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Health & Wellness[®] MAGAZINE

January 2014

Manatee/Sarasota Edition - Monthly

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WHAT WILL YOU RESOLVE

To Do In 2014

Jessica Babare, DO
CardioVascular Solutions

TESTOSTERONE

And Men's Health

G. Austin Hill, MD
Urology Partners

DEDICATE THE NEW YEAR

To Your Health

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What will you RESOLVE to do in 2014

By Jessica Babare, DO, CardioVascular Solutions Institute

It's a New Year and with it comes, what else, New Year's resolutions! As a cardiologist, my patients often want to know what they can do to help live better lives and have healthier bodies. From my perspective, leading a healthy life, and staying out of the cardiologist's office, for that matter, can be accomplished with a few simple practices. Studies have repeatedly shown that up to 85% of all cardiovascular diseases are preventable with heart healthy lifestyle, and it's this one simple fact that I wish more people would fully come to understand. Even those of us, myself included, who come from families riddled with cardiovascular disease have tremendous power over the quality of our cardiovascular health and wellbeing! So, for those of you curious to know what you might do in this New Year to live a healthier life and reduce your risk of cardiovascular disease, you may find the following resolutions of great benefit!

Resolve to stop smoking

As a cardiologist, there is no one thing that I see patients doing that is more dangerous to their overall health and wellbeing than that of cigarette smoking! Many people are not aware of how dangerous smoking is to their cardiovascular health. They have been taught that smoking may lead to lung cancer, but do not realize that smoking is a large contributor to all manner of vascular diseases! Smoking is a leading cause of heart attacks, strokes, peripheral arterial disease, and amputations of limbs. Not only is smoking an expensive habit when factoring in the cost of the cigarettes, but the overall cost of the toll on the body and the resulting medical expense, is an incalculable sum!

Resolve to eat heart healthy

Eating heart healthy is one of the most important things you can do to improve your overall health and wellbeing! To eat heart healthy means to eat as natural a diet as possible, a diet devoid of processed and manufactured foods. A heart healthy diet is rich in plant based foods such as fruits, vegetables, whole grains, and beans. To eat heart healthy means to minimize meat and dairy, especially red meat and pork and any dairy products



that aren't fat free such as cheese and butter. Begin to think of meat as a garnish or a flavoring and add it in sparingly to a dish, not as the main event. If eating meat, try to eat small portions, and focus on leaner meats such as fish or lean poultry. Look for ways to eat meatless meals, even if it's only one day per week, knowing that a diet rich in plant-based foods is a far healthier way to eat. Minimize dietary sodium intake and eliminate all fried foods from your diet. When cooking or sautéing, use broth or water to cook with instead of oils. Don't add any oils to your foods after they've been cooked, trying as much as possible to only obtain your dietary intake of oils from the natural food source of origin. For example, from eating nuts, olives, oily fish like salmon, and avocados.

Resolve to manage your stress

A life lived out of emotional balance is a significant contributor to overall cardiac risk. Studies show that people who live in chronic negative emotional states are at higher risk for all manner of cardiac events: high blood pressure, heart attacks, arrhythmias, and stroke. Emotions such as anger, resentment, and anxiety, not only lead to a poor quality of life, they also contribute to poor physical health as well. Also linked to an overall

increase in cardiac mortality and morbidity is depression. Studies show that, not only do depressed people have more heart attacks, but they also have are more likely to have worse outcomes following their heart attacks than do their counterparts who are not depressed.

Managing emotional health and stressors is one of the more difficult things for most people to do. Many people feel that they cannot have a positive change in their emotional state until the stressors they feel are responsible for their sadness or worries are gone. But, in reality, we need not have a change in our personal life experience for us to begin to change the way we perceive the situations that have stressed us. We can seek out opportunities to reduce our stress by engaging in physical exercise, finding ways to be more active and spend less time in worry. Make it a habit to spend more time doing things we love, such as spending time with friends, getting out in nature, or curled up with a good book or heart-warming movie. We can engage in stress reducing activities such as yoga or taking walks. Make it a priority to focus on the positive aspects of your life by keeping a gratitude journal and engaging in prayer or meditation. Anything you can do to improve your overall emotional wellbeing will positively affect your overall heart health.



Resolve to exercise

Keeping physically fit is one of the most powerful ways that we can improve and maintain our overall health and wellbeing! Studies show that even simple exercises such as walking or taking the stairs when out and about contribute significantly to a person's overall health. Regular exercise, especially weight bearing exercise, will reduce your risk for osteoporosis and related fractures. Not only does regular exercise serve to reduce stress, improve cardiovascular conditioning, and help you maintain a healthy body weight, it can also help you recover more quickly should you ever have a setback such as a heart attack or major illness.

Resolve to achieve and maintain a healthy body weight

Being healthy and fit is important, no matter what your weight, but studies show that even modest amounts of excess weight contribute significantly to our overall cardiovascular risk. People with excess weight are at higher risk for other diseases that contribute to poor cardiac health such as high blood pressure, elevated blood cholesterol, diabetes, and sleep apnea. Even small improvements in overall body weight, when obtained following a heart healthy diet and active lifestyle are tremendously beneficial to a person's overall cardiovascular health.

Resolve to get a good night's sleep

Getting a good night's rest is important to overall cardiac health and wellbeing. Being well rested lowers a person's overall stress level, contributes to better regulation of our blood glucose levels and blood pressure, and allows for optimal function of our immune system. Good sleep habits include keeping a regular sleep/wake routine by keeping your same bedtime from day to day. As bedtime approaches, make it a habit to bring your mind to a place of stillness by minimizing any stimulating activities such as TV or loud music. Although keeping a

regular exercise routine is a great way to improve overall mood and quality of sleep, try not to do vigorous exercise too close to bedtime as this may prevent the body from relaxing easily into sleep.

Although this list of resolutions may seem daunting, do not fear that you could not accomplish many, if not all of these goals, should you set your mind to it! If keeping this list of resolutions seems too much to tackle all at once, choose one or two goals to focus on for the time being, adding to your list of goals as you can achieve them. Even small strides towards leading a heart healthy lifestyle will provide you with tremendous benefit!

No matter where you are in your health journey, here's to you and to the happiest and healthiest of New Years! I shall be joining you in striving toward a healthy and happy 2014!!



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Jessica Babare, DO

Dr. Jessica Babare is a fellowship trained interventional and general cardiologist who practices at CardioVascular Solutions Institute in Bradenton and Sarasota, Florida. Having completed her doctoral training at Nova Southeastern University College of Osteopathic Medicine and seven years of post-doctoral training at Largo Medical Center in Largo, Florida, Doctor Babare joined the practice of Doctor Gino Sedillo at CardioVascular Solutions Institute in August of 2013. Doctor Babare holds board certifications in Internal Medicine, General Cardiology, and Integrative and Holistic Medicine, and is board eligible in Interventional Cardiology.

Doctor Babare brings a unique and caring perspective to the delivery of cardiovascular care, not only in the compassionate way in which she engages her patients and their families, but, in the holistic way that she approaches the treatment process. She is a doctor whose truest desire is for every patient to be restored to his or her fullest potential for wellbeing, working to empower her patients to engage in the long term lifestyle changes that will bring about their greatest reward. Dr. Babare is known by nurses, fellow physicians, and, most importantly, by her beloved patients, as a caring and compassionate physician who is always willing to offer the time and attention necessary to discuss a diagnosis or procedure, hold a hand, or offer a hug.



TESTOSTERONE AND MEN'S HEALTH

By G. Austin Hill, MD

Tired? Is your endurance and strength declining? Have you noticed a decline in your sexual function and lost interest in your sex life?

Every man could answer yes to some or all of the above at some time or another after the age of 40. These can be common symptoms of low testosterone, but they can also occur from a myriad of other lifestyle and behavior issues as well as social and relationship issues. It is the physician's goal to "treat the whole patient," so we try to identify which of these issues is most relevant in causing the patient's symptoms.

The dogma in medical training for decades was that low testosterone could be responsible for the above but not much else. As physicians we were also taught that a decline testosterone was "normal" as men aged. These beliefs have substantially changed in the last five years.

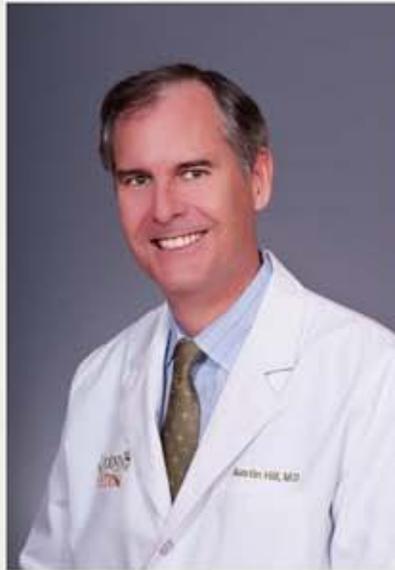
We now know that a condition known as "Metabolic Syndrome" is intimately linked to low testosterone.

The syndrome is a constellation of diabetes (or insulin resistance), hypertension, elevated triglycerides (fat levels in the blood), abdominal obesity and low testosterone. Estimates range from 25% to 45% of American men over 40 fulfill the criteria for this syndrome that carries a significantly elevated risk of stroke and heart attack. A University of California study showed that men with a low testosterone had a 33% higher risk of death over an 18 year period than men with normal testosterone. How testosterone interacts with obesity, diabetes and cholesterol is not fully understood. It is also unclear if the low testosterone is the cause of these health risks or is involved in some other way. Clearly, low testosterone is much more important to overall health than simply a factor in declining strength and sexual performance.

Testosterone is essential for male development, libido (or sexual drive), and erections. Low testosterone is often overlooked in the evaluation of erectile dysfunction (ED) because of the effectiveness of Viagra-type medications. Low testosterone, however, is a common cause of poor or declining response from these medications and should always be checked in the evaluation of ED. Testosterone replacement may also be all that the patient needs to restore his sexual function, not Viagra-type medication.

Managing low testosterone has also become much simpler and easier for patients. Ten years ago, almost all testosterone replacement was by a painful deep muscle injection with oil-based testosterone that required doses every two weeks. Testosterone levels were also difficult to manage and did not mimic normal levels, with dramatic swings in levels that were too high for a week, then too low for a week. Now, more physiologic preparations are available in creams that are applied to the skin daily. These creams provide better, even absorption and steady testosterone levels in the blood. There are also small implants that are inserted beneath the skin every 8-10 months, by a simple office procedure, that provide steady release of testosterone into the blood stream.

Testosterone management requires a thorough knowledge of the risk and benefits from the treatment. Individuals with prostate enlargement may have increased risk of prostate obstruction of the urine flow if excess testosterone stimulates faster prostate growth. Testosterone supplementation should be considered only if prostate cancer is not present, or has been successfully treated. Baseline testosterone levels should be checked in the early morning as levels normally decline to their lowest levels at late afternoon or evening. A thorough physical examination and additional blood test are indicated in the evaluation of low testosterone to determine the cause. Urologists are specialized in the evaluation and treatment of low testosterone, because he/she is also receives specialized training in prostate, voiding, erection and testicular health. All of which can be influenced by testosterone levels.



Dr. Austin Hill

Dr. Austin Hill is a native Floridian, originally from Ft. Lauderdale. He is a proud Gator fan and graduated from the University of Florida in 1983 with a degree in chemistry. Dr. Hill then attended and graduated from the University of Miami in 1987 with his Doctor of Medicine degree. His training in Urology was completed at University of Cincinnati for the 6 years from 1987 - 1993. Dr. Hill has been in continuous private practice in Urology in Bradenton since completing his residency in 1993.

His urologic areas of interest include female incontinence and reconstruction, urologic cancer, stone disease, voiding dysfunction, treatment of prostate diseases. Dr. Hill was the first urologist in Manatee County to perform radioactive seed implants for prostate cancer (1993), ambulatory outpatient prostate surgery (1994), laparoscopic (percutaneous) removal kidney stones (1995). He has proficiency in both open surgical and minimally invasive surgical and as well as non-surgical treatment of prostate cancer, kidney cancer and non-cancerous enlargement of the prostate.

With the creation of Urology Partners and a state of the art facility, Dr. Hill expects that many future procedures will now be done in the office setting for the comfort and convenience of the patient. Dr. Hill has been very active in the medical community. He has served as Treasurer, Secretary, Chief of Surgery and as Vice Chief of staff of Manatee Memorial Hospital. He has served as President of the Manatee County Medical Society, and President of "We Care", an organization founded by Manatee County physicians that annually provides over \$200,000 of free care to the uninsured working poor of Manatee County. He has served a delegate to the Florida Medical Association to represent Manatee County physicians for five years. He has served on the Executive Board of the Bay Area Renal Stone Center (BARSC) for six years. BARSC provides for the non-surgical treatment of kidney stones to over 2,000 patients annually from New Port Richey to Ft. Myers. Dr. Hill is also a founding member of the Manatee Surgical Center. Dr. Hill serves on the Florida Urologic Society executive committee and as a Florida representative to the Southeast section of the American Urologic Association.

Dr. Hill is presently the president and managing partner of Urology Partners. Dr. Hill and his family are active members of the First United Methodist Church of Bradenton. Mindy, his wife of 20 years is active in charity fundraising, having served as president of the Manatee County Medical Alliance and active in raising money for Children's Haven, Rubonia Day Care for migrant workers children, and Women's Resource center for abused spouses for the last 5 years. She presently serves on the board of the Thrift shop for St. Stephen's Episcopal School. Dr. Hill is the proud parent of three great kids, Hayden, Ethan and Corinne.

Dr. Hill is proud to be a member of Urology Partners and to be a part of the investment in the future of urologic care in Manatee County.

Don't underestimate the importance of a normal testosterone level. It has clinical effects that may modify serious medical conditions such as diabetes and hypertension. If left unmanaged, it may increase your risk of heart attack, stroke and even death. For years, testosterone levels have been recognized to be the key to some important quality of life issues such as libido, sexual performance and even our sense of wellbeing. Identifying low testosterone is as simple as a blood test, and modern management is as simple as a daily application of a skin cream.

Every man should know his testosterone level. A normal testosterone level can be an important aspect of maximizing longevity and maintaining quality of life.

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ESOPHYX:

Offers Non-Invasive, Lasting Relief from GERD Without Medications

By Gary M. Bunch, M.D., F.A.C.S.

Hearthburn, acid reflux, and GERD—these terms are inter-related, but are not similar. Heartburn is the symptom which you will feel when the acid in the stomach moves up to your esophagus. This movement is known as acid reflux which happens when there is an over-secretion of gastric juices in the stomach and the valve or LES which blocks the food and acid from coming up is not functioning properly. Prolonged exposure to acid reflux leads to GERD or gastroesophageal reflux disease. To get help with heartburn it is imperative that you understand the what, why, and how of these symptom, condition and disease.

Almost everyone has experienced heartburn and acid reflux. The frequency may differ from one person to another, but the symptoms are the same. Help with heartburn is available if you know what triggers it. A full-size meal of fatty, spicy, and acidic foods prompt acid reflux and heartburn. If occurrences come far and in between, a tablet or two of antacid will relieve the pain.

Now, if you are experiencing acid reflux repeatedly, like twice in one week, chances are you are already suffering from GERD. At this stage, you need sophisticated help. You have to consult a physician because if GERD is not attended to immediately, serious consequences might happen.

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Warning Signs of GERD

It is easy to get help with heartburn if you always experience acid reflux. However, heartburn is not the only symptom of GERD. A child under twelve years old can have GERD, but does not suffer from heartburn. So what signs should you watch for? If you always feel like there is food blocking your esophagus, it is likely that you have GERD. Other indications of GERD are difficulty in swallowing, unrelenting dry cough, chest pain, gruffness of voice in the morning, and bad breath. These are some of the manifestations of GERD.

What causes GERD

Although there are a number of ways to deal with heartburn, the root cause of GERD is not clearly established. What is known is that acid reflux happens when the lower esophageal sphincter or LES is weakened and cannot function suitably in keeping food and acid inside the stomach. GERD can also occur when there are irregularities in the body like hiatal hernia. This is a medical condition where the upper portion of the stomach and LES shift over to the diaphragm. With this condition present, acid reflux will more than likely happen and can lead to GERD if left untreated.

Most susceptible to GERD are obese people, smokers and pregnant women. Inclination to fatty and fried foods, chocolates, spicy treats, garlic and onions, tomato-laden meals, mint flavorings and alcohol and caffeine-rich beverages also contribute to GERD development. Getting help with heartburn can only be effective if accompanied by dodging away from these acid reflux triggers.

Complications of Untreated GERD

Getting help with heartburn is very important in thwarting the more serious effect of GERD. If not attended to immediately, GERD can lead to some acute complications. Constant acid reflux may cause the esophagus to swell and damage the linings, leading eventually to bleedings or ulcers known as esophagitis, conditions which may require serious treatment. Although the wound will heal, the scars left can result to the narrowing of the esophagus which will impede swallowing. If help for heartburn is not applied immediately, the esophageal lining may take an irregular form and discoloration. Eventually, these scars can lead to esophageal cancer. It is a known fact also that GERD can aggravate or play a part in the development of asthma, persistent coughing and pulmonary fibrosis.

Non-invasive Treatment Now Available

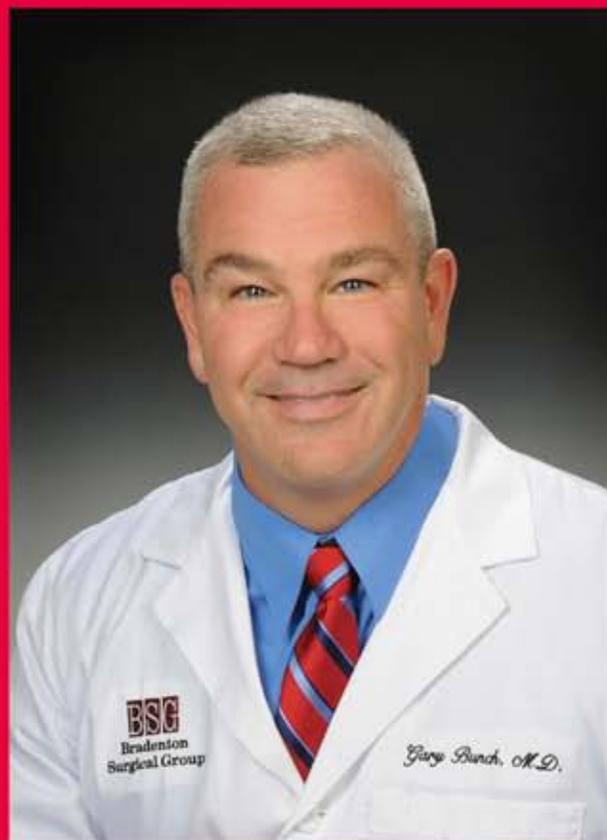
GERD is often treated with lifestyle changes, medications, surgery, or a combination of these. When lifestyle changes and medications don't eliminate the symptoms, surgery is recommended to prevent permanent damage. Until recently, GERD patients requiring surgery had to deal with incisions. Fortunately for local patients suffering with GERD, there is a non-invasive surgery now available that eliminates symptoms, erosion of the esophagus, and breathing problems associated with repeated acid reflux. This new non-invasive, relatively quick surgery procedure provides relief from acid reflux.

Many, many people suffer from GERD, and a lot of them are examined with an endoscope every year to watch for pre-malignant changes. We have a new procedure using the EsophyX device, which is placed over an endoscope and inserted down into the stomach through the patient's mouth. The EsophyX then creates a new valve at the bottom of the esophagus. Using the endoscope, surgeons are able to perform the procedure without making any incisions, minimizing the risk for complications and recovery time.

Is EsophyX the Answer for You?

The staff at Bradenton Surgical Group preforms an evaluation on each patient to determine if they are a candidate for the procedure. Generally, patients with large hiatal hernias (greater than 3.5 – 4 centimeters) are the only patients unable to take advantage of the EsophyX procedure.

It has been my pleasure to be able to provided relief to upwards of 100 patients using the EsophyX procedure. Because of my success with the procedure, I frequently find myself in the teacher role, responsible for assisting physicians from around the country to learn how to use the EsophyX device.



Dr. Gary M. Bunch, M.D., F.A.C.S.

Gary M. Bunch, MD, FACS has over ten years of experience as a general and vascular surgeon. He is board certified by the American Board of Surgery and is a Fellow of the American College of Surgeons, as well as a member of the American Society of Physicians and Surgeons, and the Manatee Medical Society. Dr. Bunch served as an associate professor of surgery at East Tennessee State University and is a graduate of the University of Kentucky College of Medicine. He completed his surgical residency at the University of Tennessee Health Sciences Center in Memphis.



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The EsophyX procedure takes approximately thirty minutes and patients are generally free to go home the same day. Many GERD patients who have had this procedure enthusiastically report noticing positive changes within days. Following the procedure, it is highly likely that a patient who has been relying on medications to minimize effects of GERD will no longer require them. So many patients have been on these medications for twenty or thirty years, and then they get this procedure done and they say, "Wow, I should have had that done a long time ago."

Is There a Link Between Nutrition and Cancer?

By Dwight Fitch, MD

While many questions in life are debatable, some things, like the link between nutrition and cancer or the pure awesomeness of The Incredible Hulk (who is reportedly a HUGE broccoli fan) can't be argued.

To understand the link, one must first understand what cancer is. It is the uncontrolled growth of abnormal cells in the body. Damage to the DNA of these cells causes them to become a cancer. Carcinogens are substances that can damage DNA and are present everywhere in our environment- food, air, even within our own bodies at times.

So carcinogens damage DNA, which then increase the chance for cells to become cancerous. Different foods that we eat help to decrease the amount or impact of these carcinogens in several ways. For instance, while dietary fiber won't stop bullets or speeding trains, it can help stop the development of colon cancer. It is thought that fiber accomplishes this by helping to move carcinogens through the colon faster. Population studies show that countries with diets high in fiber have low colon cancer rates. Those with high fiber diets also have a lower incidence of breast cancer, likely as a result of binding with excess estrogen in the intestinal system.

Another source of protection is provided by antioxidants.

Antioxidants achieve this by helping to neutralize and deactivate carcinogens called "free radicals." Some common antioxidants include vitamins A, C, and E. Others include minerals such as selenium or flavonoids, which are phytochemicals that are found in the pigment of colorful fruits and vegetables. Some of the best sources of these flavonoids are carrots, cabbage, kale, cauliflower, and turnips. They can also be found in some teas, wines, and even beer. Yes, beer. Score! These same vegetables are also great sources for vitamins A, C, and E. Many citrus fruits are also great sources for vitamin C.





While having fiber and antioxidants in your diet can help to lower your cancer risk, having a diet high in fats can increase your risk. The exact mechanism isn't known, but it is clear from population studies that countries with high fat diets, such as those that have a lot of red meat, have much higher rates of several cancers, including breast and colon. Some studies suggest that vegetarians have about half the risk of developing cancer as meat eaters. However, this doesn't mean that eating red meat in moderation isn't ok. (I don't want to cause a riot within the National Beef Association.) The key is to eat it in moderation, and make fruits and vegetables a larger part of your diet.

While drinking alcohol can increase your risk of cancer, it may also help lower heart disease. Wait, huh? What sorts of shenanigans am I trying to pull here? (I love using the word shenanigans. It is so seldom appropriate.) Moderation is the key! Moderate alcohol consumption may be beneficial for heart disease, but excessive alcohol can increase the risk of several cancers. There is no clear definition of "moderate" drinking, but most guidelines suggest 1 drink daily for women and 2 drinks for men. This recommendation is not meant to be an average over several days however. Therefore having 14 drinks on Saturday night and claiming you drink in "moderation" is not entirely accurate.

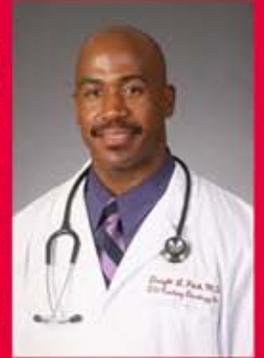

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At this point I'm sure you're thinking to yourself, "I'm sure glad I buy all those vitamins and supplements! I'm set!" Well, not exactly. While it makes sense in theory, simply taking vitamin A, C, E or selenium pills doesn't give the same benefits as eating the whole foods that contain these cancer fighting agents. The same is true of the flavonoids or phytochemicals. My sincerest apologies to GNC or any other vitamin superstore, but I'm not making this up! It doesn't mean that some people don't need to supplement the amount of certain vitamins and minerals they need, due to some deficiencies, but it does mean that taking a handful of pills is not a substitute for having a plateful of colorful vegetables and/or tasty fruits for snacks. Most researchers now believe that it is the complex interplay between the antioxidants, minerals, and phytochemicals in plant-based foods that provide the protection.

In conclusion, a cancer prevention diet is one that is high in fiber, low in animal fats and has generous portions of fruits and vegetables. Alcohol in moderation is ok, and even has some health benefits, while alcohol in excess is bad, bad, and bad. There is no proof that taking vitamins or supplements can replace having a balanced, healthy diet, no matter which celebrity, superstar, or magazine ad suggests it. As with most things, it seems that Mom was right after all when she said, "EAT YOUR VEGGIES!!" (And I'm sorry, but french fries don't count as vegetables. I checked.)

Dwight Fitch, MD

Dr. Fitch is a native of Detroit, MI, and received a BS degree in Chemical Engineering from the University of Michigan, in Ann Arbor. During his undergraduate years he worked on a variety of projects at Dow Chemical Company, ranging from reducing air pollution from hazardous waste incinerators to developing new computer drives. After realizing that his heart was really with direct patient care, he went on to receive his medical degree from the University of Michigan. Dr. Fitch performed both his internship and radiation oncology residency at William Beaumont Hospital, in Royal Oak, MI, serving as Chief Resident during his final year.



Dr. Fitch is specially trained in advanced radiation therapy techniques including; high dose rate (HDR) brachytherapy- a special type of implanted radiation that delivers high doses of radiation locally and safely; intensity modulated radiation therapy (IMRT)- a technique which allows the safe delivery of higher doses of external radiation to a tumor, while limiting radiation dose to normal tissues, which in turn decreases side effects; and image guided radiation therapy (IGRT)- the latest technique available to further ensure proper tumor localization and treatment.

Dr. Fitch is the author of many scientific articles published in peer-reviewed journals and has spoken at multiple medical conferences. The patient, however, is the focus of his concern and attention. He is committed to utilize 21st Century Oncology's cutting edge technology to serve patients with compassion and kindness.

He enjoys exercise, golf, basketball and spending time with his family. He is also a volunteer/mentor at various community organizations such as Big Brothers/Big Sisters, Boys and Girls Club, and the Police Athletic League.

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Southwest Florida's Health & Wellness Magazine is the most effective and affordable way to reach customers. More than 30,000 copies are distributed every month at hospitals, health and wellness centers, shopping plazas, grocery stores and many other locations.

The screenshot shows the website interface for Health & Wellness Magazine. At the top, there are navigation links for different editions: Charlotte Edition, Collier Edition, Lee Edition, Sarasota Edition, and Advertise with us. Below this is a search bar and a 'SUBSCRIBE TO OUR NEWSLETTER' form. The main content area features a large article titled 'HOW COMPOUNDING CAN HELP IN AUTISM' with a photo of a family. Below this are four smaller article thumbnails for different counties: Charlotte County Edition, Collier County Edition, Lee County Edition, and Sarasota County Edition. On the right side, there is a 'SOCIAL CONNECT' section with icons for YouTube, Facebook, and Twitter, and an 'ARCHIVES' section with a dropdown menu. At the bottom, there is a 'FIND US ON FACEBOOK' section with a Facebook logo and a link to the magazine's page.

Dedicate the New Year to Your Health, ... Plexus Can Help You Achieve Your 2014 Resolutions!

By Carolyn Waygood, Certified Natural Health Professional, Diabetes Educator and Weight Loss Coach

A new year provides everyone with a milestone – a fixed date in time – where “change” can be something we plan for – not react to. Psychologically, humans don’t like change, even if it’s for our own good. We often need time to adapt and adjust to change, which is why many “diets” or other health programs that require significant lifestyle changes are challenging. Research shows that fear of change is one of the biggest deterrents to adapting a healthy lifestyle.

There’s no need to be afraid!

“Most people feel they have to make enormous lifestyle changes in order to start improving their health”, explains Carolyn Waygood, Certified Natural Health Professional and Peak Pilates Instructor. “But smaller and fewer changes incorporated into one’s daily life are typically more achievable, and more long term. A successful resolution might be as simple as committing to take a multi-vitamin every day, drinking an extra glass of water, or asking the waiter not to bring a basket of bread to your dinner table.” Re-thinking your resolutions in a way that will support your success

will help you kick-off the New Year right! “There’s nothing wrong with considering healthy changes simply because they’re easy to do”, notes Ms. Waygood. “When a habit is both easy and healthy, it’s a win-win situation!”

The majority of New Years’ resolutions, reports News Medical, an on-line news feed focused on medical topics, is to lose weight. “Roughly one-third of Americans say they have made a New Year’s resolution to lose weight in the last five years.” Unfortunately, the report continues, a little over 50% are actually successful. Why? Studies suggest most people attack excess weight after the New Year with intense focus, commitment, and a lot of effort. “While I applaud those who can stick with significant lifestyle changes to improve their health”, admits Carolyn, “my experience shows people need simpler solutions in today’s complex world.”

Recent studies show that 36.6% of Americans are overweight and 26.5% obese - creating a society where almost ¾ of Americans age 20 and older are at high risk of disease. What does the future hold?

With many people consciously making resolutions to lose weight – why, then are weight problems continuing to rise? “Medical and fitness professionals have to do a better job educating people about the mechanics of healthy weight management”, explains Ms. Waygood. “Losing weight isn’t always about cutting calories, and increasing exercise. Everyone is different – with different health challenges, and different reasons why their body isn’t at their optimal weight.” For example, if a person is overly acidic, their body will naturally store and retain fat in order to buffer the body from excess acid circulating within. No matter how hard



they exercise or cut calories, the body is smart enough to protect itself and hold on to the buffering fat. “But who, outside of the medical community”, Carolyn asks, “knows the link between the body’s pH and excess weight?”

Plexus Worldwide does, and their health Ambassadors work throughout the community to educate people about all-natural ways to maintain healthy weight levels. With a line of all-natural wellness products, and a team of educated Health Ambassadors who understand the mechanics of weight loss, consumers are finally getting the answers they need to personally address their weight concerns. “Each person is unique, and their health challenges are different, so the approach to their weight loss should be personalized as well”, explains Carolyn. Plexus products address healthy weight management from many different approaches, including, but not limited to, improving digestion and elimination, increasing metabolism, improving glucose management and increasing insulin sensitivity, dissolving fat cells and inhibiting fat storage, reducing systemic pain and inflammation, and improving nutrition and reducing caloric intake. “While Plexus products are made from the highest quality plant-extracts, what makes them so successful is that they are EASY to integrate into one’s daily life”, notes Ms. Waygood. When healthy habits are easy, consumers will be more successful following them.

Plexus Helped Change Our Lives!

“Since starting Plexus in March, Scott and I have lost a total of 123 pounds! I am currently down 70 pounds and he’s down 53! Scott is diabetic, and was taking a total of 2000 mg of metformin each day and a pill for blood pressure. His blood sugar was still running 130-150 each morning. It only took 2 weeks for Plexus to regulate his sugar and he was able to come off of all of his meds. His blood sugar is now 80-90 each morning. Plexus has truly changed our lives for the better!” – Leslie & Scott Blanchett



Together, we’ve LOST more pounds than she weighs!

The flagship product set within Plexus Worldwide is their weight loss duo called Plexus Slim and Plexus Accelerator. Plexus Slim is a powdered drink mix made from phytonutrients that help improve the body's glucose metabolism, inhibit fat storage, control the appetite, and so much more! Plexus Accelerator is a daily supplement that enhances the health benefits of Plexus Slim, and accelerates the body's ability to dissolve fat cells, improve metabolism and energy levels, and reduces food cravings. "Weight loss can't get any easier – or

more effective – than with the Plexus products", notes Ms. Waygood. "I've worked with people of all ages, from age 10 to 83, with varying health concerns, and everyone is pleased with the results they've seen, and how easy Plexus makes it to lose weight and improve health!" So stop putting off losing weight, and improving your health, in fear that the effort involved would be too demanding, complicated, or time-consuming. Plexus has proven that healthy weight loss and weight management can be as easy as drinking one powdered drink mix and taking 1-2 daily supplements each morning. That's it! "By helping the body's normal processes come back into balance", Ms. Waygood explains, "Plexus products help consumers achieve longer-term weight loss and optimal health."

Success, right here in Bradenton, Florida!

"I would like to share with you a success that my husband has had with a weight loss product called Plexus Slim and Accelerator. He had open heart surgery 7 years ago. He had high cholesterol, high blood pressure and is a diabetic on numerous medications that have affected his kidneys. He was 45 lbs. overweight, and has tried every diet that has been suggested to him by his physicians. Nothing ever worked or seemed easy. Recently Carolyn Waygood, a certified natural health professional, suggested that he try the Plexus Slim

At first, I was skeptical...

"My name is Daniel Hess, and my Plexus journey started on June 1st of 2013. At first I was unsure about this product having tried just about everything else, but my wife and sister in law encouraged me to give it a try. I couldn't believe what happened. I was 311 when I started, and this week when I weighed myself I was down to 248. I have lost 63 pounds in a little over 3 months. Amazing!" ~ Daniel Hess



and Accelerator products. He has now lost over 20 lbs., but most importantly he is off two of the three diabetic medications he was on - with the third cut in half! His endocrinologist, nephrologist and cardiologist have all reviewed and approved his Plexus products, and we are all pleased that they contain natural ingredients. If you know of anyone that wants to lose weight and maintain that weight loss, please have them contact me!" ~ Barbara Heinly, tel. (828) 342-1975



Bradenton Residents Barbara Heinly and Carolyn Waygood, CNHP



To purchase your Plexus all-natural health products, visit www.PlexusSlim.com/Waygood today! For more information about Plexus products contact Carolyn Waygood, CNHP, at (941) 713-3767 or email her at Carolyn@BeSmartGetHealthy.com. Ms. Waygood provides **FREE health education seminars** to groups of all sizes, and free weight-loss and diabetes coaching to Plexus customers. To schedule a fun and informative natural health event in 2014 for your office or community association, contact her today! Product tastings are provided, and free health education material is available!

What are your New Year goals?

- Do you want to **lose weight**?
- **Control blood sugar** and **insulin levels**?
- **Improve digestion** and, thus, **nutrient absorption**?
- **Diminish abdominal discomfort**, and **improve regularity**?
- Finally turn an acidic body into a pH balanced body with **more energy** and **less pain**?
- Find a natural way to **control arthritis** or other chronic **inflammatory illness**?
- **Reduce joint pain** and inflammation naturally?
- Improve fibrocystic breast symptoms, and reduce **breast tenderness and pain**?
- Learn more about **natural health** and how to improve your personal wellness?

Plexus Worldwide distributes all-natural wellness products specially formulated to address today's most common health issues, including diabetes, obesity, arthritis, cancer, and more. Formulated to strengthen the immune system, and reduce risk factors, Plexus products will help you achieve greater health in 2014!



Disclaimer: All information provided in this article, particularly any information relating to specific medical conditions, health care, preventive care, and healthy lifestyles, is presented for general informational purposes only. It should not be considered complete or exhaustive and does not cover all disorders or conditions or their treatment. The information provided is not intended as a substitute for the advice provided by your own physician or health care provider, and may not necessarily take your individual health situation into account. The author assumes no liability or responsibility for any errors or omissions in the content of this article. The statements regarding any products included in this article have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.



It's Not Too Late to Vaccinate Get Your Flu Vaccine Today!

By Eric M. Folkens, M.D., Family Medicine,
Bradenton/Lakewood Ranch/Sarasota Urgent Care Walk-In Clinics

When it's after November and you see signs and banners in your community that advertise, "Get Your Flu Vaccine Here," you might think, "Isn't it too late for that?"

The answer is no!

Flu season typically peaks in February and can last as late as May. The CDC encourages people who have not yet been vaccinated to get vaccinated now.

For millions of people every season, the flu can mean a fever, cough, sore throat, runny or stuffy nose, muscle aches, fatigue, and miserable days spent in bed. However, you may not realize that more than 200,000 people are hospitalized in the United States from flu complications each year. The flu also can be deadly.

This is why CDC recommends an annual flu vaccine for everyone 6 months and older. It's available in two forms: a shot and a nasal spray. Flu shot options include the regular flu shot, the new intradermal flu shot, and a high-dose flu shot. While the regular flu shot can be given to just about everyone, the intradermal flu shot is approved for use in adults 18 through 64 years of age, and the high-dose flu shot is for people aged 65 years and older. The nasal spray vaccine is approved only for use in healthy people ages 2 to 49 years who aren't pregnant.



Anyone can get the flu, but some people are at greater risk for serious flu-related complications, like pneumonia, that can lead to hospitalization and even death. For those at greater risk for complications, getting the flu vaccine is especially important. People at greater risk include:

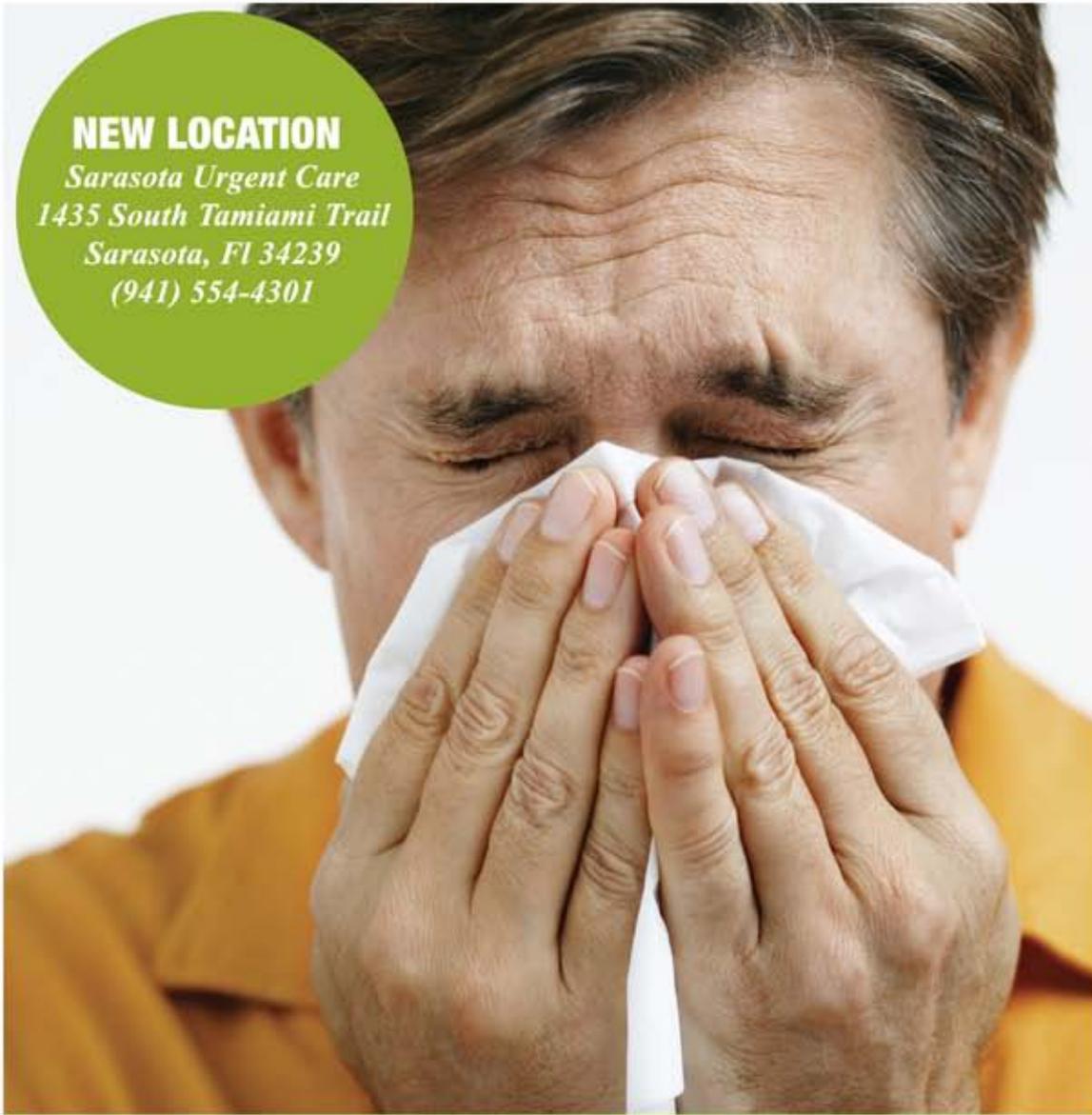
- Children younger than 5 years old, but especially children younger than 2 years old
- Pregnant women
- People with certain medical conditions like asthma, diabetes, or heart and lung disease
- People 65 years and older

It's also important to get the vaccine if you care for anyone in one or more of these high risk groups, or for babies younger than 6 months because they are too young to get the vaccine.

Children 6 months through 8 years of age getting vaccinated for the first time need two doses of flu vaccine to be fully protected. If a child has not received his/her first dose, get them vaccinated now. For children who are 6 months through 8 years of age and who have been vaccinated with one dose, parents should check with the child's doctor to see if a second dose is needed.

Getting the flu vaccine is simple, and it's the most important thing you can do to protect yourself and your family from the flu.

Flu vaccines are offered at many locations, including doctor's offices, clinics, health departments, pharmacies and college health centers. Stop in or call one of the four Urgent Care center locations for more information about the flu vaccine and other services they provide. Walk-ins are welcome at each location, stop by today for the flu vaccine to protect yourself and your family from being another statistic in this year's flu pandemic.



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“TAKE 3” ACTIONS TO FIGHT THE FLU

1

Vaccinate

- The flu vaccine is the first and most important step in protecting against flu viruses.
- Everyone 6 months of age and older should get a flu vaccine.
- Protects against viruses that research suggests will be most common.
- High risk: young children, pregnant women, chronic health conditions, 65 or older.

2

Stop Germs

- Cover your nose and mouth with a tissue when you sneeze.
- Wash your hands often with soap and water.
- If you are sick with flu-like symptoms, stay home for at least 24 hours after your fever is gone except to get medical care.
- If sick, limit contact with others as much as possible.

3

Antiviral Drugs

- If you get the flu, antiviral drugs can treat your illness by making symptoms milder and shortening the time you are sick. The earlier administered, the better.
- Flu-like symptoms include fever, cough, sore throat, runny or stuffy nose, body ache, chills, headache, fatigue, vomiting, and diarrhea.



Diabetes Mellitus – Jeff's Disease

By Virginia L. Phillips

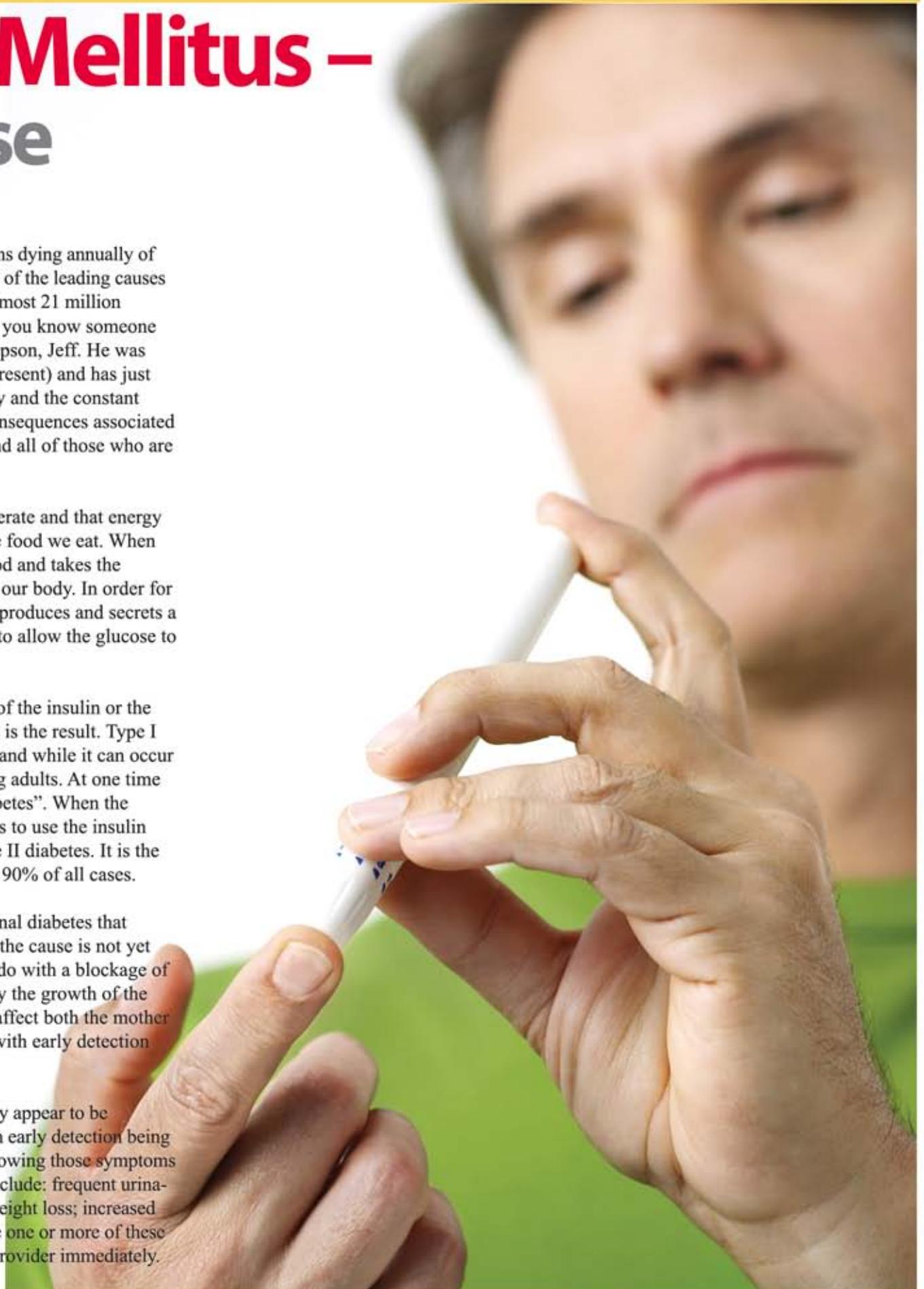
With approximately 210,000 Americans dying annually of this disease, diabetes mellitus is one of the leading causes of death in this country. And with almost 21 million Americans suffering from diabetes, chances are you know someone with this debilitating disease. We do. It's our stepson, Jeff. He was diagnosed on his 21st birthday (not much of a present) and has just turned 30. Jeff faces a life of insulin dependency and the constant awareness of the potential and serious health consequences associated with diabetes. This article is dedicated to Jeff and all of those who are searching for a cure.

Causes & Types. Our bodies need energy to operate and that energy comes from the glucose (sugar) contained in the food we eat. When our body works properly, it breaks down the food and takes the glucose through the blood stream to the cells of our body. In order for the glucose to get into those cells, our pancreas produces and secretes a hormone called insulin which unlocks the cells to allow the glucose to enter the cells.

When there is a failure in either the production of the insulin or the cells' acceptance of the glucose, Type I diabetes is the result. Type I diabetes accounts for about 10% of all diabetes and while it can occur in adults, it usually occurs in children and young adults. At one time Type I diabetes was referred to as "juvenile diabetes". When the pancreas does produce insulin, but the body fails to use the insulin properly (insulin resistance), this results in Type II diabetes. It is the most prevalent form of diabetes, accounting for 90% of all cases.

There is another type of diabetes called gestational diabetes that affects about 4% of all pregnant women. While the cause is not yet known, it is speculated that it has something to do with a blockage of the proper functioning of the mother's insulin by the growth of the embryo's hormones. This form of diabetes can affect both the mother and her baby, but can be effectively controlled with early detection and treatment.

Symptoms. Since some of the symptoms initially appear to be harmless, the disease often goes undetected. With early detection being so vitally important to the control of diabetes, knowing those symptoms can literally "save your life". Those symptoms include: frequent urination; excessive thirst; extreme hunger; unusual weight loss; increased fatigue; irritability; and blurry vision. If you have one or more of these symptoms, you should contact your health care provider immediately.



Complications: The lack of insulin or the ineffective use of insulin robs the body's cells of energy and generates excess sugar in the blood stream. The resulting complications can be severe and sometimes deadly. While they are too numerous to mention in this article, here are a few:

- Hyperglycemia, which is high blood sugar
- Hypoglycemia, which is low blood sugar due in some cases from excess insulin medication
- Heart disease, with two out of every three diabetes-related deaths being caused by heart attacks or strokes
- Kidney disease
- Eye complications, including glaucoma, cataracts, retinal disorders and possible blindness
- Nerve damage
- Depression

Pre-Diabetes. In addition to the 21 million Americans who suffer from diabetes, there are another 54 million with "pre-diabetes", which is diagnosed when the blood glucose level is not high enough to be classified as Type II diabetes. While the key to diabetes is early detection, it is especially critical for those with these elevated blood glucose levels since immediate treatment can delay and sometimes even prevent Type II diabetes.

Risk Factors. Type II diabetes is more prevalent in people who fall into one of the following categories:

- Sixty five years of age and older
- Suffer from obesity
- American Indian; African American; Hispanic/Latino; Asian American; or Pacific Islander
- Do not exercise properly
- Have a family history of diabetes

While it is a poor substitute for medical testing, there is a simple (but not conclusive) test that you can take to assess your risk of diabetes. It can be found at the American Diabetes Association's web site at www.diabetes.org.

Detection. Diabetes can be detected by two different tests which measure your body's level of blood glucose and your metabolism: (1) the fasting plasma glucose test (FPG) a simple blood test that is typically performed when your blood is drawn during a visit to your health care provider; and (2) the oral glucose tolerance test (OGTT), which is administered after you drink a beverage containing 75 grams of glucose dissolved in water.

Treatment. While insulin is not a cure for diabetes, it is the primary treatment of this disease. But there are other steps a diabetic can take to ease and control the disease. These include healthy nutrition and proper exercise. The insulin, food intake and physical activity must be carefully balanced and the body's blood glucose must be monitored closely with a combination of self testing and a periodic lab test called A1C. Since 65% of diabetics die of heart disease, weight-bearing strength training which offers the following benefits is recognized as one of the best forms of exercise for the treatment of diabetes and its resulting complications:

- Improves insulin sensitivity and glucose control
- Improves blood cholesterol levels
- Decreases blood pressure
- Improves muscle and bone strength. This is important since one of the primary areas of deficiency in the delivery of glucose is to skeletal muscle cells

The Future. With the research that is currently being conducted by both governmental agencies and private institutions, there is reason to be hopeful. The research is paying off with more efficient ways to administer insulin; new blood glucose testing procedures; new treatment drugs; improved methods of treating some of the complications of diabetes (eyes, kidneys); and the implant of insulin-producing cells.

So what can you do help avoid and treat this difficult disease? You can eat right, get your proper exercise, be mindful of the symptoms of diabetes and listen to what your body tells you (it is an incredible creation), and have your blood checked regularly. Here's to your good health and here's to you too Jeff!

Virginia Phillips and her husband, Alfred Roach, are owners of 20 Minutes to Fitness®, a semi-private strength training studio. Training sessions are by appointment only and are individually supervised by certified personal trainers. Telephone: 941.309.8989. Web site: www.20minutetofitness.com.

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10 Great Tips for Keeping Your New Year's Resolutions

By Kendra Cherry

The start of a New Year is the perfect time to turn a new page, which is probably why so many people create New Year's Resolutions. A new year often feels like a fresh start, a great opportunity to eliminate bad habits and establish new routines that will help you grow psychologically, emotionally, socially, physically or intellectually. Of course, resolutions are much easier to make than to keep and, by the end of January, many of us have abandoned our resolve and settled back into our old patterns. Following are 10 Great Tips for Keeping Your New Year's Resolutions:

1. Choose a Specific, Realistic Goal

Every year, millions of adults resolve to "lose weight" or "get in shape" during the next year. Instead of selecting such an ambiguous goal, focus on something more concrete that you can realistically set your sights on. For example, you might commit to losing 10 pounds or running a mini-marathon. Choosing a concrete, achievable goal also gives you the opportunity to plan exactly how you are going to accomplish your goal over the course of the year.

2. Pick Just One Resolution

While you might have a long list of potential resolutions, Richard Wiseman, a professor of psychology at Hertfordshire University, suggests that you should pick just one and focus your energies on it rather than spreading yourself too thin among a number of different objectives.

3. Don't Wait Until New Year's Eve

Planning is an essential part of achieving any goal. Experts suggest that you should spend some time planning out how you will tackle a major behavior change. You can start by writing down your goal, making a list of things you might do to achieve that goal, and noting any obstacles that might stand in your way.

4. Start With Small Steps

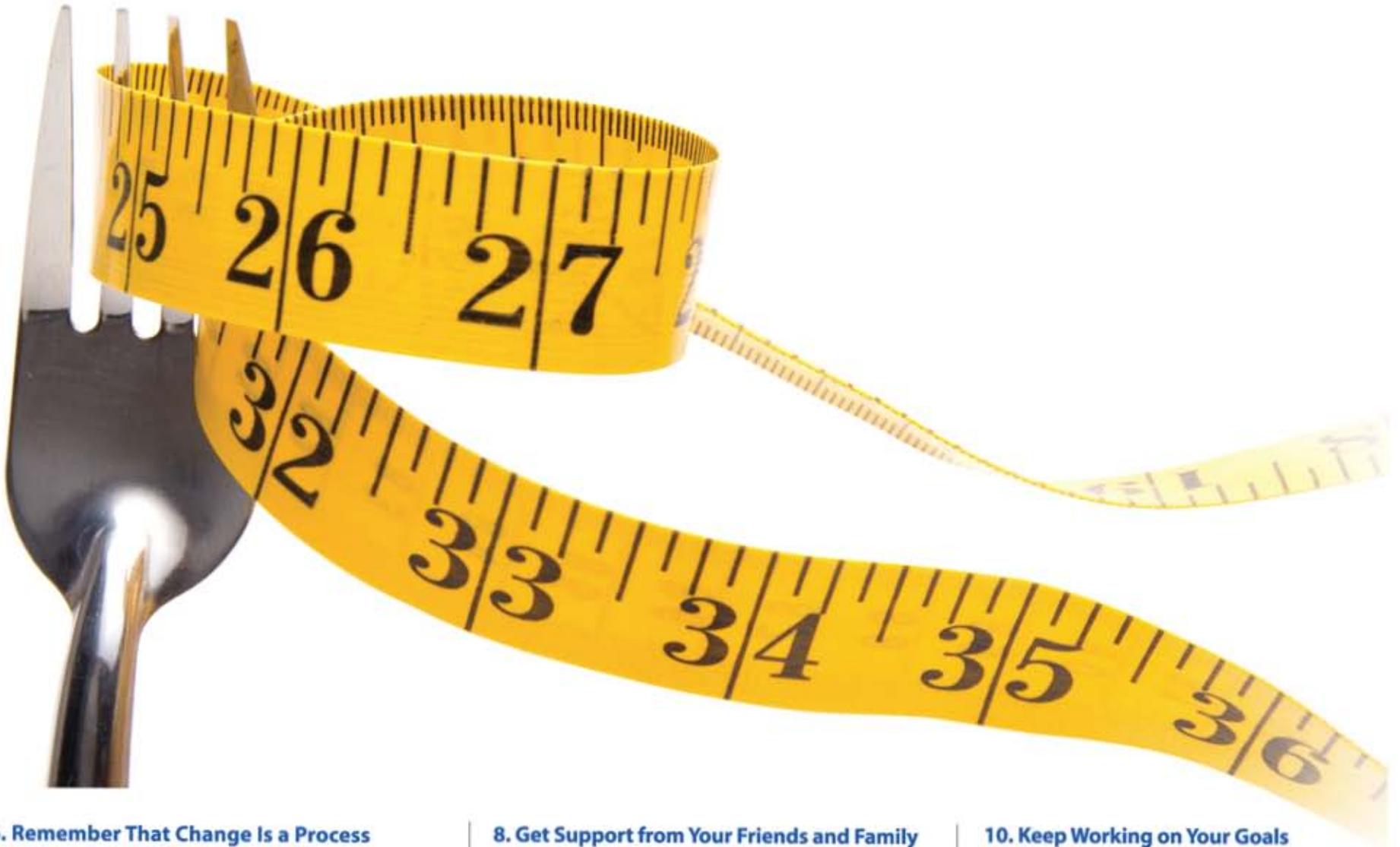
Taking on too much is a common reason why so many New Year's Resolutions fail. Dramatically slashing calories, over-doing it at the gym, or radically altering your normal behavior are sure-fire ways to derail your plans. Instead, focus on taking tiny steps that will ultimately



help you reach your larger goal. If you've resolved to run a marathon, start out by going for a jog two or three times a week. If you are trying to eat healthier, start by replacing some of your favorite junk foods with more nutritious foods. While it may seem like a slow start, these small changes make it easier to stick to your new habits and increase the likelihood of long-term success.

5. Avoid Repeating Past Failures

Another strategy for keeping your New Year's Resolution is to not make the exact same resolution year after year. "If people think they can do it they probably can, but if they've already tried and failed, their self-belief will be low," explained Wiseman in a 2006 interview with *The Guardian*. If you do choose to reach for the same goals you've tried for in the past, spend some time evaluating your previous results. Which strategies were the most effective? Which were the least effective? What has prevented you from keeping your resolution in past years? By changing your approach, you will be more likely to see real results this year.



6. Remember That Change Is a Process

Those unhealthy habits that you are trying to change probably took years to develop, so how can you expect to change them in just a matter of days, weeks, or months? It may take longer than you would like to achieve your goals, but remember that this is not a race to the finish. Once you have made the commitment to changing a behavior, it is something that you will continue to work on for the rest of your life.

7. Don't Let Small Stumbles Bring You Down

Encountering a setback is one of the most common reasons why people give up on their New Year's Resolution. If you suddenly relapse into a bad habit, don't view it as a failure. The path toward your goal is not a straight one and there are always going to be challenges. Instead, view relapses as learning opportunities. If you are keeping a resolution journal, write down important information about when the relapse occurred and what might have triggered it. By understanding the challenges you face, you will be better prepared to deal with them in the future.

8. Get Support from Your Friends and Family

Yes, you've probably heard this advice a million times, but that is because the buddy system actually works. Having a solid support system can help you stay motivated. Explain what your goals are to your close friends or family and ask them to help you achieve your objectives. Better yet, enlist the help of others by joining a group that shares your goal.

9. Renew Your Motivation

During the first days of a New Year's Resolution, you will probably feel confident and highly motivated to reach your goal. Because you haven't really faced any discomfort or temptation associated with changing your behavior, making this change might seem all too easy. After dealing with the reality of dragging yourself to the gym at 6 A.M. or gritting your teeth through headaches brought on by nicotine withdrawal, your motivation to keep your New Year's Resolution will probably start to dwindle. When you face such moments, remind yourself of exactly why you are doing this. What do you have to gain by achieving your goal? Find sources of information that will keep you going when times get tough.

10. Keep Working on Your Goals

By February, many people have lost that initial spark of motivation that they felt immediately after making their New Year's Resolution. Keep that inspiration alive by continuing to work on your goals, even after facing setbacks. If your current approach is not working, reevaluate your strategies and develop a new plan. Consider keeping a resolution journal, where you can write about your successes and struggles. Write down the reasons why you are working toward your goal so that you can refer to them during times when you feel uninspired and unmotivated. By sticking with it and working on your goal all year long, you can be one of the few able to say that you really did keep your New Year's Resolution.

About the Author: Kendra Cherry is a writer and educator for Psychology.About.com. She is the author of the Everything Psychology Book (2nd Edition) and she has written about diverse topics in psychology, including personality, social behavior, child therapy, research methods and much more.



Destructive Temptations:

Common destructive behaviors that sabotage your efforts to feel better

By Lizz Pugh, LMT

Patients invest deeply in themselves, both in time and finances, by seeing a supportive and knowledgeable bodywork team.

Whether it's a neuromuscular therapist and rehab specialist, chiropractor, or physical therapist, there's a significant portion of time they are not under direct supervision. Often this is when hidden destructive temptations and behaviors occur. Here are the top three to nix this New Year.

Destructive Behavior #1: Not Doing Your Therapy at Home

If your healthcare provider suggested that you do a certain exercise or therapy, avoid the temptation to skip "just this time" or "just for the weekend". Different exercises have different intents and are designed to be done with specific frequencies.

To increase your own compliance, make sure you understand WHY you're supposed to do the exercise as well as how often and for how long. Some may only need to be done when you're in pain, others you need to do despite how well (or poorly) you're feeling. If lack of time is an issue, discuss whether you can break up the therapy to smaller increments throughout the day.

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Destructive Behavior #2:

Skipping Appointments

Everyone responds differently to care. Some patients feel better right away, but most take several visits. It's not unusual to feel worse before you feel better. Even if you're feeling poorly, keep your appointment and discuss your symptoms with your provider.

Likewise, if you start to feel better, it's not the time to back off. Once the initial pain decreases it's tempting to lose motivation and get back to your "normal" life, but that's the time we should take advantage of as we can be more aggressive. Also be aware that lack of pain does not always mean better function. Allow your therapist to determine if it's time to decrease the frequency of visits.

Destructive Behavior #3:

Continuing to Aggravate Yourself

The majority of patients have chronic pain that built up over time, usually due to muscle imbalances that slowly worsened. Many patients spend their evenings sleeping in a way that causes damage, rather than in a way that improves their health. Then they drive to work without lumbar support, sit in a non-ergonomic office for hours, and then drive home only to sit in front of the television. They irritate their muscles more and more, using them less and less. Work with your therapist to identify what behaviors are aggravating your condition and change them. Once you eliminate them, your progress at the office should improve more rapidly.




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What is Vertebroplasty and Kyphoplasty?

By James A. Tiesi, M.D.

Every year, a significant number of patients see a physician complaining of hand numbness, tingling and pain. Vertebroplasty and kyphoplasty are minimally invasive procedures for the treatment of vertebral compression fractures, which are fractures involving the vertebral bodies that make up the spinal column.

When a vertebral body fractures, the usual rectangular shape of the bone becomes compressed, causing pain. These compression fractures may involve the collapse of one or more vertebrae in the spine and are a common result of osteoporosis. Osteoporosis is a disease that results in a loss of normal bone density, mass and strength, leading to a condition in which bones are increasingly porous and vulnerable to breaking. Vertebrae may also become weakened by cancer.

■ How Does the Procedure Work?

Using image-guidance, a neurosurgeon will pass a hollow needle called a trocar through the skin into the vertebral body for injection of the cement mixture into the vertebra. Vertebroplasty involves injecting the cement mixture directly into the empty spaces within weakened vertebrae to strengthen them and provide pain relief.

In kyphoplasty, a balloon is first inserted through the trocar, into the fractured vertebra, where it is inflated to create a cavity for cement injection. The balloon is removed prior to injecting cement into the cavity that was created by the balloon.

■ Highly Effective for Treating Painful Vertebral Compression Fractures

Vertebroplasty and kyphoplasty are highly effective procedures used to treat painful vertebral compression fractures in the spine. Typically, vertebroplasty/kyphoplasty is recommended after less invasive treatments, such as bed rest, a back brace or pain medication, have been ineffective, or once medications begin to cause undesired side effects, such as stomach ulcers or changes in mental status.

Vertebroplasty/kyphoplasty can be performed urgently in patients with problematic pain requiring hospitalization or for conditions that limit bed rest and pain medications, however many can be performed electively in an outpatient setting.



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■ Vertebroplasty and Kyphoplasty are also Performed on Patients Who:

- Are too elderly or frail to tolerate open spinal surgery, or whose bones are too weak for surgical repair
- Have vertebral compression due to a malignant tumor
- Are younger, with osteoporosis due to long-term steroid treatment or a metabolic disorder

■ Highest Probability of Successful Treatment

Vertebroplasty or kyphoplasty should be completed within eight weeks of the acute fracture for the highest probability of successful treatment. If you or someone you know is suffering from pain due to a vertebral compression fracture, ask your primary care physician for a neurosurgical consultation and evaluation for these very successful procedures.

Neurospinal Associates offers two convenient locations to serve their patients. In Bradenton, we are in the Riverwalk Professional Park at 200 3rd Avenue West, Suite 200, directly west of the Manatee Memorial Hospital and just North of the Bradenton Herald. Our Sun City location is 3909 Galen Court Suite 104.

For more information or to schedule an appointment, please call 941-794-3118 or visit our website: www.nsadoctors.com.



Dr. James A. Tiesi was born in Chicago, Illinois. He attended medical school at the University of Illinois and completed his residency in Neurosurgery at the University of Illinois, Michael Reese and Cook County Hospitals in Chicago. He has extensive training in neurotrauma. Dr. Tiesi joined Neurospinal Associates in 1996. Dr. Tiesi's interests include golfing, classical guitar and the study of eastern philosophies. He is the proud father of 2 sons, Christopher and Alexander.

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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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WHAT IS SLEEP APNEA?

By Saligrama Bhat, MD, FCAP, FCCP, Member AASM

Sleep Apnea is a common disorder in which there are one or more pauses in breathing or shallow breaths while you sleep. Obstructive sleep apnea afflicts almost 20 million American adults, both men and women. It is as common as asthma and affects almost 5% of the American population. It may occur at any age, but incidence increases with age. Obstructive sleep apnea is twice as common in men than in women. It is more commonly associated with overweight people though it can be seen in people who are normal weight or even underweight. There is also a hereditary correlation with multiple siblings and parents having sleep apnea in the same family.

Sleep Apnea usually is a chronic condition that disrupts your sleep. Sleep apnea often goes undiagnosed. Doctors usually can't detect the condition during routine office visits. People with untreated sleep apnea stop breathing repeatedly during their sleep, sometimes hundreds of times. This means the brain -- and the rest of the body may not get enough oxygen.

There are many reasons our body needs sleep. Sleep is our body's way of rejuvenating. It is the period in which we lower the energy levels expelled each day, our muscles and soft tissue are repaired and revitalized, and our mind is able to process memories and things we have learned for the day. Although one day of sleep deprivation is not fatal, it will indeed cause alterations in mood, physical well being, and overall cognitive function. Increased periods of time without sleep will further these negative changes into hallucinations, poor mental clarity, and often provoke disease, or even death.

It is essential not to overlook or underestimate the importance of sleep. Plenty of nourishing sleep is one of the secrets of a good complexion as well as a healthy mind and body. The benefits of sleep are many, and the body needs seven to eight hours of sleep per day. Lesser amounts weaken the immune system and could lead to depression, heart disease, sleep disorders, hypertension, diabetes and stroke et cetera.



One of the most common signs of obstructive sleep apnea is loud and chronic (ongoing) snoring. The signs and symptoms of obstructive and central sleep apneas overlap, however this is very well defined during the overnight polysomnography or a sleep study.

The most common signs and symptoms of obstructive and central sleep apneas include:

- Excessive daytime sleepiness.
- Loud snoring often with episodes of choking and gasping, usually with obstructive sleep apnea.
- Episodes of breathing cessation during sleep witnessed by another person.
- Abrupt awakenings accompanied by shortness of breath.
- Awakening with a dry mouth or sore throat.
- Morning headaches.
- Difficulty staying asleep (insomnia).
- Attention and concentration problems.
- Frequent urination at night.
- Depression and irritability.
- Difficult to control blood pressure elevations.
- Difficult to control heart irregularities such as atrial fibrillation.
- Sexual dysfunction.
- Work-related accidents including possible motor vehicle accidents.
- Poor performance in school, in children with sleep apnea.

Sleep apnea robs you of your precious sleep every night. To have a healthy and joyful life, you need to get enough sleep. You have the control to get the proper treatment for sleep apnea.

Sleep Apnea Treatment Methods

What is sleep apnea treatment and how can it help a person suffering from the sleep disorder?

Sleep apnea treatment involves a number of strategies, including weight management and overall physical fitness. It is highly recommended to avoid sleeping pills, alcohol and sedative medicines, as these can worsen sleep apnea symptoms. Sometimes sleeping semi-upright proves helpful. However, in most cases, additional sleep apnea treatment is required.

Turning to Sleep Centers

People experiencing sleep apnea symptoms are commonly referred to sleep centers around the country. A sleep center can identify and examine sleep apnea symptoms and determine if a person has this common and potentially devastating sleep disorder.

CPAP

Continuous Positive Airway Pressure (CPAP) is the standard of treatment used to treat patients with sleep apnea. A mask fitted over the nose, or over the nose and mouth, is pressurized to hold the airway open and allow the patient to sleep normally. Fortunately, newer and ever evolving technology has made the masks relatively comfortable to wear.

Upper Airway Surgery

Some patients may be candidates for surgery on the upper airway. Upper airway surgery usually removes the surrounding soft tissue to enlarge the air passage.

Dental Devices

In other cases of mild sleep apnea, a dental device designed to move the lower jaw down and outwards slightly may be worn at night.

If properly treated, your sleep apnea should not prevent you from leading a normal life. Improved daytime energy and overall quality of life with improvement in blood pressure etc. are added benefit to the treatment of sleep apnea. Take control of your sleep apnea and seek for proper treatment. Sleep apnea is one condition that tends to steadily worsen the longer it's left untreated. A visit to your doctor is essential to prevent your sleep apnea symptoms from ruining your nightly sleep. You must be consistent with your treatments in order to keep your sleep apnea under control. Eating healthier is a huge step in the right direction to managing your sleep apnea.

Make your health a priority in the New Year. Wishing you a Happy, Healthy, New Year!



January is National Bath Safety Month: Safety Tips for Seniors & Children

By Nicole Falcone

Safety Tips for Seniors

A common area where seniors often end up having accidents is falls in the bathroom, and helping prevent those kinds of accidents is what January's National Bath Safety Month is all about.

These types of accidents, while common, are sometimes overlooked as a cause for concern. The good news is, however, that bathroom falls are easily prevented if you take the right precautions.

It really only takes a few simple things to make your bathroom a lot safer. To decrease the likelihood of you ever taking a fall while in your bathroom, follow these useful tips:

- Install non-slip strips or mats in the bottom of your bathtub
- Have reachable safety handles for climbing in and out of the tub or shower, and by the toilet as well
- Keep a non-slip rug or mat on the floor at the entry/exit of the shower
- Make sure your bathroom floor stays clean and free of spills
- Keep a portable phone in your bathroom in case of emergencies

Safety Tips for Children

Stay with her.

The American Academy of Pediatrics recommends that children 4 and under always have a parent or caregiver present when they are near water, including the tub. Accidents can happen in an instant.

Prevent slips.

Young children do not have the coordination or strength to hold steady if they lose their balance. Affix a slip-resistant plastic mat that suctions to the bottom of the tub and make sure the throw rug outside the tub does not slide when stepped on. Consider installing a grab bar for kids to hold onto when stepping in and out of the bath.

Test the temperature.

Always wait until the tub is finished filling up before placing your child in the water, as the temperature can change. Set your home's water heater to deliver water no hotter than 120 degrees to lower the risk of scalding. If you don't have control over the heater, buy an anti-scald device that attaches to the faucet.

Beware of sharp edges.

Use a rubber cover for the faucet head and drape a towel over metal rails for shower doors when your child is in the bath. Make sure any glass shower doors are made of shatterproof glass. Avoid bath toys with hard edges or points that could be hazardous if your child falls onto them.

Taking these steps toward preventing falls in your bathroom could definitely help save a life, so put them into practice right away as part of National Bath Safety Month.

Source: Hive Health Media



The Prodigal Father

By Alex Anderson
Senior Associate Pastor at Bayside Community Church

For years every time I would hear or read the story of the Prodigal Son it would bother me. I understood the facts of the story. It was clear that one son, the younger, asked his father (in an untimely manner) to give him his share of the family estate. Then the son proceeds to hurry off and spend it living on the wild side of life. Sowing his oats. Once he runs out of cash he finds himself eating pig food showing just how low he landed. It's also a wake-up call for him to change his "no good" ways. So the son comes trudging back to his Dad's house with his tail between his legs as though he has a great heart change. This is where the traditional telling of the story bugs me.

A definition of prodigal is "to spend money in a reckless and extravagant way" and the younger son did just that. But my question has to do with the father. Why did he give him the money in the first place? Did he not know that money is a powerful tool and that it could be used just the way the younger son used it, to buy things that could cause a train wreck in his life?

Maybe his father hoped he would use the money to feed and educate the less fortunate children in the world. Like my friend Ben Rodgers does with Children's Cup in Zimbabwe, Africa (shameless plug for Children's Cup). It doesn't say in the passage what the father hoped the son would use the money for. So I have come to the conclusion that the story is not about the son's changed heart or even the money at all, but about the father. In fact the son's revelation, in my opinion, was about the fact that he was starving.

All those friends he had bought ran out on him; those so-and-sos! Now his living conditions were horrible. He actually said that his father's servants lived better than he was living. It was a very shallow revelation. Most people, myself included, get these surface revelations when we get bad financial or health news. I'm not saying it was not important, but it is not the bigger idea of the story.



No, the issue I have is something more penetrating. The father gave his son the power to exercise his "free will" (the money was the means). If anyone is to blame for what happened it should be the father, right? I mean after all the father could have said, "No, you cannot leave, you are not ready yet!" Or, "Sorry, I'm not ready to let go of the cash." Then the son would not have almost destroyed his life.

So is this true?

Is the father to blame? Well, yes and no! The father did allow the younger son to run off with a wad of cash in his pocket and no longer looking over his son's shoulder making sure he didn't smoke, drink, chew or run around with girls that do. Nope. He was on his own. So, in this sense the father was to blame.

Once he was out in the land of opportunity with all that money, the son made his own decisions. He's the one who spent the money on whatever his little heart desired until he maxed out all his cards. To find a place to stay and eat, he went to work for a pig farmer. What a nightmare! He made all those fine upstanding decisions all on his own. He was the man.

So whose side are you on, the father's or the son's?

Before we tackle that monster-size question, let me give you another almost identical situation to consider; one that may be just a smidge too close to home for both of us. You and I make 612 decisions a day, according to ask.com. That's a lot of free will to toss around. And I wonder how many of those decisions get us in equal trouble? Who is to blame then? Is it God, for giving us a free will to decide as we please?

People ruin their lives by their own foolishness and then are angry at the LORD. Proverbs 19:3 NLT

God is ultimately the culprit for creating mankind as a free moral agent and gave man the ability to create babies, spend money or better himself. How dare He do that to us! He should have made us robots with no will or ability to think for ourselves. Just think, if we were robots, we would be totally blameless for our actions. We could neither fail nor succeed. Hum!

What was God thinking anyway?

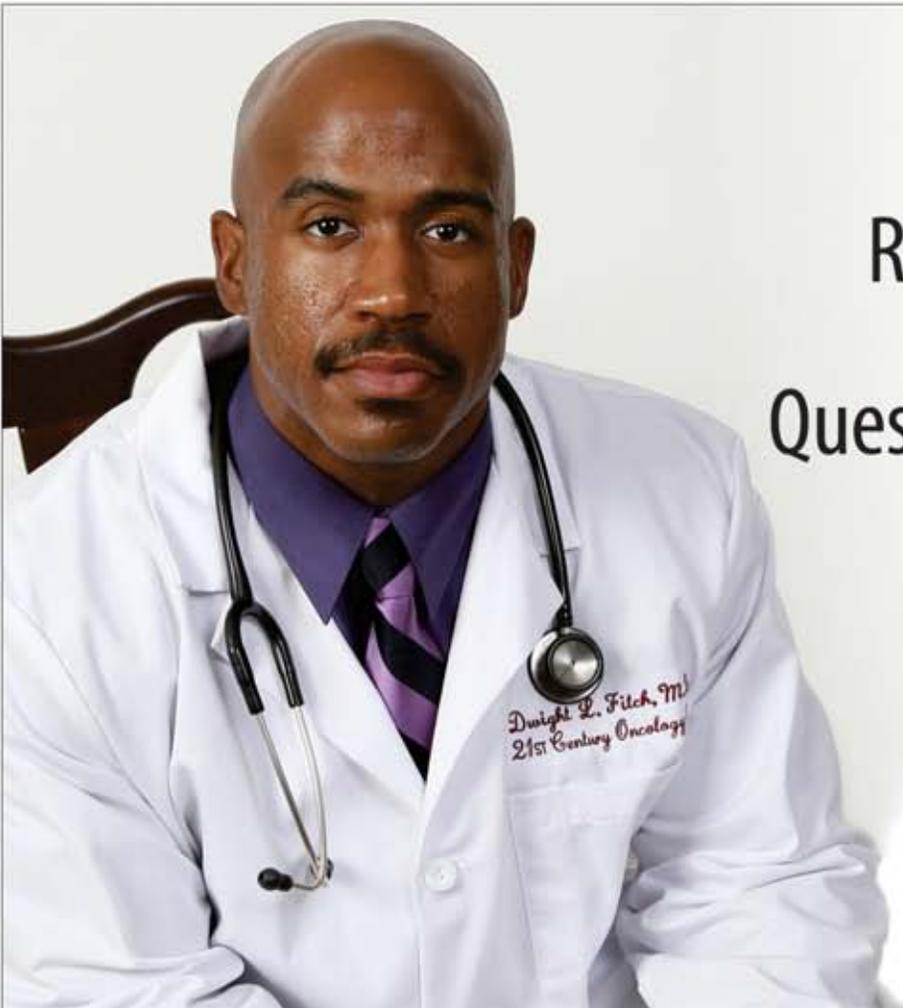
Maybe Love? Maybe He was thinking that we could love or not love as we choose. Maybe God wanted us to choose to love Him. I mean, who wants a friend you have to buy anyway...right!

Jesus is saying this is the way God the Father is. He's prodigal with His love for us and Jesus should know, it cost Him His life!

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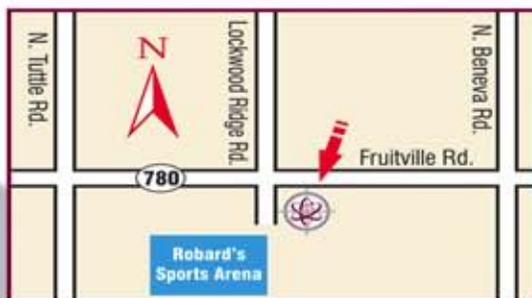
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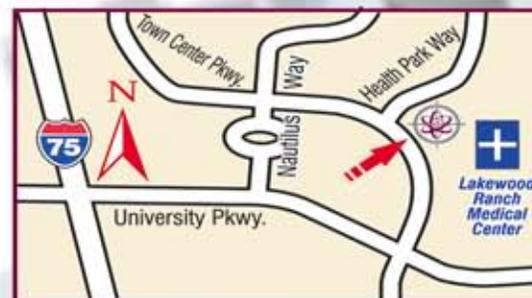
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