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Health & Wellness[®] MAGAZINE

March 2015

Lee Edition - Monthly

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Vein Specialists

Joseph G. Magnant, MD, FACS, RPVI

When varicose or spider veins bleed it's time to get serious about your vein evaluation and treatment.

Susan is a 68 year old woman with many years of vein problems including swollen legs and varicose/spider veins. She had been told to wait until she had "pain" or other "problems" caused by her varicose veins. One night she had to get up to go to the restroom and on the way down the hall she noticed something running down her leg. To her shock she looked down to find dark blood pumping out of a varicose vein in her mid calf area. She had left a trail of blood from the bedroom to the bathroom. An ambulance ride and several hours later her bleeding vein was sutured in the local emergency room and she was sent home with a bandage and ace wrap. Many patients do not seek further specialized medical

attention and go on to have recurrent bleeding episodes. Several patients I have seen for this problem have bled in their beds while sleeping and required blood transfusion. Fortunately, her primary care physician made a referral for formal venous evaluation and treatment. Subsequent evaluation revealed severe leakiness in the valves of the great saphenous vein in the affected leg and she underwent successful endovenous ablation (sealing of the faulty vein from within) of this vein in the affected leg and had complete recovery and no chance of future bleeding.

Of the estimated 40 million adults in the USA who suffer from symptomatic venous insufficiency, or venous reflux disease, many are focused solely on its visual or cosmetic impact and may still be under the misconception that venous insufficiency is not a medical problem. Since the introduction of

percutaneous endovenous ablation or endovenous closure 15 years ago, millions of patients who were once thought to be untreatable or who were left undiagnosed have been given a second chance.

Until the early 2000s, unless patients had severe external varicose veins or other complications of venous insufficiency such as ulceration or external bleeding, those who presented with leg swelling and disabling leg cramps or diffuse discoloration of the legs were often passively treated with reassurance, elevation, and compression hose, none of which were effective long term solutions. They were essentially left to experience the natural history of untreated or, at best, inadequately treated venous insufficiency and venous hypertension and often went on to develop long-term complications. Therefore, rather than label the diagnosis as *varicose veins* and reserve treatment for only those most obvious and severe-appearing cases of varicose veins, a broader, umbrella diagnosis of *venous insufficiency* was introduced. Venous insufficiency encompasses the full spectrum of presentations.

Venous insufficiency is defined as the condition in which the valves of the deep and/or superficial veins of the lower extremities no longer function properly in the intended one-way manner. These one-way valves are either stuck or scarred in the open position (as in the case after recanalization of the veins after a deep vein or superficial venous thrombosis), or continue to open (prolapsed) beyond the closed position to a refluxing position (as in the case with hereditary or acquired deep or superficial venous insufficiency), both of which result in increased hydrostatic pressure in the downstream venous system. The normal lower extremity venous pressures of 10-15 mm/Hg may increase to as high as 60-100 mm/Hg, depending on the extent and severity of the clinical condition. Longstanding venous hypertension may lead to a myriad of conditions and potential complications.

Before



6-8 Weeks After



Varicose veins

Varicose veins are dilated, abnormally appearing veins usually found in the legs, which arise from the leaking veins that have become increasingly pressurized. Spider veins, also referred to as telangiectasias, are tiny dilated blood vessels in the skin that become swollen with stagnant blood. Technically, they are very small varicose veins. They can be related to pregnancy or hormonal variations and are therefore most commonly found in women.

Spider veins can effectively be treated with injection depending on the size and depth of the veins. However, if a patient has diffuse spider or varicose veins and symptoms of leg swelling and/or pain, one needs to be sure that deeper veins are not the cause of the patient's symptoms and external veins. In the presence of untreated venous insufficiency, treatment of spider veins is much less effective than on an otherwise healthy leg.

A logical approach to venous disease evaluation is to consider the venous system from the inside-out. Rather than simply considering what is visible, physicians and patients should look deeper to ensure that the deeper veins are working properly. Typically, the saphenous veins – those underneath the skin and fat but outside the muscle, collectively referred to as the superficial venous system – are the veins that cause most patients problems. Much less frequently, the deep system of veins in the muscle compartments may also contribute to patients' symptoms.

The diagnosis and severity of venous insufficiency can be made accurately with duplex ultrasound evaluation. The initial evaluation of patients with symptomatic venous insufficiency, including ultrasound evaluation, is almost universally considered a service covered by health insurance.

Other patients may present with swollen feet and ankles, achy legs, a feeling of tiredness, persistent itching over the affected area of skin discoloration, punctate hemorrhage from small veins, and, in the most severe cases, ulcers. A number of patients have also described restlessness in the affected legs during the night, which subsequently resolved after effective treatment of the underlying venous insufficiency.

Venous insufficiency can be reliably diagnosed and stratified by a registered vascular technologist with experience in venous insufficiency ultrasound studies. The current recommendation is for a more proactive evaluation of patients with the above referenced signs and symptoms with consideration of

Before



After



Leaders in Vein Treatment

The modern evaluation and treatment of venous insufficiency is the singular focus of Dr. Magnant and his professional and compassionate staff at Vein Specialists at Royal Palm Square in Fort Myers, FL. He can be contacted either by calling **239-694-8346** or through his website, **www.weknowveins.com**, where patients can submit their request for an appointment. He encourages readers to review his website which is specifically written for his patients and also take the time to view his photo gallery. Venous disease is not a laughing matter, but sometimes it is only through humor that some of us are motivated to act.

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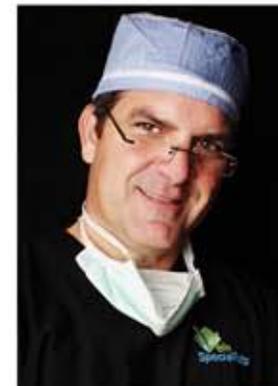


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About Dr. Magnant

Dr. Joseph Magnant earned his Doctorate in Medicine and performed his General Surgery residency at the Medical College of Virginia in Richmond, Virginia. He completed his Vascular Surgery fellowship at Dartmouth-Hitchcock

Medical Center in Hanover, New Hampshire and is certified by the American Board of Surgery in Vascular Surgery. He is an active member of the Society for Vascular Surgery, the American College of Phlebology, the Southern Association for Vascular Surgery and is also a Fellow of the American College of Surgeons. He practiced arterial and venous vascular surgery as part of a large multi-specialty group for 14 years after he completed his fellowship in vascular surgery until opening Vein Specialists in 2006. He is the only board certified vascular surgeon in southwest Florida whose practice is 100% dedicated to venous diseases and he has offices in Fort Myers and Bonita Springs.

STEM CELLS TAKE CENTER STAGE

By David Ebner, Staff Writer

The world will never forget the fate-filled day when four young men from Liverpool, England walked onto the stage of The Ed Sullivan Show in 1964. The bright stage lights and the squeals from the crowd rained down on the smiling group, and that grainy black and white image was pinned as a moment of transformation in music history.

The introduction of stem cell research onto the world stage was not filled with as much fanfare. There were no screaming fans or standing ovations when the first stem cell therapy was conducted in the form of a bone marrow transplant in 1956. The long hours that scientists spent diligently researching and studying cells in laboratories across the world were not recorded in the pages of Life magazine. Even in 2012, when the two scientists who discovered the application of stem cells as the building blocks for human life won a Nobel Prize, the response was limited mostly to the medical community.

While the history of stem cell research may seem dwarfed in comparison to that of the Beatles or Elvis Presley, its impact on the healthcare and medical industry is anything but small. Although embryonic stem cells have a long history of being in the public spotlight, adult stem cells, those that are already inside the body of an adult, are not as well known. These stem cells live in the blood, fat, bone marrow and other areas of the body and can be extracted, and reintroduced into a different part of the body. This results in the stem cells specializing as whatever type of cell they are near. For example, if the stem cells from a patient's abdominal fat were removed, cleaned and separated, and then reintroduced to the lungs

of the patient with a progressive lung disease like chronic obstructive pulmonary disease (COPD), the stem cells would become lung cells. The difference is that the new cells would be disease free and would regenerate into even more healthy lung cells, inevitably increasing lung function. For someone suffering from a debilitating disease, a stem cell treatment like the one described above could mean the difference between struggling for air and breathing easier.

The physicians at a medical clinic called the Lung Institute have been performing such procedures for some time now and boast that they have treated over 500 patients and have a 70 percent success rate in increasing the quality of life of their patients. The Lung Institute's Medical Director, Dr. Burton Feinerman, who has been treating patients with stem cells for over 15 years, said, "Stem cells are very important because they offer a different approach. Instead of just treating symptoms and making the patient a little more comfortable, stem cells target the disease and can repair the damaged tissue. It is a whole new ball game and gives people realistic hope that we can challenge the incurable."

It's difficult to imagine a medical breakthrough taking center stage over a story about the newest trending celebrity. However, that isn't to say that advancements in medical therapies, like stem cell treatments, aren't occurring every day and won't completely change the longevity and quality of our lives. The people that have sought these innovative treatments are already seeing these advancements in action, and although they may not be screaming like the crazed Beatles fans of the sixties, the stem cell fan base is growing every day with people that can now breathe easier.

Call (855) 914-3212 or visit lunginstitute.com/health

Stay Off the Sidelines During “Spring Training”

By Dr. John C. Kagan, M.D.

As spring returns to Southwest Florida this month, many people will take the opportunity to enjoy the good weather while taking part in one of our many outdoor sports. Golf, tennis, jogging, bicycling and many other outdoor recreational activities are one of the biggest benefits of living in Florida.

But jumping into a new sport can leave you on the sidelines if you aren't prepared. Before you start up your “spring training” exercise regimen – especially if you're going from a fairly sedentary lifestyle to a more active one – keep these tips from the American Academy of Orthopedic Surgeons in mind:

1. Start slow. If you're haven't gotten a lot of exercise recently, don't immediately set your sights on a marathon. It takes time to build up muscle strength and stamina. Warming up and cooling down before and after your exercise, along with gentle stretching, keeps muscles and joints flexible.

2. Keep it varied. If you try to swing a golf club or a tennis racquet every day of the week, you're likely to end up with sore joints and muscles. Mix up your routines so you aren't using the same muscles and joints intensely every day.

3. Don't forget the benefit of rest. If you find yourself in sharp pain after a workout, your body's trying to tell you you're going too fast. As you schedule your workouts, make sure to leave time on the schedule for your muscle tissue to heal and rebuild, particularly if you're starting up your exercise routine after a long period of relative inactivity.

4. Don't forget your annual physical. If you're over the age of 50 or have had major health issues, see your doctor before you start an intense exercise regimen to make sure it's appropriate for you. Your doctor can also let you know what types of exercise might be most beneficial for you.



5. This is Florida – don't forget the sunscreen and water. Even in spring, the sun beats down strongly, and it's easy to get dehydrated quickly. Repetitive motions are the most common sports-related injuries. Tennis elbow, swimmer's shoulder, and stress fractures and shin splints in runners are some of the most common injuries seen by orthopedic surgeons. Repetitive trauma caused by overuse of the joints can lead to soreness and injury in a short amount of time.

Tendonitis is one of the most common culprits, leading to issues like golfer's and tennis elbow. The tendon in the elbow swells and becomes inflamed after repetitive stress, which leads to pain, redness and tenderness. The bursa, a small, fluid-filled sac between the tendon, muscle and bone, may also become inflamed. Swimmer's shoulder is often caused by tendonitis of the rotator cuff in the shoulder joint.

Shin splints and stress fractures are common injuries for runners. Stress fractures are tiny “micro-cracks” in the bone that result from the muscles being stressed beyond their ability to absorb the shock of impact when the foot hits the ground. Instead, the bone itself absorbs the sock of impact, and the force results in tiny fractures. Shin splints are caused by irritation and stress to the area of the leg where the calf muscle attaches to the shinbone.

Many of the most common sports injuries offer warning signs before they become too serious. Swelling, reduced range of motion, numbness and tingling, muscle tenderness and joint pain are indications of trauma to the body. Often, simple treatments such as resting, applying hot or cold compresses and taking over-the-counter pain relievers are enough to improve the symptoms. If the pain persists, however, or if it prevents you from enjoying your favorite athletic activity, make an appointment to speak with an orthopedic specialist as soon as possible. More intensive therapies, such as anti-inflammatory medications or injections or physical therapy, may be required to address the issue. More serious problems may require arthroscopic diagnosis and treatment by an experienced orthopedic surgeon.



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

If you have concerns about sports injuries or other orthopedic disorders, Dr. John C. Kagan and his staff are ready to answer your questions. Dr. Kagan has more than 30 years of experience as an orthopedic surgeon and sports medicine specialist treating patients in Southwest Florida. He specializes in treating patients with knee, shoulder and hip pain, as well as general orthopedics and hand surgery. For more information, visit www.kaganortho.com or call 239-936-6778.

Making a Senior Community Your **NEW HOME**

Over time, the financial costs and physical strain of owning a home or condo can become overwhelming. Making the decision to move into a rental senior housing community can go a long way in helping alleviate some of that stress. Most often, many utilities that are often additional monthly expenses, like water, gas and electric, are included in your rent. There are no maintenance costs, like mowing the lawn, fixing a leaky roof or replacing a hot water heater. Moving into a senior living community means that all those maintenance issues – indoor and outdoor – are taken care of for you! This means less stress and more time to enjoy your community. And those social gatherings you're always hearing about? Well, those are usually free too!

The decision to transition to a senior housing community can be a difficult one - you've spent many years in your family home and created special memories that last a lifetime. Let American House Bonita Springs help you create memories of the future!

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- **Worry-free travel:** Leaving on vacation to travel across town or to a different state? You'll have peace of mind knowing your home will be just as it was when you left.

Life Enrichment

There will never be a dull moment at American House Bonita Springs. You will always have someone to share a laugh with, catch up on the latest TV show, or take a walk around the neighborhood. Moving into a senior living community allows for plenty of socialization and new friends! At American House Bonita Springs, the community is full of activities: swimming, cultural outings, crafts, music, food – it's limitless.

The perks of living at American House Bonita Springs outweigh the potentially difficult decision of moving into a senior housing community. With maintenance-free living and several options to keep you active and engaged, American House Bonita Springs is the perfect place for you!

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MARCH IS NATIONAL COLORECTAL CANCER AWARENESS MONTH!

By James J. O'Mailia, M.D., Gastroenterologist

As a gastroenterologist for nearly 30 years, I have seen the face of colon cancer in all of its ugly forms. My own family has suffered this scourge and therefore, I have both a professional and personal history with this disease.

Colon cancer (or colorectal cancer) seemingly exploded onto the nation's psyche in the mid-1980s with the diagnosis of President Ronald Reagan while in office. Using the rudimentary methods of the day - and quite fortunately - doctors found a cancer in his colon and removed it successfully. This incident joins a long line of other celebrities with colon cancer who were not so fortunate. To name a few: the great Packer's coach Vince Lombardi, actress Audrey Hepburn, *Peanuts* cartoonist Charles Schulz and jazz singer Eartha Kitt. Because of colorectal cancer awareness and screening, and the methods used to eradicate it, cancer rates have dropped steadily in older adults over the past 30 years.

When I started practice, colorectal cancer presented in persons older than 60 years of age. Over a short period of time, the age of presentation plummeted, at first to those in their 50's, followed by those in their 40's - until recently, when the National Institutes of Health (NIH) warned physicians of an alarming rise in the incidence of colorectal cancer in both men and women in their 30's and younger. In the meantime, it's estimated that, in 2015, colon and rectal cancers will cause 50,000 deaths in the United States; only lung cancer will top that statistic.

Although genetics play a large role in colorectal cancer, 75% of cases occur in persons without a *known* family medical history of colorectal cancer. The good news is that 90% of colorectal cancers can be prevented with proper test screening and removal of pre-cancerous growths called polyps.

Patients routinely ask me, "What causes colon cancer?"

We still do not fully know, but what we do know is that it is an equal opportunity killer, in that it affects both men and women, and it is caused by an interaction between various internal gene factors and external lifestyle factors.



Internal, or intrinsic, factors that increase the risk of developing colorectal cancer include: age over 50, personal history of colorectal cancer or certain types of polyps, family history of colorectal cancer, history of inflammatory bowel disease, ethnicity such as Native Americans, African Americans and certain gene types of European Jews. External factors include: tobacco use, heavy alcohol use, diet high in red meat, physical inactivity, obesity, Type 2 diabetes and environmental factors. Together, internal and external factors seem to affect the genes that control how cells grow to then stop working normally. Without this genetic control, abnormal cells develop out of control - and become a cancer.

The warning signs and symptoms of colorectal cancer vary, depending on the location of the cancer in the colon. However, if you have a change in bowel habits, rectal bleeding, abdominal cramping or steady pain, it's always best to speak with your doctor for recommendations, such as routine colon evaluations with a goal toward cancer prevention.

Currently, basic initial screening is recommended at age 50, whether you have symptoms or not. For those with a colorectal family history, screening should begin at age 40, and for African Americans, screening should begin at age 45. However, again, whatever your adult age, if you have the symptoms mentioned, see your doctor for further guidance.

There are several ways to evaluate, but most gastroenterologists prefer colonoscopy, the gold standard of testing as the "one-stop" diagnostic and prevention tool. Always ask your doctor which method is best for you.

It is important to find out if any of your close blood relatives have had colon polyps or colorectal cancer, and to then let your doctor know. If the answer is "Yes", you may have the gene and the greater risk. About 10% of all colon cancers are inherited. If the answer is "No", it is still best to get an evaluation at the recommended age.

Much consternation is devoted to the colonoscopy bowel prep. Many years ago, I myself tried the usual prep and was up all night with the famed dreaded symptoms. It was enough for me to understand why the apprehension and complaints about colonoscopy as a whole. I chose to develop a prep that gradually and safely empties the colon using a 3-day regimen of certain over-the-counter products and certain standard foods - right up to the night before the procedure. Thankfully, this has changed the way my patients think of the word "Colonoscopy".

Be well and stay well.



JAMES J. O'MAILIA, M.D., P.A.
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HELPING A LOVED ONE WHO HAS BIPOLAR DISORDER

By Lynn Schneider, Director of Community Relations, Park Royal Hospital

The ups and downs associated with bipolar disorder can be difficult, and the road to recovery can be a long one, met with many challenges along the way. As a family member or caregiver of someone with bipolar disorder, you can greatly help your loved one through the difficult times ahead while he or she learns how to effectively manage his or her mood and other presenting symptoms. By taking an active approach and learning about bipolar disorder, as well as learning how to keep track of symptoms, you can be an immense resource for your loved one. Furthermore, your encouragement and support throughout the entire treatment process can go a long way in helping the recovery process be successful.

In addition to providing emotional support, the best thing you can do for your loved one is encourage him or her to seek help from mental health professionals. Many times, those with mental health illnesses, such as bipolar disorder, are unable to recognize the need for treatment. This can be especially true when your loved one is in a manic phase because he or she feels great and does not believe that a problem exists. Alternatively, when people with bipolar disorder are depressed, they may just completely lack the energy to reach out for help. While you cannot force your loved one to get the care that he or she needs, there are some things you can do that may encourage your love one to eventually agree to seek treatment. Some suggestions include:

- Start a conversation with your loved one about the need for treatment. Express to your loved one that you are concerned about him or her and want him or her to get help. While you may be met with hostility, keep encouraging your loved one because, over time, he or she may come to accept that he or she does, in fact, need help.



- Take the time to research different treatment options and treatment centers and then present those findings to your loved one. This way, when your loved one agrees to treatment, the research is already done and together you can decide which program will work best to meet his or her unique needs.

- While your loved one is in treatment, you can still be immensely helpful by continuing to provide him or her with unconditional support and understanding. Offer to go along to any appointments he or she may have and let your loved one know that he or she can always come to you if he or she needs to talk.

- You can also help with the recovery process by helping your loved one remember to take his or her

medication, monitoring his or her moods, tracking his or her treatment process, and watching for signs of relapse.

- Finally, remember to be patient with your loved one and do not push too hard. The treatment and management of bipolar disorder takes time and maintenance.

When you are going through the process of finding care for your loved one, it is important to know that there are many different treatment programs and services available, such as the ones provided at Park Royal Behavioral Health Services. The severity of your loved one's symptoms, as well as the presence of another mental health condition or substance use disorder, is ultimately going to determine the level of care that your loved one needs.

Located in Fort Myers, Florida, Park Royal Behavioral Health Services provides comprehensive treatment for adults who are suffering from mental health concerns and/or chemical dependency issues. With a multidisciplinary team of highly-qualified professionals, Park Royal is dedicated to providing those entrusted into our care with the most effective treatments possible while offering support during the therapeutic process.



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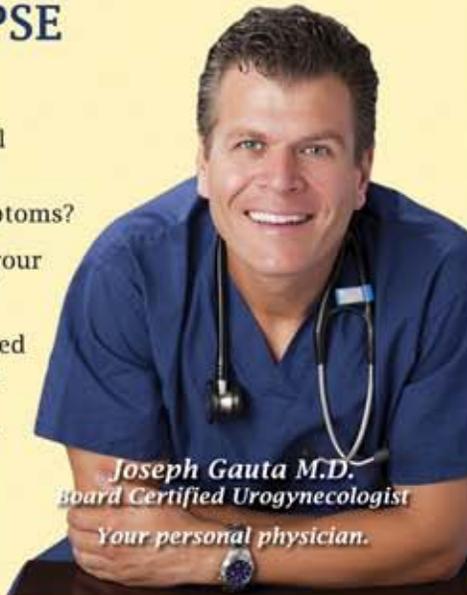


VAGINAL PROLAPSE PROBLEMS?

- Do you have a bothersome vaginal bulge that can be seen or felt?
- Do you have pelvic pressure symptoms?
- Do you have difficulty emptying your bowels or bladder?

The *Florida Bladder Institute* located in Naples Florida is participating in a national research study for the treatment of pelvic organ prolapse.

If you are in generally good health and would like to learn more, please contact **239-449-7979** and ask to speak to a study nurse.



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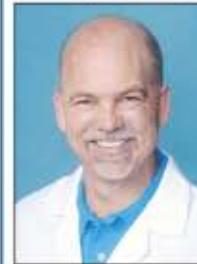
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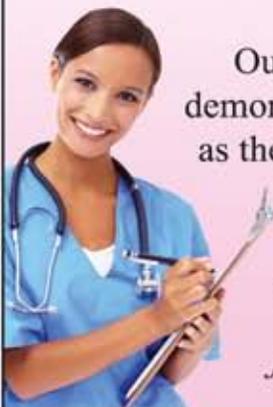
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Tired of Not Sleeping?

Sleep, especially REM sleep, plays a vital role in good health and well-being throughout your life. Getting enough quality sleep at the right times can help protect your mental health, physical health, quality of life, and safety. REM (Rapid Eye Movement) sleep is a very important part of our sleeping pattern. This stage of sleep is the most important phase of sleep that we experience.

The way you feel while you're awake depends on what happens while you're sleeping. During deep sleep your body is working to support healthy brain function and maintain optimal physical health.

The damage from sleep deficiency may occur in an instant (such as a car crash), or it can harm you over time. Ongoing sleep deficiency can raise your risk for some chronic health problems. It also can affect how well you think, react, work, learn, and get along with others.

Proper Sleep = Healthy Brain Function and Emotional & Physical Well-Being.

REM sleep helps your brain work properly. While you're sleeping, your brain is preparing for the next day. It's forming new pathways to help you learn and remember information.

If you're sleep deficient, you may have trouble learning, making decisions, solving problems, controlling your emotions and behavior, and coping with change. Sleep deficiency also has been linked to depression, suicide, and risk-taking behavior.

Your immune system relies on sleep to stay healthy. This system defends your body against foreign or harmful substances. Ongoing sleep deficiency can change the way in which your immune system responds. For example, if you're sleep deficient, you may have trouble fighting common infections.

Why do people have trouble sleeping?

- STRESS
- ANXIETY
- DEPRESSION
- CIRCADIAN RYTHUM PROBLEMS
- GABA/NEUROTRANSMITTER INSUFFICEINCY

Why REMTabz?

Doctors use two main types of medications to help their patients improve their sleep:

Anxiety/Stress Reducers such as *Xanax*
(BENZODIAZEPINES)

GABA/Neurotransmitter Regulators such as *Ambien & Lunesta*

Unfortunately both types of those medications have massive side effects, and often aren't helpful in both helping you get to sleep AND staying asleep.

REMTabz (Diazacalone) is a true pharmacological sleep pill that safely combines the best attributes of Stress/Anxiety Relief and the most powerful sleep aid formula available. *REMTabz* is designed to safely produce the sleep aid effects of both types of prescription sleep medications without the side effects. In other words, *REMTabz* allows both your body and mind to rest!

The ingredients contained in this powerful sleep aid have been tested in clinical trials and have been proven to decrease the amount of time it takes to fall asleep and allow you to get more quality rest. *REMTabz* proprietary formulation (Diazacalone) directly stimulates the production of Alpha & Delta brain waves creating a state of deep relaxation for all stages of REM sleep (N1, N2 & N3).

REM Tabz™
(Diazacalone)

The Science of Sleep

- * Reduce Stress & Anxiety
- * Improve Sleep Patterns
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DEEP SLEEP
30 Capsules
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REMTabz is your non-prescription solution for your patients' sleepless nights specifically designed for effectiveness without the harmful side effects. Developed through years of research, REMTabz is the perfect balance of science & nature that delivers night after night of consistent deep sleep. Formulated with the most powerful patented sleep aiding ingredients, REMTabz is designed to help you fall asleep and stay asleep without leaving you feeling drowsy the next day. REMTabz is the perfect balance of science & nature brought to you by the global leaders in non-prescription pharmaceuticals.



The ALCAT Test - A Guide and Barometer in the Therapy of Environmental and Food Sensitivities
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successfully using an ALCAT Test-based diet to alleviate the following range of symptoms: classic migraine (85%), common migraine (62%), sinus headaches (58%), gastroesophageal reflux (GERD) (75%), IBS (71%), inflammatory arthritis (65%), recurrent Sinusitis (59%), tension fatigue, syndrome (60%), obesity (50%), eczema (55%), asthma (30%), depression and/or anxiety (31%), recurrent vaginitis (20%), recurrent urinary tract infection (46%), degenerative arthritis (44%) and allergic rhinitis (42%). Published in Environmental Medicine, Volume 9, Number 1 & 2, 1992. Barbara Solomon, MD, MA.

The foods we eat, the inflammation we are causing directly relates to our inability to sleep.

Join us March 27th to learn more about REMtabz and ALCAT testing.

.....

Join us for a Seminar
Friday

March 27th 1:00 pm
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1:00 – 1:30 Tired of Not Sleeping
Solution with Rem Tabz
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1:30 – 2:00 Inflammation caused by
foods and what test shows this
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Space is limited to first 20 people.

If you are among the many who suffer from insomnia and other sleep disorders, you owe it to yourself to try REMTabz today!

- Reduce Stress / Anxiety
- Fall Asleep Quickly
- Stay Asleep Longer
- No Side Effects
- Non-Addictive
- Wake Up Refreshed - Not Drowsy
- No Prescription Needed

Frequently Asked Questions.

- How Should I Take REMTabz?
- Before bed, take one REMTabz capsules with a full glass of water. REMTabz will help you naturally drift off to sleep, without making you feel drowsy the next day!
- Are There Any Side Effects With REMTabz?
- REMTabz is made with 100% FDA recognized natural ingredients. Unlike the prescriptions sleep aids on the market, REMTabz will not cause any unwanted or dangerous side effects. Users report that REMTabz helps them receive a deep and restful sleep without feeling lethargic in the morning.
- If you have questions about any of the ingredients in REMTabz, or to find out if REMTabz is right for you, please talk to your doctor.
- Why Should I Choose REMTabz?
- REMTabz is a safe, natural alternative to prescription medications so no prescription is required. REMTabz has been formulated to effectively help you fall asleep, and stay asleep all night, without any of the unwanted and scary side effects that are so prevalent with other prescriptions. REMTabz is the choice of physicians and pharmacists for their patients needing deep sleep without using narcotics or drugs. REMTabz is non-addictive like many other sleeping aid/medications. REMTabz enhances your body's natural biorhythms providing you a deeper sleep and helps your body naturally regain a healthy sleep pattern. REMTabz is the most advanced pharmacological formulation available without a prescription.
- Why do I feel I need less sleep with REMTabz?
- Our ingredients are clinically shown to be fast acting, enabling you to fall asleep faster and reach your REM sleep (deep sleep) significantly faster. One component of our proprietary active formulation (Diazalclone) alone was shown to increase REM sleep by 25%! It is not uncommon for REMTabz users to find they feel equally rested on a fraction of the sleep they normally require!

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Urinary Incontinence

By Harry Tsai, M.D.

Having an overactive bladder is nothing to be ashamed of. In fact, nearly 15 percent of women are dealing with it on a chronic basis. As you may suspect, it is more prominent in women due to pregnancies, menopause, and the unique structure of the female urinary tract.

Stress Urinary Incontinence (SUI) is a specific type of problem that is caused by movement or exertion. Certain movements can result in excess pressure on the bladder; which results in unintentional urine loss. In a healthy individual, the muscle surrounding the urethra, called a sphincter, is responsible for containing urine within the bladder. Our bladder walls are made up of muscles that must be relaxed for the bladder to expand. When incontinence occurs, it is because the muscles have been weakened and cannot maintain their normal function. Various events can lead to this condition; childbirth, trauma to the pelvic region, and even chronic coughing from smoking. Knowing the mechanics of urinary incontinence helps us to find a proper treatment.

The most troubling part of having an uncontrollable bladder is that it can happen at virtually any time, day or night. It can occur during laughing, sneezing, or working out. Anytime we experience strenuous physical activity could be the next embarrassing accident. As with most medical problems, being healthy can drastically reduce our risks. Being overweight can increase abdominal pressure making matters worse. A bad habit like smoking can induce coughing; which can weaken the abdominal muscles. There are different treatments available for this condition; ranging from Kegel exercises to surgery.

Kegel exercises are the clenching and unclenching of the pelvic muscles. It is accomplished by “bearing down” and releasing. Also, the use of Botox is an option. When we hear the word “Botox”, it is generally attributed to the removal of wrinkles. However, in this case Botox is used to treat and reduce daily bladder leakage.

Botox has been FDA approved for incontinence sufferers and has shown great success. It works by injecting the Botox into the bladder muscles; this allows them to relax and store more urine with less stress. Botox is not a permanent solution and needs to be re-injected every 9 to 12 months.

Durasphere injections are another option; they are bulking agents that consist of non-migratory and non-absorbable prolytic-coated graphite beads in a gel. A mouthful to say, but it's actually a quite simple procedure to help control uncontrollable bladder leakage. The bulking agents are injected straight into the urethra to fill up the space that permits urine leakage. The injection actually thickens the bladder making it more easily retain a healthy



amount of urine. The pyrolytic carbon has been used in the medical field for over 30 years in implantable medical devices and it is non-reactive to tissue. This treatment is a safe and effective, minimally invasive, outpatient procedure option for urinary incontinence.

When it comes to treating urinary incontinence, the InterStim device is the most technologically advanced. This product has been used for over 15 years with over 100,000 individuals undergoing the procedure. The small device is surgically placed underneath the skin to stimulate the sacral nerves, the nerves that control the bladder. It blocks communication between the brain and the bladder. About the size of a pacemaker, this device sends electrical pulses down to the nerves of the pelvic floor. This is a method to reduce the contractions of an overactive bladder.

Urinary incontinence is not something that will go away on its own. Proper treatment is the only way to alleviate the symptoms. If you have any questions regarding incontinence, you can contact Dr. Tsai at (239) 985-1900.

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Think About Your *Heart* Health Even After Heart Month

February is designated as American Heart Month., but every month should be focused on strengthening community through healthy living, and the promotion for everyone to take steps in the prevention of chronic diseases, such as heart disease, so they can lead longer, healthier lives.

According to the Centers for Disease Control and Prevention (CDC), heart disease is responsible for one in four deaths each year in the United States. The root causes of many chronic diseases are unhealthy behaviors such as physical inactivity, unhealthy eating and tobacco use. There are a lot of questions about heart disease, the causes and prevention. Nurse On Call had the opportunity to chat with Dr. Socrates Perez-Rodriguez, who specializes in internal medicine and has his own medical practice and is a hospitalist at Physicians Regional. Dr. Socrates Perez-Rodriguez, did his internship and residency at Jersey City Medical Center, Jersey City, NJ and has practiced medicine at many renowned hospitals including Columbia. We asked him a series of questions relevant to heart health and these were his responses:

What causes cardiovascular disease?

Dr. Socrates Perez-Rodriguez, MD-There are many risk factors that contribute to the development of cardiovascular disease. Some people are predisposed to heart disease and stroke, but most people who develop cardiovascular disease do so because of a combination of factors such as poor diet, lack of physical activity and smoking.

What is the connection between high blood pressure (hypertension) and heart disease?

Dr. Socrates Perez-Rodriguez- Blood moving through your arteries pushes against the arterial walls; this force is measured as blood pressure. The harder your heart has to work to pump blood through the smaller space, the pressure inside the vessels grows, elevating your blood pressure.



How is coronary heart disease diagnosed?

Dr. Socrates Perez-Rodriguez- There are a number of ways to diagnose coronary heart disease. A coronary angiogram uses a dye inserted into your arteries and an x-ray to see how the blood flows through your heart. Another test is an electrocardiogram. This test records the electrical activity of your heart. An electrocardiogram measures the rate and regularity of heartbeats, the size and position of the heart chambers, the presence of any damage to the heart, and the effects of drugs or devices used to regulate the heart. It is a non-invasive procedure.

Does diet play a part in the development of heart disease?

Dr. Socrates Perez-Rodriguez-Diet plays a significant role in protecting or predisposing people to heart disease. Diets high in animal fat, low in fresh vegetables and fruit, and high in alcohol have been shown to increase the risk of heart disease. A diet low in fat and salt has a proven to be effective long term.

Is heart disease hereditary?

Dr. Socrates Perez-Rodriguez-Heart disease can run in the family, however, even if you inherit the risks factors that predispose you to heart disease, such as high blood cholesterol, high blood pressure, diabetes, or being overweight, there are measures you can take that will help you avoid developing cardiovascular disease.

What are the newest advances in heart treatments and diagnoses?

Dr. Socrates Perez-Rodriguez- There are some new advances but it's a constantly evolving field. We can offer many more treatments that are less invasive which doesn't always mean one could go into a procedure. It could be as simple as sitting down with your doctor and determining the symptoms. There are different ways of evaluation such as stress tests and if there are abnormal results, we can complete Ct scan or cardiac MRI.

At the end of the day "Coronary artery disease is preventable," said Dr. Socrates Perez-Rodriguez, "You need to be aware of your own body, genetics and habits. Typical warning signs are chest pain, shortness of breath, palpitations and even fatigue, but in diabetic patients symptoms are usually absent."

Nurse On Call Home Healthcare has specialty cardiac team committed to the prevention, education and treatment of heart disease. If you have further questions about Heart Disease, local cardiologist, support groups and non-profit organizations committed to Heart Health contact your local Nurse On Call Home Healthcare branch.



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Swan 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

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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.



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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.

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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.

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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.



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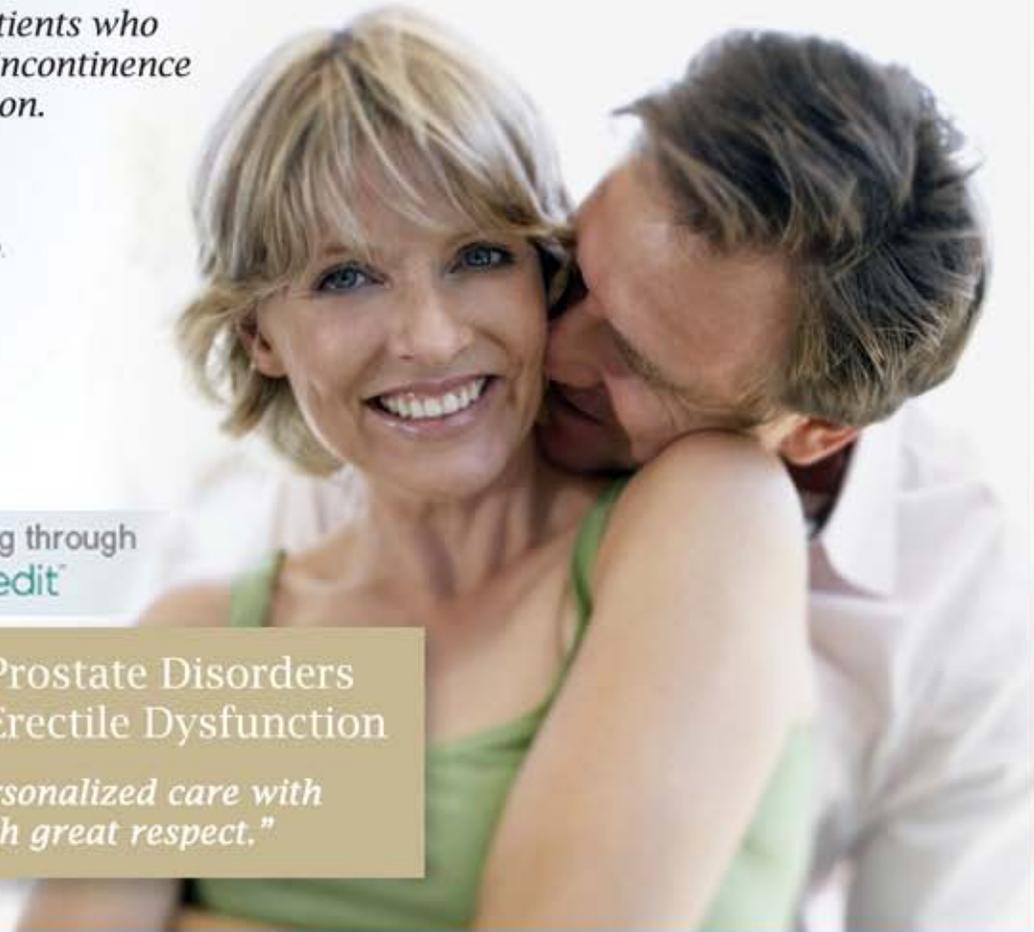
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LIFE-THREATENING SLEEP APNEA AND THE CPAP ALTERNATIVE

By Dr. Rich Gilbert

The 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

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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.



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Don't Let Incontinence Interfere with Your Sex Life

By Joseph Gauta, MD, FACOG

Thanks to modern technology and treatment options, you don't have to let loss of bladder control interfere with your life any longer. With proper treatment you will no longer spend time planning the fastest route to the nearest restroom in hopes of avoiding an accident. Not only can incontinence sabotage your daily activities, it can also put a damper on your sex life. Although talking about the intimate details of your sex life may not be comfortable, rest assured that you are not alone when it comes to this issue. According to the American Foundation for Urologic Disease (AFUD), one in three women with stress incontinence avoid sexual intimacy because of fear of leakage during intercourse or orgasm.

Don't lose hope. The following tips can help you eliminate embarrassing incontinence episodes during sex.

Learn bladder-strengthening techniques.

Your urogynecologist can help you retrain your bladder. Your physician can help you determine a natural pattern of urination so you can develop a schedule of timed bathroom breaks. You will go to the restroom according to this schedule whether you feel the need to or not. When you feel the need to urinate between breaks you can use natural suppression techniques such as Kegels, relaxation or distraction. The goal is to teach your bladder to hold more and increase the time between bathroom breaks.

Take time to prepare for sex.

During sex you're more likely to leak: If you have stress incontinence, you're more likely to leak with penetration due to pressure on the bladder. If you have urge incontinence, you're more likely to leak during orgasm.

There are many things you can do to decrease the likelihood of involuntary leakage during sex. You'll need to experiment to see which of these works best for you:

- Make sure you are well hydrated with water, but don't drink any fluids an hour before sex
- No coffee or teas for several hours before sex
- If your worried about leaking on your sheets, prepare by putting towels down
- "Double Void" prior to having sex. After you urinate, relax your bladder by massaging the abdomen, and then try to urinate again to completely empty the bladder.
- Take bathroom breaks during sex. Women with urge incontinence should take a break between foreplay and intercourse or between intercourse and after-play.



Start the conversation.

Although many people are often not comfortable about talking about their sex life, you should begin the conversation, especially with your partner. It is worth a few minutes of blushing if you are able to enjoy sex without the worry of leaking. Be honest; let your partner know your concerns and that you are seeking medical help with your incontinence. If you have been avoiding sex, reassure him that it is because of your issue and has nothing to do with him. Be sure he understands that you are still sexually attracted to him and you want to be more active but you are embarrassed about the leaking. Once he knows what the issue is, chances are your partner will understand and be happy to help in any way he can. If talking privately isn't working and you need assurance and confidence, it may prove helpful to talk with a couples counselor or sex therapist.

Be adventurous.

Talking may not be your partner's strong suit, but trying new positions will likely be something he gets excited about. Here are a few options to try:

- **Woman on top.** Being on top has two benefits. It works your pelvic muscles and you can control the depth of penetration. When you're on top, it's easier to control the depth of penetration and to work those deep pelvic muscles you'll want to strengthen.

- **Side entry.** This position puts less weight on your abdomen and is also easier for you to control penetration.
- **Rear entry.** This position put less pressure on your urethra and bladder.

Seek professional help.

Ask your doctor for a referral to a **urogynecologist** who specializes in incontinence. Although this isn't an easy topic to talk about, a urogynecologist is very comfortable in finding solutions for your problem. Incontinence is a very common problem. It is estimated that nearly one out of three women over the age of 40 struggles with incontinence at some point, but only 20 percent seek help. Adult diapers is a \$1.5 billion dollar industry and on pace to surpass baby diapers. Wouldn't you rather find a solution than continue to suffer in silence? When looking for a physician make sure they are well trained specifically on the latest therapies and are well equipped with the most current equipment available.

Use Pelvic Floor Therapy.

A medical professional that offers pelvic floor therapy, can help you rebuild strength in the abdominal muscles that support the bladder, using a program of exercises known as Kegels. Many women try doing pelvic floor exercises on their own and don't get the full benefit because they're not doing them correctly. A study found that 80% of women could control their incontinence by working with a medical professional specifically trained in pelvic floor therapy. In addition to Kegels, there is biofeedback and electrical stimulation for the pelvic floor.



If needed, there are medications available that work.

Medication is normally used when efforts to retrain your bladder and pelvic floor therapies haven't worked. There are

many drugs that can block the signal that trigger the contractions of the bladder. There are many options available to help you with this embarrassing problem. Regain control of your sex life and seek help today.

For more information or to make an appointment call, Dr. Joseph Gauta at The Florida Bladder Institute in Naples, Florida at 239-449-7979 or 239-592-1388. www.floridabladderinstitute.com



239-449-7979
www.FloridaBladderInstitute.com

“HEALTHY AGING”

THE SUBJECT OF “HEALTHY AGING” ENCOMPASSES A MULTITUDE OF TOPICS.

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

Healthy brain function is not usually the first subject that comes to mind. However, keeping your brain “properly” stimulated is one way to ward off maladies such as dementia and Alzheimers disease. Our brain is the most complicated and delicate organ of the body. Therefore, it needs constant stimulation. Crossword puzzles, reading, number calculations, and other forms of “mental” gymnastics are all forms of brain exercises.

However, the most important part of our brain for speech interpretation is completely different. Our brains need constant “proper” stimulation to stay sharp. Like our muscles, lack of exercise leads to atrophy!

The only way to keep our brains “properly” stimulated for individuals with hearing loss is to wear hearing instruments.

When worn consistently, hearing devices stimulate and keep our brain sharp. Hearing instrument wearers will also experience an overall since of well-being and confidence; more than individuals that do not seek hearing solutions.

Those who wear hearing instruments also tend to be more active socially, report to be more intimate with loved ones, and have greater earning potential on average. This is sometimes due to a perceived indifference to directions from co-workers or supervisors to perform certain tasks, or perhaps not hearing the instructions or directions at all! In the long run hearing impairments cost workers millions of dollars per year across the country. Over the course of a lifetime hearing loss if not addressed could change a family’s lifestyle drastically.

Men are more likely to suffer from hearing loss for a number of reasons; including industrial noise, military service, power tools, airplane, car, and boat engines. Lawnmowers, leaf blowers, chainsaws, firearms, and loud music are also devastating to the nerves of the inner ear.

Generally, we tend to lose hearing in the higher frequencies (consonants) first; where clarification of speech occurs. When the higher frequencies deteriorate, a person can still hear, but clarifying what is said becomes a problem. Many individuals with high frequency loss do not even realize a problem exists, because they still hear low frequency sounds (vowels) normally, but don’t understand what is being said.

Modern hearing devices are light years ahead of the older technology even from a few years ago. Digital technology now allows the hearing impaired individual’s hearing instruments to be prescription fitted with computer chips; similar to eyeglasses. However, unlike your vision when a person’s

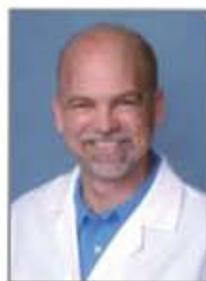


hearing loss diminishes over time, the current digital devices can be re-programmed to compensate for additional hearing loss without the necessity of purchasing newer hearing devices.

Johns Hopkins Medical University in conjunction with the National Institute on Aging recently completed studies of individuals who have hearing loss, but do not wear hearing instruments. The study concluded the people with even mild hearing loss were twice as likely to contract dementia and Alzheimers disease. Those with severe hearing impairment are five times as likely to suffer from dementia and Alzheimers disease. This occurs because the portion of the brain (auditory cortex) that interprets speech is not “properly” stimulated, causing atrophy and loss of function. We hear with our brain!

The National Speech and Hearing Institute recommends annual hearing exams for individuals fifty five years of age or older, or if you suspect there might be a deterioration in hearing overall. Just like annual exams for vision, hearing exams should be included in our desire to maintain the best health possible.

Early detection is the key to overcoming any health issues. For a FREE HEARING EXAM: Call 997-8288 to set up an appointment.



LEONARDI HEARING CENTER, INC.

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

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Life Care Center of Estero is pleased to offer the revolutionary Alter-G Anti-Gravity Treadmill for patients in outpatient and skilled nursing rehabilitation. This unique piece of therapy equipment is ideal for seniors recovering from neurologic and orthopedic-related injuries and yields amazing results by gently unweighting while they walk or exercise.

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KNEE PAIN DOES NOT MEAN YOU NEED KNEE REPLACEMENT SURGERY

By Physicians Rehabilitation

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

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

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

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

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

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

What are Hyalgan Injections?

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

What's the process?

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

When will I feel results?

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



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

Will my insurance cover this treatment?

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

What are other people saying about it?

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

So what are you waiting for?

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



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By Dr. Robert R. Jones

Community Partnerships the Key to Success

economy. Along with our sister institution, Florida Gulf Coast University (FGCU), we enjoy transferability of courses. The state of Florida enabled this by establishing the common course numbering system, allowing similar courses to easily transfer to other state colleges and universities.

Additionally, FSW's School of Business and Technology partnered with FGCU and Hodges University to establish a Workforce Now, a regional research initiative that was created to provide better information about regional workforce

gaps, skills, and characteristics to both educators, employers, and the public. The project identifies needed skills colleges can include in their program training and provides regional economic and business information to help expand and recruit businesses to the area.

In some cases, we have even reached beyond our local community and have established partnerships with organizations such as the University of Florida (UF). This partnership, along with the Naples Children and Education Foundation

For any community-based organization, your success is only as strong as the relationships you build. At Florida SouthWestern State College (FSW), we strive to provide high-quality, low-cost educational opportunities, programs and services for our students. Often, this is only possible through the partnerships we share with other community-based organizations.

The numerous partnerships FSW has established throughout our community and the five counties we serve have helped develop and grow many of our programs, some of which would not be possible without these partnerships.

FSW's School of Health Professions is one of the top 25 largest producers of Registered Nurses (RNs) in the country. This is thanks to the many local hospitals and medical facilities, such as Naples Community Hospital, that provide onsite clinical training to our nursing program students. Our students train on the same equipment they will use and with the same healthcare professionals they will work with when they begin their own healthcare careers.

While we may appear to be competitors, we have also built many partnerships with other local higher educational institutions, bringing additional benefits to both our students and the





(NCEF), has helped build the NCEF/ UF Pediatric Dental Center, providing both low cost dental services to over 8,000 children a year and establishing a pediatric dental residency program for UF dental students.

One of FSW's biggest and most recent partnerships is with Suncoast Credit Union. While the most talked about benefit of our partnership has been the naming rights of FSW's new athletics arena, it goes far beyond just that. Together we will provide financial literacy education for our students and the public, provide staff training for Suncoast employees, and create scholarships for our talented students.

When organizations have common goals, taking advantage of each other's talents and working together to compound those resources can often create win-win arrangements for everyone. This ultimately means improving services and making a greater impact in the community.



The mission of Florida SouthWestern State College is to inspire learning, and it is with the help of our many local partnerships and supporters that we are able to do just that.

Dr. Robert R. Jones is the Collier Campus President/ Regional Vice President Economic & Community Development at Florida SouthWestern State College.



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Get a Colonoscopy, but...

By Zorayda "Jiji" Torres, MD

Colorectal cancer is one of the leading causes of cancer-related deaths in this country. The most definitive way to diagnose it is through a colonoscopy, by Age 50 years, or sooner if you have family history, or other diagnosis like inflammatory bowel disease, or symptoms like a change in bowel habits, etc. It is good to diagnose the disease early to increase chances of survival and reduce the amount of surgery and chemotherapy needed.

However, getting a colonoscopy does not mean that you are preventing colorectal cancer from happening. It only means that you are trying to find it early, if you have it. So, what does one actually need to do to reduce their risk of this cancer?

There is sufficient evidence now showing chronic inflammation in the colon as contributing to colon cancer development. There is accumulating evidence too suggesting that the population of bacteria and other organisms living inside our intestines have a role to play in causing this cancer.

Did you know that an average adult has 3 to 4 pounds of microbes living on and in them? Called the human microbiome, this population of 100 trillion microorganisms live in our guts, mouths, nostrils, skin and elsewhere in our bodies. The majority of these microorganisms are in our colon and they vastly influence the health of that organ, and of the whole body.

If we have that huge amount of bacteria in our guts, how come we are not all sick? Well, many of these bacteria actually are beneficial to us. We need to have enough of them and cultivate their colonies as they keep the more harmful bacteria and yeast levels in check. And here is what's important: these good strains of bacteria thrive on vegetable and fruit fiber! They ferment these digestion-resistant plant fibers into short chain fatty acids such as N-butyrate, acetate and propionate. N-butyrate is very important as it is the main energy source of colonic cells. Among its many actions, N-butyrate has been shown to beneficially regulate the colonic cells' proliferation, leading to fewer pre-cancerous cells. Thus, by eating more vegetable and fruit fibers, we are cultivating the colonies of these protective strains of bacteria.



Gut inflammation from other causes (infection, food sensitivity and "leaky gut", nutritional deficiencies, poor blood circulation, etc.), also contribute to the growth of less favorable strains of bacteria in the colon. These strains can produce chemicals that are toxic to our colon. However, studies have showed that anti-oxidant nutrients from foods like cruciferous vegetables, green tea, turmeric, garlic, flax seeds, apples, and many others, can help reduce our risk of colorectal cancer. On the other hand, red and processed meats, cheese, sugars and starchy foods, alcohol (especially in men), can raise our risk of this cancer. Physical activity also reduces risk, while obesity and sedentary lifestyle increase risk.

Therefore, while getting a negative report on colonoscopy is good news, one should still think of taking measures to reduce their colorectal cancer risk. If you have non-specific colitis, symptoms of irritable bowel (constipation, diarrhea, discomfort, etc.), are overweight, diabetic, sedentary, or suffer from chronic inflammation elsewhere like arthritis, autoimmune disease, etc., your risk for colon cancer may still be higher than average, despite a negative colonoscopy. You will need to make improvements in your diet and lifestyle, as mentioned above. You might also want to do a more comprehensive stool test to be better guided.

As a functional medicine specialist, I frequently order a comprehensive digestion and stool analysis through special laboratories, even for conditions that do not seem to primarily involve the colon, like autoimmune disease. These stool tests are much more

comprehensive than the ones routinely done at hospitals and local laboratories. They can identify hidden causes of inflammation, which can promote cancer. For example, through these tests, I am able to check if patients have adequate levels of beneficial gut bacteria. I am able to see their N-butyrate levels, low levels of which are associated with poor colonic health. I am able to see certain unhealthy ratios of bacterial groups (Firmicutes/Bacteroidites ratio), which are implicated in obesity, diabetes, fatty liver, and inflammatory disorders. Culture for fungus is also done. If potentially harmful yeast is identified, this can be addressed through diet, use of botanicals or pharmaceuticals, depending on the patient's overall immune status. Parasites are also tested for using both microscopy and an enzyme assay test. This test can be very useful for those with persistent diarrhea, mucus in stools, and even those with unexplained headache and fatigue. Many other biomarkers of digestion, absorption, and inflammation, are included in this comprehensive stool test. Concrete measures can then be taken to improve the patient's gastro-intestinal health.

In conclusion, reducing your risk for colorectal cancer goes beyond just getting a colonoscopy. Exercise and a high-fiber diet are important. Getting a comprehensive stool test thru a functional medicine physician like myself, especially if you have chronic inflammatory conditions, may prove quite helpful in achieving optimal colon health and whole body wellness.



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Zorayda "Jiji" Torres, MD

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Dr. Torres graduated from the University of the Philippines College of Medicine. She did her Internal Medicine at St. Francis Hospital in Evanston, IL. She has been in practice for 17 years (in Naples since 2001) and knows the limitations of conventional Internal Medicine. She believes that functional medicine will give hope to many who are suffering from chronic diseases.

Geriatric Massage Brings Relief from Arthritis and Provides Other Benefits

Geriatric massage consists of specific training and techniques designed to maximize the benefits of massage for the elderly population. This highly-effective type of massage therapy provides not just the well-known benefits massage offers to every client, such as relief of muscle pain and stress, but it also has specific benefits for the elderly population.

Geriatric massage therapy uses the gentle and light application of massage techniques and can include gentle stretching and the use of light oils or lotions to permit the skin and muscles to be worked out without excessive friction. These techniques help enhance blood flow, improve balance and flexibility, increase joint mobility, reduce anxiety and depression, and improve mood and the overall sense of well-being.

Massage can offer significant relief to those suffering from arthritis or other forms of joint and muscle pain and stiffness. A 2006 study of osteoarthritis sufferers between the ages of 55 and 75 showed that patients with osteoarthritis of the knee who received once- or twice-weekly massages felt significant pain relief compared to those who did not. Other surveys have shown that massage therapy is one of the most popular forms of relief from osteoarthritis pain, and many of those with arthritis find regular massage therapy not only reduces pain and swelling, but also promotes additional range of motion and restores some ability to do daily activities they otherwise could not perform.

The increase in circulation and reduction of pain and stiffness can also lead to less of a need for prescription medication and over-the-counter painkillers. Many people find that regular massage therapy sessions provide enough relief from the symptoms of arthritis and other conditions that, after consulting with their doctor, they are able to reduce their dosages or eliminate certain prescriptions entirely.



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

Those considering geriatric massage therapy who may have questions about how the massage therapy session works may wish to have a friend or family member accompany them for their first visit. And individuals with specific health conditions should consult with their physician before proceeding with massage. As with any population, there are certain conditions that are not recommended for massage – hence the importance of communicating with a physician ahead of the appointment.

Massage Envy Spa's licensed massage therapists are trained in geriatric massage, and Massage Envy Spa offers memberships that provide monthly

monthly massages at a discount. The Massage Envy Spa Wellness Plan includes one customized massage every month, with discounts for additional massages, products and more. As a member of the Wellness Plan, you can enjoy all the health and wellness benefits geriatric massage therapy has to offer. The massage therapists at Massage Envy can help you find a plan that will work with your schedule, level of activity and budget.

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239-274-3689

Limb Swelling: Medicare Approved Treatment Options

By Alyssa Parker

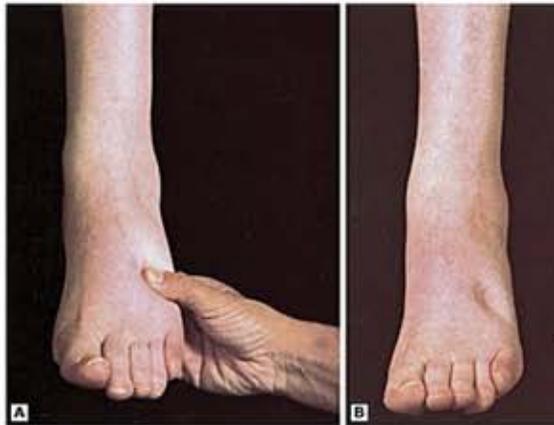
Pneumatic compression devices are one of the most highly recommended treatments for limb swelling and are a Medicare approved treatment option. Dating back to the 1960's pneumatic compression pumps have been used for the treatment of limb swelling due to acute and chronic conditions. In most cases compression pumps are used for swelling associated with lymphedema as well as venous insufficiency. Limb swelling left untreated without a clinical diagnosis and lack of proper treatment may lead to a variety of problems.

Patient's with Venous Insufficiency who experience severe and persistent edema overtime can lead to trapped protein-rich fluid also referred to as secondary lymphedema. The lower region of the leg becomes permanently swollen and may start to harden. Due to poor circulation and protein-rich fluid buildup wounds may become chronic and appear more frequently. Common signs and symptoms that occur are fluid accumulation in a limb, a feeling of heaviness or tightness, thickening of the skin, pain or redness, or chronic ulcers in the affected limb.

How does compression therapy work?

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.

The pneumatic sequential compression relieves the pain and pressure in the swollen area and reduces the size of the limb. The sequential inflation of the chambers, of the sleeve around the affected limb, begins distal (lower region of the limb furthest from attachment) to proximal (area of attachment to the body) naturally mimicking your bodies lymph return while stimulating the blood flow in the legs.



What causes limb swelling?

There can be many different causes for limb swelling, however, two of the most common diseases for chronic limb swelling are Lymphedema and Venous insufficiency. After having a surgical procedure cancer or non-cancer related (example hysterectomy or gallbladder removal) it may take months or years for Lymphedema to manifest because of its slow progression. It is imperative that Lymphedema is treated quick and effectively, regardless of the severity. Complications dramatically decrease when treatment is started in the earliest stage of Lymphedema.

Chronic venous insufficiency is another condition that causes swelling in the legs along with open wounds. CVI occurs when the valves in the veins that normally channel the blood to the heart become damaged which then leads to pooling of the blood in the lower extremities.

Discoloration of the skin, referred to as hemosiderin staining, is identified by a reddish staining of the lower limb. Poor circulation may cause shallow wounds to develop due to the stagnant blood that would normally return to the heart. Symptoms vary but may include swelling, aching, itching or burning, varicose veins, infection, chronic venous ulcer, and decreased mobility.

Is a Compression Device the right treatment for me? Using a compression device is a great treatment option for patients who have tried compression stocking, elevation, diuretics, and massage with little or no relief. It's also a treatment option for individuals who have chronic venous ulcers. When compression stockings get worn out or stretched over time; many patients aren't receiving the needed compression. When using a compression pump the pressure is locked in, ensuring that you're getting the appropriate amount of pressure each treatment.

Diuretics may be useless and harmful over time if your edema (swelling) is a symptom of chronic venous insufficiency or lymphedema. Diuretics draw fluid from your venous system that your body must have in order to balance the continual fluid deposit from your arterial capillaries; if the needed interstitial fluid is not present because you are taking a diuretic, this will only aggravate your lymphatic system which may lead to additional fluid retention and additional swelling. Also, using a pneumatic compression device may help the prevention of blood clotting along with deep vein thrombosis or those individuals who are at risk for it.

If you or someone you love suffers from limb swelling it is important to keep a few things in mind. If any of the following apply, seeking medical advice is recommended.

- Family history of edema, venous insufficiency, or lymphedema
- Pitting or skin hardening: push your finger into your skin and count how long it takes to return
- Hemosiderin staining: "red socks" appear from the ankles down
- Traumatic injury or surgery potentially damaging your circulatory system (knee replacement etc)
- Radiation exposure

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 this condition.



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Contact Acute Wound Care today and speak with a specialist by calling

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RECOVER with Confidence™

By LaDonna Roye, Hairstylist

Each week our Recover with Confidence Salon sees several women seeking options to camouflage medically related hair loss. The reasons for their loss include chemotherapy, radiation, alopecia, thyroid issues, medications, hormonal imbalances, vitamin deficiencies, stress and trichotillomania a hair pulling disorder.

Many of these women are young, others... young at heart. Although there are several options for short, trendy styles, they want to continue wearing long hair in a style they're accustomed to.

Here we'll consider pros and cons of human hair vs. synthetic wigs for shoulder length or longer styles.

Synthetic wigs are easily cared for, generally less expensive and come in an array of colors. They won't kink or lose their style in the humidity like human hair may, but they do have a down side. Long synthetic wigs that rub the shoulders will eventually get frizzy ends from the friction.

A knowledgeable wig stylist can smooth this frizz a few times but eventually they may require trimming. There is now a heat-friendly synthetic fiber that gets friction damage but is easier smoothed with a flat iron or curling iron.

A Synthetic/Human hair blend is a good option for hair that touches the shoulders. It offers versatile styling with low heat and won't damage as quickly as synthetic fiber alone. However, friction damage will affect blended hair eventually.



Human Hair is the third option for a long wig. It is my personal favorite for shoulder length and longer hair due to its versatility and it isn't damaged from rubbing the shoulders. These wigs may be custom colored to match your original hair color. They are typically more expensive but last longer synthetic wigs.

Different grades of Human hair are reflected in the price. Some human hair is processed in a way that removes the cuticle layer resulting in a wig that will not tangle. This hair is the least expensive of the human hair options, may be colored or low lighted, but bleaching or lightening is not recommended.

Remy Human hair, also called European hair, is hair collected from a single donor with its cuticle going in the same direction to prevent tangling. Remy hair retains more shine and looks good longer because more cuticle remains after processing. Remy hair can be colored, permed or highlighted.

Human hair wigs come with various amounts of curl. For a smooth, straight look, buy a straight wig or one with a loose body wave. For curl, be sure the wig is not pin straight.

Human hair wigs can be set on rollers, styled with a curling or flat iron. The fact human hair wigs require styling is a down-side for some, an advantage for others depending on whether you enjoy and have a talent for styling hair. You can always bring your wig to us for professional styling.

The secret to wearing a wig and having it look natural is to do the same things with the wig you would do with your own hair:

- Pin it up, leaving a few strands out at the nape and in front of the ears.
- Put it into a ponytail or loose braid.
- Pull it away from your face with a barrette.
- Tuck it behind your ear, leaving just a few strands out in front to hide the edge of the wig.
- Have a qualified wig stylist customize the perimeter of the wig so it looks like your own "baby hairs" are softly falling around the edges.

Check with your health insurance policy, does it provide for a "cranial prosthesis" (wig) for your medical condition? A cranial prosthesis is considered "durable medical equipment" like a wheelchair or a prosthetic limb and is often covered for conditions such as cancer or Alopecia. A prescription is required.

The choice is yours. Human, synthetic or both, you can have beautiful long hair that looks completely natural.

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WHAT IS THE DIFFERENCE BETWEEN **BLADELESS** LASER CATARACT SURGERY AND **TRADITIONAL** CATARACT SURGERY?

By Jonathan M. Frantz, MD, FACS

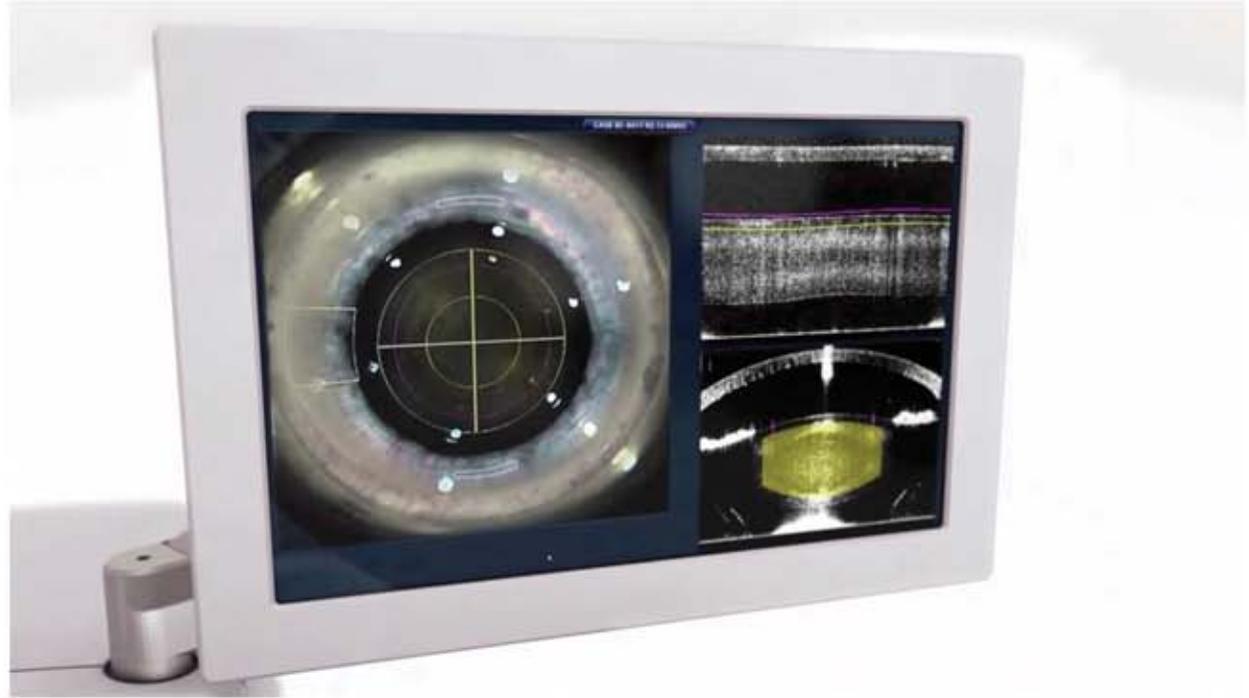
At Frantz EyeCare we offer both bladeless laser cataract surgery and traditional cataract surgery. With the **bladeless** procedure, the first three steps of your surgery are done with a computer controlled LenSx laser to ensure the highest-precision surgical incisions. The LenSx is unquestionably the most technologically advanced option for cataract patients.

LenSx utilizes a femtosecond laser, which offers superior precision and results. The three key patient benefits of bladeless laser cataract surgery versus traditional cataract surgery are:

- 1) The laser provides a more precise circular incision around the cataract, improves the accuracy during placement of the intraocular lens implant, and leads to a greater likelihood of clearer vision. A real time computerized laser imaging system guides the laser beam to the correct target during the surgery.
- 2) The laser pre-softens the cataract, allowing the surgeon to minimize the use of ultrasound energy to remove the cataract lens. Decreased usage of ultrasound energy reduces the chances of thermal injury to tissues inside the eye, which lessens recovery time.
- 3) Astigmatism correction can be done at the time of cataract surgery using this laser as opposed to a manual incision using a surgical blade with traditional surgery. Astigmatism requires patients to wear glasses after cataract surgery. Correcting this at the time of cataract surgery lessens the need for glasses subsequently.

After the first three steps of your procedure are completed by the LenSx laser, you will be taken to the operating room for the cataract removal.

All procedures done on the LenSx laser are considered premium refractive surgery and require out-of-pocket charges. We will be happy to discuss this with you during your visit, as well as flexible payment plans.



In **traditional** cataract surgery, the surgeon makes tiny incisions in your eye with a surgical blade rather than using the laser.

In both traditional cataract surgery and bladeless laser cataract surgery, microsurgical instruments are used in the operating room to remove the cloudy lens from the eye. A focusing intraocular lens is placed inside the eye to replace the natural lens that was removed. This focusing lens can correct nearsightedness or farsightedness, and may reduce your need for distance and reading glasses. The incision is self-sealing and heals without stitches.

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To learn more about bladeless laser cataract surgery, call our main office at 239.418.0999 or visit our website BetterVision.net.

We are pleased to announce that Cataract & Cornea Specialist **George Corrent, MD, PhD**, has joined our medical team and will see patients in our Naples and Fort Myers offices. We have added Dr. Corrent to our medical team to help with the increased demand for bladeless laser cataract surgery, as well as to provide general ophthalmology care for our patients.

Dr. Corrent comes to Frantz EyeCare from the prestigious Bascom Palmer Eye Institute where he practiced since 2009. He was also a staff physician at Physician's Regional Medical Center and before that had a private practice in Naples for three years.

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

STEVIA: A SWEET WEAPON AGAINST TOOTH DECAY



Pyure Brands Encourages Individuals to Discover Stevia's Plaque-Fighting Benefits

Recent studies have revealed that stevia fights tooth decay.

According to tests conducted by Purdue University's Dental Science Research Group, stevia prevents the growth of *Streptococcus mutans*, the bacteria that is responsible for forming dental plaque in the mouth.

While sugar collects this bacteria and promotes wearing of enamel and cavities, stevia extracts are considered to have moderate antibacterial activity, and thereby greatly lowering the risks of tooth decay and combating *Streptococcus* growth – according to research.

"Most switch sugar for stevia for three reasons: Pyure Stevia is organic, zero calories and unlike sugar, it won't spike your glycemic levels," said Ben Fleischer with Pyure Brands, makers of the award winning, cleanest-tasting stevia. "Bonus! Now we know we have evidence that stevia mitigates another sugary sin: tooth decay. All good health starts with oral health. We're excited to know our products – great tasting, certified organic and non-GMO Stevia and Erythritol – are both not only ideal for individuals looking for reduced calories and better control of their blood sugar, but also anyone seeking work on their dental hygiene without letting go of the sweets."

Did you know?
Studies show stevia inhibits the growth of the bacteria that forms dental plaque.
More stevia = Less plaque build-up.
Choose Pyure Stevia: organic, non-GMO and great tasting.
Pyure + WooBamboo = Better dental care and a healthier world.

Pyure Offering FREE Sustainable Dental Care Kits

To help promote these findings, Pyure is partnering with WooBamboo – makers of organically grown, sustainable, biodegradable, antimicrobial bamboo toothbrushes – to provide consumers a limited supply of sustainable dental care kits. An estimated one billion toothbrushes end up in our oceans and landfills every year – the weight of 13,000 full grown elephants! Pyure wants to help spread the word and share a simple solution. Simply visit www.pyuresweet.com/samples to request a sample of Pyure Stevia sweeteners and for a limited time receive a WooBamboo toothbrush. Supplies are limited.

For sweet recipes to enjoy this month and beyond, visit www.pyuresweet.com/blog.

About Pyure Brands

Founded in 2008, Pyure Brands is a leading innovator of healthy sweeteners and one of the largest and fastest-growing independent stevia companies in America, with products available in more than 19,000 retailers. Under the direction of Founder, Benjamin Fleischer, Pyure has successfully established itself as a pioneer of sweetening solutions by introducing the first USDA Organic and Non-GMO Project Verified stevia and erythritol to the market. The company's commercial stevia extracts and blends provide the reduced-calorie sweetening solution for more than 400 food, beverage, and personal care products. In an effort to help further health awareness, Pyure donates a portion of its proceeds to organizations and foundations that have a focus on diabetes education as well as other social and environmental causes.

For more information, please visit www.pyuresweet.com.



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GENETIC TEST HELPS DETERMINE RISK OF GETTING BREAST CANCER

Breast cancer is the number one cancer diagnosis among women in the United States and is second only to lung cancer in regards to cancer deaths. One in eight women, or 12.7%, will develop invasive breast cancer in her lifetime.

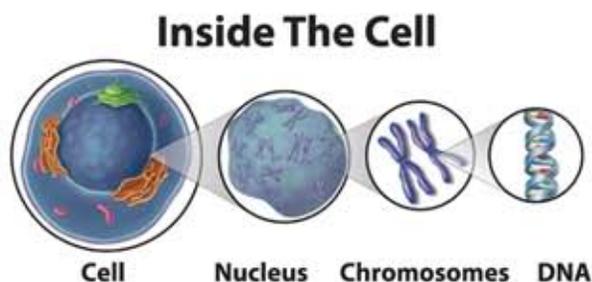
Last year, an estimated 232,000 people were diagnosed with invasive breast cancer and approximately 39,000 died of breast cancer last year. The good news is, the number of these deaths is steadily decreasing. Medicine is making great strides against the disease thanks to early detection and better treatments.

Although the deaths are declining, these numbers are still alarming. Like any health ailment, you should be proactive and do anything you can to lower your risk of developing cancer. Risk factors are anything that increases your chances for developing cancer. Having a risk factor does not mean that you will develop breast cancers; some women with one or more risk factors never develop breast cancer. However, knowing the risk factors and how they affect you can help minimize your chances of developing breast cancer. You can control things like your weight, diet, alcohol consumption and smoking habit. On the other hand, risk factors such as: gender, age, family history, race, and density of breasts are those that you cannot control. One additional risk factor that you may not even know you have unless you are tested is a genetic mutation.

GENETIC RISK

Approximately 5 to 10% of breast cancers are thought to be hereditary or due directly from a mutation on a gene passed on from either your father or mother. Most inherited cases of breast cancer are associated with two abnormal genes: BRCA1 (BREast CAncer gene 1) and BRCA2 (BREast CAncer gene 2).

Everyone has BRCA1 and BRCA2 genes. The function of these genes is to repair cell damage and keep cells growing normally. BRCA1 and BRCA2 are human genes that belong to a class of genes known as tumor suppressors. When these genes contain abnormalities or mutations, they do not function normally and breast cancer risk increases.



Abnormal BRCA1 and BRCA2 genes may account for up to 10% of all breast cancers, or one out of ten cases. Having an abnormal BRCA1 or BRCA2 gene does not mean you will be diagnosed with breast cancer, but it does increase the chances of development.

The average American woman has a one in eight, or 12 to 13% chance of developing breast cancer in her lifetime. Women who have an abnormal BRCA1 or BRCA2 gene (or both) can have up to an 80% chance of being diagnosed with breast cancer during their lifetime.

Women with abnormal BRCA1/BRCA2 genes also have an increased risk for developing ovarian, colon, pancreatic and thyroid cancers, as well as melanoma. Are your BRCA1 and BRCA2 genes abnormal, increasing your risk for developing breast cancer?

GENETIC TESTING

There are various genetic tests available to determine if someone has an abnormal BRCA1/BRCA2 gene. Several methods are available to test for BRCA1 and BRCA2 mutations. Most of these methods look for changes in BRCA1/BRCA2 DNA. At least one method looks for changes in the proteins produced by these genes. Frequently, a combination of methods is used.

A blood sample is needed for these tests. The blood is drawn in a laboratory, doctor's office, hospital, or clinic and then sent to a laboratory that specializes in the tests.

A positive test result generally indicates that a person has inherited a known harmful mutation in BRCA1 or BRCA2 and, therefore, has an increased risk of developing breast cancer.

ABNORMAL BRCA GENES – NOW WHAT?

Several options are available for managing cancer risk in individuals who have a harmful BRCA1 or BRCA2 mutation. If you do have an abnormal gene, there are lifestyle choices you can make to keep your risk as low as possible. These include:

- Maintaining a healthy weight.
- Exercising regularly.
- Limiting alcohol.
- Eating nutritious foods.
- Never smoking or quit if you do smoke.

These are just a few steps you can take to lower your chance of developing cancer. Along with these lifestyle choices, there are other risk reduction options for women at higher risk because of abnormal genes.

If you are at higher risk because of an abnormal breast cancer gene, you and your doctor will develop a screening plan tailored to your unique situation. It may be determined that you should begin regular screenings before the generally recommended age of 40. In addition to the screening guidelines for women at average risk, a screening plan for a woman at high risk may include:

- Monthly self breast examination.
- Yearly breast examination by your doctor.
- Digital mammogram every six months or every year starting at the age of 30 or younger.
- Breast ultrasound every six months or every year.
- MRI breast screening every year.

Besides close surveillance, there are other ways to minimize risk if you have abnormal BRCA genes including: research trials, medications, and prophylactic or preventative mastectomy or oophorectomy. Talk to your doctor, radiologist or genetic counselor about developing a specialized program for early detection that addresses your breast cancer risk, meets your individual needs and gives you peace of mind.

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This service is free for patients to use. Simply text the code for the center you wish to visit (2273 for Estero and 3333 for Cape Coral) to 239-330-2654, answer a few short questions via SMS text, and we will automatically confirm that we are holding your place in line.

Source:
www.cancer.gov, www.cancer.org, www.myriadtest.com.

HOW DOES GASTRIC SLEEVE SURGERY WORK?

By Peter Denk, MD, FACS

Gastric sleeve surgery involves permanently removing a large portion of the stomach, anywhere from 60% to 85% of the total stomach. The portion left behind is a slim tube or "sleeve" that will serve as your new stomach. This stomach is already connected naturally to the stomach inlet and outlet which means that no rerouting of the intestines is needed.

What differentiates a gastric sleeve procedure from other weight loss surgeries is the nerves to the stomach and the outlet valve (pylorus) of the stomach remain intact to preserve the functions of the stomach while at the same time, reducing the volume it is able to hold. There is no bypass of the intestines with the gastric sleeve, only stomach capacity reduction. A sleeve gastrectomy also works because it removes the part of the stomach that produces Ghrelin, which is a hormone that stimulates appetite. This helps to noticeably reduce without completely eliminating a person's appetite.

Advantages of the Gastric Sleeve:

The primary features of gastric sleeve surgery are reducing the size of the stomach up to 85%, to restrict food intake while also reducing the hormones that create the craving for food due to the removal of the excess stomach portion. This reduces the production of the Ghrelin hormone which in turn reduces the hunger sensation. The advantages of gastric sleeve surgery include:

- 30 to 60% extra weight loss within the first 12 months of the procedure
- Less invasive than gastric bypass
- No cutting or, disconnection or alteration of the intestines
- No risk of "dumping syndrome" typically associated with gastric bypass
- No need for implementation of foreign devices in to the body such as a gastric band
- Less restrictive post-surgery diet

In addition, sleeve gastrectomy can also help resolve many existing weight-related health complications such as:

- High blood pressure
- Type 2 diabetes
- Sleep apnea
- High cholesterol

Low BMI individuals may also qualify for Gastric Sleeve procedure:

Another key piece of information is that the Gastric Sleeve has been shown to be quite safe and effective for individuals with less weight to lose, meaning safe and effective for individuals with a BMI less than 35-40.



Those that qualify include:

- Patients who are concerned about the potential long term side effects of gastric bypass.
- Patients who are considering gastric band surgery but are concerned about having an artificial device attached to their stomach, those who do not want band adjustments, or those who live in an area where they may have trouble finding a physician qualified to do the band adjustments.

What Can I Eat After My Surgery?

There will be a drastic change in your diet after your surgery and the amount of food you can physically eat. You will need to ease in to your new diet and retrain your body to the new, smaller amount of food you will be eating from that day on.

How Do I Know if This is the Right Surgery for Me?

The decision to have a gastric sleeve procedure for weight loss is a significant one. You should be fully informed of both the benefits and the risks associated with this surgery before you decide if this is the right weight loss solution for you. Your weight loss surgeon will carefully review any risk or complications associated with the procedure so that you are aware of any potential issues prior to your operation.

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Flip-Flops Fail Feet

By Christopher M. Cole, L.Ped

Flip flops may be your go-to footwear, especially here in Southwest Florida, but experts warn that they could cause a world of pain if you wear them for long periods of time, while walking on concrete, or when playing sports. Flip-flops don't just offer limited arch support and shock absorption for our feet, they also change the way we walk. Because we tend to grip the flimsy shoe bed with our toes to keep them in place, we can cause undue strain to calf muscles or pinch a nerve in our hips and back, according to orthopedic doctors. Spending too much time walking around in the wrong flip-flops may cause serious problems.



Below are five reasons to limit the flop.

1. Walking in flip-flops (and to a lesser extent sandals) causes you to take shorter strides so you take more steps than normal leading to an increase in pressures and forces on the body over a similar distance walk compared to a normal shoe or runner/trainer.
2. When you walk in flip-flops and sandals you have to scrunch your toes up to aid in keeping the flip-flop or sandal on your feet. This leads to shortening of the toe tendons which over a period of time can contribute to all sorts of toe problems
3. Flip-flops and sandals provide zero ankle support whatsoever and this can lead to contributing to a range of foot and ankle biomechanical issues.
4. When there is no ankle support in a shoe the arch has to over work. This can contribute to a range of foot and ankle biomechanical issues as well.
5. When the above problems occur you increase the pressures on the knuckles of the ball of the foot and they can become sore. They are taking pressure in a way that increases pain in those knuckles leading to a problem known as metatarsalgia - pain in the ball of the foot.

Don't want to stop the flop?

For those flip-flop lovers who don't want to give up freedom of your toes, we have good news. There are some alternate styles of flip-flops that are not as damaging to your feet. There are specialty lines of flip-flops that provide arch support, absorb shock, and provide stability.

At Foot Solutions of Estero, we carry several lines of sandals and flip-flops that are actually good for your feet. For example, try brands such as:

- NAOT
- Orthoheel (Vionic)
- Birkenstock
- Finn Comfort
- Aetrex
- Aravon

These are all very fashionable, while still easy on the feet.

For casual flip-flops, try "Oofos". These are some of the most comfortable, "squishy" sandals you will ever experience, and have great arch support. They come in fun colors, are very durable, and can simply be thrown in the washing machine to clean.

These types of flip-flops are really the best option out there, as the sole and arch support are similar to a good athletic shoe. Many of the brands can accommodate an orthotic and are even adjustable at the toe area so the straps don't cut into the front of your foot.

For a free foot scan and Pedorthic analysis, or to browse shoes and sandals, stop into Foot Solutions Estero (U.S. 41 and Corkscrew Rd.) or call **(239) 495-8911**.

Christopher M. Cole, L.Ped



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

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ORAL HEALTH: A WINDOW TO YOUR OVERALL HEALTH

By Dr. Ricardo S. Bocanegra, DDS

Your oral health is more important than you may realize. Get the facts about how the health of your mouth, teeth and gums may affect your general health.

Did you know that your oral health can offer clues about your overall health? Or that problems in your mouth can affect the rest of your body? Understand the intimate connection between oral health and overall health and what you can do to protect yourself.

What's the connection between oral health and overall health?

Your mouth is teeming with bacteria — most of them harmless. Normally the body's natural defenses and good oral health care, such as daily brushing and flossing, can keep these bacteria under control. However, harmful bacteria can sometimes grow out of control and cause oral infections, such as tooth decay and gum disease. In addition, dental procedures, medications, or treatments that reduce saliva flow, disrupt the normal balance of bacteria in your mouth or breach the mouth's normal protective barriers may make it easier for bacteria to enter your bloodstream.

What conditions may be linked to oral health?

Your oral health may affect, be affected by or contribute to various diseases and conditions, including:

- **Endocarditis.** Gum disease and dental procedures that cut your gums may allow bacteria to enter your bloodstream. If you have a weak immune system or a damaged heart valve, this can cause infection in other

parts of the body — such as an infection of the inner lining of the heart (endocarditis).

- **Cardiovascular disease.** Some research suggests that heart disease, clogged arteries and stroke may be linked to oral bacteria, possibly due to chronic inflammation from periodontitis — a severe form of gum disease.

- **Pregnancy and birth.** Gum disease has been linked to premature birth and low birth weight.

- **Diabetes.** Diabetes reduces the body's resistance to infection — putting the gums at risk. In addition, people who have inadequate blood sugar control may develop more-frequent and severe infections of the gums and the bone that holds teeth in place, and they may lose more teeth than do people who have good blood sugar control.

- **HIV/AIDS.** Oral problems, such as painful mucosal lesions, are common in people who have HIV/AIDS.

- **Osteoporosis.** Osteoporosis — which causes bones to become weak and brittle — may be associated with periodontal bone loss and tooth loss.

- **Alzheimer's disease.** Tooth loss before age 35 may be a risk factor for Alzheimer's disease.

- **Other conditions.** Other conditions that may be linked to oral health include Sjogren's syndrome — an immune system disorder — and eating disorders.

Be sure to tell your dentist if you're taking any medications or have had any changes in your overall health — especially if you've had any recent illnesses or you have a chronic condition.

How can I protect my oral health?

To protect your oral health, resolve to practice good oral hygiene every day. For example:

- Brush your teeth at least twice a day.
- Replace your toothbrush every three to four months.
- Floss daily.
- Eat a healthy diet and limit between-meal snacks.
- Schedule regular dental checkups.

Also, watch for signs and symptoms of oral disease and contact your dentist as soon as a problem arises. Remember, taking care of your oral health is an investment in your overall health.

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Senior Home Care Provides Invaluable Services

Provided by Private Care At Home

Most people want to continue living independently in their own homes long into their retirement years. Remaining self-sufficient in familiar surroundings is important to many seniors. Unfortunately, certain situations -- a sudden illness, a chronic condition, and the very fact of aging -- affect a person's ability to care for themselves and/or effectively manage their daily living. These situations oftentimes create health and safety concerns for family members and loved ones. Since most people prefer to be cared for in their own home rather than be placed in a nursing home or other facility, family members often become the primary caregivers, taking on all the responsibilities that go with keeping up the quality of their loved one's lives. However, when caring for themselves becomes progressively too difficult, or when the responsibilities of family members become overwhelming, it is time to consider professional in home care.

Being able to receive senior home care services has numerous advantages for everyone involved. You or your loved one can remain in a familiar, comfortable environment, enabling energy and resources to be focused on proper care, thus receiving the full attention of caregivers who are solely concerned with particular needs ensures proper care is given.

Every day, more and more families turn to services that are provided in the comfort and safety of home. Not only is it the most satisfying form of senior care available, but it can also be significantly more affordable than other forms of care like: nursing homes or assisted living communities. There are many reasons for the growing demand of Private In Home Care services including:

- **Delivered at home** ~ There are such positive feelings that all of us associate with being at home. When we are not feeling well, most of us ask to go home. When we are feeling well, we enjoy the sanctity our home and the joy of being with loved ones.
- **Personalized care** ~ Home care is tailored to the needs of each individual. It is delivered on a one-to-one basis.
- **Prevents or postpones institutionalization Independence and Freedom** ~ None of us want to be totally dependent and helpless. With some assistance,



seniors can continue to function as viable members of society. Hospitals and nursing homes offer more regimented, regulated environments. Home care offers a reassuring, individualized setting that allows the recipient to stay on their schedule.

- **Promotes healing** ~ There is an abundance of evidence that proves patients heal more quickly at home. Few patients choose to be placed in a nursing home, unless it's the only place where they can obtain the 24-hour care that they need. In home care is available 24/7.
- **Reduces stress** ~ Unlike most forms of health care which can increase anxiety and stress, home care frequently has the opposite effect.
- **Provided by special, caring people** ~ By and large, in home caregivers look at their work, not as a job or profession, but as a calling. Home caregivers are trained and dedicated to the care recipients.
- **Affordable** ~ The evidence is convincing that, for many services, in home care is less expensive than other forms of care, including nursing homes and assisted living communities. In general, in home care costs only one-tenth as much as hospitalization and only one-fourth as much as nursing home placement to deal with comparable health problems.
- **Extends life** ~ A study by the U.S. General Accounting Office has established that people receiving home care tend to live longer and have a better quality of life than those receiving care in institutions. Not only do in home care services add years to life, but life to years.

Home care services have become the preferred form of care for seniors. Society is becoming increasingly more accepting of home care, which has in turn increased the demand for such services over the past few years.

If you or a loved one is considering having a **Senior Care Provider** come to your home so that your daily existence is made easier, you may be wondering what to expect. Basically, caregivers come to the home and perform household chores such as laundry, meal preparation and basic housework. They may also run errands and provide transportation to medical appointments as well as social obligations. If you have questions about what to expect from a senior home care company, you should contact **Private Care At Home** serving Charlotte, Lee and Collier Counties. Licensed, Bonded and Insured.

Private Care At Home

Senior In Home Care

Companions & Homemakers

Lic. 232278, Bonded and Insured



239-440-3119

Our Senior Caregivers, Companions and Homemakers are not nurses and do not perform medical services. However, the majority of clients who are receiving medical care can use our adult care services for all non-medical in home care needs and **save themselves substantial amounts of money.**

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- **Heat** from the warm water increases blood flow producing a healing effect on sore or damaged tissue and relaxes tired muscles and joints. Immersion in hot water causes the blood vessels to dilate, resulting in increased circulation, including circulation of the immune system's white blood cells. This helps to open airways and help white blood cells circulate to the affected areas promoting healing.

- **Buoyancy** of the water reduces body weight by approximately 90% while you enjoy your deep soak, relieving pressure on joints and muscles, while creating the relaxing sensation of floating in space. It abolishes gravity, allowing the body to float amplifying the power in the muscles.

- **Massage** is the secret to effective hydrotherapy. This energized warm-water stream relaxes tight muscles and stimulates the release of endorphins, the body's natural pain killers. Jet driven massage gently eases tension directly out of your muscle groups to relieve soreness from your back, hips, legs, and the symptoms of arthritis.



 The New England Journal of Medicine

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IS YOUR REVOCABLE LIVING TRUST FEELING EMPTY? WHY TRUST FUNDING IS SO IMPORTANT...

By Steven J. Gibbs, Esq.

Hello Friends & Colleagues!

So this is HUGE issue in estate planning, not only for beloved clients, but also for non-lawyer professionals! Yes, accountants, realtors and financial advisors are all impacted by Trust funding concerns...

What is Trust Funding, you may ask?

For our purposes, Trust Funding may be defined as the process of re-titling your assets so as to place them in the name of your revocable living trust rather than your individual name/s. Certain assets may be simply re-titled and other assets may be "pointed" toward the trust by changing the beneficiary designations.

For example, when you create your family living trust your assets will be titled in the manner of John Doe or John Doe and Jane Do. When you create your revocable living trust, it will be given a name like the John and Jane Doe Family Living Trust, or whatever you decide in cooperation with your experienced estate planning attorney. So to re-title an asset you could re-name it as John and Jane Doe, Trustees of the John and Jane Doe Family Living Trust.

People often become confused about whether the actual title on the asset should be changed or whether a beneficiary designation should be used?

The general rule is that "non-qualified" assets may be re-titled into the name of the revocable living trust and that "qualified" assets and other contractual assets to be discussed below should be "pointed" or connected to the revocable living trust through changing the beneficiary designations.

For example, non -qualified assets that could be re-titled would include such things as bank accounts, CD's, stock accounts, bonds, real property and other assets that do not receive special tax treatment or subject to contractual conditions.

In contrast, assets that receive special tax treatment are IRAs, 401ks, 403bs, and other retirement accounts. Insurance products such as annuities may carry certain "surrender charges" or tax ramifications and so these products are often not "re-titled" but rather pointed toward the revocable living trust

through the use of beneficiary designations. Whole life insurance may be either retitled or pointed to the revocable trust as determined on a case-by-case basis.

When you change a beneficiary designation, you generally are obtaining a beneficiary designation change form from your account administrator or agent and inserting the name of the revocable living trust as beneficiary.

Corporate stock may be re-titled into the name of a revocable trust or may be transferred by virtue of a "transfer upon death" provision which would need to be specifically drafted in the corporate agreements.

I CANNOT STRESS ENOUGH that this is an area that requires expert legal counsel because the revocable living trust is not always a primary beneficiary and there are rules regarding identifying a revocable trust as the beneficiary of IRA accounts. An example of this as that beneficiary designations should be titled a certain way so that each trust beneficiary's lifespan may be used for purposes of the required beneficiary IRA distributions.

All of this assumes that your revocable living trust was properly drafted so as to accommodate all kinds of assets such as IRAs, 401ks, Life Insurance, and S Corporation Stock.

I will repeat my mantra that all of this is case by case specific and requires careful assistance by your experienced estate planning attorney.

I hope this clarifies any confusion about the Trust Funding jargon out there and as always, until next time...

Until next time...

Steven J. Gibbs, Esq.



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Steven Gibbs founded the Gibbs Law Office in January 2009, committed to providing client-centered legal services.



Steve as he would rather be called, is not your typical attorney. If you appreciate the staunch egotistical mannerism of most firms, you will be delighted with Steve's unpretentious approach to educating and then assisting his client. Instead of giving you his complacent and lofty ideas, he would rather pursue your expectations with professional conversation about resolving your concerns under the Law. It's your life and it's his job to make your legal expectations come true while using years of his guidance and knowledge.

Steve was admitted to the Minnesota Bar in 1999, the Florida Bar in 2007 and was recently admitted to the California bar. Keeping abreast of law changes in these three States, as well as the United States, assists him in all aspects of the types of law the firm practices.

Along his career path, he was an associate attorney for an insurance defense law firm; an in-house real estate negotiator for Target Corporation; and corporate counsel for Civix, LLC and Vice President for North American Properties where he was responsible for various real estate transactions, including legal issues and negotiating unresolved business issues. Prior to opening Gibbs Law Office, PLLC, he was an associate with the firm of Roberts & Engvalson, P.A. where he gained his knowledge of trusts, estate planning and Wills. He opened his own firm in 2008 and now focuses on laws that will enrich the needs of his clients throughout their lives and those of their children. The firm has developed a practice dealing only with Trusts and Estate Planning, Wills, Medicaid Planning, Elder Law, Real Estate, Business Law and Probate.

Quoting from Steve "I decided to practice in areas that families will need as they progress down life's path. To help them with a solid foundation that will carry them throughout there lives is a rewarding experience for me and my staff."



New to the area or just moving from one county to another? How does this affect your current insurance?

By Ulla-Undine Merritt (Dee) National Producer Number (NPN) 8853366

Most people don't realize that when you move that there is a lot you need to do that does not involve your new home, but it can greatly affect you personally. When you shop for a new home you should shop for new health insurance as well and compare the difference as this can affect your budget. Many people don't realize that not all of the plans that are available in Lee County are available in Collier County, now that is a small example now think of one state to another. The good thing is that due to the Affordable Care Act (PPACA) or as most like to call it Obama Care everyone qualifies for coverage. But did you know that there is an open enrollment period that just ended February 15th 2015 for 2015. Yes that means that if you didn't enroll or have health insurance by February 15th you may be penalized up to 2% of your earnings in 2015. Also you CAN'T BUY health insurance for the rest of this year unless you have a special election period.

There are special election periods that are very important and the timeline that you can purchase them is very important, so don't be caught off guard. A move is a special election

period if you move out of the plans service area or out of state. Most life change events have a maximum of 60 days to make that change. The majority of the time you're earliest effective date is the 1st of the month following enrollment and if you enroll after the 15th of the month it is effective the 1st of the following month. An example is if applied on March 16th the earliest your plan would be effective would be May 1st. Many people cannot afford to be without coverage for a month or even a couple of days and honesty you never should be.

No one ever plans to have a sudden accident or become terminally ill or die. It happens to healthy people as well, remember in most cases we all started out healthy, and then life happens. Other Special Election Periods are loss of coverage; marriage; child birth or adoption; divorce, etc. visit www.healthcare.gov for rules, timelines and exceptions.

This month is **National Colorectal Cancer Awareness Month**; did you know that most insurance plans cover preventive Colorectal Cancer Screening at "NO CHARGE" check your plan and DO NOT DELAY. Cancer can be deadly but many deaths can be prevented with early

detection and screening. Living a healthy life style is never too late to make a difference in your families' lives. The old saying the family that plays together stays together.

Well the family that eats right, does their annual exams, and exercise's will most likely live a long life and share many wonderful memories. So don't delay start today. Can you imagine living to 100, well so many people are so let your 100th birthday be a happy and healthy one.

Also remember when moving to check your wills, trusts, and make sure they follow Florida's laws and guidelines. Establish yourself with a local attorney, CPA, Financial Planner / Insurance Agent. An annual review is very important. To many times people assume, don't assume ask a professional most of the time your first consultation is at no charge.

To learn more schedule an appointment contact:

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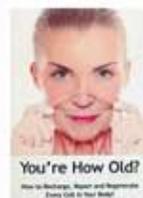
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Did I mention my husbands' blood sugar went from 200 to 113 in 3 months?



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- Do you want to reverse your body clock so you can look and feel younger?



Kare & Charles Possick

I found it — The Secret to Anti-Aging!

My cholesterol dropped by 73 points in 1 month, my husband's morning blood sugar level dropped from 200 to 113 in 3 months, and we are feeling and looking so much YOUNGER!



Kare & Charles Possick

A few months ago, my husband's blood sugars were out of control after years of controlling it with diet. And his skin had taken on a yellowish-grey pallor... which showed me that his liver and kidneys were also in serious trouble. I was scared!

A friend stopped by, took one look at Charles, and said, "We have to get him on the Micronized Heart of Royal Purple Rice immediately!" Although I had never heard of it, I quickly said, "Get me some now." I am so grateful that I did!

Within 3 weeks his skin was pink and glowing and he was feeling so much better. I also began eating it and began noticing more energy, sounder sleep, and improved skin.

But What Really Got My Attention...

We had our blood tested and after eating this rice product for only a month, my cholesterol had dropped by 73 points! I had been taking several other natural supplements for two years to lower cholesterol to no avail, but after only one month my cholesterol dropped to normal, as did my triglycerides, and three other blood markers that had been way too high. My doctor was shocked. He said no drug would give me those quick and dramatic results!

And Charles, with several medical conditions, had 10 blood markers drop significantly! My doctor said he knew of nothing that could work like that across so many body systems! "Not drugs...but real foods," I said.

What's In This Product and How Does It Work?

The basis of the product is an ancient, heirloom strain of royal purple rice that is now grown in Thailand in a pristine valley that has never seen chemicals, pesticides, or GMO's.

Then, the purple husk, which is extremely high in antho-cyanin antioxidants, along with the very heart of the rice (the endosperm) is removed—this is the part that carries the super polysaccharide sugars and polypeptide amino acid building blocks. Everything else is discarded.

With only the dense nutrient rice heart left — this is then milled down to the size of a micron! That's it—that is all that's in this amazing raw natural product.

It takes
60 pounds of
Royal Purple
Rice to make
ONE Pound
of my product.



It is so tiny and powerful that when you eat it ... it does not even have to go through your digestive system — it can immediately go into the cells and energize them! Like tiny arrows, these highly charged alpha glucan chains of super nutrients can pierce cell walls and furnish the mitochondria (the cell's battery) with fuel to create massive amounts of ATP Light Energy, so that the cells can recharge, regenerate, and function at the highest level.

Recharge, Repair, and Regenerate Your Cells

The reason so many people who are eating well and taking good supplements are still sick is ... nutrition can't get into the cell!

A recent medical study showed — more than 80% of the population is insulin resistant at some level. That means that the sugars and nutrients we need for energy cannot get into the cells. (If a cell phone battery cannot be recharged — it powers down and eventually dies). If you are tired, and have dis-eases that have names... your cells are also powering down and dying.

When the sugars (polysaccharides) can't get into your cells to be used for energy, they cause another problem, too. They float around your blood stream, sticking to proteins and fats—or "glycating". Wherever they stick they cause problems... if they stick in the bloodstream they cause hardening of the arteries and high blood pressure, in the brain they cause learning and memory issues or dementia, in the eyes—cataracts, in the skin—wrinkles. With my raw natural product you can recharge your cells and reverse the glycation and aging now!

Read What This Has Done For My Friends...

When I shared this with my friend, Bonnie, her body used the new cellular energy to reduce her blood pressure and smooth the wrinkles from her face. Nicole's intense pain from an accident is gone and she is off her debilitating medications. Jeff is no longer experiencing acid reflux or gout. Dee Dee's night blindness is gone and so are her allergies. Charles morning blood sugars have dropped from 200 to 113. I am looking so much younger that someone asked me if I had a 'procedure' done! Even my grand-daughter's dog has gotten rid of his digestive issues because of this product. So ... would you like to see what this amazing food will do for you?

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I'll send you my FREE book, answer all
your questions, and get this product on its
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Spring (Change) is in the Air

By Brent Myers

Spring ushers in a new season. It signals the end of “winter” and the beginning of something new. Spring brings new flowers, warmer temperatures, greener grass, and another baseball season. Spring also brings another ritual for many people: cleaning.

Yep – good ol’ fashioned spring cleaning. “Out with the old and in with the new.” Perhaps this annual cleaning is symbolic of the change of the seasons. As we rid ourselves of shorter days, and cooler temps, we welcome in the sun and going to the beach. Spring cleaning reminds us of hope for better days ahead.

And by doing so, Spring becomes the season of hope and change.

As we enter this season, we should stop and take inventory of change that we can make in our spiritual lives to bring about hope.

Here are some things we can do for a “spiritual spring cleaning.”

The apostle Paul wrote in a letter these words: “Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect.” (Romans 12:2)



Note what Paul says:

Act differently. “...don’t copy the behavior and customs of this world...” Just because it’s popular doesn’t mean we have to do it. We should strive to act differently. We can learn to be kind, polite, forgiving, humble, and serve others. We can act differently by putting others ahead of ourselves.

Think differently. “...a new person by changing the way you think...” There used to be a phrase that said “Garbage In. Garbage Out.” This means that what we put in our heads is what we will eventually produce. This same Paul wrote in a different letter: “And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable,

and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.” (Philippians 4:8)

Be different. “...let God transform you into a new person...” Ultimately God does all the work and “spiritual cleaning” in our lives through His Son Jesus and His redemptive work. Again, Paul wrote these words: “This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!” (2 Corinthians 5:17)

*Spring is here! Change is here!
Hope is here! Embrace it.
Love it. Live it.*

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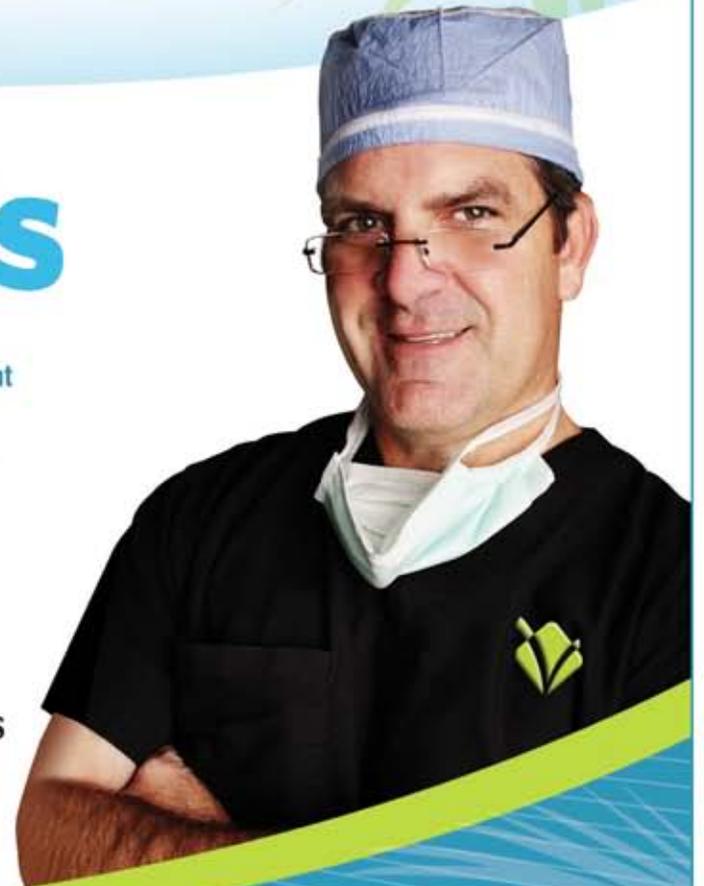
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