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New Hope For High Risk Heart Valve Patients

By CardioVascular Solutions Institute

TAVR (Transcatheter Aortic Valve Replacement)

is a procedure performed in Europe for years which was recently approved by the FDA in the United States. It is a minimally invasive procedure which allows for aortic valve replacement in patients who were previously considered too high risk for conventional open heart surgery.

The procedure allows for the aortic valve to be replaced with an artificial valve by one of two ways. One method is by the trans-femoral approach. This is done through a small puncture in the groin (femoral artery) and is the least invasive of the two options. The second approach is by a trans-apical method, where a key-hole opening in the chest is made, through which the valve is replaced. Neither method requires the patient to have their sternum (breast bone) split and neither requires the patient to go on to a cardio-pulmonary bypass machine. In most cases, a two day hospital stay is required after the procedure. Most patients can expect a quick recovery time.

Who qualifies for this procedure?

Currently, only patients with severe aortic stenosis (narrowing) who are felt to be too high risk for conventional open heart surgery qualify for this procedure. Some factors that make a patient high risk patients include the following:

- Previous open heart surgery
- Severe advanced lung disease (COPD)
- Advanced age or frailty
- Weak heart muscle



Image is larger than actual size.



How would you benefit from the new TAVR procedure?

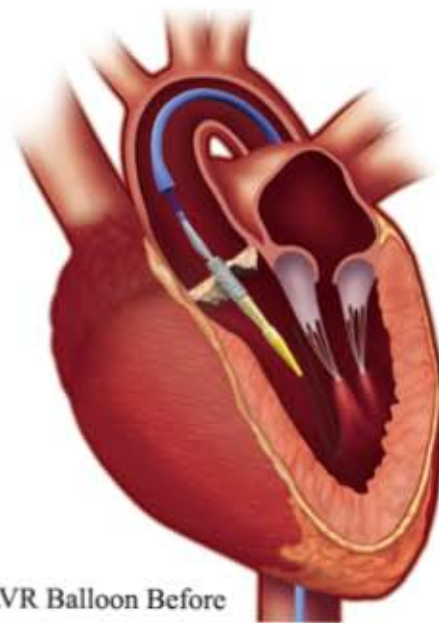
People with severe aortic stenosis often experience symptoms of shortness of breath, fatigue, dizziness etc. Many patients report feeling better and experience relief of symptoms shortly after the procedure. Most importantly, TAVR patients can live longer with a better quality of life.

How does your physician diagnose heart valve disease?

Though many people may experience no symptoms in the early stages, most patients with severe aortic stenosis experience symptoms like chest pain, tiredness, shortness of breath, light-headedness, and loss of consciousness. Some of the tools that your doctor may use to diagnose heart valve disease includes:

- **Physical exam**—your physician will take a careful and detailed history from you and will perform a thorough physical exam. During this, your doctor will listen for evidence of heart failure or a heart murmur.
- **Electrocardiography (EKG)**—an EKG can show the heart's rhythm, the heart's rate, and the strength and timing of the electrical currents. This can prove useful for doctors trying to uncover a patient's underlying symptoms that may be signs of heart disease.
- **Chest x-ray**—used to diagnose diseases of the heart and lungs as well as to evaluate placement of pacemakers, defibrillators etc.
- **Echocardiography**—a test used to evaluate the walls and valves of the heart. An echo can evaluate for heart weakness and whether the heart valves function properly.
- **Cardiac catheterization (angiography)**—used to determine if a patient has coronary artery disease or any blockages in the artery which are contributing to the patient's condition

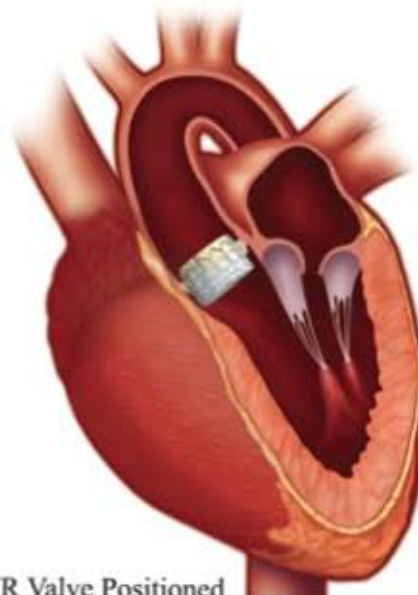
If you think that you or someone you love may be suffering from severe aortic stenosis and may benefit from this revolutionary procedure, feel free to call our office to find out more or talk to your doctor to learn more about your heart condition.



TAVR Balloon Before



TAVR Balloon After



TAVR Valve Positioned

Dr. Gino Sedillo, M.D. F.A.C.C.

Dr. Gino Sedillo, M.D. F.A.C.C. Born in Albuquerque, New Mexico, Dr. Sedillo is Board Certified in Internal Medicine, Cardiovascular Diseases and Interventional Cardiology, and has been a member of the American College



of Cardiology since 1996. He completed his residency training for Internal Medicine at the University of Texas, where he was voted Intern of the Year and was selected Chief Medical Resident. He completed his Cardiology training at the Texas Heart Institute/ St. Lukes Hospital in Houston, Texas. He was elected Chief Interventional Fellow. Dr. Sedillo received additional specialization in Coronary and Peripheral Vascular Intervention as well as Pacemaker Implantation.

After 15 years of training, Dr. Sedillo started working for the Bradenton Cardiology Center in 1995. While there he performed more than 1,000 procedures per year and he began teaching procedures and techniques to other practicing cardiologists, vascular surgeons, and interventional radiologists. He served as Director of the cardiac catheterization lab at Manatee Memorial Hospital.

Most recently, in May 2011, Dr. Sedillo founded his independent practice, CardioVascular Solutions Institute, with offices in Sarasota and Bradenton. Since then Dr. Sedillo has been named director of the Percutaneous Coronary Intervention program at Doctors Hospital in Sarasota.

When he's not seeing patients, teaching other physicians or doing clinical research, Sedillo cherishes time with his three children.

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Low Testosterone

By Dr. Mitch Yadven

Hormones are chemicals made in your body that act on another part of the body after traveling through the bloodstream. Testosterone is a hormone which is naturally produced in both men and women but is found in much higher levels in men. The majority of testosterone is made in the testicles in men with a small portion of it being made in the adrenal glands. In women it is made in the adrenal glands and ovaries.

Testosterone has been thought to be predominantly a "sex" hormone with the function of improving sex drive and helping maintain erections in men. Recent research has now shown testosterone to also have many other functions, including effects on metabolism, maintenance of bone strength, muscle integrity, cardiovascular health and support of the brain and cognition and mood, in both men and women. Additionally, evidence suggests testosterone deficiency can lead to other hormonal changes, which may then contribute to the development of type 2 diabetes. Lack of testosterone is also associated with decreased bone density and contributes to osteoporosis and osteopenia. Anemia, muscle weakness; impaired cognitive function, decreased motivational drive, fatigue, lethargy, and an overall decreased sense of well being can also be seen in testosterone deficiency. Low testosterone levels are associated with increased mortality.

Circulating testosterone levels do fall with age; however, the rate of decline can be quite variable amongst different individuals. A large number of men won't have their testosterone levels fall until the 70th th decade, whereas other men's levels will decline at a much younger age. For example, 20% of men older than 55 years of age will have low levels of testosterone. Bioavailable testosterone is the active form that has actual activity on the body's organs, which is only about 2% of a person's total testosterone. When bioavailable testosterone is measured, however, 50% of men above 50 years are defined as having low testosterone. This is why it is important to measure bioavailable testosterone when making clinical decisions about testosterone replacement.



Men May Experience the Following Secondary to Low Testosterone:

- Decreased Sex Drive
- Impotence
- Decreased Muscle Mass and Strength
- Increased Body Fat
- Memory Dysfunction
- Decreased Appetite
- Decreased Hair Growth
- Bone Weakness
- Decreased Red Blood Cells

Once the diagnosis of low testosterone (hypogonadism) is made, further testing should be pursued to help to determine the cause of the deficiency. Some causes can be:

- Aging
- Chronic Medical Conditions
- Acute Illness
- Alcohol Abuse
- Birth Defect
- Testicular Infection
- Testicular Trauma
- Head Trauma
- Medications
- Problems with the Pituitary Gland
- Environmental Toxins
- Chemotherapy
- Type 2 Diabetes
- Sleep Apnea

There is even evidence that nutritional deficiencies can contribute to low testosterone.

The medical history for evaluating low testosterone includes questioning about sexual desire, reduced nocturnal and morning erections, loss of drive, decreased physical energy, fatigue, depressed mood and irritability and even alterations in memory. One must realize that these symptoms as well as others reported by men with low testosterone, such as depression, difficulty concentrating, irritability, and insomnia are non-specific and may be related to other medical conditions as well.

Physical examination for this evaluation may or may not be helpful in making the diagnosis, as findings of low testosterone such as muscle weakness, reduced body hair, and abdominal obesity may also be seen in men with a number of other medical conditions. Additional findings may be small testicular size or poor consistency, abnormal hair distribution, and enlarged breasts.

After history and physical examination is done, the next step in the evaluation would be laboratory testing. Historically, two early morning blood samples drawn prior to 10AM when blood levels are highest, are used to confirm the diagnosis of low testosterone.

Testosterone measurements can also be checked via saliva and urinary levels. The total testosterone can be used to calculate the free or bioavailable testosterone that is thought to be the active form of testosterone. Low levels can prompt the need for additional lab testing to check for potential causes of the low testosterone that may be correctable without testosterone replacement.





Testosterone can be converted to other hormones by different tissues in the body. These major hormones of interest are estradiol and dihydrotestosterone.

Estradiol

In peripheral fatty tissues testosterone can be converted by the enzyme aromatase to estradiol which is a primary form of estrogen. This is one of the reasons overweight men may have enlarged breasts. Significantly elevated estradiol levels in men has been linked to increased mortality and to diabetes.

DHT

Another hormone converted from testosterone is dihydrotestosterone (DHT). In adult males the two actions of DHT are on the prostate where it causes the growth enlargement and sometimes obstruction as is noted in the disease benign prostatic hypertrophy (BPH). DHT also effects the scalp where it causes hair loss as is seen in male pattern baldness. The enzyme that converts testosterone to DHT is called 5 alpha reductase and it has been targeted by medications like Proscar and Avodart to reverse prostate growth. On average, Proscar and Avodart reduce prostate size by 20 – 30 % and can greatly reduce urinary frequency and urgency in many men.

DHT levels are checked after starting testosterone replacement and if they are markedly elevated drugs like these that inhibit the formation of DHT can be utilized to prevent urinary symptoms that are associated with BPH and an enlarged prostate.

DHEA is another hormone that has some similar effects as testosterone. The majority of this hormone is made in the adrenal glands and it also diminishes with aging and can be depleted by chronic stress. DHEA has been shown to protect against heart disease, osteoporosis, diabetes, cancer, memory loss, lupus, and rheumatoid arthritis. It can increase energy levels, libido, memory and immunity.

Replacement

Once the diagnosis of low testosterone has been made, replacement options can be reviewed and a decision made about how to raise testosterone levels. Unfortunately oral testosterone replacement is not an option due to the breakdown by the liver when it is swallowed and can cause liver toxicity. Other options include IM injections, patches, pharmaceutical gels, compounded creams, and implanted Testosterone pellets. Although they all will deliver testosterone to the body, they each have their own pros and cons that can be reviewed by your doctor.

In younger patients a potential “kick start” may be needed to restart the body's own natural testosterone production and this can be done with injections of the popular weight loss medication which is also a natural hormone HCG or the medication clomiphene.

After Testosterone replacement has been started it is very important to follow up and monitor testosterone levels as well as check other bloodwork to assure no possible complications arise. One such lab is PSA which is used as a screening test for prostate cancer.

Although there is an association between prostate cancer and testosterone, it is an old belief that testosterone administration could increase the risk of developing prostate cancer. In reality there is no evidence to support this and in fact now the medical community is investigating an association between low testosterone levels and prostate cancer.

It is still believed that if there is active cancer of the prostate whether localized or metastatic testosterone can promote cancer growth. Therefore the presence of active prostate cancer is a reason not to use supplemental testosterone.

PSA still needs to be monitored closely during testosterone replacement therapy especially in someone with a family history of prostate cancer. In cases of localized prostate cancer years after successful treatment, with no evidence of active disease as noted by PSA and examination it is very reasonable to initiate testosterone therapy as long as very close follow up is maintained.

Testosterone is a naturally occurring hormone and replacement with its bioidentical form to restore physiologic levels can support a normal and happy sex life as well as improve well being, quality of life and enhancing longevity.



Dr. Mitchell Yadven

Dr. Yadven was born and raised in the Bronx, New York. He received his undergraduate degree from Emory University in Atlanta, Georgia and a Masters degree in Molecular Biology from George Washington University in Washington D.C. After college, Dr. Yadven worked as a marine biologist for the Smithsonian Institute in both Washington, D.C. and the Caribbean. He then received his Medical Degree and General Surgery training at George Washington University. Wanting to return to the South, Dr. Yadven completed his Urology Residency at Tulane University in New Orleans, Louisiana. He is

Board Certified by the American Board of Urology. Dr. Yadven has been in private practice in Bradenton, Florida since 1997 and is happy to call Florida his home.

Dr. Yadven practices all aspects of general Urology, with particular interest in prostate disease, urinary stone management and minimally invasive therapies. He has developed products for the management of urinary retention resulting in a U.S. patent.

In his free time, Dr. Yadven enjoys photography and digital art, NFL football (he is a huge New York Giants and New Orleans Saints fan), computers, water sports and fun at home with his wife Sharon, his two children Sarah and Maxwell and his family's animal menagerie.

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Hernia Repair

Minimally Invasive Technology Transforms the Way Doctors Perform This Surgery

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

What is a Hernia?

The word Hernia means 'something coming through.' A hernia is simply a hole through which something can protrude, usually intestine or the fat around the intestine. It is the swelling or lump that is there when you stand or cough which goes away when you lie down. This is the most common and obvious sign of a hernia.

The most common location for a hernia is the abdomen. The abdominal wall holds in the abdominal contents, primarily the intestines. If a weakness should open up in that wall, then what pushes against it from the inside (the intestines) simply pushes through the window. The ensuing bulge, often visible against the skin, is the hernia and is a potentially serious problem.

Both men and woman can get hernias and they can develop at any age. Hernias may result from birth defects, previous incisions, heavy lifting, obesity, pregnancy, persistent coughing, or straining with bowel movements.

How Do You Know if You Have a Hernia?

If you have pain directly in the muscle of the stomach, feeling sore to the touch when you press on it, then it is more likely you have sprained or strained this muscle. This commonly occurs because of vigorous exercise or vigorous physical activity, such as lifting heavy objects.

Intestinal or abdominal pain is deeper and more aching in character, whereas muscle pain is more superficial. A hernia generally presents as soreness in the groin. There may also be a bulge or a swelling in the groin or, if you are male, in the scrotum. Often the bulge can be made larger by straining the abdominal muscles.

Hernias in adults do not get better or simply go away. The hernia will almost certainly enlarge with time, becoming more of a problem. Any symptoms, such as discomfort and pain will also

worsen, affecting your quality of life and ability to work. Delaying surgical repair and allowing the hernia to enlarge could make the later operation more complicated when you do eventually have surgery. There is always the possibility of strangulation (approximately 5%), where the bowel becomes trapped in the hernia and loses its blood supply, requiring emergency surgery.

Types of Hernia

The most common hernia is the Inguinal or Groin hernia and can occur on the left, right or both sides of the lower abdomen. Surgical repair of the Inguinal hernia is extremely common with over 600,000 cases being performed in the United States.

A Hiatal or Diaphragmatic hernia develops in a small opening in the diaphragm where the esophagus or food pipe joins to the stomach. A Hiatal hernia allows part of the stomach to move up into the chest and stomach acid can flow back into the esophagus causing heartburn.

Umbilical hernias occur in and around the belly button or naval. They are usually present from birth but may not be noticed until later in childhood or even into adulthood. While Umbilical hernias in infants usually close without any intervention, this is not the case in adults. Over time they tend to enlarge and become more problematic.

Minimally Invasive Repair of Hernias

Minimally invasive technology and techniques are transforming the way many doctors perform surgery. In the past, open surgery was the only option available when doctors needed to see inside a

patient's body or remove or repair organs or tissue. Patients who have conventional open surgery typically face large incisions, significant hospital stays, lengthy recoveries and the risk of complications. That's no longer the case. Today, surgeons make small incisions or "ports" and perform minimally invasive procedures whenever possible. These procedures can accomplish the same results as traditional surgery but can be much less traumatic to patients.

At Bradenton Surgical Group, we use minimally invasive surgery to repair most hernias. In a laparoscopic hernia repair procedure, our surgeons will make several tiny incisions (each about the size of a pencil eraser) through which they insert surgical instruments and a small video camera. Our surgeons are then able to locate the hernia and surgically close the weak area using a prosthetic mesh. The mesh reinforces the area of weakness and reduces the tension on the repair. A tension free repair is less likely to allow the hernia to reoccur.

The advantage of this laparoscopic approach over more traditional open methods is that because the incisions are much smaller than traditional methods, there is less discomfort and faster recuperation. Also, it is often possible to repair bilateral hernias (those on the left and the right of the abdomen) during a single procedure using laparoscopic methods.

A Full Range of Minimally Invasive Procedures

We offer a full range of minimally invasive procedures that address problems in nearly every part the body. In addition to Hernia surgery, some of the most common procedures we perform are: Abdominal, Colorectal, Hemorrhoid, Adrenal and Parathyroid Surgery. To learn more about Hernia or any of the procedures we provide, please call Bradenton Surgical Group at 941-744-2700 or visit us online at www.bradentonsurgicalgroup.com.



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

Dr. Bunch is a board certified general and vascular surgeon specializing in advanced minimally invasive surgery with over 10 years of experience. He is board certified by the American Board of Surgery and is a Fellow of the American

College of Surgeons. Dr. Bunch served as an associate professor of surgery at East Tennessee State University and is a graduate of the University of Kentucky College of Medicine. He completed his surgical residency at the University of Tennessee Health Sciences Center in Memphis.

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The screenshot shows the homepage of the Health & Wellness Magazine website. At the top, there's a navigation bar with links for Charlotte Edition, Collier Edition, Lee Edition, Advertise with Us, H&W Archives, and Contact Us. The main content area features a large article titled "Skincancer" with a photo of a woman wearing a sun hat. Below this, there's a section for "Read Our Flip Book Version" showing three magazine covers. To the right, there's a "Sign Up For Our Newsletter" form with fields for Name and Email. Further down, there's a "Featured Article" section titled "The Other Side of Parkinson's Disease" with a photo of an older man and woman.



Trauma Care: Every Second Counts

As a leading provider of quality healthcare, Blake Medical Center's new \$2.5 million Provisional Level II Trauma Center is equipped to provide comprehensive emergency medical services to patients suffering with traumatic injuries, a leading cause of death for both children and adults.

Studies show that the sooner patients get to a designated trauma center, the better their chance for survival. Severely injured patients have the best chance of survival if they receive trauma care within the "golden hour" or the first 60 minutes after a life-threatening injury. Blake Medical Center offers that kind of critical trauma care close to home. "The name of the game is TIME and every minute is critical," said Dr. Brian Kimbrell. In the past, patients from Manatee, Sarasota, and Desoto counties were airlifted to trauma centers in Tampa, St. Petersburg, or Fort Myers to receive trauma care.

Now, with exceptional trauma-trained and experienced staff, the emergency response power of EMS and the academic partnership with USF College of Medicine, Blake offers faster access to quality care for critically injured patients from Manatee, Sarasota and Desoto counties.

Blake Medical Center Awaits Level II Designation

Dr. Kimbrell, a trauma surgeon and Trauma/Surgical Critical Care Medical Director, came to Blake Medical Center to develop the trauma program along with other members of the team. With an application that was more than 8,000 pages, state regulators approved the application last year, designating Blake a Provisional Level II Trauma Center. The final step of the application process is an out-of-state team of trauma care experts conducting an in-depth evaluation of the provisional trauma center by the end of this year. A positive evaluation will allow Blake Medical Center to go from its current "provisional" trauma status to being granted full designation.



To learn more about the high level of care provided at Blake's Provisional Level II Trauma Center, please call 1-888-359-3552 or visit www.BlakeMedicalCenter.com/Trauma.

Educational Outreach to Community

Blake Medical Center has developed an educational program based on trends of the injuries seen so far. These consist of falls, automobile injuries and motorcycle injuries to name a few. They are using this information to educate the community about the risks of trauma. "We see many trauma cases based on ground level falls in our older population," said Kimbrell. "Most people do not understand the dangers a fall can have, even one at ground level, particularly if the patient is on blood thinners." Blake Medical Center is educating the older community through their H2U program on home safety and fall prevention, the dangers of throw rugs, the benefits of handrails in bathrooms and much more. In addition, automobile and motorcycle accidents are ranked as two of the top three mechanisms of injury at Blake Medical Center. Blake is also using this data to reinforce the negative impacts of distracted driving and the benefits of seatbelts and helmets by speaking at local schools and community events in Manatee, Sarasota and DeSoto counties.

Trauma Care Requirements

Trauma Center standards require that a board-certified trauma surgeon is on duty at all times. Blake currently has seven trauma surgeons on staff. As expected, neurosurgeons and orthopedic surgeons are key specialists involved in the trauma program. However, a complete team of board-certified surgical and non-surgical specialists must be on call around the clock (e.g., physicians who specialize in obstetric/gynecologic surgery, eye surgery, orthopedic surgery and plastic surgery). Non-surgical specialties include cardiology, infectious disease, hematology and pulmonary medicine, to name a few.

About Brian Kimbrell, MD

Brian Kimbrell, MD joined Blake Medical Center in August of 2010 as the Trauma/Surgical Critical Care Medical Director. Dr. Kimbrell came from St. John's Regional Medical Center in Oxnard, California where he served as the Trauma



Medical Director and Surgical Critical Care Director. Since joining the team, he has been spearheading a wide range of efforts including recruiting, developing trauma protocols, construction planning and training staff.

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.



Discover a life more fulfilling 
ACUTE WOUND CARE

Treatment Cost

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.

Contact Acute Wound care today and speak with a specialist by calling 239-949-4412. Or visit us on the web at www.AcuteWoundCare.com

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 assistance 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



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.

800-365-4189 | www.visitingangels.com

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:
 - o Bringing an up-to-date list of all the medications you take.
 - o 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 941-952-5800. 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.



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
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ITASCA, IL 60143-3201
(800) 621-7619
NSC.ORG

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



- 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.

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*



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 *Biomarkers & 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."

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 & Insulin 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.

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!

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



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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What makes Rodan + Fields different?

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.

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What types of skin conditions can Rodan + Fields improve?

Well, what is it about your skin that you'd like to change or improve? We have a Multi-Med Therapy Regimen for you.

REDEFINE layers it's ingredients and proven peptide technology to prevent and reduce the visible signs of aging, such as fine lines and wrinkles.

REVERSE exfoliates, visibly brightens and lightens sun damage, and reduces the appearance of fine lines and wrinkles.

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.

It's 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.

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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!

Revolutionary Chronic Back Pain Relief Technology Comes to Bradenton

Dr. Zamikoff & his team have given back hope for Bradenton residents, whose active lifestyles have been put on hold due to chronic and severe back pain, thanks to a treatment new to the area. Dr. David Zamikoff of Natural Healing Arts Medical Center in Bradenton was selected as one of America's Best Chiropractors for 2014 by the National Consumer Research Board & was selected by the International Association of Chiropractors as one of 2014's Best. He is excited to introduce Soleve to his patients & hopes to help others in the area with this revolutionary technology.

Solve® Noninvasive Targeted Neurostimulation provides restorative relief of chronic lower back pain, without the severe side effects of habit forming drugs, steroid injections, and dangerous back surgery.

The high-tech Solve® device delivers soothing, highly concentrated electrical impulses to identified tissues and nerves without entering the skin or using drugs.

The device offers pain relief in 30-minute sessions that are easy, painless and economical – especially when compared to risky alternatives.

"Solve® is a simple and painless experience for the patient, said Dr. David Zamikoff, who administers the process at the new Solve® Center at Natural Healing Arts Medical. "The patient comes in and relaxes on the table. The neurostimulation device gently touches the skin on their lower back."

"The wonderful thing about Solve® is what it allows my patients to avoid," Dr. Zamikoff continues. "Pain relief without surgery, steroids, injections. These things can be risky, and expensive and can have long-term side effects. My patients don't want any part of those overused and dangerous treatments."

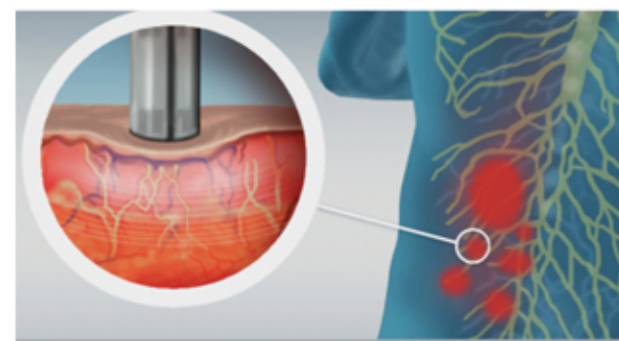
Many patients from Bradenton are experiencing what they describe as "life changing" results. According to Joseph Clements a Solve Patient "I could barely lift my golf clubs from my trunk, until I gave Solve® a try. I've tried nearly everything, and was close to accepting that I will no longer be a golfer. But after Solve®, I'm actually back on the tee swinging away, and not feeling pain."



Solve® is fast, convenient and painless. The device delivers relief by reaching multiple pain points in your back, without drugs, steroids or surgery.

The Solve® Center in Bradenton is located at Natural Healing Arts Medical located at 2215 59th Street West Bradenton, Florida 34209 and is currently offering **1 Treatment FREE*** (\$165 value) & Free consultation to determine if Solve® is the right fit for a patient's condition. *with purchase of Wellness package.

Anyone interested in the free consultation & this limited time **1 FREE TREATMENT*** (with Wellness Package) offer should call the clinic for an appointment at **941.787.5404**.



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For additional information, visit www.solve.com or to sign up & qualify for a **FREE** treatment to solvedrz@gmail.com

A Closer Look at the Advantages of a Deferred Fixed Annuity

By George T. Leamon, CLTC - Lutgert Insurance

Individuals throughout the nation have billions of dollars invested in deferred annuities. And while these contracts offer countless advantages, including a guaranteed stream of income after retirement, most people simply aren't aware of the many benefits deferred annuities have to offer.

1. Keeping it safe - Unlike a bank CD, deferred annuities are not FDIC insured. However, these accounts are usually backed by billions of dollars in the insurance company's assets. Therefore, deferred annuities are considered safe, low-risk investments.

2. Triple the interest - Deferred annuities offer tax deferred earnings and "triple compound interest." In other words, these accounts earn interest on principal, interest on interest and interest on the taxes you would normally have to pay each year on a CD. What does this mean for you? Basically because of the tax deferral and triple compounding effect deferred annuities offer, you'll have more money to spend after retirement.

3. Guaranteed minimum interest rate - Because insurance companies offer minimum guaranteed interest rates on deferred annuities, you can rest assured knowing that you'll never lose money regardless of what's going on around the world.

4. Competitive interest rates - Not only are you guaranteed a minimum interest rate for deferred annuities, but you may be able to receive a higher rate than on a comparable CD. Plus, with some annuities, you can lock in your current interest rate for a certain amount of time if you think rates may decrease in coming years.

5. No pesky sales charges - Unlike some other investments, deferred annuities do not tack on a sales charge when you deposit money. Every last red cent of your initial deposit stays in your account.

6. No "administration" fees - With some investments, such as mutual funds, you are charged asset management and administrative fees. You won't have to pay any such fees with a deferred fixed annuity.

7. Withdrawal advantages - Withdrawals seems to be the most confusing and misunderstood aspect of deferred annuities. Contrary to popular belief, there are quite a few ways to access money in deferred annuities without paying a penalty, such as the following:

- You can withdraw up to 10% from your account each year without a penalty.
- If you are diagnosed with a terminal illness or need to go live in a nursing home, you can usually withdraw as much as you want without a penalty.
- You can convert some or all of your account to guaranteed income for a certain number of years.
- Some new deferred annuity products allow you to receive a payout at a guaranteed interest rate for the remainder of your life while you retain control of the principal.

8. Protected from creditors - Depending on the state where you live, the money in your deferred annuity may be protected from creditors if you file bankruptcy.

9. Sheltered from probate - In some states, your annuity is not considered a probate asset. Therefore, your deferred annuity beneficiaries will not be subject to probate fees or delays.

10. Early withdrawal charges - Although there are some charges associated with withdrawing money from deferred annuities, these charges are typically decreased over time. After a certain amount of time, charges will no longer apply. For example, once you've held a deferred annuity for five years, you can typically withdraw all of your money over the next five or ten years with no charges.

11. Distribution options at maturity - When a CD reaches maturity, you can either cash out or renew it for the same or different maturity period at current market rates.

With a deferred fixed annuity, you may elect to withdraw your money in a lump sum or elect a lifetime income option, which provides an income stream that you cannot outlive. Or you could also let your funds continue to accumulate until a need arises.

*Annuity withdrawals are generally taxed as ordinary income and may be subject to surrender charges, in addition to a 10% federal income tax penalty if made prior to age 59 ½. The guarantees and payments of income are contingent on the claims paying ability of the issuing insurance carrier.

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Blog: GeorgeTLeamon.com
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George Leamon, Life and Long Term Care Specialist with Lutgert Insurance, has been in Naples for over 35 years helping seniors with their Life Insurance, Long-Term Care, Annuities and the rapidly changing Medicare arena. When was the last time you had your insurance reviewed?



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PRESERVING ASSETS FOR LIFE

By J. Russell Williamson

Older Americans control a large amount of the wealth in this country and they want to protect that wealth from loss. Seniors are making an effort to stretch their assets out as long as possible. Why? Well, obviously they want to avoid running out of money; but they are also intent on leaving a legacy for their children. As Americans age, many look for ways to preserve, maintain, or transfer their assets to the next generation. Whether the assets are few or many, there are steps that can be taken to maintain a distinct lifestyle while still protecting a future financial gift for children and/or charities.

- According to an article published by the National Care Planning Council, when a spouse dies, income is usually reduced through loss of Social Security income or reduction of payments received by a pension. This can be especially difficult for the surviving spouse. They have to learn to live on less money and have the daunting task of preparing for the years to come.

- Unexpected property loss may result in a drain on your available cash. You might have damage to a vehicle or even to your home. Lack of regular maintenance or sudden damage may result in expensive repairs. *(There are strategies for estate preservation that anticipate these losses and help prepare for them.)*

- Paying for Medicare supplemental policies, medical co-pays and the cost of prescription drugs can also impact monthly cash flow. Costs associated with aging can also impact the estate. *(Strategies can be designed to identify these costs, as well as deal with them while assets are still in place to provide protection.)*

- The need for long-term care often occurs at the end of life. Unfortunately, this is the time when assets are already being stretched thin. The cost of home care or assisted living care can be very expensive. Assets that have taken a lifetime to accumulate can be gone in a matter of months. *(Strategies can be designed to take advantage of cutting down on the burn rate of these assets when the need for care occurs.)*





It is very common for children or grandchildren to put their own lives on hold, sacrificing their own time and income, to care for loved ones in their final years of life. It is only fitting that any assets remaining should go towards helping these family members get back on their feet after their sacrifice of months, or even years, providing care.

Many seniors have worked hard their whole lives to accumulate cash savings, investments and a fully owned personal residence. It does not normally sit well with these people to have to put out money at the end of their lives for such things as health care, long-term care, or maintenance.

They prefer for their children to have the money. Many aging seniors actually forego medical care or maintenance on their home in order to leave more money to their children.

A key deficiency in the process of preserving, or transferring, assets occurs when seniors fail to provide for orderly distribution of assets at their time of death. It may also occur when the senior fails to let their family know what to do when they can no longer handle his or her own affairs. Estate planning, with help from a qualified Investment Adviser, can establish the design and creation of documents providing orderly transfer of assets and

property to the next generation. Wills, living trusts, and business arrangements can help avoid estate taxes, income tax, and real estate capital gains. Estate planning also concerns issues of business succession or the potential disability of an owner. Many estate plans are adding final directive or end-of-life documents, as well.

Estate plans need to become more focused on the planning process for long-term care. This should include meetings with potential family caregivers and instructions or checklists for these people. This important aspect of planning is often overlooked. Families should insist on long-term care issues when establishing a quality estate plan.

I welcome the opportunity to introduce myself, and my firm, to anyone who may have financial planning questions, as well as any concerns for estate planning or college savings.



J. Russell Williamson of Platinum Planning, Inc. has been advising clients for two decades. He has experienced the ups and downs of the Stock Market and offers reassuring and stable advice. If you have any questions regarding your assets and security, you can contact Russ at (941) 444-5260. He is located in Sarasota at 2477 Stickney Point Road, Ste 219B; or you can learn more about him by clicking on www.platinumplanninginc.com.

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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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Health & Beauty

Benefits of Apple Cider Vinegar!

You may already have a bottle of apple cider vinegar stashed away in your cupboard for the occasional salad dressing or marinade, but have you ever thought to use it daily to aid in your appearance and overall health? If not, apple cider vinegar has long been touted for its amazing health and beauty benefits.

First off, it is important to buy raw organic apple cider vinegar to really experience the benefits. Raw apple cider vinegar (ACV) contains what is known as “the mother” of vinegar – strand-like protein enzymes that are stripped out of clear vinegar as it is processed. It’s these additional living nutrients that pack the punch in raw ACV.

HEALTH BENEFITS:

Prevent Indigestion – Sip before eating, especially if you know you’re going to indulge in foods that cause heartburn. Add 1 teaspoon of honey and 1 teaspoon ACV to a glass of warm water and drink it 30 minutes before you dine.

Clear a Stuffy Nose – Mix a teaspoon of ACV in a glass of water and drink. This helps with sinus drainage because ACV contains potassium, which thins the mucus.

Hiccup Help – Hiccups are often caused by low stomach acid slowing the digestion of protein, or eating too much. ACV can be a great solution. It restores the acid balance in the stomach and eases irritating spasms of the diaphragm.



Natural Energy Booster – While ACV may not contain caffeine, it’s packed with nutrients and enzymes that can help give you an added energy boost. Add 2 teaspoons of ACV with a cup of water, some honey, a few dashes of cinnamon, and maybe even a dash of cayenne for an added kick. Combine in a shaker and reap the benefits of added energy, increased metabolism and overall health.

Weight Loss Aid – ACV is a great aid in weight loss when taken before a meal because it suppresses your appetite and controls blood sugar levels. Obviously, diet and exercise are key, but give ACV a try too. Just add a couple teaspoons to a glass of water and drink before meals or sip throughout the day.

Relieve Arthritis Pain – The potassium in ACV may be especially beneficial because it works to prevent calcium build-up in the joints, which is linked to joint stiffness.

Improve Bone Health – The abundance of calcium, potassium and magnesium makes ACV a good candidate for maintaining bone health.

Soothe a Sore Throat – As soon as you feel the tingle of a sore throat, take ACV to help head off the infection. Turns out, most germs can’t survive in the acidic environment vinegar creates. Mix ¼ cup ACV with ¼ cup warm water and gargle every hour.

Bye-Bye Bad Breath – Due to its acidic properties, ACV makes a wonderful remedy for bad breath or halitosis. Add ½ tablespoon of ACV into a cup of water and gargle the mixture in your mouth 10 seconds at a time until cup is empty.

BEAUTY BENEFITS:

Alleviate Age Spots – ACV contains sulfur that fights the effects of aging, including age spots. Dab age spots, or liver spots, with ACV every night before bed. Do not wash off until morning. If you feel a stinging sensation, dilute the vinegar with water.

Sunburn Soother – Sooth those sunburned shoulders by applying a water-diluted ACV soaked washcloth to instantly soothe and promote healing. You can also add a cup to your bath and soak in it with the added benefit of softer, more moisturized skin all over.

Acne Remedy – ACV kills bacteria and balances skin's pH level. It also absorbs excessive oil from our skin, which is a leading cause of acne. Apply a few drops to a cotton ball and rub on your T-zone.

Bath Solution – Add one to two capfuls of ACV to your next warm bath. It draws toxins out of the body, leaving behind toned and moisturized skin.

Wart Removal – Try placing a cotton pad soaked in ACV on top, then secure with a

bandage. Leave on overnight and remove in the morning. If you stick to this consistently for a week, you should start to see results.

Ease Varicose Veins – ACV is great for varicose veins because it improves circulation in the vein wall and helps to ease the bulging and swelling vein so it is less noticeable and less painful. Simply dab it on before going to bed.



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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Spiritual Wellness

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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