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December 2014

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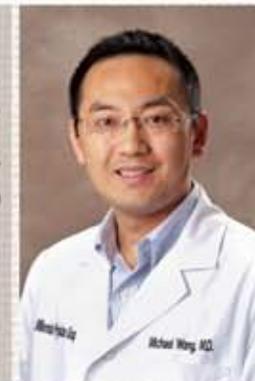
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# THE FRACTURE THAT MAY CAUSE YOU STRESS!

By Myles Rubin Samotin, MD - Board Certified Orthopaedic Surgeon, Fellowship Trained in Foot and Ankle

**Y**ou may have heard the term stress fracture, but just what is it and how does one get it? A stress fracture is exactly what it states it is, a fracture of the bone caused by “stress” to the bone. It is a “microfracture” of the bone, similar to a crack in the concrete of your driveway. It occurs due to several causes, but most of the time due to the muscles that support the body become overly fatigued and the stress transfers to the bone, sometimes resulting in a fracture.

The people who get this fracture are people who either do repetitive exercises, (people who constantly are running, or doing consistent exercises that over-exert the muscles) or people who have problems with bone quality or density, due to medical problems, poor nutrition, or osteoporosis. The muscles are not strong enough and the bone fractures. As you can imagine, these stress fractures rarely involve upper extremities, since we don't put pressure on these bones on a consistent basis. These fractures almost always involve the tibia (shinbone) or one of the many bones of the foot, many times involving a metatarsal bone.

Women are much more likely to suffer these, since estrogen, which helps support bones, tends to decrease as women age. Long distance runners, tri-athletes are very susceptible to these fractures, **BUT**, many “snow-birds” will suffer from these when they first come down to Florida, since they will start a strong exercise program without properly building up the supportive muscles.

The symptoms of stress fractures are relatively simple: PAIN. This pain will increase as you continue putting pressure and stress on the affected bone, and will subside when the bone can rest.

The first thing in proper diagnosis is to see the proper specialist who can give a correct diagnosis. Since the bones associated with stress fractures involve mainly the foot and ankle, then a foot and ankle specialist, with

orthopedic experience is the proper medical person to see. He will order the proper tests, to diagnose the stress fracture. Most normal X-Rays will NOT show any fracture, and a person may be misdiagnosed because of this. Special tests such as bone scans and MRI's can make the proper diagnosis.

When you see your orthopedic foot and ankle specialist, he will order the proper tests and will make the diagnosis of a stress fracture. He will rest your leg by placing it into a walking boot to give it the chance to heal. The most important thing to remember during this time of rest is that you **MUST** give it enough time for the fracture to heal. Several weeks of rest may be necessary. If you start to use the bone too early, the fracture may not have totally healed and another stress fracture may result. Therefore, care must be given to properly let the stress fracture mend. All patients must remember that the **BONE IS FRACTURED**. Give it time to heal.

Anytime that a lower extremity has been consistently painful over a period of time, the diagnosis of stress fracture cannot be ruled out. You should seek your orthopedic foot and ankle specialist. I am the only fellowship trained orthopaedic foot and ankle specialist, with clinical experience of over 12 years in the Naples area. I believe my combination of extensive education and clinical experience along with willingness to use new techniques in a state-of-the-art office allows me to give the best possible care to **ALL** your foot and ankle needs. I know that I can give you the orthopaedic foot and ankle distinction.



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# URINARY TRACT INFECTIONS IN WOMEN

By Joseph Gauta, MD, FACOG

**U**rinary tract infections (UTIs) are responsible for approximately 8.5 million visits to physicians' offices per year and about five percent of all visits to primary care physicians. Approximately 50 percent of women will experience at least one symptomatic urinary tract infection during their lifetime. One in five women experience recurring UTIs. How do you know if you have one? What is the best treatment?

## What are the symptoms of a urinary tract infection?

When you have a urinary tract infection (UTI), the lining of the bladder and urethra become red and irritated just as your throat does when you have a cold. The irritation can cause pain in your abdomen and pelvic area and may make you feel like emptying your bladder more often. You may even try to urinate but only produce a few drops and/or feel some burning as your urine comes out. At times, you may lose control of your urine. You may also find that your urine smells unpleasant or is cloudy.

Kidney infections often cause fevers and back pain. These infections need to be treated promptly because a kidney infection can quickly spread into the bloodstream and cause a life-threatening condition.

UTIs are often categorized as simple (uncomplicated) or complicated. Simple UTIs are infections that occur in normal urinary tracts. Complicated UTIs occur in abnormal urinary tracts or when the bacterium causing the infection is resistant to many antibiotic medications.

## What causes urinary tract infections?

Large numbers of bacteria live in the rectal area and also on your skin. Bacteria may get into the urine from the urethra and travel into the bladder. It may even travel up to the kidney. But no matter how far it goes, bacteria in the urinary tract can cause problems.

Just as some people are more prone to colds, some people are more prone to UTIs. Women who have gone through menopause have a change in the lining of the vagina and lose the protective effects of estrogen that decrease the likelihood of UTIs.

Postmenopausal women with UTIs may benefit from hormone replacement. Some women are genetically predisposed to UTIs and have urinary tracts that allow bacteria to adhere to it more readily. Sexual intercourse also increases the frequency of UTIs.

Women who use diaphragms have also been found to have an increased risk when compared to those using other forms of birth control. Using condoms with spermicidal foam is also known to be associated with an increase in UTIs in women.

Women are more prone to UTIs because they have shorter urethras than men so bacteria have a shorter distance to travel to reach the bladder.

You are more likely to get a UTI if your urinary tract has an abnormality or has recently been instrumented (for example, had a catheter in place). If you are unable to urinate normally because of some type of obstruction, you will also have a higher chance of a UTI.

Disorders such as diabetes also put people at higher risk for UTIs because of the body's decrease in immune function and thus a reduced ability to fight off infections such as UTIs.

Anatomical abnormalities in the urinary tract may also lead to UTIs. These abnormalities are often found in children at an early age but can still be found in adults. There may be structural abnormalities, such as out-pouchings called diverticula, that harbor bacteria in the bladder or urethra or even blockages, such as an enlarged bladder, that reduce the body's ability to completely remove all urine from the bladder.

## How are urinary tract infections treated?

A simple UTI can be treated with a short course of oral antibiotics. A three-day course of antibiotics will usually treat most uncomplicated UTIs. However, some infections may need to be treated for several weeks. Depending on the type of antibiotic used, you may take a single dose of medication a day or up to four daily doses. A few doses of medication may relieve you of the pain or urge to urinate frequently but you should still complete the full course of medication prescribed for you even if all symptoms have been relieved. Unless UTIs are fully treated, they can frequently return. You should also remember to drink plenty of liquids, especially around the time of a UTI.

Contact your health care provider if you have symptoms of a UTI. Call right away if you have signs of a possible kidney infection such as: back or side pain, chills, fever, and vomiting.

## How do I avoid UTIs?

There are some simple steps women can use to avoid UTIs.

- Women who have gone through menopause and have lost the normal estrogen output have a change in the lining of the vagina. Estrogen replacement under the guidance of a gynecologist and/or primary care doctor can be a simple solution. Since certain patients cannot take estrogen replacement, you should contact your doctor prior to beginning any regimen.

- Urination after sexual intercourse may also decrease the risk of UTI because it can flush out any bacteria that were introduced during intercourse. Sometimes a dose of antibiotics after intercourse can help prevent recurrence of UTIs.

- Certain forms of birth control, such as spermicidal foam and diaphragms, are known to increase the risk of UTIs in women who use these as their form of contraception.

- You should also drink plenty of fluids, especially water, to keep well hydrated.

- You should not delay urinating and should not rush when urinating. Also, holding in urine and not emptying your bladder completely can increase your risk of UTIs.

- You should wipe from front to back to prevent bacteria around the anus from entering the vagina or urethra.

- Take showers instead of warm baths, and avoid bubble baths at all times.

- Choose cotton underwear because synthetic materials can trap and encourage bacteria growth.



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# Commonly Asked Vein Questions

By Dr. John P. Landi, MD, FACS, RPVI, RPhS, Diplomate of The American Board of Phlebology

**V**aricose and Spider Veins affect millions of people throughout the world. Over the last ten years the treatment of both Varicose and Spider Veins has changed drastically. Initially, the only available treatment for Varicose Veins was a radical surgical procedure called "Ligation and Stripping" which required multiple incisions and multiple stitches. This has now been replaced by techniques that close the leaking valves of the veins with either a Laser or Radio Frequency instrument. Spider Veins which were initially treated only with an irritating saline solution with multiple potential side effects has largely been replaced by Foamed Sclerotherapy, which has excellent results and very few side effects.

In my vein practice there are a multitude of commonly asked questions concerning veins and these will be addressed in the next few paragraphs.

## What Causes Varicose Veins?

This is the most common question proposed to me. Varicose Veins have many factors that can lead to their formation. The most common reason for Varicose Veins to form is strictly a heredity component. If one's mom or dad has Varicose Veins then there is a strong propensity for this to be passed on to their children.

The second most common cause of Varicose Veins in women is pregnancy. This is due to the uterus putting pressure on the pelvic veins resulting in weakening of the valves leading ultimately to Varicose Veins. Other common causes of Varicose Veins are trauma, prolonged standing, aging and prolonged inactivity.

## What are the complications of Varicose Veins?

Varicose Veins can lead to many potential complications. These can include clots in the veins called "Superficial Phlebitis" or "Superficial Thrombophlebitis." In addition to this, Varicose Veins can bleed. They can cause "Ulcerations" and they can lead to a condition called "Chronic Venous Insufficiency" which is a discoloration and swelling of the leg from backup of blood over a long period of time.

## Are the treatments of Varicose Veins and Spider Veins considered "Cosmetic?"

The answer to this question can be both Yes and No. Varicose Veins are almost always a non-cosmetic issue when it can be proven that they are due to Valvular Insufficiency. Valvular Insufficiency is proven by an extensive Venous Ultrasound. Spider Veins on the other hand can be due to Valvular Insufficiency. This occurs in about one third of Spider Veins and is proven by an extensive Venous Ultrasound. However, if there is no Valvular Insufficiency demonstrated then Spider Veins would be considered strictly cosmetic.



## What is Phlebitis?

Phlebitis is essentially an inflammation of the veins and there are two kinds of Phlebitis. One is called Superficial Phlebitis or Superficial Thrombophlebitis, which is due to a clot in a Varicose Vein. This is usually treated with warm compresses and anti-inflammatory medication and usually resolves within ten days to two weeks. There is a very low threat of this progressing to a Deep Thrombophlebitis and Pulmonary Embolism. On the other hand, Deep Venous Thrombophlebitis is a clot of the deeper veins, namely the Femoral and Popliteal Veins and also the Iliac Veins. These are veins located deep in the body. Clots that develop in these areas are serious and must be treated with anticoagulation consisting usually with Heparin and Coumadin. They also carry a risk of breaking off and going to the lungs to cause Pulmonary Embolisms.

## Do Varicose Veins recur after treatment?

The recurrence rate of Varicose Veins after Vein Closure Treatment is approximately five percent within five years. If veins do occur then a source for the recurrence must be established. This could be other valves that have reopened or Accessory Veins that have formed or even missed or duplicated veins. Again, this can be ascertained by a Duplex Ultrasound.

## How do you treat Varicose Veins?

The treatment of Varicose Veins, as mentioned in the first paragraph, is to close the leaking valves with either a Laser or Radio Frequency device. This is done in an office environment under a local anesthesia with mild sedation and carries an excellent cosmetic result. There is no longer any need for extensive incisions or any prolonged surgery.

## How do you treat Spider Veins?

Spider Veins are treated using Sclerotherapy, which is the injection of a solution to eradicate the vein. There are many forms of Sclerotherapy including: Liquid Sclerotherapy, Ultrasonic Guided Sclerotherapy and Foamed Sclerotherapy. There are also many kinds of Sclerotherapy agents including, the detergent agent sodium tetradecyl and the irritant, glycerin. The old Sclerotherapy of Hypertonic Saline is rarely used.

## What happens to blood in the leg after Varicose Veins are treated?

This is one of my most commonly asked questions in patients who undergo Laser Vein Ablation. One must remember that the Saphenous Vein is a Superficial Vein. So, in treating this vein we are only treating veins in the Superficial System. There are actually three levels of veins in the body. A Superficial System, a Deep System and a Connecting System. The Deep and Connecting Systems are not touched, therefore, once the Superficial System is closed, blood will flow normally through the Connecting System to the Deep System without any change in the function of the leg.

## Another commonly asked question is, for how long do I wear Compression Hose following Vein Treatment?

As a rule of thumb, following Laser Vein Ablation or Radio Frequency Ablation, two weeks of Compression Therapy is recommended. This usually consists of a graduated Compression Stocking or Support Bandages. In reference to Spider Vein Treatment usually forty-eight hours of Compression Therapy is all that is necessary.

## How is the diagnosis of Valvular Insufficiency made?

The answer to this question is that an extensive Duplex Ultrasound of the Venous System will make the diagnosis of Valvular Insufficiency. This should be done by a Certified Technician and interpreted by a Physician Certified to read Duplex Ultrasounds.

## About Dr. Landi

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

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# Do You Have a Sleep Disorder?

**S**leep helps our bodies unwind, recharge, and if you believe the movies, improve our “beauty”. Everyone loves to wake up refreshed and energized in the morning. The tank is full, so to speak, and you are ready to go distance. Though, not all feel this way in the morning. Many wake up feeling as if they never slept at all. It’s not ideal to feel groggy, irritable, and unable to concentrate. If this is you on a regular basis, you may have a sleep disorder. And you are far from alone. Studies have shown around 70 million Americans deal with sleep disorders on a regular basis. There are multiple reasons why you may be unable to get a full night’s rest. Fortunately, there are places to get treatment.

## Some sleep disturbances include:

- Insomnia
- Restless Leg Syndrome
- Snoring
- Sleep Apnea
- Narcolepsy
- Night Terrors
- Frequent Urination
- Bed Wetting

**Insomnia** is probably the best known of these. 1 in every 3 adults claims to have Insomnia. Insomnia keeps people from falling asleep and/or staying asleep at night. Many wake up very early without getting a satisfying amount of sleep. Exercises, for both the mind and body, are recommended for treatment. Meditation, for example, can help calm your racing thoughts. It is also good to stay active during the day without taking naps. By the time its “lights out”, you will be more than ready.

**Restless Leg Syndrome** can happen to anyone, at any age. This disorder causes people to have a painful sensation, as if something is crawling on their legs. Their legs may itch and feel as if there are needles poking them. Restless Leg Syndrome got its name from this uncomfortable feeling that intensifies when the body is not in motion. Because of this, people want to move and walk around; which, therefore, makes it extremely difficult to fall asleep. Those who have a nerve disease, are pregnant, or have an iron deficiency are at a greater



risk of this disorder. Home remedies recommended to patients include hot and cold massages of the legs, yoga, meditation, and over the counter pain relievers.

**Snoring** occurs when the tissues in our airways become relaxed and rub against each other. The airflow becomes constricted causing the “all too familiar” sound. Snoring can affect your bed partner, too. They often have trouble falling asleep, or wake up, due to the noise. Nose strips are suggested for people who snore. If you’re the bed partner of a snorer, try rolling them on their side. Snoring and sleep apnea can also go hand in hand.

**Sleep Apnea** may be the reason for you, or your bed partner’s snoring. It causes people to stop breathing momentarily during their sleep. The lapse in breath usually lasts more than 10 seconds and can be detrimental to one’s health. If you have sleep apnea, you should get treated immediately. A Continuous Positive Air Pressure (CPAP) mask can help keep your airway open when sleeping. This is not the only treatment for sleep apnea, though it is the most popular.

**Narcolepsy** is one of the more serious sleep disorders. There are four different stages of sleep. The first three stages are in the category of NREM (Non Rapid Eye Movement). This is when a person is “falling asleep”. After these stages, which generally add up to 90 minutes combined, a person falls into the REM (Rapid Eye Movement) stage. People with Narcolepsy can spontaneously fall into REM sleep at any time of the day. Sleeping is not dangerous. But, depending on when and where a person suddenly falls asleep, severe problems can occur.

This sleep disorder affects about 1 in every 2,000 Americans. The symptoms usually present themselves between the ages of 10 and 25-years-old. Those with Narcolepsy are recommended to regularly exercise, keep away from alcohol and nicotine, and get on a healthy diet. As well, there are medications that can help.

Sleep specialists and sleep laboratories are available to help with any of these sleep disorders. Sleep Labs are solely intended to study you while you are asleep. This helps them determine your sleep disorder and which treatments are best suited for you. Patients wear different monitors while sleeping to get their heart activity, blood pressure, and brain activity recorded.

## Mitchell Petusevsky, M.D.



700 2nd Ave. N., Ste 305  
Naples, Florida 34102

Dr. Mitchell L. Petusevsky is a well-respected sleep specialist and founder of The Center for Sleep and Pulmonary Medicine. He has 30 years of experience under his belt and has been chosen as one of the top physicians in all of Southwest Florida. If you have any questions regarding sleep disorders, you can contact Dr. Petusevsky of Millennium Physician Group for more details at (239) 263-8385. Their clinics are located in both Naples and Bonita Springs.

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# Finding the Right Facility for Rehabilitation

**A**fter a hospitalization, picking the best facility for rehab can be one of the most important decisions. On the right is a check list provided by Stroke.org which offers some place to start when looking for rehab for yourself or a loved one.

Life Care Center of Estero has been serving the Southwest Florida Community for 11 years and strives to provide the best nursing and therapy services in the area. We have physical therapy, occupational therapy, speech therapy, dietitian services, a physiatrist for pain management and an onsite physician to meet individual patient needs. Life Care Center of Estero has several specialization programs including orthopedics, vestibular therapy, wound care and lymphedema therapy. We routinely performs home evaluations and we host a support group for Parkinson's Disease and a Caregiver support group. Life Care Center of Estero strives for continuing education of its staff (including trainings in strength and conditioning, stroke and Parkinson's disease treatment and neurodevelopmental theory certifications) with state of the art equipment (including the Alter G treadmill, Alter G Bionic Leg, ACP modalities and the Biodex balance system), to be at the cutting edge in today's healthcare. If you are in need of a rehabilitation stay, consider the family of Life Care Center of Estero.

**Preferred Reserve Program® at Life Care Center of Estero**  
 Making the transition to rehab following a scheduled surgery can be a stressful process. Requesting a room reservation at Life Care Center of Estero prior to your hospital stay makes it easier to stay focused.

You can pre-plan your rehab in several ways!



**By phone**

Call our director of admissions Cris Flores today at (239)495-4001. To start the conversation, just tell us you have a planned surgery and want to request a private room reservation.

**In person**

Come by for a guided facility tour. Let us know you have a surgery coming up and are pre-planning your recovery.

**Online**

Request your reservation online at [www.lifecarecenterofestero.com](http://www.lifecarecenterofestero.com) by clicking on the Preferred Reserve icon, completing the information and sending the form. Then, we'll contact you.



Checklist: Finding an Excellent Program			
Name of Program:			
QUESTIONS TO ASK	Yes	No	NOTES
Has the program been in operation at least one year?	Yes <input type="radio"/>	No <input type="radio"/>	
Does the program have a formal system for evaluating the progress made by its patients and the overall outcomes of the rehab program?	Yes <input type="radio"/>	No <input type="radio"/>	
Does the program have any partners that offer rehab services at other levels of care that I may eventually need (day treatment, outpatient treatment or home care)?	Yes <input type="radio"/>	No <input type="radio"/>	
Does the program provide a wide range of therapy services? (physical therapy, occupational therapy, speech therapy)	Yes <input type="radio"/>	No <input type="radio"/>	
Does the program have on staff a full-time physiatrist or another doctor who is experienced in stroke and rehab medicine?	Yes <input type="radio"/>	No <input type="radio"/>	
Is medical care available at the rehab center if I need it?	Yes <input type="radio"/>	No <input type="radio"/>	
Can my doctor visit me at the rehab center? (Does he/she have visiting privileges?)	Yes <input type="radio"/>	No <input type="radio"/>	
Does the program have a stroke support group for survivors and their families? If not, can they refer me to a local group?	Yes <input type="radio"/>	No <input type="radio"/>	
Does the program conduct home visits before checking people out of the center and releasing them to their homes?	Yes <input type="radio"/>	No <input type="radio"/>	
Are staff members required to keep up with new information about stroke and rehabilitation? How do they do so?	Yes <input type="radio"/>	No <input type="radio"/>	



By Michael J. Rodriguez, MD

# FDA Clears Non-Surgical Lift THE LUNCH TIME FACE LIFT!!

## LOOK 10 YEARS YOUNGER

### The Lunch Time Face Lift!

- 1 Treatment
- 1 Hour
- No Downtime
- No Recovery
- At a fraction of the cost of traditional face lift

If you are one of the 72 million plus Baby Boomers out there, you are beginning to experience some new challenges in the quest to remain youthful. Baby Boomers are the first generation to focus on and understand the value of exercise and diet to keep our bodies healthy for the upcoming golden years. We have exercised and dieted ourselves into exhaustion to avoid the aging process.

One of our first and most noticeable sign of aging is that sagging skin on our face and neck. As we age, we all experience a natural loss of our skins elasticity.

Although we have maintained a healthy lifestyle we are all subject to this process. We may feel thirty, our bodies may still look thirty, but our faces look worn and tired. This process happens regardless of how healthy or fit we may be.

Our generation is living significantly longer and remaining very active well beyond that of previous generations.

The stress of our fast paced daily life, gravity and the sun exposure we experience from our active lifestyles all contribute to make us look old and tired, long before we are ready to. Unfortunately, there aren't any exercises that can remedy this aging process. Some say that the sagging skin can add ten to fifteen years to our looks.

As a cosmetic surgeon, specializing in the face, I have used a variety of non-surgical or non-invasive technologies for the tightening and lifting of the skin on the neck and face. Until now, the results of existing treatments have not been able to meet my patients expectations.

Fortunately, a new unique technology developed using ultrasound may be the answer we have been looking for. The treatment is called Ultherapy and it has provided a tool to achieve the outcomes that have not yet been available non-invasively. This recently



***“Patients can have this done in the office in about an hour and return to work or vacation the same day. There is no recovery period, and no after care constraints. Individuals can go to the beach, or gym or wherever they choose after procedure is finished.*”**

FDA Cleared device, in my opinion, may certainly be a first option for individuals, prior to having a surgical face lift. Many individuals choose not have surgery, either due to a concern for the risks involved or due to health reasons.

The Ulthera device, works by the means of ultrasound (sound waves) to safely penetrate the skin and treat the foundation layer of muscle and tissue that holds your face up. The machine is unique (only manufacturer currently with this technology) in its ability to reach this foundation layer without creating any heat or feeling on your skin. The ultrasound used is unique in its ability to focus its energy to treat the same foundation layer of the face (called the SMAS), that a face lift surgery does without the risk, recovery or downtime. Patients can have this done in the office in about an hour and return to work the same day. There is no recovery period, so individuals do not need to miss work or avoid the sun after the procedure is finished. The primary reason for this, is that the ultrasound is working from the inside out, versus the other technologies that work from the outside of the skin. While the treatment is performed an ultrasound screen shows the operator, exactly where they are delivering the energy, so they are able to focus energy exactly where it is needed. The ultrasound can produce much stronger energy below the surface of the skin, which creates a significant production of collagen and elastin. The result of this is a lifting, tightening and also a change in the skins external texture, leaving a refreshed and more youthful look.

I believe that this technology is the best available option other than surgical intervention. Our patients have been overwhelmingly satisfied and surprised at what this safe alternative can provide for the lifting of the neck, jowls and eyebrows.

As one of the early adopters of this technology, we have performed the treatment on over one thousand patients and are a Ultra Premiere Partner for Ulthera. We offer a free consultation, to determine if you are a good candidate for this treatment. Call today at 1-239-444-3787.



FDA cleared for non-invasive lift  
**Safe-Affordable - Effective**

**239-444-3786**

OFFICES IN: BOCA RATON • PLANTATION • NAPLES

# KNEE PAIN DOES NOT MEAN YOU NEED KNEE REPLACEMENT SURGERY

By Physicians Rehabilitation

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

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

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

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

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

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

## What are Hyalgan Injections?

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

## What's the process?

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

## When will I feel results?

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



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

## Will my insurance cover this treatment?

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

## What are other people saying about it?

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

## So what are you waiting for?

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



**239-687-2165** | [www.PhysiciansRehabilitation.com](http://www.PhysiciansRehabilitation.com)

# LIFE-THREATENING SLEEP APNEA AND THE CPAP ALTERNATIVE

By Dr. Rich Gilbert

**T**he word apnea literally means without breath. During sleep, the muscles and tissues of the upper airway can collapse and narrow or totally block the opening in the throat for air. The narrowing of the upper airway can produce sound - snoring. However, when the upper airway becomes completely obstructed breathing stops. This condition is called Obstructive Sleep Apnea (OSA) and the resulting oxygen deprivation is life threatening!

## SNORING VS. SLEEP APNEA

Snoring is generally considered a mild condition resulting in limited daytime symptoms. Disruption to the sleep of the snorer's bed partner is the most common and irritating side effect.

OSA is a much more severe, life-threatening, condition in which the sufferer stops breathing repeatedly throughout the night. As a result, oxygen saturation levels in the bloodstream often drop to dangerous levels. Sleep patterns are disrupted because the body must fight to breathe and frequently arouse the sufferer from sleep. Besides fatigue there are much more grave health consequences associated with OSA that you should be aware of so that you understand the necessity of proper OSA treatment.

## SERIOUSNESS OF OSA

Having Obstructive Sleep Apnea means that you actually stop breathing multiple times during the night. The lack of oxygen to your brain jolts your body awake briefly so you can take the necessary breath and then fall back to sleep. This apneic episode has very serious health ramifications. Your brain, heart and other organs are being oxygen starved repeatedly throughout the night, usually between 5-15 times per hour! Sleep patterns like this mean you're limiting rapid eye movement (REM) sleep, the essential sleep stage that helps recharge your



body's internal battery. The next day, your body compensates for its lack of rest, resulting in fatigue and poor productivity. During the day your concentration is easily broken and you suffer from daytime sleepiness and irritability.

You may realize that your productivity suffers at work, but what you may not realize is what's going on inside your body. Specifically, when you stop breathing your body experiences a drastic drop in oxygen saturation, from 97% to as low as 60%. This can lead to significant health problems and even death.

### *Here's a list of the most common concerns that untreated sleep apnea can cause:*

**Car Accidents** - a deadly side effect of daytime sleepiness, people with untreated OSA are 5 times more likely to fall asleep behind the wheel.

**Heart Disease/Stroke** - the low oxygen levels caused by obstructed sleep apnea stress the body, making suffers of OSA more likely to have a heart attack or die in the middle of the night. The oxygen disruption makes it hard for your brain to regulate the flow of blood to arteries and to the brain itself.

**High Blood Pressure** - frequent awakenings during the night cause hormonal systems to become hyperactive, which can result in a dangerous elevation in blood pressure.

**Weight Gain** - obstructive sleep apnea goes hand-in-hand with obesity because fatty deposits in the neck block adequate breathing during sleep increasing your risk of OSA. In addition, the lack of oxygen and sleep deprivation causes the endocrine system to increase production of several hormones. Specifically, the hormone Cortisol which increases your appetite and the hormone Ghrelin which increases cravings for carbohydrates and sweets. Both of which contribute to weight gain. Thus resulting in a vicious cycle of sleep deprivation and weight increase.

**Type 2 Diabetes** - since Type 2 Diabetes is often brought on by obesity, up to 80% of diabetics also suffer from some form of obstructed sleep apnea. Research shows that sleep deprivation can be a contributing factor to insulin resistance, which is the body's early warning system indicating susceptibility to Type 2 Diabetes.

**Other serious health concerns that can be linked to OSA:** depression, gastric reflux, insomnia, muscle pain, loss of short term memory, fibromyalgia, cardiac arrhythmia, intellectual deterioration, inefficient metabolism, severe anxiety, memory and concentration impairment, mood swings, and impotence.



Drs. Rich and Lacy Gilbert  
239-948-2111  
www.pelicanlandingdental.com

23451 Walden Center Drive, Suite 100  
Bonita Springs, Florida 34134

### TREATMENT OPTIONS

Although OSA can create severe health impairments - treatment can prevent most of these risks. It is even possible to cut down on blood pressure medication because getting adequate rest can lower blood pressure. Treatment is crucial. Often times that means CPAP therapy, a machine that sits beside your night table and applies positive airway pressure to the respiratory system to prevent apnea episodes. CPAP therapy has proven to be very effective in the treatment of OSA when used as prescribed. However, due to the invasive and obtrusive nature of CPAP therapy patient compliance is extremely poor. As a result, industry leaders now accept dental appliance therapy as standard practice.

In 2006, the American Academy of Sleep Medicine recommended that oral appliances be used as a first line of treatment for mild to moderate OSA. FDA approved oral appliances used to treat OSA work by advancing the mandible, thus holding the jaw in a forward position. This increases the free space in the back of the throat and prevents upper airway tissues from obstructing and causing an apnea event.

### SCREENING FOR OSA AT THE DENTIST OFFICE

Attentive dentists are in a perfect position to screen for OSA because they routinely visualize their patients' upper airway, which may show an anatomical predisposition for obstruction. Additionally, dentists are privy to subjective signs and symptoms of OSA and can screen as part of medical history updates.

Often times, patients who believe they "snore" may in fact actually suffer from the more serious condition of OSA. If you or your bed partner suffers from symptoms of OSA, please call us to learn more about how oral appliances can prevent potentially serious health conditions that occur as a result of sleep apnea.

Dr. Rich Gilbert is well versed in all the different sleep apnea oral appliances available. After a brief consultation, Dr. Gilbert will explain which type of oral appliance will best suit you and why. All of Pelican Landing Dental's oral appliances are completely custom fabricated from molds of your mouth and are thereby effective and easy to wear. Most find that it typically only takes a few nights to get used to wearing. Soon, you won't ever want to sleep without it.



SCHEDULE A **COMPLIMENTARY CONSULTATION**  
WITH DR. RICH GILBERT.

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If you are in generally good health and would like to learn more, please contact:



**239-449-7979**

Please mention the  
"ROSE" study



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# Speech, More Than Just Talk

**M**ost people associate speech therapy with the ability or lack thereof to speak, and therapy associated with that. Speech rehabilitation is only a small part of what speech therapists do. In fact, speech-language therapists have many responsibilities in acute-care settings, medical inpatient rehabilitation, outpatient rehabilitation and rehabilitation in the home care setting.

Speech Therapists work closely with physician specialists (ENTs, neurologists, neurosurgeons, physiatrists, internists, family practitioners) to diagnose a range of problems, and initiate treatment. Speech Therapists also play a role in hearing conservation. They are qualified to screen patients' hearing to determine if a referral to an audiologist is necessary.

One of the more common clinical uses of speech therapy, especially in the home care setting is in the diagnosis of neurological conditions. Speech Therapists are often asked to evaluate both cognitive (thinking, knowing, perceiving) and physiological (physical) problems. The way in which a person speaks and uses language reveals a great deal about thought-processing skills, memory deficits, and the ability to focus attention. Deficits in these areas can indicate brain injury, stroke, Alzheimer's disease, Parkinson's disease, and a host of other neurologic conditions. Because Speech Therapists are trained to identify unusual patterns in speech, their assessment can be extremely important to an accurate diagnosis and an effective treatment plan.

Speech Therapy is highly effective with those who have difficulty in swallowing. Difficulty in swallowing is common among patients who have suffered a stroke or who have other neurological diseases, like multiple sclerosis and amyotrophic lateral sclerosis (ALS or Lou Gehrig's disease). Speech Therapists use a variety of diagnostic tools to detect swallowing problems and treat patients to overcome swallowing difficulties associated with their disease.

One of the most under utilized uses for speech therapy in Home Care is for cognitive uses. Often patients have difficulty retrieving words, sequencing activities, and understanding what they hear and



what they read. Cognitive therapy is designed to provide clients with strategies to improve their thinking skills and their every-day functioning.

At Nurse On Call we utilize speech therapists for more than just talking, we utilize their expertise for all forms of communication. The ability to communicate is more than just talking. It involves listening, understanding, reading, and writing. For communication to make sense it also involves being able to think clearly and remember information. Speech Therapy is covered at 100% to those who meet the Medicare guidelines for home health, and we have a therapist for that!

For more information on speech therapy and other home health services, please call your local Nurse On Call branch.



(239) 643-9940

HHA: 299993629

# HEART HEALTHY HOLIDAY GIFTS

**W**ith the holidays fast approaching, you might be frantically brainstorming ideas for holiday presents. Here are a few heart healthy options to consider! These ideas would make for great stocking stuffers, holiday gift exchange, or the gift for the person who has everything.

**Stress Ball.** The holidays can be stressful so why not include a stress ball so your family and friends can work their arm muscles instead of turning to the candy jar to relieve stress.

**Fruit.** Apples, oranges and grapefruits make for very healthy presents. Just make sure they don't get squished and give them in a timely manner so they are nice and fresh when the recipient receives them!

**Winter accessories.** When the weather changes and the temperature drops people tend to stay indoors more and therefore get less exercise. Give your co-workers a new hat, a scarf and a pair of gloves and that gives them no excuse to take a walk around the block and admire their neighbor's holiday decorations, even when morning air is crisp.

**A pedometer.** This nifty little tool helps you count the number of steps you take in a day. What a great way to get the office together and go walking during lunch!

**Recipe cards.** Do you have a lot of healthy recipes you love? Why not share the wealth. Pre-made or hand-made recipe cards with hand written healthy recipes are a heart-felt gift for all.

**Relaxation kit.** Stress is not good for anyone's health and the holidays are typically a stressful time of the year. Give your friends and loved ones a relaxation kit. Maybe include a few candles, maybe some incense, soaps, or a CD with soothing music.

**And the most heart healthy gift of all...a Heart Screening.** Does the person(s) on your shopping list who have everything know their heart score? Do you know your heart score? A heart score is an evaluation of the coronary arteries for calcified plaque. The score is obtained using a non-invasive CT scan. During the scan your arms will be brought above your head and ECG leads will be attached to



your chest. You will be asked to hold your breath for 10-20 seconds while the images are being taken. The exam is completed in less than 10 minutes. Final reports of the screening will be sent to your primary care physician within 48 hours for review.

The blood vessels of the body develop fatty deposits and the body will convert these deposits to calcium; this is the body's defense mechanism against the soft plaque. Soft plaque can break free or cause a blockage, which can result in a stroke or heart attack. The amount of calcium is quantitatively determined for each artery and a total score is determined. The "total score" is an indication of the risk for coronary artery stenosis. A high score indicates the likelihood of a significant coronary artery stenosis. A low score would suggest that significant coronary artery stenosis is unlikely, however a low score does not guarantee a disease free heart or that heart attack will not occur.

Each year in this country, more than 500,000 people die of coronary artery disease, and more than 1 ½ million are hospitalized due to myocardial infarction, better known as a heart attack. The process of atherosclerosis, which can cause blockage of the arteries that feed the heart muscle, begins early in life, and 1995 statistics show that more than 30% of heart attack victims are under the age of 65. A screening test that can accurately identify and quantify atherosclerosis of the coronary arteries can in turn help to identify those who are at high risk for heart attack.

At Naples Diagnostic Imaging Center, we offer more than state-of-the-art diagnostic imaging services. We offer an experience - one that is focused on you. From diagnostic exams that give you the edge of prevention with early detection, to imaging that pinpoints a medical condition to accelerate treatment, our focus is on getting you timely answers to make important and proactive decisions about your health. Our preventive imaging exams are designed for the early detection of heart disease, stroke, aneurysm, cancer and osteoporosis.

Our experienced physicians and staff are ready to help patients find the answers they are looking for, in a comfortable, professional environment. To learn more about screening for coronary heart disease and calcium scores, or to schedule a screening test please call 239-593-4222. Don't wait until fatal symptoms (stroke or heart attack) occur, take charge of your heart health today!



**239-593-4222**

**www.naplesxray.com**

*Our locations:*

**Plaza @ 311 Tamiami Trail N.  
Suite 104  
Naples, Florida 34102**

**North @ 1715 Medical Blvd.  
Naples, Florida 34110**

**East @ 6400 Davis Blvd.  
Suite 101  
Naples, Florida 34104**



# HOLIDAYS OFFER OPPORTUNITIES FOR FAMILY GATHERINGS TO BEGIN “THE CONVERSATION”

By Thom Braun

According to AAA, nearly 30 percent of Americans took a holiday trip last season and if trends for the past five years continue, that number is slated to increase.

Among those traveling are adult children visiting their parents' homes. While the holidays are a wonderful time to celebrate family traditions, it is also the perfect time to discuss their current and/or future health care needs.

Beginning the conversation may be daunting, especially for children who may feel their role in the relationship has been reversed as they have taken on increased responsibility for their aging parents. However, please keep in mind that it is far better to develop a game plan before the need arises than to make difficult decisions in the midst of an emergency when options may be limited.

### Here are a few suggestions for beginning the conversation:

#### 1. Choose a Comfortable Time and Place

Set a time and place that is convenient and comfortable for everyone. Avoid public areas such as a doctor's office or an emergency room. A living room table or kitchen in the family home is often the best option.

#### 2. Include Other Family Members

Although you may be the primary caretaker, it is very important to involve others who may have a good relationship with your loved such as your siblings. Do not try to do everything yourself. Assemble a team who has your mom or dad's best interest at heart.

#### 3. Ask About Records and Documents

This topic may be especially emotionally charged but it has to be discussed. It's important to collect basic information about your parent's personal affairs. Is there a will? Are there advanced directives? You'll need to have this information handy should your loved one's health begin to change.



#### 4. Listen

Remember the conversation is a two-way street. You have to use good communication skills. Be sure to ask open-ended questions that encourage your mom or dad to share their feelings. Be respectful. Their opinions and thoughts matter.

#### 5. Don't Tell Them What to Do

Resist the urge to take over the conversation and tell your parent what they "will do". Approach the discussion as a concerned partner and not as the person "in charge". No one has all the answers but by working together, a mutually beneficial solution can be developed. Keep in mind that everyone ultimately wants the same thing: a nurturing, caring environment that allows mom or dad to remain as independent as possible.

By having the conversation about your loved one's current and/or future health care needs, you will be better able to seek out resources and put a plan in place, giving you peace of mind as you return home after your visit.

Located at 6945 Carlisle Court in Naples, The Carlisle offers spacious one-and two-bedroom residences include lifetime care and maintenance, weekly housekeeping and flat linen services, basic cable TV, all utilities except telephone, and a complimentary full breakfast plus choice of lunch or dinner in the community's gourmet-style restaurant.



The Carlisle, a luxury, resort-style senior living community in North Naples, offers both Independent and Assisted Living lifestyles. Available on a monthly fee basis, the ECC-licensed and CARF-accredited community boasts a full range of services and amenities including 12-hour restaurant dining, housekeeping, transportation and activities. Located on Airport-Pulling Road, between Pine Ridge and Immokalee Roads, the award-winning community's lush tropical environment is highlighted with meandering walking paths around three lakes and tranquility gardens. For more information or to schedule a tour, please call Director of Marketing Thom Braun at 239-221-0017.

For more information about the community, please call 239-221-0017 or visit [www.TheCarlisleNaples.com](http://www.TheCarlisleNaples.com).



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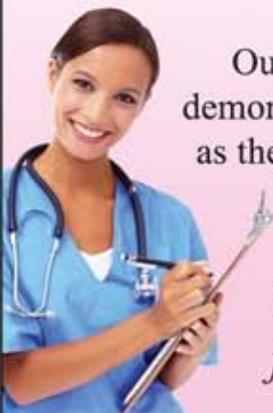
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# Nurse On Call

is a Medicare certified agency,  
serving home healthcare since 1989.

With 27 offices, serving 47 counties within Florida, we have a strong reputation for providing hospitals, case managers and physicians the professionalism they demand for their patients.

Many of the Nurse On Call staff and management gave greater than fifteen years in home health care. *That means experience.*



Our staff is composed of professionals who have demonstrated the sincere heartfelt desire to treat people as they would want their own family member treated, *whatever they need.*

*The best possible home healthcare...  
for the best possible recovery.*



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# Cutting Edge Technology and Science Meet to Make You Look Years Younger!

**S**wan Age Reversal Centers specializes in aesthetic procedures that help their clients look younger, thinner, and more vibrant. Due to huge year round demand for their services, a new Naples office is opening August 2014 and a Sanibel location is opening October 2014. Swan Centers services hundreds of clients and does thousands of procedures annually and have a 98% approval rate. They offer non-invasive, safe, pain-free treatments utilizing State of the Art Devices found exclusively only at Swan Centers. Whether you are interested in anti-aging skin treatments, skin tightening, wrinkle reduction, cellulite smoothing, or fat reduction, Swan Age Reversal Centers offers a unique and pleasant experience that delivers results.

They offer body contouring treatments that stimulates weight loss and fat reduction with most clients seeing instant results. They also offer skin rejuvenation and anti-aging treatments to help restore your natural glow and slow the aging process. Swan Centers offer a wide range of customized services to help our clients look younger, thinner and more vibrant. Many of the services that they offer can only be found only at Swan Age Reversal Centers because they use custom manufactured devices, proprietary serums and exclusive products.

Swan Age Reversal Centers takes body enhancement where it was meant to be, combining health and beauty with cutting-edge science and impeccable service. They're driven by innovation in aesthetic beauty and are able to deliver an intimate and relaxing experience, complete with all the perks that only a premium establishment can offer. They specialize in laser, radio frequency, ultrasonic anti-aging and fat reduction technologies, and offer a complementary assessment to all first-time customers.



## SWAN TREATMENT OPTIONS

### SKIN TIGHTENING

#### Swan-Freeze™

Swan-Freeze™ is a state-of-the art, Skin Tightening, Wrinkle Reduction, Cellulite Smoothing device that is exclusive to only Swan Age Reversal Centers. Swan-Freeze™ creates radio frequency waves to penetrate and tighten your skin, reduce wrinkles, and has numerous anti-aging benefits. This non-invasive, pain free technology offers

impressive results in as little as 6-10 treatments, however, many clients notice a difference after the first treatment.

Swan-Freeze™ treatments use radio frequency to consistently and uniformly heat the skin from the inside out. The collagen fibers heat up resulting in skin tightening to attain exceptional results.

Swan-Freeze™ treatments are non-invasive and painless, with many clients comparing the treatment to a hot-stone massage! Swan-Freeze™ treatments are effective in circumference reduction, improving the appearance of cellulite, skin tightening and reducing the appearance of wrinkles. They deliver a safe, pleasant, pain-free experience in treatments for the body including arms, belly, hands, thighs, buttocks, neck and face.



### FAT REDUCTION

Let's face it. Most of us wouldn't mind losing a few inches around the belly, love handles, buttocks or arms. Swan Age Reversal Centers has the answer! They are excited to offer 2 Exclusive fat reduction options only found at Swan Centers. Swan-Lipo™ utilizes state of the art laser technology and Swan-Cavi™ is fat reduction with the use of ultrasound. They can use one or both of these exclusive devices to treat you, based on what your specific fat reduction needs are.

#### Swan-Lipo™ and Swan-Cavi™

Swan-Lipo™ and Swan-Cavi™ are used to reduce fat to specific targeted body parts and transforms bodies with remarkable results, with clients seeing incredible results



Anti-Aging • Fat Reduction • Skin Tightening  
Wrinkle Reduction • Cellulite Smoothing

# 1-800-965-6640

[www.SwanCenters.com](http://www.SwanCenters.com)

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Bonita Springs, FL 34134

12575 S. Cleveland Avenue #5  
Fort Myers, FL 33907

141 10th Street South  
Naples, FL 34103

with inches lost off their waist, belly, back, arms, hips and thighs. Swan-Lipo™ and Swan-Cavi™ are safe and effective way to lose inches of fat without surgery, no pain, no bruising or recovery time! Swan-Lipo™ and Swan-Cavi™ help to contour your body, lose inches and reduce stubborn body fat without having painful plastic surgery procedures! Swan-Lipo™ and Swan-Cavi™ works by painlessly creating a small pore in the wall of the fat cells to start the inch loss process. While the cells remain healthy and alive, the fat is emptied out of the cells through the open pore. Our bodies then safely and naturally eliminate the fat using the lymphatic system which causes you to lose inches in the waist, hips, arms, back and thighs.

Swan-Lipo™ and Swan-Cavi™ treatments are quick and painless. Treatments generally take 45 minutes or less and unlike other plastic surgery procedures, Swan-Lipo™ and Swan-Cavi™ allows you to continue your daily activities without any interruption.

### SKIN RENEWAL

#### Swan Ultrasonic™

Swan Ultrasonic™ is an exclusive and unique state-of-the-art treatment system that produces amazing results on all skin types. Swan Ultrasonic™ utilizes low frequency sound waves in a two-stage process to repair skin at a cellular level regardless of skin concerns such as acne, rosacea, wrinkles, hyper pigmentation, dry skin or blemishes. Swan Ultrasonic™ can be done as a stand-alone treatment option or to achieve more dramatic results, Swan Ultrasonic™ can be combined with other treatments.

**Swan Ultrasonic™ offers an easy 20 minute two step application.**

**1. Deep Exfoliation** – Removes dead skin cells and impurities by cavitating pores with a gentle sound wave. The skin is cleaned deeply and exfoliated allowing it to receive nourishment at a cellular level.

**2. Antioxidant & Serum Infusion** – With the proper frequency and consistent potheyr density, antioxidants and proprietary topical collagen products deeply penetrate, instead of simply lying on top of the skin where they provide little to no benefit. This treatment will penetrate the skin to boost collagen, giving your clients a fuller and more youthful appearance.

Swan Ultrasonic™ helps to reverse the signs of aging on the face, neck, décolleté and hands with no pain or downtime!

Swan Ultrasonic™ treatment systems provide superior deep pore cleansing, gentle exfoliation, cellular Rejuvenation and deeper penetration of Serums than other skin renewal products. The benefits of Swan Ultrasonic are clear and immediate improved skin appearance that will be noticed after the first treatment.

# Eliminate Back Pain and Increase Strength in Only 20 Minutes a Week

By Concept 10 10

**A**startling, 80 percent of adults will fall victim to low back pain at some point in their lives. It is the most common cause of disability for people before the age of forty-five, and second only to the common cold as a cause for a visit to the doctor.

We must have a strong and stable lower back to walk, stand, sit, stoop, squat, or lift; in short, a healthy and strong lower back is critical for virtually every activity of normal daily living.

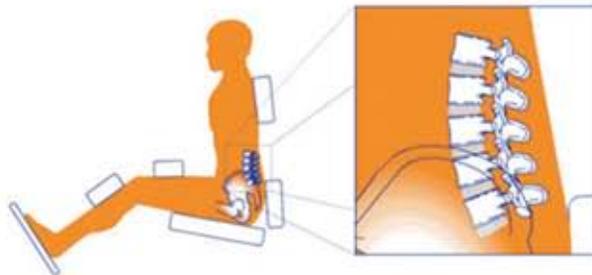
Improving the strength of the lumbar muscles and connective soft tissues has long been recognized by orthopedists, chiropractors, and physical therapists as the cornerstone of low back rehabilitation. There is no doubt that regular strength training of the lumbar spine will both prevent and resolve lower back pain. The challenge is how to accomplish this goal.

The lumbar muscles can only be effectively isolated using a lumbar extension machine. Lumbar extension machines are designed with a series of restraints that prevent tilting of the pelvis, rotation around the hip joints, or contribution from the big and strong muscles of the buttocks and thighs that would interfere with the work of the low back muscles.

Fortunately, this unique piece of equipment is part of the Concept 10 10 workout. This workout includes six exercises on six pieces of equipment with one trainer and one client at a time. The scientific research on which Concept 10 10 is based has clearly shown that the training is uniquely beneficial to most forms of back pain. The equipment, which is the only one of its kind, isolates and directly works the lumbar muscles. It is exactly the weakness in these muscles which is the cause of most lower back pain.



Reducing and ultimately eliminating back pain is only one benefit of the Concept 10 10 workout. Loss of muscle tissue is one of the most important reasons for the increase of body fat, because muscles burn calories 24 hours a day, even when they are resting. Concept 10 10 training combined with a balanced caloric intake is a sure way to permanent fat loss and a slimmer and better functioning body.



Concept 10 10 training is also highly beneficial to athletes and those individuals seeking increased tone and strength. Completing the Concept 10 10 workout generally improves body strength and results in greater performance in any sports activity. At the same time, it will minimize the risk of injuries as you strengthen the bones, joints and surrounding muscles.

The entire workout can actually be done in less than 20 minutes, with each exercise taking about two minutes as the client does each movement in slow repetitions of 10 seconds forward and 10 seconds back. The machines are adjusted to work the body to the person's individual level of muscular exhaustion. Each session or couple of sessions, depending on development, more weight is added to reach that level of fatigue.

Expect more facilities to be popping up across the country. We are currently in 6 different countries and licensing agreements are available in the US.

#### Free Introduction

Call to schedule a complimentary start session and experience Concept 10 10 for yourself.

*Naples*  
**CONCEPT 10 10**  
the future of exercise

North Naples - 239.431.7143

Downtown - 239.659.1033

[www.naples.concept1010.com](http://www.naples.concept1010.com)

# Give the *Gift of Wellness* and Relieve Holiday Stress



**A**s the holidays approach, practically everyone experiences a higher level of stress. Planning for big family events while still managing everyday work and family responsibilities can leave anyone harried and worn out. So if you are looking to relieve tension or searching for a great gift idea, why not consider a gift of membership in the Massage Envy Spa Wellness Plan?

While momentary stress can be a good thing by helping the body to react quickly by releasing adrenaline and cortisol, prolonged exposure to stress and the continual release of these stress hormones can lead to negative physical and behavioral changes. People suffering from stress may find themselves prone to outbursts, over- or under-eating and withdrawal from social situations. They may also experience anxiety, irritability, a lack of focus or motivation, restlessness and depression. Stress can even lead to physical symptoms such as chest pain, headache, muscle pain, sleeplessness and digestive problems.

Research has shown that massage can offer relief from the symptoms of stress. Massage therapy relaxes the muscles, lowers heart rate and blood pressure, and increases the production of endorphins, the body's natural painkillers. The release of the brain chemicals serotonin and dopamine also lead to a feeling of calm relaxation.

Clinical studies have shown that even a single 1½ hour session of therapeutic massage can lower the heart rate and levels of stress hormones. And a recent study conducted by Cedars-Sinai Medical Center in Los Angeles showed that patients who received massage therapy had increases in their white blood cell count, indicating a more active immune system – especially important as cold and flu season ramps up.



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**Coconut Point**  
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**Summerlin Crossing**  
15880 Summerlin Rd.  
Fort Myers, FL 33908  
(239) 333-3689

**Naples**  
6345 Naples Blvd. Suite A3-4  
Naples, FL 34109  
(239) 325-ENVY (3689)

By encouraging relaxation and lowering blood pressure, a therapeutic massage from a Massage Envy massage therapist can provide immediate relief from the stresses and worries of the holidays.

The Massage Envy Spa Wellness Program includes one customized massage every month, with discounts for additional massages, products and more. If you want to give the gift of relaxation

and stress relief this holiday season, visit your nearest Massage Envy Spa location or go to [www.messageenvy.com/regions/FL/Southwest-Florida](http://www.messageenvy.com/regions/FL/Southwest-Florida). Massage Envy Spa has locations in Cape Coral, Fort Myers, Estero and Naples.

*Massage Envy*  
[www.messageenvy.com/regions/FL/Southwest-Florida](http://www.messageenvy.com/regions/FL/Southwest-Florida)  
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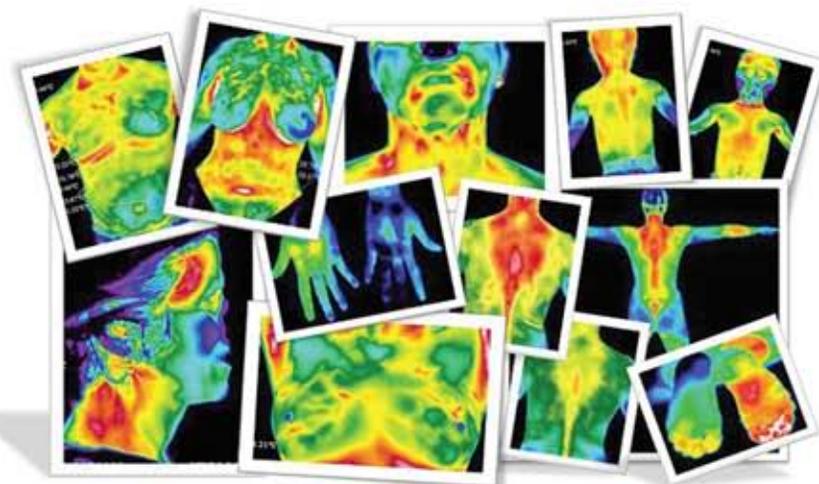
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Facebook Twitter YouTube Instagram \*See clinic for details. Rates and services may vary by location and session. Not all Massage Envy Spa locations offer facial and other services. For a specific list of services available, check with the specific location or see MassageEnvy.com. Additional local taxes and fees may apply. Each location is independently owned and operated. ©2014 Massage Envy Franchising, LLC. MM# 18316, 23573, 19921, 29773



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*Early detection is everything.*



WISHING YOU AND YOUR FAMILY A

*Merry Christmas*

*and Healthy New Year!*

**Health & Wellness** MAGAZINE

[WWW.SWFHEALTHANDWELLNESS.COM](http://WWW.SWFHEALTHANDWELLNESS.COM)

# YOUR HEARING AFFECTS YOUR LIFE IN MANY WAYS!

By Hoglund Family Hearing and Audiology Services

**M**any people think of their hearing loss from simply an annoyance, frustration, or embarrassment perspective such as "It is annoying to my family that the TV is louder than they like", or "It is embarrassing when I answer a question inappropriately" or, "It is frustrating when I miss a punch line of a joke" states John Hoglund of **Hoglund Family Hearing and Audiology Center**, "Very FEW people fully understand the *medically beneficial or medically necessary* side of treating their hearing problems! Hearing loss affects MANY aspects of our lives according to medical experts." It has been shown that our overall health is significantly impacted by untreated hearing loss. "It is a lot more important than ever that you check your hearing regularly and take care of hearing problems promptly, as soon as they emerge, John states.



John and Patricia Hoglund  
LHAS, BC-HIS, ACA

Previous research has shown that untreated hearing loss leads to increase in cognitive problems and impacts memory function. Johns Hopkins Research shows that if left untreated, "hearing loss can accelerate brain shrinkage and make people dramatically more vulnerable to acquiring Dementia." We have had public lectures throughout the community about this topic", states Mr. Hoglund "and we encourage anyone who has questions about this topic schedule a COMPLIMENTARY CONSULTATION with our staff. We will do FREE Baseline Hearing Tests, give you detailed handouts about this topic, answer any of your questions and even arrange for a FREE Memory screening for anyone interested in this topic". Please call (239) 498-7142 for more information!

Hearing impairment has been associated with an increase in DEPRESSION especially among females. Reports show that 11.4% of adults with hearing loss reported moderate to severe depression compared to only 4.9% with "excellent" hearing in a study published by Otolaryngology-Head and Neck Surgery group. It is recommended that adults over fifty begin to routinely monitor their hearing so that problems can be detected and addressed at earlier stages.

Dr. Frank Lin an Otolologist and assistant professor at Johns Hopkins and Dr. Luigi Ferrucci of the National Institute on Aging report that people with mild (25 decibel) hearing loss were almost *three times more likely to fall* than those with normal hearing. Every

additional 10 decibels of hearing loss increased the chances of falling by 1.4 fold! People who can't hear well have a limited awareness of their overall environment, accounting for more tripping and falling according to the study.

Your heart and hearing may also have more in common than you realize. A growing body of research shows that a person's hearing health and cardiovascular health frequently correspond. Studies show that a healthy cardiovascular system—a person's heart, arteries, and veins—has a positive effect on hearing. Conversely, inadequate blood flow and trauma to the blood vessels of the inner ear can contribute to hearing loss. David R. Friedland, MD, PhD, Professor and Vice-Chair of Otolaryngology and Communication Sciences at the Medical College of Wisconsin in Milwaukee, has been studying the relationship between cardiovascular and hearing health for years. He says, "The inner ear is so sensitive to blood flow that it is possible that abnormalities in the cardiovascular system could be noted here earlier than in other less sensitive parts of the body. In their study, they concluded that patients with low-frequency hearing loss should be regarded as at risk for cardiovascular events, and appropriate referrals should be considered.

All the research continues to show how critical your hearing health can be to your overall health and well being, yet unfortunately, hearing tests are typically not part of an annual physical! "It is amazing how many people who regularly monitor their health through regular tests of blood pressure cholesterol, blood sugar, vision, mammograms, and PSA tests, and have annual physicals report that their last hearing test was 20 or more years ago", states Patricia Hoglund BC-HIS, ACA. "We feel strongly that by offering these FREE HEARING EVALUATIONS to Lee and Collier county residents, that we are helping people stay informed about these critical health issues!" We always say, "All it will COST is a little of your TIME... but the KNOWLEDGE you receive may be PRICELESS!" adds John. Please call one of the locations below to learn more about your hearing!

**HOGLUND FAMILY HEARING AND AUDIOLOGY CENTER**  
Fifteen 8th Street (Next to Royal Scoop Ice Cream)  
**Bonita Springs, FL 31434**  
**(239) 498-7142**

**SOUTHWEST FLORIDA TINNITUS AND HEARING CENTER**  
10020 Coconut Rd. Ste.120 (Next to LabCorp)  
**Estero, FL 34135**  
**(239) 992-HEAR (4327)**

## Five Heart-Healthy Reasons to Get a Hearing Test

1. Six decades of research points to heart-hearing health link. A comparative review of more than 60 years of research found a correlation between cardiovascular and hearing health.
2. The ear may be a window to the heart. Some experts find the evidence showing a link between cardiovascular and hearing health so compelling that they say the ear may be a window to the heart. They encourage collaboration between hearing care providers, cardiologists, and other healthcare professionals
3. The same lifestyle behaviors that affect the heart impact hearing. More evidence of the interconnectedness between cardiovascular and hearing health is found in three studies on modifiable behaviors: One found that a higher level of physical activity is associated with lower risk of hearing loss in women. Another revealed that smokers and passive smokers are more likely to suffer hearing loss. And a third found that regular fish consumption and higher intake of long-chain omega-3 polyunsaturated fatty acids are associated with lower risk of hearing loss in women. Research is ongoing.
4. Addressing hearing loss improves quality of life, helps reduce stress. Eight out of 10 hearing aid users say they're satisfied with the changes that have occurred in their lives due to their hearing aids. Many say they see improvements in their life overall, in interpersonal relationships, and that they experience reduced anger and frustration, and enhanced emotional stability.
5. Today's hearing aids are better than ever and virtually invisible. State-of-the-art, sleek, sophisticated, and virtually invisible, today's hearing aids combine high-performance technology and style with durability and ease-of-use. They're a high-tech tool to help people stay socially, physically, and cognitively active. The options are so varied there's an attractive solution for just about anyone.

*Love Your Heart, Test Your Hearing!*



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5:00 PM

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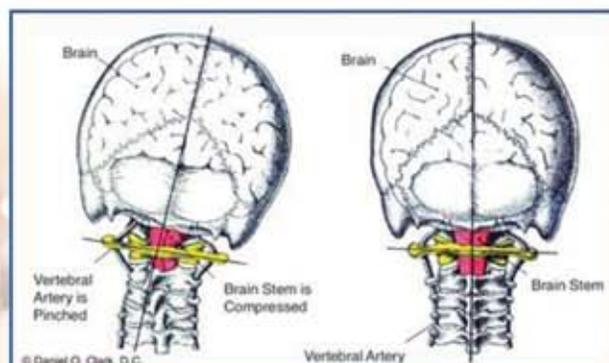
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*If the first two bones in your neck are misaligned, communication between the brain and body is interrupted and can cause numerous health problems.*

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# Understanding Pain And Fatigue And The Proper Path To Managing Both

*Living beyond chronic pain and fatigue.*

**C**hronic pain and fatigue often occur together. Fatigue can be a normal and important response to physical exertion, emotional stress, boredom, or lack of sleep. Pain and fatigue symptoms are expressed in many different ways throughout our bodies. Not all symptoms are present in any one case or in any one certain part of the body.

If you or a loved one are living with one or more of the following symptoms please contact YOLLO Wellness for a complimentary consultation.

- Chronic muscle pain, muscle spasms, weakness in the limbs, or leg cramps
- Moderate or severe fatigue or decreased energy
- Stiffness upon waking up or staying in one position too long
- Insomnia or waking up feeling just as tired as when you went to bed
- Abdominal pain, bloating, nausea and constipation alternating with diarrhea
- Difficulty remembering, concentrating, and performing simple mental tasks
- Tension or migraine headaches
- Jaw and facial tenderness
- Sensitivity to one or more of the following: odors, noise, bright lights, medications, certain foods, change in room or outside temperatures
- Feeling anxious or depressed
- Numbness or tingling in the face, arms, hands, legs, or feet
- Increase in urinary urgency or frequency
- Reduced tolerance to exercise and muscle pain after exercise
- A feeling of swelling (without actual swelling) in the hands and feet
- Painful menstrual periods
- Dizziness or sudden loss of hearing



Being able to describe the symptoms you are feeling and pinpoint exactly where on your body the pain is located is not always an easy thing to accomplish. Just because certain pains cannot be seen does not make them less painful. At YOLLO Wellness their ability to use IR Scanning or what is known as **Digital Infrared Thermographic Imaging (DITI)** can help locate your pain. YOLLO Wellness is equipped with the most advanced DITI camera that has the capability of showing the pain you are feeling as well as pinpointing its exact location in your body. This camera has the capability to detect abnormalities in the very early stages. Detecting subtle physiological changes from an infection to vascular disease, fibrocystic disease, to cancer. Cells double every 90 days so the scan may be repeated several times without any harmful effects to the body. A certified CCT will take the images; an experienced Physician then reviews the images and will provide you with a detailed report of their findings. The reports are returned to you within 24 hours or as soon as 2 hours if there is a need to rush the results.

YOLLO Wellness also offers a **Live Blood Cell Analysis** that will show you what condition your cells are in. This is a very powerful tool that shows the microbial activity in your blood. These results also allow a better understanding how aging and diseases are affecting your body. The ability to gather this information is invaluable. This blood analysis detects nutritional deficiencies, digestive disorders, parasites, bacteria, free radicals, uric acid crystals, plaque, yeast and fungus. If you are currently taking supplements the results of this testing will determine whether they are working or not within your body. YOLLO Wellness will educate you about vitamins and supplements that are better suited for what your body needs on your path to a healthier life.

## ALCAT Testing: What is ALCAT intolerance testing?

ALCAT is the world-wide leader in food and other intolerance/sensitivity testing. Intolerances to food and food additives have been linked to digestive problems, migraines, joint and skin problems, ADD, and other medical conditions. The ALCAT Test measures your intolerances using a proprietary technology that measures how your white blood cells respond when exposed to different foods.



YOLLO Wellness offers ALCAT testing. This test takes your health to a whole new level. This specific testing can and will change your life. This highly definitive test will let you know what foods, additives, and environmental chemicals you need to avoid helping to prevent negative reactions at the cellular level. Half the battle to healthier living is won once you know what foods to avoid. You also have to become in tune with what amount of the proper nutrients your body requires and this can be a challenge but very achievable. Certain supplements and foods can benefit your overall health tremendously. At YOLLO Wellness their professional certified team members will guide you step by step to help you change your eating habits and eliminate the things that are causing stress and throughout your body and preventing you from achieving optimal health.

## Hyperbaric Oxygen Treatments:

Although the body needs many vitamins and nutrients for optimal functioning, oxygen is the element most vital to sustaining human life. More essential than food and water; oxygen feeds the body and provides protection against a variety of harmful agents. It has long been known that healing many areas of the body cannot take place without appropriate oxygen levels in the tissue. Most illnesses and injuries occur, and often linger, at the cellular or tissue level. In many cases, such as: circulatory problems, non-healing wounds, and strokes, adequate oxygen cannot reach the damaged area and the body's natural healing ability is unable to function properly. ADD, autism, Multiple Sclerosis, Sports performance recovery can benefit from hyperbaric oxygen therapy. HBOT treatments provide the extra oxygen naturally and with minimal side effects. Hyperbaric oxygen therapy improves the quality of life of the patient in many areas when standard medicine is not working. Many other conditions such as stroke, cerebral palsy, head injuries, and chronic fatigue have responded favorably to HBOT. Did you know that pain associated with chronic fatigue and fibromyalgia is caused by the lack of oxygen getting to the tissue and this creates hot spots or pressure points of pain?

**How The Chamber Works:**

The mild hyperbaric chamber is filled with compressed ambient air to 1.3 ATM or 4.0 PSI.

The increased pressure allows the blood plasma and other liquids of the body to absorb additional oxygen thus greatly increasing oxygen uptake by the cells, tissues, glands, organs, brain and fluids of the body.

The resulting uptake of oxygen allows for increased circulation to areas with swelling or inflammation. The results are diminished pain, swelling and fatigue. Your blood carries this oxygen throughout your body, stimulating the release of substances called growth factors and stem cells, which promote healing. Oxygen is then utilized by the body for vital cell functions, healthier cells equal healthier tissues and organs.



**Micronutrient Testing:**

- Overwhelming scientific evidence and published medical research documents the role that essential nutrients play in achieving and maintaining good health.
- This same evidence links nutritional deficiencies as a contributing factor to chronic diseases such as heart disease, cancer, osteoporosis, Alzheimer's, diabetes, and pain related diseases such as arthritis and fibromyalgia.
- 90% of people are deficient, and 50% of those are already taking supplements.
- Prescriptions cause nutrient depletions.
- Spectracell's Micronutrient Testing gives a functional cellular analysis of nutrient deficiencies. This is different from all the other nutritional assessments, using T-lymphocytes to not only measure if a nutrient is present but also if the nutrient is being absorbed and properly functioning within the body.
- It is a 4-6 month window of nutritional history.
- Take the guess work out of how much and how many supplements and more importantly- which ones!

At YOLLO Wellness we personally understand the reality you face when it comes to battling health issues. We have walked in your shoes. We have over 200 testimonials of positive results from our clients in the past two years. Autoimmune diseases produce widespread pain, disturbed sleep and exhaustion. Although your pain is un-detectable by other machines or Physicians diagnosis we understand IT IS REAL. The symptoms intensify with the time of day, changes in weather, and barometric pressure. Take control of your health and feel great every day. Remember " The Greatest Wealth is Your Health"

Make your own recovery first priority in your life. YOLLO Wellness has all the necessary ingredients as the state of the art equipment to jump start you back to a healthy lifestyle. Health is a state of complete physical, mental and social well-being.

**New Clients call today to enroll in your 4 week PAIN RELIEF Program and get FREE HBOT for a month!**



**Includes: Micronutrient test, ALCAT test, 4 Live Blood Cell Analysis, Full Body Thermographic Digital Image, Lab Fees, Consultations, Office Visits, Book and DVD for \$1988.00.**

**Please call for complimentary OFFICE consultation.**

**Prescription from your doctor required to use hyperbaric.**



**Come Celebrate our 3rd Birthday on December 15th!**

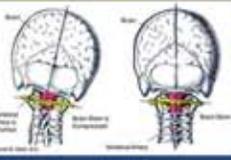
**3 Free HBOT sessions for new clients! (prescription from doctor required)**

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## Rejuvenating Degenerated Joints with Natural Injection Therapies:

# Prolotherapy and Stem Cell Treatments

By Caring Medical and Rehabilitation Services

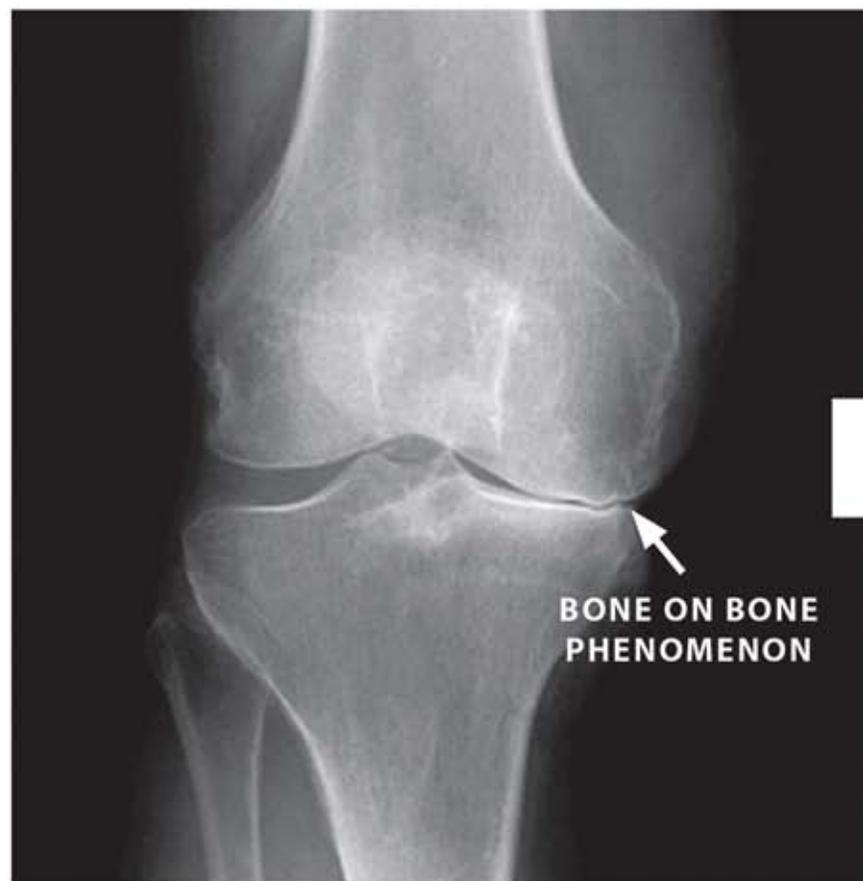
**D**id you know that osteoarthritis, sports injuries, and other chronic joint pain can be repaired using our body's own cells combined with simple, natural ingredients? While these types of regenerative treatments have been helping people for decades, this is often a new concept for those who have been wrapped up in more traditional medicine protocols. Let's take the example of a patient who has suffered a knee injury. Often, treatment options start with non-steroidal anti-inflammatory drugs (NSAIDs), medications which actually accelerate the degenerative, or arthritic, process. If pain medications do not work, a patient may be recommended to try

physical therapy and get an MRI to look for a potential surgical fix. This can lead to an arthroscopic procedure or other surgery, and finally, a joint replacement operation. The recovery period following a surgery is prolonged and often riddled with complications such as infection, continued pain, or rejection of the implant. Fortunately, a welcome alternative solution exists for patients seeking to avoid surgery by rejuvenating the afflicted joint.

Prolotherapy: a natural regenerative injection treatment stimulates the body to repair tissues that do not normally heal well on their own.

Muscles, for example, are enriched with an excellent blood supply, are beefy red in color, and consequently heal well on their own after injury. Conversely, joint-supporting structures such as cartilage, tendons, and ligaments are white in color with a very poor blood supply. The menisci, labrum, and even the discs in the spine are primarily white. When these white structures are torn, degenerated, or injured, they do not heal well without some additional assistance; hence the need for Prolotherapy or proliferative ("Prolo" meaning "to grow") injection therapy. (See X-ray.)

### BEFORE PROLOTHERAPY



### AFTER PROLOTHERAPY



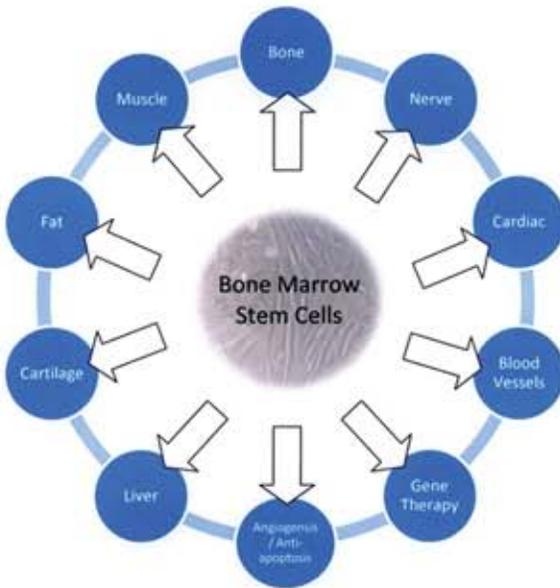
**Standard weight bearing knee X-rays before and after Prolotherapy.** The widening of the medial joint space width indicates that cartilage regeneration has taken place.

**Prolotherapy**

The injections done during a Prolotherapy treatment are given into and around the weakened or injured area(s) of the body to, in essence, "weld" it back together. (See Picture.) Traditionally, this therapy utilizes solutions containing the naturally-occurring sugar in the body, d-glucose (or dextrose), in combination with additional hormones, nutrients, or a fatty acid, depending on the nature and severity of the injury. A serious injury or a severely arthritic joint may benefit from a more advanced form of Prolotherapy using a person's own repair cells.

**Stem Cell Therapy used for treating chronic pain**

Long-standing degenerated tissues, such as tendons (tendinosis) or bone-on-bone arthritis, are deficient in repair cells, thus requiring additional cells to accelerate healing or regeneration.



Modern techniques allow a person's own bone marrow and/or fat (lipoaspirate) cells to be extracted in order to obtain progenitor cells or stem cells. These cells have an extraordinary capability of replenishing cartilage, ligament, or tendon cells. (See Figure.) This type of natural injection treatment gives the body a chance to make new cells by directly supplying the extracted repair/stem cells to the deficient area.

How many treatments are required? Most patients require three to six sessions, depending on the severity of the case and the technique of the physician. Prolotherapy injections are typically given monthly allowing the body time to regenerate new tissue. Stem Cell Therapy sessions are typically spaced six to eight weeks apart. Individual responses vary.

**Natural Joint Rejuvenation Versus Surgery**

Most people intuitively understand that surgery for chronic pain should be the treatment of last resort. Surgeons even encourage patients to try conservative therapies before receiving surgery. Natural injection therapies for joint rejuvenation, namely Prolotherapy and Stem Cell Therapy, can be utilized for number of conditions, including osteoarthritis, back pain, tennis elbow, meniscus tears, labrum tears, herniated and degenerated discs, migraine headaches, sports injuries, joint instability, and a host of other conditions. With a comprehensive technique and patient participation efforts, Prolotherapy is generally 90% successful at keeping these patients from needing joint replacement and other surgical interventions.



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# Have you had your salad today?

**M**aking one simple change to your diet – adding a salad almost every day – can pay off with plenty of health benefits.

Have you had your salad today? Eating salad almost every day may be one of the most healthy eating habits you can adopt -- and one of the simplest, experts say.

Eating salads is a super-convenient way to work in a couple of servings of vegetables and/or fruit.

Not only that, but salads are cool, crunchy, and fun to eat (lots of textures, colors, and flavors). Most people enjoy eating salads—even kids! You can customize them to include the fruits and vegetables that appeal to you the most, and whichever ones you have on hand.

## Eat Salads for the Fiber

It's hard to believe that something we can't even digest can be so good for us! Eating a high-fiber diet can help lower cholesterol levels and prevent constipation.

Not only that, eating more fiber can help you feel fuller, eat less, and ultimately lose weight.

## Eat Salads to Increase Consumption of Fruits and Vegetables

Many experts agree that Americans need to eat more fruits and vegetables (especially dark green and orange vegetables) and legumes -- all popular salad ingredients. There is plenty of evidence that nutrient-rich plant foods contribute to overall health.

If you frequently eat green salads, you'll likely have higher blood levels of a host of powerful antioxidants (vitamin C and E, folic acid, lycopene, and

alpha- and beta-carotene,) especially if your salad includes some raw vegetables. Antioxidants are substances that help protect the body from damage caused by harmful molecules called free radicals.

For years, researchers have noted a link between eating lots of fruits and vegetables and lower risks of many diseases, particularly cancer. A recent study from the National Cancer Institute suggests that people whose diets are rich in fruits and vegetables may have a lower risk of developing cancers of the head and neck -- even those who smoke and drink heavily. Foods found to be particularly protective include beans and peas, string beans, peppers, tomatoes, carrots, apples, nectarines, peaches, plums, pears, and strawberries.

## Eat Salads to Cut Calories and Increase Satisfaction

If losing weight is your goal, you may want to start your meals with a green salad. Studies have shown that eating a low-calorie first course, like a green salad of 150 calories or less, enhances satiety (feelings of fullness) and reduces the total number of calories eaten during the meal.

Bigger is better, when it comes to salads, as long as the salad is bigger in volume, not in calories - which means more veggies and less dressing and other fatty add-ons.

Dressing your salad with a little olive oil, may even add years to your life. Italian research on people aged 60 and older has suggested that a diet that includes plenty of olive oil and raw vegetables is linked to reduced mortality.

*Have you had your salad today? If you need some inspiration, stop by Saladworks and grab a salad full of nutrient dense fruits and vegetables. Eating healthy never tasted so good!*

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# What Motivates You to Give?

By Arlene Knox, Senior Director of Development, Florida SouthWestern State College Foundation

I have a pile of envelopes on my desk. Some are multi-colored, some with pictures of children and families, others with printed messages of hope, and still some with beautiful stamps and graphics. It is the holiday season, and while many are from friends and family, many were mailed to me from non-profits seeking donations.

Have you received these yet? Maybe you get them year-round. In the next six weeks, non-profits will spend millions of dollars on mailings, and some will supplement these with additional emails and phone calls to seek charitable support from donors. As the end of the year approaches, it is commonly believed that most donors want to receive a tax-deduction before December 31.

But study after study shows that a tax-deduction is one of the least motivating factors as to why donors

give to a charitable cause. A cross-section of national studies shows that donors have a multitude of motivations for giving, and tax benefits are rarely ranked high.

Here is a sampling of some of the top motivations for giving, gleaned from a variety of surveys of donor behavior:

**To Honor or memorialize a loved one.** Parents, teachers, coaches, neighbors, aunts, uncles, grandparents—we all have at least one person who has helped us along the way, and often times, we want to honor them for the impact they have on our lives.

**To respond to a critical need.** Hurricanes. House fires. Health emergencies. We are hard-wired as humans to help each other and alleviate suffering, especially when we see vivid images of people in desperate situations.



**To help fulfill your life's goals and passions.** As we age, we become more reflective about our life journey, and our time is precious. Giving to charity is an intentional act of caring and concern, and helps us to focus on the values that are truly important.

**To connect with others who share your interests and passions.** Have you heard the expression "birds of a feather flock together?" Non-profits are a great way to meet other people who share similar values, and humans like to be a part of something bigger than themselves.

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January 7, 2015  
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**To pay back.** We all have varied backgrounds and circumstances that led us to our present situations. Many donors express an overwhelming feeling of gratitude for succeeding in life, however this is defined. Donations are a way of "paying back" those who helped us in the past.

Think about why you give to a charity. Did a friend ask you? Did you see a person in need? Have you volunteered for an organization? When you can determine your real motivations for giving, this will help you in future decision-making about the impact of your gift.



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# New Advances in Compression Therapy for Limb Swelling

By Alyssa Parker

A common challenge faced in the medical field is finding the cause of an individual's limb swelling. Any limb swelling may be your body's way of letting you know there is a potential underlying condition that can cause even more damage if left untreated. When swelling in a limb becomes chronic, pinpointing the origin is vital to getting proper treatment. Some of the most common diagnosis are venous insufficiency and lymphedema.



Fluid accumulation can cause painful swelling, non-healing wounds, heaviness, and discomfort decreasing your mobility. Recent studies show that nearly 7 million people in the United States suffer from venous disease. While 2 to 3 Americans suffer from secondary lymphedema.

Chronic venous insufficiency (CVI) is when blood is unable to circulate from the lower limbs back to the heart. CVI is caused by incompetent valves and venous hypertension, in both parts of your venous system. The venous system is comprised of two parts, deep circulation and superficial circulation which are interconnected by perforating veins. Your venous system is an important component to delivering blood to the heart, then passing it through the lungs to obtain oxygen. The oxygenated blood is then delivered to the lower limbs.

Venous hypertension leads to secondary Lymphedema from the lymphatic system's inability to keep up with an abnormally high demand of protein rich fluid. Lymphedema is chronic swelling from protein-rich fluid accumulation in the tissue. Lymphedema occurs secondary to CVI when the lymphatic system is obstructed causing damage, blockage, or abnormal development. Primary Lymphedema can be hereditary or congenital, where an individual is born with a compromised lymphatic system.

## Risk Factors

Once your circulatory system has been obstructed leading to venous insufficiency or lymphedema this may lead to an interruption in the venous and lymphatic flow. Both diseases are manageable and treatable however there is no cure for either one.

### Risk factors may include:

- Unknown swelling of a limb
- Family history
- Invasive surgical procedure i.e. radical cancer surgery
- Chronic open wounds
- Decreased mobility
- Infections such as cellulitis/ lymphangitis
- Skin changes such as discoloration or hardening



## Management: Compression Pump

Understanding the ongoing management of both venous insufficiency and lymphedema are important in preventing irreversible damage to the body. Compression therapy along with proper nutrition a healthy diet and exercise are the foundation of a treatment plan. Compression stockings are often difficult to get on with little results for chronic swelling. Diuretics may be harmful for long-term treatment. Compression devices are widely recognized and highly effective treatment. 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.

A pneumatic compression device mimics the muscle contraction that naturally occurs when performing a cardiovascular activity. A compression device is used for both acute care (short term in the hospital) as well as chronic care (long term in the home). The compression pump increases blood flow and lymphatic flow. By increasing the circulation in the affected limb many painful symptoms will be alleviated. When compression treatment is used on a limb the excess fluid is removed and worked back into the lymphatic system the natural way. For patients with chronic ulcers using a compression device will help heal the wound from the inside out, by increasing the circulation in the return of the blood from the heart. The heart delivers oxygen rich blood back to the legs and the tissue speeding the recovery time.

For patients who many have Chronic venous insufficiency a test called a vascular or duplex ultrasound may be used to examine the blood circulation in your legs.

The compression pump is approved by Medicare and covered by many commercial insurers; Actual coverage varies with individual commercial insurance policies. Acute Wound Care, LLC is a highly focused local provider of wound products and compression pumps working with select area physicians highly versed in treating swollen limbs and chronic wounds.

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## ACUTE WOUND CARE

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and speak with a specialist.



# HOLIDAYS/NEW YEAR'S CLEANSE AND DIET

By Kriston J. Kent, M.D., MPH

**T**he holidays are some of the most blessed and wonderful times of our lives because they allow us the opportunity to practice many healthy habits. These include quality time with those that we love and care about, more time for relaxing activities and down time, more time to move and spend time out of doors, and hopefully, more positive thoughts. For those with strong spiritual beliefs, the holidays also provide time to participate in spiritual endeavors. However, for most people, the holiday season does not provide us with the opportunity to practice healthy eating and drinking habits. Finally, for most, the holidays increase stress instead of reducing it. We simply try to do too much, too fast and don't allow for adequate sleep and rejuvenation.

Well, if you are able to practice healthy eating habits and decrease your stress level over the holidays, then congratulations and you need to help teach the rest of us your secret. However, I suspect that we all need to immediately refocus our attention to the daily choices that we make in order to cleanse our bodies and our minds of the ravages of the holiday season!

So where do we start, to look and feel our best in 2015 and beyond? The true secret for long lasting health and well-being lies in the choices we make,

and these are determined by our daily habits. When it comes to healthy habits (and several habits are of critical importance), none are more important than the **fuel and healing nutrients** which we choose to put into our bodies. No matter what you have done nutritionally in the past to sabotage good health, you can gain incredible improvement in a very short period of time using the healing power of the right foods. A variety of tasty whole foods contain all of the necessary nutrients to improve energy, decrease inflammation and pain, reduce weight, and correct a multitude of serious cardiovascular and metabolic (type 2 diabetes) risk factors and lab values. In fact, recent research has demonstrated the ability to modify our Gene expression in a positive (or negative) direction based on the nutrients (yes, that means our food choices!) we choose to eat. Cancer promoting genes and cancer suppressing genes can be turned on or off, based on the type of foods we eat. The same is true for certain cardiovascular genes. That's scary.



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There are many myths related to eating a purely whole food, mostly plant-based diet. The 2 most common include: "It doesn't taste good" and "It is much more expensive". Each year, Harvard Medical School and the Culinary Institute of America co-sponsor a course for physicians, nutritionists, and chefs to teach and learn how healthy and nutritious foods can also be prepared to taste good. Likewise, recent studies have proven that an individual can in fact eat very healthy on a similar budget with those who choose inexpensive, processed food options. Therefore, it can be equally expensive to eat healthy foods or to eat lavishly with rich, unhealthy foods. Likewise, one can similarly eat inexpensively with either healthy or unhealthy choices.

So how can we cleanse our bodies during the holidays and in the New Year through healing diet/nutrition choices? The answer is simple: **Eat whole foods, mostly plants, and not too much!**

Though the answer to the incredible healing power of using food as medicine is simple, it is not always easy. If your current habits and culinary choices are limited to foods which lead to poor health, then assistance may be needed to improve habits and discover new foods with healing powers. **The Kent Center for LIFE** provides a talented team of health professionals to assist anyone interested in looking and feeling their best. Isn't it time to change the health path we are on and choose a path which leads to healthier, happier, and longer lives, instead of the path that ultimately leads to reduced energy, increased aches and pains, and the common chronic diseases of "old age"!!

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# Auricular Medicine - A Needle Free Method of Diagnosing and Treating the Entire Body

By Toni Eatros, MS, Dipl Ac, AP

I have great news for those of you that want to experience the power of Traditional Chinese Medicine, but the thought of the needles used in acupuncture has kept you from making that appointment. We now offer Auricular Medicine appointments as a way to diagnose and treat over 200 different diseases in the body, all without the use of needles.

Auricular Medicine, using only the ears to diagnose and treat, has a history of over 3,000 years. There is a quote in a Huang Di classic Traditional Chinese Medicine text that says, "by inspecting the condition of the ear, one knows whether the individual has an illness or not".

The health condition of the entire body, including the internal organs can be judged by the location, the size, the shape, and the color of the ear. For example, the smaller the kidney, the smaller the ear will be. Larger ears are considered a sign of longevity due to better kidney function. The thicker and harder the ear, the stronger the function of the kidneys. The thinner and softer the ear, the weaker the function of the kidneys. A red helix (the rim around the edge of the ear) indicates a good prognosis, whereas, a yellow, black or blue helix indicates a poor prognosis.

There are several benefits to using auricular medicine to treat the body. The first is that there are no negative side effects. There are very few treatment methods that can make that claim. We can also choose not to use needles, herbs, vitamins, or drugs to treat the body. Auricular medicine can be used as a stand alone diagnosis and treatment or can easily be incorporated into other TCM treatments or treatments with other medical professionals providing a synergistic healing effect.

Auricular medicine is internationally recognized as a scientific medical system that is based on embryology, anatomy, immunology, endocrinology, genetics, pathomorphology, and fluidism.

It is not a "specialist" treatment therapy, rather it diagnosis and treats the entire body, both physically and functionally.

There is a theory of embryology when discussing the ear. The ear is regarded as an inverted projection of an embryo. There are 200 points on the ear used to treat the body. The ear lobe contains points associated with the head and face. The spine curves up the ridge on the center of the ear (antihelix) with the neck closer to the lobe and the low back toward the top of the ear. The internal organs are located in the depressed area around the ear opening.

Another theory regarding the ear, is called the Theory of Delta Reflex. This involves the relationship of the cerebral cortex of the brain, the corresponding ear point and the associated part of the body. In research, it has been found that the relationship between a point on the ear and its corresponding portion of the body is like the relationship between a lock and a key. If the correct point on the ear is chosen, the corresponding body ailment will be resolved, as if a lock was opened with a key. Treatment using the ear is fast and long lasting.

Extensive research on Auricular Medicine has been conducted. Treatment results are reproducible and have been used on millions of patients across the world, including presidents, prime ministers, ambassadors, and military generals. These studies show that using ear seeds (Vaccaria seeds) on the appropriate points on the ear is an extremely effective way of treating the body and does not require the use of any needles. This treatment method is a fantastic alternative for those people that want to benefit from Chinese medicine but do not because of fear of the needles.



Auricular Medicine is considered to be a combination practice of eastern and western medicines and is generally well accepted by our medical community. It combines Chinese clinical practice with western scientific methods and research. It is an unique practice consisting of diagnosis and treatment only of the ears. Ear diagnosis has the same medical value as our western medical diagnosis that uses modern advanced instruments, but at a fraction of the cost.

Auricular medicine can treat all parts of the body. Treatable conditions using auricular medicine include physical problems such as pain syndromes; functional problems such as insomnia, allergies, and high blood pressure; circulation issues such as neuropathy, vertigo and dizziness; sensory issues; emotional and mental problems such as anxiety and depression, and addiction issues. With Auricular Medicine, we can provide you with an easy, low-cost, quick diagnosis and treatment.

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# MUNICIPAL BONDS AS AN INVESTMENT VEHICLE

Provided by RBC Wealth Management and John Barnes

**T**he nation's economic woes have affected all of us, but municipalities have been hit particularly hard resulting in cash-strapped state and local governments across the country. Consequently, you might be wondering how this situation could affect an investment class you might be considering: municipal bonds.

If you're thinking about municipal bonds (munis) or if you already own some, you are aware of their key benefit — namely that the interest payments generated by munis are free from federal income taxes and in some cases state and local taxes as well. (Interest payments from some types of municipal bonds may be subject to the alternative minimum tax.) This tax advantage means that you'd have to earn a much higher yield on other types of bonds to match the "taxable equivalent yield" of munis. Typically, the higher your income tax bracket the more you'll gain from investing in municipal bonds by possibly avoiding some income taxes.

In addition to their tax advantages, municipal bonds offer other benefits. For example, munis can help diversify an investment portfolio that may be heavily weighted toward stocks and corporate bonds. Also, by adding quality municipal bonds to your holdings, you can help support worthwhile projects in your community. Municipal bonds are

used to finance water, sewer, and electrical facilities, as well as hospitals, bridges, roads, airports, schools and other municipal infrastructure.

Given these benefits, what's the risk? Specifically, do you need to worry that the economic environment may affect municipalities' ability to repay their bonds?

Historically, municipal bond default rates have been much lower than those of corporate bonds, especially lower-quality corporate bonds. Of course what has happened in the past is no guarantee of future results. Many municipalities have responded to the fiscal crisis by cutting spending, eliminating nonessential programs and in some cases raising taxes.

They have ample reason for doing this, for in good times and bad municipalities still need funding for projects. If they defaulted even once on their current bond payments, they could find themselves unable to borrow money, in the form of new municipal bonds, for a long time.

Still, if you're going to invest in municipal bonds, it's probably a good idea to stick with those that receive "investment grade" ratings from an independent rating independent rating agency, such as Standard & Poor's or Moody's.



In any case, you should not automatically shun the municipal bond market just because times are tough for state and local governments. Talk to your financial advisor to determine if munis are appropriate for your investment strategy.

*This article is provided by John Barnes, a Financial Advisor at RBC Wealth Management. The information included in this article is not intended to be used as the primary basis for making investment decisions. RBC Wealth Management does not endorse this organization or publication. Consult your investment professional for additional information and guidance.*

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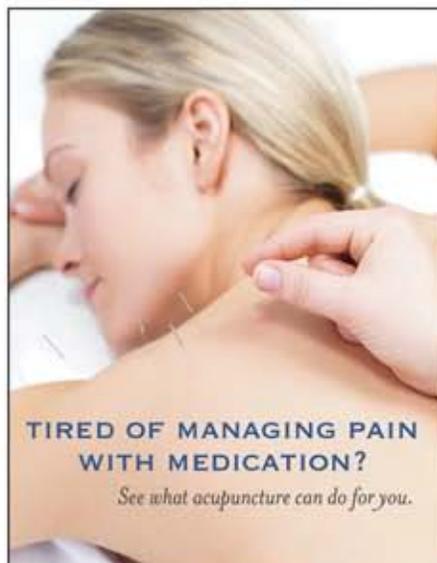
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# Taking a Spin Around the Dance Floor Increases Mental Health

If you've ever watched ABC's hit TV show "Dancing with the Stars," then you know that dancing is hard work. Dance has long been known to be an excellent way to stay physically fit. But could there be mental and cognitive benefits to dancing as well?

Recent studies have proven that symptoms of depression, stress, fatigue, and headaches can be alleviated with regular dancing.

A major study published in the New England Journal of Medicine reported that dance can be a powerful way to improve brain health. The research, focused on the effect of dancing on the brain, has measured factors such as memory, sense of well being, increased serotonin and reduced stress levels.

The study showed that while exercise is good for your overall health, only one exercise had a significant impact when it came to improving overall cognitive skills. That exercise – you guessed it – is frequent dancing.

## Let Your Brain Tango!

Scientists found that dancing combines many beneficial facets as we age including recreational benefits and creative thinking. Dancing enhances health through stress reduction, increased serotonin level, and a love of life.

It turns out dancing incorporates several simultaneous brain functions including rational thinking skills, pattern recognition, spatial awareness, and the release of endorphins, which promote an emotional sense of well being.

How does dancing actually improve brain health? The cerebral cortex and hippocampus of our brains are very elastic which means they "rewire" themselves after each use. Dancing stimulates these areas, thereby contributing to the reconfiguration of nerve signals.

Other studies have shown that areas of the brain most affected by aging can be engaged, rewired

and utilized before they are lost. We know that many areas of brain tissue exhibit plasticity, which means these areas are not set in stone. The stimulation resulting from dancing can engage these areas in a positive way.

If you try new activities, like dancing, researchers say you are opening up new pathways in the brain that improve mental capabilities. In keeping many neural pathways active and simultaneously generating new pathways, you are able to maintain your brain's health and fitness.

No matter what brain activity you engage in – simple art projects with kids or grandkids or studying ancient philosophers like Plato, your brain will benefit.

Put dancing on the docket too, and not only is your brain benefiting, but your body will thank you for the fun physical activity!



The more you work out your brain, the better you'll be able to process and remember information. Novelty stimulation, like learning a new type of dance, is essential to exercising the brain.

For improved long-term brain health, challenge the brain and stimulate those pathways for long-term better brain health.

When you memorize new dance steps, you stimulate seemingly unconnected neural pathways – important for good health as you age.

We are creatures of habit – and there is nothing wrong with doing what we are good at doing. If you're a passionate chess player, don't stop, but try something new, too.

So dust off those dancing shoes and get going!

For more information about lessons, classes, workshops and dance parties call 239-908-9492 today! What are you waiting for?

**Enchanted Ballroom Bonita Springs** is a proud member of the Bonita Springs Community. We are located in the beautiful Promenade at Bonita Bay, in the heart of Bonita Springs, Florida. Enchanted Ballroom Bonita Springs is tailored to fit everyone from beginners to advanced dancers. People come for all kinds of reasons – preparing for a special event, rehabilitating an injury and getting in shape, looking for a fun exercise, or seeking new friendships. We teach American Smooth and Rhythm as well as International Standard and Latin dancing, social dance, line dance, and Argentine Tango.

Has the dancing bug bitten you? Would you like to learn how to dance like the contestants on "Dancing With the Stars" and be able to use those skills when you attend social events? If so, look no further than Enchanted Ballroom Bonita Springs. Stop in any time, by yourself or with friends to give dancing a try or to spruce up your moves!

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By LaDonna Roye, Hairstylist

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As you packed your bags you thought of all the possible scenarios: shorts and tops for casual sight-seeing in the port cities, your favorite swimsuit for snorkeling in the warm Caribbean waters, your evening gown for that special Captain's dinner.

But wait, what will you do with your hair for a formal evening after you have spent the whole day sight-seeing and snorkeling? Who would want to miss all the fun of the day to sit on the ship at a hair appointment, even if you could get one! The answer is simple...wigs and hairpieces.



Many experienced travelers rely on them daily. After a swim you can pull your hair back, attach an updo hairpiece and voila, you look *Mahvelous!!*

For that special evening at the captain's table, consider



wearing a lace front wig gathered in a low side ponytail. Instant glamour.

Remember, you can do anything with a wig that you can do with your own hair. Experiment with pinning it up in different ways, a French twist, a braid, or just clip the top and sides up. The possibilities are endless.

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# RECENT CHANGES IN LAW THAT MAY IMPACT YOUR EXISTING LLC OPERATING AGREEMENT

By Alex D. Dunlap

Only within the last 20 years or so have limited liability companies (LLCs) become popular. However, LLCs have become the entity of choice for many business owners due to their flexibility. Although many LLCs may have been recently formed, recent changes in the Florida statutes that govern LLCs will affect all LLCs beginning next year. On June 14, 2013, the governor signed the Florida Revised Limited Liability Company Act into law (codified in Chapter 605 of the Florida Statutes) (hereinafter referred to as the "Revised Act"). Currently, the Revised Act applies only to LLCs formed after January 1, 2014 and to those LLCs formed prior to January 1, 2014 that have elected to have the Revised Act apply. However, after January 1, 2015, the Revised Act will apply to all Florida LLCs, regardless of the date of formation, and to their operating agreements.

As such, those whose businesses were formed as limited liability companies under the prior Act should familiarize themselves with the Revised Act to determine its effect on their respective LLCs. There have been many articles written regarding this change; however, this article will attempt to focus on key changes that may impact a majority of the operating agreements of existing LLCs.

First, under the prior Act three different types of LLCs existed: 1) member-managed, 2) manager-managed and 3) managing member managed. Under the Revised Act, the latter category has been eliminated. Different procedural and substantive rules apply to approving the decisions of management depending on whether an LLC has a member-managed or manager-managed management structure. As was the case under the Prior Act, under the Revised Act, if an LLC's operating agreement or articles of organization fail to state a management structure, the LLC is deemed to be member-managed. However, the Revised Act omits the term "managing member," an all too often misused and misunderstood management term. As a result, under current Florida law, the use of the term "managing member" in an operating agreement or articles of organization is the same as failing to state a management structure, and such entities will be deemed to be member-managed. This is critically important to recognize because many operating agreements referred to a managing member structure, and if the intent was to follow the structure of a manager-managed LLC, then the operating agreement (and likely the Articles of Organization) will need to be amended to reflect this intent.

Many of the other changes under the Revised Act deal with parts of the operating agreement that owners either simply take for granted, or, don't really pay attention to until an issue arises in the future. Most business owners are busy running the actual company. However, there are a few important considerations that may need attention.

Under the prior Act, operating agreements could be drafted in such a manner to override Florida Statutes in many respects, including, preventing members from disassociating (exiting) from the LLC, limiting member's access to records, giving broad exculpation and indemnification to managers and members and perhaps even giving the ability to change the governing law. The Revised Act now contains certain "nonwaivable" provisions that cannot be changed or overruled by the language of the operating agreement.

**Some of these nonwaivable provisions deal with the ability of the LLC to:**

- vary the governing law
- eliminate the duty of loyalty or the duty of care
- eliminate the obligation of good faith and fair dealings
- relieve or exonerate a person from liability for conduct involving bad faith, willful or intentional misconduct, or knowing violation of law
- unreasonably restrict the right to records
- vary the power to of a member to disassociate
- vary the grounds for dissolution
- vary the requirement to wind up the company's business activities
- unreasonably restrict the right of a member to maintain a direct or directive action
- indemnify the conduct of member or manager for conduct involving bad faith, willful or intentional misconduct, a knowing violation of law, a transaction in which the member or manager derived improper personal benefit, certain improper distributions, or violations of the duty of loyalty or duty of care.

While many of the above restrictions may not conflict with all of the terms of your existing operating agreement, certain provisions of the Revised Act may and therefore it is important to revisit whether your existing operating agreement should be amended, or, at least reviewed.

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

Of course, to this point, this article has focused on LLCs that are governed not only by the Articles of Organization, but also by existing operating agreements. Nevertheless, due to the simplicity of forming/creating LLCs, many people forgo the important step of signing an operating agreement. The Revised Act will apply to those LLCs as well, and the application of some of the default provisions of the Revised Act that can be waived or modified by agreement may not be desired. Therefore, members of previously formed LLCs without an operating agreement may find the approaching application of the Revised Act as an ideal opportunity to establish an operating agreement.

**Conclusion**

Any operating agreement for an LLC formed after January 1, 2014, should be prepared under the Revised Act. However, in addition, because the Revised Act will apply to all operating agreements, starting on January 1, 2015, even old operating agreements may need to be revisited to ensure that the changes in the law do not result in unintended consequences or misunderstandings (this is true for an LLC that may have been formed as recently as 2013 or earlier).



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Member: Florida Bar Association

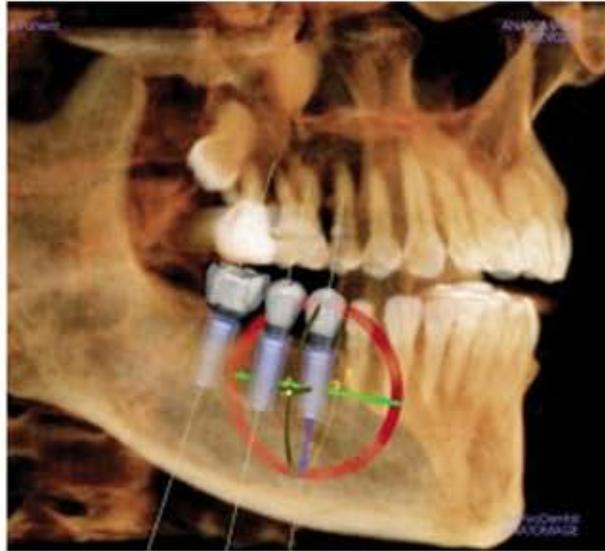
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# Computer Guided – Dental Implant Placement

By Juan Teodoro, D.M.D.

**C**omputer Guided Dental Implant Surgery actually allows the procedure to be “performed” in advance of the surgery. Surgical simulation can be done on the computer, so the exact size and ideal location for the implant is known. In essence, the treatment is completed on the simulator pre-surgically. Recent computer technology breakthroughs enable a surgical guide to be electronically constructed to guide implant placement during surgery.

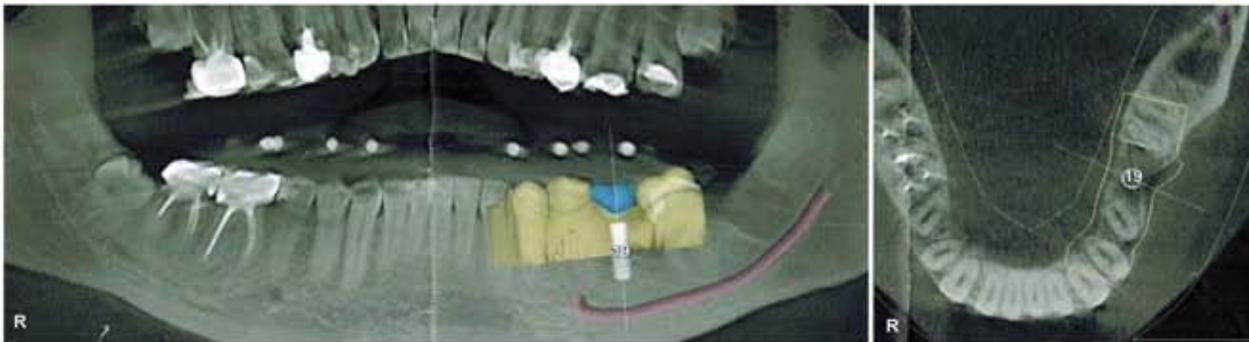
3-Dimensional Cone Beam Computerized Tomography (CBCT) imaging can provide important information regarding the width, shape, quality and volume of bone in cross-section. Once the scan is obtained, the shape of the bone can be clearly seen and a discussion can be conducted of whether procedure such as bone grafting will be required. Other important anatomic landmarks can also be identified that cannot be seen with traditional x-rays.



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



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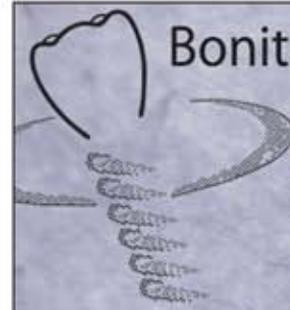
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# ABC's of MEDICARE!

Answers to help you make the right decisions.

**T**he annual election period runs from October 15 through December 7. During this time, those on Medicare have to make decisions and select options that will affect their health and financial wellbeing.

In the weeks leading up to October, Medicare beneficiaries will receive between five and ten pounds of printed materials, all containing information about Medicare benefits and options. Most of this unsolicited mail is required by the Center on Medicare and Medicaid Services (CMS), to inform beneficiaries of any changes to the plans they currently have and to reinforce the basic benefits of original, or standard, Medicare.

Medicare does not lend itself to simple explanation. With the influx of information pouring in, many people become overwhelmed and can get easily confused when it comes to making decisions about Medicare and supplement coverage.

Medicare does not lend itself to simple explanation. Like all health insurance coverage, little appears to be in black or white, with gray areas dominating specific landscape. Sifting and sorting through all of the Medicare paperwork is a daunting task, most people simply want to know where they can easily find answers to their specific questions and concerns about their coverage.

The best place to start is at the beginning, which is original Medicare, often referred to as standard Medicare. Original Medicare consists of two parts, A and B, both of which carry annual deductible amounts that the patient must meet before Medicare coverage begins.

Part A covers services of medical entities: hospitals, skilled nursing care facilities, home health care and hospice care treatment. Part A does not have a cost for those that have worked over 40 quarters and contributed into the fund.

Part B is optional but it non-institution expenses, like doctor office visits, inoculations, medical tests and other outpatient services. This optional coverage currently

costs \$104.90 per month, unless your income exceeds \$85,000. For those receiving monthly Social Security payments, the government will deduct this premium for you.

Generally, original Medicare will pay 80% of the approved medical bills, leaving the beneficiary to pay the balance out of pocket. This is where the need to make informed decisions begins. And this is where the typical beneficiary needs assistance to sort through the stack of printed material on the kitchen table.

### There are currently three different choices for Medicare recipients:

1. A popular choice is to do nothing or add an Rx plan, called Part D, to reduce the cost of prescription drugs. Part D coverage can be a wonderful benefit for seniors who must continue a regimen of expensive medications on a regular basis.

2. Another is to enroll in a supplement plan. Supplement plans are offered by independent insurance companies and regulated by CMS. Supplements are identified by alphabet codes (A, B, C, H, K, L, N, etc., etc.) adding to the confusion. Each letter defines what the plan pays for and how much the beneficiary is responsible for. For example, all Plan F supplements cover the balance that original parts A & B do not cover, no matter which insurance company offers it. However, regardless of which insurer offers a supplement, all plans with the same alphabetic designation are the same in benefits although they may not be priced the same. This is an area where a trusted, unbiased advisor can offer great assistance.

3. A third choice, rapidly gaining in popularity is Part C, or Medicare Advantage Plan. These plans, offered by independent insurers under CMS regulation, most times offer a combination of Parts A, B and D. The advantage plans offer a lower cost of reducing the medical expenses because CMS pays a major part of the premium to the private insurer. Part C enrollment is increasing because it effectively replaces Parts A and B and it contains additional services like dental and vision as well.

Here is just one example of how a Part C plan helped a particular client save substantial out of pocket expenses. This person was hospitalized for over 30 days, the bill was over \$600,000 but after his Advantage Plan benefits, he was personally responsible for less than \$3,000 and he has no monthly premium.

If you or a loved one have any questions about the different parts of Medicare and their costs, please don't hesitate to speak up and ask questions. As you can see, from the above example, the right decision can affect both health and wellbeing for years to come.

## Overwhelmed by your MEDICARE OPTIONS?



Choosing the right Medicare coverage can be confusing. I can help you find the Medicare plan that's right for you and your budget.

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# Holiday Shopping Safety Tips

**A**ccording to experts, the highest crime rate of the year is during the holiday season. Consider the following safety tips this shopping season to better protect yourself:

**Leave your purse at home.** Take a small amount of money or 1 credit card with you and your ID. Place these items in a small wallet and tuck them safely inside your pants pocket. This will help keep them out of the eyes of people that are watching for their next easy target. If you must take your purse make sure to hide your purse inside your jacket and shorten the strap. This makes it harder to see and you less of a target.

Write down your credit card number you are taking with you and the customer service number. Place this information inside your glove box in your car in case your card becomes lost or stolen.

**Beware of people around you.**

There is safety in numbers. If possible, shop in a group or with another person. Thieves often times work in groups. One thief will distract you by bumping into you and the other will rob you. If you are shopping with a group of people, it's more difficult and less likely for a robbery to occur.

**Don't talk to strangers.** We tell our children this, but as adults we should also follow this rule. As mentioned earlier, thieves will try to distract you. They often do this by asking you questions or for help while their partner in crime is stealing your belongings.

**Have your keys in hand.** When you are walking to your car make sure you already have your keys handy. Muggers count on people being distracted as they're fumbling for their keys. Walk with confidence and be very alert of anyone walking up on you. Prior to getting in your car be sure no one has broken in and climbed in the back seat. And, once you get in your car, immediately lock the doors.

**Trust your intuition.** If you are getting a bad vibe from someone, trust your instinct. Don't get into an elevator alone with someone if it doesn't feel right. Be aware of anyone who might be following you or seems suspicious.

Sources: [www.homesecuritysource.com](http://www.homesecuritysource.com),  
[www.tipsforholidayshopping.com](http://www.tipsforholidayshopping.com)



Try to park as close to the store as you can and in a well lit area, if shopping at night. If you are particularly nervous, go to the security office and ask someone to escort you to your car.



# How to ENJOY Having Your Home Professionally Cleaned

**Y**our house is a mess. You have no free time. You hate to clean. If this sounds familiar, you're not alone. Over 100 million people in the US and Canada feel the same way. As you plan to hire house cleaning services, here are some tips that will make your experience even better.

## Remember that you're hiring human beings

If you plan on every speck of dust being gone after your clean, you're most likely setting yourself up for disappointment. You'll enjoy your service more if you are realistic about what you're getting. While professional house cleaners are exceptional at what they do, they are not super human. They can't clean your master bathroom in 5 minutes. Humans also make mistakes. If something isn't done well, relax, call the house cleaning service at the office, and let them know. Depending on the type of issue, most professional house cleaning companies will send someone out to re-clean the area and make sure to correct the situation.

## Leave your home while it's being cleaned

Do you like when someone looks over your shoulder while you work? Neither do house-cleaners. Relax. Professional house cleaning services screen their employees, conduct background checks, and are bonded and insured. Get the most out of your cleaning service by getting out of your house during the cleaning process. Not only will you enjoy the great feeling of walking into a clean home, but the cleaning staff will be better able to focus on their job. While leaving isn't a requirement, you just might find out how great it feels to abandon all thoughts of cleaning!



## Leave a tip

Tipping service professionals is nothing new. Everyone tips their server at a restaurant, the bellboy, the valet. Tipping your cleaning professional is a good thing. Think about this; a professional cleaner is in your home, touching virtually all of your possessions. Cleaning is a physically demanding job. House cleaners are constantly bending down, scrubbing, walking up and down stairs, reaching up high, and moving heavy things around. And if hard work isn't enough, remember that they're dealing with all your dirty stuff! It's well worth a few extra dollars to say thank you. And who doesn't love a tip? Remember, a happy cleaner is a great cleaner.

## To clean or not to clean

It's a question most people grapple with. Should I clean my house before the cleaning person comes? This is really up to you and there is no right answer. If you have hired a cleaning person for a set amount of time, the cleaner will be able to provide a deeper clean if your home is very tidy before their arrival. But, some people don't like even tidying up. If that's you, then letting the house cleaner do that might be well worth it. In the end, you have to decide how you want the house cleaner spending their time.

## I clean my home in 1 hour...they should too

People always think a professional house cleaner should be able to clean their home faster than they clean it themselves. This is a misconception. When most homeowners clean their homes, they clean very differently than someone they hire. Homeowners know what areas they can skip and usually don't clean all the areas that professionals do. For example, many homeowners may skip the toilet when cleaning the bathrooms, only wiping down the counter and mirror. And even if they do tackle the toilet, they usually don't get the floor behind it. Professional home cleaners must clean everything, which, in the end, usually takes longer.

If you're realistic about your house cleaning service, you'll be much happier. And if there is something you're not happy with, simply call the office. You'll be much better off working through a few small issues than constantly jumping from one cleaning service to the next. Once you and the professional company get it right, having your home professionally cleaned is one of the best feelings around!

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# The Arrival

By Brent Myers, Pastor of Community Life  
Palm Beach Community Church

**H**o you ever find yourself in what seems like a hopeless situation? Is your life so hectic that you wish for just a moment of peace? Do you wish you laughed more, stopped to smell the roses, and enjoyed life more easily? Are relationships in your life broken – do you long for love?

If you answered “yes” to any of the above, then I have the answer for you. If you answered “no” then still read this article, commit it to memory, and bring it back to mind when need it.

Here is the answer: Christmas. Christmas is the season in which we can find all of the things we want (and need): hope, peace, joy, and love.

Many times Christmas is referred to as the Advent Season. In simplest terms, “advent” means “arrival”. But when speaking of Christmas, what exactly has arrived?. Sure, we celebrate the arrival of a baby born to a virgin in a small village in the Middle East. The baby's name? Jesus.

But the arrival of Jesus means a lot more than just another birth. You see Christmas is the season when we celebrate the arrival of hope, peace, joy, and love because Jesus brings all those things in a relationship with Him.

We can have hope in a relationship with Jesus. No matter what may come, we anchor ourselves to the truth of Who Jesus is and what He's done for us. The Scriptures remind us of the hope Jesus brings: “The people who walked in darkness have seen a great light; those who dwelt in a land of deep darkness, on them has light shone.” And we see it fulfilled: “She will bear a son, and you shall call his name Jesus, for he will save his people from their sins.” Matthew 1:21

We can know peace because of the life we can have in Him. The prophets of old wrote: “For to us a child is born, to us a son is given; and the government shall be upon his shoulder, and his name shall be called Wonderful Counselor, Mighty God, Everlasting Father, (the) Prince of Peace”. Isaiah 9:6 And on the night in which Jesus was born, the angels proclaimed: “Glory to God in highest heaven, and peace on earth to those with whom God is pleased.” Luke 2:14

We can have joy in an abundant life in Christ. The angels also said: “Fear not, for behold, I bring you good news of great joy that will be for all the people. For unto you is born this day in the city of David a Savior, who is Christ the Lord.” Luke 2:8-14



And we can experience an unconditional love that never runs out. “For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life. For God did not send his Son into the world to condemn the world, but in order that the world might be saved through him.” John 3:16-17

So during this Advent Season as we celebrate The Arrival, think about all that means for us in our daily lives. As the carols play on the radio, as you see the “The Reason for the Season” bumper stickers, as you drop coins in the red buckets on the way into the store, remember that it's about Jesus and the hope, peace, joy, and love that comes in a relationship with Him.

Brent Myers  
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