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Chronic Wound? Got Vein Problems?

By Joseph Magnant, MD, FACS

If you have an ulcer on your leg which has not healed for more than 3 months despite a variety of wound care regimens, it might be time to consider a thorough venous evaluation. On a number of recent occasions I have encountered patients of varying ages who presented with the chief complaint of non-healing wounds and this reminded me of the importance of educating the public about the relationship between non healing wounds and venous insufficiency. A recent case was that of a 50 year old woman who had suffered for more than 6 months with a large wound on the left leg. She had been seen by a dermatologist and a wound center out of town where she had undergone debridement (scraping of the wound with a scalpel) weekly over the course of 2-3 months. She did not have improvement of her pain or any significant progress in the healing of the wound. She had noted a long history of darkened and thickened skin involving the left calf although had never

thought of having it evaluated. She did not have "varicose veins" and thus did not suspect her problem to be venous in origin. Ultrasound evaluation was performed and confirmed severe insufficiency (leakiness) in the left great saphenous vein directly feeding the ulcerated area. She underwent endovenous ablation (sealing) of the leaky vein (great saphenous vein) within one week of her original visit and she noted relief of the pain and pressure immediately after the procedure. She healed the ulcer completely in 8 weeks without further debridement and without skin grafting.

(see before and after photos)

Venous ulcers usually result from a trauma of some sort (bug bite, blister, skin biopsy), and once the skin barrier is violated the pressure of the underlying fluid accumulated as a result of leaky veins forces the defect in the skin to progressively open. Over the course of a few weeks ulcers may enlarge as the accumulation of fluid in the tissues causes more tension in the over-stretched skin.

The swelling caused by venous insufficiency slows the healing of ulcers by impairing oxygen and nutrient transport to the ulcer bed. The two phases of wound healing are granulation and contraction and both are adversely affected by venous insufficiency. Granulation is the process where necrotic tissue (white or yellow in color) is replaced by healthy tissue (pink or red in color) and usually has to take place before the wound can start the second phase of wound healing, contraction (shrinking or closing in). When venous insufficiency is untreated, simple ulcers

may take extended periods of time to heal and the longer wounds are left open, the greater the risk of blood-borne infections occurring. Unfortunately, patients and physicians may become complacent and "learn to live" with their open venous wounds rather than taking the initiative to fully investigate all potential underlying causes, including the most common cause of lower extremity ulcers, venous insufficiency. In 2013, more than 13 years since the introduction of endovenous ablation as the preferred treatment of venous insufficiency, there should be no lower extremity wound left uninvestigated for venous insufficiency. Since venous insufficiency affects 20% (40 Million) of the adult population in America, and endovenous ablation is still a relatively "new" procedure, there are still many patients out there with untreated and undiagnosed venous insufficiency today who are suffering needlessly.

The role of the modern, educated and dedicated Vein Specialist is to educate both patients and physicians of all specialties regarding routine as well as the more obscure presentations of venous insufficiency. Equally as important as the training, skill and dedication of the Vein Specialist are the same three qualities of the Vascular Technologist. The most critical goal in the evaluation of patients with suspected Venous Insufficiency is the identification of the specific insufficient veins as well as the stratification of severity of the insufficiency. Many patients have more than one of the potential 5 superficial leg veins identified as insufficient and 5-10% of our patients have combined superficial and deep vein insufficiency. If one suspects they may have venous insufficiency, it is our recommendation to seek a comprehensive evaluation by a qualified Vein Specialist with a background in Vascular Surgery.

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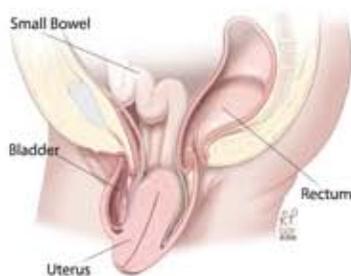
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Pelvic Organ Prolapse

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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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



Earl Gurevitch, MD
Board Certified Urologist

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.

For more information, call (239) 434-6300 or visit www.specialistsinurology.com.



Weight Matters: Exercise Has Positive Effects on Joint Wellness

By John C. Kagan, M.D.

Each New Year people everywhere incorporate goals for losing weight and staying fit into their resolutions. When it comes to joint health, the two main reasons to exercise and watch your weight in this New Year include preventing joint pain and reducing your risk for osteoarthritis.

Osteoarthritis (OA) is the most common type of arthritis in the United States and is also called the “wear and tear” arthritis. Being overweight can increase a person’s risk for developing osteoarthritis due to added wear and tear on the joints. OA is a result of smooth cartilage that once cushioned the joints wearing away and becoming rough and frayed. The stress of bearing extra body weight is particularly challenging on the knee and hip joints. Our knees, for example, feel a force that can be two to five times a person’s body weight during daily activities such as going up and down stairs and squatting. In OA, cartilage does not grow back or heal. The damaged cartilage can cause severe pain, limit a person’s activities and potentially cause a total loss in mobility.

With exercise, weight loss and weight management, the reduced pressure on the joints also greatly reduces the risk of joint pain and OA. Exercise strengthens the muscles that surround each of our joints. Strong muscles help with weight bearing on the joints and as a result, the bones in the joints will carry less of the weight which helps to protect the cartilage from damage. Muscle strengthening exercises can be found below:

• **Calf Stretch:** Stretching your calves and the muscles in the back of your leg will help improve flexibility and support movement.

- *Lean forward against a wall with one knee straight and the heel on the ground. Place the other leg in front, with the knee bent. To stretch the calf muscles and the heel cord, push your hips toward the wall in a controlled fashion. Hold the position for 10 seconds and relax. Repeat this exercise 20 times for each foot. A strong pull in the calf should be felt during the stretch.*



• **Step-ups:** A step-up is an exercise that strengthens quadriceps. The quadriceps muscles in the thigh help support the knee joint.

- *Start by standing in front of an eight to 10 inch tall step or riser. Step the right foot up onto the stair and then lift your body up, balancing with the left leg off the step behind you. Next, step your left leg down first and continue down with the right. Try now on the other side, stepping your left foot onto the stair and lifting the right leg off the ground behind you. Repeat each side for about 10 repetitions.*

• **Hamstring Stretch:** Hamstring stretches reduce tightness in the back of legs, help with preventing joint pain and also reduce injuries.

- *Lie on the floor with both legs bent. Lift one leg off of the floor and bring the knee toward your chest. Clasp your hands behind your thigh below your knee. Straighten your leg and then pull it gently toward your head, until you feel a stretch. If you have difficulty clasping your hands behind your leg, loop a towel around your thigh. Grasp the ends of the towel and pull your leg toward you. Hold this position for 30 to 60 seconds. Repeat with the opposite leg.*

Living with joint pain caused by being overweight can be very challenging. Remember that starting an exercise program to achieve your goals in the New Year will require proper preparation and support by those around you (including your doctor). Start slow and steady to engage in a safe and effective approach and over time as you get stronger, you can increase the duration and number of strength exercise repetitions. Ultimately, taking steps to improve over-all fitness can provide joint protection and reduce irreversible long-term health risks.



JOHN C. KAGAN M.D.
BOARD CERTIFIED ORTHOPAEDIC SURGEON

Dr. John Kagan has more than 30 years experience as an orthopedic surgeon treating patients in Southwest Florida. He specializes in treating patients with knee, shoulder and hip pain, as well as general orthopedics and hand surgery. For more information go to www.kaganortho.com



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By Joshua Lee Jr., M.D.

With improved technology and advances in anesthesia and pain control, many less invasive surgical procedures are now being performed on an outpatient, or ambulatory, basis. Common procedures that are now routinely performed on an outpatient basis include tonsillectomies, hernia repairs, gallbladder removals, some cosmetic surgeries, and cataract surgeries. Given the millions of procedures performed every year, complications from outpatient procedures are relatively uncommon.

The most appropriate procedures for outpatient surgery are those associated with post-operative care that is easily managed at home, and those with very low rates of post-operative complications, requiring care by a physician or nurse.

Outpatient surgery is performed in a variety of settings. Ambulatory surgical centers are located either within a hospital setting or as a freestanding satellite facility that is either independent or part of the local hospital. Some procedures may actually be performed right in the physician's office.

There are many advantages of outpatient surgery over traditional, inpatient surgery. These include the following:

Convenience. The convenience of recovering in your home generally makes recovery time quicker and easier than an in-hospital stay.

Lower cost. Since there are no hospital room charges, and related hospital charges, costs are much lower for outpatient surgery. Some insurance companies will cover certain surgical procedures only on an outpatient basis, unless your physician certifies that you require a more intensive level of post-operative care due to an underlying medical condition.



Reduced stress. In the majority of cases, outpatient surgery is less stressful than inpatient surgery. This is especially true for children who are afraid of being away from home. Most persons, moreover, prefer to recover in their homes rather than in the hospital.

Scheduling is more predictable. In a hospital setting, emergency surgeries and procedures that take longer than expected can delay scheduled surgeries. An outpatient setting can generally stay within a set schedule since the procedures are less complex and more routine.

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Lehigh Regional Medical Center's highly skilled surgeons utilize the latest technology and treatments to deliver quality surgical care in a wide range of specialties. When you choose Lehigh Regional Medical Center, you can count on the latest in surgical care options.

New Year, Better You

Overcoming an unhealthy eating disorder and the depression that often accompanies it is possible.

Although it is not often thought of as such, binge eating disorder is a mental illness that is characterized by recurring episodes of excessive over-eating. Binge-eating disorder is the most common type of all eating disorders and has serious health implications if left untreated.

Almost everyone overeats on occasion, such as having seconds or thirds of a holiday meal. But for some people, this isn't a rare occurrence; a binge eater excessively overeats frequently. After a binge you feel disgruntled with yourself, shamed, embarrassed. Binge eating often turns into something you do in secret.

If binge eating is ruining your quality of life, you may be deeply embarrassed about gorging and promise yourself you will stop, but you feel such a compulsion, a craving, that you can't resist and continue binge eating. Fortunately treatment can help you if you suffer from this disorder.

According to the Mayo Clinic, you may have no obvious physical signs or symptoms when you have binge eating disorder. You may appear normal on the outside. You could be a normal weight or obese. However, you likely have numerous behavioral and emotional signs and symptoms, such as:

- Eating for you what is a large amount of food
- Even when you're full or not hungry you eat
- Eating quickly during an eating binge
- Eating until you're uncomfortably full
- Often eating alone
- Feeling powerless about your eating
- Feeling depressed, disgusted, ashamed, guilty or upset about your eating
- Feeling alone and not able to talk about your feelings
- Frequently dieting, possibly without weight loss
- Losing weight only to gain it right back, so called yo-yo dieting



After a binge, you may try to diet or eat normal meals. But restricting your eating may simply lead to a starvation diet resulting in more bingeing, manifesting as a pernicious routine.

It is highly likely that you will develop psychological and physical problems related to binge eating. Some of these complications arise from being overweight due to frequent bingeing. Other complications may occur because of unhealthy yo-yo eating habits — bingeing followed by harsh dieting. In addition, food consumed during a binge is often high in fat and low in protein and other nutrients, which could lead to health problems such as:

- Depression
- Suicidal thoughts
- Insomnia
- Obesity
- High blood pressure
- Type 2 diabetes
- High cholesterol
- Gallbladder disease and other digestive problems
- Heart disease
- Some types of cancer
- Joint pain
- Muscle pain
- Headache
- Menstrual problems

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Typically, treating binge eating disorder on your own isn't effective. In addition to professional help, you can take these self-care steps to reinforce your treatment plan:

Stick to your treatment. Don't skip treatment sessions. If you have a meal plan, do your best to stick to it and don't let setbacks derail your overall efforts.

Avoid dieting. Trying to diet can trigger more binge episodes, leading to a vicious cycle that's hard to break. Talk with your doctor about appropriate weight management strategies for you — don't diet unless it's recommended for your eating disorder treatment and supervised by your doctor.

Eat breakfast. Many people with binge-eating disorder skip breakfast. But, if you eat breakfast, you may be less prone to eating higher calorie meals later in the day.

Don't stock up. Keep less food in your home than you normally do. That may mean more-frequent trips to the grocery store, but it may also take away the temptation and ability to binge eat.

Get the right nutrients. Just because you may be eating a lot during binges doesn't mean you're eating the kinds of food that supply all of your essential nutrients. Talk to your doctor about vitamin and mineral supplements.

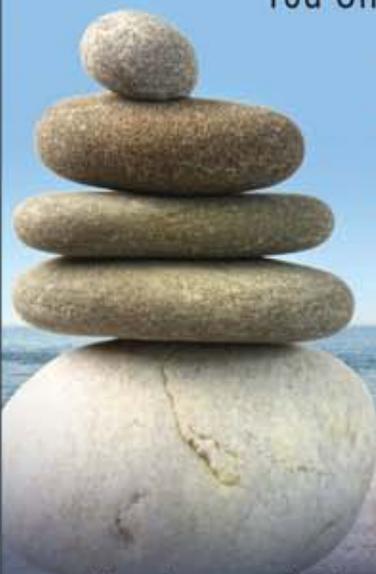
Stay connected. Don't isolate yourself from caring family members and friends who want to see you get healthy. Understand that they have your best interests at heart.

Get active. Ask your health care provider what kind of physical activity is appropriate for you, especially if you have health problems related to being overweight.

Help is available. You do not have to tackle this disorder alone. If binge eating or depression is affecting you or someone you love, please call 239-561-0009 to discuss available clinical study programs. We are currently researching breakthrough medications and treatments that could reduce or stop these behaviors altogether. If you would like help, please contact us today, and begin the process of getting better. You do not have to do it alone, call 239-561-0009 today!

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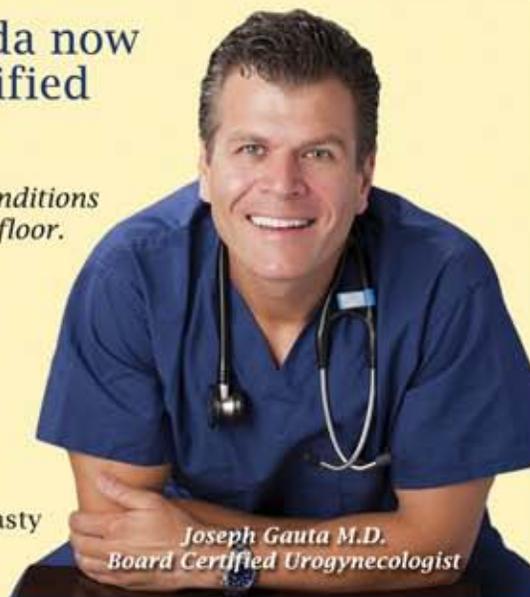
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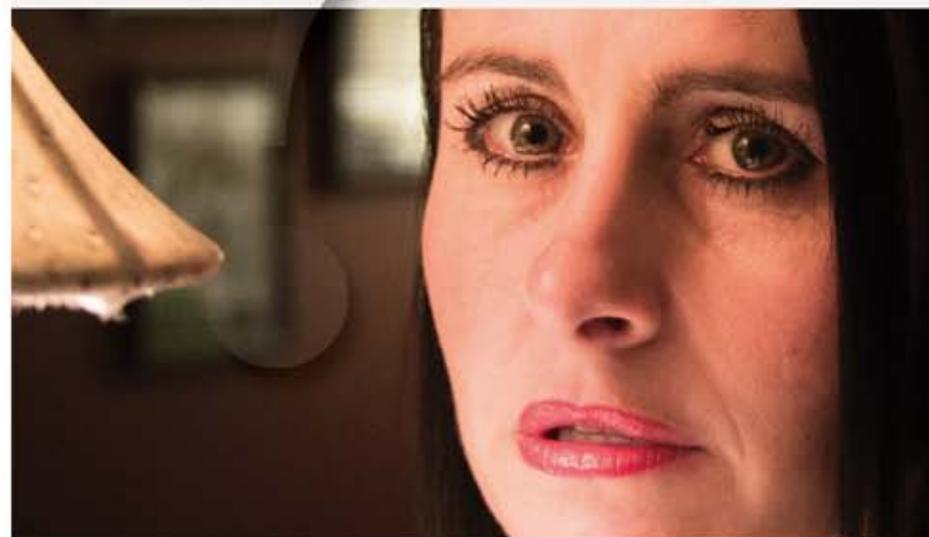
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New INFRA-RED Therapy Body Wraps... The Natural Weight Loss & Healing Miracle

By Beth Marlow, Certified Holistic Nutritional Counselor, Certified Wellness Coach & Infra-Red Therapy Technician & Owner of Tan & Spa U.S.A.

As we celebrate the arrival of 2014, many people are seeking healthy and effective ways to take off those dreaded holiday pounds. Or perhaps one of your New Year's resolutions is to lose weight and feel better this year. Well, the new INFRA-RED Body Wrap system is a highly effective and therapeutic source of weight and inch loss, deep cellular detoxification, and cellulite reduction which is now being offered at Tan & Spa U.S.A. in Ft. Myers.

Medical research has concluded that regular use of INFRA-RED therapy can be as effective for cardiovascular conditioning as exercise! As the body warms up during your INFRA-RED Body Wrap, it causes a brief yet beneficial increase in body core temperature, thus increasing heart rate, cardiac output and metabolic rate, as well as spiking the Immune system by boosting production of infection-fighting white blood cells and killer T-cells. In the 1980s, NASA concluded that far INFRA-RED stimulation is the ideal way for astronauts to maintain cardiovascular conditioning during long space flights and its benefits have now been incorporated into the health and wellness industry as a natural non-invasive multi-faceted therapy.

The INFRA-RED generated during these targeted Body Wraps penetrates twice as deep as other heat sources (up to 3-4 inches deep into the fat and muscle tissues) to get at toxins and cellulite trapped in pockets below the surface of the skin, activating the blood circulation, natural enzymes and metabolism within the tissues.

INFRA-RED Body Wraps also increase the processing enzyme activity in the digestive tract and can increase the metabolism for up to 36 hours following your treatment, which means you continue to burn calories at an accelerates rate for days following your Body Wrap! An hour of this therapy can burn up to 900 calories in just one session!

Heart studies performed by the Journal of the American College of Cardiology also found that INFRA-RED therapy significantly improved blood vessel functioning in a significant number of patients, further optimizing your overall wellness!

Research has shown a direct link between the slowing of metabolic rates and the storage of toxins in fat cells. INFRA-RED Body Wraps will directly increase localized blood circulation to sluggish problem areas such as the stomach, hips and thighs, resulting in a "flushing" effect to rid these areas of stored toxins and cellulite.

Toxins such as sodium, alcohol, nicotine, cholesterol and carcinogenic heavy metals (Cadmium and Lead), plastics from water bottles, pesticides, fire-retardants, even carpeting outgases and other chemicals linked to cancer accumulate in the body over time.



The INFRA-RED Body Wrap system helps to remove heavy metal toxins (including mercury), and fat-stored toxins, plus metals trapped in connective tissue and the brain. It also increases the detoxifying and cleansing capacity of the skin by stimulating the sweat glands. When the liver, kidneys, and lungs have been damaged by chronic exposure to environmental toxins, the body's Immune system can become impaired, however, INFRA-RED Body Wraps promote the restoration of those organs back to proper function and stimulates a powerful immune boosting effect.

In addition to the weight loss and detoxification benefits, the deep INFRA-RED heat helps peripheral blood vessels to dilate, bringing relief and healing to muscle and soft tissue injuries. INFRA-RED Body Wraps are frequently used to promote better oxygen flow and blood flow to accelerate healing of injured muscles, while those who suffer from Arthritis, Rheumatoid Arthritis, Fibromyalgia and other degenerative illnesses related to chronic inflammation can also improve considerably with INFRA-RED Body Wraps.

So, as you can see, if your goals in 2014 are to achieve improved health, lose stubborn inches, detoxify your system, find relief for symptoms of chronic injuries, Arthritis, Fibromyalgia, and even specialized detoxification after Chemotherapy or other chemical exposure...the INFRA-RED Body Wrap is definitely a natural therapy you will want to put on your list!

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KNEE PAIN DOES NOT MEAN YOU NEED KNEE REPLACEMENT SURGERY

By Physicians Rehabilitation

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.

What are Hyalgan Injections?

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.

What's the process?

It's a very easy and quick process. Our Doctors will inject Hyalgan directing into your knee joint using a high tech medical device called a Fluoroscope to pinpoint the exact location intended with extreme accuracy, which provides the best possible outcome from each injection. Then, an injection of dye confirms needle placement to ensure that the pain relieving drug Hyalgan reaches the knee capsule where it bonds with the naturally occurring joint fluid to create a lubricating and cushioning layer. That's why if you have tried any type of pain reduction injection elsewhere without success, we may still be able to assist you as your original injection may have never would up in just the right place. Most patients compare the treatment to getting a flu shot and report little pain or discomfort.

When will I feel results?

Most feel an immediate reduction in pain and return to normal activities in weeks.



Avoid Unnecessary Surgery! This FDA-approved treatment is proven to relieve knee pain, while eliminating the need for surgery. Treatment is safe, easy and covered by most insurance companies, including Medicare.

Will my insurance cover this treatment?

Yes, most major insurances and Medicare will pay for this treatment.

What are other people saying about it?

"My knee feels great. I had already had a total knee replacement and wanted to try something rather than go through another painful surgery. After completing the program, I can now dance again which I have not done in years, and my lifestyle is on its way back to normal!" - Elizabeth B.

So what are you waiting for?

Pick up the phone and call us today to schedule your NO-COST, NO-OBLIGATION consultation. The demand for this procedure has been overwhelming. We've added extra lines to accommodate your calls, so if our line is busy, or you are re-directed to voice mail, please leave a message or call back. Living pain free and getting your life back is well worth the phone call. So keep calling – help is only a phone call away...



239-768-6396 | www.PhysiciansRehabilitation.com



By Sujatha Ramamurthy MD

Do you remember the days when doctors took time to actually get to know you and build a relationship with you? Remember when doctors not only took care of you in their office, but would also visit with you and oversee your care while in the hospital? You trusted them to explain what was going on with your condition and to help your family understand your health care plan by answering every question that was asked. Over the years medical treatment has surely changed, that personal relationship and trust has been challenged, as it has become diluted and replaced by multiple and sometimes disconnected medical professionals.

Insurance companies and health plans are dictating the way that medical professionals take care of patients more and more, leaving a frustrated medical community who is only trying to serve their patients' needs to the best of their abilities.

Unfortunately, our rapidly aging population of elders is suffering the most from this shift in care, both medically and financially. As medicine changes into a business, it is increasingly more difficult for physicians, and other healthcare affiliates to be able to address patients' needs on

a regular basis and provide a contingent care to the issues that arise. For many patients it is becoming increasingly difficult to leave their homes for regular office visits or for physicians to accommodate them in their offices or follow them during their hospitalizations. Many doctors now have to use a hospitalist-based system to admit their patients and feel a disconnection from their patients, as their patients are discharged to their homes or facilities. Often patients are frustrated as well with being hospitalized or in a skilled nursing facility where their medical management has been changed and they are faced with new medications, home healthcare plans, and new diagnoses. Physicians are also frustrated with these changes as it becomes more cumbersome to discover and obtain the overall insight to the patient as they have lost their continuity of care and the invaluable physician-patient relationship that they were once able to build.

With multiple caregivers, offices and procedures, it can sometimes be overwhelming to ensure that everyone is on the same page and stays up to date on your condition and treatment. When multiple doctors are involved, continuity of care is vital.

Doctors2you is like a string that links scattered beads to form a necklace around a disconnected health care system.

Doctors2you is a short-term transitional medical house call service that provides medical care in the home for up to 30 days for patients that have been recently discharged from the hospital, SNF or rehab. Doctors2 you will provide medical treatment to bridge the disconnect between the healthcare system and patients by having a house-call doctor visit the home following hospitalization or rehab stay. This unique service provided by the house-call doctor gives the patient peace of mind by allowing them to form a one-on-one connection with a doctor who will help them transition from being in the hospital to returning home. This ensures that there is no lapse in care and enable complete and quick recovery.

This service offers preventative care as well as transitional care for patients. What many patients don't realize is that most healthcare plans, including Medicare, cover services provided by house-call doctors.



House-call Doctor Visits

Patients are visited upon discharge and on an as needed basis thereafter to monitor vital signs, medication evaluation, routine blood work and evaluation for other homecare needs. Home visits allow for the time to evaluate and educate each patient in their surroundings and provide a much-needed personalized care. During this transitional time (up to 30 days) we will serve as a bridge between the patient and their doctors, by taking the time to explain the conditions and treatment in a way that enhances patient compliance and better health choices. It is too often that minor problems go untreated or overlooked, resulting in emergency room visits because the patient was afraid to leave their home, couldn't get transportation, or were not able to schedule a follow up with their primary care physician.

"Oftentimes, we in the medical community forget how difficult it may be for our patients to reach us in our offices. They may have had surgery and are unable to drive, due to pain or medications they're taking, or simply do not have anyone to bring them to their appointments. They may have had their medications changed while in the hospital or facility, and are unclear what to do with the medications they already have at home. They may be set up with a homecare agency or equipment that doesn't arrive. Being a house-call physician I see the things that need to be addressed and having the ability to visit the patient in their home gives me volumes of information that can't be seen at an office visit or hospitalization."

Doctors2you is not a replacement for your primary care physician in fact it is working in conjunction with your primary and specialists to reestablish a loss of connection during the time you were not able to be cared for by them directly. We provide a concierge type service but do not charge additional fees, we bill your insurance company just like any other doctors office. To retain our services all you need to do is ask. You may call our office directly, or notify a hospital representative, or the doctor that is currently taking care of you that you would like our service in your home. We will do the rest to help bring everyone together for your health and your total wellness.

With everyone in a rush these days and doctors being forced to treat an increasing number of patients, seeking the aid from a house-call doctor to help ensure that nothing gets missed during your recovery and that you always receive the best care from all doctors involved in your treatment.

Doctors2you provides other services like regularly scheduled house-call visits to assisted-living facilities or homebound patients. We also have a program for snowbirds that do not have a doctor locally, to bridge that temporary gap between your doctors up north and your family to allow for continuity of care and ensure that you have good medical attention when you are far away from home. We can help you find the specialist you need and refer you to a local physician if you need further care.

Doctors2you provides other services like regularly scheduled house-call visits to assisted-living facilities or homebound patients. We also have a program for snowbirds that do not have a doctor locally, to bridge that temporary gap between your doctors up north and your family to allow for continuity of care and ensure that you have good medical attention when you are far away from home. We can help you find the specialist you need and refer you to a local physician if you need further care.

Navigating the health care system can be overwhelming for many patients, especially those with multiple health concerns. Let Doctors2you help coordinate your care, whether you have surgery scheduled, were just released from the hospital or, or are staying in Florida for the winter. You can rest assured that the friendly and experienced doctors will ensure that no part of your health care plan falls through the cracks. Trust Doctors2you to be your voice in what can easily become a tangled web of paperwork, medical terms and office visits.

Call today to find out how we can help you!

DOCTORS2YOU | 239-332-0407



Sujatha Ramamurthy, MD

Dr. Ramamurthy is bringing housecalls back to Lee County to help seniors who are having a hard time getting out of their homes to see their doctor. Through Doctors2you we can help to reduce the re-hospitalization, bounce back, and frequent ER visits. We are covered by Medicare and most healthcare plans. Dr. Ramamurthy trained in Newark New Jersey, and knows how important your northern doctors are to you. The snow bird program was designed to help patients who do not have a regular doctor in Florida or are just here visiting for the season to connect with a doctor locally, someone who will bridge the gap between North and South medical care and avoid the small problems becoming big ones.

SLEEP APNEA SHOULD NEVER BE IGNORED-LINKS TO GLAUCOMA & HYPOTHYROIDISM

Dental Appliances Are An Alternative Treatment To The Common CPAP.

Sleep apnea is a serious, and potentially life-threatening, sleep disorder. Sleep apnea is a common disorder that causes pauses in breathing or shallow breaths while you sleep. As a result, not enough air reaches your lungs.

A person with sleep apnea is constantly awoken by the body due to lack of oxygen. In many situations, the person suffering from this condition is not even aware that it is happening.

Continuous positive airway pressure (CPAP)

If you have moderate to severe sleep apnea, you may benefit from a machine that delivers air pressure through a mask placed over your nose while you sleep.

Although CPAP is the most common method of treating sleep apnea, some people find it cumbersome or uncomfortable. As a result many people have given up on CPAP.

Furthermore, sleep apnea causes hypoxia, reduced oxygen, which may lead to abnormal blood flow auto-regulation and hypertension. In addition, there is decreased cerebral oxygenation during apneic episodes, and thereby the possibility of ischemia-induced optic nerve damage. For patients who have not been diagnosed with sleep apnea or refuse to wear their CPAP this could be causing nerve damage.

Researchers have found a strong association of Glaucoma with sleep apnea disorders due to factors such as poor blood flow to the eye and brain.

A link also exists between Hypothyroidism and sleep apnea. The symptoms of Hypothyroidism (swollen tongue and soft tissue in the mouth and throat) may be responsible for the Sleep Apnea. As stated earlier, another frequent symptom of hypothyroidism is obesity, which can also cause sleep apnea. Getting the correct diagnosis between Hypothyroidism and Sleep Apnea is critical for an optical lifespan.



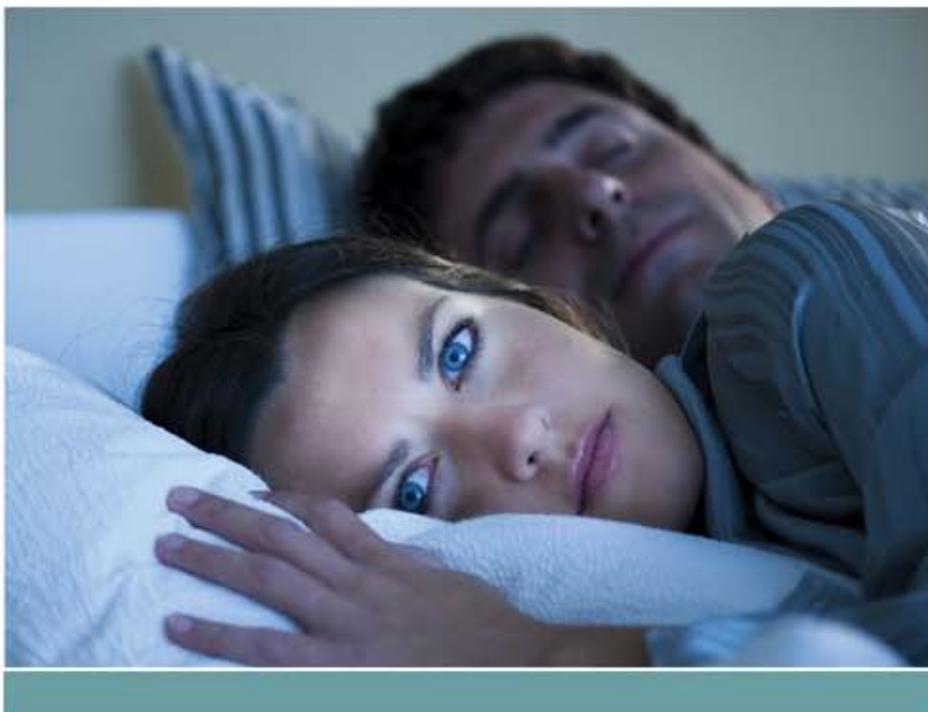
Sleep can often be a barometer of your overall health. Sleep Apnea can lead to serious health problems over time, including diabetes, high blood pressure, heart disease, stroke and weight gain. Eating healthier and sticking to a weight loss program will both highly benefit anyone who suffers with sleep apnea.

It's that time of year when we make our New Year's Resolutions and being healthier should be top priority. Being healthier should be top priority. Spending more time with family and friends can be cut short if you are living with undiagnosed sleep apnea or refusing to wear the CPAP, side effects include: Morning headaches, memory problems, inability to concentrate, feeling irritable, depressed and having mood swings.

Many people who suffer from Sleep Apnea are never able to feel comfortable with the intrusive CPAP treatment and often refuse to wear the mask which leaves them in a very high risk zone if they do not address this very serious sleep disorder and find a treatment that they are comfortable with and use on a regular schedule.

If CPAP has not been a treatment you are comfortable with or you're not seeing the results you want, stop in at Pelican Landing Dental and see Dr. Rich Gilbert for a complimentary consultation to anyone who hates or refuses to wear their CPAP. Dr. Rich will go over the many benefits of a dental alternative to the CPAP, which is a small custom fabricated dental appliance that can be equally as effective as a CPAP and much less intrusive. This dental appliance is worn in the mouth like an orthodontic appliance during sleep. The appliance keeps the soft tissues of the throat from collapsing and interrupting normal breathing patterns.

After a brief consultation, Dr. Rich will determine if you're a candidate for oral appliance therapy. All of Pelican Landing Dental's oral appliances are completely custom fabricated from the mold of your mouth and thereby effective and easy to wear. Dental devices are designed to open the airway so that patients can breathe more easily at night. Most find that it typically only takes a few nights to get used to wearing. Please take advantage of this great offer and make your appointment today. Make 2014 your best year yet!



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Is Your Thyroid Out of Balance?

Micronutrient testing can help to pinpoint the areas that need to be addressed and why. Assessing thyroid function is more complex than simply looking at TSH levels and making sure that it falls within the broad range of .4 – 4.5.

Many factors need to be assessed through proper laboratory testing and evaluation of clinical symptoms. If your physician relies solely on checking your TSH to assess your thyroid then he is doing you a great disservice.

Are you suffering from symptoms that sound like they are related to abnormal thyroid function? You are not alone - thyroid function, particularly functioning below normal capacity is very common.

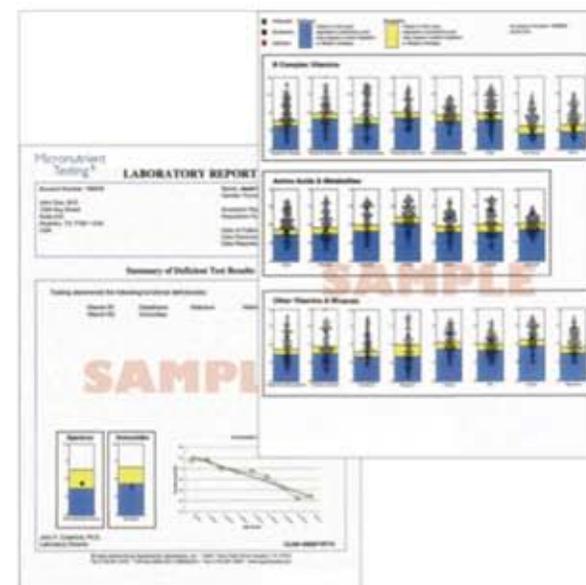


Micronutrient Testing

Unfortunately, standard screening lab tests through your family doctor have been found to not accurately reflect thyroid function. In particular, the TSH (Thyroid Stimulating Hormone) test uses a "normal range" that includes people suffering from abnormal thyroid function.

Take the guess work out of the equation. At Arc Point Lab a micronutrient test will provide you with answers. vitamin deficiencies causing thyroid/hypothyroid symptoms can be easily supported properly by learning exactly what nutrients your body truly needs. Your body cells are all influenced by thyroid hormones.

A micronutrient test that looks at the white blood cells where the nutrient levels do not fluctuate is far more accurate. We all have different areas in our bodies that are weak links where disease will show up first. If we don't correct nutritional deficiencies disease progresses and other diseases start to show up.



A micronutrient blood test is a way to check for nutrient deficiencies that are having a negative effect on the thyroid. The micronutrient tests measures how micronutrients are actually functioning within white blood cells. These tests allow nutritional assessment for a broad variety of clinical conditions including thyroid disorders.

ARCpoint Labs is a full-service Third Party Provider and testing facility for affordable drug, alcohol, DNA, steroid, background screening and clinical lab testing in Southwest Florida. It specializes in consultation to businesses, schools, government agencies, judicial environments, and private citizens.

ARCpoint Labs offers a complete spectrum of drug, alcohol and DNA testing services that are the most competitive in the industry.

Because of the number of drug, alcohol and DNA tests it conducts, clients depend on ARCpoint Labs of Fort Myers to remain on the cutting edge of the evolving drug screening industry. As new and better tests come into the market, it will provide the tests and the expertise to interpret them.

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Burning, Tingling, Stabbing Pain

Understanding the Symptoms of Peripheral Neuropathy

By Adam Shuster, DO
Pain Management Consultants of SWFL

Peripheral neuropathy is a common cause of pain across a wide spectrum of patients. Many patients are familiar with diabetic neuropathy. Neuropathic pain is often described as burning, tingling, stabbing, and is often worse at night. Patients may also suffer from numbness of the feet or legs. The symptoms tend to be in a stocking distribution.

Peripheral Neuropathy May Have Multiple Causes

Peripheral neuropathy may be caused by diabetes and other metabolic disorders, toxins, trauma, autoimmune disease, infection, and may be hereditary as well. Metabolic abnormalities include diabetes, but also vitamin deficiencies (thiamine and Vitamin B12). Toxins causing neuropathy include ethanol, arsenic, lead, and industrial solvents. Patients may develop neuropathy with chemotherapy, treatment for tuberculosis, or antiretroviral therapy. Trauma may lead to complex regional pain syndrome, formation of neuromas, and patients can have peripheral nerve damage. Various entrapment syndromes such as ulnar neuropathy or median neuropathy (causes carpal tunnel syndrome) are also common. Infections such as Lyme disease and HIV can lead to peripheral neuropathy.

Diagnosis of Peripheral Neuropathy

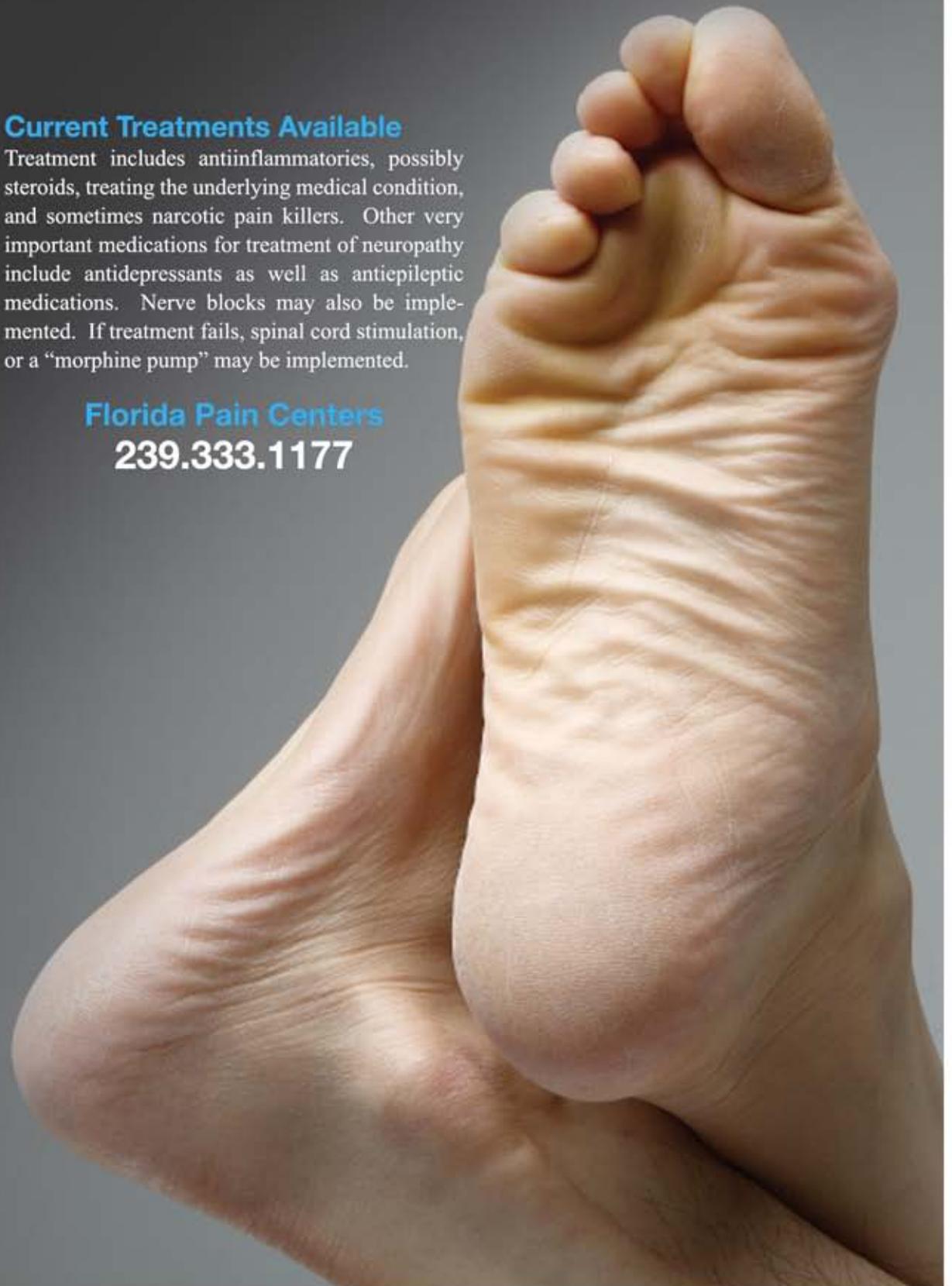
Diagnosis of peripheral neuropathy involves a work up by your doctor focusing on a detailed history and exam. A patient's current medical problems and medications are also important. Labs may be necessary to rule out an infection, metabolic disorder, or neuropathy from toxins. The patient may undergo an autoimmune workup as well. Other important diagnostic tests include EMG and nerve conduction studies. This test is primarily performed by a neurologist, but some physiatrists can perform these tests as well.

Current Treatments Available

Treatment includes antiinflammatories, possibly steroids, treating the underlying medical condition, and sometimes narcotic pain killers. Other very important medications for treatment of neuropathy include antidepressants as well as antiepileptic medications. Nerve blocks may also be implemented. If treatment fails, spinal cord stimulation, or a "morphine pump" may be implemented.

Florida Pain Centers

239.333.1177



Don't Let Hearing Loss Hold You Back

By W.L. "Hunter" Huntley, III, HAS., BC-HIS

Every January most people set new goals and resolutions for themselves.

Some individuals resolve to lose weight; either by diet or exercise, or adding weight training or some type of cardiovascular routine.

One thing people should also consider, but most don't, is having a hearing evaluation. The National Speech and Hearing Institute recommend an annual hearing examination. This should be part of and included in your annual physical. Just like vision, hearing is very important. Hearing loss is now the #1 most handicapping disability in our Nation. Some form of hearing impairment is prevalent in one out of every ten people. In senior citizens the ratio is much higher, involving almost half of our older adults.

There are a multitude of maladies that can create hearing problems; including heredity, noise exposure, blows to the head, infections, high fevers, and surgical procedures. Certain medications and circulatory complications including diabetes, stroke, and heart disease can also lead to permanent damage. In addition, alcohol and smoking introduces toxins in our bodies which lead to permanent hearing loss as well.

Having a hearing problem can be very difficult to perceive in the early stages because our brain easily adapts to compensate for it. Our brain works hard to find the right words that make sense; attempting to put in the missing pieces of the sentence. Sometimes the hearing impaired individual guesses correctly, sometimes not.

John's Hopkins School of Medicine has determined through studies with the National Institute on Aging; that even

those with mild hearing loss are twice as likely to suffer from dementia and Alzheimers disease. Individuals with more severe hearing loss are five times more likely to contract the disease. This is caused by depriving "proper" stimulation to the auditory cortex of the brain, causing it to atrophy and lose function.

It is worth noting that sixty-five percent of people who have hearing loss are below retirement age. This has a profound impact in the workplace. A recent study done by the U. S. Department of Education found those middle-aged (45-64) participants who had a hearing loss but no treatment (no hearing instruments) felt they had been passed over for promotions much more often than their normal hearing co-workers; or who had hearing loss, but wore hearing devices. The study also found that those with unaided hearing loss were unemployed at a higher rate than their peers who wore hearing devices.

Middle-aged to older working people with untreated hearing loss are also found to be three times more likely to fall at work as their normal hearing peers

When a hearing loss affects one at work, there is usually little or no sympathy among co-workers and supervisors. One possible reason may be that hearing loss is invisible. Therefore, many suspect the hearing impaired person of not paying attention, or worse, ignoring them.

The cost of having a hearing loss without wearing hearing instruments will cost workers across the U. S. millions of dollars during their careers; either by misunderstanding a request, an order, or by not hearing it at all.



If you find you are having more trouble lately hearing what your co-worker or supervisor is saying, or if you find yourself exhausted at the end of the day from trying to hear at work, it is time to get a hearing examination. The most important thing to remember, hearing loss doesn't go away. The faster it is treated, the more natural one's hearing will be both at work and at home. Don't let hearing loss keep you from being your best at home, work or in your community.

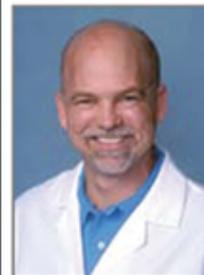
Now for the "good news"; most hearing and understanding problems can now be overcome through use of hearing instruments. Digital technology has now become the norm, making older analog technology obsolete. Using computer chips, digital hearing devices can be programmed on a computer to "prescription fit" for each individual's particular loss. Best of, all they can be re-programmed in the future in case of

any additional decline in hearing. Multiple programs can also be added for various types of listening environments to suit the individuals' needs; like noisy restaurants, social gatherings, and church. Directional microphones engage automatically when sounds reach a higher decibel level, allowing the wearer to focus on the conversation in front of them, without background noises from behind being over amplified.

Automatic telephone response (ATR) allows the user to use the telephone when placed next to the aided ear without the annoying "squeal" from older hearing devices.

Technology continues to improve by leaps and bounds as hearing instruments continue to evolve.

Nothing interferes with staying close to family, friends, or co-workers more than hearing loss.



LEONARDI HEARING CENTER, INC.

W.L. "Hunter" Huntley, III, HAS, BC-HIS, Board Certified

W.L. "Hunter" Huntley, III, HAS, BC-HIS, Board Certified, attended Edinboro State College, Edinboro, PA, on a football scholarship and finished his education at the University of FL before entering training with Beltone Electronics in Chicago, IL. He was a Beltone hearing instrument dispenser from 1986 to 1992. Hunter is also a 2 time brain cancer survivor in 1993 & 1994. He has operated Leonardi Hearing Center, Inc., since 1994. Voted one of the best Hearing Healthcare Professionals in the Nation by the Hearing Review magazine for 2012 & 2013. He is also a Hearing Healthcare member in good standing with the International Hearing Society for 20 years.

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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.

Mobility Meets Stability

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.

Schedule a time to come and demo the Anti-Gravity Treadmill at Life Care Center of Estero! Call us at 239-495-4046.



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How's the Line of Communication Between Your Brain and Thyroid?

Make a promise to take charge of your health this year!!

By Drs. Drew and Kanema Clark

Thyroid problems have become all too common, but definitely not normal. It is estimated that 30 million Americans suffer with thyroid problems and of those 30 million, 95% of them have a thyroid that is under functioning. To add insult to injury almost half of those cases either go misdiagnosed or in some cases undiagnosed altogether. There are some physicians that estimate as many as 1 in 5 Americans may suffer from a low thyroid state. Below are some of the many symptoms associated with an improperly functioning Thyroid.

- Depression
- Anxiety or Nervousness
- High Blood pressure
- Insomnia
- Muscle or Joint Pain
- Severe Fatigue
- Changes in Skin & Hair
- Weight gain
- Bowl problems
- High Cholesterol

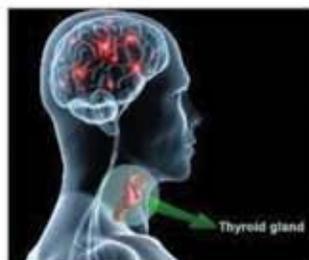


The thyroid is a butterfly-shaped gland located at the front of the neck, next to the windpipe, under the Adam's apple. It produces important hormones (T3, and T4) that affect almost every process in the body. These processes include

but are not limited to metabolism, heart rate, body temperature, and healing or repair. Therefore, it is easy to understand how important it is to ensure that your thyroid is functioning optimally. If these hormones are not produced in enough quantity it produces a condition known as hypothyroidism and if too much of the hormones are produced hyperthyroidism results. Even though problems with the thyroid are common, symptoms often appear gradually, allowing the condition to wreak havoc on your quality of life over time. Maybe, this has been your reality but maybe, Upper Cervical Chiropractic is your answer.

Miscommunication

There is a growing body of evidence that reports certain cases of thyroid disorders result from the malfunction of nerve pathways in the



brain, brainstem, and spinal cord. Whether the thyroid is too active or not active enough the problem can be due to a malfunction or interruption in the communication between these structures. According to a study published in the Journal of Manipulative Therapeutics, there was a correlation between whiplash incidents and poor thyroid function post injury. This begins connecting the dots as to how communication between the brain and thyroid can break down and lead to problems. Furthermore, we gather a clearer understanding if we take into account information published in the Journal of Neurology by Dr. T. Lee, "hyperfunctional (over active) or Hypofunctional (under active) neurons along a neural chain prevent normal nerve transmission causing disturbances in the homeostasis of cells, tissues and organs." In other words, if communication breaks down then so does the function of that particular cell, tissue or organ.

Upper Cervical Chiropractic and Thyroid Conditions

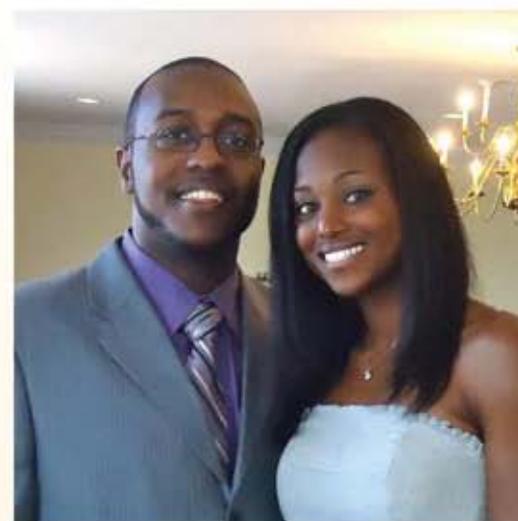
Fundamentally, when we consider how head and neck trauma can create a situation that causes a disruption in the communication between the nerve structures and introduce the concept that the sole purpose of Upper Cervical Care is to restore proper nerve communication; one could understand how Upper Cervical Chiropractic can help in many cases.



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This is accomplished by evaluating the delicate relationship between the first bone (Atlas) and the brainstem, which is a vital component of the neural communicating pathway. If a problem with this atlas bone is detected we gently and specifically reposition the bone, freeing nerve communication and maximizing your body's natural recuperative power. Our job is not to treat or cure thyroid conditions, we simply, yet effectively ensure proper Brain to Body communication.

Make proper Brain to Body Communication your #1 New Years Resolution!



Drs. Drew and Kanema Clark

LET OUR FAMILY TAKE CARE OF YOURS

Arc of Life Family Spinal Care welcomes families who wish to accumulate generational health; from grandparents to grandchildren and on. Whether it is proactive strengthening, or restoring the natural recuperative care of your body, Arc of Life Family Spinal Care welcomes you to enjoy a higher quality of life.

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A New Year, A Brighter Smile!

By Dr. Ricardo S. Bocanegra, DDS

Are you dreaming of a brighter new year? It is certainly the most wonderful time of the year, with a fresh start, new goals and resolutions – but you don't want your smile to let you down.

Whether it is from drinking too much wine, tea or coffee – stains can build up on your teeth over time and cause your smile to lose its sparkle. With age, one of the first things to go is the freshness of your smile. At about thirty, tooth color begins to dim. There is a natural tendency for dentin- just beneath the enamel- to become yellow. If you smoke or over-indulge in coffee or cola, darkening can be dramatic.

No doubt about it, we're living longer and we're living better. All that effort put into diet and exercise is paying off. And while you're going through your paces on the treadmill, your smile might need a bit of improvement. But don't despair, our teeth whitening systems can deliver white teeth on demand and help you keep them white for life.

Tooth-whitening systems take many forms. There are gels and solutions accelerated by light; the laser is used to "jump-start" the whitening process. Results can be subtle and take time to achieve a bright white smile, or they can be immediate- with a whiter smile with just one treatment. Professional teeth whitening options vary with either a one-time in-office visit (approximately one to two hours) or the at-home whitening system, which is a two-week process.

There are also many over-the-counter types of home bleaching products, but they do not have the whitening concentration that the professional products contain. There are also many over-the-counter whitening toothpastes available. These toothpastes contain mild abrasives that take off surface stains. They do not change the overall color or internal shade of your teeth, like the professional products dental offices provide.

Before beginning any whitening process, allow a dentist to examine your teeth and gum tissue to make sure they are healthy. You should complete any restorative work (your cavities must be taken care of first) before you whiten your teeth. If you become a candidate for tooth bleaching or whitening, your dentist will suggest which whitening procedures will be most effective for you and give you your options. In any case, the result is visible in days and, with touch-ups, can last for years.

So as the holiday season and new year approach, why not consider giving a gift that enhances your or someone else's smile? A smile says a thousand words. ... Why not make it a beautiful bright smile?



Ricardo S. Bocanegra, D.D.S.

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Fort Myers, Florida 33912

porto fino dental
IMPLANT, COSMETIC AND RESTORATIVE DENTISTRY

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)

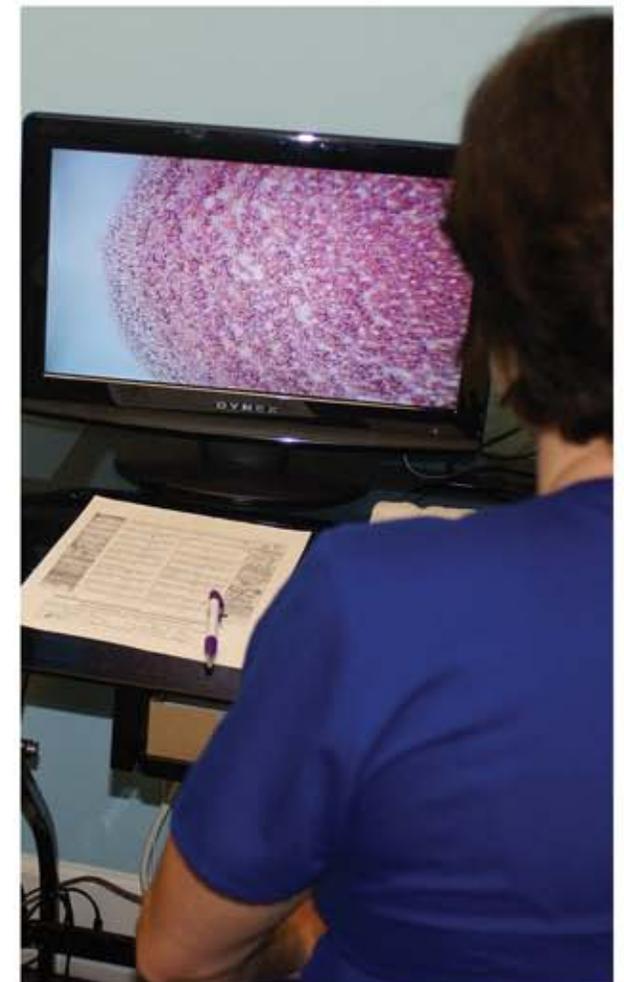
Is a totally non-invasive clinical imaging procedure for detecting and monitoring a number of diseases and physical injuries, by showing the thermal abnormalities present in the body. YOLLO using this very advanced camera to aid in diagnosis and prognosis, as well as monitoring therapy progress, for 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

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

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Drs. Drew and Kanema Clark

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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) Unequaled 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!



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Eliminate Pain And Kick-Start Your Fitness Goals for 2014

At the start of a new year many individuals commit to getting fit by starting a new fitness program. Exercise is a great way to get in shape, improve your health, prevent disease, lose weight, boost your confidence, relieve stress and help to eliminate depression.

Pain often interferes with our fitness goals. Pinpointing the pain and the cause of the pain allows the proper treatment regiment to begin and allows you to get back to exercising.

Through a thorough assessment the proper footwear or custom inserts can be recommended to alleviate or eliminate the following pain: **Foot pain, knee, hip and back pain.**

Foot Solutions expert staff is carefully trained to evaluate your pain, pinpoint problems, and recommend customized solutions. We can help people with a variety of problems and conditions, including:

- Anyone who's feet hurt
- Those living with arthritis and diabetes
- People whose doctors recommend special shoes or inserts as part of their treatment plan
- People with hard-to-fit feet
- Walkers and runners
- People who stand all day at work
- People who are experiencing back pain or pain in their joints
- Athletes looking for a competitive edge

There are other non-surgical, drug-free alternatives to alleviate or eliminate pain that Foot Solutions of Estero offer such as:

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Reflexology promotes relaxation, improves circulation, reduces pain, soothes tired feet, and encourages overall healing. This is performed by a Licensed Reflexologist through a series of massages (focusing primarily on the feet and lower legs.) Depending on your needs, you may want to try traditional Reflexology, "Plantar Fasciitis" Foot Massage, or a Deep Tissue and Relaxation foot and lower leg massage.

Infrared Light Therapy: Light your way to pain relief. This unique treatment harnesses the healing power of specific wavelengths of light. When infrared energy is delivered to injury sites and other painful areas, it dramatically increases circulation, reduces inflammation, and promotes healing. Pain Relief Light therapy has been approved by the FDA. This type of therapy treatment often allows patients to avoid invasive surgeries and reduce or eliminate their reliance on dangerous prescription drugs.

The **Bio-Back** orthotic provides support to your lumbar and abdominal regions, and automatically improves posture. It creates pressure to reduce the load on intervertebral discs and facet joints, thereby alleviating inflammation and pain while promoting improved body mechanics. The Bio-Back's low profile design will not restrict your movements, allowing you to live a more active and productive lifestyle. If lower back pain is a constant struggle for you, this revolutionary product will provide you the relief you have been looking for.

After back pain is eliminated, you can get started with an exercise / walking routine that they will be able to stick to. Let Foot Solutions of Estero guide you to feel better and live better in 2014 call today for a free foot analysis to see how we can help.

10 New Year's Resolutions That Are Easy To Keep

1. Get specific about your goals. How will you measure it, why do you want it, how will you get it, and how much is enough.

2. Be more active whenever you can. Acknowledge that fitting in activity or exercise is not always possible. But, pledge to set aside time each day that

is solely devoted to fitness...even if it's only a brisk 15 minute walk or jog. Learn the difference between "can't" and "can't be bothered."

3. Eat more fruits and vegetables. Fruits and vegetables are packed with health promoting and disease fighting nutrients.

4. Visit the gym often. Once you have signed up keep swiping that card until it becomes a habit.

5. Be body aware. Know your body and know your pain levels. Scan your body on a regular basis and know where you need to make corrections within your workout routine. Maybe you need to walk one day verses jogging, or maybe you feel your body getting stronger, and you can add some time or reps to your routine. Your body will thank you when you are attune to its needs.

6. Keep a training journal. You will find it to be very motivating and useful in maintaining a routine.

7. Make sure your fluid intake is where it should be. Drinking enough fluids is an absolutely essential part of everyone's daily fitness program.

8. Balance your activities. It is important to have flexibility in your daily workouts. Do not overdo one particular activity, mix it up and keep it interesting.

9. Effort levels. Challenge yourself, but also know when to slow things down.

10. Learn new activities. The body gets complacent when you always do the same thing. Find new types of activities (think outside the gym) that you enjoy, but that also provide you with a workout.

Wishing you health and happiness. Happy New Year from the staff at Foot Solutions of Estero!

Christopher M. Cole, L.Ped



Chris is a Licensed Board Certified Pedorthist and owner of Foot Solutions Estero, a BOC Accredited Facility. Chris graduated from Clemson University and has taken advanced course study in Mass Position Theory, CAD/CAM Technology for Prescription Foot Orthotics, Pedorthic Care of Diabetic Foot, Heel Pain Syndrome, Obesity among older Americans, Fall Prevention, and Shoe Construction and Modification.

Is Your Vision Becoming Cloudy and Blurry? You May Have Cataracts

By Jonathan M. Frantz, MD, FACS

Of the many changes that happen with age, cataracts are one of the most inevitable. They affect nearly 20.5 million people in the U.S. age 40 and older. Cataracts may be unnoticeable at first, but as they develop, they begin to interfere with your lifestyle.

What is a cataract? As you age, the lenses in your eyes become cloudy, causing blurry vision, sensitivity, glares and rings of light known as halos — often at night and while driving. Surgery is the only way a cataract can be removed. However, if symptoms from a cataract are mild, a change of glasses may be all that is needed to function more comfortably for a while. There are no medications, eye drops, dietary supplements, exercises or optical devices that have been shown to prevent or cure cataracts. Protection from excessive sunlight may help prevent or slow the progression of cataracts. Sunglasses that screen out ultraviolet (UV) light rays or regular eyeglasses with a clear, anti UV coating offer this protection.

Cataract surgery should be considered when cataracts interfere with your ability to live your desired lifestyle or perform daily tasks. When you have a cataract that is causing visual symptoms, these symptoms will not improve without treatment.

In May of 2012, Dr. Jonathan Frantz introduced Bladeless Laser Cataract Surgery to southwest Florida. This was the biggest advancement in cataract surgery in

20 years. Recently, he added the ORA (Optiwave Refractive Analysis) System with VeriEye to continuously monitor the measurements of a patient's eye during their cataract surgery. "The instantaneous feedback that I get from the VeriEye has proven to be invaluable for making minor adjustments in the surgical suite that allows me to confidently refine a patient's lens power for an optimal visual outcome," said Dr. Frantz.

If you have been diagnosed or think you may have cataracts, Dr. Frantz invites you to attend one of his upcoming seminars to learn more about cataracts and their symptoms. He will also explain the difference between traditional cataract surgery and the bladeless laser cataract procedure and discuss the various intraocular lens options. Our January seminars are Tuesday, January 21 at 12:30 pm in our Fort Myers office, 12731 New Brittany Blvd. and on Wednesday, January 22 at noon in our Naples office, 2100 Tamiami Trail. To make reservations for a seminar, or to schedule an appointment, call our Fort Myers office at 239.418.0999 or Naples office at 239.430.3939 or visit our website at www.BetterVision.net.



Jonathan M. Frantz, MD, FACS, is named in The Guide to America's Top Ophthalmologists. He and his team of doctors at Frantz EyeCare offer a broad spectrum of patient-focused comprehensive care from eye exams and eyewear to bladeless laser cataract removal, treatment of eye diseases, bladeless iLASIK laser vision correction, and eyelid surgery with office locations in Fort Myers, Cape Coral, Punta Gorda, Lehigh Acres, and Naples.

To make an appointment online, visit www.bettervision.net or call Frantz EyeCare at 239-418-0999.



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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

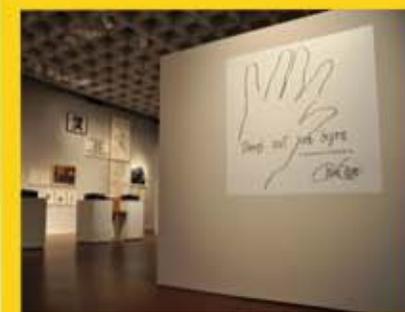
Rice University and the University of Arkansas have been using the rather unique context of Bentonville to do significant research into the real - now measurable - effect museum field trips have on developing minds.

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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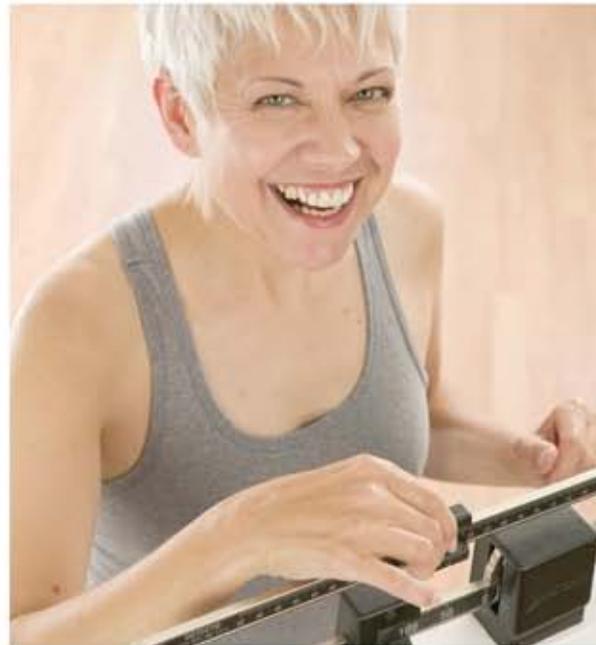
It's Time to Make hCG YOUR Last Diet

By Sharon Chatham Sullivan, Clinic Director, Weight Loss

Another year, another new diet is an all too familiar annual refrain for many men and women who struggle with their weight. Every New Year starts with promise and resolve and often with a short term result of lost weight. A few months later, though, the body has returned to its old familiar weight (set point) and the person feels a sense of failure and hopelessness. It really doesn't have to be that way.

There is a better way; a way that difficult to lose fat can be shed in a shortened time frame with little or no hunger and a feeling of well-being. The hCG weight loss protocol, developed in the late 50's and published in 1967 by A.T.W. Simeons, an endocrinologist, is one method that works. It is controversial but in the past 5 years many doctors have found it works for people who have found traditional methods of weight loss difficult or impossible. Dr. Oz has been following many clinics as they make adjustments to the old protocol and has done positive programs on the diet.

HCG is a natural hormone produced in the body during pregnancy. When a low dose injection of pharmaceutical grade hCG is taken daily appetite suppression occurs. While eating a plain whole foods diet it is possible for someone to lose 1/2 to 1 pound a day. I believe there is a psychological advantage to the shots that reiterates to the dieter how serious they are about changing their eating habits and losing weight and inches permanently.



The FDA has not seen a full scale study of this diet and therefore cannot say it works. Who can say it works? The thousands of men and women have done this diet for almost 50 years. We still get women who were on hCG diets 30 years ago and are happy to find us.

Although it is a very low calorie diet comprised of fruit, lean protein and vegetables, they are eaten in a way that satisfies. Over a six week period, should help the dieter develop a taste for "clean" food. During six weeks most people lose from 20 to 50 pounds. We adjust the calorie intake to the individual's activity levels with some very fit but overweight people consuming up to 1000 calories.

People on thyroid medication find that they can lose weight easily on this where nothing else works. I like to see couples doing the diet together. Men do extremely well on this diet. (well, they do better on most diets so no surprise here)

This is also a diet that is wonderfully effective for post-menopausal women. I should know, I lost about 30 pounds and have kept it off for four years. I do not count calories now but I do watch my weight very closely. We will teach you this very common sense technique during your maintenance appointment.

Every coach at Nova Medical SWF, Inc. has successfully done our diet. We can help you be successful too. We look forward to helping you in 2014. This could be YOUR LAST DIET.

Call our Fort Myers office 239 288 6581 or Bonita Springs 239 676 5374 for a free consultation. Look us up on Facebook: <https://www.facebook.com/hGCWeightLossClinic> or email novacoachsharon@gmail.com for more information, including pricing.

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Does The Weather Really Effect Our Feet?

By Brian K. Doerr, DPM, Fellow of the American College of Foot & Ankle Surgeons

For many of us, our feet are the furthest things from our minds, both physically and mentally. We expect they'll be uncomfortable at times, and we put up with it when they hurt. But healthy feet are fundamental to the quality of our lives. After all they function as transportation for us all when we call upon them. So it is important to have healthy feet.

The very first areas of our bodies that feel the effects of cold weather are our hands and feet. Warm weather effects our feet as well and will also be discussed to help educate everyone so they can prepare accordingly.

Having the state of the art latest thermal socks and shoe wear does not necessarily always protect you from foot problems. If you skimp on one piece of protective clothing that is all it takes to cause a loss of body heat which leads to constriction of blood vessels in the arms and legs. This now causes the hands and feet to become more sensitive to the effects of the cold.

Sweating and exposure to any form of moisture causes foot problems as well increasing heat loss which makes the skin more prone to Dermatitis, which simply means skin inflammation, but it embraces a range of ailments. In most people, the early stages of dermatitis are characterized by red, dry, and itchy skin. More serious dermatitis may result in crusty scales or blisters that ooze fluid.

Frostbite is another cold weather foot condition. Frostnip also is a cold weather is basically a mild form of frostbite. However, to a person with poor circulation, frostnip can easily become the more serious frostbite. We all have childhood memories of our parents warning us to put the proper socks and shoes on before heading out in the winter snow to avoid getting frostbite. Injuries from frostbite range from mild symptoms such as pale skin that becomes red and swollen pain to a more serious condition which could lead to amputation in the most serious cases. With prolonged exposure to cold weather the feet are often the first part of the body to feel the uncomfortable effects.

With a little bit of planning—and the proper combination of sock, insole and boot—feet can stay healthy and warm all winter long. Hibernation will not be necessary and anticipating the cold weather ahead of time will help everyone make the most out of the cold.

After the cold winter months have passed and the warmer summer months arrive you are probably looking forward to kicking off your shoes and socks and enjoying the beach, pool or a walk in the park. Unfortunately walking barefoot can lead you vulnerable to a host of warm weather foot conditions. During the summer months dry scaly itchy feet become a more common complaint.

Living here in the Sunshine State during the summer months athlete's foot is a very common foot condition. It is a common fungal infection caused in part by excess moisture trapped between the toes and the bottom of the foot.

Treatment can range from topical creams to oral anti-fungal medications. If caught early, topical treatments can usually be effective. More severe conditions may necessitate the use of stronger, oral medication.

Planters warts are common in the warmer months. They are caused by a virus that enter the feet through small cracks in the feet and typically appear on the bottom of the foot. These type warts can be passed from person to person from standing water found near pools, decks, showers or even a puddle. These warts are not dangerous but can be very painful and not pleasant to look at. Treatment for planters warts may require several visits to a Podiatrist to kill the virus.

Blisters are more common in the warmer months. Most blisters are caused by rubbing especially between the toes when wearing flip flops. The key to helping prevent summer foot blisters are to keep your feet dry and wear shoes or sandals that fit well and are not too loose.



Preventing warm weather foot problems is fairly simple: Clean your feet after exercise or whenever they are sweaty. After bathing or showering, dry your feet thoroughly, especially in-between your toes. Avoid direct contact with public, locker room or shower floors by wearing flip flops, water shoes or other types of other foot gear.

Podiatrists are trained in all aspects of care for the feet. They are the most qualified Doctors to care for your feet. A doctor of podiatric medicine is to the foot what a dentist is to the mouth or an ophthalmologist to the eye - a specialist who has undergone lengthy, thorough study to become uniquely well-qualified to treat a specific part of the body. If you are experiencing any foot conditions whether caused by the warm or cold climate conditions call Dr. Doerr's office today to schedule an appointment.



BRIAN K. DOERR, DPM

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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 Venus 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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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.

George T. Leamon, CLTC - Lutgert Insurance

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Blog: GeorgeTLeamon.com

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

Start off the New Year Right Provide a Roadmap!

As estate planners, we spend a lot of time asking our clients to put their essential documents in place in case disaster strikes – documents such as your Will or Revocable Trust as well as your ancillary documents like your health care power of attorney and living will declaration, for instance.

For their part, clients often worry about who might get what asset and whether there will be a tax impact to their planning.

But, we all know that, while we want the documents to assure that we are able to leave the assets to the persons we want in the manner we want, the REAL magic we want those documents to work is to take away the pain of loss caused by our death – and there is the rub – we know that only time can help the pain.

What we can address is the anxiety caused by the loss and create greater calm. How?

Essential documents lay the ground work for good planning but there is so much detail to daily living that is, by necessity, left out of those essential documents – and, yet, so much more is left to be said...

Consider drafting a memorandum of intent – a roadmap, if you will, of your daily living – no, it's not binding but it sure is helpful.

If you have minor children, for instance, it would be ideal to tell your successor what a typical day might entail, what stuffed animal brings comfort at night, what foods are absolutely hated – all the things that make life NORMAL for your child and are taken for granted now, would be a marvelous communication for someone picking up where you left off after you were so suddenly taken away. If it is just you and your spouse, telling your spouse how you handle the various mundane household things and all the passwords in the computer will be invaluable to picking up the pieces.

Include the contact information for those family and friends who did not make the Contact List contained

in your Estate Portfolio but, nonetheless, are important elements of your daily life in consequential ways such as for play dates or as regular bridge partners. If you have a particular religious practice (always the 9:15 children's mass), or favorite foods on holidays (stuffoli) or unique traditions, include those.

Leaving a roadmap of what makes your life peculiarly YOURS to accompany your Will or your Revocable Trust in your Estate Portfolio will make it so much easier for your loved ones if you cannot be there suddenly. Reducing anxiety helps time heal pain.

Pre-Plan Your Memorial Wishes

Consider planning your memorial ahead of time. You probably planned everything else for your family while you were living. After all, this is not really about you, is it? Sounds strange, doesn't it? But, it is about helping your family move forward. You can find the location of the gathering or service; identify who should be invited; whether there should be a ceremony; who should speak at the service or say the eulogy; whether your body will be present in a casket and, if so, whether the casket should be open or closed; how you wish to be attired; whether you wish to be cremated; who you wish to be your pallbearers; what special music, readings, food or drink you would like at your service; whether you would prefer flowers or memorial donations; indeed, any number of specifics can be spelled out.

In fact, as you review the foregoing list of items that could be addressed, you can see why it makes so much more sense for you to do this ahead of time rather than ask that your children or your spouse do this for you when, during your life, you liked to plan so much else!

If you prepay for your plan, you will want to research the company you plan to use and feel comfortable that they will be able to deliver the services for which you have contracted at the time you need them.



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.

Yes, Write Your Own Obituary

Consider writing your own obituary. While this may sound morbid, it can actually be a wonderful opportunity for you to review all the highlights of your life and celebrate everything you want to share with your friends and family. At the very least, you will want some accuracy in what is provided, so be sure to write down:

- your date and place of birth;
- family information, including the names of your spouse, children, grandchildren, parents, and siblings;
- details about your education, employment, or military service; and
- memberships in organizations.

So, in conclusion, give your family peace of mind. What a great New Year's resolution!

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Barbara M. Pizzolato, Esq.

After obtaining her J.D. from New York Law School in 1987, Ms. Pizzolato obtained her license to practice law in New Jersey (1987), New York (1988), Connecticut (1988) and Florida (2002).

Since moving to Fort Myers, FL in 2002, Ms. Pizzolato has maintained her license to practice law in NJ, NY, CT and FL and actively practices law in NY, NJ and FL.

Ms. Pizzolato is a member of:

- The Florida Bar (Real Property, Probate & Trusts and Business Law Sections)
- The Lee County Bar Association;
- The American Bar Association (Litigation, Practice Management and Tax Sections);
- The New York State Bar Association; and
- The Suffolk County Bar Association.

Ms. Pizzolato has represented thousands of clients in generating and implementing their estate plans since opening her own practice in 1994 and accepts invitations to speak on trusts and estates topics.





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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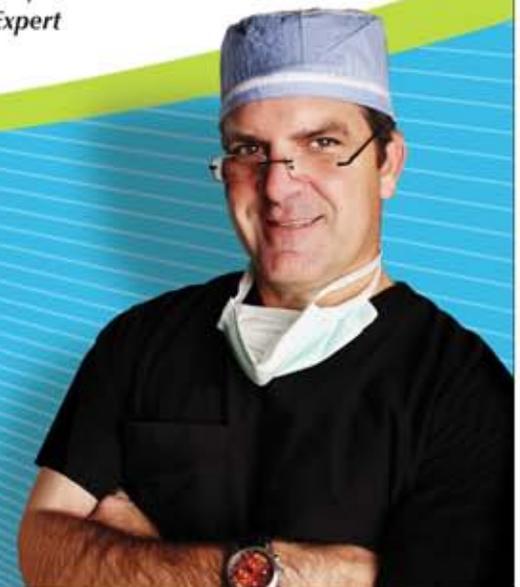
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