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June 2014

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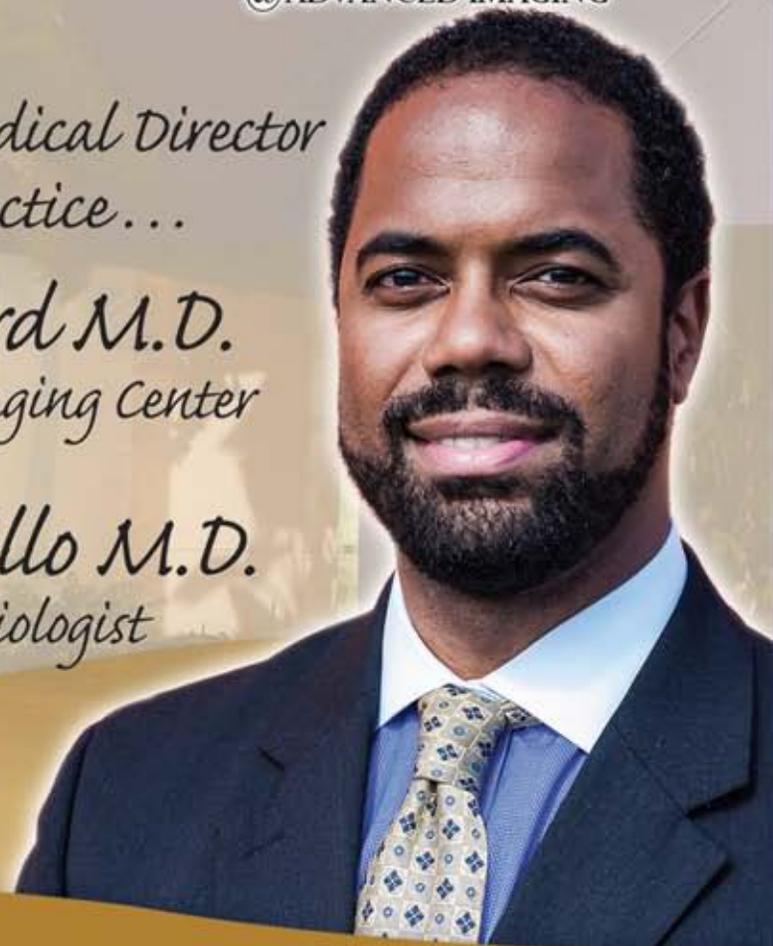
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Noël has been in the audiology field for over 25 years. Having received her doctorate in Audiology from UF, Noël has applied that knowledge to her work in many areas of hearing; including clinical, manufacturing and education.

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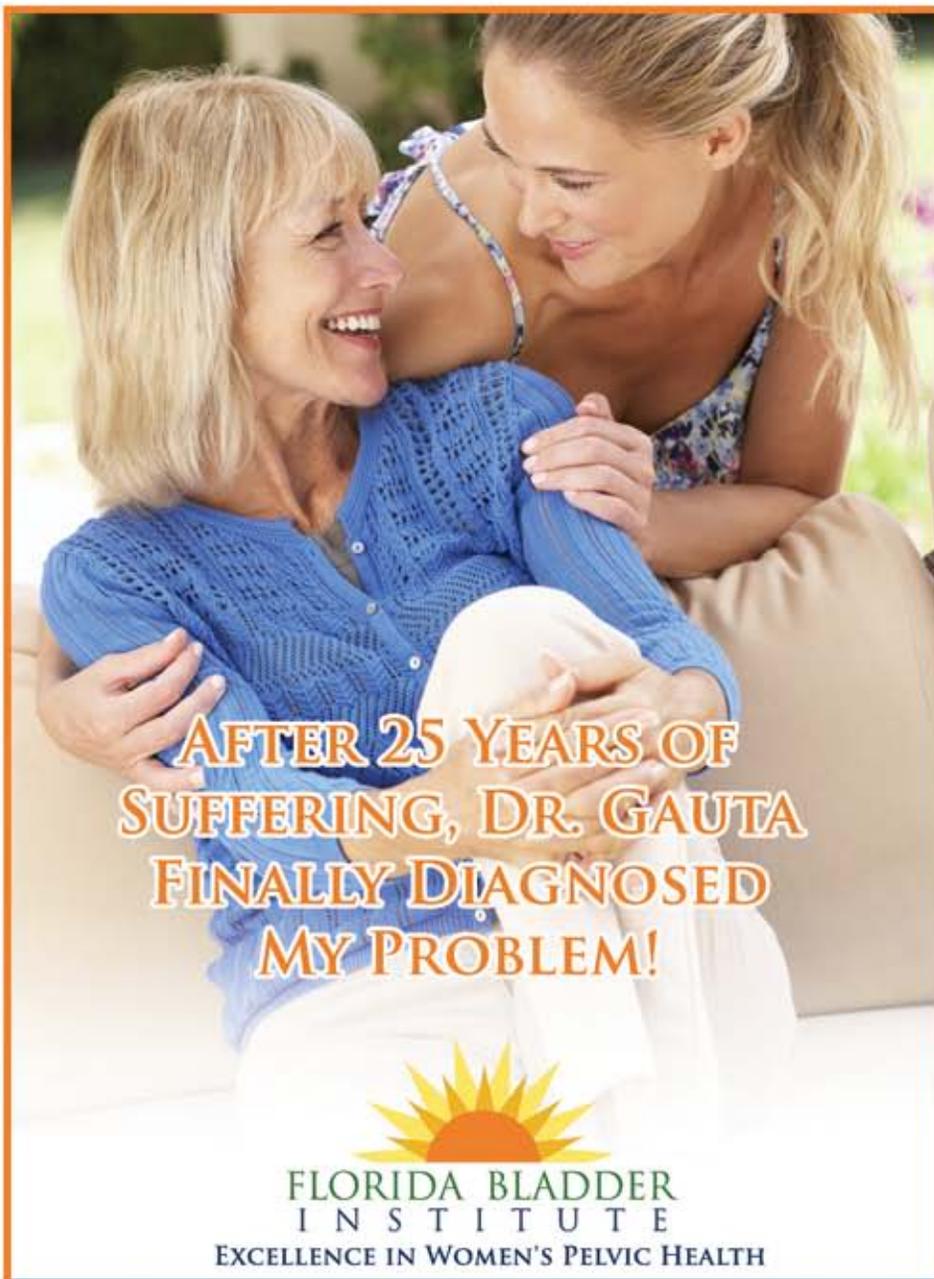
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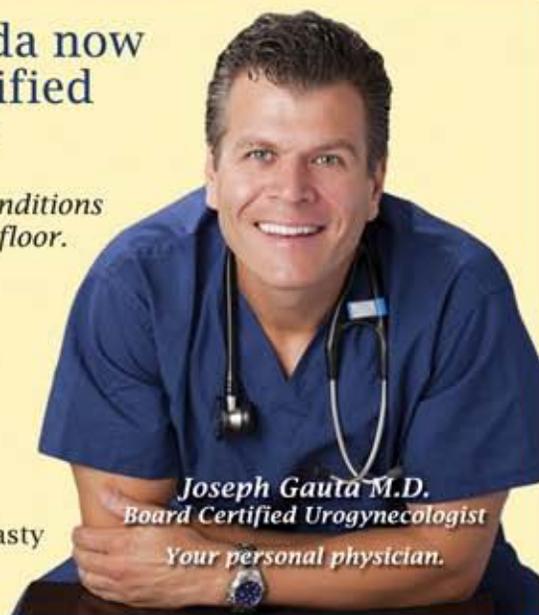
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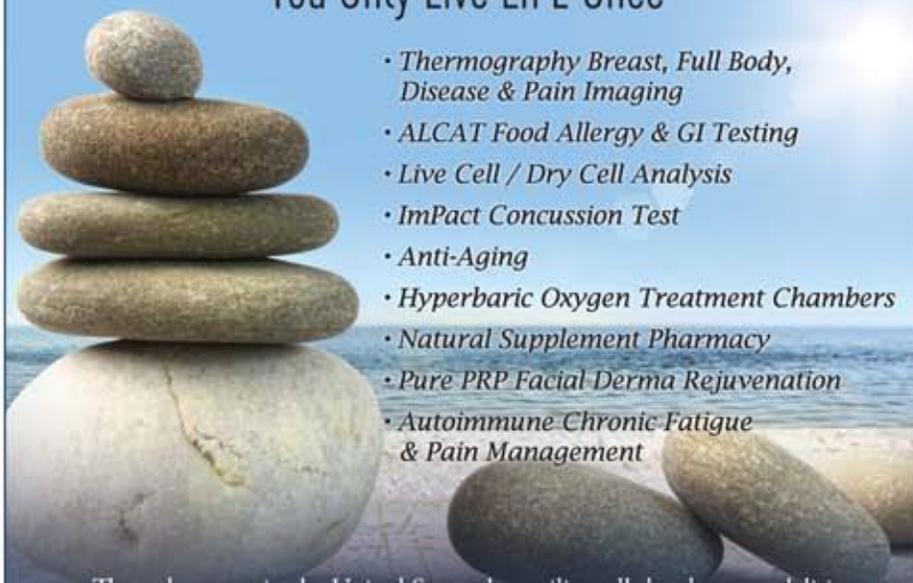
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contents

June 2014

- | | | | |
|----|--|----|--|
| 6 | Did You Know: 80% of Shoulder Problems Do Not Require Surgery! | 18 | Prostate Cancer & Prevention |
| 8 | A New Solution to an Old Problem | 20 | Dangers in the Home |
| 9 | Chronic Wound? Got Vein Problems? | 21 | Your Check Engine Light is On: Let's Talk Men's Health |
| 10 | What is a PET Scan? | 22 | Turning Back the Hands of Time |
| 12 | "Skin is a Beautiful Thing... Wear it Well." | 24 | Safety at Home and Work |
| 13 | Erectile Dysfunction | 25 | Cataracts: Third Leading Cause of Blindness in the United States |
| 14 | Help with Your Medication Regime | 26 | Patient Protection and Affordable Care Act |
| 15 | "Made for iPhone®" Hearing Aids Hit the Market | 28 | Limb Swelling: A Search for New Treatments |
| 16 | Summer Fun in the Sun and Safety | 29 | Laser Periodontal Therapy |
| | | 30 | Pet Health: Your Pet's Most Common Allergy |
| | | 31 | Spiritual Wellness The Rub |

CONTACT US

OWNER / ACCOUNT EXECUTIVE

Cristan Gensing
cristan@gwhizmarketing.com

DISTRICT MANAGER

Kara Schlick
kara@tampabay.rr.com

OWNER / CREATIVE DIRECTOR

Sonny Gensing
sonny@gwhizmarketing.com

EDITOR - Lisa Minic EDITOR - Lorrie Ritchie



Publishing • Advertising • Web Design • Graphic Design

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Dr. Debbie Marks
is now back at The Animal Clinic. Her special interests include wellness and geriatric care, internal medicine, and dentistry.

Dr. John Rand
is a Punta Gorda native and UF graduate. His special interests include clinical pathology, exotic animal medicine, and diagnostic imaging.

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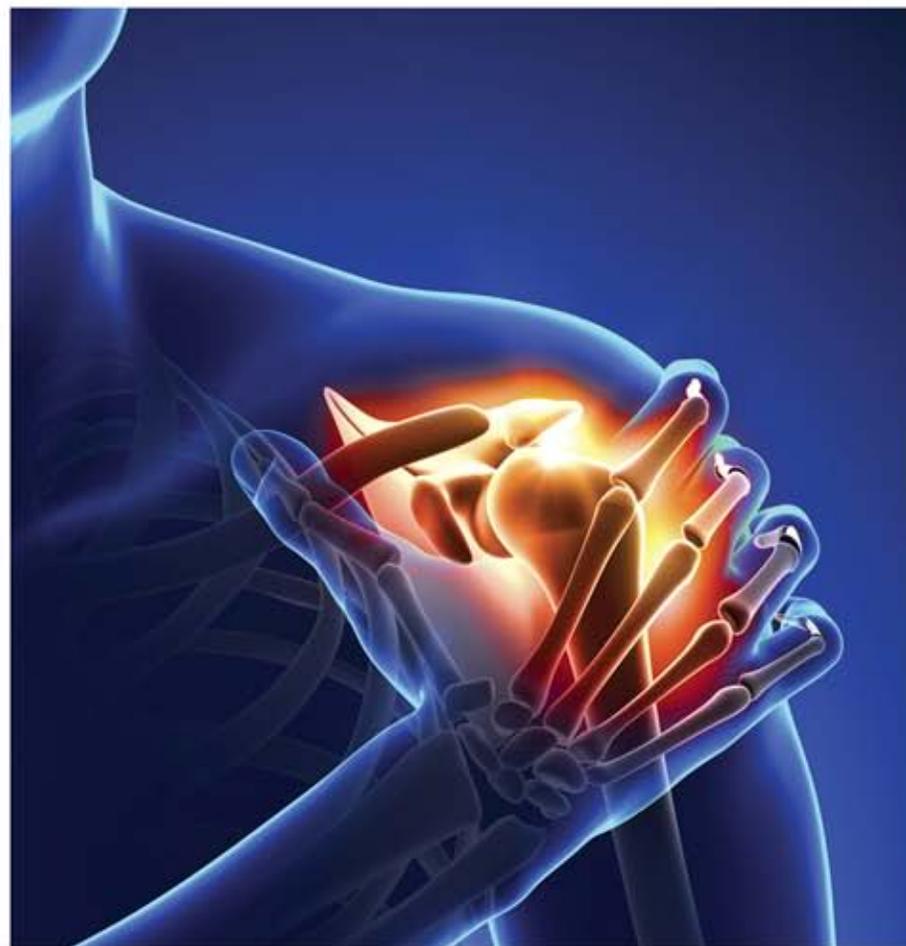
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Did You Know: Eighty Percent of Shoulder Problems Do Not Require Surgery!

I have been in practice for seventeen years as a general orthopaedic surgeon with a sub-specialty in foot and ankle. As a general orthopaedic surgeon, I take care of all types of injuries ranging from fractures to degenerative joint disease, acute traumatic injuries sustained in accidents from slips and falls to car crashes, chronic problems in feet, ankles, knees, knee replacements, hips, hip replacements, elbows, wrists, hands, shoulders, crush injuries, sports injuries, and nerve damage in extremities just to name a few. In the last several years as my practice has continued to diversify I have been taking care of a greater number of people who have shoulder problems. I have had literally hundreds of patients come to me with surgical recommendations. I have treated most of these people conservatively back to great shoulder health without surgery.

Often I am scratching my head trying to figure out why surgery was recommended in the first place because these people have minor problems that 80% of the time could get better with a cortisone shot, physical therapy, and activity modification. In fact over the years I have kept a log of these patients who were strongly recommended for surgery who were very intrigued to hear there were conservative measures that could work. With the list several hundred patients and growing; simple conservative remedies have gotten them completely better. No surgery had to be entertained and no surgeries were performed.

I can only remember the teachings of Dr. Hubert Pearlman my mentor and the chairman of my orthopaedic surgery residency. He was a guru of all things orthopaedic in Brooklyn, NY. In fact he was the doctor that brought joint replacements to Brooklyn, NY. He always lectured us that sleazy, shady, unnecessary selling is something that fits in very well with owning a used car lot. If that's what you want to do when you grow up, it's your right to do it, but then you should work or own a used car lot. He always told us as physicians and surgeons to do the right thing. We did take a Hippocratic Oath to attempt never to do harm, to always be on the right side of medical treatment, to do your best. Even in spite of your best, sometimes bad things happen to people. And at least if you tried to do your best you can feel good about your treatment. He warned us that even in a busy practice there could be weeks or months where our offices could be near empty and we would be wondering if we would ever get a new patient again. With a reputation for doing the right thing, trying your hardest and best for patients, patients will continue to come.



To err is human. But, I have always tried to live by those words of wisdom from my old chairman, may he rest in peace, and those words have never failed me. Do the right thing, do only the treatments that are necessary. There will always be enough people with real medical problems that you don't have to make them up and do unnecessary things. Treat each patient the same way you would treat a family member. These are words to live by and I try my best.

Myles Rubin Samotin M.D.
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A New Solution to an Old Problem

By Joseph Gauta, MD, FACOG

Many people suffer from an Overactive Bladder (OAB) and are desperate to find a solution. No one should have to experience the annoying and embarrassing problem of a constant need to use the toilet. While an Overactive Bladder can occur in both men and women, it generally affects women more often. The symptoms include urinary urgency, frequency, and even incontinence.

While all of the causes are not known, we do know that certain activities can make the situation worse. For example, drinking excessive amounts of caffeine, soft drinks, and alcohol can have an unwanted diuretic effect. Sometimes, simple lifestyle changes may help alleviate symptoms. Also, physical regimens such as bladder training and pelvic exercises may be beneficial.

The use of medications has been proven to be effective, as well. Sacral nerve stimulation (pudendal nerve stimulation) has been proven effective in combating these annoying bladder and fecal issues. A new and very promising form of treatment is called Percutaneous Tibial Nerve Stimulation (PTNS). This involves the insertion of neurostimulator electrodes into the lower leg. The goal is to send stimulation through the tibial nerve. A tiny wire the size of a hair is placed just under the skin of the leg and an external pulse generator then delivers a mild electrical signal that travels to the sacral nerve plexus. The sacral nerve plexus, among other functions, regulates bladder and pelvic floor function.



PTNS is a low-risk procedure and no major safety concerns have surfaced. This makes it a viable alternative for many who suffer with OAB. In separate studies, the success rate has been shown to be over 75%. Locally, Joseph Gauta MD, a renowned Urogynecologist has seen success with this procedure first hand. With PTNS, there is great news for anyone suffering from an overactive bladder.

While this option may not be for everyone, its very promising to those who suffer from OAB. If you have any questions regarding Overactive Bladder (OAB), please contact the Florida Bladder Institute at (239) 449-7979. It is one of the leading women's surgical facilities in Southwest Florida. They specialize in both Gynecology and Urogynecology. The Florida Bladder Institute is located at 1890 SW Health Parkway - Suite 205, Naples, Florida 34109. You can also visit their website at: www.floridabladderinstitute.com.


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Q&A

with
Joseph Gauta M.D.

Board Certified Urogynecologist

Why did you seek treatment?

I was in a car accident and suffered some muscle and nerve damage. Since the car accident I've experienced incontinence and my toes curl under rather than go straight. My friend told me about the percutaneous tibial nerve stimulation and how it worked great to treat her incontinence so I decided to give it a try.

What does the treatment entail?

I went to the doctors office once a week for 12 weeks to have the percutaneous tibial nerve stimulation done. After 6 visits the doctor interviewed me to see how it was working. I told him after one treatment I noticed improvement. A small needle that resembles an acupuncture needle was placed into my ankle. This needle pulses and sends an electric current up the tibial nerve. It doesn't hurt at all. The electric current reawakens the nerve that wasn't working. The treatment lasts about 45 minutes. As a bonus, my toe that was curled under on that foot is now straight!

Would you recommend this treatment to a friend?

Oh yes, that's how I found out about it. I tell all my friends about it and hopefully it can help them too.

--- M.S.

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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What is a PET Scan?

Advanced Imaging of Port Charlotte

Positron Emission Tomography (PET) is a powerful imaging technique that holds great promise in the diagnosis and treatment of many diseases, particularly cancer. A non-invasive test, PET scans accurately image the cellular activity of the human body. PET scanning provides a more complete picture, making it easier for your doctor to diagnose problems, determine the extent of disease, prescribe treatment and track progress.

What is a PET/CT scan?

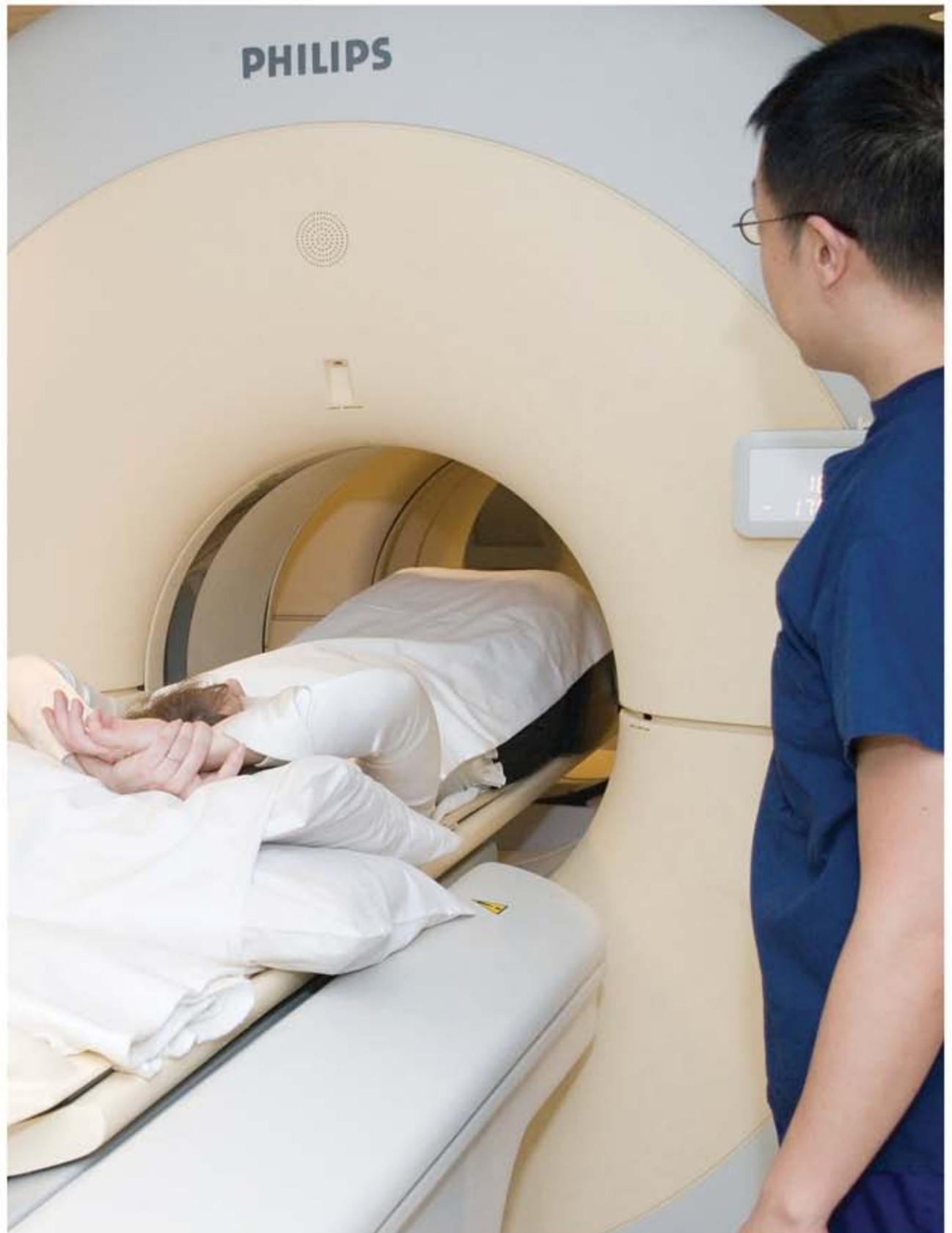
Positron Emission Tomography (PET) and Computed Tomography (CT) scans are both standard imaging tools that physicians use to pinpoint disease states in the body. A PET scan images the cellular activity of the body at a very early stage, often before anatomical changes take place. The CT scan provides information about the body's anatomy such as size, shape and location. By combining these two scanning technologies, a PET/CT scan enables physicians to more accurately diagnose and identify cancer, heart disease and brain disorders.

How does a PET scan differ from CT or MRI scans?

CT and MRI scans are anatomic imaging modalities, which means that they look at the size and shape of organs and body structures. A PET scan is a metabolic imaging modality, which means it looks at cellular activity. The information collected from a PET scan is different from any other test that is available.

Why is my doctor recommending a PET or PET/CT scan?

A single PET or PET/CT exam can provide information that once would have required several medical studies and possibly surgery. PET scans are most often used to help the physician detect cancer and monitor response to treatment. PET scans are also used to evaluate heart disease, neurological conditions and other physiological problems.





What are the benefits?

PET scans provide the physician with valuable information. For cancer patients it may help diagnose the extent of disease, guide the most effective therapy, and then help evaluate if the treatment is effective. PET scans aid in the diagnosis of heart disease and neurological diseases. This type of imaging can show changes much earlier than other imaging tests like CT or MRI.

Is PET safe?

The risks associated with a PET scan are very minimal. The quantity of radiation is low and the radiopharmaceutical degrades quickly so that no detectable radioactivity is present after several hours. In addition to the radioactive decomposition, the remaining radiopharmaceutical is eliminated from the body through urine. Family members are not at risk for exposure since most of the radioactivity has left the body or decomposed before the patient has left the center.

What should I expect?

If you are having a PET scan for an oncologic application you will usually be scheduled for your scan at Advanced Imaging. Upon arrival you will receive an injection of radioactive glucose, which will take approximately 60 minutes to distribute throughout your body. You will be asked to empty your bladder and then lie down on the scanner bed. The scan takes

approximately 15-35 minutes, depending upon the type of scan you are having and the type of scanner being used. It is important that you lie still during this process. If you need pain medication please bring it with you. You should plan on being at Advanced Imaging for approximately 2 to 3 hours.

What is a radiopharmaceutical?

A radiopharmaceutical is a radioactive drug. The most commonly used PET radiopharmaceutical is a radioactive form of glucose (sugar). To begin the PET procedure, a small amount of glucose is injected into your bloodstream. There is no danger to you from this injection. Glucose is a common substance that every cell in your body needs in order to function. Diabetic patients do not need to worry; it would take 1,000,000 doses of this radiopharmaceutical to equal the glucose in 1 teaspoon of sugar. Radiopharmaceuticals must pass multiple quality control measures before it is used for any patient injection.



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What happens after my scan?

Once the PET scan is complete, you will be able to leave the imaging facility. Make sure you drink plenty of water or other fluids throughout the day to help flush the FDG from your body.

Are there any potential side effects to a PET scan?

There are no side effects to having a PET scan. Make sure you drink plenty of water and check with your physician if you have any concerns.

When will I get my results?

The PET scan is interpreted by a trained nuclear medicine physician or radiologist and results are usually sent to the referring physician within 24-48 hours. You should contact your doctor to discuss the results.

How often should I have a PET scan?

If you are under a physician's care, you should follow your physician's recommendations for frequency of PET scans.

Are there alternatives to PET?

Yes and no. There are examinations that can be performed. However, there is no other metabolic (biological) scanning technique other than PET at this time. CT and MRI, for example, both examine the anatomical (physical) structure. Therefore, they can be useful in determining the size and location of a tumor. However, neither of them can determine whether a tumor is still metabolically active.

Is a PET scan painless?

The only pain involved is the needle prick when you receive the radiopharmaceutical injection, which does not differ from any other type of injection.

Does my insurance cover PET scans?

Many PET scans are covered by private insurance and Medicare; pre-authorization may be needed and is advised.

Advanced Imaging of Port Charlotte provides the highest standard of care available today. Our technologists are highly skilled and available to explain the exams and any concerns you may have. Advanced Imaging is open Monday thru Saturday from 7-7. Call 941-235-4646 for more information or you may review our website at www.advimaging.com.

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Dr. Katie Rodan and Dr. Kathy Fields, the creators of Proactiv Solution, launched Rodan + Fields to bring dermatologist-based skincare solutions to everyone. The products are based on a philosophy of Multi-Med Therapy--using the right ingredients, in the right order, to work fast and effective. All regimens undergo third party clinical tests to ensure safety and efficacy and they are backed by a 60-day money back guarantee.

The Doctors are also empowering people like you and me to profit from their business model...but first, the skincare!

What types of skin conditions can Rodan + Fields improve?

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UNBLEMISH unclogs pores, clears break-outs, and calms your complexion to keep pimples, blackheads, and post-acne marks from appearing.

SOOTHE reduces redness, irritation, inflammation, and help's fortify skin's natural moisture barrier.

Its all about getting the right regimen for the best results and you too can be on your journey to the best skin of your life.



What at-home skincare tools does Rodan + Fields offer?

The REDEFINE MACRO Exfoliator personal use exfoliation tool sweeps away five million dead skin cells leaving a smoother, more luminous complexion.

The patient-pending REDEFINE AMP MD MICRO_EXFOLIATING Roller with REDEFINE Night Renewing Serum, allowing the proprietary blend of peptides and retinol to visibly improve skin texture and firmness and reduce the appearance of wrinkles.



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ABOUT

Danielle Baldwin, Independent Consultant, Rodan + Fields, delivers personalized care to her clients helping each one love the skin they are in. She also empowers entrepreneurs to build a work-life they love, building their

own rewarding turnkey, low cost of entry, high profit potential skincare business. Contact Danielle Baldwin to redefine your skin and your future!

Men's Health Month

Erectile Dysfunction

By Harry Tsai, M.D.

Normal erectile functions depends on multiple factors such as blood flow, normal signals from the brain to the nerves and muscles in the penis, and testosterone levels. Men who have difficulty obtaining, keeping an erection are considered to have erectile dysfunction.

Cause

- Lifestyle choices: being overweight, smoking, excessive alcohol, drug abuse
- Health conditions: diabetes, heart disease, high blood pressure, high cholesterol, low testosterone, neurologic diseases such as Alzheimer's, Parkinson's, multiple sclerosis
- Medicines: high blood pressure drugs, antidepressants, antihistamines
- Mental or emotional concerns: Stress, depression, anxiety (performance anxiety)

Symptoms

- Trouble getting an erection
- Trouble getting a firm or rigid erection for intercourse
- Trouble keeping an erection

Detection

There are not many invasive tests that are required to make a diagnosis. Urinalysis is needed to rule out infection and blood in the urine. A thorough history and physical can reveal potential medical causes. Physical exam can reveal curvature or plaques in the penis (Peyronie's disease). A testosterone level is required to evaluate potential hormonal cause of ED.



Treatment

- Treat the underlying cause such as adjusting the medicine that is triggering ED
- Stop smoking and drinking
- Oral medications are known as 5-phosphodiesterase inhibitors: Cialis, Levitra, Viagra; this class of medications work by boosting the effect of nitric oxide which in turn relaxes the muscles to the blood vessels of the penis. As a result, there is increased blood flow to the penis.

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- Intraurethral suppository: MUSE can be deposited inside the urethra
- Injection therapy: medications can be mixed and injected into the soft tissue of the penis
- Vacuum device: this is a pump which is placed over the penis and draws blood into the penis
- Surgery: An implant can be placed surgically into the penis to obtain an erection

Prevention

Maintaining a healthy diet, regular exercise, monitoring medical conditions can lead to better erections. Avoid drinking, smoking, losing weight and decreasing stress are also vital.



Help with your Medication Regime

Are medications a part of your daily life? For many, the answer to this is "Yes". People take medications for many different reasons, no matter what their age. However, when we get older it can become more difficult to keep track of all the pills we take. Dangerous drug interactions, forgetting when to take your pills, or overdosing are just some of the concerns for our senior citizens.

In fact, 58% of seniors make errors taking their medications. 26% of these make mistakes large enough to have serious consequences. The main reason has been shown to be simply forgetting to take their medications properly. It would be unfair to scold anyone for this, because the average number of meds that a senior takes is seven. When you are taking seven or more different medications a day, it is easy to overlook.

Unfortunately, repercussions of these mistakes aren't as forgiving. Both your health and your money can be at risk. At least 10% of hospital visits are related to the improper medicating. Seniors are more apt to be affected by this experience. 23% of the nursing home admissions are due to the inability to self-manage medications. Another startling statistic is that over 21%

of all drug-related health problems are caused by the failure to follow correct medication procedures.

Where does the cost come in? Well, if you fail to take your prescriptions correctly you will more than likely end up with a visit to your doctor's office or even the hospital. A few mishaps per year can really add up. Each year in the United States, \$100 billion in health care costs is due to preventable hospitalizations, emergency room visits, or repeat trips to the physician; all related to medication complications.

Though nursing homes have their place, they are not always the best solution for seniors. Using the services of a homecare professional may fit you, or a loved one's needs better. Caregivers can be there to help oversee your daily regimen of medications. During your doctor's visits, they can accompany you during important conversations. Keeping complete documentation of your medications and making sure your physicians are fully informed of any changes can be difficult.

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When it comes to safely taking your medications, here are some steps to remember:

- Be aware that some medications cannot be taken with each other.
- Prepare for your doctor's visit by:
 - Bringing an up-to-date list of all the medications you take.
 - Making a list of questions to ask about your medications & health.
- What are the medications prescribed intended to do?
- How long will I need to take the prescribed medications?
- What are possible side effects the medications may have?
- Confirm the directions for your medication with your pharmacist.
- Give a copy of your list of medications to a family member or close friend.
- Use a pill organizer to track whether you have taken your pills.

Professional Caregivers are fully aware of these important points regarding your medications. Reaching out is the first step. It may seem like you are giving up control, but the exact opposite is true. Realizing that you may need some assistance and then finding the appropriate resource is the epitome of taking control.

If you have any questions regarding professional homecare services, you can contact Visiting Angels at 941-347-8288. They understand that seniors want to stay as independent as possible. Their caregivers are there to allow you to continue living the lifestyle that you are accustomed to.





“Made for iPhone®” Hearing Aids Hit the Market

By Dr. Noël Crosby, Au.D.

You knew it was inevitable, right? That it was only a matter of time before Apple®, famous for introducing new products and operating systems at lightning speed, addressed the needs of the millions of Americans who live with hearing loss. And now that Apple® has introduced its new iOS7 operating systems and the iPhone® 5s and 5c models, “Made for iPhone®” hearing aids now available.

“Made for iPhone®” hearing aids, currently available from several major hearing aid manufactures, provide 1) seamless connectivity between hearing aids and smartphones and 2) iPhone® accessibility to hearing aid setting, allowing the wearer to adjust the settings of their hearing aids from their iPhone®.

Starkey’s “Made for iPhone®” hearing aid is called the Halo™ and connects via the TruLink™ Hearing control App also available for free download in the App Store. In addition to Starkey, Oticon and Resound have announced that they also joined with Apple® to release “Made for iPhone®” technology. In April 2014 Oticon announced the launch of the upgraded Streamer Pro that will enable people who use Oticon wireless hearing instruments to connect to iPhone® via the Oticon Connectline App.

And these exciting developments appear to be only the beginning for Apple’s® planned innovations. Recent patents applied for by Apple® include patents for:

- Technology to improve the audibility of phone conversations by minimizing background noise while improving clarity.
- A social network for hearing aid users that would allow hearing aid users a social media platform to share their unique hearing aid settings.
- Technology that would allow iPhone® to automatically detect whether or not the user is wearing a hearing aid, eliminating the need for an iPhone® user to manually switch the iPhone® to the “hearing aid mode”.

Not an iPhone® user? You don’t have to feel left out. Apps for other brands of smartphone devices offer a variety of features and benefits

For more information on “Made for iPhone®” hearing aids, please give me a call at Advanced Hearing Solutions at (941) 474-8393.



PROFESSIONAL BIO

Dr. Noël Crosby, Au.D., owner and practicing audiologist at Advanced Hearing Solutions in Englewood, FL is an experienced professional whose career has been devoted to helping people understand more clearly.

With over 23 years of experience, Dr. Crosby’s career path is marked by the pursuit of advanced education. After completing her undergraduate requirements, she received her Bachelor and Master of Science degrees from Florida State University and her Doctorate in Audiology from the University of Florida.

Her credibility as an authority grew during her tenure as the Director of Audiology at the Silverstein Institute in Sarasota, FL from 1991-1998. Today, in addition to managing a successful audiology practice, Dr. Crosby just completed her second term as president of The Florida Academy of Audiology.

941-474-8393 | www.drnoelcrosby.com

SUMMER FUN IN THE SUN AND SAFETY

Now that the sun sets later in the day and children get to play outside longer, it's time to get out the sunscreen and bug spray to protect your child. Sunscreen is essential to reduce your child's risk of sunburn and skin cancer. Try to apply the sunscreen 15-30 minutes before they go out to play, and reapply every 2 hours. Even if your sunscreen says it is waterproof, it needs to be reapplied after swimming.

Choosing a Sunscreen

When choosing a sunscreen, look for a "broad spectrum" sunscreen since it will protect against both ultraviolet A (UVA) and ultraviolet (UVB) sunrays. Sunscreens with SPF (Sun-Protective Factor) of 30 block 97% of the UVB radiation and are great for long days of outdoor play. For infants under 6 months whom sunscreen isn't recommended, keeping them in the shade and covered is the general rule. If the sun can't be avoided, small amounts of sunscreen can be applied to the face or back of hands if necessary. Whatever you do when out in the sun, don't forget the sunglasses to protect your child's eyes from the damaging effects of the sunlight.

Protection from Ticks

With the warmer weather, bugs begin to crawl about. Ticks become a problem when walking in tall grasses or wooded areas. Long pants and shirts, in combination with insect spray, can reduce tick attachment. Insect sprays with 20% DEET applied to the skin has been shown to prevent tick attachment. Spraying your children's clothes also acts as a repellent. Once indoors from play, remove your child's clothes and check him/her carefully for ticks – especially in the groin, waist, armpit, and hairline. Ticks generally need 48-72 hours to transmit disease. Removal before that time reduces your child's risk.

If you find a tick attached on your child, grab it with a pair of clean tweezers as close to the body as possible and pull upward with steady pressure. With luck, the tick will disengage but sometimes the tick breaks off and you are left holding pieces! Don't dig out the pieces since they will dissolve eventually. No need to worry if over the next 1-2 weeks a small red itchy bump develops over the site of the bite. That is triggered by the tick's saliva and may remain for a week. Call your pediatrician if your child develops fever, headache or a rash 1-3 weeks after a tick bite since these can all be signs of a serious tick borne illness.

Protection from Mosquitos

Mosquitos are another warm weather pest. Eliminate standing water on your property to decrease breeding areas. If your child will be out playing in the early morning or at dusk, make sure you spray them with insect repellent. DEET is the standard insect repellent to which all others are compared with concentrations between 10-75%. Newer agents such as Picardin appear to be as effective as 20% DEET but have a shorter duration of action. Studies show that all are safe to use in children down to age 2 months. Beware of combination sunscreen/insect repellent products since reapplication required to maintain sunscreen protection may result in excessive DEET exposure.

If your child gets bitten by a mosquito, they may develop a red, swollen, itchy bump. If your child is young and hasn't been bitten before, the swelling can be quite dramatic and frightening though not life threatening.



Topical hydrocortisone along with some oral diphenhydramine can help dramatically. Be sure to check with your pediatrician for your child's correct dose. As the season progresses, the degree of reaction to the bites should "calm" down. If the bite becomes angry looking, very painful or pus-filled, call your pediatrician right away.

With proper protection, the summer can be lots of fun. Just make sure to protect your child's skin with sunscreen and bug spray whenever they are outside playing.



SAFETY: it takes all of us

PUT AN END TO DISTRACTED DRIVING

First Aid Tips

If you witness a traffic crash, call 911.

Do not remove victim(s) from the vehicle(s)—leave this job for ambulance staff, police or firefighters.

Provide first aid, especially rescue breathing/CPR, bleeding control and treatment for shock.

Get certified through NSC

NSC provides CPR & AED training through both classroom and online courses. Find a training location near you, or view a demonstration of NSC online training at nsc.org/onlinetraining.

NATIONAL SAFETY MONTH 2014

National Safety Council
1121 SPRING LAKE DRIVE
ITASCA, IL 60143-3201
(800) 621-7619
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Cell phone use while driving has become an unfortunate part of our culture, but is a very dangerous activity that shouldn't be considered a necessity – business or otherwise. There are steps you can take to make it easier to put down the phone when you are behind the wheel, and break the habit for good.

- Schedule calls for times when you will not be driving
- Tell other people not to call you when they know you are driving
- Plan your day ahead of time so you won't need to use a cell phone while driving
- Change your voicemail greeting to something like: "Hi, you've reached (insert name). I'm either away from my phone or I'm driving. Please leave a message." You also can let callers know approximately what time you will be available again so they know when to expect to hear from you.
- If a ringing phone is too tempting, get in the habit of silencing your phone before you start to drive, or lock it in the trunk or glove box



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- Work with your coworkers and family members on breaking the habit and hold each other accountable
- Allow enough time during your commute for stops so you can pull over and park in a safe location to check email and voicemail messages
- Consider using call-blocking technology when you are driving
- Remember, hands-free devices don't make you safer – while they allow for one more hand to be placed on the steering wheel, they do not reduce cognitive distraction to the brain

Don't let your cell phone drive you

No phone call is worth a life. Want to do more? Encourage your family and friends to put down their cell phones while driving, and speak up if you are riding with a driver who is using a cell phone. You also can refrain from talking on the phone with others if you know they are driving.

Green Cross Tip

Your brain can miss seeing up to 50% of the roadway environment when you are talking on a cell phone while driving – focus on the road and just drive.

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Prostate Cancer & Prevention

Do we know enough to significantly reduce our risk of Prostate Cancer?

Written by, Carolyn Waygood, Certified Natural Health Professional & Plexus Ambassador

Prostate cancer is currently the second leading cause of cancer death in men in the U.S., and it's about time we help educate men on ways to reduce their risk of this debilitating disease beyond the typical advice to "eat right and exercise more". While eating a diet high in cruciferous vegetables and reducing saturated fats (among other things) has been known to reduce risk of many diseases including prostate cancer, and the link between regular exercise and better health is widely known, we now know there are many other ways to reduce one's risk of developing prostate cancer. "Prostate cancer may seem inevitable in some men", reports Positive Med in an article entitled "Dramatically Reduce Prostate Cancer Risk". However, "growing evidence suggests you can dramatically reduce the risk of this cancer, and slow its progression if you already have it". Since there are ways to delay cancer's development or inhibit its growth, why aren't we broadcasting it over the radio? Do your part in sharing this important information this June (Men's Health Month), and pass this article on to the men in your life!

It's Better to Prevent than to Treat

Most medical professionals know that over the course of a lifetime a man could engage in healthy dietary practices consuming a lot of **tomatoes, cruciferous vegetables, green tea, pomegranates, and soy protein**, and probably significantly lower their risk of prostate cancer. "There are a number of good opportunities for men to avail themselves with potentially preventing prostate cancer", admits Dr. Gerald L. Andriole Jr, MD, Professor and Chief, Division of Urologic Surgery, Washington University School of Medicine, in his paper titled *Contemporary*



Prevention is better than cure

Reduce Your Risk

Prostate Cancer Prevention. "We know about vitamins and minerals, specifically **selenium** and **vitamin E**, and we know there's good laboratory data that **COX-2 inhibitors** (COX-2 is an enzyme responsible for inflammation and pain) may be effective preventatives of prostate cancer. I think there is a lot of good news out there about prostate cancer prevention."

Start by Reducing Inflammation

Based on data from a new study at the Johns Hopkins Kimmel Cancer Center, published April 2014 titled *Bio-markers & Prevention..*, men who suffer from chronic prostatitis (inflammation of the prostate gland) may have close to twice the risk of developing prostate cancer compared to those without inflammation. Although the study can't prove which came first "the chicken or the egg", in other words it is indeterminable whether inflammation played a factor in the development of cancerous cells, or whether the presence of cancer cells instigated the inflammation, both medical and scientific research has linked chronic inflammation to many diseases, including cardiovascular disease, diabetes, arthritis, Alzheimer's, and prostate cancer. "This study is a big step in preventing prostate cancer and advocating surveillance of men with BPH (Benign Prostatic Hyperplasia) and chronic prostate inflammation. Treating and avoiding inflammation of the prostate could reduce the number of cases yearly which develop into prostate cancer." added Dr. David Samadi, Chair of Urology and Chief of Robotic Surgery at Lenox Hill Hospital in New York City.

As explained in a paper entitled "Inflammation and Prostate Cancer" published by the National Institute of Health, "Chronic inflammation has been associated with the



development of malignancy in several other organs such as esophagus, stomach, colon, liver and urinary bladder". The report explains that inflammation is thought to promote the development of cancer by causing cellular damage. Could it be that inflammation, either in conjunction with other things, such as diet and heredity, or by itself, is the cause of the oxidative damage that leads to cancer? There is precedent for this idea. Inflammation is known to cause damage to cells and to DNA. It is already known that long-term inflammation is associated with many kinds of tumors. For example, chronic hepatitis causes cancer of the liver; chronic stomach inflammation causes stomach cancer; reflux esophagitis, over time, can cause cancer of the esophagus. "Natural health practitioners are taught to consider chronic inflammation as the precursor to most diseases", notes Carolyn Waygood, Certified Natural Health Professional and student of Naturopathy. "As a result, if we can reduce or control chronic inflammatory conditions, we can potentially reduce the risk of many associated illnesses."

As with every illness, a Natural Health Professional would ask "what is causing the inflammation, and how do we reduce or eliminate it?". Since the prostate is located adjacent to the bladder, urethra and rectum, chronic strain or injury to these anatomical structures could contribute to surrounding inflammation. Therefore, the optimal health of these body parts may reduce one's risk of localized inflammation and ultimately developing prostate cancer. Drinking adequate amounts of water can help flush the bladder and keep the urethra clean, and maintaining healthy body pH levels and avoiding over-acidity of the urine and other body fluids may also improve bladder and urethra health. Maintaining healthy digestion and elimination is important to colon health, and avoiding chronic constipation will help reduce strain in the rectal region which could, in turn, cause swelling of the prostate. It is also known that elevation of estrogens in the presence of testosterone results in a prostate-specific inflammatory response. So maintaining a balance of these powerful hormones can also help maintain prostate health. "Although many things could be responsible for inflammation of the prostate", advises Ms. Waygood, "educating oneself of common inflammatory factors is powerful ammunition in the fight against prostate disease."

Prostate Cancer: GET THE FACTS
Other than skin cancer, prostate cancer is the most common cancer in American men.

1 in 6 men will be diagnosed with prostate cancer during his lifetime.

2.5M Prostate cancer can be a serious disease, but most men diagnosed with prostate cancer do not die from it. In fact, more than 2.5 million men in the United States who have been diagnosed with prostate cancer at some point are still alive today.

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.



The **Plexus Fast-Relief Pain** supplement was specially formulated to help reduce inflammation using well-known anti-inflammatory enzymes such as Serrapeptase and Bromelain. Serrapeptase is known as the "Miracle Enzyme," and with more than 25 years of research in Europe, has proven to deliver significant relief from pain and inflammation without the usual side effects of NSAIDs. Bromelain is another enzyme

shown to possess substantial anti-inflammatory and anti-pain properties. But what truly sets the Plexus Fast-Relief Pain capsules apart from other anti-inflammatory products on the market is the added ingredient ETARol™. This patented, highly purified extract of the New Zealand green lipped mussel contains all the potent and wide-ranging properties of its source, including anti-inflammatory support, pain relief and tissue regeneration. Scientific findings show ETARol™ is the superior source of the green lipped mussel, and is known to be a 5-LOX inhibitor (like COX-2, the biological compound 5-LOX also plays a major role in the inflammatory process) in patients with arthritis. Taking between 2 to 4 Fast-Relief Pain capsules daily, depending upon the severity of inflammation, has shown to significantly reduce pain and chronic inflammation.

The **Plexus BioCleanse** supplement was formulated to improve intestinal health and bowel elimination while improving body pH and oxygen levels. An oxygenating magnesium complex, BioCleanse helps restore health of the intestinal muscle used to move waste out of the body, and reduce inflammation caused from acidic conditions. Oxygen works to neutralize acidic conditions while improving cellular health, and inhibits the growth of pathogens in the intestinal tract which may also lead to inflammatory conditions. Men who suffer from chronic constipation have found relief with daily use of Plexus BioCleanse, and may also benefit from the Plexus ProBio5 supplement. When problems with elimination are linked to inadequate digestion, the healthy probiotics and helpful digestive enzymes contained in ProBio5 can help. While important enzymes such as protease and peptizyme help break down food more fully, added probiotics help maintain bacterial balance. Together, these powerful daily supplements help maintain intestinal health and may reduce strain and inflammation associated to chronic constipation.



The Link Between Prostate Disease and Elevated Glucose & Inulin Levels

According to the National Institute of Health, "the effect of insulin resistance was apparent"¹ in recent studies addressing the association between prostate cancer risk and insulin sensitivity or resistance. Although past research has frequently shown that obesity is a strong risk factor for adult-onset diabetes, the link between obesity and cancer is less widely known. But that is changing. Recent studies have confirmed that excess weight is associated with the incidence and mortality of a number of cancers, such as colon, pancreas, and kidney, in addition to aggressive prostate cancer in men and breast cancer and endometrial cancer in women. More recently, researchers have narrowed down one of the primary culprits in the link between weight and cancer – insulin resistance. Insulin resistance is a condition whereby some organs become resistant to insulin's ability to shuttle glucose into cells, especially after eating a meal high in carbohydrates.

1. J Natl Cancer Inst. 2003 Jan 1;95(1):67-71.

Edward L. Giovannucci, MD, ScD, Professor of Nutrition and Epidemiology at Harvard School of Public Health explains it this way; "The link between insulin resistance and cancer may be related to the compensatory high levels of insulin. Insulin is an important growth factor for body tissues. Typically, insulin increases when nutrients are plentiful, and drops dramatically during a fasting state. Insulin may signal cells to increase rapidly in number through a variety of mechanisms. Insulin could directly signal growth, or it could do this by increasing the levels of other potent growth factors (insulin-like growth factors [IGF]), or it could make cells more sensitive to other growth factors. Although cancer is a complex, multifactorial disease, one of the consistent characteristics of cancer cells is their ability to grow uncontrollably and to be resistant to programmed death. Thus, growth factors are critical to the initial development of cancers, as well as to their progression."



Plexus Slim, a powdered drink mix formulated using natural ingredients and designed to help balance blood sugar while increasing insulin sensitivity and breaking down glucose, was originally created to help Type 2 Diabetics better manage glucose & insulin levels. Now available through Plexus Health Ambassadors, Plexus Slim has helped people all over the world lose weight, balance blood sugar, control the appetite, and achieve greater energy – naturally! Men who face an increased risk of prostate or other disease due to excess weight or insulin resistance, may find help

losing weight and balancing glucose levels with Plexus Slim & Accelerator. Mixing one packet of Plexus Slim into a bottle of water, shaking, and drinking each morning before breakfast, and taking 1 to 2 Plexus Accelerator supplements along with any other daily vitamins, has helped hundreds of thousands of people lose weight naturally, and improve glucose and insulin levels.

Richard is 5' 4", and at his worst weighed 305 lbs. and was on a fist-full of medications for blood pressure, his heart, and high triglycerides and cholesterol levels. "We went to a trade show and saw a Plexus booth," Richard said. "I wanted nothing to do with this 'wonder product.' My wife loved me so much that she went behind my back and bought some. I am so thankful she did; Plexus has saved my life." Now, nine months after starting with Plexus, Richard has lost 45 lbs., and nine inches around his waist. In December, his doctor took him off the last of his medications! "I feel a responsibility to share Plexus with everyone. My future was so bleak and now I get to be there for my kids and grandchildren."

- Richard Chamberlain



Interested in learning more? Come visit with Carolyn and your local Plexus Representatives at a June "Introduction to Plexus" event Saturday June 21st from 10 AM to 11 AM hosted by Ancient Ways Martial Arts Academy located at 3405 Cortez Road West, Bradenton, FL 34210! R.S.V.P. to Carolyn at (941) 713-3767, and receive a FREE GIFT! You can also contact Carolyn at Carolyn@BetterBreastCheck.com to schedule a FREE initial consultation. To purchase your Plexus natural health products, visit www.Waygood.MyPlexusProducts.com today!

Dangers in the Home

Oftentimes, living alone can prove to be dangerous for seniors. Senior citizens, like all of us, wish to stay in their home as long as possible and maintain their independence. According to an AARP survey conducted in 2011, 90% of seniors agreed. When someone is having difficulty with day to day tasks, it may seem like an easy choice to move into an assisted living facility. By doing so, seniors can live in a safe environment, maintain a social life and have their health continuously monitored. Still, looking at it from the individual's perspective, this decision can be a very difficult and emotionally draining. However, there has been a move away from the institutional feel of traditional assisted living centers. In fact, a local senior residence, Banyan Residence Assistant Living has designed their entire facility to provide safety and assistant without losing the sense of home.

First, what are some of the hazards that an aging population might experience?

1. Stairs. Climbing stairs can become very problematic for seniors. 30% of people over the age of 65, and 50% over the age of 80 will fall down at least once in the next year (Aging Parents Authority). Many times when a senior falls down the stairs, they suffer with a hip fracture. 25% of seniors with a hip fracture will lose their life within one year.

2. Shower/Bathtub. Something as simple as getting in and out of the shower/bathtub can be a challenging task for seniors. Roughly 33% of people sixty and older have trouble doing this, even with safety equipment installed (University of Michigan Health System). Many will trip, fall, and harm themselves in the process. A study has shown that bathroom injuries treated in emergency rooms rapidly increase after the age of 65 (New York Times).

3. Throw Rugs/Carpeting. Though, only meant for a house decoration, throw rugs can become dangerous to seniors. Without the rugs being secured safely to the floor, it is easy to catch your foot on one and trip. Falling is a leading cause of unintentional injury for seniors over the age of 65. Research has shown that throw rugs and carpeting is one of the most common environmental hazards in senior's homes. There are unsecured throw rugs in 78% of all homes. These homes will average eleven rugs that do not have nonslip backing.

While these are all hazards, being alone is the greatest danger of all. If any of these accidents were to happen, the senior would not have anyone there to help him or her. Recently, a former paramedic relayed an incident in which his crew had found a senior in her home that had been lying on the floor for three days. She had no way to contact anyone for help. Living in a residence that was staffed by trained professionals would have made all the difference. Situations like this occur more often than most of us are aware. To avoid these risks, and any concerns about safety, it may be time to consider a change in living arrangements.



Banyan Residence Assisted Living Resort was created with the principals of safety and security in mind. However, it was important to the designers to accomplish this without losing the senior's sense of freedom and mobility. To avoid the "caged in" feeling, all of the apartments are located in a one story building. Also, beautiful gardens are scattered throughout the courtyard. Residents are free to experience the free flowing layout; while knowing that there is always assistance nearby if it is ever needed.

If you have any questions about this new approach to assisted living, please contact Banyan Residence at (941) 412-4748 to schedule a visit.

Banyan's residents enjoy a sense of both community and independence. This home is located at 100 Base Avenue East in Venice, FL.



www.abanyanresidence.com

A Banyan Residence has the following features to do so:

- Custom Shuttle
- Monthly Newsletter
- Spa Day
- Walking Club
- Physical Therapy Room
- TV satellite service
- Movie theatre popcorn
- Family & Friends BBQ
- Tropical Garden
- Fruits & Vegetable Garden
- Walking Club
- Waterfall
- Physical fitness activities
- Salon Room
- Custom Shuttle Bus
- Koi Fish & Duck Pond
- Butterfly Garden
- Special Events: Annual Red Carpet Fashion Show

Your Check Engine Light is On: Let's Talk Men's Health

By Tara Moser, LCSW, RPT-S and Heather Payne, LMHC

When it comes to health, especially mental health, men are more likely to avoid taking care of themselves. Men are less likely to visit a doctor for well checks, injuries, and illness. Many women will agree that trying to get a man to go to the doctor for a checkup is a more difficult task than herding a room full of cats. Women, usually significant others or mothers, are left with the unpleasant task of nagging the men they love to pay more attention to their health and wellness.

Why are men so obstinate when it comes to taking care of themselves? Part of the reason may be related to cultural. For generations, men have been raised to avoid showing weakness or vulnerability. For many men, embarrassment also plays a role, especially if symptoms involve more intimate problems such as those sexual, prostate or bowel related.

Research shows that men are four times more likely to complete suicide than women. This is partially related to the missed diagnosis of depression in men. Men tend to hide, both consciously and unconsciously, their signs of depression. The more common signs of depression, such as sadness, do not show as clearly in men; rather symptoms such as anger, aggression, burnout, risk taking behavior, and alcohol and substance abuse. Loved ones close to the man may see these symptoms as "just being a guy" or going through a hard time. To help men with depression, family, friends, physicians and men themselves need to recognize that society's definition of a man as stoic and unemotional can work against them.

Drinking over the equivalent of one pint of beer a day is linked to multiple health problems. Short term intoxication can cause out of character behavior, aggression, impotence, getting sick and or passing out. Long term effects include addiction, heart disease, liver damage, pancreatitis, mouth and esophageal cancer and fertility problems. It is important to have an honest conversation with the man when he is sober about his drinking habits and help him identify ways to moderate his alcohol intake.

Many diseases that men suffer from as they age stem from lack of health care earlier in life. Cardiovascular disease is a good example. If a man has not had his cholesterol and blood pressure monitored through his life, he may be seen to "suddenly" develop heart



disease or stroke, when in reality symptoms were present much earlier. With regular monitoring and preventative health care, the event might have been prevented. Other top killers include cancer, chronic obstructive lung disease, accidents, pneumonia, diabetes, suicide, kidney disease, and liver disease.

As a man, taking time to put yourself first, even if you do it under the guise of getting check ups for your wife, children, mother, partner, or whoever else is most important in your life, will create a more healthy society. By setting examples for our younger generation, we can show that unhealthy habits prevent us from successful priorities of health and wellness.

We are given a new start to each day, but we are also placed with choices in every moment of life. By choosing better food options, exercise (in whatever form works best into ones daily routine), making smart choices related to alcohol, seeing the doctor regularly and when something doesn't seem right, and so much more we can become a healthier society. Some risk factors, such as age, sex, and family history cannot be changed. Adopting a healthy diet and regular moderate exercise, along with reducing alcohol intake and quitting smoking may reduce the risk of an untimely death. The good news is that things are gradually changing. Men's health issues are being brought out into the open, and men are becoming more comfortable talking with their partners about their health concerns. Younger generations of men are starting to reach out for medical and mental health needs for their families and the trend lends itself to acceptance of help being heroic and no longer shameful. If men could respond to health issues the way they respond to the "check engine" light on their cars, symptoms would be evaluated in a much timelier manner!



Heather Payne, LMHC received a Master's degree in Mental Health Counseling from Argosy University, Sarasota. She works with children, adults, couples, and families, and has received extra training in crisis intervention, grief and loss. She is a member of the American Counseling Association, the Association for Death Educators and Counselors, and the Association for Play Therapy. She is also a Registered Nurse, and a Nationally Certified Counselor through the NBCC.

Heather is working toward becoming a registered play therapist, and has two therapy dogs in training who she may use in sessions with clients who request animal assisted therapy. She uses a person centered approach combined with cognitive behavior techniques to provide individualized service for each client. She is a trained Prepare Enrich facilitator and offers premarital counseling for interested couples.

Heather is also the Coordinator for the Lee Memorial Health System's Pediatric and Pregnancy Bereavement Program.

Tara Moser, LCSW, RPT-S specializes in working with children, adolescents, and families. She has a Master's Degree in Social Work from the University of Central Florida, is a Licensed Clinical Social Worker in the State of Florida (#SW8379), and a Registered Play Therapist Supervisor through the Association for Play Therapy. Tara also specializes in Play Therapy with children 2 -18 years old, as well as incorporates pet-assisted play therapy into some of her clinical work utilizing her two dogs Abbey and Bode.



Tara has worked in a variety of therapeutic roles including foster care, non-profit family counseling, non-profit individual counseling, elementary school based counseling programs, adolescent drug prevention/intervention, behavioral therapy with autism, domestic violence counseling, and supervised visitation, in addition to her private practice.

Tara's counseling approach is client centered in that each session is unique to meet the client's needs and utilizes tools that are most effective for the client such as play, music, pets, and art. More often with the younger children, non-directive and directive modalities of play therapy are utilized. Cognitive-behavioral approaches and family system approaches are also utilized.

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Turning Back The Hands Of Time

By Yollo Wellness

Today we are well aware that the key to a long and healthy life is good nutrition and an active lifestyle. The majority of people have been active throughout their lives, so they are not newcomers to the gym, the golf course, or physical activity.

It's natural that people would want to continue to be active into retirement and beyond. And, with fewer demands on their time, many are able to put more attention on their health and wellness while fighting off the effects old age can have on their bodies.

Bill and Betty Mosgrove recently did just that. Both are 83 years old and each suffering with different health issues of their own which changed what they could and could not do on a daily basis. So they decided to do something about it.

Betty suffers with Fibromyalgia which causes long term pain and tenderness in the joints, muscles, tendons, and other soft tissues. Her Orthopedic Surgeon referred Betty to YOLLO Wellness Center to take advantage of the variety of services YOLLO offers for natural, non-invasive healing.

Betty and Bill have a lot of life left in them which was very evident when they sat down for their interview. They both decided they wanted to work on living a healthier life and set out to achieve just that. Aging is not lost youth but a new stage of opportunity and strength. The longer we are able to live the more beautiful life can become.



Once Betty and Bill arrived at YOLLO Wellness they met with their highly trained staff and learned what it will take to begin the proper steps to feeling healthy and staying healthy.

The **Alcat** blood test was given to both of them to learn what food intolerances they each have. The results from this test provided Bill and Betty guidance when choosing what to eat and what not to eat according to their sensitivity food panel tests.

"I had less energy and would notice the simple little chores I used to do in the garage would cause me to be out of breath" Bill said. Once Bill and Betty began their journey to better health they are both feeling more energized. They have each lost 15 pounds. Although they both admitted changing their eating habits was not easy they were able to do it and are feeling better due to their new food choices. *Bill said "It was not easy packing up my favorite flavor of ice cream out of the freezer to give to my friend"* but he knew it was going to help him feel better if he eliminated dairy products from his diet according to his test results. *Betty said "bread was a challenge to give up"* as well as eggplant and coffee which she loved but according to her test results those needed to be eliminated from her daily diet to help her become healthier.

Micronutrient Testing was another test taken at YOLLO to help Betty and Bill know what vitamin deficiencies they might have. Micronutrient testing is a state of the art blood evaluation that detects low levels of specific micronutrients. This test measures

specific nutrients to determine whether you are absorbing and utilizing the nutrients you need and which nutrients you are missing. This reduces inflammation within the body as well.

DITI Digital infrared thermal imaging is for detecting and monitoring a number of diseases and injuries by showing thermal abnormalities in the body. It is used both able to benefit from the results of their DITI imaging. Areas in their bodies that showed inflammation were addressed as well as the neuropathy Betty suffered with in her feet.

Live Cell Blood Analysis is a nutritional blood analysis that detects nutritional deficiencies, digestive disorders, parasites, bacteria, free radicals, uric acid crystals, plaque, yeast and fungus. Dry Blood Cells shows different health related issues. This test helps to determine specific nutritional or naturopathic steps to support your overall health, and is a valuable addition to the health assessment process. *"Being able to see our blood live on a monitor and being told what we needed to address was very pivotal in our understanding and planning of our health planning process at YOLLO Wellness"* Betty said.

Mild Hyperbaric Oxygen Therapy also become a regular treatment program at YOLLO for Bill and Betty. These treatments allow a patient to breathe higher concentrations of oxygen while placing them in a chamber and increasing the pressure around them. By increasing the pressure around oxygen is absorbed into all the fluids in the body, reaching oxygen deprived tissue. The goal is to increase the amount of oxygen delivered to the tissue to help it to heal and remove the inflammation.

"We enjoy the oxygen chamber treatments most" said Bill. Being able to do more things and having increased energy has been wonderful. *"It has helped my back issues as well as my restless leg syndrome" said Betty.* *"There are some days we are literally here at YOLLO for 3 or 4 hours making sure we get all our treatments in for the day" Betty said.* *"When Bill and Betty leave YOLLO after their treatments are completed they both said."* *"We feel energized and ready to tackle the world."* They have found their "fountain of youth" at YOLLO Wellness and as each day passes they feel better as their youth is being restored.





Betty also has bladder issues. Her back issues stem from a prior surgery. Her balance is off due to the neuropathy in her feet. She had a knee replacement in 2009 and has restless leg syndrome. Bill is a diabetic and he had bypass surgery in 2011. He had a partial knee replacement in 2000. All of their health issues have improved drastically after their decision to visit YOLLO and taking advantage of their personalized programs to assist them in becoming healthier in all aspects of their lives.

They have become "family" at YOLLO they look forward to coming and enhancing their quality of life by using the state of the art equipment and research based testing methods offered at YOLLO. Owner Wendy Law and her associate Deb Re bring an abundance of energy and many laughs to make the experience memorable.

As with anything we face in life that we are not familiar with we sometimes are reserved when making the decision to try something new. Bill and

Betty can now speak from personal experience and let others know there are options available to help others who are possibly feeling the effects of similar health issues as they age. **"We would never have found YOLLO without our Doctor's referral" Bill said.**



He is very thankful they followed his advice and can't express enough how YOLLO has helped both he and Betty become healthier. Bill and Betty are walking examples of the health benefits they have received and will continue to receive at YOLLO Wellness. **"I have my energy levels back that I once had many years ago" Bill said,** Bill is doing more cooking himself now for both he and Betty and making healthier food choices. He is also thinking his "honey do" list around the house will be expanding soon due to his high energy levels. You cannot put a price tag on life itself. Having good health is like winning your very own lottery it will give you the keys to a long happy life, after all that is what we all hope for. Remember the greatest wealth is our health!

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Safety at Home and Work

Richard Parfitt, Director of Public Safety

Who has not heard the adages 'watch where you step', 'don't talk to strangers' and 'don't run with scissors'. Though sometimes funny, they have been passed down for generations to keep us and our children safe, but sometimes we forget or ignore these common sense warnings and others like them. In a similar way we block-out our internal monologue, that inner voice that tells us we shouldn't do certain careless or reckless things in life.

The two safety mechanisms mentioned above are easy to use and cost nothing, except maybe a little more thought and possibly some time.

Because *danger never takes a vacation, safety must never take a holiday*. Some of the best advice for protecting yourself is not about training in martial arts, the latest weapons on the market, or the latest technology, but from your awareness of your surroundings. This is not intended to have you become paranoid, or become a student of actuarial science, but to be more aware. Always evaluate what you are doing and where you are. Have you been out walking and the shortcut to your destination is a darkened street and your 'gut feeling' tells you not to go that way...do you continue on that path or go a different route? Many times we ignore those 'gut' instincts or intuition and go into potentially dangerous situations we could have avoided. Maybe not always accurate, but those instincts are hard-wired into us from the days of the caveman when man had to protect himself from animal predators. Unfortunately today we must protect ourselves from human predators.

You can train yourself, your loved-ones, and especially your children the importance of the responsibility of protecting themselves. We don't want to give our children the belief, or maintain the notion ourselves, that our safety is someone else's responsibility. There have been various campaigns over the years that help us remember that we are ultimately responsible for our safety: don't drink and drive; wear seatbelts and more recently, don't text and drive. These marketing campaigns and messages stress the need to protect yourself and others.

Gavin de Becker, an expert on the prediction and management of violence and author of a number of books on protecting ourselves wrote in his book, *The Gift of Fear*, "whether it is learned the easy way or hard way, the truth remains that your safety is yours. It is not the responsibility of the police, the government, industry, the apartment building manager, or the security company" (p.12).

To take safety seriously means accepting responsibility for our own protection. Become aware of your surroundings; take notice of people or circumstances that seem out of the ordinary and trust your instincts. If that inner voice says, 'don't walk down that dark street' or 'don't take a ride from that person', trust those instincts. Weapons may protect you from violence, but the best solution, according to de Becker is not from technology, but intuition.

You have to know when your intuition is sending you messages and



trust them. Animals have natural instincts, but de Becker says that we sometimes do not explore those messages and even ignore those 'survival signals' (p.31). The messengers of intuition can include the following:

- Nagging feelings
- Persistent thoughts
- Humor
- Wonder
- Anxiety
- Curiosity
- Hunches
- Gut feelings
- Doubt
- Hesitation
- Suspicion
- Apprehension
- Fear

De Becker says that intuition might send one or more of these messages to get your attention, and you must recognize them for what they are. Because they differ according to urgency, you must also understand they are not all equal and the ranking goes from the more simple of nagging feelings to the messenger of highest order, fear (p.73).

Train yourself in a simple way and apply those concepts to your safety at home and work and remember with any training you are going to react to

situations based on how you've trained. Trust your intuition while using what-if scenarios, where you can mentally plan for what you would do in a particular situation. What-if scenarios can be done any time; while driving, walking or just relaxing. It doesn't require a classroom setting. Being aware of your surroundings can help you avoid becoming a victim of an accident or a crime.

As an example, if you're walking to your car at night in a dark parking lot, be aware of people around while thinking: "What would I do if I'm confronted? Where would I go?" Basically, have a plan in mind and if the situation changes, for example if you see someone sitting on your car's hood, what would you do? This is not about becoming paranoid, but aware. Being aware of your surroundings and listening to your inner voice are two ways that you can increase your safety as well as those around you.



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June Cataract Awareness Month

Cataracts: Third Leading Cause of Blindness in the United States

By Jonathan M. Frantz, MD, FACS

Studies suggest that everyone who lives long enough will get cataracts, although there may be some reduced risk for individuals who eat properly, avoid sun exposure and do not smoke.

A cataract is not a disease but an aging process similar to graying hair. As the eye ages, the normal lens inside the eye becomes cloudy. The lens focuses light rays on the retina at the back of the eye to produce a sharp image of what we see. When the lens becomes cloudy, the light rays cannot pass easily through it, and the image becomes blurry. It can be compared to a window that is frosted or "fogged" with steam.

What causes a cataract? Cataracts usually develop as part of the aging process. Other causes include:

- Family history
- Medical problems, such as diabetes
- Injury to the eye
- Medications, such as steroids
- Long-term, unprotected exposure to sunlight
- Previous eye surgery

The amount and pattern of cloudiness within the lens can vary. If the cloudiness is not near the center of the lens, you may not be aware that a cataract is present. However, many people experience common symptoms, which include:

- A painless blurring of vision
- Glare or light sensitivity
- Frequent eyeglass prescription changes
- Double vision in one eye
- Needing brighter light to read
- Fading or yellowing of colors

Dr. Frantz is among the top five laser cataract surgeons in the country. He introduced Bladeless Laser Cataract Surgery to southwest Florida in May 2012 and continues to embrace the latest technology for his patients by being the first surgeon in the state of Florida to offer the VERION Image Guided System, which tracks your eye from the planning stages to your actual cataract procedure. He also offers the area's only ORA with VerifEye, which provides an in-depth analysis of the eye during surgery. The combination of the most advanced technology,

a wide choice of intraocular lenses, and Dr. Frantz's vast surgical experience offers area residents the opportunity to experience unparalleled cataract surgery.

A thorough eye examination can detect the presence and extent of a cataract, as well as other conditions that may be causing blurred vision or discomfort.

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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 surgery, 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.

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PATIENT PROTECTION AND AFFORDABLE CARE ACT-2013

By Frank D. DeMarco

For us to understand the Patient Protection and Affordable Care Act we must understand the history of healthcare in our nation.

The first set of Codified Laws in Society and the manner that society functions can be found as early as 62 BC with the Code of Hammurabi. The Code was inscribed on a large tower located in Babylon, which is now present day Iraq. In that Code, interpretations described how society was to act and to function as its own entity. Many of the writings mentioned were to help those in need and provide care inclusive of health, long term care, workers' benefits (compensation), and death.

With that in mind, let us focus on the history of national health care in the United States, beginning with initiatives as early as 1883. At that time the Federal Government relinquished authority to each state to create, implement, fund and enforce such programs. This philosophy continued until the early 20th Century when many labor reformers were trying to develop and implement social reform for the Labor Class. President Theodore Roosevelt's philosophy for a national health care policy was in order for the "nation to be strong."

The American Association of Labor Legislation Bill of 1915 enacted guidelines for health insurance for the working class and families. All costs for healthcare were to be shared between workers, employers and the individual state. Ironically, the American Medical Association supported efforts to have compulsory health insurance for all as early as 1917.

As health care costs escalated in the 1920's, the nation saw a need for increased health care coverage.

From 1920 until 1965, when the Medicare Act was enacted numerous Presidents attempted to enact a National Health Care Policy for the nations' citizens.



On March 23, 2010, the Patient Protection and Affordable Care Act was passed by the Congress of the United States and enacted into Law with provisions being phased in for a period of March 2010 through 2020. This is what many contemporaries, critics and supporters have come to label as "Obama Care."

I prefer to identify it as the Legal Title and not politicize the law for political purposes.

The premise for the entire Patient Protection and Affordable Care act include the following:

A. No health insurance carrier may exclude individuals or persons from coverage based upon pre existing conditions, and the same premium price is to be offered to all applicants by the insurer regardless of gender or pre-existing conditions excluding tobacco use.

B. Minimum Standards for health insurance policies are established.

C. All individuals are to secure an approved private insurance policy or pay a penalty, unless the individual is covered by an employer sponsored health plan, Medicare, Medicaid, or other public insurance program. If the individual does not have an exemption, or not a member of a protected status, a penalty may be levied for failure to comply with the mandate. The mandate also provides for individuals with low incomes for subsidies to offset the expense of the insurance.

D. Businesses do not have to comply with the law until 2015.

All health insurance policies with an effective action date of January 1, 2014 and subsequent dates thereafter, there are no health insurance qualifiers required to be approved for a plan.

Each individual health insurance program must have 10 Essential Health Benefits included in the plan. These benefits include and are not limited to the following: prescription coverage, mental health coverage, well being programs which include preventive care, dental care for children, and routine medical diagnostic tests.

Individuals who do not select a program in compliance with the Act after March 31, 2014, will be penalized monetarily as little as \$ 95.00 or 1% of gross household income. The penalties will increase each year for a maximum of 3 years.

Based upon the subsidy levels, individuals should inquire of the Affordable Care Marketplace to determine subsidy eligibility. However, the computer program has not functioned since its implementation and has been under increased criticism since its implementation.

Another manner to determine subsidy eligibility is to complete an approved paper application. I have found this to be an easy and more effective manner to expedite the process. Once the subsidy is approved, then the applicant will be able to determine which health care program will benefit them and the premium cost.

The subsidy work in two ways.

1. The insured can elect to use the subsidy as a Tax Credit at the end of the tax year.
2. Can elect to have the subsidy remitted to the insurance carrier as part of the premium payment.

At the time of this writing, I have received no clarification or information as to how the subsidy payments will be remitted to the insurance carrier. One of the most equitable benefits of the law is that each health insurance carrier must spend at least 80% of all premiums on the insured's' health care. Otherwise, excess premiums must be returned to the premium payer.

Frank D. DeMarco, is an independent licensed life, health and annuity agent in the State of Florida, with 12 years of experience serving the community for their personal insurance needs. In addition to this experience, Mr. DeMarco possesses a Graduate Degree in Management with experience as a Part Time faculty member for a major Catholic University lecturing in course subjects to include Management, Financial Management, Government and Business Ethics, and Public Policy Administration. Mr. DeMarco is currently certified by the Department of Health and Human Services, Centers for Medicare and Medicaid Services to market, and enroll eligible persons into all approved Medicare and Affordable Care Act Programs within the State of Florida.

The referenced article are his opinions and are not reflective of this publication or any entity that is affiliated with the writer.



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As an Independent Representative dealing in the Health Care arena, I am capable of aiding in the explanation and research of an individuals' subsidy level, assisting in the completion of appropriate paperwork at this significant point in our society.

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Limb Swelling: A Search for New Treatments

By Alyssa Parker

Finding an effective treatment of leg edema is a challenge many physicians face. Chronic leg swelling that builds up overtime, is often indicative of a serious disorder, and may become disabling if left untreated. There are two types of leg edema venous insufficiency and lymphedema. Unfortunately, Lymphedema is under-recognized in most instances. For years lymphedema has remained a mystery. "Approximately 10 million Americans have lymphedema, following cancer therapy, recurrent infections, injuries or vascular surgery." Due to the lack of significant research done on the lymphatic system up until recently, medical education has largely ignored it in its curriculum. Consequently, many patients have been misdiagnosed, treated to late, or not treated at all.

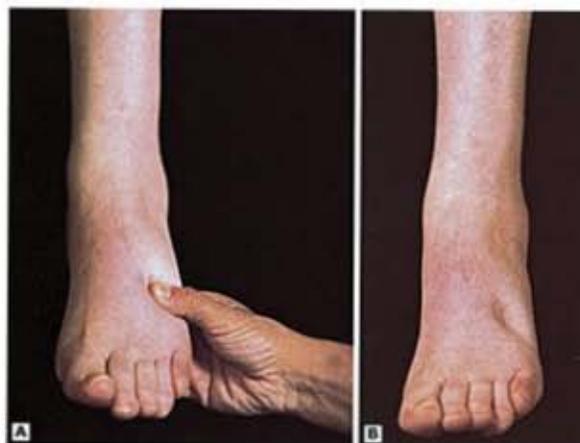
Is your edema symptomatic of poor lymphatic circulation or CVI?

The lymphatic system is one of several parts of your circulatory system. Its role is to work as a filtration system draining fluid that enters the blood stream. Through your kidneys, skin, lungs, or intestines the waste is filtered out of your lymph vessels. Your Lymphatic system plays a huge role in assisting your immune system, before any lymph gets recycled into the blood stream; lymphocytes identify and destroy any harmful microbes trying to invade the body. Once lymphedema has set in, fluid will begin to accumulate due to the body's inability to properly filtrate the lymph fluid. When the lymph fluid becomes trapped your body begins to store it in the interstitial tissue. This is when swelling and inflammation begin to occur. Damage to the lymphatic system through medical procedures, injuries, or infection is irreversible. Lymphedema may also be inherited in which case you are born with a compromised lymphatic system.

Chronic venous insufficiency is another condition that causes swelling in the legs along with open wounds. CVI occurs when the valves in the veins that normally channel the blood to the heart become damaged which then leads to pooling of the blood in the lower extremities. Discoloration of the skin, referred to as hemosiderin staining, is identified by a reddish staining of the lower limb.



From poor circulation shallow wounds may develop due to the stagnant blood that would normally return to the heart. Symptoms vary but may include swelling, aching, itching or burning, varicose veins, infection, chronic venous ulcer, and decreased mobility.



The Search For New Treatments

There is no cure for Lymphedema or Chronic Venous Insufficiency. When your circulatory system has been damaged leading to one of these conditions, you must seek treatment to prevent further complications. Lymphedema is a degenerative condition which means it will only get worse over time without treatment. A widely recognized and highly effective treatment is using a

compression pump. This is a safe and effective way to assist your body's circulatory system in moving the excess 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. This is a great treatment option for patients who have tried compression stocking, elevation, diuretics, or massage with little or no relief.



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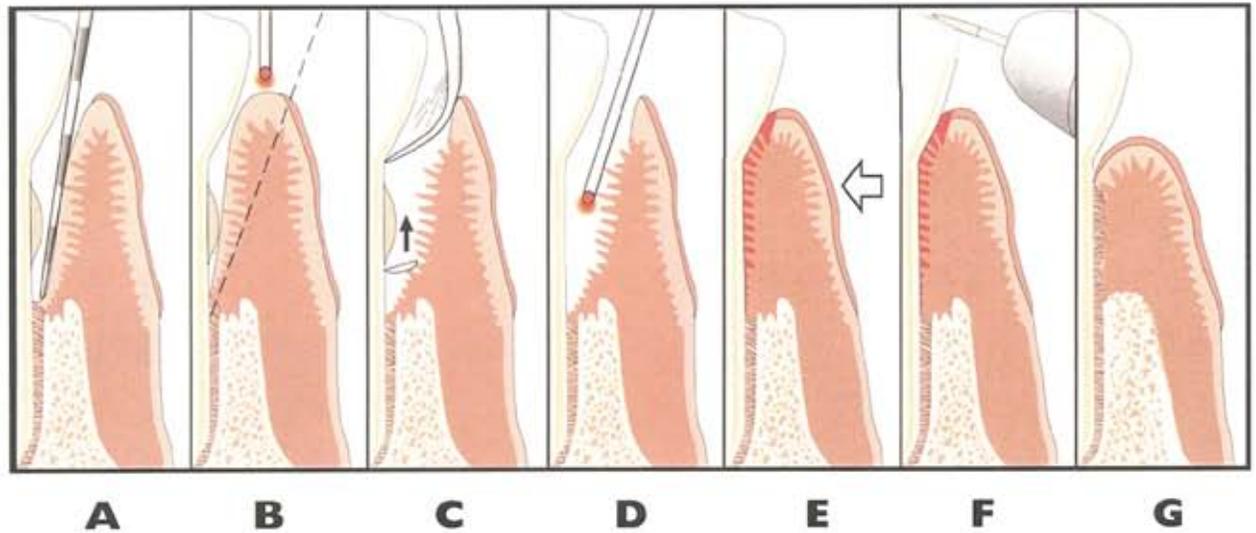
The compression pump is covered by Medicare and many commercial insurers. Acute Wound Care is a highly focused local provider of wound products and compression pumps working with select area physicians highly versed in this condition.

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What is Laser Periodontal Therapy?

By Dr. Joseph Farag

Finally, there's good news for those of you who suffer from gum disease (gingivitis and periodontitis). We now offer an exciting laser based technique for treatment of periodontal disease called Laser Periodontal Therapy™. Through the use of Millenium Dental Technologies, Inc., PerioLase® Laser, designed especially for Laser Periodontal Therapy™, we can treat your moderate to severe gum disease and you can quickly return to your normal routine! There's no incision (scalpel) and no stitches (sutures). You heal naturally with full retention of your gums. If you suffer from tender, red, swollen, or bleeding gums, call us today for an appointment to evaluate your condition.



Laser Gum Surgery Steps:

- Periodontal Pockets are measured
- Laser fiber optic is inserted into gum pocket and removes inflamed diseased tissue with light energy.
- Ultrasonic instruments are used to "scrub" root surfaces below the gum line and remove tartar and plaque.
- Laser is reinserted into clean pocket and used to disinfect and sanitize the pocket, a fibrin "bandage" is formed in the pocket.
- Healthy connective tissue is readapted to the root and the healing process begins.
- Teeth are adjusted to eliminate premature contact and heavy contact points, bite is equilibrated.
- After teeth have been stabilized and approximately 3-4 months after treatment, new attachment of the gum tissue to the tooth and regeneration of the bone is evident.



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Your pet's most common allergy.

By Dr John Rand, D.V.M.

Probably the most common complaint from owners this time of year involves trying to solve their pets' itch-related issues. Owners and pets are often equally miserable from the sometimes incessant scratching, biting, and licking. They are looking for help and looking for answers. They have very often (mis)diagnosed their pet either with some rare and obscure disease, or with everyone's newest favorite, food allergies from grains and by-products. After careful examination nose to tail, along with a detailed history, we can often readily determine, or at least highly suspect, an allergy to fleas.

Flea Allergy Dermatitis (FAD), is a hypersensitivity to flea bites. When fleas feed on animals they inject small amounts of saliva into the skin. In normal dogs and cats the presence of this saliva elicits a mild itch response. In pets with FAD, however, their immune systems respond with a tremendous amount of inflammation and an intense itch that persists for some time, leaving the dog or cat scratching, biting, and licking for long after the flea is gone. The biting and scratching is often so intense that the pets damage their skin badly enough to allow normal bacterial and fungal organisms to invade the skin, causing a skin infection. The secondary skin infection not only adds to and perpetuates the itchiness, but also tacks on another problem atop the flea situation that started the whole mess.

Although flea bites can occur essentially anywhere on the body, dogs are most commonly affected near the tail base, rear, and groin areas. Cats can show up with a similar pattern of disease, but can also show signs around their neck and head.

The prevalence of flea allergy is extremely widespread. Nationally, FAD can account for up to 50% of all canine and feline skin cases – in this part of the



country, and at this time of year, the percentages are surely higher. In some sense, when any itchy pet comes in, they have FAD until proven otherwise.

“Not my pet, doc. I have never seen a SINGLE flea.”

- A combination of dark fur or skin, thick coats, and excessive biting and grooming rids many of these very itchy pets of their fleas. Once bitten, though, the saliva is in the skin, and the biting and scratching will continue.

“But my other pets aren't biting and scratching at all.”

- Your other pets (and the house itself) are probably the bulk of the problem. Pets that are not allergic are largely unaffected by the presence of even large numbers of

fleas. They do, however, constantly shed hundreds of thousands of flea eggs all over your house. If you are not treating all of your pets and their environment, you will never win this battle. You can count on that.

With so many flea products on the market today, which product should you choose? Most flea medications can work for most pets most of the time. Animals with flea allergy, though, require very strong and very religious use of these products. Not all flea medications are created equal! Frequency, potency, safety, mechanism(s) of action, etc. are very important to understand when trying to get this problem solved. Please always consult with your veterinarian on which product or products are recommended for your specific situation.



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3300 Tamiami Trail, Suite 103
Suite 103 • Port Charlotte, FL 33952
(941) 625-0742 • www.theanimalclinic.net

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The Rub

By Alex Anderson
Senior Associate Pastor at Bayside Community Church

Last June I had the privilege of spending some time with Pastor Rick Warren and a few other awesome pastors in Orange County, California. Even though it had been a brief six weeks since Pastor Rick had lost one of his sons, he was incredibly warm and very engaging.

As I was waiting a few days later at the John Wayne International Airport to jet my way back to Florida, the authenticity of my time with Pastor Rick began to alter me. I knew that I had been in the presence of a world-class leader whose resume would contest any on the planet. Besides being the founder of Saddleback, the eighth-largest church in America, his book, *The Purpose Driven Life*, has sold over 30 million copies. He has been a presenter on the famous *TED Talks* and holds the Guinness World Record for the largest collection of books signed by the author. He has also spent the last 10 years or so teaching leadership to thousands of pastors in lands where a lack of resources generally prevents such privileges.

He truly is an amazing person to achieve so much, but the uncompromising disposition that stood out to me was his humility. He carries a natural warmth and authentic love for others. I was changed for the better by hanging out with him that day. Being with Pastor Rick reinforced my desire to be a world class Christ-follower and leader.

My pastor, Randy Bezet, often says, "Life change happens in context of relationships." And this is absolutely true. I know no quicker or more direct way to alter our lives than to have an authentic relationship with someone who is different. It can work in either direction by the way, for the best or the worst. We seem to "rub off" on each other as Pastor Rick has on me (thanks Pastor Rick).

In the same way that iron sharpens iron, a person sharpens the character of his friends.
~Proverbs 27:17 (Voice)



The "rub off" can be subtle or drastic, but it appears in many different ways. Selecting our close friends is alarmingly important to our future since they can change our beliefs, emotions, self-esteem and our long-term decisions. Author Jim Rohn was fond of saying, "You are the average of the five people you spend the most time with." So take a minute and find out your answers to these life-altering questions.

Quickly name out loud your five closest friends and ask yourself these questions.

How much money do they make? How much do I make? How much love do you see expressed in their relationships? How much love do I express and receive? Are they healthy or sickly? How is my health? Are they happy with their relationship with God? Then ask yourself, "Am I happy with my relationship with God (you can be by the way)?"

It's downright eerie how true these results can be and what kind of comfort, or more critical yet, a wake-up call they can be.

In 1999 I had the opportunity of meeting Charlton Heston, the actor who played Moses in the 1956 Cecil B. DeMille classic movie, *The Ten Commandments*. In Mr. Heston's case, at 6'3" tall with a big smile and a strong handshake, he made quite the impression on me. One of my childhood movie heroes, he was bigger than life. At 78 years old he was the picture of perfect health and manliness.

Being in his presence sent me back to my childhood days, playing and working on the farm. Meeting and shaking Mr. Heston's hand, much like meeting Pastor Rick Warren, was a lifetime opportunity for me.

Both of these life-moments came my way, but the decision to follow through and connect with them, was my personal decision. These types of life-moments can be by design; more frequent and intentional.

Here are actions you can take that give you the same life impact when you are intentional. Step 1: Decide what part of your life you want altered and improved. Step 2: Ask God to help you be aware of life-changing role models that have the aspect of life you seek. Go ask them. I have done this many times with great success. God has provided a mentor on every occasion. Step 3: Give back. Be of service to the mentor and to God, by being a mentor.

"You have not because you ask not..."
James 4:3 KJV

Intentionality, prayer and the courage to ask are the keys. This is your life, so get started, and send me an email with how it turns out. I know what will happen if you do. Your life will get better.

To your spiritual health,

Alex E. Anderson
Author of the book, *Dangerous Prayers*
www.dangerous-prayers.com



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Vascular Surgeon & Vein Expert

1 1510 Royal Palm Square Blvd., Suite 101 • Fort Myers, Florida

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