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An Orthopaedic Surgeon Can Make a Tremendous Difference in the Quality of Your Foot and Ankle Care!

An orthopedic surgeon specializing in foot and ankle problems can make a huge difference. I am Dr. Myles Rubin Samotin, M.D., an orthopedic surgeon fully trained in taking care of all extremities from the shoulders to the fingers, from the hips down to the toes.

In addition to a very lengthy training and specialization in orthopedics, I am subspecialty and fellowship trained in foot and ankle problems, and for the past 17 years in Southwest Florida, I have taken care of everything from the simplest to the most complex foot and ankle problems. I am originally from New York City, trained at some of the best orthopedic institutions in the world including Columbia, SUNY Downstate in Brooklyn, Maimonides Medical Center, and the Hospital for Joint Diseases, a world-renown orthopedic institution located in New York City. I am currently Board Certified, and I recently passed my recertification examination with flying colors.

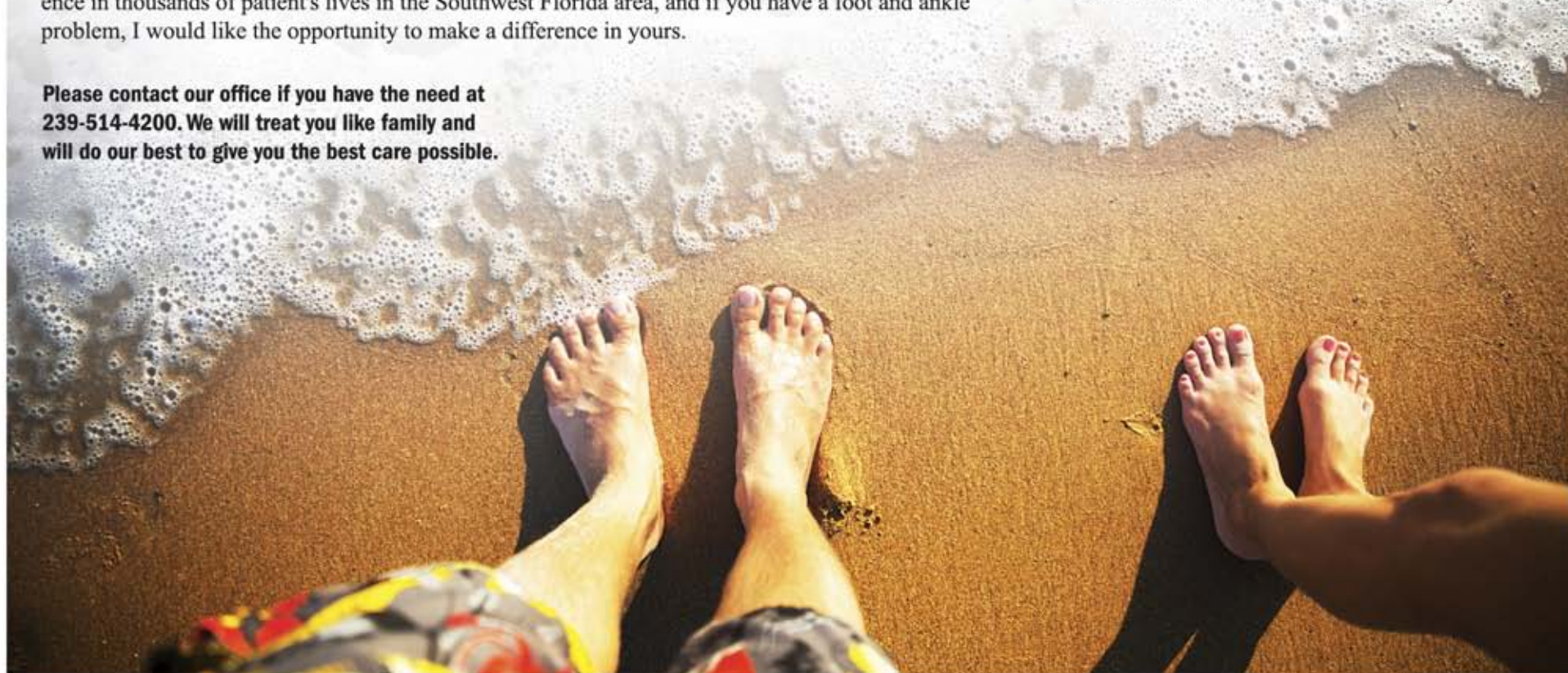
I am a member of the American Academy of Orthopedic Surgeons and I am in excellent standing. In my younger years, I attended the Julliard School of Music and have been a serious pianist for many years. Today I mostly play the piano for my private fun and relaxation, but every year I participate in the physician's talent show in Collier County and not only donate my time but also a lot of money to helping the underinsured get the health care that they need. I grew up seeing my grandmother lose both of her legs as a result of rotten care given to her by a podiatrist. This was the kernel that inspired me to specialize in foot and ankle problems, and through my orthopedic training, I have shown that there is an alternative that can do very well for patients.

More than 50% of the foot and ankle surgeries that I do are fixing the botched up surgeries that are done in this area. No surgeon's results can be perfect, but my results are excellent. My infection and complication rate have always been and continue to be extremely low. I handle everything from bunion and hammer toe correction to neuroma excision to advanced arthritis in the foot and ankle, tendon disorders, flat foot deformity, Achilles tendon problems, fracture work. I have made a difference in thousands of patient's lives in the Southwest Florida area, and if you have a foot and ankle problem, I would like the opportunity to make a difference in yours.

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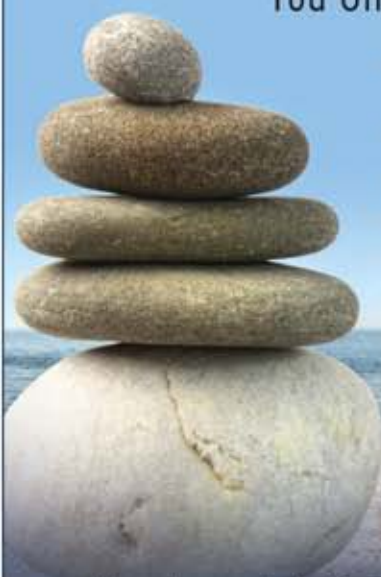
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Earl Gurevitch, MD
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Q: When should a man start having his PSA tested?

A: It is recommended that annual screening begin at the age of 50 unless you are in a high-risk category. Men with a first degree relative with prostate cancer such as a brother or father should start at age 40. African American men are generally at higher risk for prostate cancer and are generally screened at 40 years of age as well. Prostate specific antigen (PSA) is a protein enzyme that is only made by the prostate. It can be elevated in the setting of prostate infection, prostate enlargement, and prostate cancer and is thus used as a screening tool along with digital rectal exam for prostate cancer.

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Medication Options For Treating Thyroid Disorders

Thyroid disease is a serious but manageable condition. Because thyroid function affects your metabolism, heart rate, and other bodily functions, thyroid disorders can be serious. However, most thyroid disorders can be treated successfully with medication. Work with your doctor to determine the right medication and treatment for your thyroid disorder.

There are many types of thyroid disease. However, the main conditions present in most thyroid illnesses are hypothyroidism (thyroid under activity) and hyperthyroidism (thyroid over activity).

Hypothyroidism

- weak slow heart beat
- muscular weakness and constant fatigue
- sensitivity to cold
- thick puffy skin and/or dry skin
- slowed mental processes and poor memory
- constipation
- goiter (increased size of the thyroid)

Hyperthyroidism

- tremor
- muscular weakness
- rapid heart rate
- weight loss in spite of increased appetite
- restlessness, anxiety and sleeplessness
- profuse sweating and heat intolerance
- diarrhea
- eye changes
- goiter (increased size of the thyroid)



Improved public awareness and understanding of thyroid disorders enable patients and their families to cope more effectively with the sometimes disturbing course of thyroid illness. In this way individuals will also be better equipped to play a role in alerting their physicians to a suspected thyroid condition that may otherwise be difficult to diagnose in the sometimes slowly developing initial phases.

The thyroid system affects every bodily function by regulating energy and heat production, growth, and tissue repair and development, stimulating protein synthesis, modulating carbohydrates, protein, fat metabolism, and digestion, modulating muscle and nerve action, and helping regulate hormone excretion and oxygen utilization.

Each person's experience of thyroid illness differs depending on a number of factors. With that being said different thyroid medications tend to work well with some patients and not so well with others.

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The supply of commercially available Natural Thyroid medications have been unreliable. While there are many factors in the current supply and demand issues surrounding commercially available Natural Thyroid, the unfortunate reality is that the current shortage is resulting in many patients sporadically being left without their much needed medication.

More and more people suffering with thyroid disease are making the switch to a Custom Compounded Natural Thyroid Formula. The dosage strength can be customized to each patient, and there are no shortages that will negatively impact patient treatment and compliance.

Our experience compounding both natural and synthetic thyroid formulations has enabled us to provide you with the answers you need. Creative Scripts of Naples can make or adjust T3 and/or T4 capsules with a thyroid extract dosing for custom strength individualized prescriptions. They also have thyroid support formulas in a variety of supplements they sell.

If your physician prescribes a custom-compounded thyroid medication for your condition, he or she is essentially sending you to a custom tailor of medicine, who will prepare the exact dosage and form that is right for you.

Compounded medications are made just for you, allowing your doctor to specify the appropriate active ingredients, dosage form, strength, size and even the flavor that is best for you. Your prescriber will give you a prescription just like any other prescription, and let you know that you need to find a compounding pharmacy to fill it for you.

Physicians prescribe compounded medications for a variety of reasons:

- When needed medications are discontinued by or generally unavailable from pharmaceutical companies, often because the medications are no longer profitable to manufacture.
- When the patient is allergic to certain preservatives, dyes or binders in available off-the-shelf medications.
- When treatment requires tailored dosage-strengths for patients with unique needs (for example, an infant).
- When a pharmacist can combine several medications the patient is taking to increase compliance.
- When the patient cannot ingest the medication in its commercially available form and a pharmacist can prepare the medication a liquid or other form that the patient can easily take.
- When medications require flavor additives to make them more palatable for some patients, most often children.

If you are not familiar with our company and have any questions please feel free to call us and we will be glad to answer any questions you might have.

Visiting a doctor and receiving a blood test is a simple method to determine if the thyroid is functioning properly and to ensure untreated thyroid problems are quickly addressed.

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A person with knee pain knows how often it gets in the way of doing the things they want and need to do in daily life. Because the knee is a weight bearing joint, knee pain affects almost everything we do that requires mobility, including those things most of us have usually taken for granted.

For many, knee pain makes it hurt to walk, stand, stoop, get out of a chair, or to go up or down stairs. Additionally, routine activities of living, work, social and recreational activities are often inhibited, restricted or avoided because of knee pain.

If you have been suffering from constant or intermittent knee pain that just won't go away no matter how much ibuprofen you take, don't worry – there is another option.

If you have tried other treatments and experienced little to no relief, you may still be a candidate for our treatment program. Call (239) 687-2165 to schedule a no-cost, no-obligation consultation today!

At Physicians Rehabilitation, it's very important to understand that we are not just addressing knee pain. Our goal is to give you the best chance we possibly can of Preventing Knee Replacement Surgery in the future, which is what knee arthritis frequently evolves into if left undetected and unaddressed.

For this reason, we encourage you to schedule an appointment to determine if you are a candidate for the Hyalgan treatment for knee arthritis. You can always have more radical procedures performed later, if necessary. However, with knee replacement surgery, once done, there is no turning back to a more conservative approach. Knee replacement surgery is indeed necessary for some people with extreme conditions that Hyalgan is unable to help, but as we have seen with many of our patients... A Total Knee Replacement is a Very Extreme Measure To Take without considering all your options for a condition as common as knee arthritis.

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Hyalgan injections treat knee osteoarthritis. Hyaluronic Acid (Hyalgan) is a natural substance extracted from rooster combs and purified to mimic the lubricating substances that occur naturally in the joint called synovial fluid. When Hyalgan is injected into the knee, it provides replacement for diseased synovial fluid, which is the cause of your pain. Hyalgan specifically targets the osteoarthritis in your knee, unlike over the counter oral medications or non-steroidal inflammatory drugs (NSAIDs) that affect all parts of your body.

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Will my insurance cover this treatment?

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What are other people saying about it?

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Understanding Diabetes and Obesity

Could A New Weight Loss Drug Help Type 2 Diabetics?

By Kara Jacobs

It's no secret that obesity and type 2 diabetes go hand and hand, and sadly our communities are seeing a dramatic rise in both areas. To combat the growing health concern local physicians are using a new weight loss program to help patients not only manage their chronic illness, but also to shed the unwanted weight. Could a pregnancy hormone, known as HCG, be the answer to assisting type 2 diabetics in our area?

Dr. Charles Kilo, Diabetologist and primary care physician with Millennium Physician Group in Naples, sees type 2 diabetes rates grow on a daily basis. "Ten years ago you would have never seen a child or young adult with the onset of type 2 diabetes. However today it is more common than rare to find children with type 2 diabetes."

What's to blame for the sudden increase in type 2 diabetes in children and adults? Dr. Kilo pinpoints the "Western Diet" as a contributing factor to obesity and diabetes. The western diet refers to processed foods, high sugar content and high carbohydrates in food.

Not only is diet to blame but lifestyles have changed contributing to obesity. "When I was a kid I would spend my entire days outside. With increasing dangers of allowing your children outside unsupervised we turn to activities that keep us indoors. Video games, T.V. and the Internet are all activities that keep us sedentary," says Dr. Kilo.

Dr. Kilo knows it's vital to a diabetic to lose weight, however he also knows it's a struggle for patients to do so. "Losing weight is hard for anyone, not just diabetics. It can be a challenge when the food that is readily available to us is lacking nutrition and is packed with starches and sugar." What's the easiest way to lose weight? "It's simple, just a combination of diet and exercise. Just 45 minutes of heart elevated exercise five times a week is really important for diabetics. Whether it's a brisk walk or a swim in the pool, it's important to get your heart rate elevated," says Kilo.



Some diabetics believe insulin is to blame for their increase in weight as a diabetic. Dr. Kilo, however, states quite the contrary. "It's a myth that insulin is a factor in weight gain for diabetics. If your sugars are high enough you can easily cut your calories and start exercising."

Another myth plaguing diabetics is that as a diabetic you need to eat all the time to keep you sugar levels regulated. "Diabetics don't need to eat all the time to regulate their sugars. Just managing your sugar levels and eating a low carb diet is essential to losing weight and managing diabetes."

The first recommendation Dr. Kilo gives any diabetic is working with a nutritionist. "A nutritionist is part of the corner stone to managing diabetes along with medication management. A nutritionist will help patients with reading labels and understanding what causes your blood glucose levels to spike which is essential to managing diabetes."

If patients find themselves struggling to lose weight Dr. Kilo has an alternative to help patients reach their goal weight faster. Dr. Kilo's office has been providing patients with the prescription HCG to help promote weight loss. HCG is pregnancy hormone that many weight loss companies have been promoting for years. However Dr. Kilo advises against any over-the-counter weight loss product that contains HCG. "It is important to see a physician and receive the HCG hormone prescription and receive supervision from a doctor and a nutritionist."

So how does the HCG hormone work? "HCG mobilizes fat storage so you are able to lose weight faster than on a traditional diet and helps you from not feeling so hungry. The patient works with me and a nutritionist to help to decide the best caloric intake for the patient. With a combination of protein shakes and protein supplements the patient is losing weight and staying full."

The program is 6 weeks inclusive and includes HCG in the form of at home small needle injections that are painless. Dr. Kilo does advise patients that the usage of HCG for weight loss is considered an off label usage by the FDA. However all patients are screened and receive a consultation before the program begins including a consult with a dietitian and educational process so patients know what to expect.

"Results vary on every patient however I have seen patients lose 12 pounds in 6 weeks and I've seen one patient lose 36 pounds in 6 weeks. It's important to note that there is no miracle drug for losing weight. But with a combination of diet, exercise, and HCG patients have a better chance of losing weight at a faster pace and keeping it off in the long haul" says Kilo.

The best advice for diabetics and anyone trying to lose weight is, don't give up. "Persistence is the key to weight loss in the long run. Keep working hard and eventually the results will come."

Dr. Kilo is currently accepting new patients into this program. Patients can reach him at 239-594-5456 or visit him on the Web at www.MillenniumPhysician.com.



Charles Kilo, M.D.

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The Latest in Laser Treatment for Varicose and Spider Veins

By John P. Landi, MD, FACS, RPVI, RPhS, Diplomate of The American Board of Venous and Lymphatic Medicine

The treatment of varicose veins and spider veins has undergone dramatic changes over the last ten years and especially over the last three years. Up until around the year 2000, the only available treatment for varicose veins was a surgical procedure called ligation and stripping, which involved removing veins by multiple incisions and using multiple stitches. This operation had about a month of downtime and left patients with many unsightly scars. Spider veins were treated only by saline injections which were painful and had many potential side effects such as burning, brownish discoloration, ulcer formation and a high recurrence rate. Now, with the advent of lasers in vein treatment, all of this has changed.

How Do Lasers Treat Veins?

Laser is an acronym for Light Activation by Stimulated Emission of Radiation. Essentially, a beam of light is created by a laser machine at a specific wavelength. This beam is due to tiny photons that have been stimulated by the machine to produce infrared light that can emit an intense amount of energy. In the case of lasers for veins, this energy can be used to heat and evaporate the varicose or spider veins.

Many types of lasers have been developed, but the ones that are useful in vein treatments are usually in the wavelengths from 800 - 1500 microns. Microns are the depth from the skin at which the laser works. The higher the number, the greater the depth. Each laser is specific for a certain depth and treats structures at that depth. Veins occur at depths of around 700 - 1200 microns and the spider veins at much more superficial levels.

The Best Venous Laser for Varicose Veins

The commonly used lasers to treat varicose veins are 810, 940, 980, 1052, 1320 and now 1470. For years, the lasers from 810 to 980 were considered the standard for venous treatment. They worked by heating the blood in the vein and vein wall to dissolve the vein. Although they worked very efficiently, the side effect of these wavelengths were bruising of the skin and some pain along the lasered vein. About three years ago, the 1052 and 1320 wavelengths were developed. These worked at a deeper level by targeting the water around the vein to heat the water to then heat and evaporate the vein. This resulted in decreased bruising and post operative discomfort. Finally, the 1470 has been released. This works at even a deeper level to again heat the water around the vein to then dissolve the vein. This is now considered one of the best venous lasers for varicose veins because there is minimum post procedure discomfort and, therefore, patients can return to full normal activity within twenty-four hours.

No Pain, Bruising or Downtime

I have two 940 lasers, a VNUS Radio frequency catheter, and now the 1470 laser. The 1470 has become my number one choice of lasers because it gives excellent results with minimal post procedure pain, bruising or downtime. Patients can now be back to all activities immediately after the procedure without the need for a two week recovery or the need to wear support hose for more than several days. The most common post procedure complaint was thigh discomfort and this has now been eliminated. The 1470 is now considered the state of the art for venous laser therapy.

Treatment of Small Spider Veins

As far as lasers for spider veins, the thing to remember is that lasers on the skin (topical lasers) work only on the smallest of spider veins. Large spider veins should be treated with sclerotherapy. If a spider vein is big enough to get a needle into it, then it should be injected. If the spider vein is too small for a needle, then a topical laser such as Vein Wave, Vein Gogh, Ellman or various other skin lasers can be tried. It should be noted that, in general, spider vein laser treatment can be painful and usually requires multiple treatments. It should only be recommended if sclerotherapy could not be done or was unsuccessful.

The Only Vein Center in Collier County with this Advanced Laser Technology

At Vanish Vein and Laser Center, I have performed over 12,000 laser ablation procedures. Vanish Vein and Laser Center is currently the only vein center in Collier County to have this laser wavelength. To learn more or to schedule an appointment, please call **239-403-0800** or visit us online at **www.vanishvein.com**.

Dr. Landi is medical director of Vanish Vein and Laser Center, a state of the art, dedicated vein treatment center. He is one of less than 2,000 physicians worldwide to achieve the designation of Diplomate of the American Board of Venous and Lymphatic Medicine. He is a fellow of the American College of Surgeons, a fellowship trained vascular surgeon, Board Certified in General Surgery and has achieved both the RPVI and RPhS certifications in vascular ultrasound.



Pelvic Organ Prolapse

By Joseph Gauta, MD, FACOG

Until recently, pelvic organ prolapse (POP) was rarely addressed because women were reluctant to discuss the embarrassing symptoms. Because of our increasing life expectancy, POP has become one of the most common disorders women will face in their life-times. Today, many gynecologists and primary care physicians routinely screen women for symptoms, and a new surgical specialty of urogynecology has arisen to treat pelvic organ prolapse and the incontinence that often accompanies this problem.

Pelvic organ prolapse is a term used to describe the dropping of a pelvic organ through or out of the vagina. Pelvic organs include the bladder and urethra, the rectum and anus, and of course the uterus and vagina itself. Pelvic organ prolapse is an unfortunately common problem, with childbirth, age, menopause, and hysterectomy being the most common causes and smoking, chronic coughing or heavy lifting, chronic constipation, diabetes, and obesity being common risk factors. With our aging population, POP is expected to affect half of all women and 1 in every 9 will undergo surgical treatment to correct prolapse.

Think of the vagina as though it were an empty pillowcase that can turn inside out in the wash. Prolapse is like the pillow case trying to turn inside out because the support structures of the vagina and pelvis have weakened and are not holding the tissues and organs in place anymore. Anything that can stretch or break these support structures (ligaments and muscles) can cause POP.

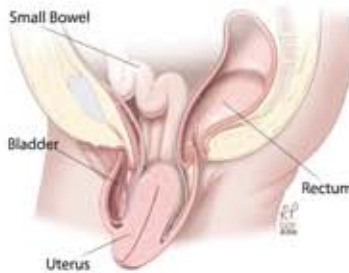
Symptoms - Sometimes a patient doesn't even know she has prolapse until her doctor points it out during her exam. However, many patients experience discomfort with a range of symptoms, including:

Pain and Pressure: lower back discomfort or pressure sensation in the vagina that gets worse by the end of the day or during bowel movements.

Urinary Symptoms: urinary frequency, stress incontinence or difficulty starting to urinate.

Bowel Symptoms: constipation, accidental loss of stool or pressure or pain during bowel movements

Sexual Difficulties: pain with intercourse due to irritated vaginal tissue.



Treatment: Women with mild to no symptoms don't need treatment, but should avoid risk factors that could worsen the problem such as smoking, lifting heavy weight or being overweight. If you are experiencing major discomfort, POP can be successfully treated using many different modalities, from exercise to medicine to splints (pessaries) to surgery. Let's summarize these treatments.

- Pelvic Floor Exercises have the advantage of being noninvasive, and in mild cases can help to relieve some symptoms of discomfort or maybe leaking. Prolapse is not reversed using this treatment.
- Medicine, like vaginal estrogen creams, can also alleviate some symptoms, but also do not reverse the prolapse.
- Pessaries are excellent in keeping the pillow case (vagina) from turning inside out by taking up space in the vagina like a pillow does in a pillow case. A pillow case can't turn inside out if the pillow is in it! Pessaries are great for temporary control of the prolapse or for people who cannot proceed with other treatments. They can provide permanent relief of the symptoms of prolapse, but must be maintained and cleaned periodically.
- Surgery is the treatment for any hernia in the body. With surgery the prolapsed organ will be repositioned and secured to the surrounding tissues and ligaments. When the benefits of surgery outweigh the risks, surgery may be the best choice. Surgery involves anesthesia and recuperation time, but may be the best long term option. Many surgeries for POP can be done on an outpatient basis.

If you've been diagnosed with POP understanding your treatment options is extremely important. All treatments have their advantages and drawbacks, which should be thoroughly discussed with your urogynecologist before decisions are made. Make sure your urogynecologist is Board Certified and has extensive experience in dealing with your specific problem.



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www.FloridaBladderInstitute.com

Joseph Gauta M.D.
Board Certified Urogynecologist

Dr. Gauta is now the first physician in S.W. Florida dual board certified in Urogynecology and Obstetrics and Gynecology. Dr. Gauta's practice, The Florida Bladder Institute, is solely dedicated to



Urogynecology. One out of every six women suffers from overactive bladder and half of all women will suffer from pelvic organ prolapse. A challenge for women seeking treatment is that they would go to a urologist for one problem, a gynecologist for another and a gastroenterologist for another. Dr. Gauta explains "A Urogynecologist has the skill and experience to assess the entire pelvic region including the uterus, bladder, vagina, rectum as well as the muscles, ligaments, connective tissue and nerves that support those systems. Evaluating your pelvic system as a whole ensures the best treatment and outcome". Some of the newer treatment options include biofeedback, electrical stimulation, Botox, and minimally invasive outpatient surgery. In addition to providing the most advanced medical care for his patients, Dr. Gauta is a preceptor for Boston Scientific, Medtronic and Olympus and trains other physicians from around the world on how to do the most advanced Urogynecology procedures. He is the recipient of the prestigious Castle Connolly's Top Doctors award, and is amongst the top 1% of physicians in the country who are honored with the Patient's Choice Award for 5 years in a row. Dr. Gauta received his training at Tulane University in New Orleans mentored by world renowned Urogynecologists David Herbert M.D. and Thomas Elkins M.D.

For more information or to make an appointment call, Dr. Joseph Gauta at The Florida Bladder Institute in Naples, Florida at 239-449-7979 or 239-592-1388. www.floridabladderinstitute.com

Bring Your Kids to the Museum: Improving Critical Thinking Through Art

By Jade Dellinger, Director of Exhibitions & Collections, Edison State College

In *Education Next*, the *Educational Researcher* journal and in a recent *New York Times* article titled "Art Makes You Smart," researchers have rather definitively proven and published evidence that "Museum visits really do improve critical thinking." According to their recent findings, students who visited museums early-on developed a taste for art and cultural institutions (and were more likely to revisit), displayed greater historical empathy, higher levels of social tolerance and, yes, they also demonstrated improvement in critical thinking skills.

Over the last couple of years, much has been written about the new Crystal Bridges Museum of American Art, a rather extraordinary two-year "young" institution with more than 50,000 square feet of gallery space, an \$800 million endowment from Walmart heiress Alice Walton, and a location in a town not previously considered a significant cultural destination - Bentonville, Arkansas. In a time when public funding for the arts has continued to decline and museums have increasingly suffered financial restraints, this is an institution with a wealth of resources in a community with little previous experience. In such short order, this museum has grown a rapidly expanding audience with significant programming and original works of art.

As an independent curator primarily organizing Contemporary Art exhibitions for the last couple of decades, and now as Director of Exhibitions & Collections at Edison State College, I have had a profound interest not only in the way that art is presented in museums and galleries, but also in what and how it communicates to visitors.



It is the role of the museum curator to both select the work (art or artifacts) on view and to provide a point of entry for interpreting them. We publish catalogue essays, draft press releases, provide exhibition tours for interested parties and do docent trainings so our volunteers can talk insightfully about the art and exhibitions in our absence.

In larger museums like Crystal Bridges, the curatorial departments work closely with local education departments to develop supplementary programming, exhibition-related didactics and to create printed matter to inform and engage the public. We strive to serve the underserved and those who have had limited access and/or little or no experience in visiting museums. Ultimately, we want to entice participation broadly from visitors of all ages. We go to great effort to encourage schools to bring students and emphasize educational out-reach. Arts educators and cultural advocates have long believed that such exposure has an incalculably positive impact. And, while little causal evidence had previously been cited, a group of social scientists from

Rice University and the University of Arkansas have been using the rather unique context of Bentonville to do significant research into the real - now measurable - effect museum field trips have on developing minds.

Within the first year following its opening in November 2011, the Crystal Bridges Museum reportedly received applications from 525 school groups requesting tours for more than 38,000 students - far more than could be accommodated. A generous private grant was established to offer student groups and schools the opportunity to visit the museum at no cost, but the great demand necessitated that a lottery be created to be equitable in allowing access.

We have such a wealth of art institutions in Southwest Florida. Many, like our Bob Rauschenberg Gallery on the Lee County campus of Edison State College, are free-to-the-public year-round. We invite you to bring your kids or to encourage their teachers to bring their classes. As art just may provide an answer for turning around failing schools, increasing test scores and instilling a greater sense of social responsibility within both ourselves and our children.



On Friday, January 24th, the Bob Rauschenberg Gallery at Edison State College will re-open its doors with YOKO ONO *IMAGINE PEACE*, an interactive installation and participatory exhibition that is bound to inspire. For more details, visit our website at www.RauschenbergGallery.com.



Edison State College Events

January 4, 2014 - Saturday Hours, from 10am to 2pm, available to students who are not able to come during the week

January 6, 2014 - First day of class

January 20, 2013 - College Closed for Holiday

January 24 through March 29, 2014 - Yoko Ono "Imagine Peace" Art Exhibit (call 239.489.9313 with questions)

March 3 to 9, 2013 - Spring Break

April 15, 2014 - Job Fair from 12pm to 2pm on Fort Myers Campus

May 2, 2014 - Commencement



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Seniors Get Unique Health Care from Hope PACE®

The Hope PACE Centers are a fresh concept in healthcare for aging adults in southwest Florida. Hope PACE, which stands for Program of All-inclusive Care for the Elderly, is a program of Hope HealthCare Services, a community-based agency and Medicare provider that meets the healthcare needs of its participants while allowing them to be independent and live at home.

Hope PACE currently offers services through four Care Centers - in Fort Myers, Lehigh Acres, Naples and Port Charlotte.

Not only do these multi-purpose centers provide healthcare services, but the Hope PACE program also offers activities, nutritious meals and the opportunity for older adults to socialize and make new friends.

"This program is the first in the area and way ahead of other forms of providing care for seniors," said John Strickling, community relations director for Hope PACE. "The baby boomer population is growing, and they are living longer. We can and will meet their needs."

Individuals who enroll get all their medical care through Hope PACE.

"Instead of someone going to various physicians offices throughout the area, we provide all services all in one convenient place at the Hope Care Center," said Center Manager Maggie Magagnos. "Many seniors prefer to live independently at home rather than in a nursing home. We help them do this by providing a very special kind of care."

Each Hope Care Center is designed to serve multiple needs and include fully equipped exam rooms. Medical care at Hope PACE includes laboratory and diagnostic services, as well as care from specialists in cardiology, nephrology, ophthalmology, dermatology, orthopedics, podiatry and more. Occupational, physical and speech therapy are available for those with special needs. Prescription drugs and medical equipment are also provided through the program.



Participants receive transportation to and from the center, where activities are planned throughout the day. Entertainers like musicians and pets will frequently visit the Care Centers. They are fun and active places for seniors to socialize.

Dorothy Barklay, who has come to the center for four months said, "I really enjoy the companionship here. I live by myself and enjoy doing crafts and the entertainment."

"This place is fabulous," said another client, Linda Dukes. "This is an excellent place and it allows me live in my own home and meet people. There is no other place like this in the area."

To be eligible for Hope PACE, individuals must be 55 years of age or older and reside in Charlotte, Collier or Lee County. They must have health problems that would normally qualify them for

nursing home care; however, they must be able to live safely in the community with the assistance of Hope PACE.

Hope PACE is free of charge for those who have both Medicare and Medicaid. For those who are Medicare eligible only, there is a fee. Private pay is also accepted.

For more information, call 855-454-3102 and ask about the Hope PACE program or visit HopePACE.org.



Special Focus on Addiction and Recovery

Addiction: Is it time to intervene?

Q & A with interventionist and author Bob Poznanovich

Q: *What is an intervention?*

A: In the most general sense, an intervention is an external factor that motivates an individual to change. For the person with addiction, something like a DUI offense, a lost relationship, or health concerns can serve as an intervention, compelling change. In the addiction recovery field, a formal intervention refers to a well-planned meeting, most often facilitated by a professional, where others bring a person's drinking or other drug use to his or her attention. Whether conducted within the family setting or at the workplace, a formal intervention provides an individual who is unable or unwilling to get help on his or her own with the opportunity to change and accept help.

Q: *Who should be involved in a formal intervention?*

A: The intervention "team" is comprised of a group of family members, friends, or work colleagues—a group of people who care about the person struggling with addiction. It's most effective to have a professional outside the family system facilitate the intervention because he or she is trained to see unhealthy dynamics at play that loved ones might give into or not recognize. Manipulative behavior is a hallmark of addiction. When made aware of their drinking or drug use, alcoholics and addicts tend to react by making excuses or promises they know their loved ones will be all too ready to accept. The professional interventionist helps the group set healthy boundaries and stand together, delivering a unified message about consequences should the person not accept the help being offered.

Q: *What are the key elements of an intervention?*

A: In the most loving and caring way, the assembled group talks with their loved one about the impact of their drinking or other drug use. Specifically, each person calmly and thoughtfully discusses four "how's" with their loved one:

- How the drinking/drug use is affecting you
- How the drinking/drug use is affecting me
- How I will support your efforts to change
- How I will not enable your continued drinking/drug use

Each person may also specify the changes they will be making if their loved one does not accept help. For example, a spouse might explain that she will move out of the home or will seek a divorce.

Q: *Will someone be successful in treatment if they go against their will?*

A: The goal of the intervention is to bring about willingness to change. It is not a matter of force but rather of helping a loved one recognize the consequences of their using behavior. A well-planned intervention is one where every potential excuse and reaction has been anticipated and addressed prior to the intervention. Every detail has been taken care of—work issues, treatment program selection, insurance coverage, family obligations, transportation—so that all the person needs to do is say "yes" and accept the help being offered.



Bob Poznanovich, executive director of national outreach and business development for Hazelden, is the coauthor of *It's Not Okay to Be a Cannibal: How to Keep Addiction from Eating Your Family Alive*.

Hazelden, a national nonprofit organization founded in 1949, helps people reclaim their lives from addiction. Learn more about addiction and recovery by visiting hazelden.org or calling 866-220-3095. We are available 24 hours a day.

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Life Care Center of Estero is pleased to offer the revolutionary Alter-G Anti-Gravity Treadmill for patients in outpatient and skilled nursing rehabilitation. This unique piece of therapy equipment is ideal for seniors recovering from neurologic and orthopedic-related injuries and yields amazing results by gently unweighting while they walk or exercise.

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The Anti-Gravity Treadmill® gets mobility-impaired patients back on their feet and on the road to achieving a better quality of life. During rehabilitation, the Anti-Gravity Treadmill will help you attain greater mobility by:

- Providing support and confidence to start walking and take more steps in comfort.
- Enabling you to walk or even jog further, faster and with more stability than you may have previously thought possible.
- Preventing falls, which increases comfort and confidence during rehab and beyond.
- Improving health and wellness and helping you achieve more independence in your day-to-day life.

AlterG Does More in Senior Rehabilitation

The AlterG Anti-Gravity Treadmill's ability to safely unweight the user means you can:

- Reduce stress on joints and injured areas of the lower body.
- Exercise when you otherwise might not be able to because of pain, stress, or instability.
- Potentially prevent functional decline and enable greater independence during essential activities of daily living such as bathing, dressing, getting up from a chair, and using the bathroom.

Improved Quality of Life

The Anti-Gravity Treadmill helps you achieve greater independence and improve your functional ability, which results in more quality time with your family and time to enjoy the things you love. The AlterG Anti-Gravity Treadmill enables rehabilitation therapists to give you the care you need to live your life to the fullest.



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What Is Gum Disease?

Gum disease is an infection of the tissues and bones that surround and support the teeth. It is also called periodontal disease.

What causes gum disease?

Your mouth constantly makes a clear, sticky substance called plaque that contains bacteria. The bacteria in plaque make poisons, or toxins, that irritate the gums and cause the gum tissues to break down. If you do not do a good job of removing plaque from your teeth, it can spread below the gums and damage the bone that supports the teeth. With time, the plaque hardens into a substance called tartar that has to be removed by a dentist or dental hygienist.

The two types of gum disease are called gingivitis and periodontitis. Gingivitis is a mild gum disease that affects only the gums and the tissue that surrounds the teeth. Periodontitis is a more severe gum disease that spreads below the gums to damage the tissues and bone that support the teeth.

Gingivitis causes red, swollen gums that bleed easily when the teeth are brushed. Because gingivitis usually doesn't cause pain, many people don't get the treatment they need. The longer plaque and tartar are on teeth, the more harmful they become. The bacteria cause inflammation of the gums that is called "gingivitis." The gums become red, swollen and can bleed easily. Gingivitis is a mild form of gum disease that can usually be reversed with daily brushing and flossing, and regular cleaning by a dentist or dental hygienist. This form of gum disease does not include any loss of bone and tissue that hold teeth in place.

Periodontitis causes the gums to pull away from the teeth, leaving deep pockets where germs called bacteria can grow and damage the bone that supports the teeth. Gums can also shrink back from the teeth. This can make the teeth look longer. Teeth may become loose, fall out, or have to be pulled out by a dentist. If not treated, the bones, gums, and tissue that support the teeth are destroyed. The teeth may eventually become loose and have to be removed.



You are more likely to get gum disease if you:

- Do not clean your teeth well
- Smoke or chew tobacco
- Poor diet
- High level of stress
- Have someone in your family who has gum disease
- Have a condition that makes it harder for your body to fight infection, such as Diabetes, AIDS, or Leukemia

How is gum disease treated?

The main goal of treatment is to control the infection. The number and types of treatment will vary, depending on the extent of the gum disease. Any type of treatment requires that the patient keep up good daily care at home. The doctor may also suggest changing certain behaviors, such as quitting smoking, as a way to improve treatment outcome.

Healthy teeth depend on healthy gums. Gums protect the base of the teeth, where connective tissue anchors them to bone. Left untreated, gum problems can lead to tooth loss. Fortunately, there's plenty you can do to keep gums healthy.

By scheduling regular checkups, early stage gum disease can be treated before it leads to a much more serious condition. If your condition is more advanced, treatment in the dental office will be required.

There is much you can do to avoid the sure pathway to advanced periodontal disease if you work with your dentist to halt advancement. Dr. Rocha offers prompt, non-surgical gum disease therapy/treatment, as gum disease left alone may extraction.

What does periodontal treatment involve?

In the early stages of gum disease, most treatment involves a special cleaning called scaling and root planning, which removes plaque and tartar around the tooth and smoothing the root surfaces. Antibiotics or antimicrobials may be used to supplement the effects of scaling and root planning.

In most cases of early gum disease, called gingivitis, scaling and root planning and proper daily cleaning can achieve a satisfactory result.

More advanced cases may require surgical treatment, which involves cutting the gums – sometimes with the assistance of a laser – and removing the hardened plaque build-up and the damaged bone. The procedure is also designed to smooth root surfaces and reposition the gum tissue so it will be easier to keep clean.

Tower Dental Arts is a state of the art dental facility in Bonita Springs, FL that offers the very best in modern day cosmetic, restorative & preventative dental care for your entire family, utilizing the latest technology and safest materials and procedures available.

At Tower Dental Dr. Sonia Rocha is known for her expertise in creating beautiful smiles with the latest technology available. Tower Dental is the pathway to a bright new smile. The world always looks brighter from behind a smile. Happy New Year!



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2014

A New Year... A New Journey... A New You!

For most of us, "Ringing in a New Year" often involves hard to keep "New Year's Resolutions". If yours involves weight loss we can help!

By New Journey Weight Loss & Wellness, Dina Dogum-Smith, CHHC, AADP

With the tick-tock of our clock's sweeping hands, 2014 arrived and about 50% of Americans wrote out their New Year's Resolutions. For some the list will have the same resolutions that were made the previous year, topping the lists - losing weight. If you weren't successful last year, this year can and will be different; especially if you select the right weight loss journey.

What is a New Year's Resolution? Typically it is a promise that you make to yourself to start doing something good or to stop doing something bad, with intent to begin on the first day of the new year. Resolutions are a tradition, rooted in sincerity, determination and a resolute mind-set to succeed in the new year. Despite the initial confidence of success, it sometimes doesn't take long for reality to set in; with goals overshadowed, derailed by other priorities and losing direction, support and accountability.

To improve finances you need to consult someone who understands finances and fiscal maneuvering. To find a better job a recruiter might be enlisted. So it goes without saying that in order to lose weight you must seek expert advice to be successful.



At New Journey Weight Loss & Wellness our programs can ensure the success of your weight loss as a New Year's Resolution or at any time of the year. We can even offer guaranteed results on our programs. Here are some helpful tips toward success in your weight loss based New Year's Resolution.

Proper Goal Setting

Weight loss goals are more often attained when you set small measurable goals; such as, losing 3 pounds a week, instead of saying "I want to lose weight". At New Journey Weight Loss & Wellness we ensure your goal is attainable, safe and tied to your lifestyle. Although there are quick fix diets with pre-packaged meals, prescribed drugs and shots like HCG available, New Journey Weight Loss & Wellness will teach you how to lose up to 3 to 5 pounds per week while eating restaurant and grocery store foods and prepare food that any family member can enjoy.

Don't Wait for Motivation to Kick in

If you wait to get motivated to lose weight, you'll likely never succeed in your resolution; seek action now. Once you take that first step toward fulfilling your weight loss journey and see a few pounds start to fall off and begin to feel the healthier side of your life, then motivation and inspiration will stimulate you to success. Call New Journey Weight Loss & Wellness today to schedule a free, no-obligation consultation (239) 280-0678.

Find a Friend

You don't have to take your new weight loss journey alone. Success has been found to be higher when your goals are made public and you get support from a friend, family member or trusted weight loss professional. Quoting Frank Ra (author of the New Year's resolution book "A Course in Happiness"), he said *"Resolutions are more sustainable when shared... Peer-support makes a difference in your success rate with New Year's Resolutions"*. Involving family members or a close friend in your weight loss journey will help when it comes to eliminating temptation and committing to a healthier life style.

Seek a Qualified Coach

Working with a qualified weight loss professional can provide you the encouragement and cheerleading you need. Several studies agree that talking with a weight loss coach about your New Year's Resolution can help you have a higher success rate. A Health Coach can offer inspiration, provide social guidance, support after occasional slip-ups, help with your challenges and cheer you along with every step. They'll also be there to share in the excitement as you reach your goal.



Photo of Grand Opening (left to right Jason Bruening, Dina Dogum-Smith and Caroline Thomas)

Be Positive

Remember, every step in the right direction, no matter how small, is moving ahead. Don't underestimate the power of small changes. A weight loss professional will hold you accountable yet not be involved in every eating decision you make. You must learn to make eating choices without immediate oversight for sustainability.

Pictures are Valuable

Chances are if you're on a quest to lose weight you may not feel great about yourself, so taking a picture may not be top on your list, but pictures don't lie. If you're serious about succeeding in your goal, then it's worth it. Snap a few now, then at intervals along the way. You'll be able to track your progress and be able to visually see how far you've come. Best of all, when you finally reach your goal weight, you will be glad to see the overall change and even identify small facial features and body changes that would otherwise have been forgotten. It will be your pictorial journey on the creation of the new you!

Time for a Kitchen Makeover

One of the toughest aspects of weight loss is contending with temptation. Spend time in your kitchen doing a pantry makeover. Start by getting rid of as many tempting non-program foods as possible, such as cakes, chips, snacks, sugar drinks, high sodium, and fat-laden, high calorie foods. It's hard to cut back when they are front and center in your cabinets. Don't forget that you can donate your unopened, unwanted foods to a local shelter.

Keep a Food Journal

When trying to change behavioral patterns it is best to keep a journal that helps you and others to analyze your food consumption and decide where you need to make adjustments to stay on track. You can be encouraged when you see your success over time.

Be Prepared with Structured Eating Plans

Healthy eating doesn't occur through eating just leafy greens and proteins. You will have to have variety and exciting foods in order to sustain weight loss and change eating behaviors for a lifetime. Structured programs such as those developed and provided by New Journey Weight Loss & Wellness deliver the variety and stimulating food alternatives that ensure long-term success. New Journey Weight Loss & Wellness provides eating plans for adults, children nine years of age and older, vegetarians and non-insulin diabetics.



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WHEN IT COMES TO HEARING HEALTH CARE... **KNOWLEDGE IS POWER!!**

By Hoglund Family Hearing and Audiology Services

Seminars concerning Hearing Health Care have been scheduled throughout Southwest Florida during the month of January. These lectures have been designed to educate people about all of the confusing and misunderstood symptoms of **NERVE DEAFNESS**, and **Tinnitus** ("Ringing Ears") and new research into the treatment of these conditions. John Hoglund BC-HIS, ACA of **Hoglund Family Hearing and Audiology Center** says "I started my lecture series back in 1985, because I discovered that most people don't know enough about their hearing. I always say that when groups of friends are talking about Blood Pressure readings, Cholesterol levels, or even Blood Sugar levels most people understand these conditions...but when it comes to **HEARING**, there is a lot more confusion and misinformation! We have tried to be the educational resource for the hearing impaired in Southwest Florida, and offer these lectures as a way to keep people informed about their hearing." Past Seminars have included experts in hearing pathology, new F.D.A. approved Tinnitus treatment, and more recently experts in Dementia research talking about the strong tie between hearing loss and memory issues. "This month's speaker Dr. Rob Morrison, has been a real audience favorite from prior lectures", states John "and we are glad to have him back at the end of January!"



Dr. Morrison will offer insight into the remarkable advancements in hearing aids in the past several years including digital technology, directional microphones, wireless and Bluetooth applications, extended wear devices, and the invisible solutions for dealing with hearing loss. He will help sort through the many questions concerning hearing loss, consumer reports, and hearing aid prices, answer all questions about the often confusing features and benefits of hearing aids, and advancements in the treatment of **NERVE DEAFNESS!**

Lectures are offered in their very popular "**Lunch & Learn**" format at local area Perkins restaurants. "Dr. Morrison has a wonderful power point presentation that explains every breakthrough available today, and how each technology can benefit those who suffer with hearing loss or ringing ear", John says, "and we leave extra time at the end of the lecture for attendees questions. There is **NO CHARGE** for the lectures and Perkins provides a free meal for all who attend!" These seminars quite frequently **SELL OUT** due to space limitations at the facilities so **RSVP** as soon as you can to insure availability.

"More Americans than ever before are suffering with hearing loss," says Sergei Kochkin, executive director of The Better Hearing Institute in Washington, D.C. "Yet we treat hearing loss like a neglected orphan in today's health care system. We still don't have a universal hearing loss screening program for children or adults and the historical incidence of physician screening for hearing loss has been low—despite the fact that **more than 95 percent of those with hearing loss could benefit from hearing aids.**" According to a survey by the Better Hearing Institute (BHI), fewer than 15 percent of those who received a physical exam in the last year said they received a hearing screening by their physician or nurse during that exam. Numerous studies have linked untreated hearing loss to a wide range of physical and emotional conditions, including irritability, negativism, anger, fatigue, tension, stress, depression, avoidance or withdrawal from social situations, social rejection and loneliness, reduced alertness and increased risk to personal safety, impaired memory and ability to learn new tasks, reduced job performance and earning power, and diminished psychological and overall health. **Untreated hearing loss has now been linked to a dramatic increase in developing Dementia and Alzheimer's disease!** More than 34 million Americans—or roughly 11 percent of the U.S. population—have hearing loss. Over the past generation, hearing loss has increased at a rate of 160 percent of U.S. population growth. Yet it remains one of the most commonly unaddressed health conditions in America today. Six out of ten Americans with hearing loss are below retirement age.



"When you're dealing with something as important as one of your five senses", states Mr. Hoglund, "Knowledge is **POWER!** When I read statistics about the lack of input from Primary Care Physicians concerning Hearing related matters, it makes me realize why so many people appreciate these educational seminar opportunities, and it makes my wife Patricia and I even more determined to try and get the best lecturers in our field to provide these seminars. Patients have raved about how much they enjoyed Dr. Morrison in the past, and to have him available in January when all of our Seasonal Residents are in town was wonderful." Call **498-7142** to **RSVP** for lecture in your area. All it will **COST** is a little of your **TIME...** but the **Knowledge** you receive may be **PRICELESS!**

The seminar's will be held the following days at 3:00 at each Perkins listed below:

Monday Jan. 27th

Perkins Lehigh Acres
2700 Lee Boulevard

Tuesday Jan. 28th

14801 Tamiami Trail in Fort Myers at Six
Mile Cypress and US 41

Wednesday Jan. 29th

27941 Crowne Lake Drive in Bonita
Springs at Bonita Beach Rd. and US 41

Thursday Jan. 30th

3583 Pine Ridge Road in Naples at the
Pine Ridge Road Perkins near I-75

Friday Jan. 31st

20320 Grande Oak Shoppes Blvd. in
Estero at Corkscrew and Ben Hill Griffith
near Miromar Outlets

HOGLUND FAMILY HEARING & AUDIOLOGY CENTER

(239) 498-7142

REFRACTIVE SURGERY

By Dr. Alexandra Konowal



LASIK (Laser-in-situ-keratomileusis) is the laser corrective procedure that has been performed on over 40 million people worldwide since its FDA approval in the United States in 1995. LASIK is effective in correcting myopia (nearsightedness), hyperopia (farsightedness) and astigmatism. It can also be used to correct presbyopia, which is when near vision deteriorates as we get older.

Blade-Free LASIK involves the use of a Femtosecond Laser to create a corneal flap, the thin flap of tissue that is lifted in order to perform the excimer laser treatment. The **Bausch and Lomb Victus Femtosecond Laser** creates a customized corneal flap with computer precision. No blade is used on the surface of the eye and so this procedure is both precise and safe. Laser vision correction permanently changes the shape of the cornea and can provide years of freedom from contact lenses or glasses. The laser vision correction procedure takes only minutes to perform and recovery is quick and painless, with little downtime.

ADVANCED SURFACE ABLATION

Laser surface ablations (Photorefractive Keratectomy or PRK) is an alternative laser refractive treatments for individuals who are not LASIK candidates. The excimer laser is used to remove microscopic amount of tissue guided by the ZYOPTIX™ system. Myopia, hyperopia, presbyopia and astigmatism can be treated with a high degree of accuracy. This technique eliminates the need for a corneal cap, and is indicated for patients with thin or irregular corneas, corneal dystrophies or for those who engage in activities where they are predisposed to eye trauma. Although complete healing and stabilization of vision can take as long as a month with this procedure, excellent results are obtained with the Custom ZYOPTIX™ treatments.

MONOVISION LASIK TREATMENT

For patients over 40 years of age who have started to experience presbyopia or loss of near vision monovision treatment involves correcting the dominant eye for distance vision and leaving the non-dominant eye near-sighted for near vision. This involves a period of neuroadaptation and some patients require night driving glasses to improve their distance vision in their reading eye at night.

Alexandra Konowal, D.O.

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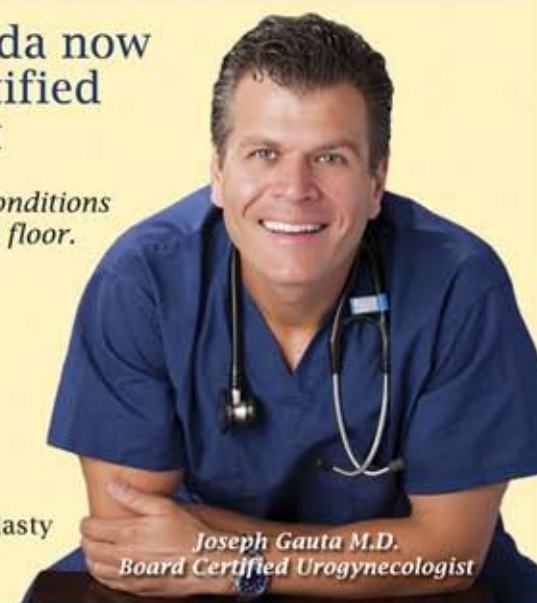
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You Say You Want a Resolution...

By Dr. Jennifer Moses D.C.

Somehow the changing of the calendar year seems to make people inspired to create a list of resolutions – some of the items on the list are realistic and others, well, not so much. While the years change, somehow the majority of the resolutions often stay the same. One of the most common New Year's resolutions made is "weight loss." People decide they are going to go to the gym or they will just start a new diet that they read about or saw on television. While these are considered health-conscious resolutions, the true New Year's resolution made should be one of overall better health. So many people think health is something they either "have" or "don't have;" truly though, health is either a formula you are working toward or your life and the stresses it holds are working you away from.

To break it down to the basics, the formula for health is made up of five components:

1. The fuel you put in. Let's start with water. You should be drinking half your body weight in ounces of water daily (so if you weigh 200 pounds, then you should be drinking 100 ounces of water). Food you consume should be a conscious decision. Make sure to think about how what you eat is nourishing and fueling your body and mind. Your daily intake of food should involve more vegetables, fruits and protein-rich foods (like meat, fish and dairy) and less of the rest of the types of foods. If you aren't getting the vitamins your body needs to run efficiently, make sure you supplement your diet with vitamins of superior quality.

2. Psychological stress is going to happen, but it's how you deal with it that counts. Life is full of ups and downs; learning to calm yourself and include relaxation in your daily schedule is vital and important to managing stress. This is where prayer (you talking to God) and meditation (you listening or just quieting down your thoughts) are helpful.

3. Get your body moving! Engage in yoga, swim laps in a pool or participate in triathlons; it doesn't matter what form of exercise you do – just do it! The joints in your body depend on you moving to get their nourishment. These physical activities are also helpful in releasing some of the psychological stresses in life.



4. Sleep is when your body has a chance to repair itself. The National Sleep Foundation says that 7-9 hours of sleep is the magical amount. They also state that when you sleep, is similarly important. From 8pm to 11pm is the time for hydration and stimulation, while 11pm to 3am is the time for nutrition and regeneration, and 3am to 5am is the time for resting. The following are some tips to help make sleep more beneficial to you.

- Create a regular, relaxing bedtime routine such as soaking in a hot bath or listening to soothing music – begin an hour or more before the time you expect to fall asleep.
- Create a sleep-conducive environment that is dark, quiet, comfortable and cool.
- Sleep on a comfortable mattress and pillow(s).
- Use your bedroom only for sleep and sex (keep "sleep stealers" out of the bedroom – avoid watching TV, using a computer or reading in bed).
- Finish eating at least 2-3 hours before your regular bedtime.
- Exercise regularly.
- Avoid caffeine and alcohol products close to bedtime and give up smoking.

5. Chiropractic care should be a part of your ongoing health care regimen so your nervous system can function optimally. Sometimes people have aches and pains that are symptoms of an interference in their nervous system, while other times the symptoms aren't something people tend to associate with their spines. The nervous system works by the brain sending messages down the spinal cord and then out through spinal nerves that branch off to muscles skin and organs. Then the body sends messages back through those nerves to the brain so it can make the proper adjustments in what it is doing. If there is an impingement of the spinal nerve, it interferes with that message and alters the function. The symptoms of this can be pain such as headaches, back pain or "pins and needles" in the arms and legs or it can be a dysfunction such as bed-wetting, constipation, asthma, or irregular periods (for females), among many other things.

Now that you know some of the basics in the formula for health, think about other options for those New Year's resolutions. Here are a few suggestions to get you started:

- "I'm going to increase the amount of water I drink each day by replacing two servings of coffee/soda/alcohol with water."
- "I'm going to meditate for 15 minutes each morning to start my day."
- "I'm going to take a brisk 20 minute walk each evening."
- "I'm going to get one more hours of sleep each night."
- "I'm going to visit my Chiropractor, Dr. Jennifer, and get that free spinal consultation I have been putting off so I can relieve myself of this back pain."

Whatever your resolution(s), remember the importance and value of maintaining your health. Remember, chiropractic care should be part of your ongoing health care regimen. Make sure you take time for yourself and also your spine so your 2014 visits to the doctor are for preventative care and maintenance rather than trying to cure or treat severe health symptoms. So this New Year, I wish you Health and Happiness!!

239-592-LIFE (5433)
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Your Thyroid Gland Is More Important Than You Think The Skin, The Thyroid and More

When you think of skin, people generally don't think about the thyroid gland. But the two are closely related.

If not enough thyroid hormone is produced, then dry itchy skin, along with cracks in the fingertips and hands (especially in winter) can be a consequence.

Thyroid dysfunction is when the thyroid gland, a small, butterfly-shaped gland located at the base of your neck, produces too much thyroid hormone. This is when your body's endocrine system speeds up, which is referred to as hyperthyroidism. When there is too little thyroid hormone being produced it is called hypothyroidism this is when the body's system slows down. If your thyroid gland is not working properly, neither will you.

How Your Thyroid Gland Works Imagine that your thyroid is a car engine. The thyroid is what sets the pace that your body operates. The functioning of the skin depends on the general status of the body and it is controlled by hormones like the thyroid. Hair growth particularly depends on thyroid hormone. The actual thickness of the skin depends on thyroid function.

Overall the most common problem associated with thyroid disease is dry skin associated with hypothyroidism. This is worse in the winter with low humidity and is aggravated as we get older.

Over activity and under activity of the thyroid gland may result in alterations in skin, hair and the nails.

Thyrotoxicosis overactive thyroid gland causes:

- Smooth, moist, warm skin
- Flushing of face and hands
- Overgrown nails
- Fine soft thinned scalp hair
- Itching
- Increased skin pigmentation

Hypothyroidism underactive thyroid gland causes:

- Cold, pale and dry skin
- Delayed wound healing
- A yellowish hue to the skin
- Sparse, brittle hair which comes out in handfuls
- Slow growing ridged and brittle nails
- Puffy eyelids and hands

Treating the underlying thyroid dysfunction can help cure the skin problems resulting from hyperthyroidism and hypothyroidism. Thyroid hormones govern your body's metabolism, sensitivity to other hormones and protein synthesis. These hormones also play a vital role in the condition of your skin by affecting the amount of moisture in the skin.

Can Thyroid disease be prevented? There are several things you can do to reduce your chance of thyroid problems.

Reducing stress, yoga, mind-body techniques all can play a part in preventing some autoimmune problems like thyroid disease.

Stop smoking, smoking can damage the thyroid and can also further damage existing thyroid issues.

Drink bottled water, Fluoride in water, and other existing toxic chemicals are among the many substances in water that may trigger or worsen the risk of thyroid problems. Consider drinking purified or bottled water.

Reduce your Soy intake. Too much soy is not healthy and has been linked to increased risk of thyroid disease.

Reduce Iodine intake. Too little iodine has been an increasing problem in the United States, increases your risk of hypothyroidism or goiter, but excessive iodine intake can also affect the thyroid.

The Sun, aging, smoking and environmental factors all take their toll on our skin. Wrinkles,

rough, dry weathered skin can often be rejuvenated by non-surgical means. Facial Esthetique carries its own custom formulated Private Label skin rejuvenation products. Facial Esthetique our medically directed skin care clinic offers a full menu of rejuvenative skin care services. We can help you turn back the hands of time to healthier, youthful skin. Whether you have been recently diagnosed with a thyroid condition or have suffered with thyroid disease long term Call today for your free consultation to getting your healthy beautiful skin back.

Additional tips for healthy skin

Try to get between 7 and 8 hours of sleep each night

Drink lots of water every day aim for 8 to 10 glasses. Sugar and alcohol are very aging. They are dehydrating, deplete your body of antioxidants and promote free radical damage in your body.

Eat an abundance of fresh vegetables and fruit and drink raw vegetable juices. The antioxidants in fresh produce will minimize free radical damage to your skin. Free radicals speed up aging.

Wishing you have a Happy Healthy New Year!

Chemical Peels - Customized Facials - DermaPen - Botox
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Preventing Or Reversing Inflammation And Pain Is All About Listening To Your Body.

By Yollo Wellness

Being able to keep a lid on inflammation and pain turns out to be the secret to healthy aging and wellness in general. Ring in the new year, start to connect the dots and take control of your diet and lifestyle. Get empowered to take charge of your health.

Inflammation is your body's natural immune response to tissue damage. For example when you fall off your bike and get cut and scraped the cut swells, reddens and feels inflamed. These are all signs your immune system is working and sending healing cells to the site of the injury to repair the tissue. In this situation inflammation is your friend.

Chronic inflammation is not your friend. Your body's immune system is confused and is responding to a variety of environmental, physical and mental invaders. Poor diet, stress, and toxic chemicals all play a role in chronic inflammation and pain.

When your body hits an inflammatory overload, your defense system gets so overwhelmed and confused that it literally doesn't know the difference between the invader and you. As a result, your well-meaning immune system turns on itself, destroying healthy cells, tissue, and everything else in its wake.

Over time, chronic inflammation wears out your immune system, leading to chronic diseases and other health issues, including cancer, asthma, autoimmune diseases, allergies, irritable bowel syndrome, arthritis, osteoporosis, and even appearing older than your years.

In simplest terms, inflammation is the body's immediate first-aid reaction to heal itself from some type of damage caused by a virus, bacteria, fungus, environmental toxin, or an injury. Without the crucial process of inflammation, the body cannot restore itself in the face of damage.

The key to optimal health and disease prevention is to detect chronic inflammation and pain and treat its root causes promptly and effectively. This may take time, and you and your doctor may have to do a bit of detective work to find out the true culprits of inflammation. You can proactively prolong your health and your life by preventing your body from entering into a state of chronic, untreated inflammation.

YOLLO Wellness of Ft. Myers offers healing for the mind, body and spirit. Their highly qualified staff at YOLLO work with each individual client to completely assess all of the underlying imbalances in their bodies that are resulting in dysfunction. We work closely with each person guiding and directing them toward rebuilding healthy lifestyles which result in regaining their health. They do this by

using the latest tools of technology and all possible health options, including conventional approaches when needed, to provide a pathway for wholeness and good health.

DITI (Digital infrared thermal imaging)

Is a totally non-invasive clinical imaging procedure for detecting and monitoring a number of diseases and physical injuries, by showing the thermal abnormalities present in the body. YOLLO using this very advanced camera to aid in diagnosis and prognosis, as well as monitoring therapy progress, for conditions and injuries. DITI is a great device for targeting the areas of the body that are needing treatment.

Hyperbaric Therapy:

Also known as HBOT is a process in which a person is exposed to 1.3 ATM or 4.0 PSI with an increase of oxygen of 35. The increased oxygen is diffused into the blood, tissue, blood plasma and cerebral fluids. It is a non-invasive, painless procedure gaining medical recognition over the past 50 years. Hyperbaric oxygen therapy has been shown to reduce the pain and inflammation associated with arthritis and other chronic pain disorders.

Blood Analysis (Live Cell) (Dry Cell)

The nutritional blood analysis will detect nutritional deficiencies, digestive disorders, parasites, bacteria, free radicals, uric acid crystals, plaque, yeast and fungus. Dry Blood Cells shows different health related issues. At YOLLO blood analysis plays a major role is getting patients on the right path to a healthier lifestyle.



ALCAT

Is the most effective comprehensive sensitivity/intolerance test available the personalizes nutrition. ALCAT measures the body's cellular response to foods, additives, colorings, mold, environmental chemicals, and medicines. Inflammation and chronic activation of the immune system due to food intolerance has been linked to many disorders. Exposure to common foods, chemicals and additives trigger chronic activation of the immune system. This one test can change the way you live your life. Do you want to feel better and start enjoying a life filled with energy and better immunity? The ALCAT test identifies the personal triggers of inflammation caused by foods and chemicals. ALCAT Test identifies cellular reactions to over 350 foods, chemicals and herbs.

If you answered yes then you need to contact us today to take the Alcat test. By following your ALCAT food plan you will eliminate inflammatory agents, reduce your pain level and achieve a youthful healthy glow. The Alcat test gets amazing results and will change your life!

Pure PRP Facial Rejuvenation

YOLLO Wellness is excited to offer Pure PRP Facial Derma Rejuvenation, the most advanced facial stem cell treatment available. The theory behind PRP for cosmetic purposes is that it supports the matrix of soft tissue and stimulates the flow of blood to the area.

Regenerate, Rejuvenate, and Oxygenate Platelet-rich Plasma utilizes your own collagen for a smoother-better toned skin. Non Surgical procedure using your own blood to enhance the shape of the face and restore volume. Stimulates collagen production, improves elasticity of skin, reduces pore size, fine line and wrinkles and firms skin. Regenerates new cells, rejuvenates existing cells.

A derma roller is used to prepare the target area for absorption of the platelet rich plasma. The derma roller technique allows for an increase in circulation by creating microscopic channels in the skin, providing the perfect environment for new cell growth.



Your health and wellness is our mission here at YOLLO. Healthy lifestyle choices and wellness take hard work. Our dedicated professional staff works with each individual guiding them to a healthier tomorrow. Renew your commitment to living healthy "You Only Live Life Once" Happy New Year! We look forward to meeting you and helping you stay healthy for years to come.

January 15th Turn Back the Hands of Time

PURE Plasma Face Lift offered at YOLLO Wellness. Come watch as we reverse aging wrinkles and fine lines for people getting a Pure Plasma Derma Facial Rejuvenation.

1:30 and 2:00 pm

If you are interested in joining us please call to reserve your place.

For more information on receiving the procedure yourself on this day, call for your consultation.

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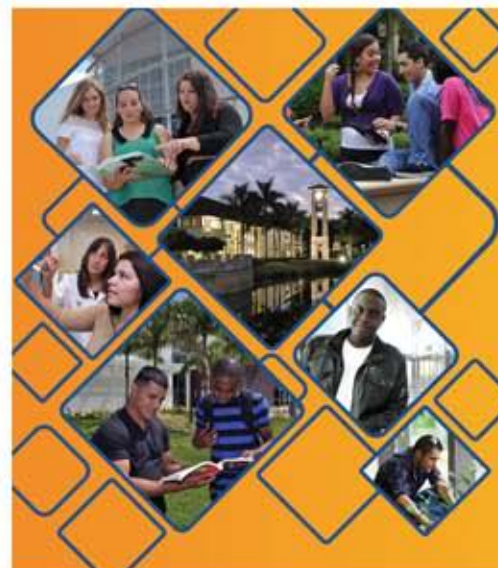
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Mental Symptoms of Hormone Imbalances

By James Porcelli, M.D.

To better understand the role that hormones play in your mental health, you must first learn a little background information. The endocrine system is a complex network of glands, organs that produce chemicals called hormones. Hormones deliver messages to various other organs to help regulate functions such as heart rate, digestion and sexual reproduction. A number of symptoms can result when hormone levels are abnormally high or low. Oftentimes these symptoms can present as mental or emotional disturbances.

Anxiety

The thyroid gland secretes hormones called thyroxine and triiodothyronine, or T4 and T3. These hormones are vital to the body's ability to regulate the rate at which it burns energy.

An over-production of thyroid hormones, known as hyperthyroidism, accelerates the rate of metabolism. This effect can be compared to pushing up the setting on the body's thermostat--more fuel is burned, the heart rate increases and heat becomes intolerable to the individual with hyperthyroidism. This may also result in feelings of nervousness, irritability and anxiety.

High levels of the adrenal hormone cortisol can leave a person feeling stressed. Prolonged periods of elevated cortisol levels will generally induce fatigue and anxiety as well.

Depression

Hormonal fluctuations associated with changes in brain chemistry are often observed in people with clinical depression. The hypothalamus and pituitary glands--parts of the limbic system of the brain--produce hormones that can influence mood. Cushing's syndrome is a disorder that causes the adrenal glands to over-produce corticosteroid hormone. Addison's disease also affects the adrenal glands, but results in under-production of corticosteroids. Both conditions have been associated with clinical depression.



Disorientation

Hormonal imbalances can result in confusion, forgetfulness and disorientation resembling dementia. Hypoglycemia is a condition wherein the levels of sugar in the blood are decreased. Sugar is the brain's main source of fuel. Severe hypoglycemia can cause confusion and panic. Those in the throes of a severe decline in blood sugar levels suffer from the results of a depletion of the brain's supply of sugar. This can cause mental repercussions so extreme that the individual's behavior can be misidentified as the results of alcohol intoxication.

Bioidentical Hormones

Bioidentical Hormones Replacement Therapy (BHRT) can help those suffering from hormonal imbalances to minimize and prevent these types of mental health problems. BHRT is beneficial for anyone with hormonal imbalances of any kind. Hormone imbalances manifest themselves as menopause, andropause (male menopause), perimenopause, PMS, infertility, ovarian cysts, breast cystic lesions, uterine fibroids, polycystic ovarian syndrome (PCOS), hypothyroidism, hyperthyroidism and adrenal fatigue.

Bioidentical hormone replacement therapy is used to re-establish hormonal balance in the body in a natural way. Bioidentical hormones follow the same metabolic pathways as the body's own hormones.

Because they are structurally identical to the body's natural hormones, bioidentical hormones and used for BHRT are safe and do not cause the unpleasant side effects that synthetic hormones may cause. Once your hormones are back in balance, your body is able to function properly and symptoms of hormone imbalances are eliminated.

If you are experiencing any of the symptoms associated with hormone imbalances, speak with your primary care physician or call the office of Dr. Porcelli at **239-598-9327** to learn more about the benefits of bioidentical hormone replacement therapy.

Keeping Your Skin Looking Forever Young

With Nadia A. Kazim, M.D., F.A.C.S.

Many of us still are searching for the Fountain of Youth. We go to all extremes to look younger.

Plastic surgeons and other skincare specialists now recognize that the loss of facial volume is one of the key factors in early signs of aging, rather than just treating wrinkles. Men and women in their 40s and 50s are seeking to restore a more youthful look. They are becoming less likely to get cosmetic surgery and opting instead for injectable treatments.

If you have considered facial plastic surgery whether to change the shape and contour of your face or rejuvenate your face by removing lines and wrinkles Dr. Kazim can help you reach your cosmetic goals. She specializes in eyelid and facial plastic surgery. She is a board certified ophthalmologist.

Botox®

Botox® is a popular, non-surgical in-office cosmetic treatment for facial rejuvenation. Years of squinting, concentrating or frowning can cause your skin to wrinkle. As your skin becomes less elastic over time, these wrinkles can become more permanent. Botox® is used to relax these muscles and give a more youthful, natural appearance.

Skin Rejuvenation - Obagi®



Obagi® Products

Obagi® products are designed to minimize the appearance of premature skin aging, skin damage, hyper pigmentation, acne, and sun damaged skin. All ages. All skin types. There's an Obagi® product for everyone. Dr. Kazim uses Obagi® products as a conditioning and enhancing system to the road for healthier skin.

Nu - Derm

Clinically proven to help correct and improve signs of skin aging, our #1 skin care system is specially formulated to transform your complexion for beautiful, healthy-looking skin. The Nu-Derm System is an anti-aging therapy that penetrates below the skin's surface to transform skin cell functions at the cellular level and correct the damage within... revealing healthy, younger-looking skin.

Nu-Derm is ideal if you have:

- Age spots
- Fine lines and wrinkles
- Rough skin
- Skin laxity (loss of elasticity)
- Erythematic (redness)
- Shallowness (yellowish complexion)
- Hyper pigmentation (discoloration)

Obagi ELASTiderm:

Finally! A one-of-a-kind eye product that really works to rebuild the appearance of youthful eyes. The ELASTiderm Eye Products line includes Eye Cream, Eye Gel, and Complete Complex Serum, helping to revitalize the skin around your eyes with clinically proven ingredients. See the resilience right before your very own eyes.

Complete Complex Serum

This serum can be used before or after eyelid surgery. A targeted serum that helps refresh the delicate skin around the eyes with soothing, innovative roller ball technology and clinically proven ingredients:

- **Bi-mineral complex:** for tighter, smoother-looking skin around the eyes
- **Caffeine:** reduces the appearance of under-eye puffiness
- **Soothing innovative roller ball technology:** optimizes the delivery of the serum for firmer, youthful-looking eyes.

JUVEDERM® Facial Fillers

Juvederm® is an injectable gel which is the first and only filler FDA-approved for deep injection in the cheek area to correct age-related volume loss. It gives you a subtle lift, helping to restore contour and a more youthful profile, for up to one year. Juvederm® fillers are popular, non-surgical in-office cosmetic treatments for facial rejuvenation. They are made of

a naturally hydrating substance. They are used to fill in deep creases, scars or facial contours (smile lines). They restore volume under the skin in order to smooth away facial wrinkles and folds and give a more youthful, natural appearance.

Make this the year for healthy beautiful and glowing skin. Every year as the calendar turns from the old year to the new, many of us make a clean slate resolution to start living a healthier life. We resolve to take better care of our weight, exercise regularly, get into better shape, and make better choices with the foods we eat. How many of you have also resolved to take better care of your skin? Your complexion is the face you meet and greet the world with. Healthy skin matters to you, not just because living inside healthy skin feels better, but because you can't always hide your skin problems.

When you look in the mirror and your skin is shouting "I'm tired!" listen to what you are hearing and seeing. Stop in and set up a consultation with Dr. Kazim. Her mission is to give you, the patient, the attention you deserve. Dr. Kazim prides herself not only on providing excellent and natural looking surgical results, but also on the individual care and attention she gives to each of her patients. During your consultation she will discuss both surgical and non-surgical approaches to enhance your natural beauty and to reach your specific goals. She will also carefully listen to and address any of the concerns or questions that you may have about any procedure.

Happy New Year! Here's to a New Year's resolution for the healthiest of skins.



Dr. Nadia Kazim is an ophthalmic plastic surgeon and a proud member of the American Society of Ophthalmic Plastic and Reconstructive Surgery. She is board certified and fellowship trained. Her office is located in the Bonita Community Health Center in Bonita Springs, FL. Call or visit www.KazimEyelidSurgery.com for more information.



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What is Cervical Facet Syndrome?

By Prathima Moorthy, M.D.

Cervical facet syndrome is a cause of pain in the spinal region and, more noticeably, in the neck. The facet joints are what connect the vertebrae in the spine. They are joints, like others in your body, which allow your spine to move in different directions. Because of the constant motion, they can become worn or torn.

■ Symptoms of Cervical Facet Joint Disease (Osteoarthritis)

When suffering from cervical facet syndrome, the facet joints become inflamed and may bring with it neck pain, soreness and or stiffness. Cervical facet joint pain can be felt in the areas of the base of the skull, upper back and shoulders, mid-back or neck. In many cases, cervical facet syndrome is the cause of trauma from an injury to the facet joint, due to a degenerative disc disease or also due to stress or strain in your posture.

Individuals suffering from cervical facet syndrome usually feel worse in the morning. They tend to have stiffness and usually will feel somewhat better after they have been moving around. As the day progresses, they tend to be ok as long as they keep moving. However, for those having to work seated all day or work from a computer, they may find they are at greater risk of experiencing pain throughout the day.

Sufferers of cervical facet syndrome often have problems with headaches as well. Pain may be felt in different areas and usually when moving the head in up and down movements. Headaches are less of an issue with joint problems in this area, however, stiffness of the neck and tightness and pain in the shoulder area is present. Neurological symptoms, such as numbness and muscle weakness, are also factors of cervical facet joint disease. Patients often experience headaches and neck pain, and a dull, aching, uncomfortable feeling in the back of the neck that may move, or radiate, to the shoulder and middle of the back.

■ Initial Treatment for Cervical Facet Syndrome

Physical therapy is one method which can help reduce the pain by using ice to decrease the blood flow to the injured area and can also alleviate any spasms which may occur. The use of ultrasound, electrical stimulation, muscle relaxants and non-steroidal anti-inflammatory medication can also be used effectively to reduce the pain.



Prathima Moorthy, M.D.

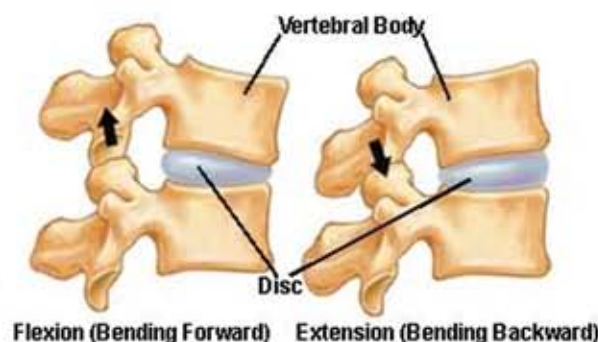
■ What Causes the Cervical Facet Joints to Become Painful?

Osteoarthritis is probably the most common cause of cervical facet joint pain. This degenerative disease causes progressive cartilage deterioration. Without the spongy cartilaginous cushion, joint bones begin to rub against each other when at rest and during movement. Another condition, Degenerative Disc Disease (DDD) may compromise the structural integrity of the intervertebral discs causing discs to lose normal height. Loss of disc height may cause the affected facet joints to become positioned too closely thereby disrupting the joint's ability to function normally.

■ Diagnosis of Facet Joint Problems

The most definitive diagnosis of facet joint pain can be made by a facet joint block. This is an injection with a small volume of a combination of local anesthetic and cortisone used to block the nerve that innervates the facet joint. If a patient experiences significant pain reduction from this procedure, he or she may be a candidate for a Radiofrequency Ablation procedure. This is a minimally-invasive procedure available to diagnose and aid in treatment of cervical facet syndrome. The benefits of having this type of surgery vs. conservative surgery include, but are not limited to: no general anesthesia; no hospital stay; and a quick recovery that results in the patient being able to resume their normal lifestyle in a minimal amount of time.

Facet Joints in Motion



■ How Can Radiofrequency Ablation (RFA) Relieve Symptoms?

RFA is a minimally-invasive procedure that disables and prevents a specific spinal nerve from transmitting pain signals. It was developed more than 30 years ago and is performed by many pain management specialists to treat painful facet joints. RFA applies a precisely targeted electrical field to change the function of nerves - in this case, a specific branch of a spinal nerve rendering it incapable of transmitting pain signals.

■ What are the Possible Complications with RFA?

As with any medical procedure, there are risks and potential complications. Although complications rarely occur, patients need to know what could happen. The following list is not conclusive: bleeding, infection, nerve or injury, allergic or other reaction to medications used (e.g. anesthetic).

■ Is the Pain Relief Permanent?

For many patients who suffer chronic neck pain, RFA is an effective treatment that may provide relief for six months or longer. Even when normal function returns to the target, pain relief may continue. If the patient responded well to the first RFA, a second may be considered if pain resumes. Of course, each patient is unique and what works well for one person, may not work well or at all for another.

■ How Is the Procedure Performed?

Using gentle heat through the needle, the physician can cause muscle twitches or tingling sensations that confirm that the needle is properly and precisely positioned next to the targeted spinal nerve branch. Electric energy is then applied for the next 90 seconds to "ablate" the nerve. This procedure is repeated for each targeted nerve root. In general, there is minimal pain with this procedure.

■ What Should Patients Expect?

Like other minimally-invasive outpatient procedures, some post-procedural pain or discomfort should be expected. Usually an over-the-counter NSAID is sufficient to relieve this discomfort. In some cases, post-procedural pain may increase and the physician will prescribe needed medication (e.g. anti-inflammatory).

In general, patients can expect a significant reduction of their pre-procedural pain in one to four weeks. It is recommended that before deciding on the appropriate form of treatment, that you explore all options and treatment procedures available to you.

Prathima Moorthy, M.D.

239-593-9594

Pain Management Center of Naples
3439 Pine Ridge Rd., Naples, FL 34109

Gum Disease Linked to Autoimmune Disorders

By Juan Teodoro, D.M.D.

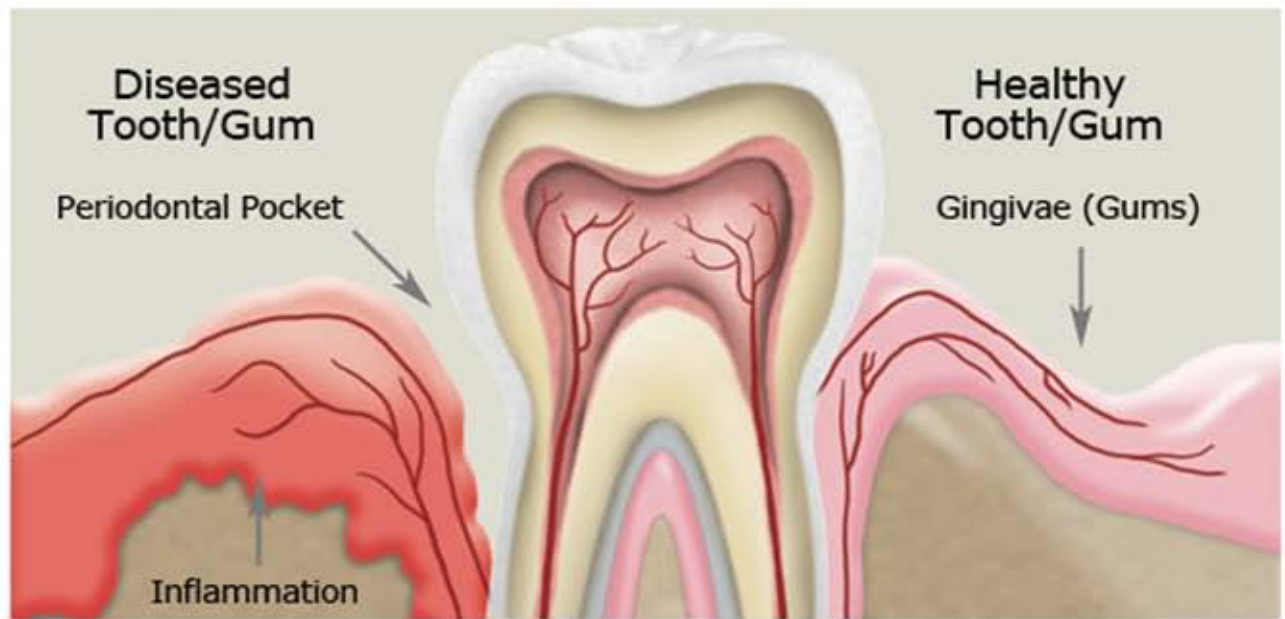
Autoimmune disorders refer to a varied group of illnesses that involve almost every organ system in the human body to include the tissues in the oral cavity.

Most patients suffering from autoimmune disorders are more likely to have gum disease than people without them. Inflammation is the common denominator. In all these autoimmune disorders, the patient's immune system mistakenly attacks their own body's tissues. Women are more susceptible to autoimmune disorders.

Gum disease ranges from gingivitis, a mild form that causes swollen, tender gums, to more serious forms like periodontitis, in which inflammation affects the tissue and bone supporting the teeth.

What are Oral Lesions?

Oral lesions are observed commonly in autoimmune skin diseases. Oral lesions can be the predominant or minor clinical manifestation of a given disease. Pemphigus vulgaris and bullous pemphigoid are the earliest recognized autoimmune skin blistering diseases. Occasionally, these lesions can become raw and painful, preventing the patient from brushing the teeth adequately. In instances such as rheumatoid arthritis, the condition damages finger joints that prevent patients from brushing and flossing. In patients with Sjogren's syndrome, the autoimmune disease damages the salivary gland which causes dry mouth and makes the patient prone to tooth decay.



Good Dental Practices are Key

Good dental practices and regular dental follow ups are important for patients with autoimmune disorders. Many patients with more severe inflammation require cleaning every 3-4 months or specialized care by a periodontist.

Other recommendations include the use of prescription fluoride toothpaste, flossing and the use of electric toothbrushes for those patients that have dexterity problems.

To learn more, call Dr. Juan Teodoro at Bonita Periodontics & Implants at 239-333-4343, or visit our website at www.bonitaimplants.com. Patients are not healthy without good oral health. The oral cavity is the gateway to the body!



Dr. Teodoro is a Board Certified Periodontist. He holds both Diplomate status in the American Academy of Periodontology and the International Congress of Oral Implantologists. Dr. Teodoro served as a Major in the U.S. Air Force practicing periodontics. Throughout his Air Force career he served as Chief of Periodontics, Director of the Implant Board & Clinical Instructor. He is currently a clinical assistant professor at the Naples dental residency program for the University of Florida. Dr. Teodoro is still the only periodontist in both Lee & Collier County trained in Advanced Laser dentistry.

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The Most Significant Differences Between a Normal Fitness Center and Concept 10 10®

By Jorgen Albrechtsen

In a normal fitness center:

- More sets of each exercise are practiced - and it a higher pace. Causes reduced intensity and results.
- The quality of the equipment compared to that of Concept 10 10 - much friction and often not constructed in the strength curve that is adequate for the movements.
- No equipment that effectively can isolate the deep lower back muscles.
- After an introduction, members are mostly left to themselves and have to adjust seat heights etc. as well as weight for each machine before using. The result of this is that the intensity drops dramatically due to the long time laps between exercises.
- It is often the case that the next machine/equipment for the training program is in use by another member. Creates waiting time and leads to reduced intensity. If the client instead chooses to go on to the next machine, the weights will not be optimal due to the changed sequence.
- Disturbing environment with loud music, noise and often high temperature.
- There is no constant supervision and coaching. Constant correction, supervision and encouragement are necessary to reach good results.

At Concept 10 10:

- 1 set of each exercise is done until the muscle is fully stimulated. The slow movement of the weight of 10 seconds either way eliminates inertia and momentum, and causes the muscle to be worked out to its fullest.
- Concept 10 10 equipment offers no friction and uses the right strength curve giving a deeper muscular effectiveness.
- Scientific research shows that the Lower Back machine is the only one to isolate and train the deep back muscles eliminating the back problems of most users.
- A personal instructor is always present and no one else is in the workout room while you go through the program.



- The weight is preset and the machines adjusted prior to the start of the session. The member can go directly from one exercise to the next without pausing. The instructor also notes results and progress for each session. Nobody else is using the equipment when you are training.
- There is an optimal training environment free of disturbing elements.
- There is constant supervision and coaching.
- The training is over in less than 20 minutes, and as soon as the right weights are adopted and the right intensity implemented, there has to be 1 week between training sessions as the body would otherwise not have sufficient recovery time.

Back treatment and other muscle training related to treatment

To a large extent, the Concept 10 centers count their customer groups among quality- and result conscious individuals, who want to use the concept to maximise body fitness and function while spending the minimum amount of time.

However, to a high degree the product is very much in demand as a preventative and treatment related muscle trainer, particularly for back problems.



With the unique equipment in combination with the correct use it becomes possible to isolate and retrain the muscular system of the back for instance, to a degree and an effectiveness that has never been possible before.

A majority of the population suffers from pains and discomfort that normal therapy cannot eliminate, and it is obvious that a center which can "deliver" is guaranteed success in all fields.

Competing forms of treatment, such as chiropractic, physiotherapy, heat therapy, bed rest, massage, drugs etc. will not remove the cause of the pains which in most cases are of muscular origin.

Concept 10 is unique in the field thanks to 3 factors:

- 1) Unequalled results
- 2) Fast results.
- 3) Relatively small expense compared to the results.

Back problems usually start after the age of about 30. Research shows that there will be a remarkable growth of the age group of 30 to 50 in the years to come.

One woman in three develops osteoporosis after her menopause. But men are also exposed to this invalidating condition. The training offered by Concept 10 10 becomes more and more acknowledged and preferred as the optimal (and far cheaper) means against the disease.

People often ask if Concept 10 10 is only for the muscles ..

There is a widespread misconception about heart & lung endurance.

If you practice one of the traditional activities such as jogging, aerobics or the like, the muscles involved will be strengthened to a certain extent while you get better at making the movements involved. Strong muscles have increased ability to take up oxygen from the blood, and as they reduce the demands on heart and lungs, the athlete/performer is made to feel in better shape.

But it is not necessary to strengthen heart and lungs; in fact it is not even possible. On the contrary, it is necessary to strengthen one's muscles to enable optimal performance within the cardiopulmonary capacity. The biological function of heart and lungs is to support the muscles - not the other way round. That is a scientific fact, which is a big surprise to most. Concept 10 10 increases the cardio-vascular endurance just as much and in most cases much more than any other activity.

Burning calories (Leanness and loss of body fat)

1 pound of muscle tissue takes up much less space than 1 pound of fat. If you lose 10 pounds of fat and increase the muscle mass by 10 pounds, the weight will remain the same, but the body will look completely different.

So it is all about losing fat and not muscle tissue.

Many slimming diets in fact lead to loss of muscle tissue, as the body gets undernourished when combined with jogging or aerobics for example. As a result, a lot of the weight loss will come from muscles, bones and essential organs.



A training program like Concept 10 10 ensures loss of fat and not of muscle tissue. The training in fact works as an automatic fat burner, as muscles burn calories for 24 hours, also at rest.

Deposits of fat cells at different areas of the body depend on individual predispositions. It is down to the genes, and cannot be changed. This means that the so-called "spot reducing" is not possible.

To learn more about Concept 10 10, contact us at **239-431-7143**, or visit us online at **www.naples.concept1010.com**. It will change the way you think about exercise forever. Exercise will never be the same again!

Pain Management Center



Prathima Moorthy, M.D.

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Which Diet is Right for Me?

Which diet should I follow? I get this question several times per week. Should you follow the Atkins diet? The Zone diet? Paleo diet? Macrobiotic diet? Blood type diet? or is it the official U.S. government diet which promotes commodity agriculture? To most people (and some doctors!) this is very confusing.

Before World War II, the typical American diet consisted of whole raw milk, fish eggs, butter, cream, broth, shellfish, meat, fruits and vegetables. There was a great variety in traditional diets around the world. Some diets included raw vegetables, some had mostly cooked foods, some had no plant foods, some had grains, some did not. What are the underlying characteristics of these healthy diets?

The main characteristic that is a common denominator is that these diets did not have any processed, refined or denatured foods. In the 1930's, refined foods consisted of refined sugar, condensed milk, white flour, vegetable oil, and canned foods. Today, our foods contain refined sugars, high fructose corn syrup, white flour, pasteurized milk, hydrogenated fats, refined vegetable oils, isolated protein powder, additives and artificial sweeteners.

Another characteristic that varied greatly from today's typical diets is that traditional diets were nutrient dense. They had four times the amount of calcium and other minerals. It also contained ten times the amount of the fat soluble vitamins A,D,E and K.

Although deficiencies may be due to illness, it is likely that other factors may be contributing to the problem also, some of which may be contained in the food you eat every day.

A few factors typical of the "food" commercially available in all grocery stores and restaurants include microwaving, food coloring, synthetic additives, flash freezing, preservatives, hormones and antibiotics (found in meat, chicken, etc.), harmful chemicals and metals (such as pcb's and mercury in some fish).



If any of these are involved in the creation or processing of your food, then what you are eating is really just "disguised" as food.

Not only does this "food" have insufficient nutritional value, it may also contain toxins which work against your body and your health.

One of the more frightening sources of food allergies prevalent today that was not seen in the 1930's is the emergence of genetically modified foods. FDA scientists stated that they warned against allergens, new diseases and toxins. Gluten sensitivities and other allergies can be linked to the prevalence of GMO's. Soon after GMO soy was introduced in the UK, soy allergies skyrocketed fifty percent.

One of the most important nutrients missing or lacking is the adequate quantity of essential fatty acids (Omega 3,6 and 9).

Omega 3 deficiency is the sixth biggest killer of Americans and more deadly than excess trans-fat intake, according to a new study.

The Harvard University researchers looked at 12 dietary, lifestyle and metabolic risk factors such as tobacco smoking and high blood pressure and used a mathematical model to determine how many fatalities could have been prevented if better practices had been observed.

The study, jointly funded by the Centers for Disease Control and Prevention (CDC) through the Association of Schools of Public Health, drew on

2005 data from the US National Health Center for Health Statistics. They determined that there were 72,000-96,000 preventable deaths each year due to omega 3 deficiency, compared to 63,000-97,000 for high trans-fat intake.

"This is a very interesting analysis," said Andrew Shao, PhD, vice president of scientific and regulatory affairs at the Council for Responsible Nutrition (CRN).

"I think this analysis reinforces the long-held notion that the diet has a tremendously powerful impact on health and longevity and that the consumption of omega-3's (along with fruits and veggies) by Americans is far from adequate."

Most people do not consume enough cold water fish! (Salmon, Tuna, etc.) I also would recommend that the fish be wild caught as many farm raised fish contain lower amount of essential fatty acids. Be careful to get your fish from a good source as it may have higher levels of mercury.

Some signs and symptoms that one may be deficient in fatty acids are small bumps on the back of the arms, dry skin, brittle hair, cracked heels, high cholesterol, chronic pain and inflammation, suppressed immune system, high blood pressure, just to name a few.

Getting enough essential fatty acids is just one of the recommendations that I frequently advise to my patients on a regular basis.



As you can see, each individual has different needs as far as their diet is concerned. It is important to look at what you are eating on a regular basis as I do with my patients. I recommend what I like to call Designed Clinical Nutrition. The elements of your personal designed clinical nutrition program are nutrients that your body is not currently receiving and/or assimilating. It is specifically designed and tailor made for what the body needs. With Nutrition Response Testing there is no guesswork. It tells us specifically what the body requires to be healthy. We can then restore and maintain an individual's health to its fullest potential.

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Monday, January 13th @ 6:30pm

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"The Four Most Dangerous Words in Investing: It's Different this Time."

-Sir John Templeton, (11/29/1912-7/08/2008) Legendary Investor, businessman, and philanthropist

I just returned from a conference in San Diego, where during a roundtable discussion, attendees were encouraged to ask questions and share their views on the capital markets. Most of the dialogue was not relevant for this column, but the consensus there was the popular refrain that interest rates were going up and that we are in a bond bubble. As far as interest rates going up, I usually disagree. The ten year Treasury note's yield is now about 2.80%. The ten year treasury is considered to be the bellwether bond, meaning it's the instrument that would most clearly predict trends. It used to be the 30 year bond, but they're less popular now, so even for people like me who believe that rates are not going up, I'm cautious enough not to invest in 30 year bonds. Borrowing and locking in a rate for 30 years is a whole different story. Think about it. There's someone on the other end of that transaction investing in you with a low rate for 30 years.

I think using the term bubble to describe an investment high is a useless cliché, as it is being used to describe the bond market now. A real soap bubble is here now, and at some point is gone in a fraction of a second. That's so unrealistic for what's going on in bonds. It's also scaremongering. I get this question a lot, because we're always hearing about interest rates rising and the bond market bubble. The so called "hi-tech bubble" in the late nineties, represented by the NASDAQ index took 3 years to unravel, albeit with a decrease of 70%. For what it's worth, the NASDAQ went up by 1300% in the 1990s. In the 1920s it wasn't called a bubble, but was referred to as "The Roaring Twenties", when the Dow Jones Industrial Average increased by 260% in that decade, only to drop 90% from 1929-1931, hardly the popping of a bubble, but real nasty nevertheless. These facts certainly do not predict the future, but their history offers an enlightening perspective. I'm sure Sir John Templeton above was a student of history.



As for the yield on the "bellwether" 10 year Treasury @ 2.80%, mentioned above, that's up from 1.62% a year ago- a 75% increase in the rate. That begs the question; "Isn't that a big increase in rates?" Well, 5 years ago the 10 year was yielding 3.50%, and 10 years ago it was yielding 4.00%. So that perspective could change any conclusions made.

Recently there was an article in Financial Planning Magazine by Craig Israelson entitled "Rate Rising – Dump Bonds? (Note the question mark, not exclamation point). Mr. Israelson showed in the rising interest rate environment of 1977-1981, when the FED raised the Discount Rate by 145%, the Barclays U.S. Aggregate Bond Total Return was +3.05% during that period. Likewise, when the FED raised the Discount Rate by 409% from 2002-2006, that same index increased by 5.05%. I've found similar data when doing my own research.

So where do the observations above fit in at the front line of asset allocation? Clients are less concerned about the stock market highs than they are about rising interest rates. That's because the recent increase in stocks looked much better on statements than the recent pop in the 10 year Treasury yield, which had a negative effect.

One thing that always maintains my optimism for the future is the economic theory of "The Invisible Hand," a term coined by economist Adam Smith in 1776. Investopedia paraphrases Smith's definition thus:

"Smith assumed that individuals try to maximize their own good (and become wealthier), and by doing so, through trade and entrepreneurship, society as a whole is better off. Furthermore, any government intervention in the economy isn't needed because the invisible hand is the best guide for the economy."

Sal Petralia is a CERTIFIED FINANCIAL PLANNER™ Professional and a Registered Principal with LPL Financial, 5621 Strand Blvd. Unit 102, Naples, Fla, 34110; Tel 239-596-7822
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Set Your Home Maintenance to Run on Autopilot, Part 2



In Part 1 of this series, we offered recommended cleaning tasks and frequencies to ensure your home looks good, maintains its value over the long term and promotes a healthful and safe living environment for your family. However, the checklist comprises some 40 tasks, many of which break down into smaller tasks, pushing a typical family's cleaning checklist well into the thousands for a given year. Weekly tasks alone, which are embodied in MaidPro's 49-Point Checklist™, add up to some 2,500+ individual cleaning jobs per year!

To get it all done – while also preserving leisure time and avoiding frustration – scheduling is a must. Three important rules are to,

- Understand ahead of time what needs to be accomplished and approximately how long it should take to do a job well,
 - Know best practices, tools and solutions for doing a cleaning task both quickly and effectively, and
 - Assign reasonable – yet ambitious – completion times and match them to available time blocks.
- So, for someone who works full time outside the home (say, from 8:30-am – 4:30-pm), MaidPro's Chief Cleaning Officer (CCO), Melissa Homer, shares her home's daily, weekly, monthly and annual cleaning schedule to keep her home in tip-top shape.

Daily: _____

Weekly: _____

Monthly: _____

When scheduling bigger, less frequent cleaning jobs, MaidPro's Chief Cleaning Officer (CCO) considers how each one will fit with what is happening at a particular time of year – back-to-school, seasonal weather and lifestyle changes, plus other factors such as holidays and vacations. A few of her seasonal guidelines can be found below:

- As winter heads into spring, plan to clean long-term storage areas – attic, basement, and garage – so you can pack and/or donate unwanted items for yard- and rummage sales that typically occur in the spring.
- As spring transitions to summer, finish heavy indoor tasks – buffing and restoring floors after mud season, cleaning your oven and cooking ventilation systems (which are typically going from heavier to lighter use), vacuuming and flipping mattresses, cleaning and storing winter bedding.
- As summer moves to fall, focus on tasks that will support your family's transition back to a more hectic work, school and fall sports schedule – for example, make plenty room in your cabinets, refrigerator and freezer for fast, healthy meal options.
- And, finally, as winter approaches, focus on important annual maintenance around safety of cooling/heating appliances and chimneys, indoor air quality (air ducts and filters), and the overall brightness of your home (walls, ceilings, windows and window treatments, lighting fixtures) as days are due to become shorter and darker.

MaidPro's CCO schedules her quarterly, semi-annual and annual cleaning tasks as follows:

- Deep clean/defrost refrigerator and freezer – Aug, Nov, Feb, May
- Clean oven and cooking ventilation system – Aug, Nov, Feb, May
- Shampoo or steam clean carpets and furniture upholstery – Aug, Nov, Feb, May
- Clean/dust permanent light fixtures – Aug, Nov, Feb, May
- Remove lint from back/inside of dryer venting system – Sep, Dec, Mar, Jun
- Vacuum, flip and rotate mattresses – Sep, Dec, Mar, Jun
- Deep clean and treat hardwood and tile floors to protect from etching – Sep, Dec, Mar, Jun
- Clean out and purge food cabinets, storage drawers and bins, bureau drawers and closets – Jul Oct, Jan, Apr
- Clean curtains, window treatments – Jul, Jan
- Wash windows inside and out – Oct, Apr
- Vacuum screens and window frames (between window and screen) – Oct, Apr
- Wash ceilings and walls – Sep, Mar
- Clean electronics (use compressed air to blow dust out of keyboards, backs and insides of computer towers, etc) – Dec, Jun
- Clean/inspect chimneys and flues – Aug
- Clean/inspect heating and cooling appliances – Sep
- Inspect air ducts for mold/dust buildup (clean as needed) – Oct
- Clean basement, attic, garage and other long-term storage areas – late Mar or early Apr

Regardless of whether or not you are able to complete each task exactly as scheduled, you will be – at very least – consistently aware of what ought to be accomplished without having to expend a lot of mental energy thinking about home maintenance. If you keep track of how long various cleaning tasks take to complete, you can refine your schedule over time to ensure both effective cleaning and a maximum amount of free time for leisure activities and general enjoyment of life.

Learn how to delegate, outsource and use modern technology to make your home cleaning run on autopilot in Part 3 of our series.

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Are All Acupuncture Providers Created Equal?

By Toni Eatros, MS, Dipl Ac, AP

Many of you have been thinking about trying acupuncture for that nagging back or neck pain. You have done the research, and now you are ready to schedule an appointment. You google acupuncture and a variety of different type of providers come up in the search results. Acupuncture, in Florida, is currently being provided by a variety of different health care practitioners, including Acupuncture Physicians, Chiropractors, Medical Doctors, and Doctor's of Osteopathy. Physical therapists are currently pushing hard to incorporate "dry needling" into their scope of practice as well. So who do you choose? This article will assist you in sorting out the different acupuncture credentials so you can make the most informed health care decision.

Most states in the US require the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM) exam or NCCAOM certification as a prerequisite for a license to practice acupuncture. The Florida Board of Acupuncture (<http://www.doh.state.fl.us/mqa/acupunct/>) also requires this, but only for Acupuncture Physician's (AP), not providers with certificates to practice acupuncture. So, although Florida has stringent standards for licensure, it also has enormous discrepancy in the training required among the different providers.

In Florida, licensed acupuncturists are given the title Acupuncture Physician, or AP. An Acupuncture Physician has met the following requirements to be able to practice in Florida:

- 60 undergraduate college credits from an accredited postsecondary school prior to enrolling in an approved course of study in acupuncture and oriental medicine
- Successful completion of an Accreditation Commission for Acupuncture and Oriental Medicine candidate or accredited four-year master's level program
- Completion of an approved training program that includes supervised clinical experience
- The successful passage of the NCCAOM exam
- Completion of a National Certification Process
- Two hours of prevention of medical errors continuing education and before the first license renewal, three hours of HIV/AIDS continuing education.



An Acupuncture Physician is also required to take 30 credit hours of continuing education every two years to maintain an active license to practice. The requirements for continuing education are a two credit course in the prevention of medical errors, two credits of Florida laws and rules, five credits of biomedical sciences, and 21 credits of general continuing education every two years.

Now, let's compare the above requirements to some of the other health care providers that now offer acupuncture services. Chiropractors can receive acupuncture certification after completing a mere 100 hour course in acupuncture and successfully passing the National Board of Chiropractic Examiners (NBCE) Acupuncture Examination. The American Board of Medical Acupuncture requires medical doctors to complete 300 hours of acupuncture course work, but the state of Florida has no clear cut requirements. This means that in the state of Florida, medical doctors and osteopaths can offer acupuncture services without any specific additional acupuncture training.

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Why does this matter? The differences in acupuncture training is vital to the results that patients receive from treatment. Without a fundamental understanding of the traditional Chinese medicine diagnostic criteria, pulse and tongue diagnostic skills, oriental medicine philosophy, needle placement, safety, and other related knowledge, a medical doctor cannot offer the same benefits and successful outcomes as a Florida Acupuncture Physician that has almost 3,000 hours of education.

Many insurance companies are starting to offer benefits for acupuncture treatment with the stipulation that a medical doctor or osteopathic physician provides the service. This is unfortunate, as the "cook book" style acupuncture offered by these other providers often have hit or miss results. When a patient receives subpar treatment it reduces the likelihood that they will continue to seek out acupuncture treatment and take advantage of its proven benefits. Soon, the insurance companies will deem that acupuncture is not a viable treatment option due to poor treatment outcomes and will stop providing coverage.

You wouldn't go to a podiatrist for gall bladder surgery, nor should you go to an undertrained practitioner for acupuncture treatment. Going to an undertrained acupuncture provider benefits no one and undermines the value of an acupuncture license. Florida continues to increase acupuncture licensure requirements, so why doesn't this hold true for those providers with only a certification? Acupuncture is acupuncture and the requirements for anyone providing it should be equal.

If you are thinking about giving acupuncture a try, seek out the best acupuncture treatment available performed by a rigorously trained Acupuncture Physician. Go to the acupuncture national association website, <http://www.nccaom.org/fap>, to search for highly trained Acupuncture Physicians in your area. Acupuncture and Natural Health Solutions provides excellent, highly qualified acupuncture treatment. Call 239-260-4566 or go online, www.AcupunctureSolutionsOnline.com, for more information or to schedule an appointment today.

Underlying Reasons for Limb Swelling

By Alyssa Parker

Many people may experience complications after an operation due to the significant amount of trauma your body endures. Whether it's cancer related, non-cancer related, or a minor surgery, patients may develop post-operative symptoms such as swelling in a limb or a particular area of the body. Swelling in the limb which may appear to be temporary can later lead to chronic swelling known as lymphedema.

How the Lymphatic System Works

What does edema have to do with your lymphatic system? The lymphatic system serves as one of the body's main highways. Through its network of vessels and ducts, it works as a filtration system for body fluid entering into the blood stream. This fluid is referred to as "lymph" fluid, which is the interstitial fluid consisting of proteins, wastes, and a collection of white blood cells. The kidneys, skin, lungs, or intestines then eliminate the wastes that have been filtered out of the lymphatic vessels.

What is Lymphedema?

Lymphedema is a degenerative condition which means it will only get worse over time without treatment. There is no cure for Lymphedema. Once a lymph node has been damaged, your lymphatic can become compromised. Over the years, as you get older, you may incur irreversible damage to the lymphatic system through medical procedures, injuries, or infection. Examples include cancer radiation, surgical lymph node

removal, joint replacements, scarring of the lymphatic vessels through reoccurring infections i.e. cellulitis, or cellulitis, or other health problems relating to gall bladder, kidneys, intestines, or reproductive organs. When an obstruction has occurred, a blockage in the lymph nodes can occur. The limb begins to swell with fluid because the lymphatic system is blocked/impaired, unable to move the fluid back into the circulatory system.

Compression Pump Treatment

One recognized treatment is using a compression pump. This is a safe and effective way to assist your body's lymphatic system in moving the lymph fluid which has accumulated in the limb and can cause painful swelling, non-healing wounds, heaviness, and discomfort decreasing your mobility. The compression pump is a gentle massaging technique that compresses in a rhythmic cycle, similar to that of a normally functioning lymphatic system that has not been damaged.

Possible Symptoms of Lymphedema

- Swelling in your legs or arms
- A feeling of heaviness or tightness
- A restricted range of motion
- Aching or discomfort
- Recurring infection/cellulitis
- Hardening or thickening of the skin on your arms or legs

It is important to rule out other causes of edema including nutritional issues, allergies and reactions to medication you may be on. True Lymphedema should not be treated with Diuretics as they draw from the Venous system not the Lymphatic system. Removing fluid from the body in this fashion takes away the wastes' only means of transport and can lead to serious recurrent infections or cellulitis since the lymph waste is now trapped in the limb and has no place to go. If symptoms return when you cease Diuretics, you should be asking questions and seeing a specialist immediately. This is where choosing a physician experienced in recognizing and treating Lymphedema is critical.

Some Good Questions to Ask Your Physician Include:

- Does my family have a history of swelling (Hereditary Lymphedema)?
- Stemmer's sign present?
- Pitting (push your finger into your skin and count how long it takes to return) or skin hardening?
- Hemosiderin staining (port wine skin stains or "red socks") appear from the ankles down?
- Traumatic injury or surgery potentially damaging Lymph nodes (Hip replacements, etc)?
- Radiation to Lymph areas?

Specialists in Acute Wound Care

Remember, ANY swelling is an indication of an overloaded Lymphatic system. Acute Wound Care, LLC is a highly focused local provider of wound products and compression pumps working with select area physicians highly versed in this condition. For more information and articles on this topic, Google "Acute Wound Care," visit www.AcuteWoundCare.com, or call 239-949-4412 and speak with a specialist. Remember, nothing heals faster than an educated patient.



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LOOK BEFORE YOU LEAP

By C. Lane Wood

With the change of seasons and the coming of a new year, you may find yourself doing a little life planning, whether for business or personal reasons. However, if your planning contemplates the transfer of an interest in real property, don't forget to consider Florida's documentary stamp tax.

THE BASICS:

Documentary stamp tax (commonly referred to as "doc stamps") is the tax levied by the State of Florida on various types of documents passed within the state, such as deeds, bonds, promissory notes and mortgages. The applicable rate depends upon the type of document, but with respect to deeds, easements and other instruments for the transfer of an interest in real property, documentary stamp tax is levied at a rate of \$0.70 for every \$100 of consideration associated with the transfer. This article will briefly outline some of the laws governing documentary stamp tax in order to help you better understand whether or when an instrument for the transfer of a real property interest is taxable.

CONSIDERATION:

The first question of taxability is obviously whether or how much consideration is given in connection with the transfer. This issue is not quite as intuitive as it may seem, so an understanding of what constitutes consideration or a taxable transfer is the best place to begin.

Cash is King. Consideration in its most common form is the money paid for the particular property interest being transferred. For example, if you sell your home and deed it to the buyer for \$350,000, the documentary stamp tax due on the deed from you to the buyer would be \$2,450 (\$0.70 for every \$100 of \$350,000). That seems fairly straight forward, and it is. However, some people go on to assume that by avoiding the exchange of money, they can also avoid the added expense of documentary stamp tax. That is not correct under the law. Chapter 201, Florida Statutes (the law imposing documentary stamp tax), defines consideration much more broadly than the exchange of money.



Discharge of an Obligation. The transfer of an interest in real property in exchange for the discharge of a debt, contract or other obligation on your behalf constitutes consideration requiring the payment of doc stamps on the associated transfer document. The tax applies to the amount or value of the obligation discharged on your behalf. This is important because many properties are subject to mortgages.

Outstanding Mortgage Indebtedness or Liens on the Property. Based on the concept above, if the property being transferred is encumbered by a mortgage or other lien and you convey the property to someone else, even if the transfer is truly a gift with no additional consideration involved, the law looks at the underlying mortgage or lien as consideration. This is true regardless of whether the underlying mortgage or lien is affirmatively assumed by the recipient of the encumbered property interest. Essentially, the law presumes that you will not be paying the remaining amount due under the mortgage or lien, and that the recipient will, so the outstanding mortgage balance is treated as if the recipient had paid you that amount for the property, which would have obviously required the payment of tax had the sum been paid to you in cash. The good news, however, is that, absent any additional consideration given in connection with the transfer,

tax applies only to the outstanding balance of the mortgage or lien at the time of conveyance (not the original amount of the mortgage or lien). If additional consideration is given, documentary stamp tax would apply to the additional cash or other consideration received in exchange for the property (i.e., if, in the example above, the home being sold for \$350,000 is subject to a \$200,000 mortgage and the buyer makes a payment of \$150,000 cash to the seller, the documentary stamp tax on the deed would still be \$2,450 based on the full sales price).

Property Received Other Than Money. What if there are no dollar figures involved? Say you want to sell your vacation home to your friend, and to make things easier you agree to do a straight-up trade for his luxury boat that you've had your eye on. According to Florida law, property received in exchange for property is consideration, the amount of which is based upon the fair market value of the property received. So, in this example, the fair market value of the boat would need to be determined to know the amount of consideration for purposes of calculation of applicable doc stamps on the deed of the vacation home to your friend (note: sales tax may also apply since the boat is not real property, but that's beyond the scope of this article).

EXCEPTIONS:

As you can see, it is fairly safe to say that, as a general rule, if you are transferring real property and receive something of monetary value in return, documentary stamp tax applies. However, there are some non-taxable transfers under law, either because no consideration is exchanged or the state deems the transfer to be an exception to taxation. A few exceptions are discussed below.

Foreign Property. Stamp tax applies to transferring an interest in Florida real property. A Florida resident who transfers an interest in out-of-state property, even if to another Florida resident, will not pay doc stamps on the transfer of the foreign property (note: it is important to verify whether a foreign jurisdiction has its own similar tax on transfers).

Unencumbered Real Property as a Gift. These transfers frequently occur within the family or in a charitable setting. If the property is not encumbered by any liens or mortgages, and if the transfer is made for no consideration whatsoever (be it money, property, discharge of indebtedness, etc.), then, generally speaking, the transferring document will not require doc stamps.

Leases of Real Property. Although a tenant pays rent throughout the course of the lease, at signing, the only consideration is the tenant's promise that he or she will pay rent in the future. Thus, this type of "executory consideration" is deemed insufficient to merit documentary stamp tax. Again, please note that other state and/or federal taxes may apply relative to the lease payments themselves, but that, too, is beyond the scope of this article.

Transfer Due to Divorce. If a former spouse transfers his or her interest in the marital home to his or her former spouse, pursuant to a final order and/or settlement adopted by the court, no documentary stamp tax will apply on the transfer. If the couple is in the process of divorce and the interest is transferred prior to the final divorce decree, documentary stamp tax is required, but a refund can be obtained from the Florida Department of Revenue within one (1) year of the subsequent issuance of the final decree.

Revocable Trusts. A deed from the grantor of a revocable trust to the trustee of the trust is not subject to documentary stamp tax, nor is a deed from the trustee to the grantor to revoke the trust. This is true even if the property is subject to a mortgage because the obligor does not change. This is one of the few exceptions to the basic rule treating mortgage indebtedness as consideration.

Testamentary Deeds. Deeds executed by the personal representative of an estate in accordance with the terms of the testator's will are not subject to documentary stamp tax.

As you can imagine, and as alluded to above, there are a number of situations that can arise in which Florida's documentary stamp tax applies. It is strongly recommended that, prior to making any transfer of real property, you speak with a Florida licensed attorney who can advise you on what to expect in connection with your proposed transfers. Attorney C. Lane Wood is a licensed attorney certified by the Florida Bar as an expert in Real Estate Law.

**C. Lane Wood**

As a Board Certified Specialist in Real Estate Law, Mr. Wood handles all facets of residential and commercial real estate development and finance. He has practiced law in Naples for over 15 years and carries an "AV" "Preeminent" rating from LexisNexis and Martindale-Hubbell. He has also been listed in Florida Best Lawyers. Whether your legal matter involves a routine purchase and sale or refinance transaction, a sophisticated multi-state or multi-party commercial contract, or perhaps the development of a small or large scale residential or commercial planned unit project, Mr. Wood has the skill set and experience necessary to advise you properly every step of the way. He believes an informed decision will always be the right decision, and as a former corporate management executive as well as a small business entrepreneur, he is equipped to blend sound legal advice with practical application to your business.

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This Article does not constitute legal advice and may not be relied upon as such. Each individual's facts and circumstances are different. If you have any questions regarding your particular situation, please consult with legal counsel.



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- Roslyn Carter



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MEMBER

Your Living Will: A “Must-Do” in 2014

Contributed by Avow

No one wants to think about the possibility of becoming seriously ill or having a condition or accident that leaves them unable to speak for themselves. If this were to happen to you, would your family know how you'd like to be cared for? If you had completed a Living Will before becoming ill, they would.

Having a Living Will in place can save you from suffering treatments you don't want. They can also spare your family the agony of making decisions for you without knowing your wishes.

In the state of Florida, any resident can write a legally valid Living Will without the help or advice of an attorney. Many organizations, including Avow in Collier County, offer free Living Will kits that include simple instructions and all the forms you need.

So make one of the first things you check off your new year's resolution list in 2014 the completion of your Living Will. To help you get started, here are frequently asked questions and their answers.

What should a Living Will contain?

At the most basic, it should include 1) your instructions for how you want to be cared for, and 2) the name of the person you want to make decisions for

you if you have little to no chance of recovery and cannot make decisions for yourself. This person is called your “surrogate.” He or she has no power to make financial decisions for you.

You may also want your Living Will to include instructions for how you would like your body to be treated after death (buried or cremated), where you would prefer your remains to be placed and what kind of memorial service you would like. You might also include special messages to people you love.

What kinds of decisions should I consider when completing my Living Will?

- How do you feel about surgery, CPR, drugs, ventilators or tube feeding if you were to become terminally ill? If you were unconscious and unlikely to wake up? If you were senile?
- What kind of medical treatment would you want if you had a medical condition that made you dependent on others for all of your care?
- What sort of mental, physical or social abilities are important for you to enjoy living?
- Do you want to receive every treatment your caregivers recommend?

Can I change my Living Will? When does it become effective? Does it ever expire?

You can change your mind at any time about either aspects of your treatment or who you want to act as your surrogate. The forms become effective when you sign them in the presence of appropriate witnesses. They remain in effect throughout your life until you change or revoke them. Once you have a Living Will created, it is good practice to review it annually to make sure it still reflects your wishes and the information about your surrogate is still accurate.

Do I need a lawyer to fill out the forms? Must my signature be notarized?

In Florida, you don't need a lawyer or a notary. All you need is two witnesses to sign your Living Will. *If you live part-time in another state, check for that state's requirements.*

Where should I keep my Living Will?

Keep the original for yourself and give copies to your surrogate, alternate surrogate if you designate one, your doctors, lawyer, clergy and anyone else you want to know your wishes. Don't lock the original in a place others can't get to. Make sure your loved ones know where it is. It is also helpful to keep a those who have a copy of your Living Will with your copy so if you make any changes, you'll know who needs to get the updated version.

Where can I get a free Living Will Kit?

Call Avow at 239-261-4404 or send an email message to kpitts@avowcares.org. You can also visit www.avowcares.org; type “Living Will” in the search box in the upper right corner and you'll be taken to a page where you can print the kit.

Avow understands that it's not easy to think about your own passing or that of someone you love. We're here 24/7 to help you review care alternatives, fill out your Living Will, get help for someone who's sick or just talk about later-years planning. We provide hospice care for Collier County residents and grief support for anyone in SW Florida who needs our help. Call us any time at (239) 261-4404 or visit www.avowcares.org.



Long-Term Care Insurance Is For the Wealthy

By George T. Leamon, CLTC

Of all the obstacles long-term care insurance (LTCi) faces in becoming a viable product for the financial services industry, none is harder to overcome than the belief that it is inappropriate for high net worth individuals. These clients are generally defined in trade journals as having at least \$2.5 million in investment assets.

This belief is based on fundamental misconceptions of what long-term care insurance actually does. That, combined with a historical antipathy towards the product leads many to suggest, "You can self-insure."

There are three key misconceptions:

- LTCi protects individuals.
- LTCi protects assets.
- Wealthy people can afford to self-insure.

LTCi doesn't protect individuals – it protects families.

To understand what long-term care insurance does, you first need to understand what motivates people to purchase it. The commonly held belief that individuals purchase the product for reasons such as maintaining their independence, getting into a good nursing home, or to avoid being a burden to those they love is incorrect. No one purchases any form of personal line insurance such as life or disability income to use it; if they did the carrier would never sell it to them.

As with these traditional products, people purchase long-term care insurance because they understand the consequences an unlikely event such as needing care would have on those they love. Simply put, reasonable people never assess the risk of needing care, only the consequences to those they care deeply about if they ever did need care. If they believe they are severe enough, clients

will then disregard risk and focus only on a way to mitigate consequences. It is therefore, essential for the professional to understand what these consequences are.

The majority of care is informal in nature, being provided by family and/or friends. This assistance, referred to as custodial care, is necessary because a chronic debilitating illness makes it difficult, if not impossible, for people to perform basic daily functions. The nature of custodial care can be all-consuming for the providers, leading to serious emotional and physical consequences. Put simply, if your client ever needs care over a

period of years, his life is not going to end; but the lives of those providing care, as they know it, are going to end.

LTCi doesn't protect assets – it protects income

It has been held that long-term care insurance protects assets. It doesn't; it protects income. Clients work a lifetime to accumulate a portfolio that will generate sufficient future income in order to maintain their standard of living during retirement. This lifestyle also includes keeping prior financial commitments. It is not unreasonable to assume that retirement income is matched almost dollar for dollar with retirement expenses. Since nothing had been allocated to pay for care, the income, already committed, will have to be reallocated. Where else can the money come from?

In its purest sense, long-term care insurance is no different than disability insurance: it provides a source of income. In this case, that income can be used to pay for care. This allows the client's retirement income to continue to be used for its intended purpose, supporting lifestyle and keeping financial commitments.

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Without the product, the family has limited options. They can curtail their lifestyle or liquidate assets. The former may have far reaching consequences. The latter may create serious tax issues and/or shorten the payout of qualified funds and annuities.

Not all wealthy people can afford to self-insure

Financial and consumer publications will often assess the cost of long-term care in terms of nursing homes. By doing so, the math becomes simple: the average stay in a facility is 2.5 years, which is then multiplied by an average cost of \$67,000 per year, resulting in \$167,500. This would seem well within the ability of a person with \$2.5 million to pay. This fails to take into consideration two critical issues. Long-term care is not about nursing homes and that income pays for care.

Every carrier in the long-term care insurance industry reports that the overwhelming percentage of claims submitted is for care at home and in the community, which can cost anywhere from \$10 to \$15 thousand per month. The cost of that care can easily exceed a nursing home stay (which may never be necessary) and therefore must be factored into the overall cost of assistance over a period of years.

Assuming a 5% rate of return and that 100% of the portfolio is in income producing investments, \$2.5 million would generate approximately \$125,000 each year. As previously stated, it is likely that income is fully committed to support lifestyle. Question: Where's the money going to come from to pay for care?

What about the client with \$20 million in assets? The first question to ask is; "What is the nature of his or her assets?" Many small business owners have the majority of their wealth tied up in their company. Paying for care can pose a liquidity problem. Have you considered the tax consequences of liquidating assets in order to pay for care? What if the portfolio has to be sold in the bear market? There is also the issue of legacy assets and which of them would have to be sold to fund care over a period of years.

Summary

Clients nearing retirement focus not on assets, but how much income they will need to support their lifestyle and keep financial commitments. \$2.5 million is therefore reduced to the income it generates. Since that income is already committed, it presents the client with very difficult choices, should care ever be needed in the future.

If you are considering the self-insure approach, let me show you a way to use an existing asset to leverage the potential risk. If you don't use it for LTC you still hold the asset.

There are four types of People in this world. Those who have been caregivers. Those who are caregivers. Those who will need a caregiver. Those who will be a caregiver.

- Roslyn Carter



ENGAGING IN AGING THROUGH 2014

By Dr. Rich Bimler, Lutheran Life Communities



"Aging is the only way to live!" so let's playfully engage in the aging process as we enter a brand new year of living!

Here is a quote from my latest book, "Joyfully Aging" (Concordia Publishing House, St. Louis, 2012) which hopefully sets the stage for us to celebrate aging:

"Aging is a gift, a blessing, an opportunity to model what God's Promise is all about. Our older years are Passion years, Play-filled years, People years, Positive years, Patient years, Prime years, and yes, even the Prune years!"

Let's take a Peek at some of these P words more in detail:

- 1. Promise** – Life is all about knowing, in faith, that we live each day as a Gift from the Lord. And that's His Promise!
- 2. Passion** – We can care and serve others with passion because we know that the Lord is in charge, leading and guiding us through both our good times and our bad times.
- 3. Playful** – When we take ourselves too seriously, perhaps we are not taking the Lord seriously enough. Lighten up! Smile at a grouch! Skip down the side walk (but be careful), and laugh out loud!
- 4. People** – People, young and old, become our priorities in life. People are not "things" to use but rather gifts to be shared and celebrated. The Lord puts us in "ministry-range" in order that we can encourage and enjoy one another!

5. Positive – Watching the evening news can bring much fear and worry. When these attitudes hit you, remember Who you are and Whose you are! The Lord has already won the battle for us. We now live as Resurrection Resources, ready to shout to the world that Hope triumphs over Fear, every time!

6. Patient – Aging allows us to slow down the pace, listen to others more seriously, and to model that the Lord is still in control. Whether we are stuck in traffic on Tamiami Highway, in a long line at Publix, or anxious about how our favorite sports' team is playing, we can take a breath and help others to do the same.

7. Prime – Someone once said to me that they wish they would have known me "in my prime"! Our prime time is Now! We are ready for prime time because the Lord lives in and through us. We are aging Gracefully, and we are indeed, Prime Timers!

8. Prunes – Yes, of course, even Prunes! Did you know that prunes are called "fossil fuel"? Enjoy what you eat. Watch what you eat. Eat healthy and hearty. And thank the Lord for all of the daily bread He provides us, even prunes! (But watch out for the broccoli!)

There you have it – Eight Exciting ways to begin the New Year by engaging in aging! Yes, we are Positive, Playful People of Promise, Passionate, Patient, in our Prime - with or without the Prunes!



Dr. Rich Bimler

About the Author

Dr. Rich Bimler, Bloomington, Illinois, has served the Church in various positions throughout his 49 year ministry career. He repositioned in 2006 after serving for 15 years as President/CEO of Wheat Ridge Ministries. He serves as the Ambassador of Health, Hope, and Aging (AH-HA!) for Lutheran Life Communities, Arlington Heights, Illinois. He continues to write, speak, and consult with other agencies and organizations throughout the world.

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New Year's Resolutions and Lasting Change

As we begin the new year it is good to reflect on the meaning and purpose of our life, considering our overall fulfillment and joy. Socrates said, "The unexamined life is not worth living." An honest evaluation will most likely reveal that we could improve and grow in certain areas. Maybe some want to begin to lose weight, others may want to adjust their spending habits or be more disciplined with time management. Self improvement can be in many forms but can we really make those significant adjustments and will they last? Often a needed change is evident, the good intentions are sincere, but lasting change fails to be developed. What is the key to making positive changes a reality in our lives? Changes that take root and become ingrained as good, healthy habits both physically and mentally will transform an ordinary life into an extraordinary adventure filled with love and hope.

The journey of lasting change begins with the ability to discern between good and bad habits. The answers to "what is virtue" and "what is vice" lie in the writings of the Bible. For example a Proverb a day will help one become wise in what is virtuous. Without the Scriptures to guide us in this needed wisdom for life, we are left to pick and choose from what the world has to offer. God's Word tells us that those who live their lives apart from God are "hopelessly confused" (Ephesians 4:17, NLT). To find the necessary changes that will bring eternal significance to our lives we need to read God's truth to clear up any confusion on what is right and wrong about ourselves.

The Scriptures tell us our problem is far worse than we think. "For everyone has sinned; we all fall short of God's glorious standard" (Romans 3:23). Here we are told we are sinners heading toward eternal hell and we are in need of a Savior. But we also find that the solution is far better than we could possibly hope, "to all who believed him and accepted him, he gave the right to become children of God" (John 1:12). We find hope in God who has provided the answer for us in His Son who was sinless and came to die in our place. Believers gain eternal life by confessing their sin and placing their trust in Jesus as Savior and Lord of their lives. He loves us just where he finds us but he also loves us too much to leave us there. His plan is to change our lives for our good and His glory thereby becoming the people He created us to be.

Believers are called to make major adjustments in their lives. We are no longer to live the way we did before we knew our Savior. "Since you have heard about Jesus and have learned the truth that comes from him, throw off your old sinful nature and your former way of life which is corrupted by lust and deception....let the Spirit renew your thoughts and attitudes. Put on your new nature, created to be like God, truly righteous and holy" (Ephesians 4: 21-24). Therefore, we are not simply to hear what the Word of God says but we are to obey it. If you call God "Lord" you signed up for change. So, when looking in the mirror of Scripture, if you see something in yourself that does not line up with God's Word you need to deal with it.



Our first big issue is sin which has its roots in selfishness and a mindset that says, "it is all about me." According to the Bible this is wrong and needs adjusted. Instead of thinking about ourselves first, we ought to focus on God and others. Loving God and our neighbor are the virtues we need to work towards and are also the two great commands of the Bible. Jesus said, "If any of you wants to be my follower, you must turn from your selfish ways, take up your cross, and follow me" (Matthew 16:24).

Finally, we need to put our faith into action really doing the hard work which will bring the needed character change in our lives. Then we will reflect

His glory as children of the King. "Those who engage in the struggle by God's strength seek the extraordinary life!" says Pastor Jonathan Loerop of Cypress Wood Presbyterian Church. Major adjustments in life require faith and action. We cannot stay where we are and move forward with God. The key to making lasting changes in our lives is to trust and obey God. Obedience is costly but it is the only way to transforming change.

So after the Christmas presents are unwrapped and the holiday parties concluded begin the transformation by getting serious about your goal for the upcoming new year. Will that goal be to glorify God or self? I encourage you to spend time with your Bible all year getting to know the Lover of your soul. As you spend time with Him He will change you forever. Ask Him to open your eyes to the truth so you can learn to be like Him. There are many promises in the Bible for God's children, one states "if you seek me with all your heart you will find me" (Jeremiah 29:13). Find Him and experience a truly joyful New Year.



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