

S O U T H W E S T F L O R I D A ' S

Health & Wellness[®] MAGAZINE

May 2015

Collier Edition - Monthly

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FREE



MAY IS MENTAL HEALTH MONTH:

Prevention and Early Intervention Are the Keys to a Mentally Well Community

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MELANOMA Awareness

MAMMOGRAMS
Annual Screenings Prevent Advanced Breast Cancer

NEW HORIZONS
In Varicose Vein Therapy

LOOK 10 TO 15 YEARS YOUNGER...

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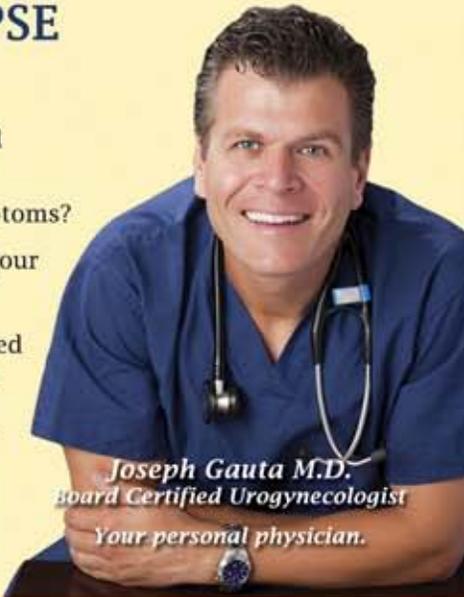


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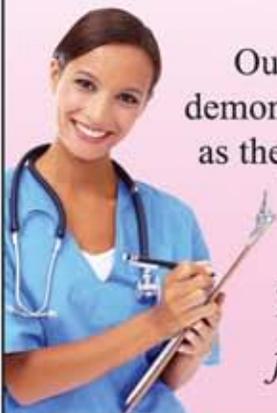
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FDA CLEARS NON-SURGICAL LIFT!!!

The Lunch Time Lift!!!

One of our first and most noticeable sign of aging is that sagging skin on our face and "turkey" neck. As we age we all experience a natural loss of skin elasticity. This new face and neck firming treats the face, neck, eyebrows, sagging jowls, wrinkles and folds. Some say that the sagging skin can add ten years to our looks.

Fortunately there is a new **FDA-APPROVED NON-INVASIVE** facial service that may take ten years off your looks, without surgery or downtime. This is good news for those who do not want to go under the knife.

This non-invasive treatment is accomplished in one treatment, in about one hour, at a small fraction of the cost of a traditional face lift. This unique procedure is done without incisions and will lift and tighten up the face, neck and eyebrows.

The treatment uses ultrasound, which is very safe, affordable and has provided results that can rival a surgical procedure. The ultrasound is able to lift the skin in the face, neck, chin, eyebrows and sagging jowls that are inevitable with age.



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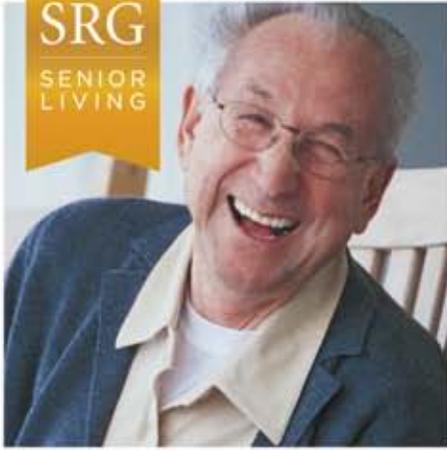
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I've learned to manage my stress. I don't isolate and know I have people I can talk to when I have an issue. DLC has given me a huge step up in my life.
- RON

His Mind is *Our* Concern.

Mental health is a community issue.
Fortunately, there's a community solution.

Ron is among one in four in Collier County who suffer from a mental illness. One in nine of us will experience some form of substance abuse. When a family member, friend or coworker battles a mental health or substance abuse problem, we suffer with them. Thankfully, David Lawrence Center is a local not-for-profit leader in behavioral health and is here for our community.

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THE FRACTURE THAT MAY CAUSE YOU STRESS!

By Myles Rubin Samotin, MD - Board Certified Orthopaedic Surgeon, Fellow Foot and Ankle

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

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

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

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

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

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

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

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



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NEW HORIZONS IN VARICOSE VEIN THERAPY

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

OVERALL, VEIN THERAPY IN GENERAL AND VARICOSE AND SPIDER VEIN TREATMENTS SPECIFICALLY, HAVE UNDERGONE DRAMATIC CHANGES IN THE LAST DECADE. THIS RAPIDLY EVOLVING FIELD OF PHLEBOLOGY (THE TREATMENT OF VEINS) NOW HAS ITS OWN BOARD CERTIFICATION BY THE AMERICAN BOARD OF VENOUS AND LYMPHATIC MEDICINE. IN ADDITION TO THIS THERE HAVE BEEN RAPID ADVANCES IN ULTRASONIC EVALUATION OF VENOUS PATHOLOGY LEADING TO VERY PRECISE DIAGNOSIS OF THE REASONS FOR VARICOSE VEINS, SPIDER VEINS, LEG SWELLING AND ALL FORMS OF VENOUS INSUFFICIENCY.

UP UNTIL ABOUT 10 YEARS AGO, THE STANDARD TREATMENT FOR VARICOSE VEINS WAS A SURGICAL PROCEDURE CALLED STRIPPING AND THE STANDARD SPIDER VEIN TREATMENT WAS SCLEROTHERAPY WITH A SALINE (SALT) SOLUTION. BOTH OF THESE PROCEDURES WERE UNCOMFORTABLE, LED TO MANY RECURRENCES AND WERE, FOR THE MOST PART, COSMETICALLY UNACCEPTABLE. ABOUT A DECADE AGO THE STANDARD OF TREATMENT FOR BOTH VARICOSE AND SPIDER VEINS CHANGED DRASTICALLY DUE TO TWO INNOVATIONS: THE LASER AND FOAM SCLEROSING SOLUTIONS.

LASERS FOR THE TREATMENT OF VARICOSE VEINS HAVE CONTINUED TO EVOLVE. THE CURRENT OPTIMUM LASER TO CLOSE THE LEAKING VALVES LEADING TO VARICOSE VEINS APPEARS TO BE THE 1470 WAVELENGTH. THIS LASER ALLOWS THE VEINS TO BE TREATED IN THE OFFICE UNDER LOCAL ANESTHESIA WITH MINIMUM BRUISING, DISCOMFORT AND DOWNTIME.

FOAM SCLEROTHERAPY SOLUTIONS, PRIMARILY POLIDOCANOL AND SODIUM TETRADECYL SULPHATE, CAN TREAT SPIDER AND BLUE (RETICULAR) VEINS WITH EXCELLENT COSMETIC RESULTS AND, AGAIN, IN THE OFFICE SETTING WITH NO DOWNTIME AND NO NEED FOR PROLONGED STOCKINGS OR COMPRESSION POST TREATMENT. WE ARE ALSO ABLE TO TREAT VEINS ALMOST ANYWHERE IN THE BODY INCLUDING THE FACE, AROUND THE EYES, HANDS, ARMS, BACK AND ESSENTIALLY ON ANY SKIN SURFACE.



AS THE FIELD OF PHLEBOLOGY CONTINUES TO EXPAND, THERE ARE NEW PRODUCTS CURRENTLY NEWLY RELEASED AND ON THE HORIZON. WITHIN THE LAST 18 MONTHS, THE CLARIVEIN PROCEDURE HAS BEEN FDA APPROVED TO TREAT VARICOSE VEINS. THIS PROCEDURE IS CALLED MECHANOCHEMICAL ABLATION OR MOCA FOR SHORT. CLARIVEIN HAS SHORTENED THE LASER VEIN PROCEDURE TO ABOUT 15 MINUTES, IS DONE IN THE OFFICE UNDER STRAIGHT LOCAL ANESTHESIA AND HAS LITTLE TO NO POST PROCEDURE BRUISING. THE PROCEDURE INVOLVES INSERTING A SMALL WIRE INTO THE SAPHENOUS VEIN UNDER LOCAL ANESTHESIA UNDER ULTRASONIC GUIDANCE. THE WIRE IS THEN ACTIVATED TO SPIN TO CAUSE THE VEIN WALL TO CONSTRICT. AT THE SAME TIME THAT THE WIRE IS SPINNING, A SOLUTION IS SIMULTANEOUSLY INJECTED INTO THE VEIN TO SEAL IT. AS WITH ANY PROCEDURE, IT CANNOT BE DONE ON EVERYONE BUT THOSE WHO ARE CANDIDATES FOR THIS, WILL BE ABLE TO RECEIVE THE CURRENT MOST ADVANCED VEIN PROCEDURE WITH THE LEAST SIDE EFFECTS.

ANOTHER NEW CLOSURE PROCEDURE FOR VARICOSE VEINS IS VARITHENA. THIS IS A FOAM SOLUTION FDA APPROVED AND AVAILABLE FOR USE IN THE US. THIS PROCEDURE INVOLVES THE INJECTION OF A FOAMED SOLUTION INTO BOTH THE SAPHENOUS AND VARICOSE VEINS WITHOUT THE NEED FOR THE USE OF A LASER. RECENTLY FDA APPROVED BUT NOT YET AVAILABLE FOR USE IN THE US IS VENASEAL WHICH IS A "GLUE" MADE OF CYANOACRYLATE WHICH IS INJECTED DIRECTLY INTO THE VEINS CAUSING THEM TO STICK TOGETHER AND ULTIMATELY DISSOLVE. SINCE THESE ARE BOTH NEW PROCEDURES THEY ARE NOT COVERED BY ALL INSURANCE COMPANIES.

THIS IS AN EXCITING TIME TO BE INVOLVED IN VEIN CARE. THERE HAVE BEEN TREMENDOUS ADVANCES IN THE LAST DECADE BUT THE NEXT 10 YEARS WILL BE EVEN MORE FASCINATING.



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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.

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Vaccines and Stem Cells: WEAPONS AGAINST LUNG DISEASE

By David Ebner, Staff Writer

Every fall, the billboards and television commercials urging you to get a flu shot start to creep into the national narrative. Many people have reservations about the flu vaccine; some state it causes headaches and even engages flu-like symptoms. However, the statistics strongly support the flu vaccination over trying to tough it out, especially for the elderly. The CDC estimates that, in people over 50, there is a 77 percent reduction in hospitalization for flu symptoms when vaccinated.

Why not give yourself the best possible chance to be healthy? During flu season, most people agree with this logic and get a flu shot. The benefits are even more compelling for those suffering from a lung disease like COPD. The coughing, shortness of breath and fatigue that come along with the flu are everyday symptoms for those with lung disease, and the possibility of contracting the flu can turn these already harsh symptoms into something potentially fatal like pneumonia or respiratory failure. That's why the CDC recommends that people with these conditions get the flu shot yearly.

Most pulmonologists will also urge their patients with lung disease to get a flu shot, but this has led patients to ask about other options to protect and improve their lung function. If a shot can vaccinate them from the flu, what can be done about lung disease? New options are emerging, and some have discovered stem cells as the answer. Just like the flu vaccine, stem cell therapy offers the possibility of improving lives through effective management and treatment of debilitating conditions.

Stem cells have become a buzzword in the news over the past few years. However, much of the talk is about fetal stem cells; few people are talking about adult, autologous stem cells that are present in all of our bodies. As our body's repair system, these cells live in blood, bone marrow and fat tissue. They naturally respond to injury or illness; however, stem cells don't move quickly, hence our bodies don't instantly heal when we get sick. Autologous stem cell therapy can expedite this natural healing process.

A clinic called the Lung Institute (lunginstitute.com) is working to change this. They treat lung diseases with stem cells from the patient's own body. In essence, they extract the cells through a minimally invasive procedure, clean them and then reintroduce them to the lungs after giving the patient natural growth factors that promote cell replication. This quickens healing by directing the cells—and their healing properties—toward the diseased area. The result is healthier tissue growing in place of damaged tissue, and although this doesn't cure the disease, it acts

like the annual flu vaccine by slowing further degeneration and bringing a normal life back within reach.

We are in the midst of a fight to eradicate the flu just like the measles and polio of yesteryear. In the past, when the medical field banded together to tackle these diseases head-on, they were able to develop a vaccine. With the advancements in medical research today, the question of whether this can be done for lung disease is forthcoming, and by the looks of it, stem cells could play a starring role.

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.



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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AFTER



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MAMMOGRAMS

Annual Screenings Prevent Advanced Breast Cancer

Mammography or a mammogram is an x-ray examination of the breast tissue. Mammography has been used for years to detect and diagnose breast diseases in both women and men. While most mammography is done on a screening basis, it is crucial in diagnosing the cause of breast symptoms such as breast lumps, breast pain, and nipple discharge.

Annual screening mammograms are performed on patients who are asymptomatic (has no breast complaints) and meet the criteria for a mammogram. These criteria are generally age (over the age of 40), and family history of breast cancer.

Screening Mammography

The goal of annual screening mammograms is to detect breast cancer when it is still too small to be felt by either the woman or her physician. Early detection of small breast cancers by screening mammography dramatically increases the chances for successful treatment of the disease. In the U.S., one out of eight women will develop breast cancer during her life. The earlier the disease is diagnosed, the higher the chances of a complete cure. When breast cancer is detected in the localized stage without spread to lymph nodes, the five year survival rate is 98%. If the cancer has spread regionally to the axillary (underarm) lymph nodes the rate drops to 76%.

If you experience unusual tenderness, pain, nipple discharge or notice a lump in your breast (even if you are in your early twenties), contact your personal physician immediately and come in for a diagnostic evaluation. The best treatment for breast disease is early detection.

- Women 20 years of age and older should perform breast self-examinations monthly
- Women 20-39 should have a physical examination of the breast every three years, performed by a health care professional such as a physician.
- Women 40 and older should have a physical examination of the breast every year.
- Women 40 and older should have a mammogram every year.



Diagnostic Mammography

Diagnostic mammograms are performed on patients with a breast complaint (for example, a breast lump, pain or nipple discharge etc.) or have had an abnormal screening mammogram. During a diagnostic mammogram, additional imaging of a breast abnormality will be taken and carefully evaluated. These images may include coned view with magnification which increases the appearance of an abnormality and makes it easier to see. The additional views to be obtained are tailored to the patients needs by the Radiologist. This commonly will include an ultrasound of the area, but not always. During this visit the Radiologist will come and speak with you about your results.

A complete diagnostic work up may show that a lesion or area of abnormal tissue has a high likelihood of being benign (not cancer), and although the Radiologist may believe that the chances of this area developing into cancer are low, you may be asked to have the area re-imaged in a few months. Or the diagnostic mammogram may show that the area is not of concern and you will then be instructed to continue your routine screening mammograms.

Finally a diagnostic mammogram may suggest that a biopsy is needed to tell whether or not a lesion is cancer. Mammography cannot prove that an abnormal area is cancer. If mammography raises a significant suspicion of cancer, tissue must be removed for examination under a microscope to tell if it is cancer with certainty. This can be done by needle biopsy or open surgical biopsy. A recommendation of biopsy does not necessarily mean that the abnormality is cancer. About 70% of all breast lesions that are evaluated with biopsy are found to be benign. When a biopsy is recommended the patient should discuss the different types of biopsy with their physician to determine which method of biopsy is best for her.

How do I prepare for a mammogram?

When you arrive for you to have your mammogram, it is preferable that you dress in a two-piece outfit, since you will be asked to remove all clothing from the waist up. Do not use any lotions, powders, perfumes, or deodorant in the breast or underarm area the day of your test (particles from the chemicals can distort the images). If you are still of reproductive years, try to avoid scheduling your exam the week before your period, as your breasts will be tender. If possible, obtain prior mammograms and make them available to the technologist at the time of your visit or before. The use of comparison to prior images is very valuable.

You can feel comfortable in having your mammogram done at NDIC. The Radiologists at our Imaging Centers are highly trained and are the most respected Physicians in the field of mammography. NDIC performs over 20,000 mammograms annually, so we pride ourselves in helping women detect breast disease, as well as assisting them through the processes of getting treatment if needed. With the use of digital imaging and computer-aided detection (CAD), NDIC can image the interior of the breast with a high rate of accuracy. We use only state-of-the-art equipment and are certified and accredited by the American College of Radiology and the FDA. Both the Radiologists and Technologists at NDIC maintain the highest level of training in the area mammography.

To learn more about Mammography, and other imaging services available at Naples Diagnostic Imaging Center, please call (239) 593-4222.



239-593-4222

www.NaplesImaging.com

Dr. Theresa Vensel

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Certified:
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Residency:
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Diagnostic Radiology, Shands Hospital,
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Diagnostic Radiology, Women's Imaging





A New Solution to an Old Problem

By Joseph Gauta, MD, FACOG

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

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

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



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

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


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Q&A

with
Joseph Gauta M.D.

Board Certified Urogynecologist

Why did you seek treatment?

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

What does the treatment entail?

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

Would you recommend this treatment to a friend?

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

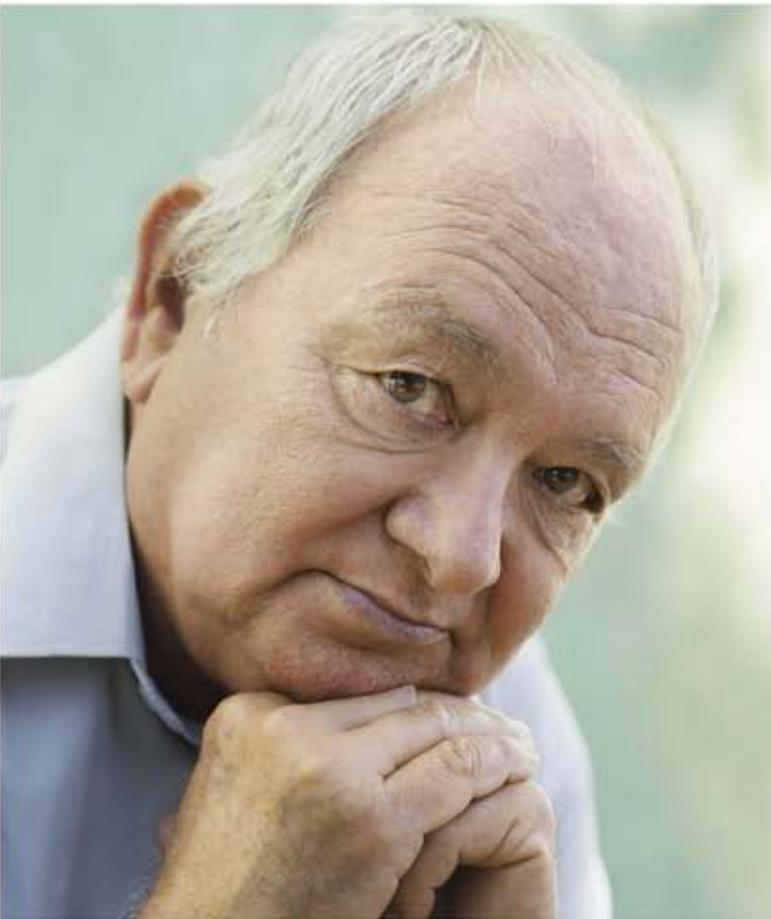
--- M.S.

Help For The Depressed

According to NAMI (National Institute of Mental Illness) one in 10 Americans experience depression at some point in their lives yet only about 20 percent seek professional medical help—even though the condition is completely treatable.

“May is National Mental Health Month,” says Jamie Seneca, Community Outreach Director for Nurse On Call. “Why not take this month to reflect on your own mental health by answering a few simple questions? Like an annual physical, ones mental check ups are equally as important. The following are a few questions that you can answer to evaluate your mental and emotional well being.

- Have you lost interest in doing things you used to enjoy?
- Are you more sad or crying more than usual?
- Do you have low energy, motivation and drive?
- Are you sleeping more or less than usual?
- Do you feel hopeless, helpless and worthless?
- Do you have suicidal thoughts or recurring thoughts of death?



NAMI, claims that if one answered yes to any of the previous questions they may be susceptible to depression. The scary thing is that many people who suffer from depression never seek out help for a very treatable prognosis. The first step in treatment is meet with ones primary care physician to rule out any other medical conditions and if depression is the diagnosis, it can be treated in a multitude of ways, but the two most common being medication and psychotherapy. Another option for those of Medicare age and meet the requirements is psychiatric nursing services through home health. These services are provided by experienced psychiatric nurses and are designed to:

- Prevent hospitalizations
- Increase access to mental health services
- Provide follow-up treatment
- Assist families in maintaining community living and improving their quality of life

Psychiatric nurses work with your primary care physician and/or psychiatrist in planning care and also work closely with other care team members or involved community providers. Those who are most likely to benefit from Home health services are individuals who have one or more of the following conditions:

- Serious and persistent mental illness as well as risk for repeated hospitalizations
- Exacerbations of chronic schizophrenia and/or affective disorders, including major depression
- A recent release from hospital care and need of follow-up to prevent relapse
- A need for monitoring of a new psychotropic medication
- Alzheimer's Disease and other types of dementia
- Confusion following surgery, strokes, cancer treatment, or related to medications
- Chronic pain and related depression
- Anxiety and/or panic attacks
- Character/personality disorders experiencing a crisis
- Families/caregivers in need of psychosocial support and education

Nurse On Call Homecare has certified psychiatric nursing, psychiatric occupational therapy and licensed social workers that can provide a comprehensive physical, psychological, mental, cognitive, family and environmental assessment of a patient within an in-home environment. Although each individual is screened according to their need for care, some typical criteria to consider in for these services are the following: The patient needs to be home bound, under the care of a physician, and needs a skill of a registered nurse. If all the above criteria is met and you are more interested in homecare Psychiatric services contact your physician to inquire about the benefits of this service.



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MAY IS MELANOMA MONTH—BUT MELANOMA IS A YEAR-ROUND CONCERN

Cyndi Yag-Howard, MD, FAAD - Yag-Howard Dermatology Center, Naples, FL

Volunteer Clinical Faculty: James A. Haley Veterans Administration, University of South Florida Morsani College of Medicine

Approximately 350,000 Americans are diagnosed with skin cancer yearly. About 5% of them are diagnosed with melanoma. In the United States, one person dies of melanoma every hour. Melanoma is considered the most deadly form of skin cancer derived from the epidermis, or most superficial layer of the skin, and it is thought to be caused by intense intermittent exposure to ultraviolet radiation. Some people are more prone to developing melanoma than others. While early diagnosis is ideal, I am happy to say that incredible scientific advances are changing the outlook and long-term survival for patients with advanced stage melanoma.

There are three types of skin cancer that develop from cells in the superficial layer of our skin. They are basal cell carcinoma, squamous cell carcinoma and melanoma. Basal cell carcinoma is the most common (80%) and least aggressive form of the three skin cancers. Squamous cell carcinoma is less common (approximately 15%) and slightly more aggressive than basal cell carcinoma because it has a greater tendency to spread internally to lymph nodes and other organs. Melanoma is the most aggressive form of the three skin cancers with a 10-year survival rate of 95% in early melanomas and 10-15% in advanced melanomas, which have a proclivity to spread to the lymph nodes, lung, liver and brain.

One of the difficulties with diagnosing melanoma is that the location and appearance of melanomas can be quite variable. The majority of melanomas occur on trunk in men and the thighs in women. However, they can appear anywhere, including on the scalp, on the soles of the feet, between the toes and underneath the fingernails or toenails. More cryptic locations include the inner ear or inside the eye.

We usually learn that the appearance of a melanoma meets the ABCDE criteria, but that is not always the case. ABCDE stand for: Asymmetry (melanomas tend to be asymmetric), Border (melanomas usually exhibit an irregularly shaped, scalloped border), Color (melanomas usually reveal more than one color in an irregular pattern), Diameter (melanomas were once thought to be larger than the width of a pencil eraser, but this descriptor is now considered



Image courtesy of Healthwise, Incorporated and NCI Visuals Online

irrelevant), and Evolution (patients often note that the lesion that is ultimately diagnosed as a melanoma has evolved, or exhibited recent changes in appearance or symptoms). Melanomas come in a variety of colors, shapes and sizes. They can be black, brown, bluish-grey, red or pink. They can have spots of color, such as black or white, within them. They can be larger than a dime or as small as the head of a pin.

Several years ago, I recall that, within a two month period, I diagnosed three melanomas that had no dark pigment whatsoever. They were entirely pink spots that just looked unusual to me. That unusual appearance, along with a gut reaction, prompted a biopsy and, ultimately, a diagnosis of melanoma for three unsuspecting individuals who were smart enough to understand the importance of yearly skin examinations. These cases illustrate that there is no one criterion that would make a person think that he or she has a melanoma—and therein lies the truth. It takes the trained eyes of a professional—who sees thousands of skin lesions every day—to detect melanoma.

While melanoma is potentially deadly, the vast majority of melanomas are diagnosed before they have the opportunity to spread to the lymph nodes or beyond. Early diagnosis is key to long-term survival.

The American Academy of Dermatology recommends yearly total body skin examinations, which include looking at the scalp, in the mouth, under the arms and breasts, between the buttock folds, between the toes, and everywhere else too. If you have a history of skin cancer, you might need to have these exams more frequently. Make sure your healthcare provider has you undress so that hidden melanomas do not go undetected. And always report to your healthcare provider any changes in your skin, especially changes in specific spots that have caught your attention.

The future for melanoma patients is very bright given that scientific research has led to remarkable breakthroughs that suggest possible long-term survival even for patients with advanced disease. However, prevention is the greatest deterrent to developing melanoma in the first place. As I always like to say, cover yourself with CASH: Clothing, All-over sunscreen (water resistant, broad spectrum, SPF 30+, reapply every 1-2 hours even under clothing), Sunglasses and a Hat. These preventive measures just might save your life.

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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FAILED BACK SURGERY SYNDROME

By midlife more than fifty percent of the population experiences significant episodes of low back or lumbar pain. Oftentimes, chronic low back pain leads patients to surgery of the lumbar spine. Unfortunately, ten to forty percent of the lumbosacral spine surgeries done for disabling pain culminate with recurrent or persistent pain. The numbers are so overwhelming that this condition has its own diagnosis. This condition is known as Failed Back Surgery Syndrome (FBSS).

What does FBSS involve? Interestingly, even though a back surgery is considered “successful,” because the anatomic area was surgically “fixed,” the defining symptoms of FBSS, persistent back and/or leg pain, can occur. The pain and discomfort cause a major negative impact on the ability to manage everyday activities such as standing, lifting, and traveling.

MRI findings can lead to unnecessary surgery

With so much technological progress, how does this still happen? Sometimes surgery is done when it was never indicated. Surgery may be recommended based primarily on MRI findings. This involves performing surgery on a structure that looked bad on MRI, but was actually not the true cause of pain. While operating on one condition, another condition may be overlooked. A disc may be removed, for example, but the underlying instability, causing disc degeneration and stenosis is not addressed. Disappointing results and pain will often result.

Joint Instability — the Link to Sciatica and other Back Pain Conditions

Back pain that goes down the leg, commonly referred to as “sciatica,” is an example of a common reason why people end up in surgery. If surgery is done to release the

Spinal Instability

- Degenerative disc disease
- Spinal spondylosis (osteoarthritis)
- Spondylolisthesis
- Herniated discs
- Radiculopathy
- Myofascial pain syndrome
- Spinal stenosis

Common conditions caused by spinal instability.

pressure on the sciatic nerve, but the patient complains of residual pain, this indicates that there are other structures causing the pain which were not addressed by the surgery. Pain that comes and goes or is worse in certain positions points to sacroiliac joint instability. (See Figure 1.)

The lumbar spine is composed of five vertebrae separated by discs and supported by strong muscles and ligaments. Cumulative trauma through years of sports and other activities can result in small tears of the ligaments. One major trauma or injury can be of such severity that ligament healing never occurs, leaving the vertebrae unstable and without the support they need from those ligaments. Spinal instability due to ligament laxity can cause a myriad of painful conditions. (See Figure 2.)

Effects of Fusion Surgery

Fusion surgery may be recommended due to excessive movement, or instability, in the spine. The surgeon is looking to place artificial material to permanently fuse that area together, to keep it from moving. Once the joints are fused together, motion in the spine has to come from somewhere else, creating added stress on the sections above and below the spine.

One of the well-known long term effects is degenerative arthritis below and above the fusion. In numerous



cases, this creates added back pain and arthritis after the surgery and a continued need for medical treatments. Regenerative Medicine options are available to stabilize the vertebrae without surgery.

Nonsurgical treatments for back pain

Regenerative Medicine refers to modalities that stimulate the body to repair itself, such as Prolotherapy, PRP and Stem Cell therapies. Our bodies have amazing regenerative capabilities and this can be harnessed to help degenerative conditions that show up on X-ray or MRI. (See Figure 3.) This is a novel approach because we are triggering the body to strengthen the tissue on its own, without the use of artificial hardware.

Regenerative treatments like Prolotherapy are quick, outpatient procedures that allow the person to remain active in sports or other activities they enjoy, without the need for extensive downtime. For those with back pain who have not had surgery yet, regenerative therapies can often be tried as a first-line treatment. Prolotherapy is helpful for almost all types of back pain: herniated discs, bulging discs, degenerative disc disease, chronic subluxation of the sacroiliac joints, and more. For those who have already had surgery and are now suffering from Failed Back Surgery Syndrome, Prolotherapy may be a consideration to correct the true underlying cause of the pain: spinal instability. Numerous studies on the use of Prolotherapy for back pain are available, including where Prolotherapy was used as an alternative to surgery. See studies and citations at www.AboutProlotherapy.com.

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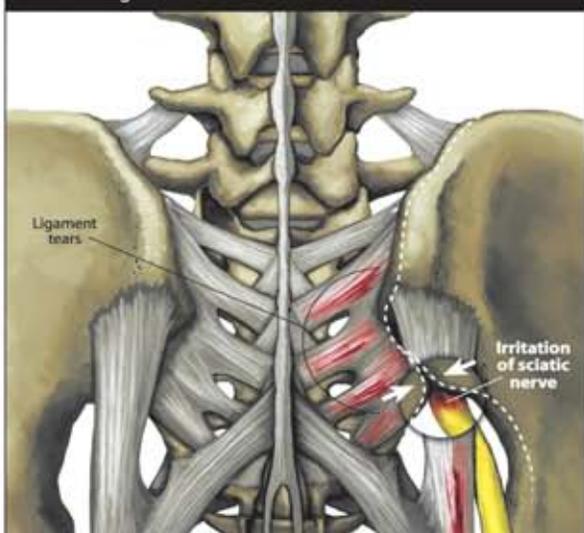
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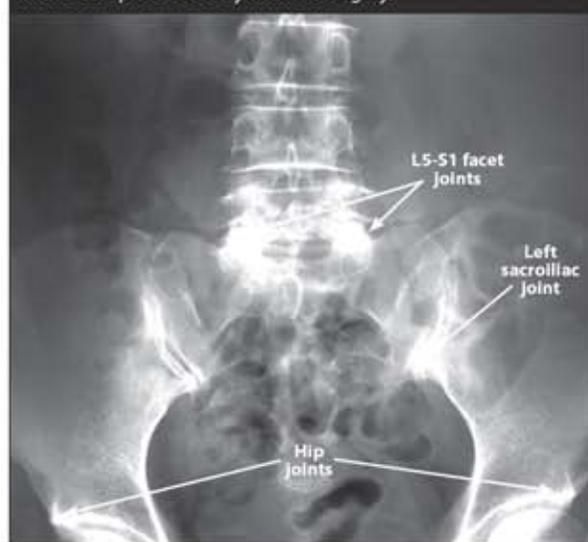


Sacroiliac instability. Arrows signify excessive joint motion. Sacroiliac instability can irritate the sciatic nerve and refer pain down the leg.



- Symptoms include:**
- Popping
 - Loss of motion
 - Low back pain
 - Referral leg pain
 - Muscle spasms
 - Crepitation with movement
 - Loss of muscle strength
 - Numbness down leg

AP X-ray of lower back, pelvis, and hips showing areas of sclerosis (arrows). Hardening of the bones or joints (sclerosis) is typically the earliest X-ray sign of joint instability and osteoarthritis. The bone is hardening because of greater pressure on it due to ligament injury causing joint hypermobility or instability. This particular patient was recommended a multi-level fusion, but she chose Prolotherapy instead. She ended up with a complete recovery without surgery.



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They offer body contouring treatments that stimulates fat reduction with many clients seeing very rapid results. They also offer skin rejuvenation and anti-aging treatments that help restore the skins natural glow and also helps slow the aging process. Swan Centers offer a wide range of customized services to help clients between the ages 40 to 90, 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.

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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, buttocks, hips, arms, back and thighs. The treatments are quick and painless, generally taking 45 minutes or less. Unlike other plastic surgery procedures, these treatments allow you to continue your daily activities without any interruption.



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PERSONALIZED MEDICINE CAN SAVE YOUR LIFE

By: Corey Howard, MD, FACP

HAVE YOU EVER FELT LIKE A NUMBER WHEN YOU WENT TO YOUR DOCTORS OFFICE OR THE EMERGENCY ROOM?

I know I have. A few months ago I brought my 13 year old son to a specialist. During that visit he was evaluated by a physician's assistant who had his head buried in his computer and his back to my son and I the entire visit until he turned around, looked at his arm, and said he would be right back. That is an example of Impersonal Medicine and is, unfortunately, becoming more common in healthcare today.

Personalized care is when your doctor looks at you during your visit, really listens to your story and follows up with appropriate questions and possibly tests. Once results are available your doctor creates a personalized plan based on your goals to help you achieve optimal health. Today, this is the kind of caring that is needed to improve health and add life to your years.

Most problems we face are due to our lifestyle choices. Yes, your personal behaviors have a direct effect on how healthy you are. I am not just talking about your diet, which plays an enormous role, but your sleep patterns, environmental toxins you are exposed to, how much you exercise and how much stress you have in your life. EVERYONE has some elements of these areas which ultimately lead to chronic diseases.

We can do better. That's right, we can. Each of us need to be more proactive than reactive with our health. We need to put HEALTH into our health banks to protect our brains, hearts, prevent diabetes and even cancers. The reality is that most people never think of this until it is too late. It's called the Niagra syndrome (I learned this from Tony Robbins). It goes like this: Most people jump into the river of life and just "go with the flow".



Does this describe you? If so, read on. Everything seems to be going pretty well until you reach the falls. Then you look at what is ahead and start to paddle your way to safety. Maybe you can or maybe you just go over the edge. An example is heart disease. This is something that really is preventable. However, almost 70% of Americans are overweight or obese, do not exercise and live under enormous stress. Those factors lead to your first heart attack (like going over the falls) at which time you see that you should take better care of yourself. Why do we need to wait until the fall or that major life event to take better care of ourselves? Why not reach for and demand better health right now?

The problem is the system. It focuses on a disease based model and that is how insurance companies as well as the government pay healthcare professionals. It does not have to be that way. In my practice I focus on one person, you, at a time and spend the necessary time to make sure your story is well understood. Then I will order tests that will take a look at your

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nutritional status, metabolism, check your intestinal health as well as your hormones, especially the hormones that regulate stress and sleep. From that information you and I create a plan that is ultimately up to you to follow. In addition to creating the plan I personally coach you, improving your health through better habits. Each of you is a complex system that requires expertise to help you reach optimal health. You must find the right kind of physician that has a true holistic approach while combining evidence based science, traditional approaches to problems, with a special interest in treating the cause of disease, namely the lifestyle choices we make.

It's up to you. You have to take charge of your health. I am happy to talk with you and see if a personalized approach is right for you. I look forward to speaking with you.

Dr Corey Howard is board certified in Internal Medicine, Digestive Diseases and Nutrition and Anti-aging and Regenerative medicine. He also has specialized training in Plant based cooking. His unique office setting includes a functional kitchen and yoga studio. Contact him at: corey@physicianslifecenters.com.

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.

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5 FACTS ABOUT WATER SAFETY AND THE NAPLES SWIM SCHOOL AT THE YMCA

1. There is water everywhere in Collier County.

Did you know that children can drown in less than an inch of water? And that for every child who drowns, another five are hospitalized and another 16 are treated for submersion injuries? Many things that happen to our children are beyond our control, but being safe in and around water is not one of them.

2. Children ages 1 to 4 have the highest drowning rates.

In 2009, among children 1 to 4 years old who died from an intentional injury, more than 30% died from drowning, and most of these deaths occurred in home swimming pools. Lack of swimming ability, lack of barriers such as pool fencing, lack of close supervision, and location are all key factors that influence drowning risk.

3. There are several easy steps that can be taken immediately to help prevent drowning.

Install four-sided fencing with self-latching gates that open outward (so that when children are tempted to use a chair to open the gate, the door hits the chair), never let a child swim unsupervised (drowning

and permanent brain damage can occur in less than 5 minutes!), clear the deck of toys so that children are not tempted to enter the pool unsupervised, and teach your children water safety.

4. Learning water safety is the key to preventing accidents in or on the water.

The Naples Swim School at the YMCA offers swim programming built on the philosophy that a strong swimmer is a safe swimmer. Water safety skills are taught as the priority, but the Naples Swim School at the YMCA teaches the fundamental skills while ensuring that all the kids have fun, so that they are excited to keep coming back!

5. The Naples Swim School has put over 1000 kids through the program.

Beyond just water safety, The Naples Swim School at the YMCA swimming lessons are instrumental in developing health and fitness, social skills, and competitiveness. All important character traits that will help them in various environments in school, and even later in life. Sign up today or call the Greater Naples YMCA at (239)597-3148 for more information.

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6. An interdisciplinary care team trained in following physician protocols and the use of post-operative equipment
7. Education that empowers patients by informing them about their specific surgeries along with educational packets which include handouts, anatomy diagrams and home exercise programs



Life Care of Estero Therapy Team

Rehab in the news

1) Exercise with your spouse! A recent study conducted by Johns Hopkins Bloomberg school of Public Health found that if a wife works out her husband is 70% more likely to exercise and if a husband works out his wife is 40% more likely to exercise. So go work out and bring your spouse too.

2) MRIs or Physical Therapy. A March study in the Journal of Health Services Research looked at patients with low back pain and found that patients going to physical therapy first versus MRIs first spent an average of \$4,793 less on their medical care. Keep this in mind when with early back pain and talk with your physician regarding your options.



3) Back surgery or Physical Therapy. The March 2015 issue of Annals of Internal Medicine found similar effects of surgical decompression versus a physical therapy regimen for lumbar spinal stenosis. With an average surgical price tag of \$80,888 for lumbar spinal stenosis verses an average physical therapy price tag of \$1,871 it is again important to talk to your doctor about all of your options.

4) Exercise and Brain Function as we age. A study at Rush University Medical Center in Chicago published in the March 2015 issue of Neurology found that adults in their 80's who engaged in high levels of physical exercise maintained or improved their performance on physical performance tests along with no change in brain tissue. Subjects who were more sedentary had a decline in their performance along with an increased in degenerative changes in brain tissue. It is just another reason to stay active and exercise throughout your life regardless of your age.



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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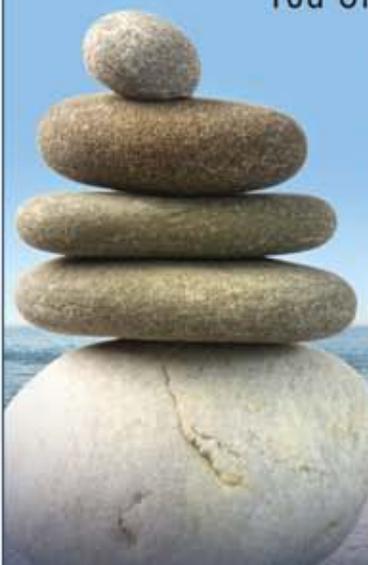
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May is Mental Health Month: Prevention and Early Intervention are the Keys to a Mentally Well Community

By **Scott Burgess, CEO** - David Lawrence Center

News of a Stage 4 cancer diagnosis can of course be earthshattering. Our goal is to get everyone screened early and aware of the state of their "mental" health so that any issues may be dealt with before they reach that critical Stage 4. "B4Stage4" is the official theme of this May's National Mental Health Month, so declared some 66 years ago by our partner Mental Health America (MHA).

We need to address mental illness symptoms early on, much as we do for cancer or other bodily diseases. We would not think of waiting years to seek treatment for a heart condition or diabetes and certainly not cancer. Mental health concerns should be addressed no differently than any physical health concerns. They need to be given the same priority and sense of urgency.

Once a person has reached Stage 4 on the mental illness spectrum, the symptoms are both severe and persistent. They are definitely impairing the person's life and possibly resulting in hospitalization, the development of other illnesses, substance abuse issues, job loss, homelessness, incarceration and/or contemplation of suicide.

Shockingly, about 50 percent of all Americans will meet the criteria for having a diagnosable mental health disorder at some point in their lifetime according to MHA, and in half of those cases, the disorder first presents itself before a youngster turns 14 – yet many people do not seek treatment in the early stages of mental illness. Research shows that by ignoring mental health symptoms, we lose ten years to intervene in order to change people's lives for the better. During these years, individuals are suffering, the lucky ones have —home, family, friends, school, and work to help survive and "get by". Intervening effectively during early stages of mental illness can save lives, change life trajectories and allow individuals to not only survive, but thrive.



239-455-8500

www.DavidLawrenceCenter.org



One of the easiest and quickest ways to recognize the symptoms is to take a mental health screening. And this is where David Lawrence Center (DLC) can help.

We are utilizing the Mental Health Month platform to remind the community that our free, brief screenings are available on a walk-in basis at DLC year around, not just during May. We encourage anyone in need to simply visit our Admission Services to receive a free, brief screening during which you will be evaluated by a highly skilled behavioral health professional. The screening will determine if it is necessary to go further with a referral for a clinical assessment or follow up treatment for depression, ADD/ADHD, anxiety, bipolar, substance abuse, behavior problems, adjustment challenges, etc.

It is almost unimaginable in this day and age that we would be able to be seen by a healthcare professional on the very same day we feel the need for help. But our innovative, centralized admissions model allows you to receive a same day screening with no appointment necessary. This initial screening is available on a walk-in basis during normal business hours and in the evenings through our Emergency Services.

We are proud of the exceptional experience people report of our assessment and intake process. Client satisfaction surveys score us at 95 percent for easy access and the quality of our admissions team. Reports indicate staff provide great customer service and are consistently rated as highly compassionate and knowledgeable.

During this special month, we remind you that good mental health strengthens our ability to cope with everyday hassles as well as the more serious crises situations and challenges, and it is essential for creating the life we wish to lead.

We believe that good mental health is one of our greatest assets. It helps us in so many ways – with family and friends, work or school and with life in general.

David Lawrence Center is dedicated to maintaining the mental wellness of our community, and we are committed to restoring and rebuilding lives. We deliver comprehensive inpatient, outpatient, residential and community based prevention and treatment services for the one-in-four local children and adults who may experience mental health, emotional, psychological and substance abuse challenges at any time. With our seven Collier County locations, we touch the lives of more than 50,000 people each year.

To learn more about us, please visit www.DavidLawrenceCenter.org. To take advantage of the free mental health screening for yourself or someone you love, just stop by 6075 Bathey Lane, Building B-1. If you would rather call ahead to find out the best time to come in on a given day, call 239-455-8500.

Again, it is all about awareness and early identification, and that is why we offer the screenings. Our hope is that by addressing symptoms early, thus staving off that Stage 4 mental illness diagnosis, life-changing wellness will be achieved and enjoyed.

Scott Burgess, CEO

Scott Burgess is the CEO of the David Lawrence Center, the Southwest Florida-based, not-for-profit leading provider of behavioral health solutions. Burgess earned his Bachelor of Science degree in psychology from



Illinois State University; his Master of Arts degree in counseling psychology from Concordia University; a certification in Clinical Research Trials from the University of Chicago; and pursued a doctorate in education from Northern Illinois University. His is a licensed Clinical Professional Counselor (LCPC). For more information about David Lawrence Center call 239-455-8500 or visit DavidLawrenceCenter.org.



By Vicki Polce
Administrative Assistant
at Florida SouthWestern State College

LIVING WITH STUTTERING

Growing up as a child who stuttered was not fun. There is a social stigma about stuttering. Even adults have a hard time listening to other adults who stutter without trying to finish their sentences, so you can imagine how hard it was for me in school with kids making fun of me – and kids can be cruel when they don't understand something.

It was very hard when it was my turn to read aloud in front of the class. What would take someone else 3-5 minutes to read, would take me at least 10 minutes. Plus with all the facial contortions I made trying to get the words out, I think some of the others were actually afraid of me, or at least, didn't know how to accept me.

What was interesting was that I could sing any song anyone wanted me to without stuttering. It was an escape for me. Some of my early teachers figured out that if they let me sing what I wanted to say to the class, I didn't stutter at all. But I knew I could not sing everything I had to say for the rest of my life.

My mom and my teachers decided I needed to go to speech therapy. There was an excellent Speech Therapy department at the university close to where we lived and I went weekly all through elementary school. While it did help some, it never really helped me deal with the stuttering or the reaction I would get from others all through junior high and high school when all I wanted was to be popular like the other girls.

ACCORDING TO THE STUTTERING FOUNDATION, THERE ARE FIVE MYTHS ABOUT STUTTERING. THEY ARE:

Myth: People who stutter are not smart.

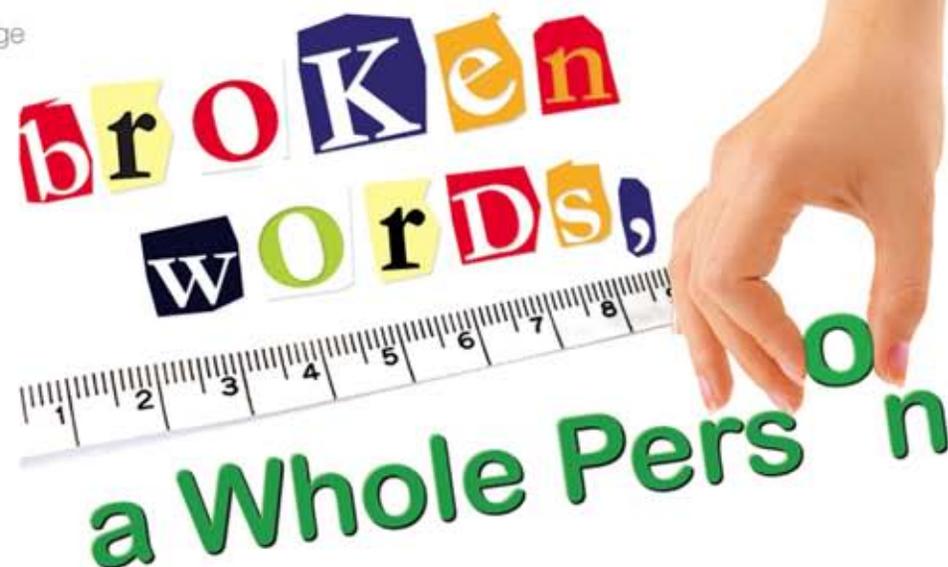
Reality: There is no link whatsoever between stuttering and intelligence.

Myth: Nervousness causes stuttering.

Reality: Nervousness does not cause stuttering. Nor should we assume that people who stutter are prone to be nervous, fearful, anxious, or shy. They have the same full range of personality traits as those who do not stutter.

Myth: Stuttering can be "caught" through imitation or by hearing another person stutter.

Reality: You can't "catch" stuttering. No one knows the exact causes of stuttering, but recent research indicates that family history (genetics), neuromuscular development, and the child's environment, including family dynamics, all play a role in the onset of stuttering.



Myth: It helps to tell a person to "take a deep breath before talking," or "think about what you want to say first."

Reality: This advice only makes a person more self-conscious, making the stuttering worse. More helpful responses include listening patiently and modeling slow and clear speech yourself.

Myth: Stress causes stuttering.

Reality: As mentioned above, many complex factors are involved. Stress is not the cause, but it certainly can aggravate stuttering.

There are so many famous people who stutter – from Sir Winston Churchill to Marilyn Monroe, to Carly Simon, who like me, could sing and not stutter. In the United States alone, there are approximately 3 million people who stutter. Most, like me, can and do 'outgrow' stuttering.

There was a movie out a few years back titled *The King's Speech* about King George IV. He was also a stutterer. But during World War II, he was able to address his country with radio speeches with the help of a speech coach. I was torn as to whether to go see the movie, but I did and was glad I did. He was truly an inspiration to his family as well as his country. For me, it was a very touching movie and it moved me to tears several times as I totally understood his frustration and embarrassment.

There are no miracle cures for stuttering. Early intervention is the key if you start to notice signs of stuttering in your child that last 6 months or more. Some children outgrow stuttering quickly, while others may never outgrow it. Be patient with your child, don't try to talk for them or finish their sentences, and give them the support they need to be confident while talking to others.

As for me, I stuttered all through high school and well in to my 20's. But as I started gaining more and more self-confidence and self-esteem, the stuttering all but quit. There are times, when I'm stressed or tired that I find myself having some speech problems, but for the most part, talking for me has become easy and fun, and for that, I'm so grateful.

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FACIAL TREATMENTS RELIEVE STRESS AND IMPROVE SKIN HEALTH

While whole-body massage therapy offers many documented health benefits, from stress relief to improved circulation and flexibility, facial treatments and facial massage can also provide many unique health benefits as well.

In addition to counteracting the effects of pollutants and sun exposure on your skin, facials can help with improving the texture and hydration of the skin. Regular facials help the skin to better absorb moisturizers and other anti-aging skin products, aiding in the minimization of wrinkles and the effects of aging and sun exposure.

There are many different types of facials and you will be able to find the facial that best addresses your needs by consulting with a certified esthetician. Massage Envy Spa has certified estheticians on staff and offers Murad Healthy Skin Facials, which feature a variety of products specially designed to target specific skin concerns.

"Because we carry a full line of clinical skincare formulas from Murad, our professionally educated estheticians can offer the benefits of facials to all of our clients, regardless of their age or skin type," says John Preston, owner of Massage Envy Spa of Southwest Florida. "Providing facial services to our clients is one of the essential benefits of our Personal Wellness Programs."

Four Types of Facials Available at Massage Envy Spa

The Environmental Shield Vitamin C Facial helps to reverse the signs of aging caused by exposure to everyday environmental factors such as smog and sunlight – a critical concern in Southwest Florida. The Environmental Shield Facial includes a cleanser, a spot lightening serum and a moisturizer that includes a broad-spectrum SPF 30 sunblock.

The Clarifying Enzyme Acne Facial uses a regimen of clarifying cleanser, acne clearing solution, oil-control mattifier and a fast spot fix to reduce acne blemishes, breakouts and inflammation, improve skin clarity, sooth redness and reduce irritation.



The Anti-Aging Facial uses treatments that include concentrated glycolic acid to provide maximum exfoliation. The regimen includes a cleanser, collagen infusion and perfecting day cream that help to brighten and smooth skin, minimize the appearance of fine lines and wrinkles, and accelerate an improvement in skin texture, tone and appearance.

The Sensitive Skin Facial helps to comfort and fortify sensitive skin gently and effectively. A gel cleanser, recovery treatment gel and correcting moisturizer sooth the skin and provide gentle exfoliation while minimizing redness and inflammation.

What to Expect from Your First Facial

If you haven't had a facial before, there isn't much you need to worry about in terms of preparation. Avoid using your standard at-home treatment for one week before your session, but feel free to wear whatever makeup you normally do. Men who shave should do so the night before, rather than the morning of their session, in order to avoid irritation.

When you arrive for your first facial, let your esthetician know that it's your first time, and they will walk you through the process and talk with you about your skin and your goals for the facial. The esthetician will perform a custom skin analysis and provide a recommendation for procedures based on the specific needs of your skin.

The facial itself includes cleansing and toning, gentle steaming to soften the skin, extraction of blocked pores if needed, treatment with Murad products, a nutrient mask, massage and moisturizer. Throughout the session, the esthetician will guide you through the process and answer any questions you might have. The massage portion of the facial treatment is deeply relaxing and brings all the benefits of standard massage to the face, neck, upper chest and arms.

Following the facial treatment, your esthetician will recommend Murad products for use at home to maintain the benefits of your facial treatment before your next appointment. And by signing up for a Personal Wellness Program, you can enjoy discounts on facial treatments and Murad products.

Massage Envy offers facial wellness plans tailored to each individual client's needs. The estheticians at Massage Envy can help you create a Personal Wellness Plan that will work with your schedule, level of activity and budget. To find your nearest Massage Envy Spa location, visit www.massagenvy.com/regions/FL/Southwest-Florida. Massage Envy Spa has locations in Cape Coral, Fort Myers, Estero and Naples.

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Concept 10 10 – The Future of Exercise

By Jorgen Albrechtsen

Questions & Answers

■ How is it possible that one 20 minutes workout a week can produce optimal results?

A Concept 10 10 program will improve your strength and your endurance, rebuild your bones and muscles, restore your vitality, and postpone the aging process more safely and effectively than any other form of exercise, in twenty minutes a week. It sounds impossible, but it is absolutely true.

The secret to building strength quickly is exercising slowly and minimizing the effects of momentum and gravity. Although you can complete a full Concept 10 10 workout in twenty minutes, you will perform each individual exercise with deliberate slowness. And while "slow" might sound easy, the focused slowness that eliminates momentum actually forces your muscles to work much harder.

Get up right now and try performing a deep knee bend the way you would normally do it – go down quickly and bounce up. Now try doing it incredibly slowly – take ten seconds to go down and ten seconds to rise up. Performed slowly, it's a totally different exercise, isn't it? Without momentum to assist you, your muscles had to work much harder the second time.

It is the elimination of momentum that is the heart of the Concept 10 10 method, producing maximal results with a minimal time investment, because 100 percent of the work is done by your muscles.

While the workout itself is responsible for stimulating changes in your body; it is actually your body itself that produces those changes. It is therefore crucial that you allow time for recovery between workouts, in order to continually improve. Due to the high-intensity nature of Concept 10 10 an average of 7 days is necessary between workouts, in order to reach and maintain optimal results.



■ Can everyone participate in a Concept 10 10 training program regardless of age and condition?

Concept 10 10 is for everyone. It is a safe and very effective method of training suitable for everyone, from the top athlete to the person who can hardly walk due to weak muscles, and for everyone in between. For practical reasons there is a minimum age of 14 in order to be a member of Concept 10 10.

■ Will Concept 10 10 improve my heart and lung endurance?

When people first hear that aerobics doesn't really strengthen the heart and lungs – when they hear that it only makes their muscles a little stronger and that it just seems like their hearts and lungs work better – and when they are told that 20 minutes a week doing a Concept 10 10 workout will give them as much endurance as three hours of jogging, they hardly believe it!

However, this unlikely claim is true! The Concept 10 10 workout will give you greater cardiopulmonary fitness and endurance than running. The endurance you get from running along for miles every week comes not from any cardiovascular conditioning but from the strength that such a routine ultimately develops, as well as from the sport-specific training effects that occur.

The heart and lungs don't get much stronger, if at all. The muscles in general, and in the legs and hips in particular, become stronger, and this increased muscular strength brings about the changes we call "getting in shape".

Running and other forms of "aerobic" exercise strengthen the muscles. Stronger muscles working more efficiently to draw oxygen from the blood reduce the demand on the heart and lungs, which gives the impression of improved cardiovascular or cardiopulmonary fitness.

You have the heart and lungs that you were born with. Each of these organs has a limited performance capacity, and as long as you are working within that capacity, they seem to work just fine.

When you exceed that capacity, however, the perception is that your heart and /or lungs are out of shape. As you age and lose muscle mass, activities you used to do with ease when you were stronger now become difficult, you pant and puff and your heart pounds when you try to do them. But that isn't because your heart and lungs have gotten weaker – your muscles have, and as a result, their inefficiency makes you exceed the comfort level and capacity of your cardiopulmonary system. You don't need to strengthen your heart and lungs; in fact, you can't. You need to strengthen your muscles so that they can once again function easily within the capacity of your heart and lungs.

■ Isn't a warm-up necessary?

A warm-up is necessary before sports activities where you are going to carry out high force movements that can produce injury. The risk for injury comes from the excess force not from exertion. In Concept 10 10 you work with force at a very low level. Also, as you fatigue, you literally become too weak to produce force enough to injure yourself. In Concept 10 10 the warm-up is built into the exercise.

■ What about flexibility and stretching?

Flexibility as is also the case with just about everything else concerning our bodies, is genetics, to a great extent. The performers you see who are hyper flexible, who can bend over backwards, stick their heads between their legs, and do other seemingly impossible feats were born that way.

You could practice for the next twenty years and never achieve that kind of flexibility, nor would you want to. Your ligaments would stretch, your joints would become loose, and you would be prone to dislocations etc.

Muscle strength actually enhances flexibility. A trained muscle is not only stronger, it is also more supple, has improved circulation, is better hydrated and can exert much greater force across the joint of motion. Strong muscles moving the joint through its full range of motion while maintaining the integrity of the ligaments produce optimal, stable flexibility.

Unfortunately, most people believe that the best way to improve flexibility is to stretch the joint. What they are gaining, in fact, is loose, unstable joints.

Medical evidence shows that all the components of the joint improve with proper strength training. The increased ligament and tendon strength, coupled with the tremendous increase in muscular strength and elasticity resulting from Concept 10 10 training, gives joints enhanced flexibility as well as a dramatically decreased risk of injury. A stretching regimen, on the other hand, does just the opposite – it increases joint flexibility at the price of increased risk of dislocation.

So if you want to increase your flexibility forget about stretching, Yoga, Pilates, and all the rest. Do Concept 10 10 for 20 minutes a week instead and make your joints be the best they can be.

■ Will the training also strengthen the bones?

Bones are design to bear weight, to do work. When they are stressed, they adapt, grow and become strong, when they are not asked to do their load-bearing job, they quickly become thin, weak and frail. Disuse is deadly to a healthy bone.

Weak bones is an epidemic in many parts of the world, resulting in injuries and crippling conditions for millions.

Without reservation we can say that a properly performed Concept 10 10 workout brings about bigger and better sustained bone-density gains in men and women of all ages – even those in their eighties and nineties – than any other form of exercise. Whether for you such improvement translates into better athletic performance, less risk of osteoporosis later in life, rebuilding bones already weakened and thin, or better endurance in everything from recreational sports to climbing stairs or lifting your groceries, a once a week Concept 10 10 session is the key to healthier bones.

■ Isn't it sufficient to go on a diet if I want to lose weight?

One must create a caloric deficit in order to lose weight, meaning that more calories must be spent than consumed on a daily basis. However, the deficit necessary for one pound of fat loss is 3500 calories. The activity that is necessary to burn 3500 calories is about 40 miles of jogging!

However, you should not focus on calories burned during exercise (very little!) but on calories burned as a result of exercise. For every pound of muscle that you build through

Concept 10 10 training your body will burn about 70 extra calories per day, just by being there! This means that if you could build 5-7 pounds of muscle you could burn up to 500 calories per day. In a week that amounts to 3500 calories. That is 40 miles worth of jogging without really running a single mile!

The average person loses about half a pound of muscle per year after age 25. This means that if you are over forty you most likely have 5 pound or more to re-build. This is the reason why your metabolism is so bad and it's so hard to lose fat in the first place. This is a much more time-efficient and effective way to burn calories. And you don't expose your knees to the 100 tons of force that the average jogger must withstand with every mile run.

■ Can I spot reduce?

Spot reduction is the idea that exercising a specific body part, such as the abdominals, causes the involved muscles to use the surrounding fat for energy. This belief is the reason why high repetition sit-ups, side bends, leg raises, and twisting movements have been practised for years as a way to remove fat from the waist.

Spot reducing might seem logical to a lot of people, but, unfortunately, it does not work that way. It would be nice if the fat cells would be taken from the areas where you have the most fat deposits. But there are no direct pathway that exist from your fat cells to your muscle cells. When fat is used for energy, it is mobilized primarily through your liver from fat cells all over your body. The mobilization process actually operates in reverse order from which you store fat. The last places you store fat are usually the first from which you lose it.

The thickest layers of fat for a man are usually located on the waist. A woman sometimes stores fat there, too, but usually the thickest layers are over the buttocks and upper thighs.

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Your muscles will burn calories 24 hours a day by themselves, just by being there. Concept 10 10 will actually turn your body in an automatic fat burning machine !

And don't forget that 1 pound of muscle takes up much less space than 1 pound of fat. So, if you lose 5 pounds of fat and gain 5 pounds of muscle, your body will look quite different, but you will still weigh the same. This also illustrates the point that you should not be obsessed with your scale, but rather with losing excess fat and gaining lean muscle tissue.

■ Will women develop big masculine muscles?

A question on the minds of many women who consider strength training is: Will I bulk up? They don't want to look like the women they see in bodybuilding magazines and are a little apprehensive that the training will make them look more like men than women. It won't happen. The women in bodybuilding magazines are one in ten thousand in terms of their genetic ability to bulk up, sometimes further enhanced by a little help from steroids.

■ Can sports performance be improved by Concept 10 10?

The sports wisdom has long been that to improve your performance in any activity you should practice that activity – only more so. However, what practice builds is skill not strength.

To effectively build muscle and increase strength, you've got to take the muscle to complete fatigue, and you can't do that practicing the movements of any sport.

It is paradoxical that the very activities that demand the explosive power of your big fast-twitch fibers won't improve them. But you can bring them to utter fatigue with a single Concept 10 10 workout each week. And by doing so, you'll make all your muscle fibers bigger and stronger and more capable of performing whatever explosive endeavor you ask of them – if you have the skill to perform it.

There is no activity or task or sport that won't improve if you are stronger.

■ Is the training always private and with a personal trainer?

All training in Concept 10 10 is carried out with your own personal trainer from beginning till end – every time – always!

Your trainer concentrates solely on you, adjusts the equipment, writes down your improvements every time, and makes sure you perform the exercises correctly and with the right intensity. Your trainer will guide you and support you in order for you to achieve the best possible results, which will make a dramatic difference in your daily life.

Only with a qualified and personal trainer every time will the best results be reached.



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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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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Phentabz FAQs

What are the ingredients in Phentabz RX?

Phentabz RX is the most advanced proprietary formulations currently available for weight loss and appetite suppression. The formulation consists of FDA Approved ingredients, 7 methyltheophylline, methyl synephrine HCL and octopamine, caffeine, proven safe and effective when taken as directed. Our internationally recognized formulations contain only the finest pharmacological actives to provide maximum safe weight loss.

The patented ingredients in Phentabz perform two essential functions. It increases the body's mobility of fat while increasing metabolic rate. Phentabz then greatly reduces appetite to ensure patients have control and motivation. The bottom line is that Phentabz provides consistent significant weight loss and increased energy.

I thought Phentabz were only available with a prescription? Phentabz RX is still available by physicians only and at YOLLO Wellness.

How Do I Take Phentabz™?

Phentabz™ is best taken on an empty stomach approximately a half-hour before breakfast and again a half-hour before lunch. Because this product could cause sleeplessness, avoid taking a dose late in the day. It is best to take Phentabz on an empty stomach with a full 8 oz. of water. Doses should never exceed two pills per day.



What are the precautions for Phentabz RX?

Keep out of reach of children. Not intended for people under 18 years of age. Do not use if pregnant, nursing, or have a known medical condition such as high blood pressure, heart disease, diabetes, or cardiovascular disorder. This product should not be used by individuals taking antidepressants, amphetamines, other weight loss products or medications. This product contains caffeine and should not be used by individuals wishing to eliminate caffeine from their diet. Consult your physician before starting any diet, exercise regimen, if you are on prescription medications or have questions about taking this product.

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What are the side effects of PhenTabs RX?

The main effects are increased energy and rapid weight loss. Generally you should not experience any adverse side effects. However, on occasion, people may experience side effects such as dry mouth or sleeplessness. If this should occur, please increase the amount of water you consume daily and take the product earlier in the afternoon. It is always recommended to consult your physician before starting any weight loss program – ask your physician if PhenTabz is right for you. Call YOLLO Wellness at (239) 275-0039 to order by phone.



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1:00 Guest Speaker Doug McDevitt from Lexium Pharmaceuticals on Phentabz Rx

1:30 Guest Speaker Dave Marlowe from Cell Science Laboratories on ALCAT Food Testing for pain, inflammation, arthritis, weight gain, fatigue, hair loss, anti-aging and more!

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What to Do About Lupus Hair Loss

By LaDonna Roye, Hairstylist

A normal person will usually lose 50 to 100 strands of hair every day. However, those with systemic lupus may experience much more dramatic and conspicuous loss of hair.

Lupus hair loss can be caused by the Lupus itself, by the immune system due to its destroying hair follicles, or by medications. Prednisone and immune system-suppressant may cause hair loss but the loss will normally stop when the medicine is discontinued.

An individual may experience her hair falling out in strands, in clumps or it may just thin out and get very fragile and break.



Here are some strategies to try:

- **Rearrange your hair.** Ask your stylist for ideas to conceal your bald spots and make hair look thicker. You may want to consider coloring your hair to camouflage thinning spots that may show.
- **Hair extensions can help.** If you are just missing patches on the sides, and aren't currently losing hair, consider hair extensions. Extensions are available with a number of ways to attach them. They may be sewn, knotted or attached with links but it is important to avoid adhesives and heat.
- **Consider wigs.** Today wigs are so well-made that they are almost undetectable. You may be amazed when you see what options are available and you'll

Losing one's hair is scary, but typically treatable and can be covered up. It takes time for hair to re-grow, often 6 months or more. However, it usually will re-grow unless it's caused by a condition called cutaneous lupus, leading to a "discoid rash" which may scar hair follicles and cause permanent hair loss. Please talk to your doctor about your options if these symptoms develop.

For most hair loss, you are not powerless! If you have systemic lupus and struggle with this problem, consider these ideas of what you may do to improve it.

likely feel much better when you see what a GOOD wig can do for you.

- **Cosmetic Surgery.** As a last resort for permanent or extreme hair loss, transplanting hair from another part of the scalp or stretching the remaining hair to cover the balding area may be an option.

If you have lupus-related hair loss, do not experiment with over-the-counter hair loss treatments. Instead, talk to your medical professional about your options for treatment.



While your hair is re-growing or if your hair loss is permanent consult an experienced hair loss professional about your options.

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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

Save Your Gallbladder with Traditional Chinese Medicine

By Toni Eatros, MS, Dipl Ac, AP

Gallbladder disease is one of the most common and costly of all digestive diseases. It is a degenerative disease that is clearly related to diet. An estimated 20 million Americans have gallbladder disease. Gallbladder removal is now the most common type of major surgery performed.

Cholelithiasis (gallstones) is a condition where sediment settles out of the bile and forms accumulations that resemble stones, sand, or mud in the gall bladder. Since the gallbladder acts as a reservoir for bile, it becomes less efficient when clogged with sediment, and acute problems result when stones become lodged in the bile duct leading from the gall bladder to the duodenum. Cholelithiasis is often accompanied by cholecystitis (inflammation of the gallbladder).

Some Factors that Contribute to the Development of Gallbladder Disease:

- Gender - Female
- Age - 40+
- History of several pregnancies
- Women taking estrogen hormone replacement
- Obesity
- Constipation
- Diet - High intake of fatty foods and sugar
- Heredity - more frequently Caucasians, Mexican Americans and Native Americans
- Chronically high stress levels

Symptoms of Sediment in the Gallbladder:

- Indigestion
- Gas and flatulence
- Constipation
- Nausea and Vomiting
- Lack of Appetite

- Periodic pain below the right front side of the rib cage
- Tension in the back of the shoulders near the neck
- Pain in the right upper arm or under the right shoulder blade
- Low grade fever
- Bitter taste in the mouth
- Aversion to greasy and fatty foods
- Chest pain
- Anxiety
- Irritability, Impatience, Anger, Frustration

In western medicine, if cholelithiasis and cholecystitis are asymptomatic, treatment may not be necessary, as risks often outweigh the benefits. If symptomatic, bile acids [such as Ursodiol (Ursodeoxycholic acid)] are usually given to dissolve stones. However, these drugs must be given for a long period of time, and have only limited success rate of about 30%. These drugs may also cause side effects such as bladder pain, bloody or cloudy urine, burning or painful urination, dizziness, fast heartbeat, indigestion, lower back or side pain, severe nausea, shortness of breath, skin rash, stomach pain, vomiting, weakness, wheezing, and others. Lastly, if drugs fail, invasive treatments such as surgery and sonic shock wave are the last alternatives.

There seems to be an unnerving trend in the rise of the number of gallbladder removals that are being performed. Advances in surgical technique, make this surgery much less risky than it once was, and it seems physicians may be prematurely removing this organ without trying all of the available alternatives.

Many patients come to my office in search of ways to avoid having their gallbladders removed. Just because you have gallstones or inflammation of the gallbladder,



does not mean you should rush right out and have it removed. Cholelithiasis and cholecystitis are two conditions that are treated very successfully with herbs, diet modification and acupuncture.

I have been using Dissolve (GS), a Chinese herbal formula by Evergreen Herbs. The main mechanisms of action of herbs are to dissolve and expel stones from the gallbladder and bile duct, decrease inflammation, and reduce pain. Depending on the number and size of the stones, the duration of treatment ranges from days to months. Generally, if herbal therapy is ineffective after 3 months, then patients should be referred to western medicine.

Addressing the diet is of utmost importance when healing the gallbladder. During this process it is very important to avoid foods high in saturated fats and cholesterol, such as heavy meats, dairy and eggs. I recommend leaning toward a vegetarian diet during this time. Customized gallbladder cleanses and flushes are recommended under my supervision.

Join my other patients that are currently using the amazing combination of herbal therapy, nutritional therapy and acupuncture offered at Acupuncture & Natural Health Solutions to feel better and avoid gallbladder surgery. **Call now, 239-260-4566 or schedule online at www.AcupunctureSolutionsOnline.com**



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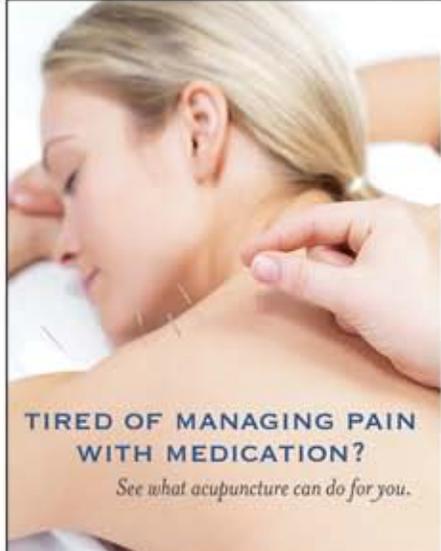
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Depression, anxiety, and Other Mental Health Issues...Some Hidden Causes.

By Zorayda "Jiji" Torres, MD

These days it's impossible not to be concerned about our mental health. If you yourself don't have symptoms of depression, anxiety, difficulty focusing, difficulty remembering, insomnia, and others, it is likely that you know someone who has. Mental health issues are on the rise, and is a major cause of reduced productivity and disability.

I am a functional medicine specialist now, but when I was practicing conventional internal medicine only, I witnessed a lot of cases of anxiety and depression that failed to respond to FDA-approved prescription medications. Moreover, many of the patients who had depression, anxiety, attention-deficit disorder, memory decline, etc. also had other non-mental problems like irritable bowel syndrome, arthritis, fatigue, eczema, allergies, cardiovascular disease, diabetes, cancer, etc. So one wonders if, for example, the depression is a result of the medical problem, or is another one of the medical problems. Are these mental health issues just confined to the brain, or are they just one of the manifestations of other dysfunctions in the body?

Our brain is an organ, just like the heart, liver, lungs and kidneys are. It is not isolated, and it is affected by our overall health. As a functional medicine physician whose focus is to look for the hidden causes of chronic diseases, what are the things I check when there is a mental health issue in my patients? Here is my short list:

1. Nutritional deficiencies/excesses. Our food is not just a source of calories for energy. They also provide us chemicals that we need to manufacture neurotransmitters like serotonin, melatonin, GABA, dopamine, etc. Protein, vitamins and minerals in our food provide the materials and support the enzymes that make these neurotransmitters. Healthy fats are important to create healthy cell membranes that appropriately receive and send chemical signals between cells. Overconsumption of refined carbohydrates and sugars can cause a cascade of unhealthy chemical reactions in the body that eventually affect the brain.

2. Gut health and microbes. There are numerous published studies showing a strong connection between the health of your intestines and your brain. The types of bacteria in your gut and the food you eat have major effects on what chemicals are created in your intestines, chemicals that eventually enter your bloodstream and affect your brain. Did you know that more than 70% of your serotonin, commonly known as the "happiness" hormone, is made in the nerve cells of your intestinal walls? Did you know that if you have a low amount of certain beneficial bacterial strains, that you may not manufacture enough of GABA, a calming neurotransmitter, and that if you have a large amount of yeast or certain unhealthy bacterial strains, that you may manufacture more of the "adrenaline" type of neurotransmitters, making you anxious, insomniac, and restless? There is plenty of research evidence showing that our gut bacteria have major effects on our emotions, behavior, and overall health. Unfortunately, traditional medicine has largely ignored that research. Most conventional practitioners are not even aware of them and do not check gut health when assessing patients with mental health issues.

3. Stress and Lifestyle. Stress increases inflammatory chemicals that have all been linked to depression, bipolar disease, autism, schizophrenia, and Alzheimer's. Stress actually shrinks the brain! Inadequate sleep and lack of physical activity also have been proven contribute to difficulties with memory and mood.

4. Toxins. We live in a toxic world, whether you believe it or not. The questions are how toxic are you, and are you helping your body enough in avoiding and removing these toxins. One major category of toxins are the heavy metals, especially mercury and lead. Mercury is ubiquitous in our environment and is a great mimicker - can present as almost any chronic disease, including dementia and depression, because it disrupts so many biochemical and mitochondrial pathways. High body burden of these metals are easy to test for and are treatable.

5. Food sensitivities. Eating foods that one is sensitive to causes the gut to be inflamed and "leaky", allowing for a dysregulation of the immune system, and widespread inflammation, including of the brain. It is helpful to be tested for food sensitivities, as the symptoms are not always immediate and apparent. The most common offending foods are gluten, dairy, food additives, and soy.

6. Genetic difficulties. There is a common genetic mutation in a biochemical process called methylation, that predisposes one to depression, anxiety, bipolar disorder, autism, schizophrenia, and many other serious medical problems. This mutation is easy to check for using conventional laboratories, and we can actually circumvent this mutation's bad effects through nutrition and supplementation.

7. Hormone imbalances. Adrenal, thyroid, and sex hormones are usually affected by any of the above listed causes, so they are not usually the first abnormality that occurs. However, once affected, they need to be balanced in order for the person to feel better.

There's my short list! As you can see, merely taking a pharmaceutical drug that is FDA approved for depression, anxiety, ADD, etc, may not be the solution to your mental health issues. Seeking consultation with a Functional Medicine physician may be what you need in order to get to the root of the problem.



Zorayda "Jiji" Torres, MD

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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.

MUSCLE ACTIVATION TECHNIQUES

What it is & How it will Help You

THIS MONTH: THINK OF A BED

By Jay Weitzner, MS, MATs, RTS

Think of a bed. Instead, think of two beds. Side by side. Both have mattresses and box springs. One bed has a mattress with lots of springs with plenty good bounce and give to them. The other has many springs that don't work – they've become unresponsive over time. Simple question – after days then months then years of jumping on the beds, which bed will be in better shape? Obvious answer, right? The one with the healthy mattress. And why? Also obvious – because the springs absorb the forces being put on the bed and the healthy mattress has more functioning springs. And not only does the healthy bed offer more comfy-ness, but it's also going to have a longer life span.

If we examine the beat up bed we may see that the frame is getting bent (we could say it has bad bed posture). We might also find the material of the mattress comprised and sagging (if we x-rayed the bed we might find little tears). As time goes on, the remaining springs that work may become unresponsive as well due to them having to absorb the forces that the non-working springs can't (like compensating for the ones that don't work).

Now, say you want to fix that bed. How about the following approach? We take the beat up bed and stitch the material back together where it was ripping. Then we push the bent frame back to straight and wrap it with some strong tape.

After all that the bed may actually feel a little better for a while. You might even get it to last a little longer. You see though, all that stuff we fixed – those things were the repercussions, the results, the effects of the forces not being absorbed by springs. We so often look at the damage, or repercussions and mistake them for the causes. It sounds silly doesn't it? We blame the damage for cause of the damage. If this were your body it would be the same as getting a diagnosis of tendonitis and treating the tendonitis. That's like saying the tendonitis caused the tendonitis and by doing something to tendonitis everything will be fixed. Maybe it's time we try to figure out why you got the tendonitis in the first place. Your joint pain is not the cause of your joint pain. Your sciatica isn't causing your sciatica. Your tight muscles, fasciitis, rotator cuff problems, arthritis, limited mobility, back, knee and hip pain, just to name a few, aren't causing themselves. Treating them may (or may not) make you feel temporarily better. It's time to figure out what's behind them all.



And while bodies are different than beds – the point remains clear – address what is causing the symptoms. Your body can't heal or recover from the problem if the cause is never addressed. Treating symptoms will only get you so far.

So how are our bodies like those beds? Where springs absorb forces in beds, muscles are the shock absorbers of the body. When the springs didn't handle the forces everything else got beat up. When your muscles don't work, they can't absorb forces and other tissues get beat up. With MAT, we find your springs that aren't working and we make them work again. Not only that, we also strategically treat them so it takes more and more to make them stop working again. We aim to make them truly better than they were before.

What's making YOUR springs not work? Which of your springs don't work? What parts of you are getting beat up? Where do you feel your symptoms? Are you ready to get your springs working again?



To see MAT in the media:

<http://www.symmetryprecisionfitness.com/media-and-articles/>

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May is Better Hearing & Speech Month

RINGING EAR? YOU'RE NOT ALONE!

Do you hear unusual noise in your head? You are NOT alone! Between 25 and 50 million Americans are plagued with a condition that is imperceptible to other people. They look normal, but they are suffering. In some cases, their agony drives them to consider suicide. Tinnitus is frequently described as ringing in the ears. The sounds are described in many ways: hissing, chirping like crickets, electronic whines, static, rushing water, buzzing, whooshing or humming. Loudness varies, but it can get so intrusive it is hard to think, hear or sleep. Imagine trying to function with a radio stuck between stations at top volume. You can't turn it down and you can't turn it off. No one else can hear what the victim hears, but the sounds are not imaginary. Some people report it as a mild "nuisance", but for many people it can be a debilitating condition. It is now speculated that Vincent Van Gogh, was suffering with severe Tinnitus when he went mad and severed off his own ear! For decades doctors told sufferers there was nothing that could be done to quell the internal noise. Patients were often told to learn to live with it. Some were given drugs like Valium or Xanax to ease the stress brought on by constant ringing, hissing or buzzing. Such solutions are unsatisfactory for millions of patients. Living with constant intrusive noise can ruin the quality of life.

FINALLY there is HOPE for people who suffer with this often debilitating condition! There is a new F.D.A. approved treatment that has dramatically helped over 80% of people to be helped with their Tinnitus. Hoglund Family Hearing and Audiology Center and Southwest Florida Tinnitus and Hearing Center are offering FREE TINNITUS CONSULTATIONS throughout the month of May in honor of May's designation as **BETTER HEARING MONTH**. We will also discuss the remarkable success of the Oasis, the F.D.A. approved Tinnitus Treatment device as well as the Duke University studies that report that 86% of Tinnitus Patients treated at Duke reported at least a 40% reduction in their Tinnitus distress and many report that it is no longer a factor

in their lives! Please call (239) 992-4327 in Lee County or (239) 498-7142 in Collier County to find out more about this exciting breakthrough in Tinnitus Treatment!

"The results we've had have been fantastic!" states Hoglund, "We have DRAMATICALLY changed people's lives through this remarkable Neuromonics treatment process!" I'd encourage anyone who has been told, "There is NOTHING that can be done for you, you just have to live with it," to please arrange a Tinnitus Assessment and see that now THERE IS HOPE! "All it will COST is a little of your TIME...but the KNOWLEDGE you receive may be PRICELESS!

Here is some simple advice which may help you cope with the constant noise of tinnitus:

- Avoid anxiety or stress, as these stimulate an already sensitive hearing system.
- Have adequate rest and avoid fatigue.
- Avoid the use of stimulants to the nervous system, including coffee (caffeine), alcohol, and smoking (nicotine).
- Be aware that tinnitus is usually more noticeable after retiring for the night and the surroundings are quieter. Any noise in the room, such as a ticking clock or softly playing radio, helps to mask tinnitus and make it less irritating.
- Use of a Hearing Aid may dramatically reduce the impact of Tinnitus, if hearing loss is also present.
- Use a tinnitus masker hearing aid combination device that adds a Tinnitus Treatment program to an advanced digital hearing aid to solve both the Hearing problem and the Tinnitus distress.
- Avoid situations that can further damage hearing (excessive noise), and protect your ears from injury and occupational hazards. Use protective ear wear when appropriate.
- Many people receive considerable relief from the F.D.A. approved Neuromonics Tinnitus Treatment Program!

TESTIMONIAL:

Here is one of the remarkable success stories from local residents we have treated at Southwest Florida Tinnitus and Hearing Center.



"When I first was bothered by my tinnitus, it was very annoying and I felt like I had no control over this "ringing" that just wouldn't go away. Also, being 19 years old at the time when it first started, I really became stressed about how tinnitus was going to affect college, my job, athletics and other fun things I had planned to do in life. The first doctor I went to told me there was nothing that could be done and simply said find a way to cope; Well, that wasn't very encouraging news. So googled tinnitus treatment and found Hoglund Family Hearing Center and their Neuromonics treatment. From the beginning of this treatment to the end, there has been so much improvement in decreasing the noise, which I can barely hear now, and also in my mood towards tinnitus. I feel I am in control now because I always know I have something to go to if I need it. I'm very grateful for the Neuromonics device and treatment and the people at Hoglund Family Hearing. There is help for tinnitus and I know Neuromonics works for me."

God Bless, Kellen C.

Hoglund Family Hearing is offering **FREE HEARING TESTS** and **FREE TINNITUS SCREENINGS** throughout May in honor of Better Hearing Month! Call today to schedule these informative complimentary consultations!



John and Patricia Hoglund
LHAS, BC-HIS, ACA

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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.

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

About Pyure Brands

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

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



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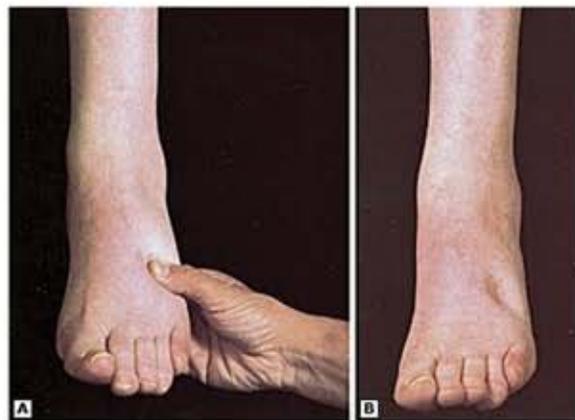
Truth is, not all stevia is equal.
 Stevia is indeed as natural as the soil in which it grows. But not all brands consistently source only the finest leaves. And even more importantly, some brands add extra, less desirable fillers and sweeteners that are not "Mother Nature approved."

Understanding & Effectively Managing Your Chronic Limb Swelling

By Alyssa Parker

A compression pump is widely recognized as effective treatment option for limb swelling. Compression pumps are a safe way to assist your body's circulatory system in moving the excess fluid which has accumulated in the limb and can cause painful swelling, non-healing wounds, heaviness, and discomfort decreasing your mobility. The compression pump is a gentle massaging technique that compresses in a rhythmic cycle, similar to that of a normally functioning lymphatic system that has not been damaged. This is a great treatment option for patients who have tried compression stocking, elevation, diuretics, or massage with little or no relief. This is a non-invasive, safe and effective way to assist your body's circulatory system in moving the excess fluid which has accumulated in the limb and can cause painful swelling, non-healing wounds, heaviness, and discomfort decreasing your mobility.

The lymphatic system serves as one of the body's main highways through its network of vessels and ducts it works as a filtration system for body fluid entering into the blood stream. This fluid is referred to as "lymph" fluid, which is the interstitial fluid consisting of proteins, wastes, and a collection of white blood cells. The kidneys, skin, lungs, or intestines then eliminate the wastes that have been filtered out of the lymphatic vessels. If the lymphatic system is obstructed causing damage, blocked, or developed abnormally, protein-rich fluid accumulates in the tissues, the potential result may be chronic swelling known as Lymphedema.



The venous system is comprised of two parts deep circulation and superficial circulation, which are interconnected by perforating veins. The venous system is an important component to your body's circulatory system delivering blood to the heart then passing back through the lungs to obtain oxygen to deliver back to the lower limbs of the body. Chronic venous insufficiency (CVI) involving both parts of the venous system is caused by incompetent valves and venous hypertension. Patients may experience swelling, discoloration and skin ulceration. Chronic skin ulcerations are common due to the low oxygen making it difficult to heal.

Lymphedema and CVI may cause irreversible damage to the body if not treated appropriately in an efficient manner.

Compression Pump: Preferred Treatment Option

Many individuals attempt to manage their limb swelling through various treatments such as compression stockings, exercise, diuretics, and elevation with little or no results. Pneumatic compression devices are one of the most highly recommended treatments for these conditions and are recognized by Medicare.

The compression pump is also beneficial to patients with reduced strength and dexterity who have a difficult time getting extremely tight compression stockings on each leg. The garment sleeves that attach to the pump are quick and easy to put on.

When should I see a doctor?

If you're experiencing swelling and discomfort in a limb don't let it go untreated seek help today.

Choosing a physician experienced in recognizing and treating Lymphedema or CVI is critical. Some good questions to ask your physician include:

- Does my family have a history of swelling (Hereditary Lymphedema)?
- Stemmer's sign present?
- Pitting (push your finger into your skin and count how long it takes to return) or skin hardening?
- Hemosiderin staining (port wine skin stains or "red socks") appear from the ankles down
- Traumatic injury or surgery potentially damaging Lymph nodes (Hip replacements, etc)?
- Radiation to Lymph areas?

Remember ANY swelling is an indication of an overloaded Lymphatic system.

The compression pump is recognized by Medicare and covered by many commercial insurers; Actual coverage varies with individual plans. Acute Wound Care, LLC is a highly focused local provider of wound products and compression pumps working with select area physicians highly versed in this condition. Our highly trained staff will assist you in finding the appropriate treatment that will offer you a better quality of life.

For more information and articles on this topic, Google "Acute Wound Care" or visit www.AcuteWoundCare.com or call **239-949-4412** and speak with a specialist.



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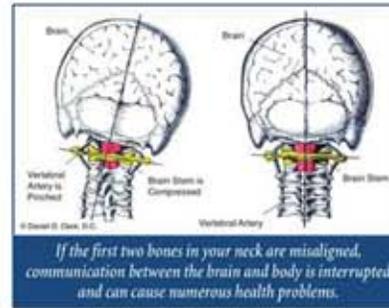


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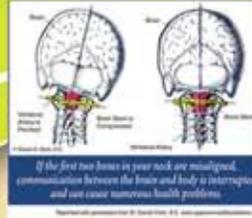


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SIMPLIFY

By Blake W. Kirkpatrick

In the last 20 to 30 years, as tax laws became more and more complicated many people's estate plans also became more and more complex as a result. For many, estate planning required sitting down with their estate planning attorney to construct a plan to deal with the applicable estate and gift tax considerations with the goal of minimizing or eliminating the possibility of paying estate and/or gift tax as a result of the transfer of wealth to the next generation. Now that the federal estate and gift tax exemptions have dramatically increased over the course of the last couple of years and as a result of favorable portability laws (see below), the goal of simplification is within reach. This article will address a few items to consider in simplifying your estate plan.

REVISIT

If you have not recently updated your estate plan, it is definitely time to revisit your Will and/or Trust to take advantage of the changes in the tax laws that previously may have been a focal point of your prior estate plan. Looking back only 10 years, even those with modest wealth of less than \$1,000,000, may have been affected by the federal estate tax. Therefore, many plans were drafted to take into consideration each spouse's lifetime exemption from federal estate tax and contained complex trust provisions to minimize the exposure to federal estate tax at each spouse's death. Often, this meant that married couples would need to take title to assets in a way that was less convenient than had they taken titled jointly as husband and wife. While for a small percentage of people, this form of complex tax planning is still valid and/or necessary, the vast majority of people do not necessarily need complex planning. Since most estate plans are completely "revocable" or "modifiable" it is easy for one to revisit and, in fact, modify or change the estate plan with the goal of simplification.

KEEP ALL OPTIONS OPEN

The current estate tax exemption for each individual is \$5,430,000. In addition, estate tax exemption portability is available in certain circumstances whereby a surviving spouse can utilize the unused estate tax exemption of the most recently predeceased spouse. For married couples, this means a



combined estate tax exemption of up to \$10,860,000 is available. The effect is that over 99% of persons' estates are really out of the realm of an estate tax problem. For those spouses with aligned estate planning goals (and assets likely titled in joint name anyway), a simpler estate plan might be to leave everything outright to the surviving spouse at the first death, whether by beneficiary designation, joint ownership or through a Will or Trust, followed by simple distributions at the second death too.

Nevertheless, despite the ability to simplify, it is important to keep your options open, with respect to your estate plan. Flexibility is still very important and maintaining control over the ability to make changes in the future still makes sense. Presumably, the estate tax exemption could drop back down to the old levels if new legislation is passed, albeit with the current make-up of Congress, this is less likely in the near future. Accordingly, although having a very simple estate plan in place may be desired, keeping a few contingencies in the estate planning documents to address tax issues may still be advisable. In other words, you can simplify, but have a back-up plan!

CHANGE IN FOCUS

As alluded to above, simplification can be achieved with respect to a person's estate plan, especially at the first death. That being said, now that the focus is less on taxation it may be time to direct attention to other issues that are often overlooked or inadequately addressed. For some, it may

still be important to plan for how one's estate will pass to their heirs (i.e., outright or in trust). Statements such as "I do not care how my child spends his or her inheritance, but whatever you do don't allow anything to go to my child's spouse," are inconsistent and identify areas that may need to be addressed through some careful planning. Another thing that has changed is that more and more children face creditor issues and/or divorce. As such establishing trusts for your children or other heirs at the second death might become the primary focus. All in life is not that simple after all.

On the other hand, for those who may have included trusts for beneficiaries as a part of their estate plans and it is foreseeable that the trusts will be minimally funded or there are a number of beneficiaries dividing a declining estate, it may be time to revisit those plans as well. Small trusts with only a few hundred thousand or less are not cost effective to administer and it might be a good time to revisit or simplify that as well (especially when a corporate trustee is nominated as they are turning down more and more of these appointments).

Last, estate planning extends beyond the Will and/or Trust and it may be a good time to review how your traditionally non-probate assets such as life insurance or retirement accounts will pass at death. Unfortunately, inadequate or incomplete beneficiary designations can often cause these types of "non-probate" assets to pass through a probate administration at death of the insured/principal. That will lead to anything but simplicity!

In conclusion, now that your spring cleaning is over and you have simplified your life in other areas (such as cleaning out the garage), it is as good a time as ever to revisit and maybe simplify your estate plan.

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.



Blake W. Kirkpatrick

Blake W. Kirkpatrick is a Florida Bar Board Certified Wills, Trust & Estates attorney with the law firm of Salvatori, Wood, Buckel, Carmichael and Lottes. Blake's practice is concentrated in the areas of estate and tax planning, charitable planning, business succession planning, and estate and trust administration.

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MUNICIPAL BONDS AS AN INVESTMENT VEHICLE

Provided by RBC Wealth Management and John Barnes

The nation's economic woes have affected all of us, but municipalities have been hit particularly hard resulting in cash-strapped state and local governments across the country. Consequently, you might be wondering how this situation could affect an investment class you might be considering: municipal bonds.

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

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

projects in your community. Municipal bonds are used to finance water, sewer, and electrical facilities, as well as hospitals, bridges, roads, airports, schools and other municipal infrastructure.

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

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

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

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



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

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

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HAVE YOU HAD YOUR BOND PORTFOLIO STRESS TESTED LATELY?

If you believe interest rates will rise in the future, do you know what impact that will have on your portfolio?

John Barnes from RBC Wealth Management has been helping people with their bond portfolios for 30 years. John has the knowledge and the tools that can show you what affect interest rate movement can have on your portfolio.

For more information please contact John at the Naples office.



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Dental Prophylaxis and the Periodontal Maintenance Visit

Dental Hygiene Month

By Juan Teodoro, D.M.D.

Dentists refer to a dental cleaning appointment as a "dental prophylaxis". The main purpose of this visit is prevention of dental disease and patient education. This is likely the most important and valuable dental visit a patient may ever make to the dentist. A dental prophylaxis is done on patients that display gum pockets of 3mm or less, no significant gum inflammation and no heavy calculus/plaque under the gum line. A routine dental cleaning typically includes: an oral hygiene evaluation, home care instructions and a demonstration on proper brushing & flossing. Removal of plaque and tartar above the gum level is also done along with a topical fluoride treatment after polishing the teeth. Many hygienists may also review nutrition habits or smoking cessation if warranted.

Some patients require further gum care if they display signs of periodontal disease. If so, the dentist or hygienist would recommend a comprehensive periodontal evaluation and treatment by a periodontist. A periodontist is a dentist who specializes in the prevention, diagnosis and treatment of periodontal disease and in the placement of dental implants. Periodontists are also dentistry's experts in the treatment of oral inflammation. They receive extensive training in these areas, including three additional years of education beyond dental school. Periodontists are familiar with the latest techniques for diagnosing and treating periodontal disease. Depending on the patient's severity of disease, a periodontist may recommend scaling and root planing, gum surgery, regeneration or PerioLase laser therapy.

After a patient has been diagnosed and treated for periodontal disease, a standard cleaning (dental prophylaxis) is no longer appropriate. While a standard cleaning addresses scaling and polishing of the teeth above the gum line, a person who has experienced periodontal disease requires meticulous care below the gum line – a maintenance visit. A periodontal maintenance procedure is not the same treatment as a regular cleaning even though a hygienist may perform both services.



A periodontal maintenance procedure includes:

- An update of your medical and dental history
- X-ray (radiographic) review
- Intraoral and extraoral exam of the cheeks, lips, gums and throat
- Periodontal Probing (around the tooth, gum and bone) an examination done by the periodontist
- Review of home care with demonstration of brushing & flossing
- Removal of Plaque & tartar above & BELOW the gum level (Scaling & Root Planing)
- Polishing & removal of staining
- Gum and pocket irrigation with medicine, as needed
- Topical fluoride application

The typical maintenance interval, especially immediately after active periodontal treatment such as scaling and root planing, surgery, regeneration or PerioLase laser therapy is every three months. This is usually done at the periodontist's office for the first

few visits to make sure the patient is periodontally stable. Once the patient has a good history of stability, then the 3-month maintenance visits start alternating with the general dentist. This allows the periodontist and the general dentist to work as a team in maintaining the patient's periodontal health.

The recall interval may be lengthened or shortened over time depending on the patient's history of stability and their effectiveness of home care. The important thing to remember is that once a patient has been diagnosed and treated for periodontal disease they become a periodontal patient for life. Similar to diabetes, there is no cure for periodontal disease. The goal is to prevent recurrence and further progression of the disease, by adhering to a regular maintenance schedule. It has been shown in multiple scientific studies that those patients that do not comply with maintenance visits experience more periodontal/bone degeneration, possible tooth loss and ended up requiring more surgery. Some people tend to have more buildup of calculus than others and some may be more prone to periodontal inflammation or the development of tooth decay. Patients with inadequate oral hygiene practices require more frequent cleanings.



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

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Your Clean Home is Our Business



Did you know that a cleaning service company can do so much more than keep your home clean? Did you know that a service like this can actually help to reduce the amount of stress that you are suffering from? Let me explain. Cleaning takes a lot out of you. I mean, even the slightest clean to your home can take a lot of effort.

This is just going to add more stress onto you. Things become extra bad if you have had a pretty stressful day as it is. You just don't want to clean. If you don't clean the problem becomes much worse. You see, studies have shown time and time again that living in an unclean environment can actually lead to all sorts of stress and health concerns, anxiety attacks and high blood pressure which can lead to heart issues. Being unable to clean this environment how you want to is just going to make things a lot worse.

Don't sell yourself short, your time is extremely valuable. Need a dollar value? Just calculate how much you make per hour, and multiply it by the amount of time it will take to clean your place, and then multiply that by the value you place on spending that time with your family. Chances are it's much less expensive to hire a house cleaning company, than to do it yourself.

Maid Pro understands the stress that comes from worrying about a clean house. At Maid Pro, they understand that their customers are the reason they exist. That's why all of their team members follow a set of core beliefs that center around you, the customer. They know that listening to the wants and needs of their customers and delivering a personalized service makes for a more enjoyable experience for everyone.

Less Stress: a healthy organized home can reduce stress levels and ensure you're feeling your best even when not at home.

Healthy Lifestyle: airborne pollutants and allergens can irritate our immune systems and trigger respiratory issues such as asthma.

Have Friends & Family Over: a clean home is an inviting home. Don't stress about having people over because of the clutter in your home. Stay on top of it with Maid Pro's cleaning services and spend more quality time with those you love.

When you are surrounded by a mess, the hormone Cortisol is released into your system. This is a stress causing hormone that can speed up aging and increase your chances for heart disease. When your messy home is cleaned up, endorphins are released. This makes you feel great.

There are plenty of reasons to choose, and love, Maid Pro. Maybe it's because they work with you to build a cleaning plan, tailored to your needs and budget. Or because their cleaning staff are expertly trained to provide the highest quality clean. It could be because they allow you to choose when and how often they clean so that they fit perfectly into your life and schedule. No matter the reason, at the end of the day cleaning is their passion and it's what they bring to each and every home they touch.

February is dedicated to raising awareness about heart disease and increasing knowledge about prevention. Eliminate stress and worry from your life where and when you can. Your heart will thank you. Maid Pro can help reduce that unwanted stress and keep your home clean and beautiful which will allow you more quality time with your family and loved ones.



A clean house is also beneficial towards our general health. When our houses are not maintained and cleaned often, the germs, and bacteria, if not taken care of properly, can accumulate to the point that they create sickness. Our body's natural immune systems can only tolerate so much. If we let the germs and bacteria get out of hand, then not only our health, but our family's health will be at risk. When we take care of and maintain a clean home it will ensure long term good health for your family to enjoy for years to come.

Valentine's day is right around the corner give the gift of a clean healthy home give Maid Pro a call, let them know what you need and they will give you an estimate right then and there. They believe that everyone should have a clean and healthy home. That's why they make sure the products, tools and processes they use are in the best interest of the planet and every customer whose life they touch.

Maid Pro takes the work out of "housework" for you. Your home is in good hands with Maid Pro they clean so you don't have to.

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ACCREDITATION MATTERS



By Thom Braun

Would you go to a hospital that isn't accredited or send your children to colleges that aren't accredited? Why not take that same approach when considering senior living?

Moving into a community that is accredited affords greater peace of mind that care and services have undergone intense scrutiny by an outside, third party. It's a fact; accreditation matters.

Designed to help boost ongoing performance efforts and pursuit of excellence, accreditation is no longer just associated with healthcare and higher education institutions. Accreditation is an important seal of approval seniors and their families should look for when exploring their retirement living options.

The Carlisle Naples' assisted living community has been accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF) and this demonstrates The Carlisle consistently adheres to high standards of quality, successful professional practice, continuous monitoring, evaluation and improvement of programs, and that their priority is resident comfort, care and quality of life.

To achieve accreditation from CARF, a senior living community must demonstrate comprehensive conformance to approximately 1,000 elevated standards that measure the effectiveness of management and communication, programs and activities, and interaction with outside agencies regarding additional services for residents.

A 3-year CARF accreditation is comparable to a five-star rating in the hospitality industry.

"Having achieved accreditation for our assisted living community speaks volumes for The Carlisle's services, amenities and programs," said Executive Director Bill Diamond. "It also addresses our dedication to provide the very best in resident care."

The Carlisle has been CARF-accredited since 2007, earning a 3-year CARF accreditation. In 2013, the community was reaccredited for three years.



During the inspection, The Carlisle's survey team's report highlighted the following strengths of the community:

- Skilled and compassionate leadership that demonstrates a genuine commitment to person-centered care;
- The 12-hour, open dining which offers extensive menu choices;
- A comprehensive safety program focusing on residents' wellbeing;
- Staff's high degree of responsiveness and involvement to residents.

The Carlisle Naples also holds a specialty ECC (Extended Congregate Care) license—held in addition to the standard assisted living licensure. This allows assisted living communities to provide additional supportive and nursing services to residents who would otherwise need to transition to a skilled nursing facility.



Luxury Rental Retirement Living
6945 Carlisle Court, Naples, FL 34109
239-221-0017 • www.srgseniorliving.com

For older adults considering a move to a senior living community, it's important to:

1. Begin researching in advance, before a need arises;
2. Determine which type of community fits your needs;
3. Tour the community and ask questions;
4. Take your time to evaluate your options;
5. Be sure to ask if the community is accredited. It really does matter.

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.

Grace that Came

14 And the Word became flesh and dwelt among us, and we beheld His glory, the glory as of the only begotten of the Father, full of grace and truth.

John 1:14

Rick Atkinson, in his excellent book, *The Day of Battle: The War in Sicily and Italy, 1943-1944*, tells the story of the shelling of Anzio. After one particularly brutal Luftwaffe attack during that horrible campaign, a 1st Armored Division mess sergeant is said to have prayed the following:

"God, help us. You come yourself. Don't send Jesus. This is no place for children."

We understand how the sergeant felt. This world is a dark and dangerous place. The Enemy is everywhere; the bombs are dropping, and nobody makes it out alive.

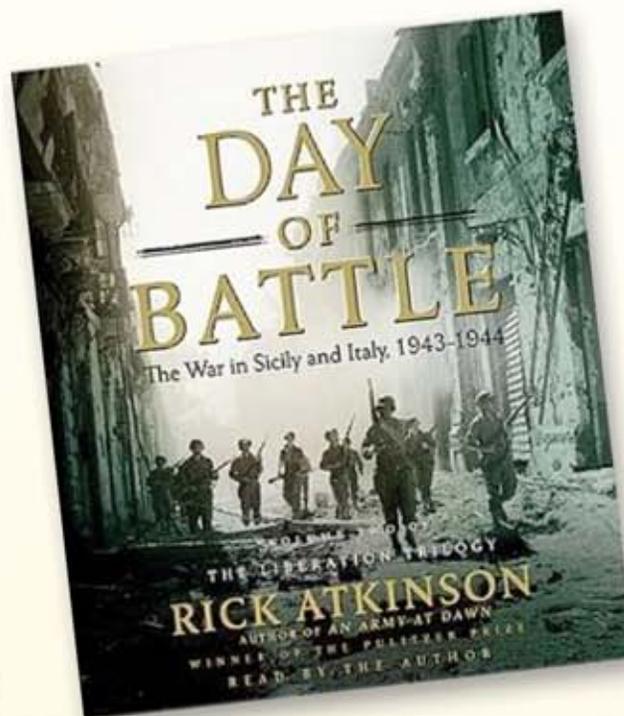
But there is good news for the sergeant and all who think like he did. He understood the child, Jesus, to be God's Son (which is true), but he did not understand that Jesus is God, the Son (which is also true). When Jesus came, God came. He came Himself.

God came into the ruin, wreckage, pain and suffering of the human experience. And He brought His glory, to be seen, heard, felt, and known by people just like us.

But had He come with just glory, we may have been left with something feeling like the Burning Bush in Exodus: A dazzling God who makes very steep demands. But He also came "full of grace." He came not just to dazzle us, but to once and for all deliver us.

And His deliverance is offered as a free gift to all who will receive it by following Him as Lord. It's not about being good. We can't be good enough long enough. It's not about earning His love (what kind of love is "earned" anyway?). It's about believing that He is who He says He is, and trusting that central truth enough to follow Jesus, who is Himself God.

You may not be in a literal battle today, but sometimes it sure feels like it. Your plans go sideways; your efforts aren't enough, and your mistakes just keep happening. We can thank the Lord that He came to this fallen world and brought the Glory we worship and the Grace we need.



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