite #19  
Naples, FL 34119



# A FUNCTIONAL DOCTOR'S APPROACH TO ELEVATED BLOOD PRESSURE

By Svetlana Kogan, M.D.

It would be nice if before people get to the point where they need blood pressure medications, they would have access to preventive checkups where the root causes of any potential future hypertension would be picked up and addressed. Functional Medicine, which is a modern holistic outgrowth of Internal Medicine, starts by looking for the reasons why the patient may be developing an elevated blood pressure. Some of the causes of Hypertension we investigate are:

Medications which patients happen to be taking, like non-steroidal anti-inflammatories (NSAIDs), Birth Control pills, PPIs, Steroids, some anti-depressants, certain nasal sprays, some weight loss medications, and medications used for attention deficit hyperactivity disorder.

We also look for and treat underlying medical conditions which can prompt high blood pressures, such as:

Sleep Apnea, Thyroid or Parathyroid disease, Kidney disease, Obesity, Hyperlipidemia, Environmental exposure to Lead, cadmium, or arsenic, and disease of the adrenal glands to name a few. In functional medicine philosophy, oxidative stress poses a key clinical imbalance in the development of hypertension. What does that mean? Well, as our bodies work to disarm all the toxic substances which we encounter in our diet and environment, there are these very nasty characters forming in the blood called reactive oxygen species (ROS). It is the combination of the abundance of these nasty ROS and the shortage of our natural defenses against them which create oxidative stress.

Oxidative stress makes our blood vessels dysfunctional, promotes insulin resistance, creates inflammation everywhere and leads to higher blood pressures.

A functional medicine doctor can measure important markers of oxidative stress in your blood and nip the disease in the bud, before it has a chance to affect the end organs, like kidney,



pancreas, heart, liver, etc. We also measure micronutrient levels to assess our patients' defense antioxidant reserves. This gives us a chance to provide targeted supplementation of micronutrients to those who need it.

The result? Hypertension reversed.

Another thing that recently got functional doctors' attention is how our inappropriately triggered immunity can lead to hypertension and vascular disease, Covid 19 being the best example. When they started looking into how exactly vascular disease develops, they noticed that it starts with the disturbance of the innermost layer called endothelium. One of the major disturbances is the decreased production of the vasodilating substance called Nitric Oxide, an increase in the production of its antagonist ADMA, and another is the excess of the endogenously produced substance called Homocysteine. We can measure all these markers with simple blood tests, to confirm that these issues are present in a particular patient. You must be thinking: but what can you do if you discover these early precursors of hypertension and vascular disease? The good news is that thanks to cutting-edge research, functional doctors work to address these disturbances with professional grade supplements, botanicals, nutritional interventions, and lifestyle modifications. Here is a real-life example from my own private practice: a new patient who had signed up with my practice, was discovered during her intake examination to have newly elevated blood pressures. While going through her medications list, I discovered that she

has been taking over the counter Proton Pump Inhibitors (PPIs). These were recommended to her by her doctor years ago to help with her gastroesophageal reflux disease (GERD), and she was reflexively buying these pills over the counter for years.

On in-depth testing, I discovered high levels of ADMA in her blood and wisely remembered that PPIs increase ADMA and decrease Nitric Oxide causing an impaired ability of the blood vessels to expand to maintain normal BP levels. I then carefully and gradually weaned this patient off the PPI medication and made sure that it was ok with her gastroenterologist. As a result, her blood pressure and vascular dysfunction markers have normalized within several months. I also successfully treated her GERD with appropriate non-pharmaceutical functional supplements, changes in the foods she was eating, and tweaking her daily routine.

Indeed, folks, even changing your lifestyle routines are powerful natural medicines for the elevated blood pressure. For example, regular aerobic activity like brisk walking at least 30 minutes /day decreases blood pressure anywhere between 5-10 mm. By the same token, restricting sodium intake to 2.4 g/day decreases BP by another 2-8 mm. There are many more natural functional approaches to hypertension and my hope is that someday we can at best avert and at least reverse the public health burden of Hypertension which affects 116 million Americans.



**Svetlana Kogan, M.D.**

*The author of 'Diet Slave 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 Care 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](http://www.customlongevity.com)





# Understanding COPD and Sleep Apnea Overlap Syndrome

By Dr. Ernesto Eusebio

**C**hronic Obstructive Pulmonary Disease (COPD) and Obstructive Sleep Apnea (OSA) are two distinct but often overlapping respiratory conditions that impact millions of Americans. COPD is a progressive condition, characterized by difficulty in breathing due to long-term exposure to lung irritants, while OSA is a sleep disorder marked by repeated episodes of blocked airflow during sleep. When these conditions co-occur, they form what is known as "COPD and Sleep Apnea Overlap Syndrome." This complex syndrome presents unique challenges in diagnosis, treatment, and management. Dr. Ernesto Eusebio, Board Certified in Sleep Medicine at the Sleep and Apnea Institute of FL, explores the critical aspects of this condition and highlights the importance of early intervention and specialized care.

## The Mechanisms of COPD and OSA

COPD is primarily caused by chronic exposure to harmful irritants, most notably tobacco smoke, which leads to irreversible damage to the lungs. Individuals with COPD often experience symptoms such as shortness of breath, frequent coughing, and chest tightness, which can worsen over time. OSA, on the other hand, is commonly linked to physical obstruction in the upper airway, resulting in intermittent oxygen deprivation during sleep. The repetitive airway blockage often disrupts sleep and can lead to systemic complications, such as hypertension and cardiovascular disease.

In individuals with COPD, the presence of OSA can exacerbate breathing difficulties, particularly during sleep, when respiratory muscle tone naturally decreases. As detailed in a publication on the National Center for Biotechnology Information (NCBI), the interaction between COPD and OSA may intensify hypoxemia (low blood oxygen levels), leading to further declines in respiratory function and overall health impact of Overlap Syndrome.

The combination of COPD and OSA presents distinct challenges. While each condition independently increases the risk of cardiovascular disease, diabetes, and decreased quality of life, together, they amplify these risks. Overlap Syndrome, as a combined condition, is associated with more severe nocturnal hypoxemia and an increased risk of mortality compared to those with COPD or OSA alone.

Studies show that individuals with Overlap Syndrome are more likely to experience:

- **Higher levels of hypoxemia:** The co-occurrence of COPD and OSA worsens oxygen deprivation, especially during sleep, which can significantly stress the cardiovascular system.
- **Increased risk of acute exacerbations:** Overlap Syndrome is associated with more frequent exacerbations of COPD symptoms, which may lead to increased hospitalizations.
- **Higher likelihood of pulmonary hypertension:** Persistent low oxygen levels can lead to pulmonary hypertension, where the blood vessels in the lungs experience high blood pressure, leading to increased strain on the heart.

The NCBI review underscores the elevated mortality rate in Overlap Syndrome patients and the need for specialized interventions to mitigate these compounded health risks.

## Self Diagnosis

The symptoms of Overlap Syndrome may overlap with those of COPD and OSA, making it crucial to recognize the distinct clinical indicators. Common symptoms include:

- **Chronic shortness of breath, especially during sleep**
- **Daytime fatigue and sleepiness, often due to sleep disruptions from OSA**
- **Loud snoring and episodes of gasping for air during sleep**
- **Morning headaches and dry mouth, often linked to sleep apnea**

Diagnosing Overlap Syndrome requires a comprehensive evaluation that includes both pulmonary and sleep assessments. Polysomnography (sleep study) is typically used to confirm OSA, while spirometry is essential for evaluating COPD severity. Dr. Eusebio emphasizes the importance of coordinated diagnostic efforts, as a combined assessment can provide a more accurate picture of a patient's respiratory health.

### References:

- NCBI. (2021). *Overlap Syndrome in Chronic Obstructive Pulmonary Disease and Obstructive Sleep Apnea*. In *StatPearls*. Available at: <https://www.ncbi.nlm.nih.gov/books/NBK589658>

## Treatment Approaches

Treatment for Overlap Syndrome often involves a combination of therapies aimed at addressing both COPD and OSA. Dr. Eusebio advocates for an individualized treatment approach, recognizing that no two patients with Overlap Syndrome are alike. Core elements of Overlap Syndrome management include:

**1. Continuous Positive Airway Pressure (CPAP) Therapy:** CPAP is the primary treatment for OSA and is beneficial for individuals with Overlap Syndrome. It helps maintain airway openness during sleep, reducing episodes of apnea and hypopnea. This therapy also improves oxygen saturation, thereby mitigating the hypoxemic effects of both OSA and COPD.

**2. Supplemental Oxygen:** For those with significant nocturnal hypoxemia, supplemental oxygen may be prescribed alongside CPAP therapy to improve oxygen levels during sleep.

**3. Medications:** Individuals with COPD often use bronchodilators and inhaled corticosteroids to manage symptoms and prevent exacerbations. These medications can also help manage Overlap Syndrome by improving airflow and reducing inflammation.

**4. Lifestyle Modifications:** Smoking cessation, regular exercise, and a healthy diet are foundational in managing both COPD and OSA. Weight management is also essential, as excess weight can exacerbate both conditions by increasing respiratory demand and airway obstruction.

**5. Pulmonary Rehabilitation:** This supervised program combines exercise training, nutritional advice, and counseling to improve lung function and overall quality of life in patients with COPD and Overlap Syndrome.

## Importance of Specialized Care

Managing Overlap Syndrome requires a multi-disciplinary approach to address the various facets of both COPD and OSA. Dr. Eusebio encourages patients with COPD who experience symptoms of sleep apnea, such as snoring, daytime fatigue, and morning headaches, to schedule an appointment soon.

Accepting New Patients!



**(239)788-6500**  
**www.SAIFsleep.com**

**23421 Walden Center Dr, Suite 100**  
**Bonita Springs, FL 34134**

# SENIOR LIVING COMMUNITIES OFFER SAFETY AND PEACE OF MIND DURING HURRICANE SEASON

By Jenny Bradley

The west coast of Florida is facing an especially aggressive hurricane season, leaving many residents concerned about their safety. For older adults, the challenges of storm preparation can be even more daunting, making a well-thought-out plan essential. Senior living communities, like The Carlisle Naples, offer significant advantages during hurricane season, ensuring both safety and continuity of care while minimizing the disruptions that storms can cause.

## Preparedness and Peace of Mind

One of the most significant benefits of living in a senior community during hurricane season is the built-in preparedness. Senior living communities are well-equipped to handle extreme weather conditions, often having contingency plans that cover everything from emergency power to food and water supplies.

At The Carlisle Naples, for example, staff undergo rigorous training, ensuring they are ready for any situation. Residents and their families can rest assured, knowing that even in the event of a major hurricane, the community is a designated shelter-in-place location, which means that The Carlisle Naples is built to withstand strong winds and equipped to continue operations seamlessly. During recent storms like Hurricane Milton, residents continued their routines with minimal disruptions, participating in social events, enjoying chef-prepared meals as part of the Dine Your Way program, and feeling supported by a dedicated staff, many of whom stayed overnight at the community to ensure residents' wellbeing.

As resident Janet Goodhart shared, "The Carlisle team did a great job throughout the storm. I'm so grateful to every staff member for keeping us safe and secure. There was plenty of delicious food too!"

## Continuity of Care

Another advantage of senior living communities during a storm is the continuity of care. Seniors who live independently may face issues accessing medical supplies, refilling prescriptions or getting the help they need during a power outage or evacuation. In a community setting, these concerns are handled proactively.



At The Carlisle Naples, residents have the added benefit of onsite healthcare through partnerships like MyCare Clinic, ensuring easy access to medications and health support even during a storm. This eliminates the stress of last-minute pharmacy runs or worrying about medical care in uncertain conditions.

## Minimized Disruptions to Daily Life

While the idea of sheltering in place may evoke thoughts of being stuck indoors for days, many senior living communities go above and beyond to maintain a sense of normalcy. At The Carlisle, social events, activities and wellness programs continue during storms to ensure residents stay active and engaged.

Life at The Carlisle doesn't come to a halt even when the weather turns, which provides a level of comfort and stability. Families can trust that their loved ones are not only safe but also living well, even in difficult conditions.

"Thanks to everyone at The Carlisle for keeping my mom and all the residents safe," said Carol Campbell. "Their hard work and dedication are very much appreciated."

## A Sense of Community During Difficult Times

Isolation can be a significant concern for older adults during a hurricane, especially if they are sheltering alone. The communal environment of a senior living community is great for combatting loneliness. Residents are surrounded by peers and a caring team, sharing meals and stories and even bonding over new experiences during a storm.

## Expert Management and Post-Storm Recovery

Senior living communities like The Carlisle Naples also take the stress out of post-hurricane recovery. Maintenance crews quickly assess any damage, make repairs and handle cleanup, so residents don't have to worry about falling victim to post-storm scams or dealing with contractors. Everything is managed in-house, ensuring safety and security remain a top priority.

As Executive Director Bill Diamond noted, "We've learned from every storm and are committed to being as prepared as possible. Our residents can relax knowing they're in good hands, and we have systems in place to take care of any situation that comes our way."

For older adults, the peace of mind that comes with living in a senior community during hurricane season is priceless. With a focus on safety, preparedness, and maintaining quality of life, communities like The Carlisle Naples offer residents the best of both worlds—security and the comfort of home. During times of uncertainty, knowing there's a dedicated team ready to support them is comforting to both residents and their families.

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



Luxury Rental Retirement Living  
6945 Carlisle Court, Naples, FL 34109  
239-221-0017 • [www.TheCarlisleNaples.com](http://www.TheCarlisleNaples.com)



*Distinctive Retirement Living since 1988*

# GUARDING YOUR VISION: THE ESSENTIAL GUIDE TO DIABETIC EYE CARE

**D**iabetes 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. Digital retinal imaging is making it easier for individuals to receive eye care. Technology and available pharmaceuticals are improving every year for these patients.

## 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](http://www.swfleye.com)

6850 International Center Blvd.  
Fort Myers, FL 33912



# 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

**P**odiatrists 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](http://www.collierpodiatry.com)

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

# 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;

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](http://www.FloridaBladderInstitute.com). Call 239-449-7979 to schedule your Emsella consultation today.



Joseph Gauta, MD



Nicole Houser, PA-C



Lisa Mark, MD



Amy Goeltz, PA-C

  
**FLORIDA BLADDER**  
**INSTITUTE**  
*Excellence in Women's Pelvic Health*  
 239-449-7979

[www.FloridaBladderInstitute.com](http://www.FloridaBladderInstitute.com)

NAPLES:  
 1890 SW HEALTH PKWY., SUITE 205

[info@floridabladderinstitute.com](mailto:info@floridabladderinstitute.com)



# WHEN TO CONSULT WITH A SPINE SPECIALIST: Addressing Back Pain, Radiating Leg Pain, and Walking Difficulties

By Amanda N. Sacino, MD-PhD • Neurosurgeon and Managing Partner

**B**ack pain is a pervasive health issue that affects millions of people worldwide. In many cases, the discomfort is temporary, resolving with rest, physical therapy, or medication. However, when pain persists, radiates to other areas of the body, or affects mobility, it may signal a more serious problem. Consulting with a spine specialist becomes crucial to accurately diagnose and treat the underlying cause of these symptoms. We will explore the top reasons to consult with a spine specialist, focusing on back pain, radiating leg pain, and difficulties with walking and gait.

## 1. CHRONIC OR SEVERE BACK PAIN

One of the most common reasons people seek the expertise of a spine specialist is chronic or severe back pain. Occasional back pain is normal and can be triggered by a variety of factors, such as poor posture, muscle strain, or minor injuries. However, when back pain lasts for more than a few weeks or becomes debilitating, it may indicate an issue that requires specialized attention.

A neurosurgical spine specialist has the knowledge and tools to determine whether your back pain is caused by spinal disc degeneration, herniated discs, spinal stenosis, or other serious conditions and can also recommend advanced treatment options such as physical therapy, epidural injections, or, in severe cases, surgical interventions like spinal fusion or laminectomy. By addressing the root cause of your back pain, a spine specialist can help prevent the condition from worsening and improve your overall quality of life.

### Common Causes of Chronic Back Pain

- **Herniated Disc:** When the soft, gel-like interior of a spinal disc pushes through its outer layer, it can press on nearby nerves, causing significant pain and discomfort.
- **Degenerative Disc Disease:** Over time, spinal discs can lose their elasticity and ability to absorb shock, leading to chronic pain, particularly in the lower back.
- **Spinal Stenosis:** This condition occurs when the spinal canal narrows, placing pressure on the spinal cord and nerves, often resulting in pain and mobility issues.
- **Compression fracture:** This condition occurs when the vertebrae within the spine collapse due to either osteoporosis or trauma, resulting in acute and chronic back pain.

## 2. RADIATING LEG PAIN (SCIATICA)

Radiating leg pain, also known as sciatica, is another compelling reason to consult a spine specialist. Sciatica is typically characterized by pain that starts in the lower back or buttocks and travels down one or both legs, sometimes reaching as far as the feet. This pain is often caused by compression or irritation of the sciatic nerve, which runs from the lower spine through the hips and down each leg.

While sciatica can sometimes improve with conservative treatments like physical therapy or anti-inflammatory medications, persistent or severe cases often require more specialized care. Depending on the diagnosis, targeted treatments may be recommended, including spinal injections, nerve ablation, or surgery to relieve pressure on the sciatic nerve.

### Signs That You May Have Sciatica

- **Sharp, shooting pain:** Radiating pain that worsens with movement or sitting for prolonged periods.
- **Numbness or tingling:** Sensations of numbness or tingling in the leg, foot, or toes, often accompanying the pain.
- **Weakness in the leg:** Difficulty lifting or controlling your foot may signal more severe nerve involvement and requires immediate medical attention.

## 3. DIFFICULTY WITH WALKING AND GAIT

Trouble walking or maintaining a normal gait is another significant reason to seek the expertise of a spine specialist. These symptoms may arise from conditions affecting the spine, such as spinal cord compression or degenerative spinal diseases. Difficulty with walking can manifest as a range of issues, including limping, unsteadiness, or an inability to move one or both legs effectively.

One potential cause is **lumbar spinal stenosis**, which occurs when the lower part of the spinal canal narrows, placing pressure on the nerves responsible for controlling leg movement. This can lead to weakness, numbness, or cramping in the legs, particularly when walking or standing for long periods. Another possible cause is **cervical myelopathy**, a condition that results from spinal cord compression in the neck, often leading to balance problems and difficulty using the arms and hands.

A spine specialist is uniquely qualified to assess these symptoms and recommend treatments that can alleviate nerve compression and improve mobility. They may suggest non-surgical options, such as physical therapy or bracing, or more advanced interventions like decompression surgery, depending on the severity of the condition.

### Common Conditions That Affect Walking and Gait

- **Lumbar Spinal Stenosis:** Causes leg pain, numbness, and difficulty walking, often relieved by sitting or bending forward.
- **Cervical Myelopathy:** Can affect both the legs and arms, leading to difficulties with balance and coordination.
- **Spondylolisthesis:** Occurs when one vertebra slips forward over the one below it, potentially compressing nerves and affecting mobility.

**Conclusion -** Back pain, radiating leg pain, and difficulty with walking are all symptoms that can significantly impact your quality of life. While some of these issues may resolve with conservative treatments, persistent or severe symptoms often require the expertise of a spine specialist. The neurosurgical spine specialists at Apex Brain & Spine can accurately diagnose the root cause of your discomfort and provide tailored treatment plans to alleviate pain, restore mobility, and prevent further complications. For those few patients who do go to need surgery, we offer robotic-assisted, minimally-invasive surgery for the patient's fastest recovery.

If you are experiencing chronic back pain, sciatica, or mobility issues that affect your daily activities, do not hesitate to seek the advice of the spine specialists at Apex Brain & Spine. Early intervention can make a significant difference in managing your condition and improving your long-term prognosis. By addressing the underlying causes of these symptoms, we can help you regain control of your health and return to a more active, pain-free lifestyle.



Apex Brain & Spine  
Neurosurgical Specialists

**239-422-APEX (2739)**

3530 Kraft Road, Suite 203 • Naples, FL 34105

[www.apexbrainandspine.com](http://www.apexbrainandspine.com)

# RESTORING BALANCE:

## The Promise of Bio-Identical Hormone Replacement Therapy for Women

By Dr. Magdalena Kerschner

**A**s women age, hormonal changes can significantly impact their quality of life. Many experience symptoms like hot flashes, mood swings, and decreased libido during menopause and perimenopause. To address these issues, an increasing number of women are turning to bio-identical hormone replacement therapy (BHRT) as a potential solution. This approach aims to alleviate symptoms and improve overall well-being by using hormones that are chemically identical to those produced naturally by the body.

Bio-identical hormones are derived from plant sources, typically soy or yams, and are molecularly altered to match human hormones exactly. This similarity allows them to function in the body just like endogenous hormones. Common bio-identical hormones used in therapy include estradiol, progesterone, and testosterone. Unlike traditional hormone replacement therapy, which often uses synthetic or animal-derived hormones, BHRT offers a more personalized and potentially safer alternative.

One of the primary advantages of BHRT is its customizability. Healthcare providers can tailor the hormone blend and dosage to each woman's unique needs based on her symptoms, hormone levels, and medical history. This individualized approach may lead to better symptom relief and fewer side effects compared to one-size-fits-all treatments.

Women seeking BHRT typically undergo comprehensive hormone testing to determine their specific imbalances. This may include blood, saliva, or urine tests to measure levels of estrogen, progesterone, testosterone, and other relevant hormones. Based on these results, a qualified practitioner can create a personalized treatment plan.

Bio-identical hormones come in various forms, including creams, gels, patches, pills, and pellets. The delivery method is chosen based on the patient's preference and medical considerations. For example, transdermal applications like creams or patches may be preferred for women with liver issues, as they bypass first-pass metabolism in the liver.

Many women report significant improvements in their quality of life after starting BHRT. Common benefits include reduced hot flashes and night sweats, improved sleep, increased energy, enhanced



mood, better cognitive function, and improved sexual health. Some studies also suggest that BHRT may offer protection against osteoporosis and cardiovascular disease, though more research is needed to confirm these potential long-term benefits.

Despite its growing popularity, BHRT is not without controversy. The FDA has not approved many bio-identical hormone preparations, particularly those made by compounding pharmacies. Critics argue that there is insufficient long-term data on the safety and efficacy of these treatments. However, proponents of BHRT contend that because these hormones are identical to those naturally produced by the body, they are inherently safer than synthetic alternatives.

As with any medical treatment, BHRT carries potential risks and side effects. These may include bloating, breast tenderness, nausea, and mood swings, especially during the initial adjustment period. There are also concerns about potential increased risks of certain cancers, particularly breast cancer, although the evidence is mixed and often debated among medical professionals.

Women considering BHRT should consult with a healthcare provider who specializes in hormonal health and has experience with bio-identical hormones. A thorough evaluation of medical history, symptoms, and hormone levels is essential to determine if BHRT is appropriate and to develop an effective treatment plan.

In conclusion, bio-identical hormone replacement therapy offers a promising option for women seeking relief from menopausal symptoms and hormonal imbalances. While more research is needed to fully understand its long-term effects, many women find that BHRT significantly improves their quality of life. As with any medical decision, it's crucial to weigh the potential benefits against the risks and work closely with a qualified healthcare provider to make an informed choice about hormone therapy.



**Dr. Kerschner**

Dr. Magdalena Kerschner is a board-certified Anesthesiologist and board-certified Interventional Pain specialist.

She completed her medical school education at Wayne State University School of Medicine in Detroit Michigan and subsequent anesthesiology residency at the University of Kentucky in Lexington, KY.

After many years of practicing traditional medicine and treating illness, Dr. Kerschner realized that preventing disease before it starts results in healthier and happier patients.

The concept of preventing illness has awakened in her an interest in weight management and bio-identical hormone replacement therapies as a modern way to promote physical and emotional wellness. Dr. Kerschner holds a certificate of training from Dr. Neal Rouzier – a nationally recognized authority in bio-identical hormone replacement therapies and preventive medicine as well as receiving a Certificate of Continued Medical Education in Wellness at Canyon Ranch.

**Victory Wellness Naples, the leading medspa in Naples and the entire state of Florida.**

If you're looking for wellness solutions to prevent disease before it starts, or you want to turn back the clock on your skin to reveal a more youthful you, look no further. Our medical weight loss, natural hormone therapy, PRP services, and aesthetic and body treatments promote physical and emotional wellness in our clients.

**Experience the Victory Wellness Naples Difference:** Ready to transform your life with GLP-1 Semaglutide therapy? Book your consultation today by calling 239-307-7087 or visiting [victorywellnessnaples.com](http://victorywellnessnaples.com). Let us guide you on your journey to a healthier, happier you. Victory Wellness Naples is your partner in achieving lasting weight loss and optimal well-being.



**Wellness & Medspa NAPLES**

**239.307.7087**

[www.victorywellnessnaples.com](http://www.victorywellnessnaples.com)

9975 Tamiami TR N # 1, Naples, FL 34108

# THE LIFE-SAVING POWER OF REGULAR SKIN CANCER SCREENINGS: WHY EARLY DETECTION MATTERS

In a world where health consciousness is on the rise, one critical aspect of preventive care often goes overlooked: regular skin cancer screenings. With skin cancer being one of the most common types of cancer worldwide, the importance of early detection through routine check-ups cannot be overstated. This article delves into why staying vigilant about your skin health, particularly in checking for melanomas, could be a life-saving decision.

## Understanding Skin Cancer and Melanoma

Skin cancer occurs when skin cells grow abnormally, often due to damage from UV radiation. While there are several types of skin cancer, melanoma is the most dangerous. Melanoma develops in the melanocytes, the cells responsible for producing skin pigment. Although it's less common than other skin cancers, melanoma is far more likely to spread to other parts of the body if not caught early.

## The Power of Early Detection

The key to successfully treating skin cancer, especially melanoma, lies in early detection. When caught in its initial stages, the five-year survival rate for melanoma is an impressive 99%. However, this rate drops dramatically to 27% for melanomas that have spread to distant parts of the body. These statistics underscore the critical importance of regular skin checks and professional screenings.

## Recognizing the Warning Signs

While professional screenings are crucial, being aware of your own skin and any changes is equally important. The "ABCDE" rule is a helpful guide for identifying potential melanomas:

**Asymmetry:** One half of the mole doesn't match the other half.

**Border:** The edges are irregular, ragged, or blurred.

**Color:** The color is not uniform and may include shades of brown, black, or tan.

**Diameter:** Melanomas are usually larger than 6mm (about the size of a pencil eraser).

**Evolving:** The mole changes in size, shape, or color over time.

Any mole or skin growth exhibiting these characteristics warrants immediate medical attention.

## The Screening Process

A professional skin cancer screening is a quick, painless procedure that can be performed by a dermatologist or trained healthcare provider. During the screening, the doctor will thoroughly examine your skin, paying close attention to areas frequently exposed to the sun. They may use a dermatoscope, a special magnifying tool, to get a closer look at suspicious spots.

## Who Should Get Screened and How Often?

While everyone should be mindful of their skin health, certain factors increase the risk of skin cancer:

- Fair skin
- History of sunburns or excessive sun exposure
- Multiple or atypical moles
- Family history of skin cancer
- Weakened immune system

For those at average risk, an annual skin check is recommended. However, individuals with higher risk factors may need more frequent screenings. It's best to consult with a healthcare provider to determine the most appropriate screening schedule for your specific situation.

## Beyond Professional Screenings: The Importance of Self-Checks

In between professional screenings, monthly self-examinations are crucial. These self-checks allow you to become familiar with your skin's normal appearance and help you spot any changes quickly. Use a full-length mirror and a hand mirror to examine your entire body, including hard-to-see areas like your back, scalp, and between your toes.

## Prevention: Your First Line of Defense

While regular screenings are vital, prevention remains the best strategy against skin cancer. Protect your skin by:

- Applying broad-spectrum sunscreen with at least SPF 30 daily
- Wearing protective clothing, including wide-brimmed hats and sunglasses
- Seeking shade, especially during peak sun hours (10 am to 4 pm)
- Avoiding tanning beds and sun lamps

## The Broader Impact of Regular Screenings


Regular skin cancer screenings don't just benefit individuals; they have a broader societal impact. Early detection reduces the overall burden on healthcare systems by catching cancers when they're most treatable. It also helps raise awareness about skin cancer, encouraging others to prioritize their skin health.

## Conclusion: A Small Step for Significant Peace of Mind

In the grand scheme of health maintenance, skin cancer screenings are a relatively small investment of time that can yield enormous benefits. By making these screenings a regular part of your health routine, you're taking a proactive step in protecting yourself against one of the most prevalent forms of cancer. Remember, your skin is your body's largest organ and its first line of defense against the environment. Treating it with the care and attention it deserves isn't just about aesthetics—it's about preserving your overall health and potentially saving your life.

Don't wait for a problem to arise. Schedule a skin cancer screening today and empower yourself with the knowledge and vigilance needed to keep your skin healthy for years to come. Your future self will thank you for this simple yet powerful act of self-care.

Art of Dermatology is the premier choice for comprehensive Dermatology, Surgical, and Aesthetic services. We are dedicated to offering exceptional care for the diagnosis, treatment, and enhancement of your overall skin health.



**AD** ART OF DERMATOLOGY  
MEDICAL • SURGICAL • COSMETIC

239-356-3503  
theartofderm.com  
2350 Vanderbilt Beach Rd STE 301  
Naples, FL 34109





# The Benefits of Physician Home Visits in the Management of COPD

By Dennis J. Ruditser, MD

**C**hronic obstructive pulmonary disease (COPD) is a progressive lung condition that affects millions of people worldwide. It is characterized by persistent respiratory symptoms and airflow limitation, usually caused by significant exposure to harmful particles or gases, most commonly from smoking. Managing COPD is a lifelong journey, involving medication, lifestyle changes, and regular monitoring. While clinical visits and hospitalizations are essential components of care, home visits have emerged as a critical strategy to enhance disease management, improve patient outcomes, and reduce healthcare costs. This article explores how home visits can be a game-changer for individuals living with COPD.

## Understanding COPD and Its Challenges

COPD is a broad term encompassing conditions such as chronic bronchitis and emphysema. People with COPD experience difficulty breathing, frequent coughing, and an increased susceptibility to respiratory infections. It is a disease that progressively worsens over time, often leading to decreased quality of life, disability, and premature death.

The management of COPD involves the use of inhalers, medications, pulmonary rehabilitation, and oxygen therapy, among other interventions. Patients also need to make lifestyle changes such as quitting smoking and avoiding exposure to environmental pollutants. Despite these measures, many patients experience acute exacerbations, which are episodes where symptoms suddenly worsen, often requiring hospitalization.

One of the biggest challenges in managing COPD is ensuring that patients adhere to their treatment plan and maintain regular monitoring of their condition. This is where home visits become incredibly valuable.

## The Role of Home Visits in COPD Management

Home visits involve healthcare professionals, such as nurses, respiratory therapists, physiotherapists, and physicians visiting patients in their homes to provide personalized care and monitoring. These visits can vary in frequency depending on the severity of the patient's condition and their individual needs. The primary goal of home visits is to provide a tailored approach to managing COPD, ensuring that patients receive the support they need in a familiar and comfortable environment.

Here are some of the key ways home visits benefit COPD patients:

### 1. Improved Disease Monitoring and Management

Home visits allow healthcare professionals to assess the patient's condition in real-time, helping them adjust treatment plans based on the patient's current needs. During these visits, nurses, respiratory therapists and physicians can evaluate the patient's respiratory function, assess the effectiveness of medications, and ensure that they are using inhalers correctly. These assessments are crucial because many patients struggle with using inhalers properly, leading to poor disease management.

Additionally, during home visits, healthcare providers can monitor oxygen levels, check for signs of exacerbations, and identify early symptoms that may require intervention. By catching these warning signs early, healthcare professionals can adjust treatment plans to prevent exacerbations, thereby reducing the likelihood of hospital admissions.

### 2. Education and Support

Education is a key component of COPD management, but it is often difficult for patients to fully absorb the information provided during clinical visits. Home visits offer the opportunity for healthcare professionals to educate patients and their caregivers in a more relaxed and familiar environment. This education can include how to properly use medications, manage oxygen therapy, and recognize signs of an exacerbation. Caregivers are also often involved in home visits, which allows them to learn how to support the patient in managing their condition. Education tailored to the home environment can be more effective than generalized advice given in a clinical setting. Healthcare providers can offer personalized tips, such as how to organize medications or modify the home environment to reduce exposure to potential triggers.

### 3. Psychosocial Support

Living with COPD can take a significant emotional toll on patients. The progressive nature of the disease often leads to feelings of isolation, anxiety, and depression. Home visits provide an opportunity for healthcare providers to offer psychosocial support and connect patients with mental health resources when needed. The regular presence of a healthcare professional in the home can also provide reassurance and reduce feelings of isolation, particularly for patients who are housebound or have limited mobility.

Social isolation is a common issue among COPD patients, particularly those with limited family support. Home visits offer patients regular interaction with nurses, respiratory therapists and the physician, which can help alleviate loneliness and provide a sense of connection. Additionally, healthcare professionals can assess the patient's mental health during visits and refer them to appropriate counseling or support groups if necessary.

### 4. Early Detection of Complications

One of the primary benefits of physician home visits is the early detection of complications. COPD patients are at high risk for exacerbations, which can lead to hospitalization or even death if not managed promptly. During home visits, healthcare providers can assess for early signs of an exacerbation, such as increased shortness of breath, changes in sputum, or worsening cough. By identifying these symptoms early, healthcare providers can initiate treatment promptly, often preventing the need for hospitalization.

Moreover, home visits allow healthcare providers to assess for other complications, such as malnutrition, dehydration, or mobility issues, that may go unnoticed in a clinic setting. These issues can have a significant impact on the patient's overall health and quality of life, so early intervention is crucial.

### 5. Reduction in Hospital Readmissions

One of the most significant benefits of a physician home visit for COPD patients is the reduction in hospital readmissions. COPD exacerbations are a leading cause of hospitalization, and many patients experience frequent readmissions due to poor disease management. By providing regular monitoring, education, and support in the home, healthcare providers can help patients manage their condition more effectively, reducing the likelihood of exacerbations and hospitalizations.

Home visits are a valuable tool in the management of COPD. They offer a personalized approach to care that can improve disease monitoring, provide education and support, and detect complications early. Most importantly, home visits help reduce the frequency of hospitalizations, which can greatly improve the patient's quality of life and reduce healthcare costs. As the healthcare landscape continues to evolve, home-based care for COPD patients is likely to play an increasingly important role in managing this challenging condition.

**Dennis J. Ruditser, MD**  
Board Certified Internal Medicine

*Schedule Your Physician  
House Call Today!*

**239-402-5372**  
[www.NaplesHomeMD.com](http://www.NaplesHomeMD.com)



# American Diabetes Month: Focusing on Eye Health

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

**N**ovember marks American Diabetes Month, a time to raise awareness about diabetes and its impact on millions of lives. While many associate diabetes with blood sugar levels and insulin, its effects extend far beyond, particularly to eye health. This often-overlooked aspect of diabetes management deserves our attention, as diabetic eye diseases are leading causes of vision impairment and blindness among working-age adults.

Diabetes can significantly affect eye health through various conditions collectively known as diabetic eye disease. The most common of these is diabetic retinopathy, which occurs when high blood sugar levels damage the blood vessels in the retina. This can lead to vision problems and, if left untreated, blindness. Other diabetes-related eye conditions include diabetic macular edema, cataracts, and glaucoma.

The risk of developing these eye problems increases the longer a person has diabetes. However, the good news is that with proper management and regular check-ups, many of these issues can be prevented or their progression slowed. This is why American Diabetes Month serves as a crucial reminder for those with diabetes to prioritize their eye health.

For individuals living with diabetes, maintaining good eye health starts with managing blood sugar levels. Keeping glucose levels within the target range can significantly reduce the risk of developing diabetic eye diseases or slow their progression. This involves following a balanced diet, regular exercise, and taking medications as prescribed by healthcare providers.

Regular comprehensive dilated eye exams are another critical component of preserving vision for people with diabetes. The American Diabetes Association recommends that adults with type 1 diabetes should have a comprehensive eye exam within five years of diagnosis. Those with type 2 diabetes should have an exam at the time of diagnosis. After that, everyone with diabetes should have annual eye exams, or more frequently if recommended by an eye care professional.

During these exams, an eye care specialist can detect early signs of diabetic eye disease before noticeable symptoms occur. Early detection is crucial because many treatments are most effective when started in the early stages of the disease. These treatments may include laser therapy, injections of anti-VEGF drugs, or in some cases, surgery.

It's important to note that diabetic eye diseases often develop without early warning signs. When symptoms do appear, they may include blurry vision, dark or empty areas in your vision, difficulty perceiving colors, or vision loss. If you experience any of these symptoms, it's crucial to seek immediate medical attention.

Beyond medical interventions, lifestyle choices play a significant role in maintaining eye health for people with diabetes. Quitting smoking, controlling blood pressure, and maintaining a healthy weight can all contribute to better eye health and overall diabetes management. Additionally, protecting your eyes from UV rays by wearing sunglasses and maintaining good overall hygiene can help prevent eye infections.

Nutrition also plays a vital role in eye health for people with diabetes. Foods rich in vitamins C and E, zinc, lutein, zeaxanthin, and omega-3 fatty acids can support eye health. These nutrients are found in green leafy vegetables, fish, nuts, and citrus fruits.

This American Diabetes Month, let's shine a spotlight on the importance of eye health in diabetes care. By raising awareness about the link between diabetes and eye health, we can encourage more people to take proactive steps in preserving their vision. Whether you have diabetes or know someone who does, spread the word about the importance of regular eye exams and comprehensive diabetes management.

Remember, vision loss from diabetes is often preventable with early detection and proper care. By focusing on eye health this November, we can help ensure that those living with diabetes maintain clear vision for years to come.



Katia E. Taba, MD, is the board-certified ophthalmologist and retina specialist at Personalized Retina Care of Naples in Naples, Florida. Dr. Taba treats macular degeneration, diabetic retinopathy, macular holes, eye floaters and flashes,

and other serious eye problems that can interfere with sight or steal vision without treatment. Patients know Dr. Taba as an extremely friendly and welcoming care provider who maintains great professionalism at all times.

Dr. Taba is a board-certified ophthalmologist in both her home country of Brazil and in the United States. She earned her medical degree at a leading medical school in Brazil and continued specialized vitreoretinal surgery training in Florida, New York, California, Louisiana, and many other locations in the U.S. Dr. Taba trained under the leading experts in the field of ocular disease.

Dr. Taba's extensive training and experience include many years as both a clinician and academician. She entered solo practice as a way to deliver consistently great care in a world where the environment and health care policies are always changing.

Dr. Taba wants to make sure that patients always get the most accurate diagnosis and most effective treatment, so she uses only the latest, state-of-the-art diagnostic equipment. Dr. Taba is the first retina specialist on the southwest coast of Florida to have wide-angle viewing imaging. Dr. Taba also makes sure that injections and treatments are pain-free so patients can always expect a comfortable experience.

#### 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™

**Katia E. Taba, M.D., Ph.D.**

3467 Pine Ridge Rd #103  
Naples, Florida 34109

**239-325-3970**

**[www.retinagroupflorida.com](http://www.retinagroupflorida.com)**



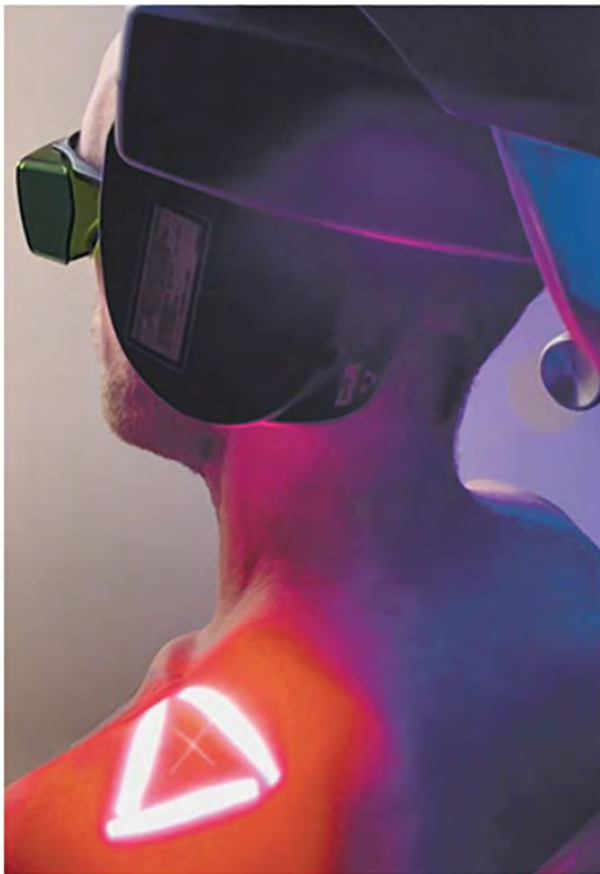
# Get Better Faster with MLS Laser Therapy

By Michael C. Shaffer, D.C., P.A.

**M**LS Laser Therapy offers a cutting-edge, non-surgical treatment option for patients seeking pain relief without the use of drugs. This advanced technology delivers rapid results with no known side effects, making it a safe and effective solution for a wide range of conditions. We are proud to offer this innovative, drug-free therapy, helping patients heal faster and get back to their daily activities with improved comfort and mobility. Our M7 MLS Medical Therapy Laser is the latest generation of laser from Cutting Edge Laser Technologies. It the first of its kind in Collier County.

**MLS Laser Therapy treats the pain and inflammation associated with:**

- Sciatica
- Arthritis and Bursitis
- Work/Sports Injuries
- Rotary Tears
- Neck and Back Injuries
- Spondylosis
- Disc Degeneration
- Neuropathy
- Spinal Stenosis
- Sprains and Strains
- Knee Conditions
- Tennis/Golf Elbow
- Herniated Disc
- Plantar Fasciitis



**WHAT IS MLS® LASER THERAPY?**

The FDA-cleared MLS Therapy Laser uses concentrated light energy to stimulate the body's own healing process to minimize pain, inflammation and arthritis and reduce recovery times so you can return to a pain-free life. By using specific wavelengths and a patented delivery system, MLS Laser Therapy can speed up the process of relieving inflammation and pain associated with many conditions, including arthritis. The MLS Therapy Laser has a unique pain-relieving effect, which can be dramatic. Many patients feel significantly better in just a few treatments.

**WILL MLS LASER THERAPY WORK FOR ME?**

For 85-90% of patients with musculoskeletal pain, inflammation or arthritis, the answer is "Yes!" Most patients with pain, inflammation or arthritis report significant pain relief from MLS Laser Therapy treatments. Whether you have sciatica, arthritis, herniated or degenerative discs, shoulder and neck pain, aching knees, spinal stenosis, or any other musculoskeletal pain, you are likely to benefit from MLS Laser Therapy. As a matter of fact, many patients who were scheduled for surgery were able to delay or cancel their surgery because MLS Laser Therapy alleviated their condition and reduced or eliminated their pain.

**WILL IT HURT?**

That's a great question. Through years of research and development, the MLS Laser was designed to treat conditions without an excessive thermal effect, often felt as heat. Most people report that they do not feel anything during the treatments. Occasionally, you may feel a slight warming sensation at the

treatment site, which is normal and is an indication that the inflammation is being relieved and that your body is responding properly.

**LONG LASTING EFFECTS?**

For most patients the answer is "Yes". While each person and each condition vary, many patients receive tremendous relief from their pain and inflammation when they go through a series of MLS Laser Therapy treatments. While most patients may not need additional treatments in the future, some conditions, like arthritis, are degenerative. The great thing about MLS Laser Therapy for arthritic patients is that once you feel better, you can be more active, and it is this increased activity that helps minimize the long-term effects of arthritis. Even so, you may need an occasional single MLS treatment every 4 to 6 weeks over the course of the year just to hold the inflammation at bay and keep the arthritic pain in check.

In our practice we also utilize nonsurgical spinal decompression, an innovative and practical approach to treating disc and degenerative related conditions. This treatment aims to create negative pressure within the discs reducing pressure on the nerve. By relieving pressure in the spine, increased circulation occurs in the disc which is a vital aid in the healing process. Understanding the common causes, recognizing symptoms and exploring advanced treatment options such as spinal decompression and laser therapy can pave the way to a pain-free and healthier life. Experience has shown that when nonsurgical spinal decompression is used in conjunction with laser therapy, our patients experience by far better outcomes. If you suffer from neck and spine related conditions, call our office, we are here to help you.

*Dr. Shaffer has been serving Collier County since 1981. He specializes in spinal care, chronic and acute musculoskeletal conditions, injury, and rehabilitation. Please call the office for more information. (239)793-3200.*



*Rely on Clinical Expertise and Experience*

**Michael C. Shaffer, D.C., P.A.**  
**(239) 793-3200**  
**www.drMichaelShaffer.com**  
 2663 Airport-Pulling Road South, D104  
 Naples, FL 34122

# WATCH OUT FOR TRADEMARK SCAMMERS

By Chandler A. Kansy

Over the past few months, the firm has received calls from concerned clients after they are contacted by someone from the United States Patent and Trademark Office requesting further information or payments to process their recently submitted trademark applications. Many are confused when they receive such correspondence, as they had already made all requested payments and provided all requested information prior to the submission of their applications. It turns out, these callers are not from the USPTO – they are scammers attempting to solicit your personal information and money.

Many wonder how a scammer can obtain an applicant's contact information submitted in the application if they are not a representative from the USPTO. Trademark applications are public records, meaning the personal information you submit also becomes public record. This personal information is limited to names, physical addresses, email addresses, and phone numbers. Scammers will frequently monitor pending applications and see who has recently submitted a trademark application. This gives them the ability to lie to the applicant and claim that something is missing in their recently submitted application, or they missed a payment within the application. The scammers use personal information contained within the application to appear to be a credible representative of the USPTO.

Here are some common trademark scams to look out for if you submitted a trademark application:

**1. Scammers will use fake phone numbers and email addresses to call applicants and pretend to be someone claiming to be from the USPTO.** In many instances, they request personal information that could compromise an applicant's identity or insist that the applicant owes additional fees to process the recently submitted application and request the applicant send the scammer the money to cover the fees. One key way to spot an email from a scammer is through looking at the email address itself. Scammers will often alter the USPTO address very slightly to make it seem as legitimate as possible. For example, emails from the USPTO end in @uspto.gov, so a scammer might alter it to @uspto.org.

**2. Scammers will often send applicants letters to their residences or business addresses.** The mailings appear to be from a legitimate trademark organization affiliated with the USPTO, and often consist of the applicant's application number and trademark information to seem credible. Within the mailings, the scammer is often claiming that additional payments are needed to process the application and the applicant needed to mail a check to the fake trademark organization. These additional fees are fraudulent, as the only fees the USPTO requires for application submission are those paid upon submission.

**3. There are many companies engaging in fraudulent practices that may convince you to pay them monthly or yearly fees to sign up for their services, and in return, they will ensure your trademark is protected.** Many applicants and current trademark holders will fall for this scam, as they fear the loss of their trademark rights. In reality, these companies will not do anything to protect your trademarks. If you have an attorney assist you in the trademark application process, he or she will help you adhere to deadlines to ensure your trademark remains protected.

While it is important to be aware of these common scams, it is important to remember that if an applicant hired an attorney to prepare your applications, and the attorney is designated on the application, the USPTO will NOT contact the applicant. 37 CFR 1.33. Rather, all communications from the USPTO regarding the application will be directed to the attorney, who will then inform you of next steps. Regardless, if you receive a questionable message from someone claiming to be from the USPTO, do not hesitate to contact your attorney and discuss these communications.

If you are considering filing a trademark application, our lawyers can help you navigate the process. To schedule an appointment at Woodward, Pires & Lombardo, P.A., please call 239-649-6555 or tell us how we can help online today.



## About the Author

Chandler A. Kansy is an associate attorney at Woodward, Pires & Lombardo, P.A. in Naples. Her practice focuses on litigation, business law and intellectual property law.

Chandler holds a Juris Doctorate from the prestigious George Mason University Antonin Scalia Law School in Arlington, Virginia. During her time in law school, she excelled in her studies and was actively involved in a range of extracurricular activities.

Prior to attending law school, Chandler earned a Bachelor of Arts in Communication and Media Studies from Rollins College, where she was an active member of the Alpha Delta Pi sorority and served in the Public Relations Student Society of America. Her background in communication and media has proven to be a valuable asset in her legal practice, as she is able to effectively communicate legal concepts in a clear and concise manner.



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

EST. 1971

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



# November is Lung Cancer Awareness Month: Key Insights from an Oncologist on Prevention, Detection, and Treatment Advances

By Mohammad Jahanzeb, MD, FACP, FASCO - Medical Oncologist at Naples Cancer Advisors

**A**s lung cancer oncologists, we have seen the profound impact that early detection and innovative treatments can have on patient outcomes and their families. Lung cancer, long considered one of the most challenging cancers to treat, takes more lives than the second, third, and fourth causes of cancer death combined. However, recent advancements in early detection, improved treatment options, and a growing understanding of prevention are offering new hope to patients.

In this article, we will explore key insights into lung cancer prevention, the importance of screening, and how emerging treatments are changing outcomes for patients. We will also highlight the philanthropic mission of Naples Cancer Advisors to provide free second opinions and invite the community to support our upcoming Wine Women and Shoes event.

## Understanding Lung Cancer: A Preventable Disease?

Lung cancer remains the leading cause of cancer deaths worldwide, but it's also one of the most preventable cancers. Smoking remains the single largest risk factor, responsible for about 80-90% of cases. Quitting smoking significantly reduces the risk of developing lung cancer, even after years of smoking. In fact, within 10 years of quitting, the risk of lung cancer drops by 50%.

However, lung cancer isn't just a smoker's disease. Exposure to secondhand smoke, radon gas, asbestos, and air pollution are also significant contributors. Only about 12% of lung cancer cases occur in individuals who never smoked. Preventive measures, such as improving air quality and reducing exposure to harmful substances, are crucial to lung health.

For Florida residents seeking to quit smoking, Tobacco Free Florida offers various free tools and services, including nicotine patches, gum, or lozenges, as well as Group and Web Quit programs, which provide personalized coaching and support.

## The Importance of Early Detection

One of the greatest challenges in treating lung cancer is that it often remains undetected until it has reached an advanced stage. Symptoms such as persistent coughing, shortness of breath, and unexplained weight loss are frequently mistaken for less serious conditions, leading to delayed diagnoses.

Fortunately, lung cancer screening has become a game-changer. The introduction of low-dose CT (LDCT) screening allows for earlier detection, particularly among high-risk individuals such as smokers and former smokers aged 50-80 with a heavy smoking history of 20 pack-years or more. According to the National Lung Screening Trial, LDCT screening reduces lung cancer deaths by about 20%.

At Naples Cancer Advisors, we emphasize the importance of lung cancer screening for eligible patients. Early detection increases the chances for successful treatment, and we encourage at-risk individuals to discuss screening with their healthcare providers. Additionally, we strongly encourage smokers to enroll in smoking cessation programs, many of which are free.

## Advances in Lung Cancer Treatment

Over the past decade, lung cancer treatment has progressed significantly. Once limited to chemotherapy, treatment options now

include targeted therapies and immunotherapy, which have transformed the landscape for both early and advanced stages of the disease.

Targeted therapies are designed to attack specific mutations within cancer cells, offering a more personalized and effective treatment approach. For example, therapies targeting mutations in genes such as EGFR, ALK, and ROS1 have led to dramatic improvements in outcomes for certain patients.

Immunotherapy, which harnesses the body's immune system to fight cancer, has also emerged as a breakthrough treatment. Drugs like pembrolizumab (Keytruda) improve survival rates by reactivating the immune system to recognize and destroy cancer cells. Clinical trials continue to uncover new ways to treat lung cancer, with many patients benefiting from access to the latest treatment options.

At Naples Cancer Advisors, we help patients navigate the clinical trial landscape, ensuring they have access to the most promising treatments. Our commitment to personalized care and cutting-edge treatment offers hope to patients facing lung cancer.

**Naples Cancer Advisors: A Mission of Compassion and Care**  
Naples Cancer Advisors (NCA) is dedicated to providing platinum-level consultative oncology services to patients in Southwest Florida, completely free of charge. Our mission is to ensure that all patients have access to expert second opinions, clinical trial navigation, genetic testing, and financial assistance.

We do not offer treatment directly, allowing patients to remain under the care of their oncologists while benefiting from our expertise. Our services are fully funded by donations and philanthropic events like our upcoming Wine Women and Shoes event.

Cancer can be overwhelming both emotionally and financially. Naples Cancer Advisors exists to bridge the gap in care, ensuring that no patient has to face this journey alone.

## JOIN US FOR THE 2025 WINE WOMEN AND SHOES EVENT

On **February 8th, 2025**, Naples Cancer Advisors will host our annual Wine Women and Shoes event at the Naples Yacht Club. This event brings the community together for a day of fun, fashion, and philanthropy. Attendees can shop for unique finds with our vendors, participate in our silent and live auction, purchase a mystery shoe box, pick up a raffle ticket for a chance to win our Keys to the Destination valued at over \$10,000, and much, much more! VIP guests will have exclusive access to a private yacht and wine tasting.

We invite you to join us in supporting this cause. Whether by sponsoring the event, purchasing tickets, or making a donation, every contribution makes a difference. Together, we can offer hope to cancer patients and their families.

**Naples Cancer Advisors Partners with Donatos Pizza**  
Donatos Pizza Naples (6434 Naples Blvd) is excited to support Naples Cancer Advisors through a special partnership. Customers can round up their total to donate to Naples Cancer Advisors when ordering online at [www.donatos.com](http://www.donatos.com) now through 12/30/24.

Locally owned and operated, Donatos Pizza opened in Naples in February 2024, and is committed to giving back to the local community and such a great cause.

## Looking Ahead: Hope for the Future

While lung cancer remains a significant challenge, advancements in screening, treatment, and prevention have dramatically improved outcomes. As we observe Lung Cancer Awareness Month this November, I encourage you to take action—whether it's getting screened, quitting smoking, or supporting organizations like Naples Cancer Advisors that are on the frontlines of cancer care.

There is hope for those diagnosed with lung cancer, and together, we can make a difference in the fight against this disease.

For more information on lung cancer, screening options, or how to get involved with Naples Cancer Advisors, visit [www.naplescanceradvisors.org](http://www.naplescanceradvisors.org) or call 239-846-2273. To learn more about the Wine Women and Shoes event, please visit <https://www.winewomenandshoes.com/event/naples/>.

*Dr. Jahanzeb joined the Naples Cancer Advisors practice in 2024 to provide no-cost second opinions to the SWFL community. Dr. Jahanzeb is the Co-Founder and President of OncAdvisor and also co-founded PrecisCo. His most recent practice sites were Florida Cancer Specialists and Florida Precision Oncology. He was formerly a Professor of Clinical Medicine, Hematology/Oncology at University of Miami's Miller School of Medicine, where he also served as the Associate Director of Community Outreach and Medical Director of the Deerfield Campus for the Sylvester Comprehensive Cancer Center for about nine years. He received his oncology training at Washington University/Barnes-Jewish Hospital in St. Louis, MO, where he subsequently served on Faculty. He has practiced and led clinical research in lung and breast cancer medical oncology for about 30 years.*

## References

- National Lung Screening Trial Research Team. (2011). Reduced lung-cancer mortality with low-dose computed tomographic screening. *New England Journal of Medicine*, 365(5), 395-409.
- Duma N, Santoro-Davila R, Molina JR. Non-small cell lung cancer: Epidemiology, screening, diagnosis, and treatment. *Mayo Clinic Proceedings* (2019).
- Johnson DH. The evolving role of immunotherapy in lung cancer. *Cure Today* (2024).
- Tobacco Free Florida. Free smoking cessation tools and programs. Available at Tobacco Free Florida.



**239-846-2273 (CARE)**  
3201 Tamiami Trail N, Suite 112, Naples, FL 34103  
[naplescanceradvisors.org](http://naplescanceradvisors.org)

# Innovative Teaching is Integral to FGCU's Mission

## Marieb College of Health & Human Services Employs Cutting-Edge Educational Technology

Innovative teaching is one of the keys to preparing the next generation of highly skilled healthcare professionals. At Florida Gulf Coast University, Marieb College of Health & Human Services is pioneering a new era in healthcare education with immersive learning experiences and cutting-edge technology that ensure graduates are ready to excel in the rapidly evolving health professions.

Imagine stepping into a classroom where a holographic image isn't just Hollywood special effects but tangible reality. That's the vision realized by Marieb College, where seven state-of-the-art units from Proto Hologram have been integrated into the curriculum. The college has one EPIC Hologram, about 4.5 feet wide and a little over 7 feet tall, that can deliver a life-size holographic-style image. Using 2D images or video, the unit creates a 3D-like experience. The other six units in Marieb College are tabletop models, making them easy to transport from classroom to classroom.

All seven units have the same capabilities; each has a smart camera enabling two-way communication and projects 4k images and video. Eventually, the units will be housed in a new center planned for FGCU's next academic building. With the help of such advanced technology, students experience realistic scenarios and develop skills needed to provide better patient care.

With the click of a button, they are transported into a telepresence healthcare technology known as Dr. Hologram. This innovative tool allows students to engage with virtual patients in a safe and controlled environment, honing their diagnostic and empathetic skills.

The possibilities are endless. Whether it's presenting pre-recorded cases or beaming in standardized patients or guest speakers, Dr. Hologram bridges the gap between theory and practice. In healthcare simulations, the idea is to create realistic environments to increase the ability of the learner to suspend disbelief.

### Putting theory through its paces

By immersing nursing, social work and health sciences students in lifelike scenarios, Marieb College is cultivating a new generation of healthcare professionals equipped to tackle real-world challenges with confidence. Nursing students perfect



their skills in labs that emulate operating rooms, intensive care units and other patient care environments that are equipped with state-of-the-art mannequins that talk, bleed and present like humans. Exercise science students get hands-on experience using anti-gravity technology and gold-standard equipment such as Bod Pod body composition analysis systems.

With such experiences complementing rigorous classroom instruction, Marieb College maintains 100% graduate employment rate within six months of degree completion.

But Marieb College's educational innovation doesn't stop there.

The "Nursing Escape Room" at FGCU was designed to reinforce nursing fundamentals in an adrenaline-fueled setting. Picture a hospital room transformed into a labyrinth of clues and puzzles, where students race against the clock to diagnose a simulated patient's condition.

In this high-stakes game, every decision matters. Guided by faculty, teams of nursing students embark on a quest to unravel the mystery of "Mr. Jones," a lifelike human patient simulator. With each clue discovered and problem solved, they inch closer to the correct diagnosis, reinforcing classroom learning along the way.

In the safe confines of simulation, students are empowered to make errors and learn from them, ensuring they're better prepared for the realities of patient care. These simulations not only sharpen clinical skills but also instill confidence and resilience

in Southwest Florida's future healthcare professionals. All of this contributes to FGCU's ranking among the top-10 registered nursing education programs in Florida.

But the Nursing Escape Room isn't just about solving puzzles. It's about fostering teamwork, communication and critical thinking skills essential for success in the field. In an era where healthcare delivery is increasingly team-based, students are encouraged to work alongside peers from diverse backgrounds, gaining invaluable insights into the interconnected nature of modern healthcare systems.



Marieb College fosters such collaboration and interdisciplinary learning through its innovative approach to education. With cutting-edge tools like hologram technology and immersive simulation, graduates of the college's seven bachelor's and 12 graduate programs are poised to embark on a transformative journey toward becoming the next generation of healthcare leaders.

Compassion. Skill. Discipline. Critical thinking. Professionalism. The healing professions require all in equal degrees. Marieb College creates well-rounded, 360-degree practitioners through hands-on learning, intensive clinical experience and personalized attention.

For more information about Marieb College's programs, go to [fgcu.edu/mariebcollege](http://fgcu.edu/mariebcollege).



10501 FGCU Boulevard South  
Fort Myers, FL 33965  
(239) 590-1000 | [fgcu.edu](http://fgcu.edu)

# The Rejuvenating Power of Ozone IV Therapy and NAD+ at The DRIPBaR

In the ever-evolving landscape of modern health-care, innovative treatments are emerging that promise to redefine the way we approach wellness and longevity. One such therapy that has gained significant attention is Ozone IV Therapy, and its synergistic partnership with the coenzyme NAD+ (nicotinamide adenine dinucleotide).

Ozone IV Therapy, offered by leading wellness centers like The DRIPBaR, is a cutting-edge treatment that harnesses the remarkable properties of ozone gas. Ozone, a highly reactive form of oxygen, has been found to possess numerous therapeutic benefits when administered intravenously. By introducing ozone into the bloodstream, this therapy can stimulate the body's natural healing processes, enhance oxygen delivery to cells, and promote the elimination of toxins and free radicals.

The mechanisms behind the efficacy of Ozone IV Therapy are multifaceted. Ozone has been shown to improve blood circulation, increase the flexibility of red blood cells, and boost the production of antioxidants within the body. These effects can contribute to improved oxygen utilization, enhanced nutrient delivery, and a more efficient removal of metabolic waste products. Additionally, ozone's ability to modulate the immune system and reduce inflammation has made it a valuable tool in the management of various health conditions.

One of the standout IV therapies The DRIPBaR offers is their NAD+ Rejuvenation Drip. NAD+ is a coenzyme that plays a crucial role in cellular function and energy production. As we age, our natural levels of NAD+ steadily decline, contributing to the signs of aging, fatigue, and a host of other health concerns.

By replenishing your NAD+ levels through an IV infusion, you can experience a wide range of benefits, including:

**1. Increased Energy and Vitality:** NAD+ is essential for the proper functioning of mitochondria, the powerhouses of our cells. By boosting NAD+ levels, this therapy can help combat fatigue, improve physical stamina, and leave you feeling energized and revitalized.

**2. Enhanced Cognitive Function:** NAD+ plays a vital role in maintaining the health and function of the brain. Elevated NAD+ levels have been linked to



improved memory, concentration, and overall cognitive performance, making this therapy a promising option for those seeking to enhance their mental faculties.

**3. Reduced Signs of Aging:** As we age, the gradual depletion of NAD+ can contribute to the visible signs of aging, such as wrinkles, loss of skin elasticity, and decreased cellular regeneration. The NAD+ Rejuvenation Drip can help counteract these effects, potentially resulting in a more youthful and radiant appearance.

**4. Improved Metabolic Health:** NAD+ is essential for the proper regulation of metabolism and the efficient conversion of nutrients into cellular energy. By replenishing NAD+ levels, this therapy can support weight management, enhance insulin sensitivity, and promote overall metabolic well-being.

The synergistic effects of Ozone IV Therapy and the NAD+ Rejuvenation Drip create a powerful combination that can address a wide range of health concerns. By harnessing the regenerative properties of ozone and the cellular-level benefits of NAD+, this cutting-edge treatment can help you achieve a heightened sense of vitality, mental clarity, and overall well-being.

One of the key advantages of Ozone IV Therapy is its versatility in addressing various health conditions. It has been explored as a potential treatment for chronic pain, neurodegenerative diseases, cardiovascular issues, and even certain types of cancer. By modulating the immune system and reducing oxidative stress, this therapy can promote a more balanced and resilient physiological state, making it a valuable tool in the management of complex health challenges.

Moreover, Ozone IV Therapy is not limited to stand-alone applications. It can be combined with other complementary therapies, such as high-dose vitamin C infusions or glutathione supplementation, to enhance its therapeutic benefits and provide a more comprehensive approach to well-being.

As with any medical treatment, it is essential to consult with a healthcare professional to determine if Ozone IV Therapy and the NAD+ Rejuvenation Drip are appropriate for your individual health needs. The skilled team at The DRIPBaR can guide you through the process, ensuring a safe and effective treatment experience tailored to your specific goals and requirements.

Embrace the transformative power of Ozone IV Therapy and NAD+ Rejuvenation, and unlock a new era of wellness, vitality, and rejuvenation at The DRIPBaR today. Take the first step towards optimal health, wellness, and the body you've always dreamed of. Your journey to a healthier, more vibrant you starts here.

**Naples, FL IV Therapy**  
**Unleash the Power of Wellness**



**25% OFF**

**Your First Drip**

First time clients only



**239-422-6044**  
**www.TheDRIPBaR.com/Naples**

**11216 Tamiami Trail N.**  
**Naples, FL 34110**

# 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 2024 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.



## 2024 Gifting Trends

It seems many friends and family have been under a lot of stress from the recent hurricanes, the election season and the economy. So this year, give something they can really use that is around improving 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 carefully curated bath set. You can't go wrong with an aromatic collection of soaps or essential oils for a coworker. And, your significant other will love a set of comfy pajamas or muscle massagers for after a workout at 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", so do everyone a favor and skip the sweets and choose health & wellness options.

## Give Experiences

Another gift idea that is on trend for 2024 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](http://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 13 stores across the state of Florida. Visit us at [naplessoap.com](http://naplessoap.com) to find a store near you or shop online and ship for free with orders over \$50.





# Rediscover what moves you.

**If shoulder, hip or knee pain is interfering with your active life, turn to the orthopedic specialists at Physicians Regional Medical Group.** We provide a range of services from evaluation and diagnosis to treatment, including physical therapy, pain management and surgical options like minimally invasive total joint replacement.

You have options when it comes to rediscovering what moves you. Take a free joint pain assessment, learn more about treatment options or watch an online joint replacement seminar, on your time.

Visit [PhysiciansRegionalOrtho.com](http://PhysiciansRegionalOrtho.com) to learn more, or call 239-329-0094 for an appointment today.

[PhysiciansRegionalOrtho.com](http://PhysiciansRegionalOrtho.com)

 **PHYSICIANS REGIONAL  
MEDICAL GROUP**

**Help contribute to**  
**CAA**  
**RESEARCH**

**Introducing the cAPPricorn-1 clinical trial for people  
living with cerebral amyloid angiopathy (CAA)**

cAPPricorn-1 is researching an investigational medication called mivelsiran to see if it could be safe and effective. Participating in this trial may be an opportunity to contribute to CAA research.

---

**WHO CAN JOIN?**

**Participants with sporadic CAA:**

- 50 years of age or older
- Have received a diagnosis of CAA from their doctor

**Participants with Dutch-type CAA:**

- 30 years of age or older
- Have a known gene mutation for Dutch-type CAA

Additional criteria will be assessed by the study team to determine your eligibility.

---

For more information, visit [www.AqualaneResearch.com](http://www.AqualaneResearch.com) or reach out to the study team:



3200 Bailey Ln, Suite 250, Naples  
Fl 34105  
(239) 529 - 6780



**cAPPricorn-1**




**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](http://inspireem.com)

# Regenerative, Physical, & Preventative Medicine

*"Comprehensive programs for spine, joints, neuropathy, and wellness."*

- Stem Cell Allografts
- Platelet Rich Plasma
  - Chiropractic
  - Massage
- Ultimate Neuropathy Program
- Ultimate Spinal Decompression
- Ultimate Knee Program
  - Peptides
  - Nutritional IVs

**REQUEST A COPY**

Neuropathy Webinar  
- Via Email or Text  
**239-330-1000**



**FEEL AMAZING**  
SPINE & JOINT INSTITUTE

**239.330.1000**

3031 AIRPORT PULLING RD. N.  
NAPLES, FL 34105

[NaplesNeuroDoc.com](http://NaplesNeuroDoc.com)



# More Heart & Vascular Expertise

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

## Advanced Heart & Vascular Services

### Available in Naples

Heart and vascular health are crucial for overall wellness, especially as we age. Prevention is key.

**Master Your Heart Health,  
Embrace Wellness, Defy Aging!**

At the Naples Cardiac & Endovascular Center we deliver comprehensive heart and vascular care tailored to you.

Call (239) 300-0586 or schedule online.

### PREVENTION | WELLNESS | AGING

**Our team** includes cardiac and vascular specialists. With a team of experts in one location you get management options for cardiac (heart) and vascular (artery and vein) conditions in one place.

Your first step towards  
heart & vascular health.



Naples Cardiac & Endovascular Center



(239) 300-0586

[www.HeartVein.com](http://www.HeartVein.com)

1168 Goodlette N., Naples, FL 34102



# WOW!

Robotic Dentistry  
is now here.



*Marsh Cove*

DENTAL & IMPLANT  
— CENTER —

**239-572-9863**

[www.marshcovedental.com](http://www.marshcovedental.com)

6654 Collier Blvd.  
Ste 104, Naples, FL 34114



Read about all the benefits of Robotic Implant  
Placement on page 10.



**SAME DAY VISITS**

**NEXT DAY SLEEP TEST RESULTS**

**COMPREHENSIVE CPAP MANAGEMENT**

**INSPIRE™ THERAPY FOR SLEEP APNEA**

**REMEDÉ THERAPY FOR CENTRAL APNEAS**

Fast, Comprehensive, and At Home. We offer modernized options to the management of sleep apnea and other sleep disorders ensuring you get the best possible care.

All our testing services offer complete and actionable results within just minutes of test completion. This means you can have your test the same day you are seen, and we could discuss your results the following day if that is your preference.

If you are ready to get started with your evaluation, request an appointment with Dr. Eusebio today.

# WE KNOW SLEEP APNEA

At the Sleep & Apnea Institute of Florida, we specialize in diagnosing and treating sleep apnea to help you achieve better sleep and improved health.

The Sleep & Apnea Institute of Florida, we are dedicated to providing the highest quality care for our patients. If you have any questions about our services, or if you would like to schedule an appointment, please do not hesitate to reach out to us. Our friendly and knowledgeable staff are here to assist you with all your sleep health needs.



**Sleep & Apnea  
Institute of Florida**

**(239)788-6500**

**www.SAIFsleep.com**

23421 Walden Center Dr, Suite 100  
Bonita Springs, FL 34134



### DR. ERNESTO EUSEBIO

Dr. Eusebio is a renowned sleep specialist, board certified, fellowship trained, and the founder of The Sleep & Apnea Institute of Florida. With over 20 years of experience in the field, he has dedicated his career to helping patients achieve their best sleep.

**DISCOVER COMPREHENSIVE SLEEP APNEA SOLUTIONS**



**239-331-7607**

**www.wellinfused.com**

7273 Vanderbilt Beach Rd., Suite #19  
Naples, FL 34119

We empower those who question the conventional path to health to transcend the constraints of the current medical system. Together we embrace a realm where the genuine essence of healthcare freedom thrives.

The Worlds First  
**FUNCTIONAL  
FUSION™ Lounge**



**Chelsea Small**  
Nurse Practitioner



**Ashley Nelson**  
RN



**Sarah Varnak**  
RN

*Among the Many are Few. Among the Few Is You.*

Our team of clinicians will guide you in prioritizing the services we expect will be most impactful, and lead you through every aspect of your holistic health journey.

- **Functional Medicine**
- **Regenerative Therapy**
  - Hormone Therapy
  - IV Therapy
  - Salt Room Therapy
  - Weight Loss & Body Composition
  - Peptide Therapy
  - Body Work

**Register for  
Exclusive Offers**

including \$300 in discounted services and **FREE** Salt Room session.



# The Connection Between Hearing Loss and Diabetes: What You Need to Know for American Diabetes Month

By Sarah Sessler, Au.D. Doctor of Audiology/Ear Nerd

**N**ovember is American Diabetes Month, a time to raise awareness about the impacts of diabetes on overall health. While many are familiar with diabetes' effects on heart health, vision, and kidney function, its link to hearing loss is often overlooked. Research shows that people with diabetes are twice as likely to experience hearing loss compared to those without the condition. This connection deserves attention, especially during a month dedicated to understanding diabetes and its broader effects.

## Understanding the Link Between Diabetes and Hearing Loss

Diabetes is a metabolic disorder characterized by high blood sugar levels, either due to insufficient insulin production (Type 1 diabetes) or insulin resistance (Type 2 diabetes). Over time, high blood sugar levels can damage blood vessels and nerves throughout the body, a condition known as microvascular disease. This damage can affect the small blood vessels and nerves in the inner ear, which are crucial for hearing.

When these blood vessels and nerves are compromised, the ear's ability to transmit sound signals to the brain can be impaired, leading to hearing loss. This type of hearing loss is known as sensorineural hearing loss, which occurs when there is damage to the inner ear or the nerve pathways to the brain.

## Research Supporting the Connection

Several studies highlight the strong link between diabetes and hearing loss. One major study by the National Institutes of Health (NIH) in 2008 found that adults with diabetes were twice as likely to have hearing loss as those without. This finding was consistent across all age groups, meaning diabetes can impact hearing even in younger individuals.

In addition, research published in the *Journal of Clinical Endocrinology & Metabolism* in 2012 found that poorly controlled blood sugar levels increase the risk of hearing loss. Those who had diabetes for a longer period also showed a higher likelihood of experiencing hearing impairment. The longer someone's blood sugar remains elevated, the more damage it can cause to the blood vessels and nerves, accelerating hearing loss.

## Why Hearing Health Matters for People with Diabetes

Hearing loss can significantly impact daily life, especially for those already managing diabetes. Untreated hearing loss often leads to social isolation, communication challenges, and emotional difficulties, which can negatively affect mental health. It has also been linked to cognitive decline, including a higher risk of dementia. For people with diabetes, these additional health challenges can complicate overall well-being.

However, hearing loss is often overlooked in diabetes management. Many people with diabetes are unaware of the connection and may not receive routine hearing screenings. This makes early detection and intervention crucial. Just as people with diabetes should have regular eye exams to check for retinopathy, regular hearing screenings should be part of their healthcare plan to detect hearing loss early.

## Preventive Measures to Protect Hearing

There are steps that people with diabetes can take to protect their hearing health. The most important step is managing blood sugar levels. Keeping blood glucose within a healthy range can help reduce the risk of microvascular damage that contributes to hearing loss.

Other lifestyle habits can also protect hearing:

- **Healthy Eating:** A balanced diet that supports vascular health can benefit both hearing and diabetes management.
- **Exercise:** Regular physical activity improves blood circulation, supports nerve health, and helps control blood sugar levels.
- **Avoiding Smoking:** Smoking damages blood vessels and can worsen the effects of diabetes on hearing. Quitting smoking helps protect vascular health.
- **Protecting Ears from Noise:** Limiting exposure to loud noises is important, especially for those at higher risk for hearing loss.

## Treating Hearing Loss in People with Diabetes

If hearing loss is detected, there are effective treatment options. Hearing aids are the most common solution for managing sensorineural hearing loss. Today's hearing aids come with advanced features, including technology that can connect to smartphones and other devices, making them more versatile and user-friendly.

At Decibels Audiology, we specialize in providing personalized hearing care, including for individuals managing diabetes. Our licensed audiologists understand the unique needs of people with diabetes and can work with you to integrate hearing care into your overall health plan. We offer comprehensive hearing evaluations, custom-fit hearing aids, and ongoing support to help you maintain your best hearing health.

## Raising Awareness for American Diabetes Month

As we observe American Diabetes Month, it's important to remember that diabetes affects more than just blood sugar levels. Raising awareness about the connection between diabetes and hearing loss can encourage people with diabetes to prioritize their hearing health. If you or a loved one has diabetes, consider scheduling a complimentary hearing test at one of our two convenient Naples locations.

At Decibels Audiology, we are here to support your hearing health. Contact us today to schedule your hearing evaluation and learn how we can help you maintain your hearing and overall well-being.

**Decibels**  
Audiology & Hearing Center

Call today and schedule your complimentary hearing test and consultation.

Celebrating 15 years of better hearing!

239-325-0596

[napleshearingaids.com](http://napleshearingaids.com)



# EPIDURAL INJECTIONS: A Beacon of Hope for Sciatic Back Pain Sufferers

By Dr. Magdalena Kerschner

**S**ciatic back pain can be a debilitating condition that affects millions of people worldwide, interfering with daily activities and quality of life. For those grappling with this persistent discomfort, epidural injections have emerged as a promising treatment option, offering relief and improved functionality. This article delves into the use of epidurals for sciatic back pain, exploring their benefits, risks, and what patients can expect from the procedure.

## Understanding Sciatic Back Pain

Sciatica is characterized by pain that radiates along the path of the sciatic nerve, which branches from the lower back through the hips and buttocks and down each leg. This condition is typically caused by a herniated disk, bone spur on the spine, or narrowing of the spine (spinal stenosis) compressing part of the nerve. The resulting inflammation and pressure on the nerve lead to the characteristic pain, tingling, and numbness associated with sciatica.

## The Role of Epidural Injections

Epidural injections have become a popular treatment for managing sciatic back pain, especially when conservative treatments like physical therapy and oral medications prove insufficient. These injections deliver a combination of local anesthetics and corticosteroids directly into the epidural space surrounding the spinal cord and nerve roots.

### The primary goals of epidural injections are:

1. To reduce inflammation around the affected nerve roots
2. To provide pain relief
3. To improve function and mobility

## The Procedure

The epidural injection procedure is typically performed on an outpatient basis and usually takes less than 30 minutes. Here's what patients can expect:

1. The patient lies on their stomach or side on an X-ray table.
2. The injection site is cleaned and numbed with a local anesthetic.
3. Using fluoroscopy (live X-ray) for guidance, the physician inserts a needle into the epidural space.
4. A contrast dye may be injected to ensure proper needle placement.
5. The medication mixture is then injected into the epidural space.



Patients are usually monitored for a short period after the injection before being discharged.

## Benefits and Effectiveness

Many patients experience significant pain relief within a few days of receiving an epidural injection. The effects can last from a few weeks to several months, allowing patients to engage more effectively in physical therapy and rehabilitation programs. This combination of pain relief and improved function can lead to long-term benefits and potentially delay or avoid the need for surgery.

Studies have shown that epidural injections can be effective in providing short to medium-term relief for sciatic back pain. However, the degree and duration of relief can vary significantly among individuals.

## Who Should Consider Epidural Injections?

Epidural injections may be recommended for patients who:

- Have not found relief from conservative treatments
- Experience moderate to severe sciatic pain
- Need short-term pain relief to participate in physical therapy
- Wish to avoid or delay surgery

However, they may not be suitable for everyone, particularly those with certain medical conditions or allergies to the medications used.

## Conclusion

Epidural injections represent a valuable tool in the management of sciatic back pain, offering a middle ground between conservative treatments and surgery. While not a cure-all, they can provide significant relief and improve quality of life for many sufferers. As with any medical procedure, it's essential for patients to have thorough discussions with their healthcare providers to determine if epidural injections are the right choice for their specific situation. With proper evaluation and administration, epidural injections can be a beacon of hope for those navigating the challenging waters of sciatic back pain.



## Dr. Kerschner

Dr. Magdalene Kerschner, a graduate of Wayne State University School of Medicine, completed her Anesthesiology residency at The University of Kentucky. Her experience in spine surgery anesthesia led to her specialization in chronic pain management. As a Board Certified Interventional Pain Physician, Dr. Kerschner believes that while pain is undeniable, suffering is optional. She aims to help patients reclaim their joy through interventional techniques and complementary therapies.

Dr. Kerschner stays involved with professional societies to keep up with medical advancements. She served as Vice President of Ohio Interventional Pain Physicians Society and is an active member of Ohio Medical Association's Substance Abuse Committee. She contributed to the development of Ohio's HB 93, known as "The Pill Mill Bill," which led to the closure of illegal pain clinics.

Her compassionate work extends internationally. Dr. Kerschner has participated in medical missions with World Medical Mission in Kenya, worked alongside Mother Teresa in Calcutta, and served in Brazil, the Philippines, and Belize. She received a Humanitarian Award from the Philippine government for her contributions.

Dr. Kerschner's Scotty Dog Foundation has awarded numerous high school scholarships in Southwest Ohio and surrounding areas.

In her practice, Dr. Kerschner emphasizes individualized treatment plans, recognizing that each patient has unique needs. She believes in using good judgment to determine the most beneficial procedures, medications, and therapies for each patient. Dr. Kerschner and her staff prioritize spending ample time with patients during consultations, ensuring they have opportunities to ask questions and fully understand their treatment options.

When your pain is under control you can get back to living the way you are used to. Exercise, eat healthy, and enjoy life to the fullest. At Advanced Pain & Spine Institute we are more than just a doctor's office, we are friends that are ready to help you get your life back.



ADVANCED PAIN  
&  
SPINE INSTITUTE NAPLES

239.307.7087

www.apsiwellness.com  
9975 Tamiami TR N # 1, Naples, FL 34108



# Managing Diabetes: Strategies for Treatment and Prevention

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

**D**iabetes 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](http://www.Naples-Clinic.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

## SUPERIOR TREATMENT, PERSONALIZED CARE



**Retina Group  
of Florida™**

### Retinal Conditions and Diseases We Treat

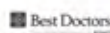
Retinal diseases are often silent. There is usually no pain, no redness and no tearing associated with most retinal diseases. The paucity of symptoms can delay diagnosis and threaten your vision. Early detection is the key to preserve vision.

Macular Degeneration • Retina Detachment,  
Holes & Tears • Flashes and Floaters  
Diabetic Retinopathy • Macular Holes and Puckers



**Dr. Katia E. Taba, M.D., Ph.D.**  
3467 Pine Ridge Rd #103  
Naples, Florida 34109

**CALL TODAY!**  
**239-325-3970**  
**retinagroupflorida.com**



## Dennis J. Ruditser, MD

Board Certified Internal Medicine

- ✓ No more waiting rooms, I come to see you.
- ✓ Routine check-up & preventative care.
- ✓ Personally-tailored care brought to your front door.
- ✓ Management of chronic diseases such as Diabetes, COPD/Asthma, etc.



**Proudly Offering  
Annual Concierge  
Memberships & Single  
Visit Appointments**



(239) 402-5372

[www.NaplesHomeMD.com](http://www.NaplesHomeMD.com)

# Diabetic Wound Care:

## Harnessing the Power of Amniotic Membrane Technology

The management of diabetic wounds remains one of the most challenging aspects of modern healthcare, with complications potentially leading to severe outcomes including amputation. However, innovative treatments like amniotic membrane therapy from RxWound are revolutionizing the approach to diabetic wound care, offering new hope for patients struggling with chronic wounds.

### Understanding the Power of Amniotic Membrane Technology

Amniotic membrane grafts represent a groundbreaking advancement in wound care treatment. Derived from the innermost layer of human placenta, these grafts are ethically sourced from planned cesarean section donations, ensuring both moral integrity and clinical excellence. The procurement process involves rigorous screening and testing for communicable diseases, maintaining the highest standards of safety and quality.

The impressive 95% success rate of patients attaining full wound closure within a six-week period, along with a minimal risk of negative side effects, establishes amniotic membrane therapy as a transformative advancement in wound care. This natural approach not only accelerates healing but also aligns with sustainable medical practices, making it an ideal choice for advanced wound management.

### The Five Pillars of Healing Process

Amniotic membrane technology works through five fundamental mechanisms that synergistically promote optimal wound healing:

**1. Reduced Inflammation:** The membrane's natural anti-inflammatory properties help control excessive inflammation, which is particularly crucial for diabetic patients who often experience prolonged inflammatory responses. This regulation creates an optimal environment for healing to begin.

**2. Powerful Antibacterial Properties:** The inherent antibacterial characteristics of amniotic membrane provide a natural defense against pathogens, reducing the risk of infection without relying solely on conventional antibiotics. This is especially valuable given the rising concerns about antibiotic resistance.



**3. Enhanced Tissue Growth Support:** Rich in growth factors and essential proteins, the membrane actively promotes tissue regeneration and cellular proliferation. This support is vital for diabetic wounds, which typically struggle with delayed healing due to compromised cellular function.

**4. Creation of Optimal Wound Healing Environment:** The membrane maintains ideal moisture levels and provides necessary nutrients, creating a perfectly balanced environment for wound healing. This microenvironment supports cellular migration and proliferation, essential components of the healing process.

**5. Effective Biological Barrier:** Acting as a natural protective shield, the membrane creates a physical barrier against external contaminants while maintaining the wound's optimal healing environment. This dual-action protection is crucial for preventing complications in diabetic wounds.

### Clinical Impact and Future Implications

The implementation of RxWound's extensive array of amniotic membrane solutions marks a significant advancement in diabetic wound care. Traditional treatments often struggle with the complexity of diabetic wounds, but this innovative approach addresses multiple aspects of wound healing simultaneously. The therapy's success rate demonstrates its potential to reduce healing time, decrease the risk of complications, and improve patient outcomes.

Healthcare providers report that patients receiving amniotic treatment experience faster healing rates and reduced complications compared to conventional treatments. The therapy's natural composition and lack of adverse effects make it an attractive option for patients who may be sensitive to synthetic treatments or those with compromised immune systems.

The sustainable and ethical sourcing of amniotic membranes, combined with their remarkable healing properties, positions RxWound as a leader in modern wound care solutions. As the medical community continues to seek effective treatments for diabetic wounds, the role of amniotic membrane therapy grows increasingly significant, offering hope for improved outcomes in this challenging aspect of healthcare.

### About RxWound

Founded in 2015, RxWound is a team of dedicated wound care professionals serving seniors with advanced care solutions across all 50 states.

The company mission is to improve the outcomes of wound healing and elevate the quality of life for each patient, while respecting the precious gift of donated human tissue. It is dedicated to upholding standards of excellence, integrity, and compassion, with the goal of setting new standards in care and promoting a healthier, more vibrant future.

RxWound looks forward to serving you and making a positive difference in your healthcare journey.

### WOUNDS WE TREAT

- Chronic Wounds
- Vascular Ulcers
- Diabetic Ulcers
- Pressure Ulcers
- Trauma Wounds
- Mohs Surgery
- Incision Wounds

### LOCATIONS WE SERVE

- Patient Homes
- Independent Living
- Assisted Living
- Long Term Care
- Mobile Wound Care
- Home Health Care



813-765-8804

[www.RxWound.com](http://www.RxWound.com)

It's that time of year for celebrating where you've been and where you're going.

# FIND YOURSELF IN CHERISHED COMPANY.



**ONE  
MONTH  
FREE**

Limited Time Offer  
\*ASK FOR DETAILS.

Feeling strong, passionate, and purposeful comes easily at The Carlisle Naples— a beautiful community, impressive amenities, gourmet dining, and invigorating adventures offer what you need for a lively, enjoyable future. Book a tour and take it all in.

**THE CARLISLE**  
NAPLES

PREMIER RETIREMENT LIVING

6945 Carlisle Court, Naples | [TheCarlisleNaples.com](http://TheCarlisleNaples.com) | 239-323-0024



An SRG Senior Living Community     ECC Licensed • Assisted Living Facility 9408

## GOT PAIN? GET BETTER FASTER WITH MLS THERAPY LASER



**Michael C. Shaffer, D.C., P.A.**  
Specializing in Non-Surgical  
Spinal Decompression  
and MLS Therapy Laser



Dr. Shaffer has been serving Collier County since 1981. He specializes in spinal care, chronic and acute musculoskeletal conditions, injury, and rehabilitation.



**CALL TODAY!**  
**(239) 793-3200**

[www.drMichaelShaffer.com](http://www.drMichaelShaffer.com)

2663 Airport-Pulling Road South, D104 | Naples, FL 34122



*Rely on Clinical Expertise  
and Experience*

*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](http://www.collierpodiatry.com)

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



# Hormones and Depression

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

**Y**our 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](mailto:info@sextys.com) | [drmelirvine.com](http://drmelirvine.com)



# PICKLEBALL

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



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

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

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

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

## Associated Injuries

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

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

## Acute Injuries

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

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

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

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

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

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

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

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

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

## Blue Sky Orthopedics



730 Goodlette-Frank Rd., Ste 205, Naples, FL 34102  
(239) 877-4662 | blueskyorthopedics.com



Your *Holiday*

Headquarters

for Gifts Galore, Holiday Decor,  
Self Care & More

**NAPLES**  
SOAP COMPANY  
.....  
*Happiness is Here*

Naples • Estero • Ft Myers  
Punta Gorda • Wellen Park  
Lakewood Ranch • Kissimmee  
Plantation • Mount Dora • The Villages  
Santa Rosa Beach • Miramar Beach

Visit [NAPLESSOAP.COM](http://NAPLESSOAP.COM)  
& ship for free on orders \$50+



**BEAUTY, WELLNESS & SEXUAL HEALTH**



*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](mailto:info@sextys.com) | [drmelirvine.com](http://drmelirvine.com)  
[www.youtube.com/watch?v=vR5BgNItKmc](http://www.youtube.com/watch?v=vR5BgNItKmc)

9250 Corkscrew Rd. STE 15, Estero, FL 33928   

**HEALTH STARTS HERE!**

Get your life back and *Live Deliberately.*

- Caudal Steroid Injection
- Celiac Plexus Block
- Cervical Epidural Steroid Injection
- Cervical Facet Radiofrequency Neurotomy
- Costovertebral Block
- Discography
- Facet Joint Injections
- Kyphoplasty
- Lumbar Epidural Steroid Injection
- Lumbar Facet Radiofrequency Neurotomy
- Lumbar Sympathetic Block
- Lumbar Transforaminal Epidural Steroid Injection
- Medial Branch Block
- Medical Management
- Psychotherapy
- Sacroiliac Joint Steroid Injection
- Shoulder to Knee Injections
- Spinal Cord Stimulator Implant
- Stellate Ganglion Block
- Sub Occipital Nerve Injections
- Suprascapular Nerve Injections
- Thoracic Epidural Steroid Injection
- Thoracic Facet Radiofrequency Neurotomy

Dr. Magdalena Kerschner

*pain is undeniable...  
...suffering is optional*

★★★★★



**ADVANCED PAIN  
&  
SPINE INSTITUTE NAPLES**

**239.307.7087**

[www.apsiwellness.com](http://www.apsiwellness.com)  
9975 Tamiami TR N # 1  
Naples, FL 34108



# Shining a Light on Diabetes

## November's Diabetes Awareness Month

**N**ovember 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](http://www.well-beingmedicalcenter.org)**

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



# WELLNESS IMPACT

An investment in FGCU is an investment in our students and the future of your healthcare in Southwest Florida.



Your single act of generosity makes an **IMPACT**.  
**DONATE TODAY**

[fgcu.edu/marieb-donate](http://fgcu.edu/marieb-donate)



## A DEDICATED TEAM YOU CAN TRUST!

Voted Southwest Florida's Best Hearing Center

# De@ibels

Audiology & Hearing Center

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](http://napleshearingaids.com)

Proudly serving Southwest Florida for over 14 years!



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.

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

## 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.blueskyorthopedics.com](http://www.blueskyorthopedics.com)**  
730 Goodlette-Frank Fd N., Suite 205, Naples, FL 34102

## #1 Weight Loss Solution in Naples!

Lose weight fast with semaglutide injectables



Find out about all the specials offered at Victory Wellness Naples. From laser facials to weight loss, we offer a variety of specials to suit your needs.

### SERVICES:

- Neurotoxins
- Fillers
- Weight Loss
- Hormone Therapy
- Men's Services
- Skin/Face Treatments
- Sexual Wellness for Men and Women

Dr. Magdalena Kerschner



Wellness & Medspa NAPLES

**239.307.7087**

[www.victorywellnessnaples.com](http://www.victorywellnessnaples.com)  
9975 Tamiami TR N # 1  
Naples, FL 34108



# Stress Management

By Neetu Malhotra, MD

**H**ave 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](http://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

SW Florida's Premier Board Certified Urogynecology Practice

## FEMALE PELVIC MEDICINE & RECONSTRUCTIVE SURGERY



### 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



LISA MARK, MD



AMY GOETZ, PA-C

(239) 449-7979

[www.FloridaBladderInstitute.com](http://www.FloridaBladderInstitute.com)

1890 SW HEALTH PKWY., SUITE 205  
NAPLES, FL

## 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

Serving Southwest Florida

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](http://NaplesCancerAdvisors.org)

## 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](http://www.well-beingmedicalcenter.org)

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

[wpl-legal.com](http://wpl-legal.com)



## WOODWARD, PIRES & LOMBARDO, P.A.



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

NAPLES  
(239) 649-6555



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

MARCO  
(239) 394-5161

# What is Rhinitis?

## An In-Depth Look at This Common Nasal Condition

**R**hinitis is an incredibly prevalent condition, impacting over 20 million adults and 7 million children in the United States annually. Despite its widespread nature, many people remain unfamiliar with this nasal nuisance. So, what exactly is rhinitis?

At its core, rhinitis refers to inflammation of the nasal passages and mucous membranes. While often mistaken for sinusitis, the majority of presumed "sinus" issues are actually cases of chronic rhinitis. Recognizing this key distinction is critical for proper diagnosis and treatment.

### The Hallmark Symptoms

The telltale signs of rhinitis include nasal congestion, difficulty breathing through the nose, frequent sneezing, runny nose, post-nasal drip, itchy nose and eyes, and headaches. These bothersome symptoms arise when the sensitive nasal lining becomes inflamed and swollen.

Under normal circumstances, the nasal mucous membranes act as a filter, trapping dust, pollen, bacteria, and other airborne particles in a thin mucus layer. Tiny hair-like projections called cilia then sweep this debris down the throat to be expelled from the body. However, when irritated, these membranes react by producing excess mucus, swelling up, and obstructing airflow - giving rise to the characteristic rhinitis symptoms.

While rhinitis is typically not a serious condition, its effects can significantly disrupt daily activities like sleeping, exercising, and concentrating.

### Two Main Types

Rhinitis can be classified into two overarching categories: acute and chronic. Acute cases are short-lived, resolving within just a few days for most people. In contrast, chronic rhinitis lingers for weeks or months at a time, often recurring repeatedly.

### Allergic Rhinitis: The Usual Culprit

In the vast majority of cases, rhinitis stems from an allergic reaction. When the immune system mistakenly identifies a harmless substance (known as an allergen) as a threat, it kicks into overdrive. This prompts the production of antibodies called Immunoglobulin E (IgE) to neutralize the perceived danger.

However, this process also triggers the release of inflammatory chemicals like histamine, which then cause the swelling and irritation characteristic of allergic rhinitis. Common allergens include pollen, dust, dander, mold, certain foods, and more.

Allergic rhinitis can be further divided into seasonal and perennial categories. Seasonal cases are caused by allergens present during specific times of year, such as spring tree pollen. Perennial rhinitis, on the other hand, persists year-round due to ongoing exposure to triggers like dust mites or pet dander.

### The Diagnostic Process

If you visit an ENT (ear, nose, and throat) specialist with suspected rhinitis, they will gather detailed information about your symptoms, their onset and progression, potential triggers, prior treatments or testing, medical history, and more.

The physician will then carefully examine the interior of your nasal passages, evaluating the condition of the mucous membranes, assessing mucus color and amount, and checking for any abnormalities like polyps or a deviated septum that could contribute to obstruction.

Depending on the exam findings, additional diagnostic tests may be recommended, such as allergy testing, pulmonary function tests, imaging studies like CT scans or X-rays, or laboratory analysis. Many of these can be conveniently performed in the ENT clinic.

Once a rhinitis diagnosis is confirmed, your doctor will develop a personalized treatment strategy tailored to your specific needs, symptoms, and triggers.

### Treating the Nuisance

For cases of mild allergic rhinitis, your treatment plan may start with environmental control measures, nasal saline irrigation, antihistamines, or corticosteroid nasal sprays to reduce inflammation.

If these initial steps prove insufficient, your ENT may recommend additional interventions like decongestants (for short-term use), turbinoplasty to reduce obstructive nasal tissue, or minimally invasive procedures like balloon sinuplasty to improve sinus drainage.

For severe, persistent allergic rhinitis, immunotherapy remains the most effective long-term solution. Through a course of allergy shots or sublingual (under-the-tongue) therapy, your immune system can be gradually desensitized to your specific triggers over time.

In some cases, surgical procedures like rhinoplasty or septoplasty may be considered to correct structural nasal abnormalities that exacerbate symptoms.

No matter the rhinitis type or severity, an individualized multimodal treatment plan is key to achieving lasting relief and an improved quality of life.

By combining patient education, environmental control strategies, medical management, and specialized ENT services, the experts can tackle even the most stubborn cases of this nasal nuisance. Don't let rhinitis disrupt your daily routine - seek expert care to overcome those congested, drippy, sneezy days for good.



Dr. Price Sonkarley is a Board Certified Otolaryngologist Head and Neck Surgeon and will be continuing Dr. Montgomery's practice providing excellent care to all patients. He will be performing both medical and surgical aspects of the specialty and is accepting new patients.

Dr. Sonkarley grew up in the Midwest and received his Doctorate from the University of Wisconsin School of Medicine. He completed his Otolaryngology Residency at the University of Oklahoma. He served in the US Marine Corps for 5 years and was awarded the Joint Services Achievement Medal after his tour in Iraq.



Kathleen Rocuant, Au.D FAAA received her Doctorate from the Arizona School of Health Sciences and is Board Certified by the American Board of Audiology. She specializes in Hearing Evaluations, Hearing Aids and Hearing Solutions. She is a Fellow American Academy of Audiology and a member of the American Academy of Audiology and the Florida Academy of Audiology.



Carly Treibits, PA-C is a graduate of Florida Gulf Coast University and is a Board Certified Physician Assistant. She is a member of the Florida Academy of Physician Assistants and the American Academy of Physician Assistants.

**Do you suffer with a chronic cough? Throat irritation? Hearing loss? Nasal congestion? Ear fullness? Allergy sufferers, ask us about our alternative solution to allergy shots.**

**We are always accepting new patients. Don't trust something as important as your hearing to just anyone. Call us and make an appointment today!**

**Serving all of Southwest Florida**  
**9240 Bonita Beach Rd. SE #1106, Bonita Springs, FL 34135**  
 Sunshine Professional Center (across from Spanish Wells)  
**239.495.6200**  
 Mon-Thurs 8am until 6pm • drmarkmontgomery.com

**For the Protection and Health of Our Patients and Employees, We Strictly Follow all CDC Safety Guidelines.**

# NAPLES CLINIC

A DIFFERENT APPROACH TO HEALTHCARE



**NAPLES CLINIC**

**239-384-9392**

[www.Naples-Clinic.com](http://www.Naples-Clinic.com)

- Urgent Care
- X-Ray
- Hormone Therapy
- Weight Loss
- Esthetic
- Botox & Fillers

**WE BELIEVE THE HEART OF HEALTHCARE IS SERVICE.**

## Get Answers to Your Neurological Issue from Specialized Neurosurgeons



Gregory Cannarsa, MD



Amanda Sacino, MD, PhD



**Fellowship-Trained Neurosurgeons from Johns Hopkins Hospital, University of Maryland/Shock Trauma Center now in Naples, Florida**

- Offering appointments on an expedited basis, accepting most major health insurances
- Treating patients at both Physician's Regional Medical Center and NCH System
- Comprehensive appointments with relevant imaging viewed together with patient and explained in detail



**Apex Brain & Spine**  
Neurosurgical Specialists

**239-422-APEX (2739)**

3530 Kraft Road • Suite 203 • Naples, FL 34105

[www.apexbrainandspine.com](http://www.apexbrainandspine.com)



24/7 Availability



Neurosurgical Specialists



Caring for the Patient as if they were family



**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

## 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](http://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.



# 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](http://www.scanyfl.com)



# 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



# ACUPUNCTURE AND DIABETES: A HOLISTIC APPROACH TO MANAGING A COMPLEX CONDITION

By Dr. Mary Lambert, AP, DOM

**D**iabetes is a chronic condition affecting millions of people worldwide, characterized by high blood sugar levels due to the body's inability to produce or use insulin effectively. Managing diabetes involves lifestyle changes, medications, and close monitoring of blood sugar levels. However, many individuals seek complementary treatments, such as Acupuncture and Chinese Herbal Medicine (CHM), to improve their health and overall well-being. But how exactly does acupuncture help with diabetes, and what does the science say?

## Diabetes and Its Challenges

Type 1 and Type 2 diabetes present different challenges, but both result in elevated blood sugar levels that can cause long-term damage to the heart, kidneys, nerves, and eyes. Type 1 diabetes is an autoimmune condition in which the pancreas produces little or no insulin, while Type 2 diabetes involves insulin resistance and is often linked to obesity and lifestyle factors.

Standard treatments for diabetes include medications to regulate blood sugar, insulin injections, and dietary and lifestyle modifications. However, even with these treatments, many patients still experience symptoms such as fatigue, neuropathy, and poor circulation leading to ulceration and amputations. This has led to growing interest in Acupuncture and Chinese Herbal Medicine as a complementary therapy to help manage diabetes and its symptoms.

## How Does Acupuncture & Chinese Herbal Medicine Help with Diabetes?

Acupuncture works through a variety of mechanisms that are beneficial for people with diabetes. However, Chinese Herbal Medicine is the standout for managing diabetes. Herbal formulas that include the herb Astragalus have shown significant clinical benefits in regulating blood sugar levels, insulin sensitivity and reducing A1C levels. Additional benefits from combining Acupuncture and CHM include enhancing blood circulation, reducing inflammation, and alleviating pain from diabetic complications such as neuropathy. Here's a closer look at some of the ways your Acupuncturist can support diabetes management:

### 1. Improving Insulin Sensitivity

Studies show that Acupuncture and CHM help to enhance the body's sensitivity to insulin, which is crucial for managing blood sugar levels in people with Type 2 diabetes. Research published in *Diabetes Research and Clinical Practice* found that Acupuncture and CHM improve insulin sensitivity in patients, allowing them to regulate blood glucose more effectively. This leads to reduced reliance on medications or insulin injections over time.

### 2. Reducing Inflammation

Chronic inflammation is a major contributor to insulin resistance and the progression of diabetes. Acupuncture and CHM have shown to reduce inflammatory markers in the body. A 2018 study published in *Oxidative Medicine and Cellular Longevity*, reported that acupuncture lowers levels of pro-inflammatory cytokines, helping to reduce inflammation and support overall metabolic health.

### 3. Alleviating Neuropathy Pain

One of the most debilitating complications of diabetes is peripheral neuropathy, which causes numbness, tingling, and pain, particularly in the hands and feet. Studies have found Acupuncture to be effective in reducing pain and improving nerve function in people with diabetic neuropathy. A study in *The Journal of Pain* found that Acupuncture significantly reduced pain levels and improved the quality of life for patients with diabetic neuropathy, by increasing blood flow and promoting nerve regeneration.

### 4. Enhancing Circulation

Poor circulation is another common issue for people with diabetes, especially in the extremities. Acupuncture has been shown to increase blood flow, particularly in areas affected by poor circulation, such as the feet and hands. This helps prevent complications like ulcers and infections, which are more common in people with diabetes due to reduced circulation and slower wound healing.

## Scientific Studies on Acupuncture and Chinese Herbal Medicine and Diabetes

The growing interest in Acupuncture and CHM's role in diabetes management has led to more scientific studies investigating its effectiveness. While acupuncture is not a cure for diabetes, the research shows that it is a complementary therapy to reduce symptoms and improve quality of life.



For example, a review of studies published in *Acupuncture in Medicine* found that acupuncture has potential in treating diabetic peripheral neuropathy, with significant improvements in pain and nerve function. Another study in *The Journal of Alternative and Complementary Medicine* found that acupuncture treatments improved blood glucose levels and insulin sensitivity in patients with Type 2 diabetes. Another study published in 2018 in *Molecules* showed that the compounds found in Astragalus increased insulin sensitivity and increased glucose uptake.

## Conclusion: A Holistic Tool for Diabetes Management

While Acupuncture and CHM should not replace conventional diabetes treatments, it offers a natural, non-invasive option to help manage symptoms like neuropathy, inflammation, and poor circulation. If you are considering acupuncture to support your diabetes management, it's essential to consult with a licensed practitioner. At Lambert Wellness, Dr. Mary, a board-certified Acupuncturist and Herbalist, offers personalized care to help you explore the benefits of acupuncture for diabetes. She has clinical experience helping her patients manage their diabetes symptoms and lower their insulin use. She has helped her patients reduce their A1C by 30%. Schedule your consultation today to learn how her treatments can improve your health and well-being by calling 239-776-4055.



**EXPERIENCE NATURAL HEALING AND WELLNESS**

Transform your body, mind, and spirit with our holistic approach. Call 239-776-4055 today or visit us online at [www.LambertWellnessCenter.com](http://www.LambertWellnessCenter.com)!



# Misir Pharmacy Compounding **SKINCARE** Customized Specifically For You

**N**oticing that your skin is starting to look dull, blotchy, or discolored? Do you have acne, scarring or noticeable wrinkles? Sure, there are many over-the-counter products touting their anti-aging benefits, but the truth is—they're not going to cut it! To see a noticeable difference in your skin's appearance, you'll need to see a medical professional for medical grade products that work. Misir Pharmacy Compounding Pharmacy works directly with your dermatologist or practitioner to create perfectly balanced skincare that is tailored to your needs. Having medical-grade, compounded skincare products allows for optimal cellular turnover and the regenerative effects needed to improve texture, color, brightness, reduce scarring, heal acne and reduce wrinkles.

### Misir Pharmacy's Compounded Personalized Skincare & Medications

The art of preparing medications dates back to the origins of pharmacy. At Misir Pharmacy, they still practice the time proven art of compounding. This is done with modern variations of the "mortar and pestle" to prepare unique and individualized medications. By working with your physician, compounding allows their pharmacists to customize the strength and dosage form of a product, salve or

medication according to individual needs. This may include preparing a drug that is no longer commercially available, changing a medication from pill to penetrating skin cream, adding flavors, or preparing a dye-free or preservative-free medication. The possibilities are endless. Their pharmacists can formulate almost any kind of medicine and specifically design it just for you, including children's dosage forms and flavors, capsules and suppositories, hospice formulations, skin preparations, lip balms, medicated lozenges. Ask Misir Pharmacy how compounded medications may help you.

When you partner with Misir Pharmacy's independently owned and operated pharmacy, you get the personal touch of a neighborhood pharmacy and the strength, resources, an array of services.



St. Andrews Square - 8795 Tamiami Trail East  
Naples, FL 34113

**(239) 403-0060 | FREE DELIVERY**  
[www.misirpharmacy.com](http://www.misirpharmacy.com)

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.

- ACNE
- ALOPECIA
- ATHLETE'S FOOT
- CHEMICAL PEELS
- DIAPER RASH/INCONTINENCE
- HEAD LICE AND SCABIES
- MOLLUSCUM CONTAGIOSUM
- NAIL INFECTION
- PIGMENTATION ABNORMALITIES
- PLANTAR WARTS/WARTS
- ROSACEA
- SCARRING AND KELOIDS
- TOPICAL ANESTHETICS
- SUN PROTECTION/PHOTOAGED SKIN/WRINKLES
- PRURITUS
- PSORIASIS



## LAMBERT WELLNESS

Lambert Wellness is a leader in the wellness, health, and spa industry with over 30 years of combined experience.

Call or Text to book your **FREE Consultation**  
**239-776-4055**  
[www.LambertWellnessCenter.com](http://www.LambertWellnessCenter.com)

**Lambert Wellness** MA40606  
9990 Coconut Rd., Estero FL 34135

- Acupuncture
- Cold Laser
- Chinese Herbal Medicine
- Injection Therapy
- Massage Therapy
- Organic Custom Facials

## Logical Insurance Solutions USA

**239.362.0855**

Save Money. Gain  
*Peace of Mind.*

We specialize in:  
**MEDICARE Plan Options**  
Medical Insurance for Individuals / Families  
Employer Health & Wellness Benefits

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



Phone, WebRx, Seminars Available  
In Person Appointments Available

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

**Make the logical choice and contact us today for all your insurance needs.**

2161 Mcgregor Boulevard  
Suite C, Fort Myers, FL 33901  
[info@logicalinsurance.com](mailto:info@logicalinsurance.com)  
**239.362.0855**  
[www.LogicalInsurance.com](http://www.LogicalInsurance.com)  
Family Owned and Operated Since 2007.



# Men's Health Month: Optimizing Wellness Beyond Testosterone

By Jerry and Lisa Meloche, Pharm.D., Owners, Compounding Pharmacists

**N**ovember is Men's Health Month, an opportunity to emphasize the importance of addressing men's unique health needs and encouraging proactive approaches to wellness. While testosterone plays a central role in men's health, maintaining vitality requires a more comprehensive strategy. In addition to testosterone replacement therapy (TRT), certain supplements can significantly boost energy, enhance sexual health, and improve overall well-being.

At Creative Scripts Compounding Pharmacy, we offer a range of supplements that can complement TRT or stand alone as natural supports for men's health. These include Nutritional Frontiers' *Testo 180*, *Circucore*, and *EstroCleanse*, as well as *Ortho Molecular's Prostatrol Forte*, all designed to target specific aspects of men's vitality and hormonal balance.

## Understanding Testosterone's Role in Men's Health

Testosterone is the primary male sex hormone, influencing everything from muscle mass and bone density to mood and sexual function. As men age, testosterone levels naturally decline, often leading to symptoms such as fatigue, decreased libido, weight gain, and loss of muscle mass. Low testosterone, or hypogonadism, affects nearly 39% of men aged 45 and older, according to the *Journal of Clinical Endocrinology & Metabolism*. Many men turn to testosterone replacement therapy (TRT) to restore hormone balance, alleviate symptoms, and improve quality of life.

However, TRT is only one part of the equation. Supplements that support hormonal balance, improve circulation, and enhance overall vitality play a critical role in men's health—particularly for those who prefer a more holistic approach or want to complement their TRT regimen.

## Maca: A Natural Energy Booster

Maca, a root vegetable native to Peru, has long been revered for its ability to enhance energy, stamina, and sexual function. Research shows that maca may help improve libido in men without affecting testosterone levels, making it a useful supplement for boosting sexual health naturally. A study published in *Andrologia* found that men who took maca reported increased sexual desire after just eight weeks. Maca is also rich in essential nutrients, including vitamins, minerals, and amino acids, making it a great addition to any men's health regimen.

## L-Arginine and Beet Root Powder:

### Nitric Oxide Boosters

Nitric oxide (NO) is a molecule vital to vascular health, helping to relax blood vessels and improve circulation.

This is particularly important for men, as NO production naturally decreases with age, contributing to erectile dysfunction and cardiovascular issues. L-arginine, an amino acid, serves as a precursor to nitric oxide, helping the body increase production. Similarly, beet root powder is high in nitrates, which promote nitric oxide production. Together, these supplements can enhance blood flow, boost cardiovascular health, and support better sexual function.

A study in the *Journal of Urology* found that L-arginine, when combined with other nitric oxide precursors, significantly improved erectile function in men with mild to moderate erectile dysfunction. Regular intake of beet root powder can further support heart health by lowering blood pressure, as shown by research from the *American Journal of Clinical Nutrition*.

## DIM (Diindolylmethane): Balancing Hormones

DIM is a compound derived from the digestion of indole-3-carbinol, found in cruciferous vegetables like broccoli and kale. It is particularly helpful for men in balancing estrogen and testosterone levels. While estrogen is commonly associated with women, men also produce small amounts of estrogen, which can increase with age or due to certain conditions. High levels of estrogen in men can lead to symptoms like weight gain, gynecomastia (enlarged breast tissue), and emotional changes.

DIM supports estrogen metabolism, encouraging the body to process it into a less active form, maintaining a healthy balance between estrogen and testosterone. Research published in *Nutrition and Cancer* shows that DIM may have protective effects against hormone-related cancers and help men maintain better hormonal balance as they age.

At Creative Scripts Compounding Pharmacy, we offer supplements such as *EstroCleanse* to support these hormone-balancing efforts naturally and effectively.

## Saw Palmetto: Supporting Prostate Health

Prostate health is a significant concern for aging men. Benign prostatic hyperplasia (BPH), or the enlargement of the prostate gland, is a common condition affecting men over 50. Symptoms include frequent urination, difficulty starting urination, and weak urine flow. Saw palmetto, an herbal extract derived from the fruit of the *Serenoa repens* plant, has been used to support prostate health and reduce symptoms of BPH.

Saw palmetto works by inhibiting the enzyme 5-alpha-reductase, which converts testosterone into dihydrotestosterone (DHT)—a hormone that can contribute to prostate enlargement. Studies published

in the Cochrane Database of Systematic Reviews have shown that saw palmetto may help improve urinary symptoms associated with BPH, making it a beneficial supplement for men looking to maintain prostate health naturally.

We carry Prostatrol Forte at Creative Scripts Compounding Pharmacy, a supplement specifically designed to support prostate health.

## The Bottom Line

Men's Health Month serves as an important reminder that maintaining overall wellness requires a holistic approach. While testosterone levels are central to men's well-being, many other factors contribute to long-term vitality. Supplements like *Testo 180*, *Circucore*, *EstroCleanse*, L-arginine, beet root powder, DIM, and saw palmetto offer natural ways to support sexual health, energy, hormone balance, and prostate function.

Whether you are considering testosterone replacement therapy or looking for natural supplements to enhance your health, it's essential to consult with a healthcare provider to develop a personalized approach. At Creative Scripts Compounding Pharmacy, we're here to guide you through your options and provide the highest-quality supplements to support your wellness journey.

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 AND MENTION THIS AD for a one-time \$15 off a new or transferred prescription!**



**CREATIVE SCRIPTS**  
— COMPOUNDING PHARMACY —

**239-261-0050**

600 Goodlette Road North #108  
Naples, FL 34102

[www.creativescripts.net](http://www.creativescripts.net)

*Natives Serving Naples Since 2005*

# The P-Shot: Revolutionizing Male Sexual Health with Regenerative Therapy

In the realm of men's sexual health, a groundbreaking treatment has emerged, offering hope and improved quality of life for many. The Priapus Shot, commonly known as the P-Shot, is an innovative regenerative therapy designed to enhance male sexual function and overall sexual health. This revolutionary procedure harnesses the power of the body's own healing mechanisms to address various concerns related to sexual performance and satisfaction.

At the heart of the P-Shot's effectiveness lies a unique combination of platelet-rich plasma (PRP) and stem cells, both derived from the patient's own body. This personalized approach not only minimizes the risk of adverse reactions but also maximizes the potential for positive outcomes. The procedure begins with a simple blood draw, similar to any routine blood test. The blood is then processed in a centrifuge to isolate the platelet-rich plasma and stem cells, creating a potent mixture rich in growth factors and regenerative properties.

The concentrated PRP and stem cell solution is then carefully injected into specific areas of the penis, targeting tissues crucial for sexual function. This precise application allows the regenerative components to stimulate tissue repair, enhance blood flow, and promote the growth of new, healthy cells. As a result, many men experience significant improvements in various aspects of their sexual health.

One of the primary benefits reported by P-Shot recipients is enhanced erectile function. The treatment can lead to firmer, more sustainable erections, addressing issues related to erectile dysfunction or diminished performance. Additionally, many men notice an increase in penis size, both in length and girth, contributing to improved confidence and satisfaction.

Beyond physical enhancements, the P-Shot has shown promising results in treating Peyronie's disease, a condition characterized by painful curvature of the penis. The regenerative properties of the PRP and stem cell mixture can help reduce scar tissue and promote healthier, more flexible penile tissues.

Importantly, the P-Shot is not just about physical improvements. Many men report increased sensitivity and pleasure during sexual activities, leading to more satisfying experiences for both partners. This holistic enhancement of sexual function can have profound effects on relationships, self-esteem, and overall quality of life.

As with any medical procedure, it's crucial to consult with a qualified healthcare provider to determine if the P-Shot is right for you. While the treatment has shown remarkable results for many, individual experiences may vary. The non-invasive nature of the procedure, coupled with its use of autologous (self-derived) materials, makes it an attractive option for those seeking to improve their sexual health without resorting to pharmaceuticals or more invasive surgical interventions.

In conclusion, the P-Shot represents a significant advancement in the field of men's sexual health. By harnessing the regenerative power of platelet-rich plasma and stem cells, this innovative therapy offers a natural, personalized approach to addressing various sexual concerns. As research continues and more men experience the benefits of this treatment, the P-Shot stands poised to revolutionize the way we approach and treat male sexual health issues.

## Orchidia Medical Group is Here to Help

At Orchidia Medical Group in Naples, FL, we know that erectile dysfunction is a common issue experienced by men. For this reason, we offer the Magnym Procedure to resolve this problem and help you feel more confident in every area of life. Your sexual health affects your life in many ways, so if there is an issue, it will affect you physically, mentally, and emotionally.

Sexual dysfunction is a condition that spills over into every area of your life, so it's important that you take steps to resolve that condition, whatever it may be. Our experts can provide you with a safe, confidential, and relaxing environment in which you can seek out the treatment you need to improve your confidence and get back your self-esteem.

Let us help you realize your potential well-being and become the individual that you have long desired.

Call us today at 239-330-9855 or visit us online at [OrchidiaMedicalGroup.com](http://OrchidiaMedicalGroup.com).



**We eliminate pain. Fast.**

- / PAIN RELIEF
- / REHABILITATION
- / MOVEMENT

**Matterhorn Fit**

[matterhornfit.com](http://matterhornfit.com) | 239.260.1896  
2079 Pine Ridge Rd | Naples, FL 34109

**Orchidia Medical Group**

**OUR TREATMENTS**

- Botox & Fillers
- Facial Rejuvenation
- Vaginal Rejuvenation
- Erectile Dysfunction (GAINSWave)
- Hair Removal
- Acne Treatments
- Shockwave Therapy for Joint Pain
- Lipotropic Injections
- Medical Weight Management
- Hair Restoration for Male & Females
- Health for Men
- IV Vitamin Infusion Tx.
- Peptides
- P-Shot and O-Shot Available
- Testosterone Testing Available - Results in Minutes

**239-333-8809 | [www.orchidiamedicalgroup.com](http://www.orchidiamedicalgroup.com) | ¡HABLAMOS ESPAÑOL!**  
2590 Golden Gate Parkway • Naples, FL 34105 • Suite 103 & 104



# CARDIOVASCULAR WELLNESS

## What is Cardiovascular Wellness???

By James V. Talano, MD, MBA, FACC

**C**ardiovascular wellness is the ability to maintain physical health, mental capacity, and longevity through early detection and treatment of cardiovascular disease.

Cardiovascular disease is a compilation of diseases affecting your heart and blood vessels, which can affect one or more organs in your body.

A person may be **symptomatic**, physically experiencing disease, or **asymptomatic**, not experiencing any symptoms at all.

**Cardiovascular disease includes issues with the heart and blood vessels, including:**

1. Narrowing of the blood vessels in your heart and other organs throughout the body
2. Blood vessel problems which developed at birth
3. Heart valves that are not working correctly
4. Irregular heart rhythms

**If you are symptomatic, you could have:**

1. Chest pain
2. Shortness of breath
3. Dizziness or lightheadedness
4. Palpitations or irregular heartbeat
5. Pain or cramps in your legs

But if you're asymptomatic, you may have no outward signs or symptoms of disease states.

**There is a variety of heart diseases, but the most common are:**

- Coronary artery disease
- Valvular heart disease
- Cardiac arrhythmias
- Heart failure
- Peripheral arterial disease
- Disease of the aorta
- Congenital heart disease
- Pericardial disease
- Cerebrovascular disease
- Deep vein thrombosis

**There are several risk factors for coronary artery disease and other cardiovascular diseases, which are, in decreasing order:**

1. Hypertension
2. Hyperlipidemias
3. Diabetes type 1 and type 2



4. Family history of heart disease
5. Lack of physical activity
6. Excessive weight or obesity
7. Diet high in sodium, sugar, and fats
8. Overuse of alcohol
9. Misuse of recreational drugs
10. Gestational diabetes
11. Preeclampsia
12. Chronic inflammatory or autoimmune diseases
13. Chronic kidney disease

**We have many tools that can help us diagnose heart disease. They include:**

- Blood testing including inflammatory markers
- Lipids
- Blood count
- Electrocardiogram
- Ambulatory ECG monitor
- Nuclear SPECT stress testing
- PET myocardial perfusion imaging
- Cardiac MRI
- Invasive coronary angiography
- CT coronary angiography
- Dynamic nuclear imaging

The most important approach to diagnosing cardiovascular disease is a high index of suspicion, including excessive weight gain, worsening diabetes, decreasing exercise tolerance, excessive sleepiness and tiredness, inability to walk long distances, passing out, palpitations, and irregular heart rhythms.

However, prevention to identify and address risk factor modification is the more prudent and effective way to prevent cardiovascular disease and improve cardiovascular wellness. It is important to identify and correct modifiable risk factors by taking a proactive stance, empowering individuals to actively manage their heart health and minimize CV events. There is an

adequate relationship between cardiovascular disease, diabetes, and obesity. These act as amplifiers, intensifying risk factors that promote heart disease.

Through prevention, we can promote lifestyle changes including adopting healthy lifestyle choices such as exercise and diet while integrating drug management.

To summarize, people with cardiovascular disease often experience symptoms like chest pain, shortness of breath, and excess or new onset fatigue. The symptoms limit the patient's ability to perform their daily activities such as walking, climbing stairs, or even carrying groceries; they note new onset of fatigue not present previously.

Managing cardiovascular disease requires lifestyle adjustments. This includes dietary restrictions and substitutions, regular exercise, taking medications as prescribed by the physician, and following a heart-healthy diet low in saturated fats, sugars, and sodium. Living with cardiovascular disease can also affect the mind, causing anxiety and stress for individuals worrying about their health and future.

As part of the plan, regular medical follow-up and the need to monitor symptoms can also address additional stress. However, social and recreational activities really contribute to improvement. Some people may need to limit or modify their social and recreational activities. They need to avoid strenuous activities, take frequent breaks during physical activities, and stay hydrated.

Regular visits to your physician or healthcare provider are essential and may need adjustments to diet and medication. This can be time-consuming but, in the end, it is effective in eliminating medical disasters and hospitalization.

Despite these challenges, many people with cardiovascular disease can live fulfilling lives by managing their conditions effectively.

**ACCEPTING NEW PATIENTS**



**239-261-2000 x1 | [www.swicft.org](http://www.swicft.org)**

**Naples** - 625 9th Street North

730 Goodlette Frank Road North

**Bonita Springs** - 9410 Fountain Medical Ct.

# Navigating the Fog of Memory Changes in Aging

By Richard J. Capiola, MD

**A**s 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.

## 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](http://chefsforseiors.com)

Email: [bill.springer@chefsforseiors.com](mailto: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.



**RICHARD J. CAPIOLA, MD**

**239.649.7494**

704 Goodlette Frank Road North  
Suite 222  
Naples, Florida 34102

## 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.



# 2025 Annual Enrollment is Here!

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

**M**edicare Annual Enrollment is October 15-December 7th for January 1st, 2025, effective. What can be changed at this time is Medicare Part D Drug Plans and Medicare Advantage Plans. You should have received your Notification of Change from your current insurance plan. This outlines the current year to the new year changes, as an example if your specialist provider cost \$20 now it might say \$35 in 2025 (no correlation just an example).

**Substantial changes to Medicare Part D**, stand-alone drug plans as well as Advantage Plans, won't have to pay more than \$2,000 in out-of-pocket costs, which include deductibles, co-pays, coinsurance. It is especially important to check your plans formulary as medication must be in formulary to be capped. 2025 RX deductibles will be capped at \$590.00. As a reminder the cost of the plan is not as important as the cost plus your medications, that is what you look at, the total cost. It is important to know what the medication is used for to determine if it is covered by the plan. Example Wycovy may be covered but in order to be covered it must be used for certain heart conditions or diabetes, Medicare does not cover weight loose medications at this time. Many carriers are consolidating Part D plans or eliminating them completely. As a reminder if you choose NOT to ENROLL in a Part D drug plan and in later years you will have to wait for Annual Enrollment and then you will assed a penalty for every month you did not have a drug plan, that penalty will last for the REST OF YOUR LIFE! Careful not choosing a drug plan.

**Medicare Part C / Advantage Plans** annually Medicare Advantage Plans make changes. They must include all the same features as Original Medicare but not at the same cost share. They can have a premium, Medical and or Prescription deductible, copays and coinsurance can change. Extra Value such as Vision, Dental, Over the Counter, Part B Give Back, transportation, etc. can all change or be eliminated. Medicare sets the annual in-network out of pocket maximum, in 2024 it is \$8,850 and \$13,300 for in-network and out-of-network services combined. However, individual insurance plans may set lower limits. These limits apply to Part A and B services only, and do not apply to Part D cost share.



The old saying if it is not broken do not fix it DOES NOT apply to Annual Enrollment. Every year I see many people that have not checked/compared their current plan to what is new. I have saved so many people hundreds and in many cases thousands of dollars. You should be working with a broker that represents many insurance companies. Make sure you check them out, especially if you are going to allow someone in your house. I recommend meeting in their office. For myself we represent most carriers in our area and to carry all their literature with me is almost impossible. We use three large screens so that our clients can clearly see and compare the differences between the plans. The minimum information always needed is all your doctors, medications: names, milligrams, and dosage. We load your current plan and then compare it to all the other companies in your area. What companies have all your doctors, the price for your medication normally makes a significant difference. Then the Extra Value what is most important to you. We do NOT CHARGE for our review and if warranted to change your insurance plan. Ethics is most important and if you are on the best plan we will tell you, plus you can see for yourself.

As a reminder it is illegal for an insurance agent to contact you unless you give them permission. There are specific forms that you should sign, such as a Scope of Appointment which outlines what you want to talk about. This form should be signed at least 48 hours prior to your meeting or if you walk into their office, prior to speaking about Medicare.

Medicare Seminar's they are good for general information. A one-to-one appointment where you can dive into your doctors and medication is best, plus you can then compare other companies in one place.

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 guaranteed 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?

**Logical Insurance Solutions is a SWFL Insurance Broker** that works with most of the insurance carriers in your area, we are happy to help you through the maze. We offer **Free Medicare Seminars, Personal Appointments & Virtual appointments.**

Please e-mail [info@logicalinsurance.com](mailto:info@logicalinsurance.com) to register or call 239-362-0855 for dates. Medicare's website is [www.Medicare.gov](http://www.Medicare.gov).

**Logical  
Insurance  
Solutions USA**

**239.362.0855**

**[www.Logicalinsurance.com](http://www.Logicalinsurance.com)  
[info@Logicalinsurance.com](mailto:info@Logicalinsurance.com)**



# Thanksgiving: How to Keep Your Pets Safe

**T**hanksgiving 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 to 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](http://www.aovethospital.com)

## COMPOUNDING SOLUTIONS FOR YOU AND YOUR PETS!



**Jerry and Lisa Meloche**  
Pharm.D., Owners,  
Compounding Pharmacists

Come in to see us or call  
for a one time **\$15 off** a new  
or transferred prescription!



**CREATIVE SCRIPTS**

— COMPOUNDING PHARMACY —

**239-261-0050**

[www.creativescripts.net](http://www.creativescripts.net)

*Natives Serving Naples Since 2005*

600 Goodlette Road North #108  
Naples, FL 34102

## YOUR PET'S HOME AWAY FROM HOME!



**ANIMAL OASIS**  
Veterinary Hospital

**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. Catherine Horsley**  
**Dr. Karissa Sciacca**

**239-431-7980**

[www.aovethospital.com](http://www.aovethospital.com)

2700 Immokalee Road, Suite 16, Naples, FL 34110



# 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](http://matterhornfit.com) or call the office at  
239.676.5342.



239-676-5342 | [www.matterhornfit.com](http://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



# IF I DON'T SEE MOLD COULD I STILL BE AFFECTED?

By Julie S. Hurst- Nicoll, MBA, CMI, CMR - Partner, Mold Safe Homes, LLC

**Y**es, because most people look for mold to be black, so folks think no black mold, my home must be good. Unfortunately, one of the most dangerous molds often looks like dust or white and produces one of the most dangerous mycotoxins causing health effects in many.

Yes, because mold can be hidden in the wall, behind the baseboard, on the carpet tac strip, in your HVAC or in plain sight but not black.

Yes, even after a mold remediation, we know now that traditional remediations do not take care of mycotoxins and these small, invisible molecules are poisons.

Living through the Florida rainy season and our high humidity some species of mold can grow with just high humidity, no direct water necessary. This makes mold especially dangerous in our environment.

Other times our HVAC is over worked during the summer high temperatures or gets low on freon, or the wrong fan speed allows humidity to accumulate. And in my personal case the HVAC lines get clogged causing water backup that can quickly grow mold.

Living in Florida we have so many avenues that can cause mold to thrive inside our homes. Over time mold releases particulates called mycotoxins, a chemical poison that can affect our health in many ways.



Unfortunately, we have been receiving calls this year with homes that have had previous remediations, sometimes multiple remediations but still feel uncomfortable in their home or still feeling sick. What we have discovered is traditional remediation methods DO NOT remove mycotoxins. We are finding these homes will often have very high particulate counts in the smallest size .3-microns. Imagine having 500,000 per cubic meter in particulate you and your family are breathing in every day? The next question is what type of molecules are .3-micron size and below?

.... The answer: Zika or coronavirus, wildfire smoke and mycotoxins!

If you have concerns about mold or mycotoxins or just want to be certain, give reach to a licensed mold assessor who is very knowledgeable on mycotoxins.



**Mold Safe Homes, LLC**  
Mold Assessments, Testing, Mycotoxin Specialty

**CALL TODAY to schedule an assessment!**  
**239-302-8862**  
or visit **www.MoldSafeHomes.com**

**Bill Nicoll, CMI, CMR**  
Partner, Mold Safe Homes, LLC  
*Licensed & Insured*  
*Serving Southwest Florida*  
*(Other States for Mold Toxic Patients/Clients Upon Arrangement)*  
*Mold Inspections, Mold & Mycotoxin Testing*  
*FL License MRSA 3097*

**ACCEPTING NEW PATIENTS**

*Clinical Excellence Driving Personalized Cardiovascular Care*

**SWICFT**  
Cardiology

239.261.2000 x1 | [www.swicft.org](http://www.swicft.org)

Naples - 625 9th Street North | 730 Goodlette Frank Road North  
Bonita Springs - 9410 Fountain Medical Ct.

**Is Your Home Making You Sick?**

**Your family should never live another day exposed to invisible mold!**

Did you know the most common mold that affects your health looks like dust?

**BE CERTAIN, CALL TODAY**  
**239-302-8862**

[www.MoldSafeHomes.com](http://www.MoldSafeHomes.com)  
[info@moldsafehomes.com](mailto:info@moldsafehomes.com)

**Mold Safe Homes, LLC**  
Mold Assessments, Testing, Mycotoxin Specialty



# 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

# ANY LAB TEST NOW!

## Take Control of Your Health with Any Lab Test Now

**R**esidents of Naples, Florida now have a convenient new option for getting affordable lab tests right in their neighborhood. **Any Lab Test Now** has opened a new location on Immokalee Road, bringing their extensive selection of professional lab tests to the Naples area.

Any Lab Test Now allows individuals to order their own lab tests without requiring a doctor's order. This puts patients in control of their own health monitoring and screening. The retail lab testing model provides an easy and affordable way to get lab work done for wellness, prevention, treatment, and management of existing conditions.

"We're excited to open our doors in Naples and provide this level of access to lab testing services," said the local owner. "Our goal is to empower people to be proactive about their health by making it simple and affordable to get the lab tests they need."

At Any Lab Test Now, patients can get tested for a wide range of health concerns from routine wellness panels to highly specialized biomarker tests. Some of the most popular tests offered include:

- **Annual Check-Up Panel:** A comprehensive array of tests that screen for a variety of potential health issues like diabetes, liver and kidney problems, anemia and more.

- **Paternity Informational (Non-Legal):** For those needing to determine biological relationships through DNA testing for personal knowledge.
- **STD Panel, Comprehensive:** Screens for all major sexually transmitted infections like HIV, syphilis, hepatitis B & C, herpes, chlamydia and more.
- **Cholesterol (Lipid) Panel:** Checks HDL, LDL, triglycerides and total cholesterol levels to assess heart disease risk.
- **5 Panel Rapid Drug Screen (Urine):** Detects recent use of marijuana, cocaine, amphetamines, opiates and PCP.
- **Weight Management Hormone Test Panel:** Looks at levels of hormones like cortisol, thyroid, testosterone and more that can affect weight.
- **Hemoglobin A1C:** Used to monitor average blood sugar levels over 2-3 months for diabetes management.
- **Prostate Specific Antigen (PSA):** Screens for prostate cancer and other prostate disorders in men.
- **Basic Thyroid Panel:** Checks TSH, T4 and T3 levels to identify thyroid disorders.
- **Testosterone, Free & Total:** Measures free and total testosterone levels in men and women.



The new Any Lab Test Now Naples is staffed by certified technicians who can properly collect samples for blood tests, urine tests, saliva tests, hair tests and more. They are knowledgeable about all the tests offered and can help customers select the right screening for their needs. Test results are typically available within 24-48 hours.

With the opening of the Naples location, residents of Collier County now have convenient access to professional lab testing services. Stop by Any Lab Test Now on Immokalee Road and take control of your health today.

### ANY LAB TEST NOW NAPLES

**239-899-8378**

2415 Tarpon Bay Blvd., Suite 7, Naples, FL 34119

[www.anylabtestnow.com/naples\\_fl](http://www.anylabtestnow.com/naples_fl)

### 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



Securities, insurance products, financial planning, and investment management services offered through Wintrust Investments, LLC (Member FINRA/SIPC), founded in 1931. Asset management and financial planning services provided by Great Lakes Advisors, LLC. Trust services offered by The Chicago Trust Company, NA ©2024 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

At **ANY LAB TEST NOW**® of Naples, we're in the business of helping you get on the path to wellness.



**WHY ANY LAB TEST NOW®?**  
WE ARE FAST AND EFFICIENT,  
NO APPOINTMENT NEEDED,  
WE DO WALK-INS AND MAX WAIT 15-20 MIN,  
NO HIDDEN FEES OR SURPRISE CHARGES,  
WE DO THOUSANDS OF TESTS AND  
THE RESULTS ARE QUICK!!

**239-899-8378**

[www.anylabtestnow.com/naples\\_fl](http://www.anylabtestnow.com/naples_fl)  
2415 Tarpon Bay Blvd., Suite 7, Naples, FL 34119

# 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](http://maidpro.com/naples)  
239.437.5520 [maidpro.com/fortmyers](http://maidpro.com/fortmyers)

## Ear, Nose & Throat

**Price Sonkarley, MD**  
Head & Neck Surgical Specialist

Specializing in Ear, Nose and Throat Disease, Allergy, Hearing Care and Hearing Aids

Do you suffer with a chronic cough? Throat irritation? Hearing loss?  
Nasal congestion? Ear fullness?

Allergy sufferers, ask us about our alternative solution to allergy shots.

 Dr. Price Sonkarley	<p><b>HEARING LOSS</b></p> <ul style="list-style-type: none"> <li>• Board Certified Audiologist on Staff</li> <li>• 4D Hearing Aid Technology</li> <li>• Able to block outside noise and amplify conversation</li> </ul> <p><b>EAR CARE</b></p> <ul style="list-style-type: none"> <li>• Full Intra Ear Pressure</li> <li>• ET Balloon Dilation</li> <li>• Chronic Otitis</li> <li>• Vertigo</li> <li>• Meniere's Disease</li> </ul>	<p><b>NASAL HEALTH</b></p> <ul style="list-style-type: none"> <li>• Nasal Congestion</li> <li>• Chronic Sinusitis</li> <li>• In Office Balloon Sinuplasty</li> <li>• Allergy Testing</li> <li>• Immune Therapy and Sublingual Therapy</li> <li>• Runny Nose</li> <li>• Rhinoflex</li> </ul>	<p><b>THROAT PROBLEMS</b></p> <ul style="list-style-type: none"> <li>• Hoarseness</li> <li>• Throat Clearing Pain</li> <li>• Swallowing Problems</li> </ul> <p><b>HEAD &amp; NECK MASSES</b></p> <ul style="list-style-type: none"> <li>• Thyroid Nodules</li> <li>• Throat Cancer Screening</li> <li>• Flexible Laryngoscopy</li> </ul>
 Kathleen Rocuant, AuD FAHA	<p><b>PEDIATRIC ENT</b></p> <ul style="list-style-type: none"> <li>• Allergy</li> <li>• Recurrent Ear Infections</li> <li>• Ear Tubes</li> <li>• Sleep Apnea</li> <li>• Clinically Instructed/Enlarged Tonsils</li> </ul>		

*Don't trust something as important as your hearing to just anyone.*  
Serving all of Southwest Florida  
We are always accepting new patients. Call us and make an appointment today!

9240 Bonita Beach Rd. SE #1106, Bonita Springs, FL 34135 • 239-495-6200

We've taken cleaning to a whole new level...

**SERVICES AVAILABLE**

<p><b>Home &amp; Office Cleaning</b></p>  <p><b>NOT YOUR STANDARD CLEANERS</b></p> <ul style="list-style-type: none"> <li>• Damage and theft protection</li> <li>• Employee backgrounds</li> <li>• Knowledgeable cleaners</li> <li>• Satisfaction Guaranteed</li> </ul>	<p><b>MaidPro MUSCLE Services</b></p>  <p><b>NOW OFFERING! MaidPro MUSCLE Services</b></p> <ul style="list-style-type: none"> <li>• Immediately Dry &amp; Green Carpet Cleaning</li> <li>• Upholstery • Tile &amp; Grout</li> <li>• Pressure Washing</li> <li>• Window Cleaning</li> </ul>
--	---




\$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

**W**eight-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](http://www.venturenaples.com)



**Cynthia Perthuis, GDP, 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](mailto:cynthia@seniorcareauthority.com)

- Eldercare Consulting
- Placement Assistance
- Advocacy
- Beyond Driving With Dignity



Senior Living and Care Solutions

[www.scanyfl.com](http://www.scanyfl.com)

## Board Certified M.D. with 25+ Years of Experience in Holistic & Functional 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 and Functional Internal Medicine with meticulous attention to lifestyle, nutrition, and Mind-Body balance. Will help you manage your most important asset - your health.

**Svetlana Kogan, M.D. IFMCP**

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

(239) 676-6883 | [www.customlongevity.com](http://www.customlongevity.com)



*Beauty, Reimagined*

**CHRISTINA ESPINETA**  
Certified Physician Assistant  
Aesthetic Medicine

**KIRAN GILL, MD**  
Board Certified Plastic Surgeon

**NADIA KAZIM, MD**  
Board Certified Ophthalmologist  
and Oculoplastic Surgeon

**BOUTIQUE SURGERY**

Facelifts  
Breast Augmentation  
Tummy Tuck  
Mommy Makeovers  
Eyelid Surgery



**Naples Aesthetic Institute**

Boutique Plastic Surgery & Med Spa

**MED SPA**

Microneedling  
Diamond Glow  
Facials  
Permanent Makeup  
& More

3025 Airport Rd North | Naples, Florida 34105 | 239.596.8000