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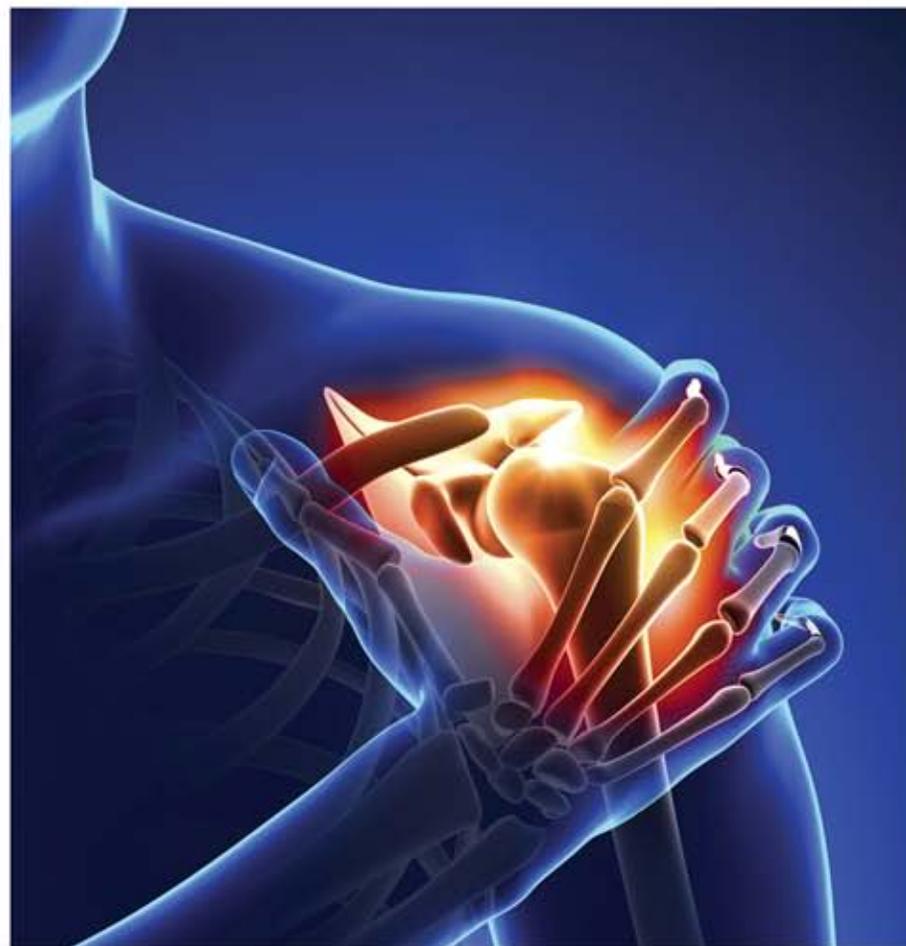
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Did You Know: Eighty Percent of Shoulder Problems Do Not Require Surgery!

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

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

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



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

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STOMACH PAIN: IS IT IRRITABLE BOWEL OR SOMETHING MORE SERIOUS?

By: Corey Howard, MD, FACP

Gas, bloating, constipation, diarrhea and cramping are common symptoms of a condition called irritable bowel syndrome (IBS). These symptoms affect millions of people every day. The question is: "Is this something I should be worried about?" Here is the typical person who gets IBS: women more than men over 45 years old. That accounts for many people. To make it worse you can also have heartburn, sexual dysfunction, urinary issues and nausea or even vomiting. The problem is that most of these symptoms can also be related to colon cancer, inflammatory bowel disease or even celiac (a gluten sensitivity issue) disease. Therefore, IBS really becomes a diagnosis of exclusion. That means that you MUST determine if this is just IBS or another problem. The best way to do that is to see your physician and a gastroenterologist (a doctor who specializes in the intestinal tract).

I want to discuss colon cancer because it is the second most common cancer and because IBS can mimic many of the symptoms. First, realize that colon cancer may present with no symptoms at all until late in the illness. That is the reason why anyone over 50 should have a colonoscopy and if you have a family history you may need one sooner. Colon cancer risk increases with a diet high in meats and processed foods and one that is rather low in fiber. It is avoidable in many cases by having a screening colonoscopy.

Here are some additional criteria that can help determine if this is IBS (called the Rome III criteria):

- Symptoms relieved by a bowel movement
- Onset associated with change in stool frequency
- Change in stool form
- Change in frequency
- Mucus in your stool

These symptoms must be recurrent and present for at least 3 days per month for the last 3 months. However, since this is a diagnosis of exclusion you must make sure it is not something more serious.

What are other reasons to have these symptoms? **Stress.** This is a problem for many diseases and not just irritable bowel. Stress can lead to high blood pressure, obesity, stroke and so much more. **Altered bacteria in your gut.** I discussed this last month. The type of bacteria in your intestines can lead to many of the symptoms listed. Additional problems include: **food allergies, infection, diverticular disease as well as hormonal imbalances.**

The diagnosis is made through a good history and physical exam, followed by x-rays, colonoscopy, stool culture and testing for bacteria, and blood examination.

The treatments are related to diet and lifestyle primarily. Medications can be used for symptomatic relief if necessary. I prefer a more holistic approach first, second, third... You get the picture. Once the more serious causes are "ruled out" then treatment can proceed.

Common treatments:

- **Increase fiber in diet.** Just eat more foods that contain fiber such as whole grains (not processed grains), vegetables and fruits with pulp (as long as you are not diabetic)
- **Improve your lifestyle.** Decrease stress, eat better, drink enough water daily (most people do not drink enough) and exercise regularly.

- **Probiotics.** Probiotics may be an excellent choice for many people with IBS. I suggest checking the stool and finding out the bacterial make up first.

- **Avoid certain foods.** If you have identified a particular food or food group, you might want to try avoiding it and see if that makes a difference. Often times the culprit is lactose intolerance or sometimes (becoming more frequent in the US) gluten sensitivity.

- **Medications.** Avoid taking anti-diarrheal agents unless you have discussed it with your doctor as they can mask and even cause other issues. That is also true of constipation predominant IBS. Do not start taking laxatives unless you have ruled out the other conditions and it is under your doctor's advice. The reason is that too many laxatives and damage your intestine's nervous system and cause long-term problems. Other categories of drugs typically used include: antidepressants, anti-anxiety drugs, or sometimes antibiotics.

Irritable bowel syndrome and its symptoms can be related to conditions that are more serious. See your physician and determine what the best course of action for you.

Corey Howard, MD, FACP

Dr. Corey Howard, is a fellowship-trained gastroenterologist, board certified in internal medicine, Anti-aging, and Regenerative Medicine. He has done additional training and obtained professional certification in Plant Based cooking. His Lifestyle Medicine practice is in Naples. He has regular seminars on the importance of lifestyle in improving you health as well as cooking demonstrations.

Go to: www.physicianslifecenters.com or www.drcoreyhoward.com to learn more.



Challenging the Status Quo with Stem Cells

By Cara Tompot, Staff Writer

Looking back on history, we remember a time when women didn't have the rights that they do now. Prior to 1919, women didn't have any way to express their thoughts and desires through public policy. Thanks to first-wave feminists questioning the status quo, 1920 marked the first year that women could vote. This social change marked a moment in history when women finally had the right to take control of their own life. In many ways, the history of women's suffrage is similar to the road to regenerative medicine advancements.

Much like women fighting for equality, patients have been fighting for a new way to treat their chronic lung disease. Now, with the advancement of stem cell therapy, sufferers of chronic lung disease are no longer limited to the confines of traditional medicine—which involve managing symptoms rather than the disease. Stem cell therapy, like women's voting rights, helps people take control of their life by giving them a voice.

For years, people accepted the status quo, and for people suffering from chronic lung diseases like COPD, the status quo meant a constant struggle for oxygen. As an incurable disease, most sufferers felt that they didn't have any options. But now, everything has changed.

One state-of-the-art clinic, the Lung Institute, developed an alternative. Stem cell therapy helps sufferers finally breathe easier. People are no longer forced to accept the fate of continual disease progression or an invasive lung procedure. Stem cell therapy harnesses the healing power of a patient's own stem cells to help regenerate damaged lung tissue.

Today, lung disease can be treated with adult stem cells harvested from the patient's own fat, blood or bone marrow to replace damaged lung cells with healthy ones. According to the clinic's website, www.lunginstitute.com, this innovative procedure slows the progression of the disease, in addition to, restoring lung function and reducing inflammation. The result is the ability to breathe easier.

Similar to the fight for women's rights, doctors and patients have been diligently looking for a new way to treat lung disease. Now, with the advancement of stem cell therapy, patients can finally combat disease progression. As with any change, some physicians and patients may be slower to adopt new ideas while clinging to traditional approaches; however, just as social change made it possible for women to have a voice in the government, clinical advancements like stem cell therapy make it possible for patients to have a voice in their healthcare. If the fight for equality is any sign of the future of stem cell therapy, there is no doubt that stem cells will become the status quo for treating lung disease.

If you or a loved one suffers from a chronic lung disease, the specialists at the Lung Institute may be able to help. You can contact the Lung Institute at (855) 914-3212 or visit lunginstitute.com/health to find out if these new treatments are right for you.





Totally Losing it.....

with Richard L. Bloy, M.D.

Together!

You and your sweetie-pie are both looking to shed some pounds and move toward a healthier lifestyle. Is it better to go it alone or to join forces in the quest for a better life? While there are certainly some challenges in tackling weight loss together, the benefits are far greater. Here are some keys to totally losing it...together!

1. Decide Why

After you've motivated yourselves to get started, you may notice a decrease in your desire to press forward. This isn't the time to cut back, but rather to push forward with even more dedication. Decide at the onset why you want to make the change toward a healthier life. Have an honest conversation about your motivations and your goals – both immediate and long term. Having (and reviewing) these goals will prove to be great motivation as you continue to move toward a healthier lifestyle.

2. Mars and Venus

One of the biggest hurdles in a tandem weight loss journey is the results at the scale. Most experts agree that men will lose weight more efficiently than women. This difference is due, in part, to the fact that men typically have a higher concentration of water in their bodies. These "water pounds" are the first to go! Ladies, don't get discouraged if your beau is losing weight more quickly than you. Think long-term!

3. Keep Your Roles Equal

Often times, one partner will take the role of "Food Police," while the other adopts the part of the "Exercise Monitor." Try not to fall into the trap of false competition. You're not in a race. Accountability is necessary for success but don't let the process put any strain on the bond you share with your partner. Make it a point to share the responsibility of encouragement and inspiration. Plan meals together, construct your exercise routine together, and if there's ever a lapse, just pick up where you left off and keep going.

4. Be Supportive

This is a bit of a two-edged sword, as being supportive of your partner also involves a good bit of transparency and honesty. Do your part in being upfront about your struggles. If you're prone to bouts of binge-eating while you're bored, it's important your partner is aware. If there are struggles you face when you're away from each other, be honest about them. After you share your concerns, it will become easier for your partner to be able to support you in the right way.



5. Spur It On

Mutual accountability is about more than just support. Motivation and determination are equally important. You should be determined not only to see your own goals to fruition, but also the goals of your sweetheart! Motivate each other with notes, praise, and affection. Likewise, never punish or belittle your loved one because of a shortcoming. Commit yourselves to each other and to living a longer, happier, and more productive life!

In other words, if you're going to lose it ... lose it together!

Dr. Richard Bloy has served the Fort Myers and Naples communities for more than 25 years. Over the past few years he has expanded his services to include Medi Weightloss Clinics for outstanding medically supervised weight-loss, bio-identical hormone replacement, skin care, and aesthetics. More information can be found at drbloy.com and mediweightlossclinics.com



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PROLOTHERAPY – A PAIN TREATMENT FOR ALL LEVELS OF GOLFERS

Have you suffered an injury from golf, or one that is preventing you from playing golf? Over 50% of golfers suffer from traumatic or overuse injuries at some point. Golfing puts significant stress on the body, requiring aggressive twisting and torque which can lead to injury. While prevention is important through using good form, proper equipment, and CORE strengthening, when an injury occurs, repairing it in order to get back out on the course becomes even more urgent. For the year-round golfer in Florida, regenerative injection therapies (Prolotherapy) provide an excellent alternative to cortisone injections, pain medications, and joint surgery.

COMMON PAIN IN GOLFERS

Low back pain is the most common golfing injury. The golf swing, and the hunched over stance many take, puts significant strain and stress on the lower back. Back muscles are held in contracted positions in order to obtain the proper form. Professional golfers, like Tiger Woods, who underwent a microdiscectomy last April, have the highest incidence of back injury of all professional athletes. Countless hours on the driving range cause overuse injuries to the back, while brute force used to hit the prodigious drive results in traumatic injuries. Amateur golfers generate 80% more torque and shear loads than the professional golfer during the golf swing, leading to back injury from excess exertion and force.

Elbow injuries are the second most commonly injured area in golfers. Golfer's Elbow (medial epicondylitis) and Tennis Elbow (lateral epicondylitis) are both overuse injuries causing irritation of the tendon attachment to the bone. Both of these conditions increase with age and frequency of play. Any action that places a repetitive and prolonged strain on the forearm muscles will tend to strain and overwork those muscles and their tendon attachment. Poor swing mechanics are also a causative factor. Medial epicondylitis may develop from hitting the ground during the golf shot, and lateral epicondylitis may be caused by over-swinging. (See Figure 1.)

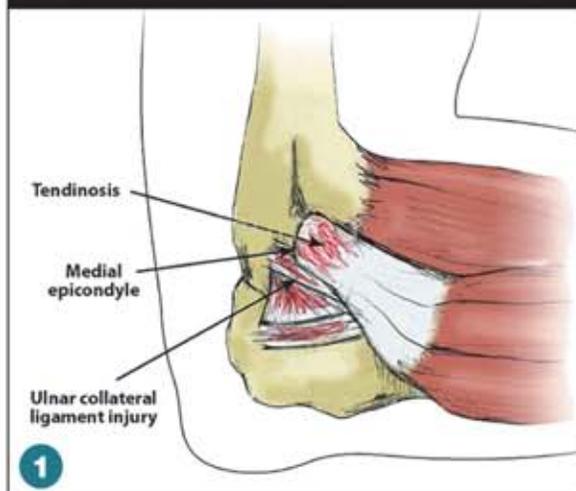
Shoulder pain is the third area with a high rate of injury in golfers. Due to the positioning in the backswing, the non-dominant shoulder is usually injured. Impingement syndrome, tendonitis, labral injuries, dislocations, rotator cuff injuries, and acromioclavicular osteoarthritis are common.

WHAT IS REALLY CAUSING YOUR PAIN? JOINT INSTABILITY.

While injured golfers may have a diagnosis of tendonitis, a bulging disc, or torn ligament on MRI, these all have a common denominator to be addressed: underlying joint instability. Ligaments and tendons are the tissues that keep our joints stable. When the ligaments are too lax or damaged, the surrounding muscles overcompensate to provide stability. However, these overcompensating muscles eventually become very tight and lead to muscle spasms and an awkward, painful swing. Over time, joints attempt stabilization by overgrowing bone, better known as arthritis. A preferable option for golfers to stabilize the joint naturally can be Prolotherapy, a regenerative injection treatment that stimulates repair of the painful area. (See Figure 2.)

Cumulative trauma through years of golf can result in small tears and laxity of the ligaments. In the back, for instance, the twisting, tearing and stretching of the vertebral ligaments causes instability and results in back pain. Prolotherapy treatment to such ligaments as the supraspinatus, infraspinatus, iliolumbar and sacroiliac, repairs the ligament tissue, strengthens the spine and eliminates pain. When it comes to elbow pain, it is most commonly due to ligament and tendon sprains such as the annular ligament and the ulnar collateral ligament, which both respond well to Prolotherapy. Shoulder pain can have many causes because it is a highly mobile joint with many muscle and ligament attachments that can

Medial view of elbow illustrating tendinosis. A chronically degenerated tendon (tendinosis) occurs when the underlying joint is unstable. In this example, the origin of wrist flexors is degenerated (tendinosis) from medial elbow instability caused by an ulnar collateral ligament injury. Prolotherapy to the tendonotic area will be helpful, but to resolve the problem both the tendinosis and the underlying ligament injury have to be treated.



become unstable through repeated use without sufficient rest, bad form, or trauma. Treatment to the various ligament and tendon attachments around the shoulder, including the biceps tendon, rotator cuff tendons, and joint capsule can be used to re-tighten and strengthen the joint to provide the golfer the power and stability needed for a strong swing.

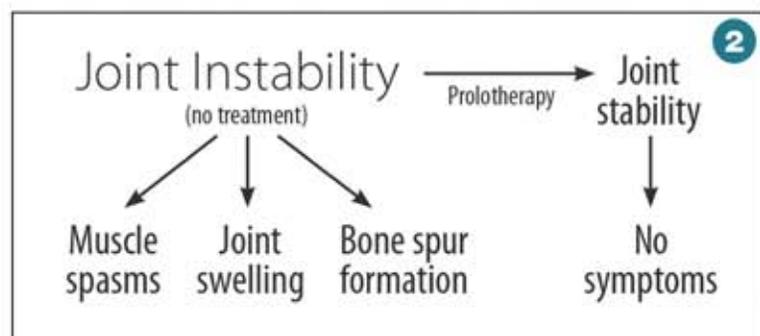
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Cellular Prolotherapy is an option for more severe tears, injuries, and arthritis. Specific cells from a person's own blood and stem cells are concentrated and used to stimulate repair of tissue. Platelet Rich Plasma (PRP) is a type of Prolotherapy treatment that uses concentrated growth factors from a person's own blood. More advanced Stem Cell Prolotherapy uses cells from a person's bone marrow and/or fat cells. These methods give severe injuries and arthritic joints a supercharged boost of healing cells right to the area of cellular deficiency.

Golfers have more options for treating injuries than they may realize. Seeing a Prolotherapist can get a person back on the course fast because Prolotherapy requires almost no down time. It is ideal for professionals who need to continue training and the casual golfer who doesn't want to stop their beloved sport.

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Do You Have a Sleep Disorder?

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

Some sleep disturbances include:

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

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

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



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

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

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

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

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

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

Mitchell Petusevsky, M.D.



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

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

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5 REASONS YOUR CHILDREN NEED TO EXPLORE YMCA CAMP WYHOWAY



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2) 20 Acres of Adventure

The Greater Naples YMCA sits on 20 fenced acres for campers to explore with experienced camp counselors and guides. Canoeing, archery, ropes courses, tennis, basketball, arts and crafts and so much more are there to explore. Not to mention, the new 96,000 square foot wellness center which makes for great indoor exploration on those pesky rainy days.

3) Social Development

Summer camp for kids ages kindergarten through 5th grade is a perfect time for kids to form new friendships and develop life-long social skills.

The camps at the YMCA take careful planning to put kids of similar age and abilities in groupings that will best suit their needs and encourage social interaction and growth.

4) Peace of Mind for Parents

YMCA Summer Camp Counselors are trained in adult and pediatric CPR and First Aid to keep your campers safe. Fire drills, lost camper drills, weekly swim assessments and weather safety practices are all part of the 30+ hours of training every camp counselor receives at the YMCA. Rest easy knowing their staff is well trained to assess and manage all potential emergency situations.

5) No Registration Fees

Want to try a week, or two, or three – without paying the \$100 registration fee? Sign up before April 25th and they will waive the registration fee. The YMCA Camp Wyhoway is one of the most affordable in Collier County and has some of the most extensive offerings. Sign up today or call the Greater Naples YMCA at (239) 597-3148 for more information.

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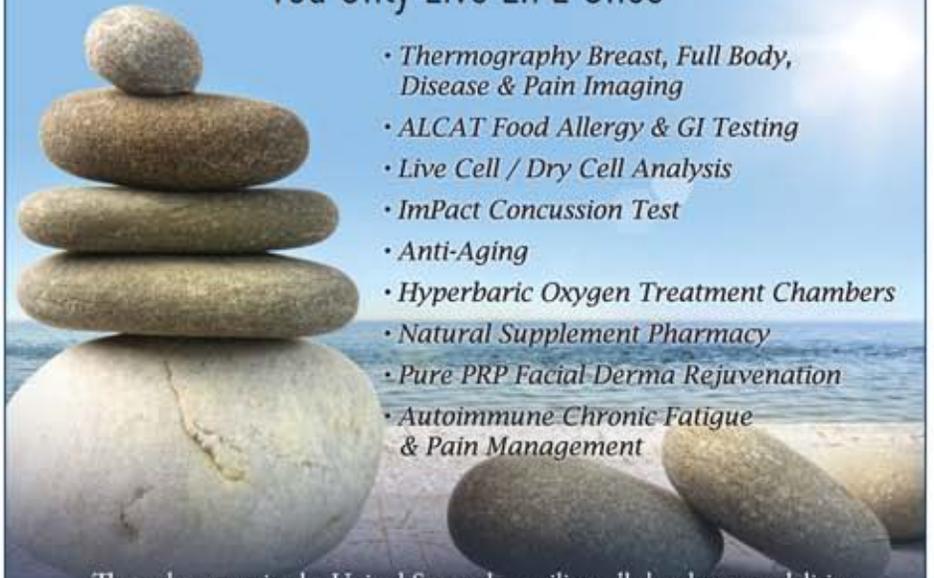
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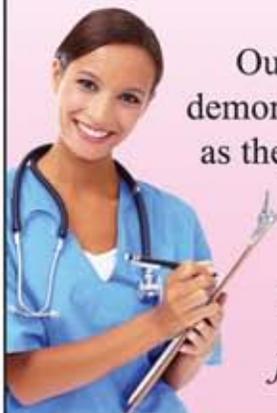
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REHAB FACTS FOR 2015

To Sit or to Stand?

A recent study in the August 2014 issue of Medicine and Science in Sports and Exercise showed significant higher cardiovascular disease risk factors in the group who sat for 3 hours straight. Another study from the University of Texas Southwestern Medical Center in Dallas found that sitting for 2 hours negated the effects of 20 minutes of exercise. Take home message: don't sit for prolonged periods, it's bad for your health! Try to take walking breaks in between prolonged sitting activities like:

- Doing office work
- Taking long car rides
- Reading
- At the movies
- Air travel

What's worse? Obesity or lack of Exercise

A January 2015 article in the American Society for Nutrition looked at this very question and found that while obesity came with a host of health challenges, the mortality rate was the highest in the lack of exercise group. But the good news is that risk factors were dramatically reduced with only a slight increase in physical activity. The best type of exercise continues to be researched (cardiovascular vs resistance exercise) but any exercise seemed to improve health in this study. So talk to your doctors and try to find any activities that you can do daily and you find enjoyable- walking, swimming, biking etc. Do it for your health!



What's the First sign of knee Arthritis?

The January 2015 edition of Arthritis Care & research found that knee pain with stairs was the most common symptom of early osteoarthritis. The results of the study can be used to identify individuals at the early stages of osteoarthritis and help treat them with conservative intervention strategies like physical therapy. Often times treatable tightness and/or weakness in the hips, knees or ankles can cause poor mechanics of the legs and forcing the knee to take too much stress. So if you have pain with stairs or climbing curbs talk with your doctors. Treat it early before it prevents you from enjoying an active healthy lifestyle.



A UNIQUE BUSINESS OPPORTUNITY! Available In Your Area As Well As Nationwide.

Read on...this is quite different from anything else!

By Concept 10 10

Imagine this: For just 20 minutes a week, you can get and stay physically fit—without ever breaking a sweat. In the privacy of an exercise room reserved just for you and your dedicated personal trainer, you work out on six, specially-designed machines. Slowly, you lift and lower weights in 10 second intervals until you can't lift anymore, then move on to the next station. Within just a few weeks, you see and feel results.



This is Concept 1010—"the future of exercise" in the words of Danish fitness entrepreneur Jorgen Albrechtsen. It's a novel approach to becoming fit that he developed based on decades of research on lower back pain—and his own experiences working with inventor Arthur Jones, founder of Nautilus equipment and high-intensity exercise. A global company with centers in Denmark, Malaysia, New Zealand, Dubai and Saudi Arabia, Concept 10 10 is just beginning to expand in the U.S.

Albrechtsen runs one flourishing Concept 10 10 center in Naples, Fla., and is now licensing his fitness model to exercise centers in other Florida locations as well as in Milwaukee, and soon several other bigger cities.. "This is revolutionary." Our training has one aim—to give you the best results in the least amount of time," says Albrechtsen, who founded Concept 10 10 a decade ago in Copenhagen. (The 10 10 refers to ten seconds lifting and ten seconds lowering weights.) "It's a very interesting business opportunity," he adds. "You have to do something very wrong not to make money."



In a fitness industry saturated with health clubs, boot camps, and trainers, Concept 10 10 stands out. Apart from its convenience and personal attention to members, the exercise program has been shown to eliminate or greatly reduce lower back pain while strengthening muscles and improving overall fitness. The exercise machines were designed and customized by MedX, an Ocala, Fla.-based company created by Jones.

Just 20 minutes a week of Concept 10 10 is enough because the workout is concentrated and intense, and the body needs time to recover between sessions, Albrechtsen says. It's not necessary to spend hours a week running or doing aerobic exercise in a gym. Muscular strengthening provides the best cardio workout, without straining or damaging joints. The body perceives all forms of exercise as an attack. The body thinks "If I am going to be attacked again, I better prepare and get more strong and fit". To repeat something that is already easy will not make any dramatic changes to your body or fitness level". "Too much of a good thing can kill you," he says. In fact, Albrechtsen contends that the fitness industry has "lied to people" by pushing the idea of exercise as a fun, social activity rather than a necessary task, like showering.

Don't expect to be entertained at Concept 10 10. There's no music or juice bar. The equipment is set up for each member before they arrive and they do the workout with complete supervision from their trainer, from beginning to end, always.

Because fans and air conditioners keep the air cool, members can leave right after they are done, keeping the time spent short, as there is no need to shower etc.

Despite the lack of glitz (or maybe because of it), Concept 10 10 members and licensees applaud Albrechtsen's approach. "I am 56 [years old]. When I started, I wasn't in good shape. I never worked out before—I never did go to a gym," says Ed Vanderploeg, owner of a fire safety business in Naples. In the year since he started at Naples Concept 10 10, he has dropped 30 pounds and now lifts 100 pounds more than he could when he started. "People see me now and say, 'Wow—you look good.' And nobody believes it just takes 20 minutes a week."

Rodd Higgins, a fitness trainer in Milwaukee, Wis., learned about Concept 10 10 from friends of his parents who worked out at the Naples center. After researching the opportunity, he opened his own Concept 10 10 under license in Milwaukee in early October. "The fitness industry has gone so crazy with everyone looking for the magic pill. This is back to basics. It's a very convenient, effective, high-intensity workout," Higgins says. He budgeted \$200,000 for startup costs, including the equipment, licensing fee, and other costs. (A center can open for as little as \$140,000 in investment, Albrechtsen says.)

Higgins broke even with 85 members—mostly baby-boomers, retirees, and young professionals—in a few months. Members spend as little as \$35 a session, depending on how many they pay for in advance. "We can help the 70% of the market place who don't like to go to a huge 10,000-to-15,000-foot gym. They get intimidated and don't get a good workout," he says.

With a handful of centers so far in the U.S. Albrechtsen says there is plenty of room for growth. He has come a long way since he first opened karate schools in Denmark in the 1970s and Nautilus centers in the 1980s. "Our aim is to become the Starbucks of exercise," he says.

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For more information:

Concept 10 10, Inc.

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LASER TREATMENT for Varicose and Spider Veins

By Dr. John P. Landi, MD, FACS, RPVI, RPhS, Diplomate of The American Board of Venous and Lymphatic Medicine

Varicose Veins and Spider Veins are conditions that affect millions of people. Besides creating an unsightly appearance in the legs, they can also cause significant medical problems including cramping, aching and swelling of the legs, as well as night cramps, bleeding from Varicose or Spider Veins and even ulcerations of the leg.

Treatment of Varicose and Spider Veins has changed drastically over the last ten years. A decade ago the only treatment for Varicose Veins was a radical surgical procedure called "Stripping of the Veins" which involved multiple incisions and subsequently multiple stitches and the end result was replacing a vein with a scar. Similarly the only treatment for Spider Veins ten years ago was injecting them with a saline solution which was very irritating and fraught with multiple complications, including discoloration of the skin called staining, ulceration of the skin and recurrence of the veins. Both the treatment of Varicose and Spider Veins has changed drastically and now the state of the art treatment for Varicose Veins is a procedure called Closure in which the valves of the veins are closed with either a laser directed filament or a Radio Frequency directed catheter. As far as Spider Veins are concerned the current state of the art treatment for these is Sclerotherapy with a Foamed Solution.

Laser stands for Light Amplification by Stimulated Emission of Radiation. What this essentially means is that a wavelength of light is generated by a Laser instrument. This light then penetrates through the skin to focus on a specific structure which results in the structure being heated and ultimately dissolved. In laser therapy for veins the lasers that are used have wavelengths that are specific for the hemoglobin (blood). Thus, the blood is heated and dissolved. At the same time the heat from the laser also destroys the wall or lining of the vein causing it to disintegrate.

There are multiple lasers used to dissolve veins and a common misunderstanding is that the same laser is used to treat all kinds of veins. Veins that are under the skin are treated by a particular kind of laser and Spider Veins on the skin by a totally different laser.



In general, veins under the skin, specifically the Saphenous Veins, are treated by a procedure called Closure. This could be done either with a laser filament or Radio Frequency Catheter. Although the Radio Frequency Catheter is not a true laser the principal is the same in that the filament is placed inside the Saphenous Vein and the heat from the Radio Frequency waves destroys the lining of the wall causing it to evaporate.

The current state of the art treatment of Varicose Veins is by a technique called Closure. The main problem in the formation of Varicose Veins and frequently in the formation of Spider Veins is that the valves in the Saphenous Vein System do not close properly. The Saphenous System is a superficial system. Blood travels from the foot up the Saphenous Vein through the valves. If the valves do not close properly then blood cannot pass through the valves and, subsequently, passes around the valve through the skin to form Varicose and Spider Veins. If this is the case then the valves need to be sealed or closed and this could be done with the laser or Radio Frequency Filament. Once the valves are closed then the blood that would be passing around the valves into the skin is now pushed by the contraction of muscles in the leg into the deeper veins. There are many lasers available in varying wavelengths to close the Saphenous Vein System, and although there is some controversy as to what is the best laser to use, in reality, most of the standard lasers available work well.

Spider Veins on the other hand are best treated by Sclerotherapy. A common misconception that I see often is that patients want to have their Spider Veins treated with the laser. One must remember that treating Spider Veins with a laser requires a skin laser not a deep laser. Skin lasers in general work very poorly on Spider Veins.

The gold standard for Spider Vein Treatment is injection Sclerotherapy. Only those veins which are smaller than the Sclerotherapy needle are veins that should be treated with a skin laser and skin lasers do not work very well to eradicate Spider Veins. Skin laser vein treatment requires multiple treatments, is painful and is expensive.

In summary, the treatment of Varicose and Spider Veins has undergone a drastic evolution in the last decade. The current gold standard for the treatment of veins is to do an ultrasound to see if valves are incompetent and if the valves are incompetent, then these should be first closed either with the laser or radio frequency filament.

Varicose Veins can then be treated by either injection Sclerotherapy or a procedure called Microphlebectomy which involves tiny pinholes to disconnect or remove the vein. In reference to Spider Veins, patients should still undergo an ultrasound to document whether or not the valves are leaking. If the valves are leaking they should be closed so as to increase the efficacy of the Sclerotherapy. Spider Veins are best treated by Sclerotherapy techniques and lasering on Spider Veins is a last resort and a poor second best in comparison to Sclerotherapy.

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

239-403-0800 | www.VanishVein.com

LOOK 10 TO 15 YEARS YOUNGER ... JUST GIVE US 90 MINUTES

By Stacy Reed

One of the first things we do every day is look in the mirror. If you're over 40, you probably have been noticing some changes which are not consistent with how young you feel... It is the natural aging process that makes us look old and tired. Unfortunately, regardless of our health we cannot stop the process.

Fortunately with today's advances in surgery we can turn back time with a 90-minute procedure. Imagine looking naturally 10 to 15 years younger in just 10 days and love what you see in the mirror.

Face-lifts of old (your mother's face-lift), were a major surgical procedure, requiring you to be put under general anesthesia, hospital stay and long recovery period. Often the lift resulted in a significant change to the persons look (unnatural), which made it very obvious to others that a lift had been done.

INTRODUCING THE yoU LIFT

New advances in surgery have reduced both the risks and unnatural results of the past. Now the yoU Lift can be done safely, without general anesthesia, in the doctors' office. Dr. Rodriguez perfected this lift, after years of feedback from patients that just wanted

to "look as good as they felt" without major surgery and extensive recovery.

Dr. Rodriguez explains, "The objective of the yoU Lift

You give us 90 minutes and we will give you 10-15 years

was to allow our patients to return to normal social activities within days. We have many patients that sit down in front of their friends, days later, without them ever knowing they had work done. They would simply notice that you look naturally years younger, refreshed and rejuvenated. "You give us 90 minutes and we will give you 10-15 years."

TRAINED IN BEVERLY HILLS

Dr. Rodriguez, trained in Beverly Hills, is a pioneer in this new technique that will firm up the face and neck, remove that double chin, tighten the skin and make you look naturally years younger.

"The objective of the yoU Lift was to allow our patients to return to normal social activities within days."

—Michael Rodriguez, MD

Having performed over 2,000 facial procedures, he has developed an unprecedented level of skill and mastery of this cosmetic procedure.

ADVANCED TECHNOLOGY & EXPERTISE

The yoU Lift developed by Dr. Rodriguez, is a proprietary lift, which creates a better outcome, using advanced technology. He explains why the yoU Lift is a leading edge solution. "After performing

hundreds of face-lifts, I felt I could improve patient satisfaction, with the addition of today's other technologies.

Through extensive research and testing, I decided to incorporate the use of the Ultherapy focused ultrasound device in my lift. This FDA approved device, is a perfect supplementation to improve the lift. A surgical face-lift is great at tightening the sagging skin, but does not improve the quality of the skin. I have found treating with the Ultherapy device (the "U" in the yoU Lift), creates an abundance of collagen throughout the face and dramatically improves the outcome and quality of the skin. Additionally, when patients have excessive fatty tissue on the neck and jowls, I use laser lipo to eliminate the fatty tissue, which the facelift itself would not achieve. All this is done safely, in the office, without the need for general anesthesia."



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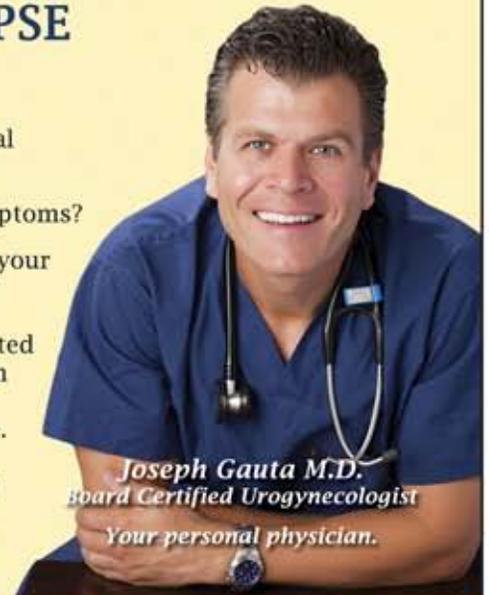

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LIFE-THREATENING SLEEP APNEA AND THE CPAP ALTERNATIVE

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

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

Swan-Freeze™

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

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

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

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



FAT REDUCTION

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

Swan-Lipo™ and Swan-Cavi™

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



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

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

SKIN RENEWAL

Swan Ultrasonic™

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

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

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

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

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

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



PREPARING FOR A MOVE TO A RETIREMENT COMMUNITY



By Thom Braun

For older adults considering a move to a retirement community, the thought of having to downsize from a current home may be overwhelming. However, it's important to know that there is a wealth of information and resources available to help make the transition as smooth as possible.

Work Closely with the Community's Team

Retirement communities understand that change often comes with questions and have an entire team in place to provide assistance. Many offer an on-site move-in coordinator and referrals to a third-party senior relocation company to guide older adults and their families through every phase of the process.

Typically, a moving guide—specific to the community—is available from the marketing office. It addresses the most common concerns faced by prospective residents preparing to downsize and provides a detailed timeline of steps to accomplish in the time leading up to the move. Often, the guide includes telephone numbers (post office, utility companies, telephone service providers, etc.) that can be helpful to your move.

Ask the staff at the retirement community to provide a list of relocation companies they recommend. The specialists at the company will be familiar with the community's floor plans and will understand which of them will best accommodate your desired furniture.

View the Process as an Opportunity for a New Beginning

It's the perfect time to start fresh. Although most senior living communities encourage residents to bring key furnishings from an existing home, many residents view the move as an opportunity to update their future residence or simplify their lifestyle.

From new furniture and trendy accessories to the freedom accompanying a move to a maintenance-free lifestyle, many older adults are excited about the options now available. At The Carlisle, for example,



residents at the luxury resort-style community personalize their residence; some opting for interior design services or to have crown molding and wood flooring installed to add their own style. Closet systems are also popular to expand storage.

Downsizing also provides an opportunity for older adults to arrange for the profitable disposal of unwanted items through auction, estate sale or consignment or the distribution of family heirlooms to adult children. An objective third party can be extremely helpful since there are often emotions and memories attached to the home and personal items.

Look Beyond Your Residence's Square Footage

Remember that while one may be lessening the square footage of his or her individual residence, there is an entire community beyond his/her new home's four walls. Since most communities have a library and fitness center, prospective residents may find there isn't a need to maintain an extensive home library or exercise room.

The Carlisle's private dining room is perfect for residents wishing to host intimate gatherings such as anniversary dinners and birthday celebrations. With a formal dining area located outside the residence as well as the catering services from the onsite restaurant, residents can enjoy entertaining without any of

the hassle. Residents' families and friends also are invited to the community-wide events and special dinners, which affords Carlisle residents the opportunity to truly show off the beauty of their entire community and not just entertain guests in their residences.

"Any move can certainly cause one anxiety but remember to focus on all the benefits of your new home: peace of mind, new friendships and the unlimited opportunities for social, educational and cultural activities," said The Carlisle's Executive Director Bill Diamond. "Once you've gotten settled, you'll inevitably say you wish you'd made the move sooner."

Located at 6945 Carlisle Court in Naples, The Carlisle offers spacious one-and two-bedroom residences, weekly housekeeping and flat linen services, basic cable TV, all utilities except telephone, and a complimentary full breakfast plus choice of lunch or dinner in the community's gourmet-style restaurant. For more information about the community, please call 239-221-0017 or visit www.TheCarlisleNaples.com.



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



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In an auto accident?

CT or MRI Scan Can Detect Internal Damage.

Whenever you are involved in any serious kind of accident, whether it be caused by a personal mishap, a sports injury or an automobile crash, it is important to check up on any internal damages or injuries you may have sustained.

One of the greatest concerns after a traumatic impact, especially an auto accident, is whether or not any bones are broken and whether or not there are any serious and life-threatening injuries.

In auto accident cases, herniated discs of the spine are very common. Also very common are shoulder injuries including rotator cuff tears, labrum tears, and also meniscus tears in the knee and head injuries.

Fortunately, imaging technology is extremely helpful in calming the worried patient, and if something is detected, in directing the type of care that will be provided and what the treatment options will be.

Should I have a CT or an MRI scan after an accident?

Many patients ask about the differences between a CT (Computed Tomography) scan and an MRI (Magnetic Resonance Imaging) scan: "Which is better?" or "Should I have one over the other?"

While the machines look similar, what occurs inside these machines is quite different. A CT scanner sends X-ray beams through the body as it moves through an arc taking many pictures. A CT scan sees different levels of density and tissues inside a solid organ, and can provide detailed information about the body, including the head (brain and its vessels, eyes, inner ear, and sinuses), chest (heart and lungs), skeletal system (neck, shoulders and spine), pelvis and hips, reproductive systems, bladder and gastrointestinal tract.

Advances in CT scanning include increased patient comfort, faster scanning times and higher resolution images. As scans become quicker, X-ray exposure has decreased, providing better images at lower doses. The average CT scan today exposes patients to less radiation than what airline passengers receive on long flights. That said, anyone having a CT scan should talk to their doctor about the risks from radiation exposure versus the benefits of early diagnosis.

Unlike CT scans, which use X-rays, MRI scans use powerful magnetic fields and radio frequency pulses to produce detailed pictures of organs, soft tissues, bone and other internal body structures. Differences between normal and abnormal tissue is often clearer on an MRI image than a CT. And while there is no radiation involved in an MRI scan, it can be a noisy exam and take longer than a CT.

They sound similar — so which one is better?

It depends on what part of your body your doctor is interested in and the reason for the exam. Radiologists are the doctors who specialize in reading these images and collaborate with your doctor to determine what issue they want to diagnose.

For example, doctors will ask for a CT scan when they want to diagnose a muscle or bone disorder or look for tumors, a fracture or a blood clot. Bleeding in the brain, especially from an injury, can be seen better on a CT scan than an MRI. If you are in an accident, where damage to internal organs is not clear from a physical examination, a CT scan shows organ tear and injury, broken bones and spinal damage more efficiently.

However, if your doctor is interested in seeing your tendons and ligaments, then an MRI is the best choice. The spinal cord also can be seen better on an MRI image, since the density of these structures and tissues are more defined.

Naples Diagnostic Imaging Center provides comprehensive imaging services. In addition to CT and MRI scans following an injury, NDIC diagnostic services include Integrated Positron Emission Tomography (PET) / Computed Tomography (CT); 64-detector CT; and Breast MRI, Diagnostic Radiology, Osteoporosis Evaluation, Ultrasound, Nuclear Medicine, Mammography, CT Lung Screening, Cardiac and Cancer Screening, and Non-Invasive Vascular Testing are also available.

NDIC's board-certified, fellowship-trained radiologists are the best the field has to offer. Our radiologists also have full privileges at Physicians Regional Medical Centers.



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OCCUPATIONAL THERAPY HELPS INDIVIDUALS LIVE LIFE TO ITS FULLEST



April is a month designated to celebrating Occupational Therapist. Occupational therapy enables people of all ages live life to its fullest by helping them promote health, prevent—or live better with—injury, illness, or disability. It is a practice deeply rooted in science and is evidence-based, meaning that the plan designed for each individual is supported by data, experience, and “best practices” that have been developed and proven over time.

Occupational therapists and occupational therapy assistants focus on “doing” whatever occupations or activities are meaningful to the individual. It is occupational therapy’s purpose to get beyond problems to the solutions that assure living life to its fullest. These solutions may be adaptations for how to do a task, changes to the surroundings, or helping individuals to alter their own behaviors.

When working with an occupational therapy practitioner, strategies and modifications are customized for each individual to resolve problems, improve function, and support everyday living activities. The goal is to maximize potential. Through these therapeutic approaches, occupational therapy helps individuals design their lives, develop needed skills, adjust their environments (e.g., home, assisted living facilities, or work) and build health-promoting habits and routines that will allow them to thrive.

By taking the full picture into account—a person’s psychological, physical, emotional, and social makeup as well as their environment—occupational therapy assists clients to do the following:

- Achieve goals
- Function at the highest possible level
- Concentrate on what matters most to them
- Maintain or rebuild their independence
- Participate in daily activities that they need or want to do.

Qualifying Medicare recipients can qualify for an occupational therapist to come into the home to evaluate, educate, provide rehabilitation treatments, and modalities to improve functional independence. This service may be appropriate for but not limited to seniors that are deconditioned, secondary to acute or chronic orthopedic and/or neurologic disorders, have memory or cognitive impairment or suffer from low vision. Each patient is evaluated to determine their condition and an appropriate care plan is designed to meet that patients goals. If you have questions about occupational therapy and specialty services please contact Nurse On Call at (239) 643-9940.

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MOISTURIZING YOUR DRY SKIN—WHY IT IS IMPORTANT

Dr. Cyndi Yag-Howard explains the culprits and solutions.

Dry skin is not only a very common problem for our friends up North in the harsh winter climates; it also affects many people living or vacationing here in South Florida, despite the fact that we live in a moist and warm environment. Dry skin causes itching, dermatitis and infection, especially as harsh environmental factors bombard the already weakened skin structure that is common to dry skin. Additionally, the flakiness of dry skin makes the skin appear lusterless, so that fine lines and wrinkles become more obvious.

Keeping your skin moisturized helps the skin maintain its flexibility and elasticity so that it can stand up to everyday trauma like bumps and cuts. Likewise, moisturizers help the skin maintain its integrity so that beneficial nutrients and medications are able to enter the skin, while harmful environmental factors like bacteria and fungus are not.

By knowing how our skin works, one can understand the detrimental effects of dry skin better. There are several layers to our skin. The outermost layer of our skin is called the stratum corneum. It is arranged in a bricks-and-mortar structure. If one has healthy skin, the bricks of the stratum corneum are dead skin cells that originated as living cells in the deeper layers of the skin. As these cells die and break down, they become flat bricks of protein that contain natural moisturizing factor (NMF). NMF acts like a sponge to pull water into the skin, keeping it moist. These protein bricks also provide the skin with strength and a certain degree of protection from the damaging effects of sunlight's ultraviolet radiation.

The "mortar" holds the skin's "bricks" together and consists of fats (lipids) known as cholesterol, fatty acids and ceramides. These lipids surround the bricks to lock in the moisture and prevent water loss from the surface of the skin. They also provide an antimicrobial barrier to help prevent infection by the bacteria and fungi that exist in the environment. Therefore, it is important that the protein bricks and the fatty mortar work together properly for skin to stay moist, healthy and beautiful.

If your skin is healthy, you shed thousands of dead skin cells, called corneocytes, daily. These tiny, microscopic cells shed individually, making them virtually imperceptible to the human eye. However, if your skin is dry, the corneocytes don't separate from each other like they should, and instead clump together, producing large flakes of skin that are plainly visible.



There are several reasons why skin becomes dry. First, as we age, our body's ability to produce the proper lipids necessary for holding on to water in the skin's surface decreases. Other factors that cause dry skin include sun exposure, which interferes with the skin's ability to form NMF; soaps that dissolve the skin's lipids and wash away the NMF; wind that blows water off the skin's surface; and low temperature and humidity, both of which prevent the skin from being able to pull in water from the environment. Additionally, medical conditions like atopic dermatitis, xerosis, ichthyosis and other less common genetic disorders predisposed people to dry, damaged skin.

There are two ways to increase the amount of water in the stratum. One is to pull more water into the skin's surface and the other is sealing in the water that is already present so that it cannot escape or evaporate from the surface of the skin.

Skin care products that pull water into the stratum corneum contain ingredients called humectants. These products replace the skin's NMF, which naturally depletes over time. Common humectants found in moisturizers include lactic acid, propylene glycol and urea. Another popular humectant, hyaluronic acid, has gained significant popularity in recent years because it is the major ingredient in fillers such as Restylane®, Perlane®, Juvederm® and Voluma®. It works by acting like a sponge to pull in water from the environment.

Skin care products that seal in the skin's water are called emollients and occlusives. Emollients, such as lanolin, are fatty substances used to enhance the mortar between the protein bricks of the stratum corneum. Meanwhile, occlusives, such as mineral oil, dimethicone and petrolatum, are slippery and oily, leaving a film on the skin's surface to prevent water loss.

Recent advancements in the understanding of skin moisturization place an emphasis on the skin's lipid ratios and acid (pH) levels, which are optimized in order to imitate healthy skin. These prescription and non-prescription advanced moisturizers, known as barrier repair creams and lotions, along with soap-free barrier repair cleansers, help to preserve the skin's natural brick and mortar structure.

In need of exfoliating away that dry skin? Try a product with salicylic acid, lactic acid, urea or retinol. Bothered by redness? Look for a moisturizer with niacin. Need antioxidant protection (we all do, by the way)? Seek moisturizers containing ascorbic acid (vitamin C), tocopheryl acetate (vitamin E), ferrulic acid and ubiquinone to provide protection from potentially damaging ultraviolet radiation and pollution.

Still have questions? Contact your dermatologist for guidance and understanding on which moisturizing options are best suited for your particular skin's level of dryness and give it your best to incorporate that moisturizing option into your regular routine.

About Cyndi Yag-Howard, M.D., F.A.A.D: Dr. Yag-Howard is a board-certified dermatologist and dermatologic surgeon with specialized training and extensive experience in facial sculpting. She is a nationally recognized speaker on advanced surgical techniques for optimal surgical outcomes. She is active in many professional organizations holding leadership roles in the American Medical Association, the American Academy of Dermatology, the American Society of Dermatologic Surgery, the Women's Dermatologic Society and Bikes for Tykes. Please visit www.yhderm.com for more information.



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By Carl McAloose

PHYSICAL ACTIVITY

Benefits More Than Your Body

We all remember having PE in school. I dare say that when asked what your favorite part of the school day was, many of us said "PE." And why not? PE was fun. You got to play games, jump, run and best of all, you weren't sitting at your desk. You got to burn off that extra energy, and that made being in the classroom easier. Study after study shows the correlation of physical activity, whether it's PE, sports or just riding your bike around your neighborhood, helps improve your overall health. These studies also show that physical activity helps you mentally.

The annual *Sports & Fitness Industry Association* survey found that over 21 million youth ages 6-17 play team sports on a regular basis, with an additional five million occasionally involved in sports. We all know that regular physical activity provides many benefits, like maintaining healthy muscles, bones and joints, not to mention helping with your weight. Your doctor tells you this and more each year when you have your physical.

For our kids, playing sports means they are eight times more likely to still be active at the age of 24 compared to those who don't participate in sports. (*Perkins study*). The benefits extend to academics. Several studies have concluded that physical activity helps improve academic achievement, from grades to standardized test scores. Think about it. Don't you feel more relaxed and focused after physical activity? It's easier to concentrate and learn.

Additionally, studies have shown that physical activity can also positively impact our youth in the areas of self-esteem, goal-setting and leadership. As a parent, just spending some time with your kids playing catch, shooting baskets or any other sport or game gives you quality time with them in a fun setting. It also sets a good example of the importance of physical activity.

Kids who participate in sports learn to manage their time better. They get an extra sense of confidence because they can balance the demands of school and sports. Playing a sport also teaches them the value of teamwork, cooperation and leadership.

The benefits of sports are more than physical. They are also mental. Studies show physical activity can help with things like improving your mood. Whether you like to play sports, work out in the

gym, or take your dog for a brisk walk, physical activity helps stimulate brain chemicals that make you feel more positive.

We all have some level of stress in our lives. Too much of that can lead to many problems, both mental and physical. When you're exercising, you help reduce your levels of stress hormones – namely adrenaline and cortisol. Physical activity helps distract your mind from negative thoughts, which allows you to think more creatively. Simultaneously while exercising, your body produces endorphins, which naturally make you feel happier and relaxed.

Studies have also shown that regular physical activity helps improve your level of concentration. Mental skills such as thinking, using good judgment and learning stay sharp as you age if you do a mix of aerobic and muscle-strengthening activities. And those types of activities are common in sports!

I know that when I exercise, I sleep better. We know that exercise helps you relax and get rid of stress and tension, so it makes sense that would help you get a good night's sleep.

As a parent, all three of my children have been involved in sports in some form. I have seen how it has helped them not only physically, but also academically, mentally and socially.

Not every child participating in sports will go on to be a professional athlete, but they will all treasure the memories of family time together and the friendships they made along the way. Most importantly, they have learned that physical activity is lifelong fun!



Carl McAloose is the Athletic Director at Florida SouthWestern State College. The Buccaneers will debut their softball and baseball teams in the fall 2015, followed by men's and women's basketball in fall 2016. More information is available at www.FSW.edu/athletics.

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The Alternative to Surgery

By Juan Teodoro, D.M.D.

Periodontal disease affects four out of five people over the age of 35. In its early stages it's known as gingivitis, and if it progresses to a chronic condition it can result in periodontitis, which affects the bones surrounding the teeth. When left untreated it causes bone destruction, which can result in the loss of teeth. Because this disease is usually painless until it has reached its advanced stage, many adults are in danger of losing their teeth before they're even aware there's a problem. While it's hard to know if you have it or not, there are some noticeable symptoms that can be indicative of periodontal disease. They include bleeding gums during tooth brushing, swollen or tender gums, receding gum lines, loose teeth, chronic bad breath, a change in the way the teeth fit together when you bite down, pus between teeth and gums or a change in the fit of partial dentures.

Traditionally, when dealing with advanced periodontal disease, patients have to undergo gum surgery, an invasive procedure that involves cutting and folding back the gum tissue to gain access to the roots and surrounding bone. Then the periodontist will clean the bacteria from the tooth roots, and trim



and reshape the bone around the teeth using a drill and sharp hand instruments. The gums are then placed back and stitched in place. This traditional method is usually quite painful and more often than not, leaves patients in discomfort for days.

There's another procedure, however, that makes treating periodontal disease easier and virtually pain-free. It's known as the Laser Assisted New Attachment Procedure (LANAP) and involves the use of the PerioLase laser. This is the first and only FDA approved laser method used to treat periodontitis.

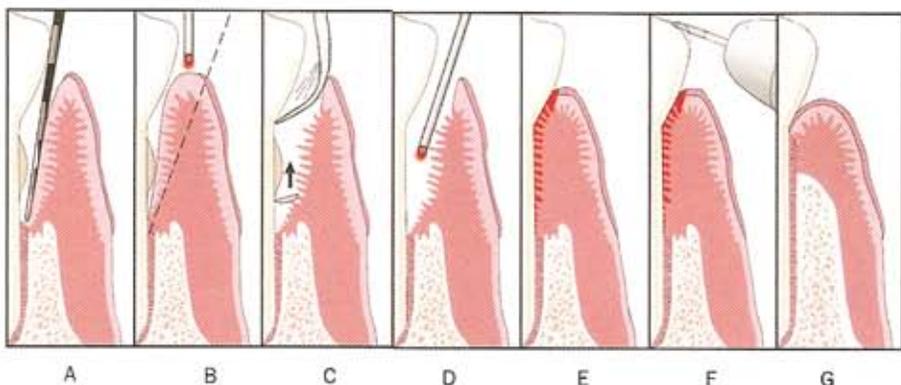


Figure 1. Laser periodontal therapy, step-by-step technique. (A) Periodontal probing indicates excessive pocket depth. (B) Laser troughing: free running pulsed Nd:YAG laser irradiation, at 100 µsec to 150 µsec pulse duration. Beginning at the gingival crest (not into the sulcus at first). Troughing provides visualization of and access to the root surface by removing necrotic debris, releasing tension, and controlling bleeding. It further defines tissue margins preceding ultrasonic and mechanical instrumentation, preserves the integrity of the mucosa, and aids maintenance of the gingival crest. (C) A piezo-electric scaler, small curettes, and root files are used to remove root surface accretions. (D) A second pass with the laser at 150 µsec to 650 µsec pulse duration finishes debriding the pocket, provides hemostasis, and creates a "soft clot." (E) The tissue is compressed against the root surface to close the pocket and stabilize the fibrin clot. (F) Occlusal trauma is adjusted with a high-speed handpiece, and mobile teeth are splinted. (G) New attachment (new bone, cementum, and PDL) is achieved.

It considerably shortens treatment time with fewer complications, less chance of recurrence, and far less pain. It means fewer appointments and a shorter duration of time to clean up the bacteria. There is less bleeding and swelling and most patients are able to return to work the very same day.

The laser beam that is used has the width of about three hairs, which makes it possible for no flesh to be cut during the procedure while still accomplishing everything the traditional procedure could.

What PerioLase does is remove the diseased tissue, killing the bacteria in the process. As the beam moves, the cuts are cauterized, leaving the healthy tissue unharmed, also resulting in a clean and sterilized wound. The blood from the wound is coagulated by the laser, allowing it to reattach to the tooth and seal it off, letting the body heal itself. This is made possible because the diseased tissue is the color of the wavelength the laser is calibrated to affect, while the healthy tissue is a lighter color, therefore leaving it undamaged by the beam.

The total cost of this procedure runs about the same as the traditional surgery would, and it is covered by insurance. Typically it's even less since there is no need for costly bone grafting. Ultimately, it would depend on how much work the patient needs.

Why it's a revolutionary procedure, many periodontists have been averse to adopting the new technology. The traditional surgical methods have been used for decades and some are uncomfortable with giving those up; while another reason is that the equipment is too expensive.

Dr. Teodoro of Bonita Springs is the only periodontist in both Lee and Collier County who is trained and certified in the Laser Assisted New Attachment Procedure with the PerioLase. He believes that LANAP is the future of periodontal disease treatment and says, "PerioLase does the same thing for periodontal treatment that Lasik did for eye surgery."

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Friday, May 1, 2015
6:00 p.m. - 9:00 p.m.

Night of Indulgence with a Purpose

Health *is your Best* Accessory

Ladies, grab your girlfriends and treat yourself to an evening out where you can indulge in great shopping, delicious food, free health screenings - all while learning about important health topics from special guests speakers.

Arc of Life Family Spinal Care will sponsor **Night of Indulgence with a Purpose: Health is Your Best Accessory** on Friday May 1st, 2015 from 6-9 p.m. at 26731 Dublin Woods Circle Bonita Springs FL 34135.

There will be nearly 30 vendors offering everything from accessories, clothing and handbags, to massages, health assessments, dietary recommendations and more. The night will also include Dessert with the Docs, a motivational speaker, entertainment, mystery contests, and fabulous prize drawings throughout the event to ensure an evening of fun. A cash bar will be available.

Tickets are FREE

Register Online:

NightofIndulgenceSWFL.eventbrite.com

or call the Arc of Life Family Spinal
Care Office at **239.200.7248**.

Dessert with the Docs is a program that brings entertainment and healthcare together so women can enjoy themselves while learning important, sometimes lifesaving information. This fun and energetic approach encourages women to take an active role in their health.

Event proceeds will benefit Women's Fund of SWFL, a non-profit organization committed to ending human sex trafficking.

Is it worth it?

The Dermapen & Food for the Face

By Yollo Wellness

That moment when we wake up and look at ourselves in the mirror and realize "I'm beyond a dapple of this and that on my face." The fact that I'm in my late 40's is showing on my face.

It's not so much that I've got deep wrinkles, I don't feel like the Grand Canyon quite yet. It's more a combination of pigmentation from my pregnancies and my skin's texture. Everything is starting to drop. I'm noticing the crows feet from squinting.

Is there anything that can be done about this? Something that will even out the surface so my face feels less like train tracks, more like a smooth pond. I need something more hard-core than a facial but nothing "invasive". Just the word makes me shudder, and I want the results to last longer than a movie marathon.

Beauty industry, are you listening?

Apparently, they are. Here's what I tried.



THIS WEEK: I walked into YOLLO Wellness, which promises "the most technologically advanced and innovative non-surgical Pure PRP Skin Rejuvenation Therapy." That sounds exactly like what I'm after. After a thorough consultation, it's decided I'll start with a Dermapen treatment using my own Pure Platelet Rich Plasma.

...an automated-micro needling therapy that vertically pierces the skin to naturally stimulate collagen and elastin with minimal epidermal damage."



WHAT IS IT: Essentially, it's a pen with tiny, super-fine needles on the end of it. The needles roll over your skin, pinning holes in it as they go. They can penetrate the skin up to 2 millimetres. This definitely sounds more hard-core than a facial. The PRP part was really cool. They did a simple blood draw and spun it out a couple of times in a really high tech centrifuge.

WHAT THE HECK FOR? Apparently, causing controlled damage to your skin will prompt it to produce a bunch of collagen, which is the building block of skin. The more collagen you have, the more elastic, less wrinkled and better textured your skin will be.

WHO IS IT GOOD FOR? Anyone with sagging skin, fine lines, wrinkles, scarring.

WHY I'M GETTING IT: To improve the texture of my skin and try and get its bounce back. I've got a few fine lines, but my skin is definitely starting to slacken. Also as I mentioned before after my two pregnancies I can see some pigment changes going on.

WHAT THEY DID: First, they sanitized my face with saline and alcohol solution. I was laying down, relaxing on a table when Debbie painted my face with my own Pure Platelet Rich Plasma. The next step happened so fast I couldn't believe it was over. Wendy used the Derma Pen on my forehead, side of my eyes, under my eyes, my cheeks, side of my face, upper lip, on my lips, chin, neck decolletage. Virtually every nook and cranny of my face, neck and chest. It was over in 10 minutes! I couldn't believe it. I kept asking if they were sure they got it all. Wendy explains there will be some bleeding as she is basically pinning holes in my face. She moves the pen all over, working on it section by section, checking in every now and then to see if it's painful. Next, Debbie painted a layer of my Plasma Poor Protein all over the controlled injured areas to allow more proteins to penetrate my skin to help build even more collagen.



HOW DOES IT FEEL? Surprisingly, fine. Kind of like a mixture of a sunburn and the shower water hitting it.

AFTERWARDS: My face feels very hot and a bit stinging. My skin is quite red and sensitive. They applied a layer of vitamins onto my skin which I immediately felt my skin begin to cool and be soothed. Then they applied a collagen cool gel mask I relaxed on the table under a warm snuggly blanket for 15 minutes. I had the option of going into their oxygen anti-aging chambers. They are supposed to take the collagen building to the next level. I didn't have time to get my doctor's note to do it so I will the next time around. I like to take things slow at first anyways when I don't quite know what to expect. I was told to not wash my face tonight but I could apply any of the anti-aging products I purchased from them. The next morning I'm quite tight and dry and still very red, like I've sat with my face in the sun for a whole day. I washed my face as usual and I slather on sunscreen because one thing I've learned after visiting anti-aging salons to research this piece, is that it's really our only defense against aging. It is not recommended to put makeup on for a couple of days and only use the collagen building creams and serums they recommended because it will all be soaked up into my skin and could alter my results. By day three however I can go back to my routine of a little tinted foundation.

DID IT WORK? After a couple of hours from leaving YOLLO Wellness I noticed my fine lines were filled in. My skin is clearer after a week. The pigmentation I have around my lips from my pregnancies has already almost disappeared. I'm feeling more confident without make-up. They tell me my face will continue to improve up to three months!

CAN I GET THIS RESULT AT HOME? There's no equivalent product at home to a Dermapen as it's essentially damaging your skin to encourage it to produce collagen.



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LOWER FACE AND JAW LINE REJUVENATION

NASOLABIAL GROOVE AND UPPER LIP REJUVENATION



HOW MUCH IS IT: \$799 per treatment.

TIME TAKEN: 50 minutes.

IS IT WORTH IT? Absolutely. I can imagine that after the suggested four treatments my skin would look pretty amazing. Besides I keep getting asked if I did something to my face because I look radiant even after one treatment!

Only you can decide whether you want to go beyond a regular facial treatment. At \$799 it's not cheap, but there is no downtime and it's less invasive than a laser, plus the results will last longer. I'm looking at it like an expensive coat, which is an investment in looking good. And I've decided my face is more important than a coat!

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Space is limited to 10 people. If you would like to take advantage of being part of the demo and receive \$300.00 off (regularly \$799) that day please call (239)275-0039. RSVP to attend the event.

Ladies, Find Out What the New Subspecialty “Urogynecology” Means to You



Incontinence and pelvic floor problems are remarkably common but many women are reluctant to receive help because of the embarrassment associated with these conditions. Until recently, when women would seek help for these conditions there were few good options to treat them. Due to the tremendous advancements made in the last decade in the diagnosis and treatment of these conditions a new subspecialty of OB/Gyn was created called Female Pelvic Medicine and Reconstructive Surgery (A.K.A. Urogynecology).

What is Urogynecology?

Many women experience problems that overlap between the fields of gynecology and urology and they often bounce back and forth between the two specialties. Urogynecology bridges that gap and allows for both of these issues to be addressed by one physician. The field of Urogynecology is a subspecialty within Obstetrics and Gynecology and is dedicated to the study and treatment of pelvic floor disorders in women. If you suffer from any of the following symptoms, you may benefit from a consultation with a Urogynecologist.

Expert Treatment for the Following Symptoms:

- **Incontinence:** Loss of bladder or bowel control.
- **Prolapse:** Displacement of the pelvic organs (uterus, bladder and rectum) beyond the normal position of the vaginal walls. Symptoms include a visible bulge and pelvic pressure. This condition is sometimes referred to as a "dropped bladder."
- **Overactive bladder symptoms:** Frequent need to urinate, urgency, incontinence and nighttime frequency.
- **Emptying Disorders:** Difficulty urinating or moving bowels.
- **Pelvic (or bladder) Pain:** Discomfort, burning or spasm within the bladder, urethra or vagina. May also manifest as pain with sexual intercourse.
- **Bowel Control Conditions:** Constipation and bowel control issues/incontinence.

Board certification means that a Urogynecologist has obtained training and experience beyond that of a general

Joseph Gauta M.D. Board Certified Urogynecologist

Dr. Gauta is now the first physician in S.W. Florida dual board certified in Urogynecology and Obstetrics and Gynecology. Dr. Gauta's practice, The Florida Bladder Institute, is solely dedicated to Urogynecology. One out of every six women suffers from overactive bladder and half of all women will suffer from pelvic organ prolapse. A challenge for women seeking treatment is that they would go to a urologist for one problem, a gynecologist for another and a gastroenterologist for another. Dr. Gauta explains "A Urogynecologist has the skill and experience to assess the entire pelvic region including the uterus, bladder, vagina, rectum as well as the muscles, ligaments, connective tissue and nerves that support those systems. Evaluating your pelvic system as a whole ensures the best treatment and outcome". Some of the newer treatment options include bio-feedback, electrical stimulation, Botox, and minimally invasive outpatient surgery. In addition to providing the most advanced medical care for his patients, Dr. Gauta is a preceptor for Boston Scientific, Medtronic and Olympus and trains other physicians from around the world on how to do the most advanced Urogynecology procedures. He is the recipient of the prestigious Castle Connolly's Top Doctors award, and is amongst the top 1% of physicians in the country who are honored with the Patient's Choice Award for 5 years in a row. Dr. Gauta received his training at Tulane University in New Orleans mentored by world renowned Urogynecologists David Herbert M.D. and Thomas Elkins M.D.





OB/Gyn or Urologist. Urogynecologist deal only with the evaluation and treatment of conditions that affect the female pelvic organs, muscles and connective tissue that support these organs. The additional training focuses on the surgical and non-surgical treatment of non-cancerous gynecologic problems.

When Should I See a Urogynecologist?

If you're struggling with pelvic floor dysfunction, pain, or incontinence, you should seek treatment immediately. Consulting with a Urogynecologist can help to achieve an accurate diagnosis of your condition and provide information on the full spectrum of treatment options available. Specialized training enables a Urogynecologist to blend elements of gynecology, urology and gastroenterology to treat the entire pelvic floor.

Treatments may include conservative (non-surgical) or outpatient surgical therapy to cure or relieve your symptoms. While your primary care physician, Urologist or OB/Gyn may have knowledge about these problems, a Urogynecologist can manage all these pelvic floor conditions comprehensively.

Urogynecology Treatment Options

A Urogynecologist can recommend a variety of therapies to cure or relieve symptoms of prolapse, urinary, gas or fecal incontinence, or other pelvic floor dysfunction symptoms. He may advise conservative (non-surgical) or surgical therapy depending on your wishes, the severity of your condition and your general health. Conservative options include medications, pelvic exercises, behavioral and/or dietary modifications and vaginal devices (also called pessaries).

Biofeedback and Electric Stimulation are two newer treatment modalities that your Urogynecologist may recommend. Safe and effective outpatient surgical procedures are also utilized by the Urogynecologist to treat incontinence and prolapse. A Urogynecologist will discuss all of the options that are available to treat your specific problem(s) before you are asked to make any treatment decisions.

It's easy to become embarrassed by pelvic and bladder disorders, but you do not have to suffer with these problems or associated pain. Florida Bladder Institute provides compassionate, thorough urogynecological care for all women. Whether you face pelvic issues as a result of aging, delivering babies, illness, or trauma, we can provide proper treatment and counseling so you can enjoy an active, healthy lifestyle.

Call **239-449-7979** today to schedule an appointment with Joseph Gauta M.D. to learn how proper urogynecological care can benefit you. Don't suffer in silence any longer; there is help available.

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Treating Osteoporosis with Chinese Herbal Medicine

By Toni Eatros, MS, Dipl Ac, AP

Osteoporosis is a bone disorder that primarily affects aging individuals. These people gradually lose bone mass density over a period of several years. As a result of osteoporosis, their bones become weak and fragile, and they have much higher risk of bone fracture from minor injuries. Furthermore, individuals with osteoporosis often require an extended period of time for recovery after an injury, which is often complicated with infection.

Osteoporosis is six times more common in women than in men because a tremendous amount of jing (essence) is lost during the process of pregnancy and delivery. We are born with a finite amount of jing and our lifestyle determines how quickly we burn through it. Post-menopausal osteoporosis is most common and happens between 51 to 75 years of age. Women who have children may see signs and symptoms of osteoporosis earlier than those who have less or no children.

The western medical approach is to use drugs called biphosphonates, a category of drugs that include Fosamax (alendronate), Actonel (risedronate), Didronel (etidronate), Aredia (pamidronate), and Skelid (tiludronate). On average, these drugs do indeed increase bone mass density by 3 to 5% after continuous use for three years. They cause numerous side effects, however, such as stomach irritation, and may increase the risk of cancer (thyroid adenoma and adrenal pheochromocytoma) and fertility impairment (inhibition of ovulation, and testicular and epididymal atrophy). Furthermore, there is evidence that use of these drugs do not decrease the incidence of bone fracture. Though these drugs increase bone mass density, the bones remain brittle and are susceptible to fracture. This is evident as the use of biphosphonates is linked with increased risks of osteonecrosis of the jaw (1 in 952 cases) and subtrochanteric or femoral shaft fractures (274% increased risk). [i],[ii]. This happens because the dead bone cells are not removed from the bone matrix and new bone cells just pack in around these dead cells. It is often said that a chain is only as strong as its weakest link. In this case, the dead bone cell becomes the weakest link.



In menopausal women, hormone replacement therapy may be used to decrease the loss of bone mass density. These drugs, however, must be prescribed and monitored very carefully, as use of these hormone substances have been shown to significantly increase risk of cancer, such as breast cancer (by 20 to 30%), endometrial cancer (by 6-8 folds), and ovarian cancer (by 10 to 20%). Other side effects and adverse reactions of hormone replacement therapy include gallbladder disease, thromboembolic disease, and photosensitivity. [iii] In brief, treatment of osteoporosis requires careful evaluation of risks versus benefits by both practitioners and patients.

Treating osteoporosis with acupuncture and the Chinese herbal formula Osteo 8 can strengthen bone without the side effects associated with the biphosphonate drugs or hormone replacement therapy. The herbal formula, Osteo 8 by Evergreen Herbs, facilitates the removal of the dead bone cells so new bone cells can fill in that space leading to stronger, healthier bones. This formula has an osteogenic effect to stimulate osteoblast proliferation and differentiation and an osteoprotective effect to prevent and treat osteoporosis. It also has an angiogenic effect to stimulate blood vessel formation, invigorate blood circulation, facilitate wound healing, enhance tissue regeneration, and facilitate healing of bone fractures. Some of the other conditions treated by Osteo 8 include soreness, weakness and pain in the bones, lower back and knees, the inability to stand for a prolonged period of time, pain or soreness that is aggravated by weight-bearing activities, tinnitus, hair loss, dryness, blurred vision and degeneration of muscle.

Herbs have been used with great success to nourish underlying deficiencies, and prevent and treat osteoporosis. Osteo 8 contains herbs that enter the Kidney to revitalize the body and replenish jing (essence). Osteoporosis or weakness of sinews and bones are the result of Kidney and Liver deficiencies. According to traditional Chinese medicine, the Kidney stores the jing (essence) that is vital for strong bones, and the Liver stores blood and controls the sinews and tendons. If the Liver and Kidney are deficient, bone, sinews and joints become weak. Therefore, treatment of bone disorders requires tonification of the Liver and Kidney. Osteo 8 is a well-balanced formula designed for women and men of all ages who want to maintain healthy bones.

In conclusion, drugs and herbs are both effective for prevention and treatment of osteoporosis. However, herbs are safe and natural, and should be considered the treatment of choice. Furthermore, patients are encouraged to adopt dietary and lifestyle recommendations to maximize the overall efficacy of the treatment program.

Call today, 239-260-4566, or schedule online, www.AcupunctureSolutionsOnline.com, to find out more about how acupuncture and Chinese herbal medicine can help you keep your bones strong and live a healthy and active lifestyle.

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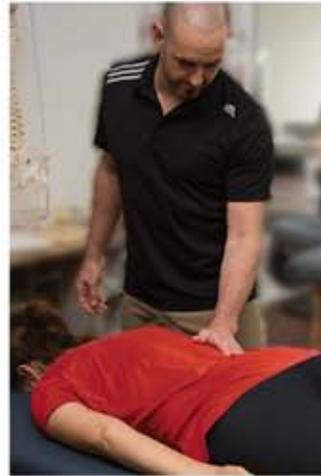
What it is & How it will Help You THIS MONTH: AN EXPERIMENT

By Jay Weitzner, MS, MATs, RTS

What if you stood up, jumped 6 inches in the air, then landed? Wait, don't answer yet. Here comes the experiment... You have two options for landing - A and B. In A (soft landing), you land and upon impact you bend your ankles, knees, hips and back. In landing B (hard landing), you land straight and stiff as a pencil. Which would you want to experience? I'm going with A.

So what's the difference? Keep it simple. In landing B (hard) you would have felt more force, more impact. Why though? You weigh the same in both A and B. You jumped the same height as well so the force was the same. So what caused you to experience more force, or impact or shock, especially if there was no more!? The answer is that although the forces were the same, they were handled or tolerated very differently in your body. In A, your muscles absorbed the forces. In B, those forces were minimally absorbed by your muscles. So where did those forces go? The answer is they went to other tissues (areas) in your body. They went to any combination of joints, bones, cartilage, ligaments, tendons, or other tissue anywhere in your body from your toes to your neck and head. And why didn't those forces go to those places during landing A? Because your muscles absorbed those forces.

You could easily see how doing that hard landing multiple times could lead to minor and eventually serious injury. Imagine if you did that every day. Maybe not the jump every day, but rather taking steps. What if you took thousands of steps a day and you had some muscles in your body that weren't working. Where would those forces go? Same answer as before. They would go all over your body where they weren't designed to go at that moment (just like our jump experiment). In an overwhelming amount of situations, it is our body's inability to tolerate the forces placed on it that lead to the symptoms we feel. Remember, pain, aches, stiffness, tight muscle and decreased mobility are symptoms - they are a result of something causing them. We need to identify and treat the causes not the symptoms. Return the body's ability to tolerate the forces placed on it and we see the symptoms go away. In our body's case, we aren't removing the forces we are exposed to. We are helping ensure that they are absorbed by muscle instead of going to parts of the body that aren't meant to deal with them.



Imagine if some muscles weren't functioning properly - meaning they were unable to contract and therefore unable to tolerate the forces placed on them. We looked at that scenario with the jump and with walking. What about running, exercising, lifting weights or playing sports where the forces are even greater? What about sitting at a desk for hours every day in positions that were not ideal? Would you want muscles not working in either case? Imagine if as a result of your muscles not working, those forces caused a bunch of problems and you tried to treat the problems! Imagine if some muscles didn't work which caused others to become tight which in turn caused you to have poor posture. Imagine if you tried to relax the tight muscles instead of activating the ones that didn't work. Imagine if you tried to treat the area where you felt the pain instead of treating the thing that caused you to feel the pain!? What kind of outcome and results would you expect?

Now Imagine if there was a system to assess, identify and correct the muscular imbalances in your body by activating muscle and balancing your muscular system. The system is MAT and it's ready to help you.

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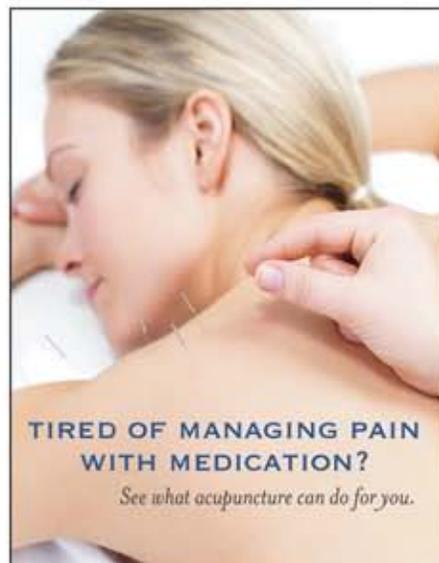
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"Most switch sugar for stevia for three reasons: Pyure Stevia is organic, zero calories and unlike sugar, it won't spike your glycemic levels," said Ben Fleischer with Pyure Brands, makers of the award winning, cleanest-tasting stevia. "Bonus! Now 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."



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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.

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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.

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TIME TO REVIEW YOUR RISK TOLERANCE?

Provided by RBC Wealth Management and John Barnes

As you know, investing always involves a certain degree of risk. But it's how you respond to that risk that may well determine your success as an investor.

And that's why you need to be sure of your risk tolerance. If you have a high tolerance for risk, you may be willing to accept significant price fluctuations in exchange for potentially higher returns—keeping in mind that risk and reward are directly related. But if your risk tolerance is low, you probably want greater stability in your investments—and to achieve this stability, you can live with lower returns.

Unfortunately, many people misjudge their own risk tolerance. This can lead to problems, such as these:

- **Too much stress**—Over the long term, financial markets have trended upward. But over the short term, the markets will fluctuate, with downturns that last weeks, months and even years. If you believed you could tolerate a high degree of risk, but you found yourself losing sleep over these market slumps, then you may need to re-evaluate your risk tolerance and possibly rebalance your portfolio so that it's somewhat less susceptible to market volatility.
- **Too little growth**—Just as you can over-estimate your risk tolerance, it's also possible to underestimate it. If you think you simply can't take much



investment risk, you're likely to load your portfolio with certificates of deposit (CDs), money market accounts and other fixed-income vehicles that offer strong protection of principal but little opportunity for growth. However, if you're going to achieve your long-term financial goals, such as a comfortable retirement, you will unquestionably need some growth potential in your portfolio. To combat your perceived low tolerance for risk, you may want to diversify your holdings to include growth vehicles such as stocks along with more conservative investments, such as bonds and CDs.

Thus far, we've discussed risk tolerance in relation to the risk of losing principal when the value of your investments drops. But you also need to consider another type of risk: the risk of losing purchasing power.

Purchasing-power risk largely applies to fixed-rate investments such as CDs and money market accounts. To illustrate: If you purchase a CD that

pays 2 percent, and the inflation rate is 3 percent, you are actually losing purchasing power. Over time, these losses can seriously erode the value of your savings.

So if you are concerned about fighting inflation, you may want to look for investments that have the potential to offer rising income, such as dividend-paying stocks. (Be aware, though, that companies can reduce or eliminate dividends at any time.)

You can't totally avoid all the risks associated with investing. But by being aware of your risk tolerance, diversifying your portfolio and taking steps to stay ahead of inflation, you can improve your chances of making steady progress toward your financial objectives.

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

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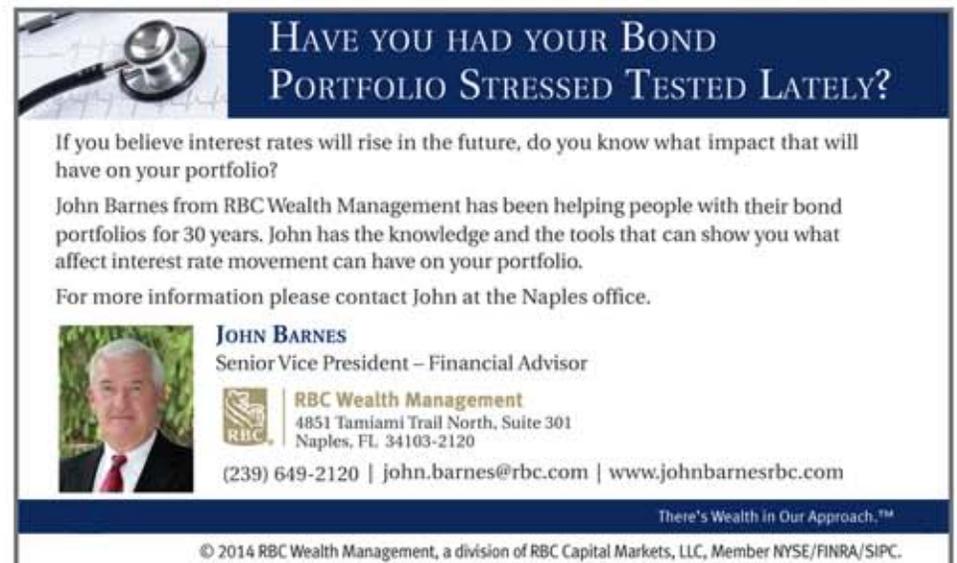
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For more information please contact John at the Naples office.

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The Personal Impact of Untreated HEARING LOSS

By Høglund Family Hearing and Audiology Services

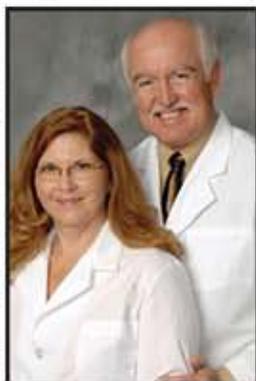
One of the most commonly unaddressed health conditions in America today, hearing loss affects more than 33.5 million Americans—most of whom are below retirement age.

Hearing loss can strike at any time and at any age. And when left unaddressed, hearing loss can affect virtually every aspect of an individual's life. Numerous studies, in fact, have linked untreated hearing loss to a wide range of physical and emotional conditions, including irritability, negativism, anger, fatigue, tension, stress, depression, avoidance or withdrawal from social situations, social rejection and loneliness, reduced alertness and increased risk to personal safety, impaired memory and ability to learn new tasks, reduced job performance and earning power, and diminished psychological and overall physical health.

Three in ten people over age 60 have hearing loss. And among Americans ages 41 to 59, about 15 percent already have hearing problems—that's one in six Baby Boomers. Younger still, 7.4 percent—or one in 14—Generation Xers, ages 29 to 40, suffer from hearing loss. What's more, at least 1.4 million children, 18 or younger, have hearing problems. And it's estimated that 3 in 1,000 infants are born with serious to profound hearing loss.

Despite the numbers and the far-reaching impact hearing loss has on so many aspects of an individual's life, many people who are aware that their hearing has deteriorated are nevertheless reluctant to seek help. Unfortunately, too many wait years, even decades, before getting treatment, becoming more and more disconnected as time goes by.

But the fact is that with modern advances in technology, there are solutions for many. In fact, 90 to 95 percent of people with hearing loss can be helped with hearing aids—and their quality of life significantly improved. "When I think of all of the advancements I've seen over the last few years in the quality and flexibility of today's Advanced Digital Hearing Instruments", says John Høglund BC-HIS, ACA of Høglund Family Hearing and Audiology Center, "I feel that there is NO REASON for anyone to feel concerned about our ability to help them!" "If you have the desire to improve the quality of your family communication and overall quality of life...there has never been better help available for you!"



John and Patricia Høglund
LHAS, BC-HIS, ACA

Common Signs and Symptoms

The signs of hearing loss can be subtle and emerge slowly, or they can be significant and come on suddenly. Either way, there are common indications.

Socially, individuals with hearing loss may:

- require frequent repetition;
- have difficulty following conversations involving more than two people;
- think that other people sound muffled or mumble;
- have difficulty hearing in noisy situations, like conferences, restaurants, malls, or crowded meeting rooms;
- have trouble hearing children and women;
- keep the TV or radio turned up to a high volume;
- answer or respond inappropriately in conversations;
- have ringing in their ears; and/or
- read lips or more intently watch people's faces when in conversation.

Emotionally, individuals with hearing loss may:

- feel stressed from straining to hear what others are saying;
- feel annoyed at others because they can't hear or understand them;
- feel embarrassed when meeting new people or after misunderstanding what others are saying;
- feel nervous about trying to hear and understand; and/or
- withdraw from social situations that they once enjoyed.

Medically, individuals with hearing loss may:

- have a family history of hearing loss;
- take medications that can harm the hearing system (ototoxic drugs);
- have diabetes, heart, circulation, or thyroid problems; and/or
- have been exposed to very loud sounds over a long period or suffered a single exposure to explosive noise.

Eye-Opening Facts about Hearing Loss

- Approximately one in 10 Americans has some degree of hearing loss. It may reach 44 million by 2030.
- Only 12 percent of physicians today ask patients if they have any hearing problems.
- People with untreated hearing loss make, on average, up to \$23,000 less per year, depending on the degree of their hearing loss. Wearing hearing aids mitigates the loss in earnings about 50 percent.

- People with untreated hearing loss are more likely to report depression, anxiety, and paranoia and less likely to participate in organized activities, compared to those who wear hearing aids, according to a survey by the National Council on the Aging (NCOA) of 2,300 hearing-impaired adults, age 50 or older.
- Untreated mild to moderate hearing loss is associated with short-term memory loss, according to a Brandeis University study.
- Nine out of ten hearing aid users report improvements in their quality of life, according to a survey by the Better Hearing Institute of more than 2,300 consumers.

Seeking Help

Hearing aids hold such great potential to positively change so many lives. And advances in digital technology have dramatically improved hearing aids, making them smaller than ever with far better sound quality. Nevertheless, only one in five people who could benefit from hearing devices currently wear them. The Better Hearing Institute encourages all people with a hearing loss to seek assistance from a hearing healthcare professional and to explore the options for improving their hearing—and their lives. The first step is to arrange for a complete Audiometric Hearing Evaluation. HØGLUND FAMILY HEARING AND AUDIOLOGY CENTERS offer these consultations on a complimentary basis in an attempt to educate the public about hearing loss. All hearing instruments come with a SIXTY DAY TRIAL PERIOD to insure you are completely satisfied with your hearing!

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THE WINDOW TO YOUR HEALTH

By Anna M. Avola, D.M.D., M.S.

It is said that your eyes may be the window to your soul, but it turns out that your mouth is the window to the overall health of your body. Many studies are now revealing that your oral health can effect, be affected by, or contribute to various diseases and conditions.

There is a link between the health of your mouth and such conditions as endocarditis, cardiovascular disease, diabetes, HIV/AIDS, osteoporosis, Alzheimer's Disease and other conditions. Your mouth has millions of bacteria of which most are harmless and those that are not, are often controlled with good oral care and regular dental visits.

Without proper oral hygiene, bacteria can reach dangerous levels that can lead to infections, tooth decay and gum disease. In addition, there are certain medications such as decongestants, anti-histamines, painkillers and diuretics that can reduce the amount of saliva. The reduction of saliva prevents acids from being neutralized and therefore contributes further to dental disease.

Taking care of your oral health on a daily basis becomes even more important as we age. Often, taking prescribed medications, undergoing surgical procedures or being in a medically compromised condition demands that we pay attention to the window of our health – the mouth.

In recent years there has been an increase in oral cancer linked to infection with the human papilloma virus (HPV). According to the American Cancer Society this year (2015) approximately 39,500 Americans will be diagnosed with oral or



pharyngeal cancers and sadly, 7500 will not survive. Unlike many other cancers, the survival rate of oral cancer is poor because it is not diagnosed early enough.

Oral cancer occurs primarily on the tongue, tonsils and floor of the mouth, but can also occur on gums, lips cheeks, and even in salivary glands. Lesions can appear as white or red patches, swelling tissue, jaw or tooth pain or enlarged lymph nodes in the neck. If any of these conditions do not subside within two weeks, please see your dentist.

Risk factors for oral cancer include smoking, chewing tobacco, alcohol consumption and sun exposure on the lips as well as sunlamps or sun beds. Age and gender are also risk factors with males over 50 as the predominate candidates. If oral cancer is left untreated, it grows and eventually spreads (metastasizes) to other parts of the body usually through the lymphatic system. Treatment for oral cancer will depend on various factors, such as where the cancer is located or which of four stages it may be diagnosed, as well as the patient's general health.

As part of your regular dental exam, your dentist will conduct an oral cancer screening exam. Your dentists will feel for any lumps or irregular tissue, changes in your neck, and oral cavity. The exam may include an oral brush biopsy if she sees tissue in your mouth that looks suspicious. This test is painless and involves taking a small sample of the tissue and analyzing it for abnormal cells.

The American Cancer Society recommends oral cancer screening exams every three years for people over 20 years old and annually for people over 40 years old. Early detection can improve the chance of successful treatment. Remember to make an appointment with your dentist and be sure that an oral cancer exam is included with your regular dental check up.



DENTISTRY/GERIATRIC

Anna M. Avola, D.M.D., M.S.

Dental Solutions for Seniors, LLC

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CERTIFICATIONS • Gerontology, Florida Gulf Coast University, 1999

MEDICAL SCHOOL • Tufts University, School of Dental Medicine, Boston, 1978

ACADEMIC APPOINTMENTS • Assistant Professor, Tufts University; Associate Professor, Hodges University

MEMBERSHIPS • American Dental Association, Florida Dental Association, West Coast District Dental Association, Collier County Dental Association, American Academy of General Dentistry

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Compression Devices for Limb Swelling

By Alyssa Parker

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



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

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

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

Risk Factors

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

Risk factors may include:

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



Management: Compression Pump

Understanding the ongoing management of both venous insufficiency and lymphedema are important in preventing irreversible damage to the body. Compression therapy along with proper nutrition a healthy diet and exercise are the foundation of a treatment plan. Compression stockings are often difficult to get on with little results for chronic swelling. Diuretics may be harmful for long-term treatment. Compression devices are widely recognized and highly effective treatment. This is a safe and effective way to assist your body's circulatory system in moving the excess fluid which has accumulated in the limb.

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

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

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

Contact Acute Wound Care today by calling 239-949-4412 to learn more about the benefits of compression devices and the other in-home services available.



ACUTE WOUND CARE

For more information and articles on this topic, Google "Acute Wound Care" or visit www.AcuteWoundCare.com or call

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and speak with a specialist.

THROW YOUR “TO-DO” LIST OUT THE WINDOW

We live in a world that appears to thrive on speed and has little patience for activities that take time. Think about the things that give you that stab of annoyance: cross-country airplane flight delayed 15 minute....yikes, supermarket check out line 2-deep.....eye roll, waiting for the traffic light in your comfortable air conditioned car.....finger tap, microwave taking an extra 10 seconds to boil the water.....heaven forbid. In many circles, impatience is actually a virtue; somehow reflecting an aggressive, important, and forward moving persona!

And yet, we all know, many things in life take time to come to fruition, like relationships and the activities that go with them. This is especially true when working with people in need. Often the best solution to helping an individual is not the quick fix or the fast answer. Relationships involve careful listening, a bent toward understanding, wisdom in uncovering key concerns, and a gentle word to calm another’s mind and spirit. Regardless of age, slowing down the pace of our lives to truly help another can be one of our greatest gifts.

After many years providing senior caregiving, we’ve learned to listen more than to talk. We recognize that if we are to truly advise seniors on the best solutions to their life transition challenges, we need to take time to understand BEFORE arriving at the best solution. We at Amada are accustomed to throwing our “To Do” list out the window, and listening.

Amada aims to provide excellent assistance to seniors who want to “age in place” and maintain their independence. Our licensed caregivers provide loving help to seniors who face a variety of challenges including: dementia, cancer, post-operative recuperation, or who simply need a little help periodically. Amada takes a holistic approach to meet senior’s needs by providing private duty non-medical care, navigating the complexities of long-term care insurance activation, converting life insurance policies, veteran’s benefit claims, and more. And we are a home health agency, so our caregivers are Amada employees, not contractors. They are fully screened, licensed, insured and bonded; so you never have to worry about workman comp claims, taxes or additional liability insurance.



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Hope for Irritable Bowel Syndrome Sufferers

By Zorayda "Jiji" Torres, MD

Irritable bowel syndrome (IBS) is a common gastrointestinal disorder that manifests as abdominal pain or discomfort, spasms, bloating, gas, and abnormal bowel movements with alternating diarrhea and constipation. It affects up to 20% of adults and even children, and is usually a frustrating problem for those afflicted. The usual stool and blood tests, and even invasive tests like upper endoscopy and colonoscopy, are frequently unrevealing of causes.

IBS has multiple causes including stress, food sensitivities/allergies, repeated antibiotic use, parasites, insufficient beneficial gut bacteria, overgrowth of bacteria in the small intestine, and hormonal changes. Frequently, IBS cases start with a bacterial, viral, and parasitic infection, and then the symptoms continue but no cause is found on routine testing. Patient may suffer for months to years and eventually accept this condition as untreatable.



My practice of functional medicine greatly values the health of the gut so I seriously pursue cases of chronic IBS even if previous conventional tests have not yielded any helpful information. I order comprehensive digestive and stool analysis with parasite screening, usually on 3 days of stool samples, from special laboratory tests in the country. The yield with these specialized stool tests is so much better. In one study, *Blastocystis hominis*, a parasite, was found four times more in IBS patients, and symptoms resolved in 80% of IBS patients when this parasite was treated.

An entity that can cause IBS that is often overlooked is one called Small Intestinal Bacterial Overgrowth, or SIBO for short. SIBO is a condition in which abnormally large numbers of bacteria are present in the small intestine, and the types of bacteria in the small intestine resemble more the bacteria in the colon than those of the small intestine. Common symptoms of SIBO are gassiness and bloating, diarrhea, greasy stools, weight loss, and nutrient deficiencies (e.g. Vitamin B12, A, D and E, iron, thiamine, niacin). Causes of SIBO include low stomach acid, use of acid-blocking drugs, poor gut motility from diseases like diabetes, collagen vascular diseases, immune deficiency states, bowel surgeries, and advancing age. SIBO can lead to many health problems like food intolerances and sensitivities, uncomfortable bloating after meals, nutrient and fat malabsorption, inflammation like arthritis and neuropathies, chronic fatigue, and restless leg syndrome. Therefore, diagnosing and successfully treating SIBO is important. Diagnosis is not through stool tests but through breath tests that measure gases emitted after ingesting lactulose, a sugar solution.

Treatment of SIBO is targeted to the underlying cause, and can include antibiotic therapy, herbs, prokinetic agents, removal of acid-blocking drugs (if safe to do), use of digestive enzymes and hydrochloric acid supplements, stress management, and dietary changes (like FODMAPs and SCD diets).



In conclusion, irritable bowel syndrome is a common entity that is frustrating for patients and conventional doctors to evaluate and treat as it has many possible but elusive causes. Hidden parasitic infections, imbalance or overgrowth of gut bacteria in the small intestines are among diagnosable and treatable causes. These conditions, left untreated, can lead to more health problems. Therefore, do not give up if you have irritable bowel syndrome and have not found answers even after exhaustive conventional medicine consults. Seek the opinion of a functional medicine physician like myself. I can offer you highly scientific tests that often yield more results, and treatment modalities that make sense and provide hope.



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Zorayda "Jiji" Torres, MD

Internal Medicine, Functional Medicine

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Dr. Torres is a board-certified internist with 17 years of experience. She knows the limitations of conventional internal medicine. Functional medicine is a new way of navigating through a person's illness. Its main goal is to find the root causes of diseases and tackle those causes, rather than just naming the disease and prescribing the latest FDA-approved drug or procedure.

PREVENT SURGERY with Knee Injections

By Physicians Rehabilitation

The knee is notorious for pain and injury. Knee pain can occur from an injury or a condition like osteoarthritis, and can impact activities of everyday life. There are many remedies for this condition, including rest, anti-inflammatory medications and using knee braces. For individuals whose knee pain progresses or does not respond to other types of treatment, injections may be an option to help relieve pain and discomfort without requiring surgery.

When regular treatments are not working well enough such as medication management with nonsteroidal anti-inflammatories along with physical therapy, intra-articular injections can be a great option.

There is a substance known as hyaluronic and that is naturally found in the synovial fluid of human knee joints. It works to lubricate and cushion the knee joint, being the human equivalent of "motor oil". In 1997 the FDA approved the first hyaluronic acid preparation made from rooster combs for usage in knee injections for osteoarthritis.

Currently there are multiple FDA approved hyaluronic acid preparations, which are all extracted from rooster combs. They have trade names such as Hyalgan, Synvisc and Orthovisc. While each company counts the benefits of their individual product, research studies have shown that all of them work consistently well while no one particular brand has shown superiority.

These injections are also called viscosupplementation as they restore the normal viscoelastic properties to synovial fluid. This can help protect cartilage, lubricate the joint and improve the shock absorbing effect of the knee. It is also suspected that hyaluronic acid injections may protect cartilage cells and actually promote the formation of more cartilage. This is the subject of a lot of speculation and has not been definitively proven.



Numerous clinical studies have been performed regarding the effectiveness of hyaluronic acid formulations. One of the largest studies in the US showed beneficial effects in 80% of patients for over six months it appears that the combination of joint lubrication along with the anti-inflammatory effects that both come from hyaluronic acid work together to create such effective results.

Knee injections are typically extremely effective. Specifically, hyaluronic acid injections have shown over 80% satisfactory results as well which was maintained for over a six-month time period. These results are often good enough to delay the need for a knee replacement surgery or avoid it altogether. If you suffer from the pain due to osteoarthritis, rheumatoid arthritis or post traumatic arthritis, Physicians Rehabilitation can help.



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ZORAYDA "JIJI" TORRES, M.D., ABIHM
Board-certified in Internal Medicine

Diplomate, American Board of Integrative Holistic Medicine

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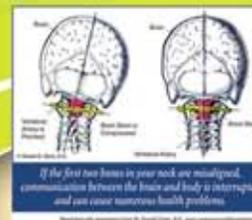
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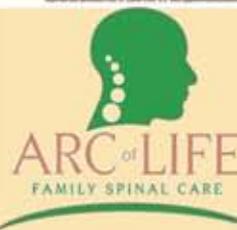


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By C. Lane Wood

YOU FOUND A NEW HOME; IT WAS LOVE AT FIRST SIGHT.

NOW MAKE SURE IT'S YOURS.

Imagine accepting a deed to your dream home only to find out later that someone else has a claim to your property – a legal claim that puts your ownership in question.

Don't risk this happening to you. There are steps you can take to uncover potential claims before you close and protect you against future claims.

THE BUYER'S PERSPECTIVE

With all that's involved in buying a home, you'd think that by the time the last form is signed there would be no doubt that you own the home. Unfortunately, this is not always the case. That's why you should not close on a house without having your attorney, or someone approved by your attorney, conduct a thorough title examination of the property to determine who really owns it.

MARKETABLE TITLE

In real estate, "title" refers to the rights of ownership and possession of a particular property. Before title can be sold to someone else, it must be "marketable" – free and clear of liens or other title defects that would be unacceptable to a prudent, educated buyer in the reasonable course of business.

To ensure marketable title, your real estate attorney can conduct a title search – an examination of public records concerning the property you intend to buy. This generally includes mapping a chain of title to determine if the present owner received valid title from the prior owner, and the prior owner received valid title from that prior owner, and on down the line for a certain number of years. A thorough title search should uncover any identifiable problems (defects) with the title.

TITLE INSURANCE

Not all title defects are part of public record. Such "hidden" defects may not be found in the course of a title search, no matter how thorough the examination. This is where title insurance comes in. Title insurance protects you against problems with the title that you didn't know about when you bought the home. If a problem is discovered, your title insurer pays the costs to defend your ownership in court, to fix the problem, or covers your financial loss if the defects cannot be fixed.



IMPORTANT

There are two types of title insurance. If you get a loan, your lender will require you to purchase a lender's title insurance policy. This protects them, but it does not protect you. To protect your interests, you will need a separate owner's title insurance policy.

DISCOVERABLE VS. HIDDEN DEFECTS

Examples of Discoverable Defects:

- Mortgages
- Real property taxes
- Court Judgments
- Utility easements

Examples of "Hidden" Defects:

- Forged deeds
- Impersonation of another by identity theft
- Married seller who represents himself or herself as single
- Construction liens
- Incorrect legal description of property
- Improperly probated will
- Undisclosed heirs
- Clerical errors at the courthouse
- Deeds signed by minors or mentally incompetent persons
- Confusion resulting from similar names

The title examination is your first line of defense for discoverable defects and the examination should be performed by a trained professional, such as a Florida Bar Board Certified Real Estate Attorney. Purchasing title insurance is your second line of defense for those "hidden" defects that the title examination did not reveal. It also protects against any other defects (even "discoverable" defects) not specifically listed in the exceptions from coverage under your title insurance policy. As a seller, your real estate attorney can help correct any defects that may arise, either by making a claim against your title insurance policy, or by taking the necessary action to clear the defect.

"Exceptions" To Your Title are Not Insured

As noted above, certain title matters cannot be eliminated and will be listed as exceptions to your title insurance policy. Exceptions are situations where the owner gives up control over an aspect of the property. For example, an easement that allows the utility company to bring its wires across your yard to the house could be an exception. If you object to an exception, you and the seller have a specified amount of time to come to a resolution. If the issues cannot be resolved, you may be able to get out of the purchase contract.

Your real estate attorney will help you understand any exceptions from the policy, and their ramifications and how to best deal with them.

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



C. Lane Wood

C. Lane Wood is a Board Certified Specialist in Real Estate Law and handles all facets of residential and commercial real estate development and financing. As a Board Certified Specialist in Real Estate Law, Mr. Wood handles all facets of residential and commercial real estate development and finance. He has practiced law in Naples for over 15 years and carries an "AV" "Preeminent" rating from LexisNexis and Martindale-Hubbell. He has also been listed in Florida Best Lawyers. Whether your legal matter involves a routine purchase and sale or refinance transaction, a sophisticated multi-state or multi party commercial contract, or perhaps the development of a small or large scale residential or commercial planned unit project, Mr. Wood has the skill set and experience necessary to advise you properly every step of the way.

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PURCHASING TITLE INSURANCE

The time to purchase an owner's title insurance policy is when you close on a home. You should also consider from whom you purchase your insurance. A licensed title agent is not an attorney. While he or she can issue title insurance and prepare documents for closing, a licensed title agent cannot:

- Negotiate contracts on your behalf
- Give you legal advice
- Explain the meaning of the documents you will be asked to sign at closing
- Resolve title issues

A real estate attorney is trained in the complexities of real estate law and can examine your title and issue your title insurance policy for the same premium as charged by a title agent. A real estate attorney can also provide the other services listed above that a title agent cannot, and most attorneys provide these services at a nominal cost. In the end, the cost of closing through a real estate attorney is about the same as the cost using a title agent. Since buying a home is one of the most important purchases you will make in a lifetime, it just makes sense to use a real estate attorney.

Do I Need Additional Coverage?

You can supplement your standard owner's policy through the purchase of special endorsements. Ask your real estate attorney to explain the benefits of these endorsements, and help you decide if you need this additional coverage.

How Much Does It Cost?

The premium for title insurance is paid only once, at closing; but the protection lasts forever, even after you sell the home. The cost is based upon the purchase price and can range from a few hundred to over a thousand dollars. Your owner's policy will be issued in an amount equal to the purchase price of the property or, in some circumstances, its market value.

**THE SELLER'S PERSPECTIVE**

If you are selling your home, you probably already have an owner's title insurance policy in place. However, it is possible that a hidden defect could still be uncovered by the buyer's agent when you try to sell your home. If this happens, you will want to work with your real estate attorney to address these problems. As the seller, it is your responsibility to deliver a marketable title to the buyer.

If you have an owner's title insurance policy, any defects that are difficult to resolve will be reported to your title insurer. Be aware that this may delay the closing until the matters are corrected. However, if you do not have an owner's title policy, you will be required to personally cover the cost of correcting these problems.

Who Pays for Title Insurance?

In some areas, such as Lee County, it is custom for the seller to obtain the title search and pay the premium for the buyer's title policy (also known as the "owner's

policy"), but in other areas, such as Collier County, it is customary for the buyer to pay for these services. Your real estate attorney can tell you what the custom is in your particular area, no matter where that may be. Keep in mind, however, the issue of responsibility for payment, along with many others, is always theoretically negotiable, and should be spelled out in the contract. And no matter who pays for the policy, the reasons for having a real estate lawyer examine the title and issue the policy still apply.

How Does It Work?

After performing a title search and examination, your attorney will issue a title insurance "commitment" for the transaction. The commitment will identify those matters which will be shown as exceptions on the final policy unless action is taken to eliminate them. Your real estate attorney will then take all steps necessary to eliminate as many of the exceptions as possible and help you obtain your title insurance policy. As noted before, some exceptions, such as condominium or homeowners association rights and responsibilities or utility service easements may not be able to be eliminated.

Potential Problems

In many cases, the commitment requirements are routine and the scheduled exceptions are most commonly acknowledged as not affecting the marketability of title. However, sometimes they can pose problems which the seller is responsible for correcting. A real estate attorney is best equipped to advise you on how to deal with them.

The author acknowledges the assistance of Attorneys Title Fund Services in the preparation of this article.



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You have enough things on your mind.
Your hair loss shouldn't be one of them.

Hairpieces and Toppers

By LaDonna Roye, Hairstylist

Hair loss is not always as complete or dramatic as chemotherapy induced hair loss or Alopecia Universalis. These conditions usually require a full wig to camouflage the hair loss.

Conditions such as thyroid disease, diabetes, or hormonal changes cause a diffused hair loss or thinning on the top of the head. For this type of hair loss the best solution may not be a wig at all. Instead a "top of the head" hairpiece or "topper" may be what is needed.

"Toppers" come in various sizes and shapes. The most common rang from 2½"x2½" to 8"x10". As with wigs, they can be synthetic or human hair, hand tied or machine made, or lace front. These hairpieces can be custom made to fit your hair loss area.

There are several benefits of wearing a "topper".

- 1. Comfort:** Wearing a top of the head hair piece is lighter and more comfortable than a full wig. When attached correctly you may forget you have it on.
- 2. Natural appearance:** Since only a little hair is added to the top of the head and blending that with the rest of the hair, it can be virtually undetectable.
- 3. Versatility:** If you like to wear your hair "up" the topper allows your hair to be pulled up or back using your own hair at the sides and back.
- 4. Added fullness where you need it:** Whether you want more bangs, additional height in the crown, or to cover up that pesky spot on the back of your head that parts and lies flat, a topper can accomplish that and more.
- 5. Saves time:** Many people find that color re-touches as not required as often because the top of the head is usually the first to show re-growth. Additionally, daily routines of styling can be drastically lessened when not trying to camouflage hair loss.



There are several ways to attach a top of the head hairpiece. The most common is with pressure sensitive clips. These comb/clips attach to your natural hair holding the piece in place. These hairpieces should be removed before sleeping, showering or swimming.

Another technique is to create a small braid around the perimeter and sew the hairpiece to the braid. Thus allowing the wearer to wear the hairpiece at all times until it requires maintenance.

Bonding the hairpiece to your scalp with medical grade adhesive is an option preferred by many. This works well for people who have advanced hair loss

on the top and not enough hair to clip or braid the piece in. Bonding allows the hairpiece to be worn while sleeping, showering and swimming. This method does require maintenance after a few weeks.

It is important that you seek qualified medical advice if you are experiencing unusual or extensive hair loss.

After learning the cause of your hair loss you may want to consult a hair loss professional regarding options to camouflage your thinning hair. If you find a full wig uncomfortable, a topper may be just what you are looking for.



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Recover with Confidence, a nationwide group of dedicated hair loss professionals, provides products and services to women who have been afflicted with hair loss due to cancer. **LaDonna Roye Hairstylist** is proud to be its local partner and provider in offering patients individualized products and support to aid in their recovery process

7 Rules for Protecting & Cleaning Hardwood Floors

Spring is the perfect season for cleaning and treating hardwood floors. Here are seven rules to see you through:

1. Avoid dirt and scratches altogether. Even the most heavily protected hardwood floors are vulnerable to damage from grit, heels, pet claws, furniture and the products and moisture needed to clean them. Avoid damage altogether by wiping spills and stains promptly, encouraging people to remove shoes, placing area rugs in high-traffic zones and mats at entrances.

2. Clean often. Sweep or vacuum hardwood floors daily. It's not just about making your wood floors look clean, it's about removing debris that can scratch, become embedded, wear the finish and dull the floor over time. Be sure to use only soft-bristled brooms and vacuum attachments (no beater bars).

3. Know your finish. How you clean and treat a hardwood floor depends entirely on if, and how, the floor is sealed. Newer wood floors are typically sealed with a polyurethane or similar plastic-like finish. Others are varnished, lacquered, shellacked, treated with oils – known as penetrating sealants – or unfinished. If you do not have any paperwork associated with your floor, a basic test is to press and draw your finger over a section of the floor. If you cannot feel the grain of the wood, it's likely the floor is sealed with a polyurethane-type finish that can withstand a small bit of moisture in cleaning. With all other finishes and unfinished floors, avoid moisture like the plague.



4. Pick the right process. For all hardwood floors: clean and buff with the grain and never wet mop or use furniture polish. For polyurethane-treated floors, the cleaning process is: sweep or vacuum, damp mop with a cleaning solution, and buff gently with a soft dry cloth. Cleaning frequency for this type of floor is once per week in high-traffic areas; never wax a polyurethane-treated floor. For all other finishes, the process is: sweep or vacuum frequently, clean spills promptly and – one to two times per year – strip, apply a new coat of wax, and buff using a machine.

5. Pick the right products. For hardwood floors designed to withstand damp mopping, commercial nonabrasive cleaning solutions with a neutral Ph are recommended. Cleaners that are too alkaline can dull the floor's finish; cleaners that are too acidic – including vinegar, lemon, tea, and other oft-recommended homemade solutions – can cause the finish to deteriorate and leave dirt behind by failing to bond with it chemically. Some floor manufacturers make and sell their own cleaning products or recommend products for use with their floors; these may be expensive, but are likely the best choices.

6. Spot-treat stains. For polyurethane-treated floors, address stains locally using appropriate cleaning solutions (e.g. detergents for greasy stains, ammonia for blood, etc). Apply the basic rule for all stain removal: start with the gentlest possible method, escalate for tougher stains and stop as soon as the stain is removed. Pencil erasers work well on scuff marks. For oil-sealed floors, ultra fine steel wool may be used – very gently – to remove stubborn stains.

7. Refinish. When properly cleaning and treating hardwood floors fails to produce a beautiful shine, it's a sign that refinishing is needed. For polyurethane-finished floors, a more moderate refinishing process – called screening – may be all that is required. More damaged or worn floors will require sanding and complete refinishing before they can, once again, shine like new.

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OPEN ENROLLMENT IS OVER! OR IS IT???



The Department of Health and Human Services established an Open Enrollment Period for 2015 starting on November 15, 2014 and ending on February 15, 2015. During that time a reported 10 million Americans enrolled in quality health insurance.

It's worth reviewing some of the Essential Benefits mandated by the Affordable Care Act. Although the Plans were divided into 4 categories: Bronze, Silver, Gold and Platinum, they all have these Essential Benefits in common.

- All Plans provide for Annual Wellness Exams at NO COST.
- All limits to be paid by the Insurance Company have been removed.
- All pre-existing conditions are covered, allowing thousands of previously uninsurable to get the coverage and treatments they need.

Health Market Agents in 45 States assisted, advised and aided approximately 1,500,000 applicants to secure the health insurance and supplemental protection that was determined to be the best option for themselves or their families.

Many applicants had misunderstandings about available policies, selection of doctors, and the availability to receive tax credits (subsidies) to help pay for their Insurance. Few realized that they could use their tax credit for any plan offered through the Marketplace; the average number across the US was 40 available plans.

The Average monthly tax credit was \$268.00. Personally, I assisted individuals and families to qualify for tax credits over \$1,000 per month.

I helped a woman, who is a Cancer patient, enroll in a plan for \$50 per month. The plan she selected will cover all of her treatments for the year, with her MAXIMUM OUT OF POCKET EXPENSE limited to \$500. Another woman with congenital heart disease is now able to get

a much-needed surgery with a plan that has a monthly premium of \$72 and maximum out of pocket cost of \$1,100.

The Marketplace estimates that 87% of applicants received a tax credit, most of whom were previously uninsured or unable to pay for 100% of their Health Insurance prior to enrolling.

While all of that is positive, what happens to someone needing health insurance now that the enrollment period is CLOSED?

When originally designed, the Affordable Care Act provided for Special Election Periods for those experiencing a "life changing event" within 60 days of application submission. Examples of such events include: marriage, divorce, pregnancy, loss of employment, loss of insurance (not voluntary), and change of immigration status.

Special Election Period opens enrollment during tax season.

In addition, on Friday, February 20, 2015, the Centers for Medicare and Medicaid Services (CMS) announced a Special Election Period for the tax season. **This period begins March 15 and ends April 30 at 11:59 PM.**

This extension period permits those that were unaware of or didn't understand the implications of the fee (penalty) for not enrolling in accredited coverage for at least nine months in 2014 to choose a plan that best meets their needs.

So, what does this mean for you?

This opens the door to many still in need of assistance.

- Do you qualify for a Special Election?
- Do you need help determining if you qualify for a tax credit?
- Do you want to know how much credit you will receive?
- Do you need clarification on what plans and doctors are available in your area?

If you answered yes to any of the above questions, I CAN HELP! With a few questions and a five minute phone call, I can help you determine if you qualify for this most recent Special Election Period extension.

I have helped hundreds of people save thousands of dollars on health care coverage. Call today. I am happy to answer any questions you might have concerning the Affordable Care Act enrollment.

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THE RECEIPT.

By Russell S. Howard, Executive Pastor

That Sunday morning saw history's defining moment. Simply put, it was the finale' of the most important series of events that ever happened.

But before we get to Sunday morning . . .

On the previous Friday, outside the city of Jerusalem, an innocent man hung suspended on a cross. He had come through a farce of a trial, and He had been convicted based on false testimony from paid witnesses. He was nailed in place through all four limbs, brutally wounded from a variety of beatings and abuses, and His scalp was shredded by a crown of thorns.

His execution was carried out by a Roman death detail, trained and proficient in their gruesome art. And, probably about 3:00 in the afternoon, they shoved a spear into his torso and pronounced Him dead.

Had you been there that afternoon, you might have experienced some remarkable things. There was a protracted period of darkness, and a number of other distinctly supernatural events. However, you might have wondered what it all meant.

Years later, the Apostle Paul would sum it up with these words, on the cross, God the Father "made the One who did not know sin to be sin for us, so that we might become the righteousness of God in Him." (2 Corinthians 5:18, HCSB). A substitutionary death, His life given for us. Our sin given to Him. Payment made for the sins of mankind.

They placed his dead body in a cave tomb, and they rolled a big rock over the mouth of the cave.

Have you ever swiped your debit card when you weren't quite certain you had enough in your account to cover the cost? You know that moment when you wait for the receipt, wondering if it's going to print? Saturday was like that. Payment had been made, and the universe waited to see if the transaction would clear.



If Friday was the payment, Sunday morning was the receipt.

In the pre-dawn hours of Sunday, Jesus of Nazareth simply did not stay dead. It was not a metaphorical event, a mystical event, or a mythological event. It was a miraculous event. His heart began to beat again. His eyes came open, and He was alive. And He walked out of His grave under His own power.

Today, someone has wisely said that if Jesus Christ remained dead, then nothing really matters. But if Easter Sunday happened (and hundreds of first-century witnesses say it did), then nothing else matters.

One has died. And His death will cover the eternal penalty for every mistake and wrongful act you've ever committed, if you will only follow Him. Today, He is alive, forever, to keep us reminded that His one-time death was eternally enough.

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FULFILLED



But what God FORETOLD by all the prophets...
He thus FULFILLED.
Acts 3:18

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