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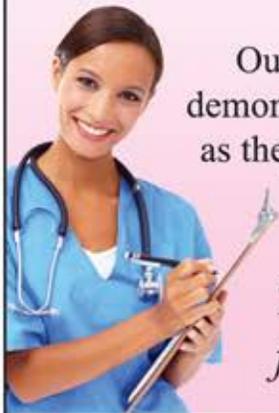
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# THE FRACTURE THAT MAY CAUSE YOU STRESS!

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

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

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

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

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

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

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

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

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



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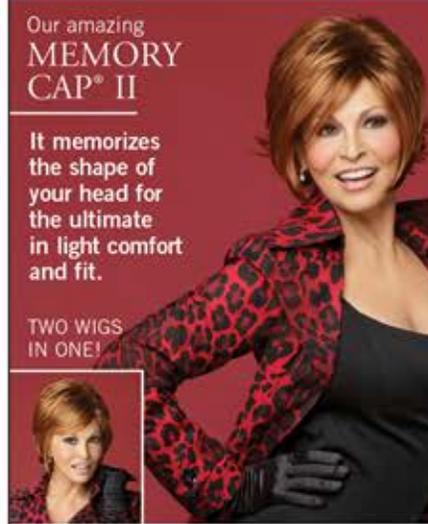


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# Commonly Asked Vein Questions

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

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

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

## What Causes Varicose Veins?

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

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

## What are the complications of Varicose Veins?

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

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

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



## What is Phlebitis?

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

## Do Varicose Veins recur after treatment?

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

## How do you treat Varicose Veins?

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

## How do you treat Spider Veins?

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

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

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

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

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

## How is the diagnosis of Valvular Insufficiency made?

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

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

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# HOLIDAY TRAVEL: LEAVE YOUR BACK PAIN AT HOME!

By Joseph Kandel, M.D.

**T**he holidays are a magical time of year. But if you have a history of low back pain, this can be a very challenging time of year as well. People with back pain need to take special precautions when they travel. With travel you have a higher risk of new injuries to your back as well as an aggravation of your chronic pain. After all, you may have to carry luggage, sit for a long time in the seat with poor support, or sleep on an uncomfortable bed.

The way to travel this holiday season without pain is to do some thinking and planning before you leave home. Here are some helpful suggestions:

## TRAVEL WITH YOUR MEDICAL RECORDS.

This may sound simple, but there's a right way and a wrong way to take your records with you. I suggest you go to Office Depot, get an old-fashioned chart with multiple tabs, and a pocket on one side. Each tab can represent different physician's notes, as well as a tab for diagnostic tests, laboratories, medications, and one tab for an overview or summary of your health history. The pocket on the other side of the chart is to store all of the CDs of imaging studies and diagnostic tests that have been performed. This simple act can quite literally be a lifesaver. If you have to go to an urgent care center or the emergency room, having this information is absolutely invaluable.

## PACK INTELLIGENTLY.

How you pack can make a huge difference in how you feel during your journey. Traveling with two small suitcases instead of one large, overstuffed suitcase can keep you from injury. Luggage that is easy to transport, one with wheels that work, can make all the difference what it comes to moving 30 or 40 pounds. Lifting that heavy weight is the wrong thing for someone who has low back pain. With twisting and lifting, it is easy to herniate a lumbar disc.

## ASK FOR HELP!

While this might seem difficult for some (especially husbands!), asking for help from the Skycap at the airport or the bellhop at the hotel can save a lot of aggravation. Remember, this is their job. They know how to lift and use proper body mechanics without injuring themselves. With the excitement and rushing about, this is one of the simplest ways to avoid spine injuries.



## CHANGE YOUR POSITION FREQUENTLY.

Even individuals who should know better, who have had back pain for a long period of time, will often sit through a three hour plane trip without getting up once. It is important to change positions every 20 to 30 minutes. Sitting with proper body posture will help. Airplane seats are designed for maximum seating capacity, not for ergonomic comfort. Get up, stretch, walk up and down the aisle, bend, and make sure that you are maintaining a healthy spine during your travels. A rolled up hand towel in the hollow of your back for 20 to 30 minutes can be very effective to help change your spine alignment. If it is a particularly long flight, you could even purchase a special orthopedic back rest which can help to maintain proper spinal alignment.

## EXERCISE WHILE YOU ARE AWAY.

We've all heard that an ounce of prevention is worth a pound of cure. This is especially accurate with dealing with spine disorders. Doing exercise to maintain the strength and flexibility of your spine muscles, even while on the road, can be extremely important. Just because you're on vacation does not mean that you can take a vacation from exercise. You will not enjoy family, friends, or activities if you're lying on your back because of spasm or pain. In fact, my patients have told me that they feel better in general if they do their exercises, and even if they take a swimsuit or an exercise band so they can keep in the habit of being active. Staying healthy helps them enjoy their vacation even more.

## GIVE YOURSELF TIME.

Although individuals are excited to get to family and friends, the constant rushing increases the stress of the holiday season. With this increased stress comes increased low back pain and spasm. Therefore, it is important to be mindful of the physical and emotional stressors that you are under when you travel. Allow yourself plenty of time for everything! Leave for the airport earlier than you normally would. Try to avoid

scheduling flights with only short intervals of time to catch the next flight. Call for taxis 30 to 45 minutes before you actually need them. And remember, you are on vacation. Relax. Don't spend all of your free time running around from place to place; rushing from one "fun activity" to the next is a surefire way to limit your enjoyment of each activity and increase your holiday stress!

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# Could Stem Cells be the Next Penicillin?

By David Ebner - Staff Writer

Chances are that you have heard about stem cells—they have been in the news for years. But did you know that stem cells are being used right now in the United States to treat debilitating lung diseases? Sufferers of diseases like COPD and pulmonary fibrosis are receiving life changing stem cell treatments that just a few short years ago had not yet been thought of as possible.

With further advancements in the study of stem cells, the question is posed: are stem cells the next penicillin? Stem cells and penicillin both come from humble beginnings and accidental discovery, they are both used to treat life threatening conditions and diseases and, just like penicillin, stem cell biologists have won Nobel Prizes due to the practical uses of their discoveries.

Consider the history of penicillin. Originally discovered in 1928 by the Scottish biologist, Sir Alexander Fleming, the full potential of the medication was not seen until its wide use in WWII. It wasn't until 1945, 17 years after its discovery, that Sir Fleming received the Nobel Prize. By that time, the medication had saved millions of lives.

Stem cells have also been studied extensively over time and have crept into the national dialogue as a buzzword, particularly the stem cells found in fetuses. However, the actual stem cells that are now being used to treat diseases in the United States, and the same cells that warranted the 2012 Nobel Prize in Medicine, are adult stem cells. This type of stem cell is found in fully developed individuals and flourish in all people—regardless of age or health.

Most cells found in the body have developed into a specific type of cell, like a skin cell or a brain cell. At the turn of the 20th century, biologists discovered that some cells that reside in the body have not yet been assigned as a certain type of cell. Stem cells are

simply blank cells standing by to meet your body's needs. The use of these cells to treat diseases traces back to 1968 when the first bone marrow transplant was performed. The result of placing healthy stem cells into a sick individual's body is the creation of healthy blood cells that are not infected with the disease. In turn, these cells replace the diseased ones and start to heal the patient.

Today, a clinic called the Lung Institute is using adult stem cells harvested from the patient's own fat, blood or bone marrow to provide similar healing results for people with lung diseases. Their website, [lunginstitute.com](http://lunginstitute.com), states that they have treated over 1500 patients to date. The physician gives the patient a growth factor that multiplies the stem cells into millions of healthy cells and extracts the stem cells

from the patient, then they separate the cells and reintroduce them into the patient's body. The result is that the healthy cells replace the damaged ones found in the lungs. Not only can this slow the progression of the disease, but it also works to restore lung function.

Just as penicillin was recognized by the scientists that award the Nobel Prize in Medicine, so have stem cell developments. If the number of people



who have already been successfully treated with stem cells is any indication of the future, then it will undoubtedly be heralded as one of the groundbreaking medical technologies of its time.

If you or a loved one suffer from a chronic lung disease, the specialists at the Lung Institute may be able to help. You can contact the Lung Institute at (800) 921-4631 or visit [lunginstitute.com/health](http://lunginstitute.com/health) to find out if you qualify for these new treatments.

# STRESS AND THE HOLIDAYS

By Eric Hochman, M.D.

In a 1789 letter describing the recently penned Constitution of the United States, Benjamin Franklin wrote "...nothing can be said to be certain, except death and taxes". This time of year, we are typically immersed in another certainty...stress. The stress response is the body's reaction to harmful or very demanding circumstances. Whether "good" stress such as the birth of a child or a long anticipated vacation, or "bad" stress such as the death of a family member, stress is stress.

The human body's response to stressful situations is quite amazing. Changes occur in every organ system that enable us to adapt and better manage stressful circumstances. Our cells release energy faster, blood is diverted from the gastrointestinal tract to the brain and muscles, and even our hearing increases. These changes, along with many others, help ensure that we are functioning at our best when we need to be.

Unfortunately, although the body's stress response is very helpful in dealing with acute situations, these adaptive responses also can be responsible for many detrimental effects over the long term. Decreased gastrointestinal blood flow can lead to abdominal pain, nausea, and diarrhea. Cardiovascular modifications to stress include increases in blood flow to the brain, blood pressure, and heart rate. These physiologic adjustments can cause relatively minor maladies, such as headaches, or more severe conditions such as heart attacks and strokes. The body's ability to form blood clots increases. Although this can help decrease bleeding during a trauma, it can also lead to heart attacks, strokes, and blood clots elsewhere in the body.

What about illness? Why are we more likely to develop fever blisters, colds, and other illnesses during periods of increased stress? The stress response has a profound effect on the immune system. Although the immune response to stress is very complicated and not fully understood, stress is known to increase the body's cortisol level. Cortisol is the body's natural steroid, and steroids are potent immune system suppressors. So as one is exposed to chronically high levels of cortisol, there is an increased risk of infection and illness.

Elevated stress levels are not only associated with immune system suppression, but also with an increased risk of autoimmune diseases, conditions created by an overactive and inappropriately active

immune system. In an autoimmune disease such as rheumatoid arthritis, lupus, or crohn's disease, the immune system malfunctions and attacks the very body it is supposed to be protecting. Many studies have found a disproportionately high level of emotional stress prior to the onset of autoimmune diseases. Furthermore, patients with these diseases frequently undergo flares during periods of increased stress levels.

Research has repeatedly demonstrated that the Holiday season is the most stressful time of year. The demand for extra resources in an already busy life can be quite daunting. Deadly heart attacks increase during the Holiday season, sometimes known as the "Merry Christmas Coronary". The Holiday season pulls together a "perfect storm" of stressors. Time constraints, money, and family are all central themes around the holidays.

What can we do to cope? There are many stress management strategies that can be adopted or intensified around the holidays. Planned meditation or quiet time can go a long way towards relieving stress. Be sure to maintain good habits. Hopefully you have worked all year to maintain your weight, watch what you eat, and exercise regularly. Don't forget these habits during the month of December. When a person exercises, the body releases endorphins which help produce numerous positive effects on the body. Running, biking, swimming, and walking are all known to help reduce stress.

Additionally, sharing your thoughts with your spouse, family, or close friends can be very helpful in reducing stress. It is always reassuring to realize that you are not alone.

And of course, remember to get the necessary amount of sleep.

The Holidays should be a happy time of time of year. Understanding the body's reaction to stress, and what strategies you can employ to help cope, will help make your holiday season the best it can be.



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ERIC HOCHMAN, M.D.

*Dr. Hochman, President of the Collier County Medical Society, is the founding physician of Gulfshore Concierge Medicine and board certified in Internal Medicine, Pediatrics, and Rheumatology. His expertise includes treating common diseases such as hypertension, hyperlipidemia, and diabetes, as well as diagnosing and treating osteoporosis, musculoskeletal diseases, and solving medical mysteries, often at the request of other physicians to help determine the cause of unique symptoms. He offers patients a personalized four-step approach to optimize health and maximize longevity called the WELLStrides™ Plan.*

*Dr. Hochman was named a Castle Connolly "Top Doc" by Gulfshore Life magazine from 2011 to 2014, and was a Patients' Choice Award winner in 2008 to 2015, as well as Most Compassionate Provider and On-Time Physician Award winner. He completed his dual residency program in Internal Medicine and Pediatrics at the Ohio State University, and his Rheumatology training at Washington University in St. Louis.*



# VOLUNTEERING IS GOOD FOR YOUR HEALTH

What is good for the soul is good for the mind and the body as well, and there is no better way to feed the soul than to volunteer your time to an organization that you're passionate about. It sounds too simple, right? Believe it or not, there are health benefits to volunteering for people of all ages and backgrounds. The key is finding an organization that is near and dear to your heart. Your local YMCA is a great place to start asking for volunteer opportunities. From office work to working with children and even working in the shop with your hands, the YMCA has endless opportunities for those looking to feed their soul with some time well spent. Enjoy these benefits and more just by giving of your time and talents:

## LOWER BLOOD PRESSURE

A 2013 study from Carnegie Mellon University found that adults over the age of 50 who volunteered on a regular basis were less likely to develop high pressure than those who did not find the time to volunteer. Over 50, keeping a close eye on blood pressure is extremely important, as it can be a contributor to other more serious conditions such as heart disease, stroke and premature death.

## RELIEVE YOUR STRESS

A separate study done by United Health Group in 2013 found that 94% of people surveyed stated that volunteering over a period of 12 months has improved their overall mood. The same study found 78% of participants admitted that volunteering has lowered their stress level. It's not a stretch to believe that doing good for others is also good for ourselves.

## FIGHT OFF DEPRESSION

For all ages, volunteering has been found to fill key social, emotional and physical needs that can have a positive effect on treating and preventing certain types of depression. According to the Corporation for National & Community Service, the science behind this effect is the natural release of "feel good" hormones like serotonin, dopamine, oxytocin and endorphins when seeing the direct results from their good deeds serving others pleases a person.

## TREAT CHRONIC & SERIOUS ILLNESS

In a study at Duke University of individuals with post-coronary artery disease, those individuals who volunteered after their heart attack reported reductions in despair and depression, two factors that have been linked to an increased likelihood of mortality in this type of patient.



In a separate study, individuals suffering from chronic pain experienced lesser pain intensity and decreased levels in disability when they began to serve as peer volunteers for others also suffering from chronic pain.

## KEEP YOUR MIND & MUSCLES WORKING

After retirement, many individuals find that the amount of free time on their hands results in a more sedentary lifestyle than they may have led while working. As with any muscle - when you don't use it, you lose it. Your brain is a muscle you have to keep exercising along with the rest of your body. Volunteering opportunities allow you to use knowledge, experience and expertise from your career days to keep you sharp. Volunteering at an active location like your local YMCA will also keep you more physically active than volunteering at less active organization.

## GET INVOLVED TODAY

If you're a seasoned volunteer or just starting out, it's important to decide what you're looking to accomplish through donating your time and talents to an organization. To help you with that process, we recommend you visit the Naples YMCA at 5450 YMCA Road and fill out a volunteer application. A member of their staff will then meet with you to determine how they can best accommodate your desire to serve. It's never too late to get started!

**Greater Naples YMCA | 5450 YMCA Road, Naples, FL 34109 | (239) 597-3148**



# The COOL way to Rejuvenate

By Dr. Ronald M. Repice, D.C.

**C**ryotherapy is the use of low temperatures to trigger the body's natural responses to heal itself. The benefits of using cryogenic chamber therapy are countless.

This modality was first utilized in Japan in 1978 to treat rheumatoid arthritis. Studies conducted over the last two decades in Europe have established Whole Body Cryotherapy as a powerful modality for inflammation reduction and injuries.

Professional athletes have discovered WBC as a powerful treatment to decrease recovery time and increase athletic performance. Although Whole Body Cryotherapy originated in Japan, it was a group of Polish scientists who took the idea and made Whole Body Cryotherapy the physical therapy it is today. The Olympic rehabilitation center in Spala, Poland opened in May 2000 and has been used as a training and injury rehabilitation center for many athletes.

Wellness Centers, Chiropractors, Physical Therapists and Acupuncturists are leading the introduction of Whole Body Cryotherapy to the U.S. population. WBC is an ideal treatment because it is Whole Body, Holistic and Non-Invasive. Clinical studies on WBC have shown immediate benefits to soft tissue, internal organs, the nervous system and energy meridians. With so many positive effects to the body, extreme cold therapy has no equal for a patient's wellness plan.

Skincare, Health and Medical Spas in the U.S. are also adopting the cryotherapy treatments used for several years in Europe. Whole Body Cryotherapy provides Spas with a holistic treatment that complements their current menu of services. WBC stimulates collagen production, resulting in anti-aging skin rejuvenation and cellulite reduction. Also, a surge in metabolism consumes up to 800 calories, aiding in weight loss.

## Science behind Cryotherapy

Cold has always been known to have phenomenal properties. For ages, scientists have tried to find a proper way to use its features in fields of medicine and cosmetology. Not so long ago, they reinvented and improved cryotherapy – treatment in which body is exposed to extremely low temperatures.



Single session lasts up to 3 minutes. The customer is entered into the capsule (Cryotherapy Chamber), where the temperature ranges from  $-120^{\circ}\text{C}$  to  $-160^{\circ}\text{C}$ . During treatment, skin temperature is significantly lowered – from  $32^{\circ}\text{C}$  to even  $5^{\circ}\text{C}$ .

What's important, the body doesn't freeze owing to the fact that the air in the capsule (Cryotherapy Chamber) is totally dry.

Brief thermal controlled shock causes release of adrenaline into the bloodstream which leads to an increase in heart rate, muscle strength, blood pressure and sugar metabolism. We also can't forget about the release of endorphins – natural painkiller and stress fighter.

In a short period of time cryotherapy has succeeded among athletes, sport addicts, people who are trying to get rid of some extra pounds (weight loss) and cellulite.

## Benefits Using The Cry Chamber

Let's come back to our childhood. What was the first thing you did when you banged your forehead or fall down? Most likely you got an icepack or a bag of frozen peas.

To tell the truth, this is a very basic form of cryotherapy. As you can see, each of us has somehow had a chance to experience how beneficial it is to apply cold on a sore spot. The whole body cryotherapy has a countless amount of healing properties.

The duration of a single Cryoness session ranges from 30 seconds to 3 minutes. Thanks to the Nitrogen mist, skin temperature is rapidly lowered producing healing and other therapeutic results. Brief thermal controlled shocks activate the release of adrenaline into the bloodstream, which increases heart rate, muscle strength and blood pressure. This adrenaline rush boosts the immune system, resulting in day-lasting effects. What's more, Cryoness releases endorphins – natural painkillers, energizers and stress fighters.

Athletes are using cryotherapy in order to speed up the process of rehabilitation, to reduce body pain and muscle soreness

Beauty and look industries undertake cryotherapy procedures to slow down the ageing process, get rid of wrinkles and skin blemishes, to increase metabolism rate and speed up the process of weight reduction.

In medicine, liquid nitrogen treatment is used to enhance immunity, increase circulation, help to recover from surgeries and remove toxins from the system. It also energizes the body due to additional release of endorphins - the body's painkiller. It has been scientifically proved that Cryosauna has found use in a fields of: rheumatology, neurology, cosmetology, orthopaedy, sexology, gynecology, endocrinology, sports, dermatology, cardiology

## Overwhelming Results

Clients report that the experience is invigorating and improves a variety of conditions such as psychological stress, insomnia, rheumatism, muscle and joint pain, various skin conditions, and increased weight loss.

Those who have tried Cryotherapy enthusiastically report cellulite reduction, tighter and healthier skin, stronger and fuller hair and nails, fewer skin blemishes, increased metabolism and caloric burn, increased libido, and quicker surgery and injury recovery.

We are proud to be the first office in Southwest Florida to offer Whole Body Cryotherapy treatments using the Cryoness chamber from Poland. For more information and to learn how Cryotherapy can benefit you, please call 239-658-COOL today!



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# Speech, More Than Just Talk

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

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

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

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

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



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

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

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



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# EPIPHANY SALON & SPA

## NAPLES PREMIERE SALON AND SPA SERVICES

By Abbigale Gensing

In today's society appearance is a key factor in landing jobs or getting a considerable reputation. Going into a job interview you make sure you look presentable and professional. You usually do not have an abundance of time to go shopping for new clothes or even get your hair done. Epiphany Salon & Spa, in Naples, makes getting ready for an important event more than efficient.

This salon's skillful beauticians, including Paula Johnson, use a plethora of techniques and high-end products to style your hair perfectly for what ever you may have. They are able to analyze your hair's growth patterns and help cover up hair lose. They can also determine which hair colors and/or hairstyle, will bring out the best in your features.

With advanced training and customized styles for you, Epiphany Salon & Spa provides a perfect chance to update your appearance and help you come off as sophisticated, serious, or what ever you might intend.

*"Met Tabatha Coffey today! After a few minutes of chatting she asked if she could touch my hair, of course I said 'YES.' She immediately said she knew my stylist was Vidal Sassoon trained and gave Paula an A+! Continued to say how precise the cut was and how impressed she was... From Tabatha to Paula: Your work is impeccable." According to Tabatha Coffey.*

*"As highly trained professional color specialists, we advise our clients and provide them with low-maintenance, cuts and colors, as well as our Keratin formaldehyde-free smoothing and straightening treatments," says owner Paula Johnson, "we use the latest styles, trends and top-of-the-line organic products, which give a unique, polished look that only the finest of hairstylists can accomplish."*

Besides from hair treatments, Epiphany Salon & Spa also provides manicures, pedicures, eyebrow waxing, Jane Iredale Make-up, and plenty more.

Next time you are getting ready for an important event or maybe just looking to freshen up your look, Epiphany Salon & Spa can help you feel more rejuvenated than ever before.

From wigs, extensions, toppers & toupee's to a private room with various service selections, and talented staff that can meet all you needs, Epiphany Salon & Spa has it all!



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

**S**wan Age Reversal Centers is Southwest Florida's leading Aesthetic services provider. They have four offices located in Naples, Bonita Springs, Fort Myers and Sarasota, with two more locations opening by late fall in Venice and Lakewood Ranch.

Swan Centers performs thousands of aesthetic procedures annually for men and women that help their clients look younger, thinner, and more vibrant. All of the Swan services offered are custom tailored to each client's needs, wants, body type, skin type and age. They offer non-invasive, safe, pain-free treatments utilizing State of the Art Devices found exclusively only at their Centers. Whether you are interested in anti-aging skin treatments, skin tightening, wrinkle reduction, cellulite smoothing, body enhancement, body toning or targeted fat reduction, Swan Age Reversal Centers offers a unique and pleasant experience that delivers results that are somewhat affordable.

Swan Age Reversal Centers offers a wide array of head to treatment options and they specialize in innovative technologies like laser-light, electro-pulse, radio frequency, ultrasound cavitation, vacuum therapy, red light collagen therapy, ultrasonic anti-aging and other technologies. One of the most popular treatments offered is body contouring treatments that stimulates fat reduction that can be targeted to certain areas of the body. They also offer skin rejuvenation and anti-aging treatments that help restore the skins natural glow and helps slow the aging process. Swan Centers offer a wide range of customized services to help men and women 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 designed devices, proprietary serums and skin care products.

Swan Age Reversal Centers takes body enhancement where it was meant to be, combining health and beauty with cutting-edge science and impeccable service. They're driven by innovation in aesthetic beauty and are able to deliver an intimate and relaxing experience, complete with all the perks that only a premium establishment can offer.

A complementary assessment is offered to all first time clients, where they meet a specialist, who suggests a specific treatment plan with realistic expectations. Swan Centers does not do contracts and offers multiple flexible payment options.

## SOME SWAN TREATMENT OPTIONS: SKIN TIGHTENING & WRINKLE REDUCTION



### Swan-Freeze™

Swan Freeze™ a state-of-the art, Skin Tightening, Wrinkle Reduction, Cellulite Smoothing device that is exclusive to only Swan Age Reversal Centers. Swan-Freeze™ creates radio frequency waves to penetrate and tighten the skin, reduce wrinkles, and has numerous anti-aging benefits. The treatments use radio frequency to consistently and uniformly heat the skin from the inside out. The collagen fibers heat up resulting in skin tightening to attain exceptional results. Swan-Freeze™ treatments are effective in circumference reduction, improving the appearance of cellulite, skin tightening and reducing the appearance of wrinkles. They deliver a safe, pleasant, pain-free experience in treatments for the body including arms, belly, hands, thighs, buttocks, décolleté, neck and face.



### FAT REDUCTION

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

### Swan-Lipo™ & Swan-Cavi™

Swan-Lipo™ and Swan-Cavi™ are used to reduce fat to specific targeted body parts and transforms bodies with remarkable results. Targeted areas can be the waist, belly, bra-line, chest(men), love handles, buttocks, above the knees, the back, arms, hips and thighs.



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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.



### SKIN RENEWAL for the FACE & NECK

#### Swan Lift™

Swan Lift™ is an Age Reversal treatment for the face and neck that is Swan Centers Signature treatment. Swan Centers uses a unique combination of Ultrasound, Light Therapy and Radio Frequency Technologies to help lift, tighten and restore the skin to a more youthful state.

Clients need to do a series of treatments to get maximum benefits and results. Most clients see immediate improved skin appearance after just a few treatments.

#### Swan Light Therapy™

Skin care technology has made great strides in correcting the flaws resulting from sun damage to the skin. In particular, light therapy has emerged as one of the most effective methods of combating the effects of aging. The use of light is safe, pain free, and inexpensive, compared with other skin care solutions like laser skin resurfacing and facelifts. Everyone can enjoy relaxing, painless light therapy treatments that dramatically improve skin appearance. Cells in the skin and supporting tissue absorb wavelengths between 590 and 950 nanometers. Our cells/tissue convert this light energy into "fuel" that is used to increase cellular metabolism. Research by the National Aeronautics and Space Administration (NASA) has shown that light therapy increases cellular growth up to 200%. The increased cellular activity stimulates formation of new collagen and elastin - the building blocks of healthy skin.

# PROTECT YOUR HEART

## Know your Calcium Score

**O**ftentimes, the busy holiday season adds stress for many people. In turn, more stress increases your risk for heart problems. Coronary artery disease is the #1 killer in America. Most people with coronary artery disease are unaware that they have it because they haven't experience any symptoms. More than half the time, it's only discovered after the person has a heart attack, or worse, dies suddenly. The sad fact is, many of these deaths could have been prevented. Studies have shown that heart/calcium scores can predict coronary artery disease with significantly higher accuracy than tracking standard risk factors.

Today, health-conscious men and women are taking charge of their health. They know that early diagnosis could save their lives. Using state-of-the-art technology, NDIC's board-certified physicians are able to screen for some of the most prevalent and deadly diseases. Even better, these screening tests can be performed without a doctor's order, allowing people to truly take charge of their health.

The purpose of screening tests is to detect disease in people who have no symptoms, and, if the disease is present, to detect it early enough to improve survival. Screening tests should be non-invasive, relatively inexpensive, and very sensitive to detecting the targeted abnormality. The screening test most of us are familiar with is mammography, which has proven useful in detecting early breast cancer. Thankfully, with the medical and technological advances we have seen over the past few decades, there are now screening tests available for many life threatening conditions, including coronary artery disease.

Each year in this country, more than 500,000 people die of coronary artery disease, and nearly two million are hospitalized due to myocardial infarction, better known as a heart attack. The process of atherosclerosis, which can cause blockage of the arteries that feed the heart muscle, begins early in life, and 1995 statistics show that more than 30% of heart attack victims are under the age of 65. A screening test that can



accurately identify and quantify atherosclerosis of the coronary arteries, can in turn help to identify those who are at high risk for heart attack.

### What is a Heart/Calcium Score?

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



239-593-4222

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

### Should I Know My Heart/Calcium Score?

In general, people who are of intermediate risk benefit most from obtaining their heart score. People are often considered intermediate risk if they have two or more of the following:

- Age (Men > 40, Women > 50)
- Obesity
- Smoking
- High blood pressure
- High cholesterol

The score is obtained using a non-invasive CT scan. During the scan your arms will be brought above your head and ECG leads will be attached to your chest. You will be asked to hold your breath for 10-20 seconds while the images are being taken. The exam is completed in less than 10 minutes.

Treating coronary artery disease early is always preferable to treating it after it has become more severe and symptomatic. The clearest benefit of the screening is detecting treatable or curable disease, which has been linked clearly to saving lives. But there is also a great benefit for those in whom no disease is detected - the majority of those tested. As has been proven with mammography, individuals who take charge of their health achieve a heightened sense of empowerment and peace of mind.



To schedule a screening test please call  
239-593-4222.

Don't wait until fatal symptoms  
(stroke or heart attack) occur, take charge  
of your heart health today!

# Living with Diabetes?

Understanding the Disease from a Diabetologist's Perspective

By Kara Jacobs

**D**iabetes is a term most Americans are becoming too comfortable with in their daily life. Recent studies show that more and more of our local population are being diagnosed with diabetes--a disease that is largely preventable.

Charles Kilo, M.D., of Millennium Physician Group in Naples, remembers growing up when the diabetes rates were significantly lower. "When I was growing up 1 in every 30 Americans were diabetic," he says. "Currently 1 in every 16 Americans are now a diabetic."

And, that's why some local physicians are taking a stronger stance in the fight against diabetes. And the first step in the fight? Providing better education to patient's when they first learn they may be heading towards a diabetes diagnosis. "I work with patient's every day in regards to their diabetes management," says Dr. Kilo. "Making sure they have the right answers to their questions is key."

## A Passion for Diabetes Education

Dr. Kilo grew up with his mind on diabetes. "My dad was endocrinologist so I went on to follow in his footsteps, not as an endocrinologist but as a diabetologist." Not only did his father's profession impact him, but he remembers a particular study growing up that changed his view of diabetes.

"I remember when the University Group Diabetes Program (UGDP Study) concluded that glycemic (sugar) control didn't matter. My father was one of the first endocrinologists to state the study was flawed, as we all know today that sugar control is one of the most important aspects of controlling diabetes. That study changed my life growing up and I still have the original article hanging in my office today."

There are many benefits to seeing a primary care physician who is also a diabetologist. A diabetologist solely specializes in diabetes. "Any doctor that is up-to-date on diabetes care is important," he says. "A diabetologist, however, can see the patient's needs and goals as a diabetic."

## Understanding Diabetic Terms

The key question that Dr. Kilo is often asked is to explain the difference between Type 1 and Type 2 diabetes. "Type 1 diabetes is the auto-immune process that destroys insulin producing cells in the pancreas that usually occurs under the age of 18," he says. "Type 2 diabetes differs because it is usually age, genetically, and lifestyle related."

It's with Type 2 diabetes where local physicians are seeing an epidemic among children. "It used to be that we would never see Type 2 diabetes until later in life, but now children under the age of 18 are being diagnosed with Type 2."

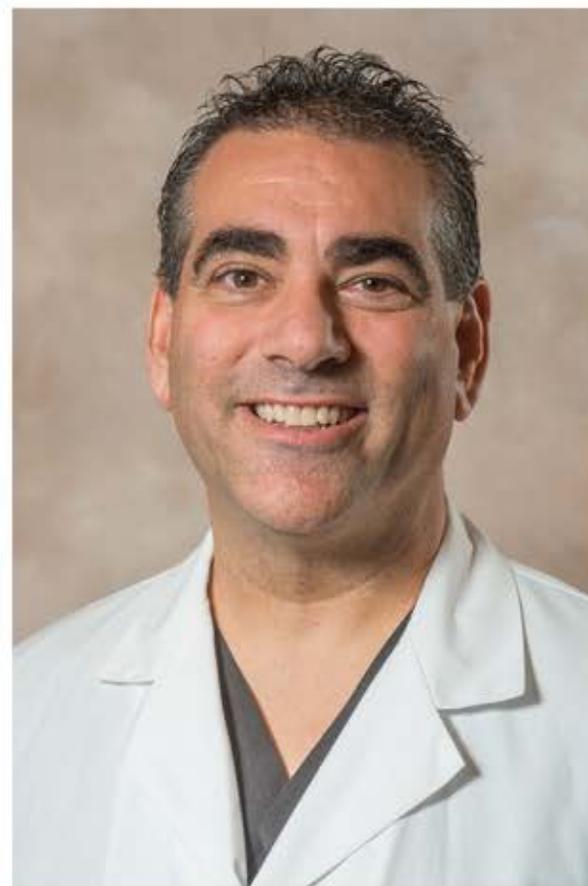
The biggest impact on the fight against diabetes in children is making sure they get enough exercise and a healthy diet. "Encouraging your child to exercise in the afternoon after school---even playing in the backyard---is extremely helpful to their health," says Kilo. "We also want to assist them in choosing healthier food options."

## Diagnosing Diabetes

So how does diagnosis of diabetes work? "Testing a patient's fasting blood sugar, a random blood sugar test, or an old fashioned glucose tolerance test that measures the body's response to sugar can all diagnose diabetes," says Kilo. "Knowing your numbers is essential in taking control of the condition."

Knowing your "number" relates to your blood glucose number. "If a patient's blood glucose reading is over 100 then that patient is in the pre-diabetes range," says Kilo. "Anything 126 or greater is Diabetic."

If your blood glucose reading is just a little over 100, then patients should take the term "pre-diabetes" seriously. It's the perfect time to sit down with your physician and plan lifestyle choices that will lead to a healthier future.



Charles Kilo, M.D.

## Taking Control of Diabetes

Understanding what your body needs is essential in keeping your diabetes in control and not in control of you. Additionally, diabetes affects many organs in the body and it is necessary that a diabetic coordinate their care between many physicians. Between Ophthalmologists and Podiatrists many diabetics become overwhelmed by the amount of care needed. "You need a quarterback to help call all of the shots in your diabetic care and your primary care physician should be the one calling the plays."

"Patients have to understand their diabetes to achieve a healthy life with diabetes. If you ignore it you are ignoring your future. Don't wait for diabetes to take control over you. Take the initiative to take control over diabetes," says Dr. Kilo.

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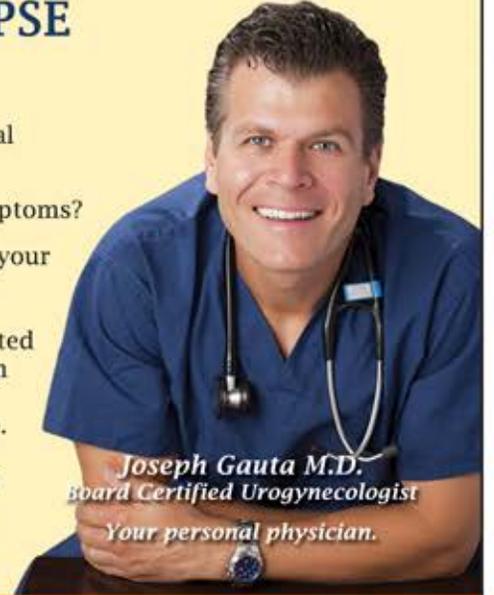
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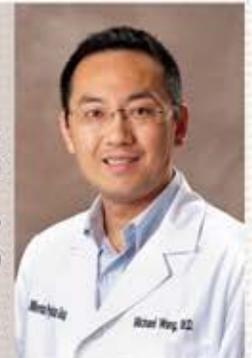


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# PELVIC FLOOR DISORDER: ARE YOU AT RISK?

**A**n achy back, incontinence, and pelvic pain may all have one sneaky cause. And your doctor has probably never mentioned it.

For a condition so hard to diagnose, Pelvic Floor Disorder, PFD, is surprisingly common. By some estimates, it affects one in three American women. Giving birth boosts your chances of developing a pelvic-floor issue by 18 percent if you've had one child and 32 percent if you've had three or more.

Hormonal declines in menopause and loss of muscle mass with age are among other culprits for women. Surgery or an accident (like falling on your hip or tailbone) may play a role, as can obesity. In your 50s and 60s, your PFD risk nearly triples, compared with in your 20s or 30s.

Though pelvic floor disorder is less prevalent in men, it's still underdiagnosed. Some 90 percent of chronic prostate infections, for example, are not caused by bacteria; experts suspect a weak pelvic floor may be a factor. Surgery, injury, obesity, and chronic constipation can damage the pelvic floor in men, leading to incontinence, pain, and problems with sexual performance. Men may be embarrassed to seek treatment—and, like women, they are often misdiagnosed if they do.

For many patients PFD manifests as pain in the vulva. In others, it presents as a bowel disorder; endometriosis; or bladder, hip, back, or abdominal pain. Often, doctors treat symptoms in the affected organ or joint rather than find the real cause. Sometimes, doctors try to treat just the vulva pain, the constipation, or the hip joints. But when you miss the cause, you can't really fix the problem.



Knowing the risk factors can decrease your chances of experiencing PFD.

### The Path to Real Relief

PFD is gaining recognition among pelvic-pain specialists, gastroenterologists, urologists, gynecologists, colorectal doctors, and urogynecologists, who have expertise in both bladder and pelvic health. The first step to relief is a pelvic-floor evaluation, followed by physical therapy.

The exam is a lot like the gloved internal check a gynecologist does, although with more focus on muscle function. The specialist will look for tenderness, pain, and tension in the muscles. Men are diagnosed by a urologist or other specialist after a thorough examination of the groin and a rectal exam.

This should be frontline treatment. If you're not seeing a specialist who understands the impact these muscles have on pain, you may not be getting the best care. Less than half the women who would benefit from a pelvic-floor evaluation get one.

While there are drugs for and surgical solutions to some pelvic-floor problems, physical therapy plus home routines may help many patients feel better. A 2014 study of nearly 800 women with PFD found that most

saw incontinence, constipation, and/or pain improve by at least 80 percent with pelvic-floor physical therapy. In another study, people with lower-back pain got extra relief when they added pelvic-floor exercises to back exercises and ultrasound.

Other treatments include massage-like work inside the vagina by a therapist to release tight spots, with biofeedback to train a patient to tighten and relax the muscles herself. It's not weird. Treatments are very professional. Patients also do daily exercises at home, including Kegels to strengthen weak muscles and relaxation exercises for tense muscles, hip flexors, and glutes.

### Joseph Gauta M.D. Board Certified Urogynecologist

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

Smoking increases your risk for pelvic floor disorders	Losing weight may help control urinary incontinence	Couch potatoes are at greater risk for incontinence	High-impact sports reduce your risk for incontinence	Keeping diabetes in control helps to reduce risk for UI
<b>True.</b> Research links cigarette smoking with UI. Plus, the greater the number of cigarettes smoked, the higher your risk.  If you smoke, quit: <a href="http://smokefree.gov">smokefree.gov</a> .	<b>True.</b> Being overweight puts added pressure on your pelvic organs. By losing as little as 5 to 10 pounds, you can help combat PFDs, such as UI.  Find a nutritionist: <a href="http://www.eatright.org">www.eatright.org</a> .	<b>True.</b> Research shows that ongoing, moderate levels of activity may help to reduce the number of episodes of UI.  Get moving: <a href="http://www.letsmove.gov">www.letsmove.gov</a> .	<b>False.</b> High-impact activities, such as jump-roping and intensive weight training, may strain the pelvic floor and increase your risk for PFDs.  Exercise safely: <a href="http://www.helpguide.org">www.helpguide.org</a> .	<b>True.</b> For women with diabetes, uncontrolled blood glucose levels can increase their risk for urinary incontinence.  Learn more: <a href="http://www.diabetes.org">www.diabetes.org</a> .

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# THE GIFT THAT GIVES: DR. CYNDI'S CHERISHED CHARITY CHOICES

It's the time of year when many of us are very busy with the holiday hustle and bustle. We have our laundry lists of things to do, people to see and places to go! My wish for you this Holiday season and always is simply one of love, joy and peace!

It is also a time that many of us open our pockets and give to the thousands of charity and non-profit organizations that make a difference in our lives, our loved ones' lives and our community. It is for this reason that I write this article – to acknowledge and thank these beneficent organizations for what they do each and every day, and to share with you three charity organizations that are close to my heart and make a difference in people's lives:

**Club Instant Replay (CIR)** is a charity organization my daughter, Aubrey Howard, started in 2012 when she was a high school sophomore. Today, my son, Brad Howard, is President of CIR and is joined by my other son, Benji Howard, who is a club member. I serve on CIR's Board of Directors along with several prominent community leaders. CIR's mission is "to enable children of all means and needs to participate in a variety of sports in an effort to help them discover their interests and talents, as well as give them a sense of personal growth, development, achievement and confidence, which they may carry with them throughout life." How does Club Instant Replay make this happen? Simply through in-kind donations of gently used or new sports equipment that can be dropped off in a big blue donation bin at the front of Naples High School or picked up by one of our team members. Please visit [www.clubinstantreplay.com](http://www.clubinstantreplay.com) for more information.

**Bikes for Tykes (BFT)** was established in Naples 29 years ago, and since that time this non-profit organization has given away over 19,000 new and refurbished bicycles to children and adults in need in our community. Through its work, BFT empowers children, helps in the fight against childhood obesity, helps establish the foundation for a healthy lifestyle, and reduces our environmental impact.



*Dr. Cyndi and the entire Yag-Howard Dermatology Center Team wish you a happy, safe and love-filled holiday season.*

As a member of BFT's Board of Directors, I strongly support its mission "to ensure every child in Collier County has a bicycle." BFT accepts used bicycles, bicycle parts in good condition, and new bicycles and helmets. Please visit [www.bikesfortykes.org](http://www.bikesfortykes.org) for more information.

**Camp Discovery** was founded in 1993 as a non-profit subsidiary of the American Academy of Dermatology and offers a summer camp experience like no other to children with devastating skin diseases. Under the expert care of volunteer dermatologists, nurses and counselors, Camp Discovery offers hundreds of campers the opportunity to spend a week among other young people who have similar skin conditions. Many of the counselors have chronic skin conditions as well, and can provide support and advice to campers. With five locations across the country, Camp

Discovery is the haven where a kid can be a kid without being judged and can experience activities such as fishing, swimming, archery, horseback riding, nature trails, and just plain fun!

There is no fee for camp. All costs, including transportation, are provided by the American Academy of Dermatology through generous donations from its members, other organizations, and individuals. The American Academy of Dermatology is proud to offer this experience to about 380 children each year, and I am proud to be a volunteer camp activities coordinator and amateur photographer, as well as donor. In fact, I am happy to say that I raised more than \$5,000 for the Camp Discovery when I ran the New York Marathon in 2011. To learn more about the American Academy of Dermatology's Camp Discovery camps, please visit [www.aad.org/dermatology-a-to-z/for-kids/camp-discovery](http://www.aad.org/dermatology-a-to-z/for-kids/camp-discovery).



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# Life Care Center of Estero Earns 5 out of 5 Stars

Life Care Center of Estero is pleased to announce earning 5 Stars with the Centers for Medicare & Medicaid Services' (CMS) quality rating system. In 2008 CMS developed a star rating for skilled nursing facilities to help consumers make informed decisions regarding healthcare facilities in their area ([www.medicare.gov/nursinghomecompare](http://www.medicare.gov/nursinghomecompare)). The classification system looks at health inspections, staffing ratios (nursing and support staff) and quality measures. Earning a 5 star rating is considered to be much above the average with only the top 10% facilities in the state earning this level. Life Care of Estero is thrilled to achieve the 5 star rating and has a history of excellence with other accomplishments including being a Rehab Center of Excellence and establishing an orthopedic specialty program for total joint replacements.

"I am very excited to receive this quality rating for CMS," remarks Jim Breuler, Executive Director of Life Care Center of Estero since its opening in 2003. "It is a positive affirmation that confirms that we want to be the best that we can be in our community. I'm very proud of all of the associates for the work that they do in caring for seniors in our community." If you would like to learn more about our programs a Life Care Center of Estero or for a tour please call us at 239-495-4000 or visit our website: [www.lifecarecenterofestero.com](http://www.lifecarecenterofestero.com).



## Increasing Your Leg Strength = Less Fall Risk!

A study published in the March 2012 Annals of Rehabilitation Medicine written by Cho, Kok, Kim and Hwang looked at community-dwelling adults who were classified as "fallers" and "non-fallers". Leg strength was found to be the most significant difference with "Non-Fallers" scoring better with Chair Rise (leg strength) test, with less obvious differences with balance tests and questionnaires. This is an example of why it is so important to assess leg strength with adults who fall and why it essential to exercise as we age.

Have you had falls recently? Please consult with your physician. Talk to your doctor about appropriate exercise and about options for improving physical activity. A physical or occupational therapy evaluation may be indicated to customize a program for you to help reduce your risk for future falls. Other options for leg exercise may include community programs, health clubs or home exercise programs.

The benefits of an exercise program go beyond reducing fall risk. Improved physical activity can help reduce your risk for heart disease, colon/breast cancer, strokes, depression and osteoarthritis.

# SAFETY TIPS FOR LEAVING YOUR HOME ALONE WHEN YOU TRAVEL

**T**he holidays are upon us. All across America, people are about to go — or are already on — vacation. That, of course, leaves houses behind. Is your home safe when you're not around?

Do you travel with a false sense of security after discontinuing your newspapers and arranging to have your lawn mowed while you are away? Take a few minutes to review these 25 tips before your next vacation or business trip.

**Hold your tongue.** Although it is tempting to chat in public about your upcoming trip with bank tellers and grocery clerks, stifle the urge. The person standing in line behind you might be a professional crook who could use the information to rob your premises while you are away.

**Avoid advertising your intentions.** Never post a "house sitter wanted" advertisement. Where do you think a crook will look for potential break-in targets? Instead, contact a professional housesitting service.

**Notify authorities.** Be sure to notify your police department and alarm company of your travel plans. Provide them with a local emergency contact and a way to get in touch with you while you are away, including a cell phone number if possible.

**Arrange for extra police patrols.** Ask the local police authorities if they would be willing to patrol your neighborhood more frequently during your absence.

**Keep your house sitter in the know.** Take the time to create a printout or write a note that describes the locations of all water/gas valves, fuse boxes, and main circuit breakers. Give copies to your house sitter and your emergency contact person.

**Make the most of your camera.** Take photos of everyone who has permission to access the premises in your absence, including neighbors, contractors, yard maintenance people, and pet sitters. E-mail or give copies to the person who is watching your home.

**Let there be light.** Someone planning a robbery will generally avoid well-lit areas. Motion-sensitive yard lights have discouraged many a break-in.

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**Increase the difficulty factor.** Crooks try to break in and get away as quickly as possible. If it takes them longer than 60 seconds to gain entry, they are likely to abandon the attempt. Install dead bolts on all windows and doors to make break-ins more difficult and time-consuming.

**Install an alarm system.** The reason behind a monitored alarm system is obvious: increased security for your home. However, you may also find that your insurance company will offer lower rates. In fact, they might be able to recommend alarm companies and/or provide discount coupons.

**Repair and replace.** Before you go, check all exterior lights. Replace bulbs or repair if necessary.

**Maintain the yard.** A well-maintained yard creates a lived-in impression. Arrange to have your lawn mowed and the hedges trimmed in summer, the leaves raked in the fall, and snow removed during the winter.

**Take care of small details.** Arrange for someone to pick up your mail daily and move the trash to the curb on garbage day.

**Create the illusion of occupancy.** Scatter a few children's toys around the yard. Borrow them from a friend or neighbor if you do not have any kids of your own.

**Park a vehicle in the driveway.** If you normally park in your garage, move your vehicle into the driveway. Arrange for someone to move it occasionally, or ask a neighbor to use your driveway for parking.

**Unplug the garage door opener.** Companies manufacture garage door openers on assembly lines. Many will

have the same frequencies or combinations. This means that an outsider might be able to open your garage, unintentionally or on purpose, by using another opener.

**Make use of your safety deposit box.** Do not leave jewelry and small valuables in your home. Instead, move them to your safety deposit box.

**Conserve electricity.** Unplug all but essential appliances, computers, and electronics. By doing so, you will protect surge-sensitive equipment, conserve electricity, and save a bit of money.

**Turn off all telephone ringers.** A phone that rings - and rings - and rings - without being picked up is an obvious sign of an unoccupied home.

**Be cautious with voice mail and answering machine messages.** Do not leave a message that says something like, "We're in Hawaii for a couple of weeks. See you when we get back!" This is an open invitation for troublemakers. Instead, record a generic message such as, "You have reached Jess and Bob. We cannot come to the phone right now, so please leave a message."

**Be careful with spare keys.** If you can find your spare key under a rock, in a garden gnome, or above the door, so can a thief. Leave your spare keys with your house sitter or emergency contact.

**Shut off the water.** Hoses spring leaks at the most inopportune times. Prevent water damage by turning off the water to appliances such as dishwashers and washing machines.

**Use timers creatively.** Connect timers to a radio and a few lamps so that they will turn on and off at random intervals during the day. Passersby will think that someone is home.

**Secure all pet doors, doors, and windows.** Burglars can gain access to your premises from amazingly small openings - including cat doors. Secure all pet doors and remember to lock every single window and door, including those on garages and exterior buildings or storage sheds.

**Leave the air conditioner on.** An inactive air conditioner on a scorching day is a big clue that nobody is at home. Leave your air conditioner on a moderate setting so that it will activate during hot days.

**Clear your voice mail or answering machine.** While you are gone, check your messages regularly to avoid beep patterns, immediate answer, or "voice mail full" messages that could indicate an empty home.

Do your homework, prepare, take necessary steps to safeguard your home, and then enjoy your vacation without worrying about home-sweet-home.

# OSTEOARTHRITIS: A PERVASIVE AND PAINFUL JOINT CONDITION

## FIND RELIEF WITH PROLOTHERAPY

By Debra K. Brinker, RN

**O**steoarthritis is a debilitating joint condition that affects people around the world. In fact, it is the most common joint disease globally. Since it is so vast and pervasive, symptomatic osteoarthritis (OA) causes substantial physical and psychosocial disability. OA limits millions of people in their daily activities due to its characteristic symptoms of chronic pain and joint stiffness from damage to joint structures. In addition, there is a huge economic impact from hours of work lost and cost for surgery, rehabilitation, variable treatments, pain medications and disability. As the population increases, the number of those affected with arthritis also increases, making osteoarthritis a pressing individual and public health concern. [See Figure 1.]

### Defining Osteoarthritis

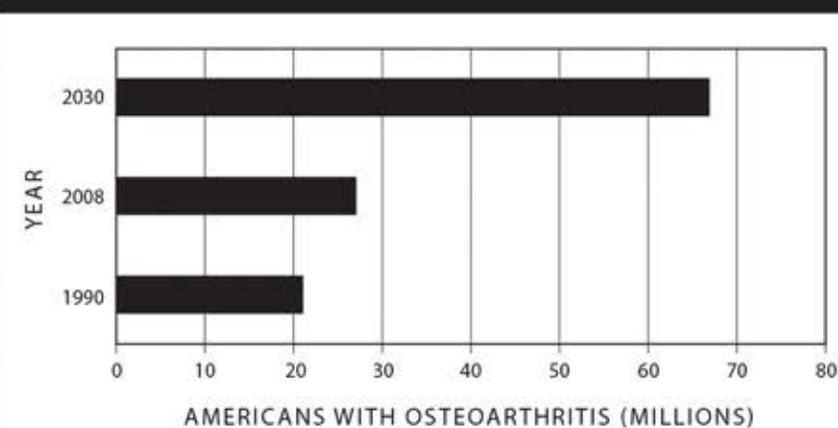
Osteoarthritis results from a sequence of events that changes the structure and function of the joint. Although progressive cartilage loss with its inhibition of joint motion plays a central role in OA, injury to or failure of other joint structures actually initiates the change in equilibrium that leads to this breakdown of cartilage. Osteoarthritis almost always begins with ligament weakness or injury. Ligaments hold the bones together, and along with healthy cartilage and other soft tissue, allow for smooth joint motion. When the ligaments are weak due to injury, the motion becomes uneven, putting stress on other areas of the joint, which causes one area of bone to bear additional weight on the articular cartilage. This uneven distribution expands with ongoing joint stress, weakening the ligaments further, and causing additional instability of the joint. The increase in abnormal weight distribution inside the joint leads to a breakdown of the articular cartilage which causes a loss of smooth gliding motion and limitations in joint function. The unstable bony surfaces continue to rub roughly and unevenly, causing bone loss. This bony loss leads to joint space narrowing, exposure of the underlying subchondral bone and precipitates a process of bone remodeling, in which the subchondral bone thickens. This accumulated or thickened bony overgrowth is called osteoarthritis. [See Figure 2.]

### Diagnosing Osteoarthritis

Diagnosis of osteoarthritis is made after a thorough history and physical examination. Radiography can be utilized to confirm the presence of joint space narrowing and osteophytes, and to rule out the presence of other conditions.

Figure 1

**Osteoarthritis incidence in the United States.** By the year 2030 it is estimated that the number of Americans suffering from osteoarthritis could reach as high as 67 million.



**Thumb basal joint osteoarthritis.** Severe osteoarthritis (arrow) is evidenced by a lack of cartilage in the thumb carpometacarpal joint.



Figure 2



**PROLOTHERAPY SPECIALISTS:**

Ross A. Hauser, MD.  
Danielle R. Steilen, MMS, PA-C  
Timothy L. Speciale, DO

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**What Is the Source of Pain in Osteoarthritis?**

Interestingly, the pain in osteoarthritis is not coming from the cartilage! There are no nerve fibers or blood vessels in cartilage tissue, and therefore it is incapable of generating pain or inflammation or any of the symptoms commonly described with OA. Conversely, structures such as the ligaments, tendons and their insertion sites or entheses at the bone, are all highly innervated. [See Figure 3.]

The progressive joint failure involved in OA typically causes pain, but not everyone is symptomatic. When pain does arise, it generally occurs with activity and is relieved by rest. As the condition progresses, pain is present at rest, and is commonly experienced as a non-localized deep, aching pain accompanied by joint stiffness, eventually precipitating the curtailment of activity and function. Psychological distress is understandably another associated factor endured by those who suffer from osteoarthritis.

**Prolotherapy and Stem Cell Therapy Target Repair at the Source of Injury**

Prolotherapy, a regenerative injection therapy, targets the ligaments, tendons and their insertion sites, and has been shown to successfully alleviate pain and improve function. There have been a number of studies and controlled trials which have demonstrated the efficacy of dextrose prolotherapy, in relieving the pain of osteoarthritis. Dextrose prolotherapy involves the injection of a hyperosmolar dextrose solution into an injury site to elicit localized inflammation, which is the first step in healing the damaged area. The dextrose solution acts as a proliferant via the induction of local inflammatory and wound healing cascades, including fibroblast cells that make collagen, resulting in strengthening and repair of the injured joint structures. Prolotherapy offers benefits in terms of pain relief, regenerative properties, and cartilage repair for people affected by osteoarthritis.

In more advanced osteoarthritic conditions, a person's own stem cells can be utilized to enhance the effects of dextrose Prolotherapy. Stem cells and growth factors are in abundance in our bone marrow, blood, and fat tissues. Injecting these cells into the degenerated joint supports chondrogenesis, which is the process by which cartilage is developed. [See Figure 4.]

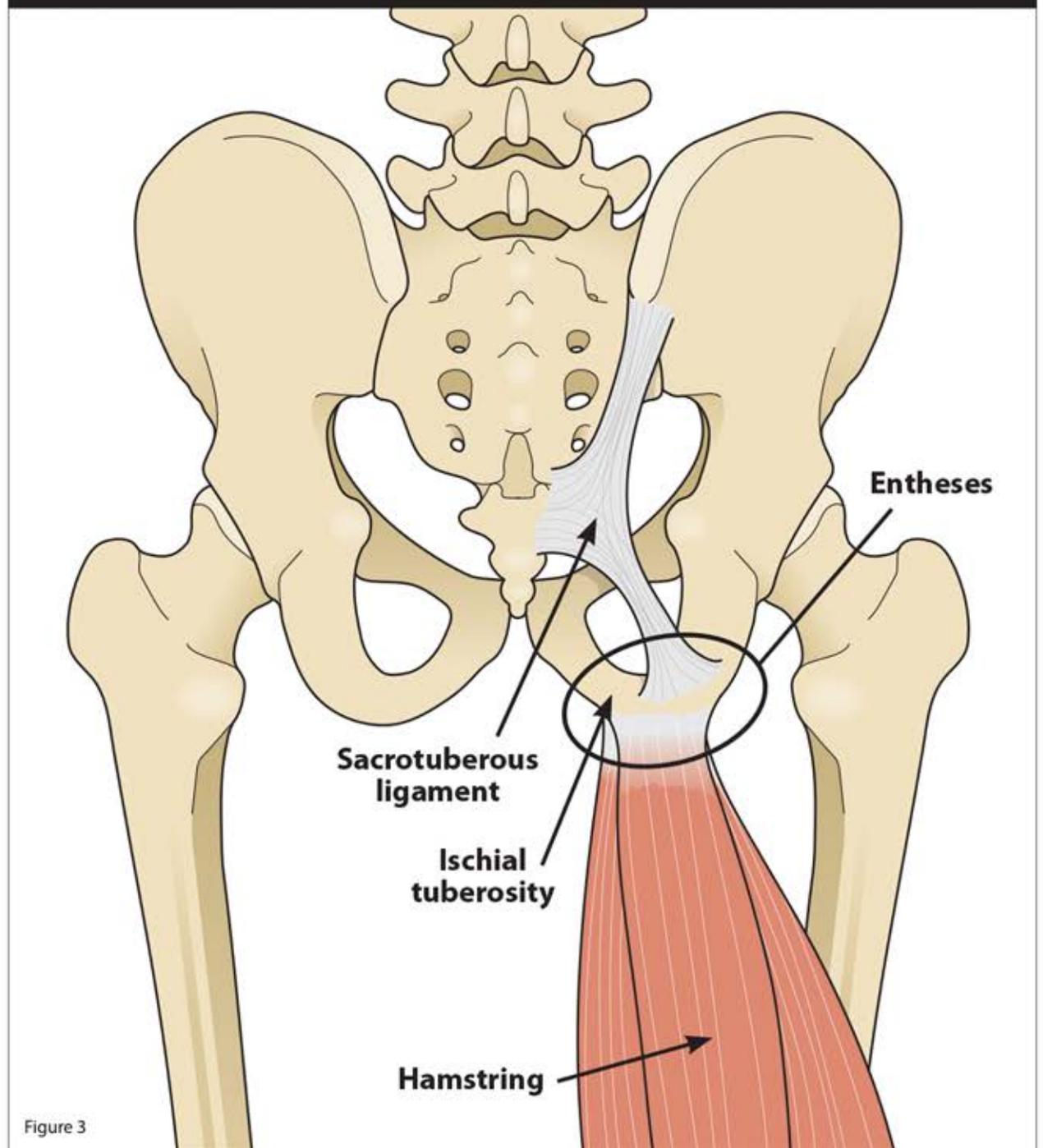
**Entheses are the point at which a structure attaches to the bone.**

Figure 3

Chronic pain from osteoarthritis is a complex and unique condition, affecting individuals and those they love. In a time when healthcare providers have limited options for effective OA treatment and pain resolution, Prolotherapy is a promising treatment option to aid in relief of pain, offering the opportunity for healing and return to function for those suffering from the chronic pain and disability of osteoarthritis.



Figure 4

**Direct bone marrow injection to the ankle.**

# LIFE-THREATENING SLEEP APNEA AND THE CPAP ALTERNATIVE

By Dr. Rich Gilbert

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

## SNORING VS. SLEEP APNEA

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

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

## SERIOUSNESS OF OSA

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



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

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

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

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

**Heart Disease/Stroke** - the low oxygen levels caused by obstructed sleep apnea stress the body, making sufferers 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.

## 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.

# GIVE BLOOD



**1 DONATION SAVES 3 LIVES!**



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**BLOOD DRIVE**

**Tues. Dec. 8<sup>th</sup>**

**8:30 - 11:00 AM**

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Monica Maria Mazzocca 239-948-2111

prpelicanlandingdental@gmail.com

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\* Photo ID is required  
\* Eat A MEAL BEFORE DONATING BLOOD!  
\* Drink lots of water before & after donating blood  
\* Minimum Weight: 110 lbs  
\* Donors must be at least age 16



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## IN THE NEWS

### Turning Back the Clock on Aging Just Got Easier with Liquid BioCell

According to the Centers for Disease Control and Prevention (CDC), around 30 percent of the adult population reports that they suffer from joint discomfort. While the reasons people have it may vary, there is now a new product on the market that will help them take on their joint problems, as well as turn back the clock on aging, so they not only feel younger, but look younger, too.

"Everyone wants to look and feel younger, be active, improve their mobility, and reduce wrinkles," explained Asma Ishaq, president of Jusuru International, a company that develops nutraceuticals and dietary supplements. "We have created something that's changing the way people age, and it's worked time after time in clinical studies."

The new super ingredient scientifically developed by the company is called Liquid BioCell™, which is a naturally occurring matrix of hydrolyzed collagen, hyaluronic acid (HA), and chondroitin sulfate, all key components of healthy joints and supple skin. The patented formula has been brought to the market in a liquid, highly absorbable dietary supplement called Liquid BioCell™ Life, which also includes the age-defying power of 13 antioxidant phytonutrient fruits and resveratrol, a compound that is well known for its role in longevity and cardiovascular health.

Backed by multiple human clinical trials, Liquid BioCell™ has been shown to improve joint mobility and lubrication of joints, reduce discomfort, and promote healthy cartilage and connective tissue. Additionally, it helps turn back the clock on aging by taking on wrinkles from the inside out. For example, in one 12-week human bioavailability study, researchers found that within 28 days, daily intake of Liquid BioCell™ led to a 6000 percent increase of hyaluronic acid (HA) in the body, decreasing wrinkles without cosmetic injections.

The advanced science of Liquid BioCell™ also focuses on the HA and collagen that is so important to knees, elbows, wrists, and the spine, helping to reduce discomfort, improve cartilage and connective tissues, and promote joint lubrication and mobility. In one study, 90 percent of subjects with chronic joint discomfort experienced a 40 percent improvement in physical activity.

"Whether you want to have an advantage to your golf or tennis game, move about more easily, or reduce wrinkles and fine lines to look younger longer, Liquid BioCell will get you there," added Ishaq. "We are happy to be the ones to bring this great product to the market, helping so many people reach their health and fitness goals."

Liquid BioCell™ Life is gluten and GMO free, and the bottles are made from recycled glass. Along with Liquid BioCell™, the formulation includes 13 antioxidant potent superfruits and resveratrol in a unique liquid delivery system for unsurpassed absorption and fast results.

For more information contact Neil & Barb Ellis at (239) 822-1106 [www.healthyjointsandskin.com](http://www.healthyjointsandskin.com)



INDEPENDENT REPRESENTATIVE

Jusuru  
INTERNATIONAL

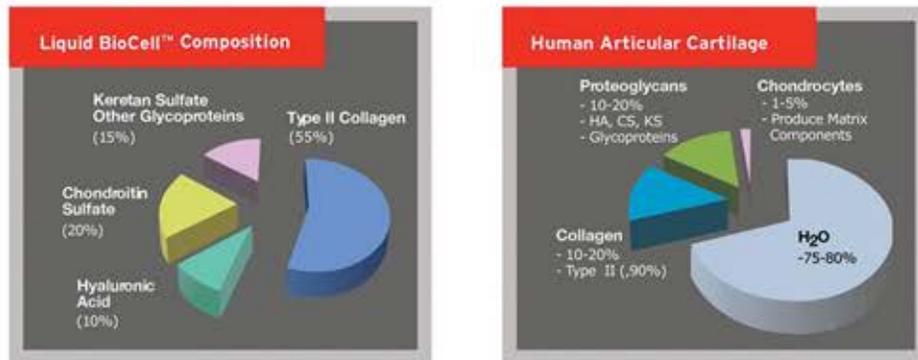
There are many different types of collagen found in the body, and type II is the most abundant (>90% of collagens) in the cartilage of the synovial joint, the most common and movable joint (4). Type II collagen forms a fibrillar network to provide tensile strength to the cartilage. Proteoglycans (PGs) such as aggrecans are another key component of articular cartilage, and comprise a core protein linked with various GAGs such as HA and CS (5).



◀ This diagram demonstrates how Liquid BioCell™ mirrors the joint composition, a key reason why the body readily accepts it.

PGs are immobilized into the collagen fibrillar network to provide resistance to compression. The contents of these structural components and the integrity of the cartilage matrix decrease due to aging or degenerative conditions. Liquid BioCell™'s composition in terms of type II collagen and proteoglycans mirrors that of human articular cartilage and can support healthy joints by supplementing these molecules (Figure 1).

Figure 1. Comparison of composition of Liquid BioCell™ and human articular cartilage.



Multiple clinical studies demonstrate the safety and beneficial effects of collagen and GAGs toward various joint conditions (6; 7; 8). A double-blind, placebo-controlled trial of Liquid BioCell™ also revealed statistically significant efficiency in supporting joint health, leading to a decrease in difficulty carrying out physical activities.

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We believe in the power of giving



We take great pride in being a socially responsible organization. Jusuru International is a proud supporter of Vitamin Angels and is helping to provide lifesaving vitamins to undernourished children.



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- Reader's Ingredient of the Year 2015  
NutralIngredients Award Winner
- Best Bone and Joint Health Ingredient  
Frost and Sullivan Award Winner
- Most Innovative Dietary Ingredient  
Nutraceutical Business and Technology Award Finalist
- Personal Care New Product Innovation  
Frost and Sullivan Award Winner
- Exemplary US Brand  
Beauty From Within Conference
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RECOVER QUICKER  
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Cutting-edge science takes your sport to the next level!



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**REFER 3, GET YOURS**

**FREE**

For more information about the age-defying Liquid BioCell™ products, call Neil & Barb Ellis at 239-822-1106 today.  
[www.healthyjointsandskin.com](http://www.healthyjointsandskin.com)

# Oxygen, Alkalinity and Your Health

By Yollo Wellness

**T**he most important factor in creating proper pH is increasing oxygen because no wastes or toxins can leave the body without first combining with oxygen. The more alkaline you are, the more oxygen your fluids can hold and keep. Oxygen also buffers/oxidizes metabolic waste acids helping to keep you more alkaline. "The Secret of Life is both to feed and nourish the cells and let them flush their waste and toxins", according to Dr. Alexis Carrell, Nobel Prize recipient in 1912. Dr. Otto Warburg, also a Nobel Prize recipient in 1931 & 1944, said "If our internal environment was changed from an acidic oxygen deprived environment to an alkaline environment full of oxygen, viruses, bacteria and fungus cannot live." The position of the oxygen disassociation curve (ODC) is influenced directly by pH, core body temperature and carbon dioxide pressure. According to Warburg, it is the increased amounts of carcinogens, toxicity and pollution that cause cells to be unable to uptake oxygen efficiently. This is connected with over-acidity, which itself is created principally under low oxygen conditions.

Currently people depend on water ionizers and alkaline water as well as the best health foods to remain alkaline but all of these partially ignore the most important way of increasing alkalinity. These machines and waters do not directly address the reason we tend toward acidic conditions. When we are low on oxygen and low on CO<sub>2</sub> we become acid because of all the lactic acid generated under low oxygen conditions.

An overload of toxins clogging up the cells, poor quality cell walls that don't allow nutrients into the cells, the lack of nutrients needed for respiration, poor circulation and low oxygenation levels produce conditions where cells produce excess lactic acid as they ferment energy. Lactic acid is toxic, and tends to prevent the transport of O<sub>2</sub> into neighboring normal cells. In conclusion the human body is alkaline by design but acidic by function. Every living cell in the body creates metabolized waste, which is acidic. The nutrients from our food are delivered to each cell, the cells burn with oxygen in order to provide energy for us to live. The burned nutrients become metabolized waste, but in the case of carbon dioxide that is a waste that can be recycled and used to balance and increase oxygen levels. All waste products



are acid; the body discharges the waste through urine, bile and perspiration. Our body cannot get rid of 100% of the waste it produces all the time, which leads to an over load of toxicity. Without proper elimination, the acid waste products become solid wastes, such as micro toxins, toxins, fungus, bacteria and mucus, parasites, uric acid, yeast and more.

### Benefits of hyperbaric oxygen therapy (HBO)

- Increased oxygen delivery to all the body tissues correcting for hypoxia
- Improved oxygen metabolism and washout of the metabolic products and other toxins
- Suppressed inflammation and swelling
- Relieved muscle spasm and pain (as well as referred pain)
- Reduced neurological deficit (tingling, numbness and muscle weakness)
- Improved heart function, digestive system and other autonomic nervous system functions
- Improved blood and lymph function circulation

- Reduced muscle fatigue and improved exercise capacity
- Improved flexibility and improved joint range of motion
- Improved immune system response
- Oxygen is needed for removal of toxins from the body
- Reduced mental and physical stress

**What's new at YOLLO Wellness and how can this help you?** We are now carrying the new fountain of youth- Watt-Ahh. We have physical evidence from credible experts that Watt-Ahh® is a new crystalline-type structure carrying additional electrons. It is a unique stable structure that defends and protects against outside toxins and assists in and healing and alkaline process. Watt-Ahh® is what we call "Hydro-Fortified" meaning it is 100% pure water (less than 1 part per million) with a stable structure that fortifies itself. The unique stable structure preserves its optimum health benefits for you when you drink Watt-Ahh®. It is effective in providing Natural Energy at the cellular level.

It works with the mitochondria, which are the powerhouses of the cells. AquaNew's Watt-Ahh® is real, sustainable Natural Energy at the cellular level and is *Natural Energy for Smart Brains*.

We have three certified Nutritionists that specialize in teaching how to shop, cook and eat alkaline in your busy lifestyle. We also have testing tools that tell you what foods are right for you using the ALCAT labs and what your cells look like in the environment you have created for them. We can also monitor the changes in your cells as you are on your path to recovery and maintenance. When you combine proper eating, proper supplementation of micronutrients and pressurized oxygen therapy you not only create an alkaline environment but you feel great again! Many of our clients have weaned themselves off all their medications and healed naturally. Schedule your appointment today for your consultation. Today may just be a bad day- we can help make your life great again. "Never give up today. Today is hard, tomorrow will be worse, but the day after tomorrow will be sunshine." *Jack Ma*



**YOLLO Wellness**

3840 Colonial Blvd, Suite 2, Ft. Myers, FL 33966  
**(239)275.0039**  
[www.YELLOWELLNESS.com](http://www.YELLOWELLNESS.com)

**EVENTS**

**LIFE IS IN YOUR BLOOD December 11th -12 hour Event 8 AM – 8 PM**

Sign up for your 1 hour one on one session to learn what your blood cells are telling you about your alkalinity or acid environment and how you can take control and make changes. You will receive a packet that will contain information on vitamins and the foods you can eat to get them naturally, inflammation and foods, C-reactive protein test information, breast health screening information, Free bottle of Watt-ahh, 5% off food & digestive ALCAT tests.

By appointment only (239)275-0039

\$75.00 OR BOGO with a friend and Both get 50% off!

**Turn Back the Hands of Time- Face Rejuvenation Special December 14th**

BOGO 50% off with a Friend! Buy on get one Vitamin Facial Treatment using Derma Pen Needle Technique. \$200.00 for one person or bring a friend and each pay only \$100.00!

PRP Facial BOGO Buy one get one 50% off. Use one today and another in 30 days! Price only \$499.00

**Foods and You – January 6th 10:00 am**

Certified Nutritionists Deb & Wendy will provide their Tips on grocery shopping, simple cooking, eating to heal your body. Dave Marlowe will speak about specialized test profiles- Telomere Lengths, MTHFR, Adrenal Stress Profile, Gut Health Test, Food & Chemical Sensitivity Test and how ALL these could help you feel great again. One day only ALCAT Food blood test \$599.99!

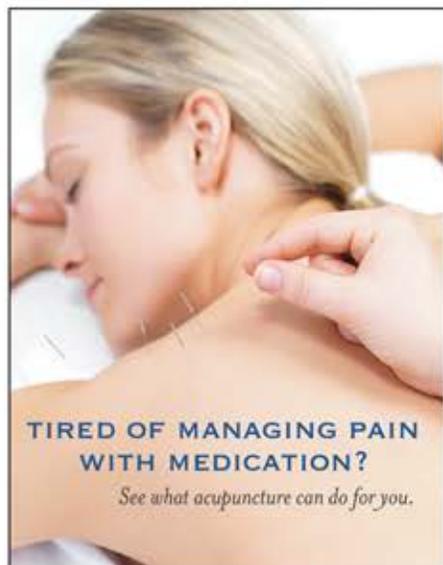
**Preventative Screening with Thermographic Imaging. January 15th 10:00 am**

Learn about non-invasive, no radiation full body scans and how they can show your pain, inflammation and help you take care of the hidden issues before they explode into expensive problems that are difficult to turn around. Special today receive \$100 off full body screening (Today only \$250).

Must register and attend event to receive event discounts. Call (239) 275-0039 today!

**Oxygen- The Natural Anti-inflammatory Therapy January 22 10:00 AM**

Learn how Oxygen can reduce your inflammation and make you feel great again! Receive a FREE dive on this day. Must bring a doctors script with you to use the hyperbaric chamber. Today only- sign up for 5 sessions and get 2 more free (That's only 89.00 a session). Must attend event to get the special deal. FREE bottle of Watt-Ahh for everyone who attends!



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ADEVERTISMENT - ADEVERTISMENT - ADEVERTISMENT

# "Medical Breakthrough Has Changed Lives For Those Suffering From Back Pain... Without Drugs or Surgery!"

For a limited time experience this medical marvel for FREE as part of an exclusive trial offer.

**T**here are precious few medical breakthroughs so amazing that they literally change the established course of an entire field of medicine. But just as LASIK surgery revolutionized optometry, there is a procedure called Vax-D Therapy that has revolutionizing the field of spinal care. Vax-D Therapy is possibly the most significant medical breakthrough in the treatment of chronic low back and neck pain, ever. You might be asking yourself already "will this help me". It's highly likely that it could. But before we discuss Vax-D Therapy further, let us consider the conditions it has already proven so effective for: chronic low-back and neck pain.

- Back pain is the leading cause of physical disability in the United States.
- Experts estimate that 80% of the population will experience back pain at some point.
- At any given moment, over 50 million Americans suffer from back pain.
- Back pain accounts for 550 million sick days a year.
- Back pain is the second leading reason for emergency room visits (*pregnancy is first*).

Back pain has already reached epidemic proportions in the United States. Research into the care of back pain garners countless amounts of time, energy, and money from both the government and the medical community. Even with those expenditures of resources, long-term successful treatment options have remained largely ineffective. Until the advent of Vax-D Therapy, options for treating those who suffer chronic back and neck pain were largely limited to:

**Drugs:** Physical Therapy can actually increase pressure on the intervertebral disc. When PT does not provide pain relief, many seek help from the field of pharmacology in hopes that a "magic pill" might provide relief. Many over the counter and prescription drugs have been proven to reduce pain and decrease inflammation in back pain sufferers. Unfortunately, these results are oftentimes only temporary because the drug is treating the symptoms and not the actual root cause of the pain. In addition to this, many drugs used to treat back pain have severe side effects such as: kidney failure, stomach ulceration, liver toxicity and even risk of addiction. Also, many of these drugs should not be taken if you have high blood pressure, diabetes or osteoporosis. If you are using drugs to control your back pain or neck pain and would prefer a safe, effective, natural solution you may be a candidate for Vax-D Therapy.



**Surgery:** When less invasive alternatives fail, many are told surgery is their only option. Common spinal surgeries can cost tens of thousands of dollars despite their poor outcomes. There is research stating that as little as 14 of back surgeries are actually effective in significantly reducing pain. Additionally, *The New England Journal of Medicine reported that 51% of all back surgery is unnecessary.* \*If you are scheduled for back surgery, or worse, have had back surgery that was unsuccessful, you still may be a candidate for Vax-D Therapy.

The magnitude of back pain is clear, as well as the poor outcomes to common available treatments. But before we discuss the medical breakthrough that just may save you from surgery, let's consider another important factor, the cost. *The Journal of The American Medical Association reports that US back pain sufferers spend \$85.9 billion a year on the treatment of their back pain and related symptoms!* Additionally, JAMA reports that the average American suffering from back pain spends \$6,090 a year in out of pocket costs for the treatment and care of their pain!

Now what if I told you that you could try this medical miracle for FREE? That's right, FREE with no obligation. There is a local clinic that like you is also fed up with the high costs and low success rates associated with the traditional treatment options for chronic back pain. Simply Spine Centers is a state-of-the-art spinal wellness center right here in Bonita Springs and it focuses on one thing, Making Spinal Care Simple for its patients.

Vax-D Therapy is just one of over 18 healing amenities Simply Spine has in its treatment arsenal but it is the only one that's been shown to successfully decompress spinal discs. Vax-D Therapy is 86% effective in treating herniated or ruptured discs according to the American Journal of Pain Management (AJPM).

Vax-D stands for Vertebral Axial Decompression and it has helped hundreds of doctors around the world successfully reduce and even eliminate chronic back and neck pain that so many suffer with. Vax-D Therapy is a gentle, safe alternative to injections and surgery and yields tremendously positive results for most. The treatment session works by lying down on a table that you are harnessed to, the table then gently pulls your upper and lower body apart relieving pressure on the spinal discs. This approach decompresses the spine reversing the negative effects that injury, disease and especially compression from gravity may cause over time. It is relaxing and so comfortable that most patients fall asleep right on the table. We even have a private suite and play music during the treatment to offer a completely stress free environment.

You may have heard of traction before being utilized by doctors. But, traction typically does not work well in relieving spinal pain. In many instances, traction has been reported to actually increase back pain. Vax-D Therapy is not traction! Traction pulls on the body in a linear, constant fashion causing the muscles of the back to go into spasm, a natural reflex designed to alert you that further injury may occur. Vax-D is different because it uses an advanced computer system and bio-feedback look to apply exact amounts of distraction at exact angles and with intermittent pulling cycles. It is technically called a logarithmic curve. This logarithmic curve out-smarts the muscles natural reflex in your back or neck and tricks those tissues into relaxing while the therapy is applied allowing your body to heal naturally.

Simply Spine Centers would like to share this amazing technology with the southwest Florida community. We welcome the opportunity to show you just how Vax-D works and how it can help you once again live your life free of back pain. We are now offering to demonstrate it to you completely free of charge. For a limited time, we are accepting applicants to participate in a free trial program to determine if Vax-D Therapy is right for them.

But there is one small catch. Even though this technology has helped thousands, it is not a panacea and unfortunately cannot help everyone. For this reason, we must perform a thorough consultation and MRI review with all applicants for this trial to determine if they are viable candidates for the procedure and likely to respond to the treatment. At Simply Spine Centers, we only accept those we truly believe we can help.

Because health care has become so expensive and so many Americans remain uninsured, and because some are still struggling with the weak economy, Simply Spine Centers would like to take this opportunity to give back to its community. For a limited time only, the first 17 patients that are accepted as candidates for this procedure will receive a Three-Session Free Trial of Vax-D Therapy.

There are no hidden fees, no bait and switch tactics, and no cost to you what-so-ever for your Three-Session Free Trial under this exclusive offer. This will allow you a rare opportunity to experience this non-surgical, drug free medical breakthrough first hand and see for yourself if this therapy will work for you before you spend one dollar of your hard earned money. There is hardly a better way to know for sure if something is the right fit for you than by trying it on first.

If you suffer from chronic back pain related to a herniated or bulging disc, sciatica, stenosis, facet arthrosis or simply have not been able to find a long-term solution with other treatments, you need to pick up the phone and call Simply Spine Centers at 1-800-596-3083 right now! When we answer the phone, simply tell us you would like to receive your Three-Session Free Trial of Vax-D Therapy. If you are one of the first 17 we will schedule you for a consultation with one of our doctors to determine if you are a candidate. If you are in severe pain or you are currently scheduled to have spine surgery, please tell us and we will do our best to schedule you as soon as possible.

Your consultation should take about 40 minutes. During this time you will have all of your questions answered in a warm, friendly environment. We will make sure you are informed of the exact cause of your pain and your best option for care, even in the best option for you is not Vax-D Therapy. During your visit, you are encouraged to ask questions and seek clarification for any term you may not understand. We want you to become completely educated on your specific case so that you can make an active decision regarding the care you elect for your health. Then if you qualify for Vax-D Therapy, you will be given the opportunity to experience your Three-Session Free Trial with no commitment for you to try.

Unfortunately, we do have to limit the number of candidates that we accept for this exclusive free trial program to 17. Though we do firmly believe that every patient should experience quality health care and receive the personal attention and respect that they truly deserve. No one is treated like a number at Simply Spine Centers. We strive to treat every visitor to our clinic like family. The decision to begin treatment is a crucial one and is left with you, the patient, where it belongs. Never accept an ultimatum from a health care provider and remember that any good physician always offers all of the available options. If you or a loved one has been given an ultimatum by another doctor, please do not worry. You may have more choices than you are aware of. Feel free to call Simply Spine Center doctors anytime at 1-800-596-3083 and ask for a free second opinion.

If you are not sure if calling for your case to be evaluated by our doctors is worth your time, maybe reading how Vax-D Therapy has impacted the lives of so many will give you additional confidence to do so. Patients like Carol:

*"I suffered from chronic back pain for nearly 11 years. I tried everything from Chiropractors, Acupuncture, Epidural Steroid Injections and Physical Therapy. While some things helped temporarily, nothing eased my pain for long. I heard about Vax-D Therapy from a co-worker who also suffered from debilitating lower back pain and he felt normal again after treatment, so when I saw a brochure, I figured I'd give it a try. I was a little skeptical, but I tried to remain open-minded and I was more than ready for something that would help me now. Now I am at the end of my treatment and I feel great. I can get out of bed in the morning and I'm pain free. I can stand and sit for longer periods of time and enjoy many of the things I previously couldn't. All in all, I feel like a new person!" ~ Carol D.*

We remember how moved we were when Walter shared his story with us:

*"I picked up the Sunday paper and saw an advertisement in it that you can do something for pain in the back and in the legs. I decided to give you a call and from then on we started to do this treatment. When I first came here, I had to use a cane. I had pain in my legs and in my back. Now, I feel like a million dollars. I can walk long distance without using a cane. In fact, I haven't used a cane in a couple of weeks already. I feel real good. I am proud of you. You did a real good job on me." ~ Walter D.*

Carol & Walter got to once again experience a life free from back pain following their Vax-D Therapy. It is typical that most of our patients thank us for helping them. In fact, we experience the gratification of hearing great stories like these all of the time and the genuine appreciation that is given to us. Offering this free trial is our way of saying "THANK YOU" to those that have trusted us with their care over the years and to this great community that supports us.

One last thing, ever since adding Vax-D Therapy to Simply Spine Centers' treatment amenities, our phones have been ringing off the hook. We added extra lines to try and accommodate the additional traffic, but sometimes it is just too much to handle. For that reason, if you call and the line is busy or if you receive voice mail please keep calling back. The possibility of living pain free again and getting your quality of life back is well worth the time and effort it might take to get a hold of us so that we can schedule your consultation. Help is just one phone call away... 1-800-596-3083. While you are trying to reach us if you have a computer visit SimplySpineCenters.com where you can learn more about Vax-D Therapy and read even more success stories from people just like you. You can also e-mail us at DrC@SimplySpineCenters.com.

\*This three-session free trial of Vax-D Therapy is valued over \$600 and is available only on a first-come, first-serve basis for the first 17 candidates. Unfortunately, not all individuals will qualify for Vax-D Therapy.

\*\*Due to federal law some Medicare recipients may not be eligible for this offer.

\*\*\*Testimonials appearing in this advertisement represent typical outcomes, which have been mostly favorable. However, there is no guarantee that this procedure will work for everyone. Non-Surgical Spinal Decompression is an adjunctive procedure to chiropractic adjustments. At Simply Spine Centers, we only accept patients that are candidates for the procedure and who we truly believe we can help.



**24870 S. Tamiami Trail, Suite 3  
Bonita Springs  
1-800-596-3083**



## Bonita Periodontics and Implants

**Juan M. Teodoro, D.M.D.**

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- Diplomate & Fellow International Congress of Oral Implantologists
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# The Future of Healthcare Education at FSW

By Dr. Marie Collins, Dean, FSW School of Health Professions

New technology changes how teachers reach students and nowhere is that paradigm more evident than at Florida SouthWestern State College (FSW). In the School of Health Professions, a diverse group of students are prepared for multiple careers ranging from emergency medical technicians to respiratory therapists.

Like many notable hospitals and facilities across the nation, the FSW School of Health Professions is utilizing the latest in educational technology to enhance training. Students are able to learn in ways no one could have imagined a decade ago, and in the process the faculty and program leaders have completely transformed how our future healthcare providers are being prepared.

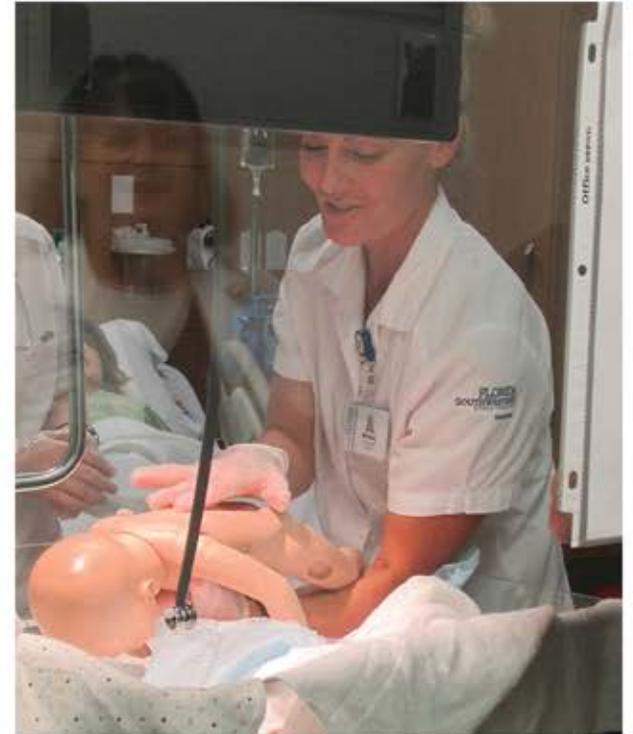
Following a series of generous gifts from individual donors and organizations like SWFL Children's Charities and benefactors of the Southwest Florida Wine & Food Fest, the school was able to invest in state-of-the-art simulation equipment. Prior to the development of medical simulation technologies, the only model for quality clinical education was through experiences in local hospitals, but due to differences in rounds, a student may not be exposed to the same medical events as his/her peer. In the past this has led to uneven instruction, but this new simulation equipment helps fill in these gaps in instruction.



Human-sized rubber manikins, programmed with the flick of a few keystrokes on a nearby computer, simulate heart attacks, seizures, asthma attacks and more ensuring training is standard for all students. These manikins are sophisticated pieces of equipment that breathe, sweat, seize, and even change color to simulate lack of oxygen. Many of them are fashioned to resemble children patients and some are even capable of giving birth dozens of times in one day. As the technology develops, so does the opportunity for students to be exposed to more procedures and therefore be more prepared for the workforce. Patient outcomes are also improved because students are able to perfect a procedure multiple times on a manikin. Taking what they learn in the classroom, they run a simulation and then sit down for a debriefing session with the professor. This new learning model has been effective, and many programs in the FSW School of Health Professions have a 90 percent pass rate on licensing exams.

Following a 2014 study by the National Council of State Boards of Nursing recognizing the effectiveness of simulation training, schools are now allowing students to satisfy 50 percent of their clinical hours in a simulation lab.

The FSW School of Health Professions has a cutting edge center specifically devoted to simulation recently named the SWFL Children's Charities Simulation Center. Here students learn general practices and the special touch it takes to treat children. The need for pediatric services is



growing in our region. Children formerly in need of specialized advanced care had to travel to children's hospitals in Tampa Bay or Miami because procedures weren't available in our region. That is all changing. The Lee Memorial Health System is constructing a new tower for the Golisano Children's Hospital of Southwest Florida. The facility will expand local pediatric services and require new, highly trained staff for each of its brand new departments.

The modern technology in health education is a wonderful supplement but the human touch gained through experiences in the patient care environment remains paramount in our programs. Our instructors take great pride instilling the combination of compassionate quality patient care with emerging technologies.



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# WHAT IS A CATARACT AND HOW IS IT TREATED?

By Jonathan M. Frantz, MD, FACS

**A** cataract is not a growth, but a gradual clouding of the normally crystal-clear lens of the eye. Cataracts distort vision because they block the lens from being able to focus light on the retina. It's a common vision condition that affects many people as they grow older. By age 80, more than half of all people will either have a cataract or will have undergone cataract surgery.

Because cataracts typically develop very slowly, most people don't realize the lens in the eye is affected until their vision becomes dull or blurry. Cataracts can make it difficult to read or drive, especially at night.

When a cataract begins to affect your ability to perform day-to-day activities, treatment is required. Cataracts cannot be treated with medication, diet or eye drops. Surgery is the only option.

At Frantz EyeCare, our outstanding team of eye surgeons, combined with the latest innovations in treatment, gives patients the optimal results they deserve and the freedom to pursue hobbies, sports and everyday activities without the frustration of poor vision. Our goal is to provide the appropriate cataract treatment for each patient's individual lifestyle. New advances in cataract surgery are giving patients the opportunity to achieve even better vision than they thought possible. With our Active Lifestyle

Lenses, you can enjoy the freedom that comes from having excellent eyesight without the need for glasses or readers, especially for activities like reading or using the computer.

When having cataract surgery, you can choose to have either traditional surgery or Bladeless Laser Cataract Surgery. Traditional cataract surgery is covered by Medicare and most insurances. If you choose to have Bladeless Laser Cataract Surgery, it is considered a premium refractive procedure, and we are happy to discuss out-of-pocket expenses and flexible payment plans with you.

In both traditional cataract surgery and Bladeless Laser Cataract Surgery, your cloudy lens is removed and a focusing intraocular lens (IOL) is placed inside the eye to replace the natural lens that was removed. This focusing lens can correct nearsightedness or farsightedness and may reduce your need for distance and reading glasses.



We host informative cataract seminars throughout the year. These are listed on our website at [www.BetterVision.net](http://www.BetterVision.net) where you can also schedule your appointment. You may also call our Naples office at 239.430.3939.

Jonathan M. Frantz, MD, FACS, is one of our country's top 5 Bladeless Laser Cataract Surgeons and is named in *The Guide to America's Top Ophthalmologists*. He and his team of doctors at Frantz EyeCare offer a broad spectrum of patient-focused comprehensive care from eye exams and eyewear to bladeless laser cataract removal, dry eye treatment, treatment of eye diseases, bladeless WaveLight LASIK laser vision correction, and facial and body rejuvenation with office locations in Fort Myers, Cape Coral, Punta Gorda, Lehigh Acres, and Naples.

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# NOW is the THE Time for Fitness that Works!

By Jack Di Giacomo Sr. (A.K.A.) 6-Pack Jack

**T**he holidays are upon us. Not only are your muscles in atrophy, they have become accustomed to the low impact they currently receive (for some this is as little as pushing the remote button), but you are now going to be consuming an excess amount of calories without any hope of balancing the caloric intake with exercise.

Here lies the problem. At the start of the New Year you will be all about the health and fitness changes you have been procrastinating on the past however many years you have vowed to commit to a healthy lifestyle. By waiting, you will have to work off the 15 extra pounds on top of the already stored fats before eating, drinking and being basically lazy.

Start now! Or as soon as you can to get your body some exercise. It will offset some of the calories you will consume during the holidays. It will build some muscle and start the neuro-muscular innervation process. If you wait till the New Year, it just becomes that much more difficult to achieve your goals. Learning how to properly change your habits and get fit isn't easy, but an experienced personal trainer can put you leaps and bounds ahead of the pack.

Working with Jack Hammer Fitness is one of the fastest, easiest and most successful ways to improve your health and fitness. People of all ages and fitness levels benefit from the expertise of a personal trainer to make lifestyle changes that may not have otherwise been possible.

## **Fitness is more than weight loss.**

Being fit is about feeling better, having more energy, and being as active as you want. Being fit can leave you feeling like you're in your twenties again. Above all, it's about getting back to a healthier you.

When you think about being fit, you might only think about losing weight. But it's much more than that.

Being fit helps contribute to being a better parent, a better spouse, and a more productive community member.

In today's society, one of the greatest challenges we all have to face is keeping a positive outlook on our lives. At an alarming rate, many adults are suffering from depression and self-esteem issues that stem from being overweight. They may not be aware of these issues and may not know that these issues can be passed on to their children. Think of nature vs. nurture.

So what is the answer for this very serious disease that starts with being overweight, and if unchanged, develops quickly into full-blown obesity, high blood sugar, and Diabetes?

The answer is in your head. It's in your attitude, your determination, and your willpower. The answer is in what we are eating, and when we eat it.

Do you want a better and more improved quality of life as you get older? Then start now. That way when it's time to retire it will be more like a continuing vacation rather than a life of struggle.



## **Jack Hammer Fitness Training Philosophy**

Personal Training is a commitment between you and your trainer to work toward your fitness goals with your individual needs in mind. At Jack Hammer Fitness, the Director will meet with you for a thorough initial interview that will provide information about your specific health issues, concerns, and physical limitations you may be dealing with. You are welcome to ask as many questions you may have during this initial meeting, or any other time during your training.

The second appointment you schedule will be for a Field Physical Fitness Assessment, at no cost, constructed from the information gathered in your initial interview. After completion of the physical assessment, Jack Hammer Fitness analyzes the data to project a fitness program outlined just for you, including the frequency per week and an educated estimate of the number of weeks needed to achieve your goals.

Each workout will last between 45 and 75 minutes. The variance is due to the amount of effort you put forth. We do not concentrate on weight loss, we seek to perfect your effort, form, posture, and breathing cadence.

**Our motto is:** Rome wasn't built in a day, wasn't remodeled in two, and the darn plumbing fixtures didn't get installed until the weekend. Meaning, you didn't reach your current low fitness level in one week, so don't expect to correct it in ten days!

Once the projected fitness program is formed, we will discuss cost and payment plans. Keep in mind, there are no contracts that are signed, no enrollment fees, no automatic bank drafts, and no down payments. We only ask that you pay one week in advance by personal check, cash, or money order. This is why, at Jack Hammer Fitness, we say the focus is solely on you and all of the components of fitness to help you incorporate new lifestyle habits to enable you to obtain your desired fitness level.

Acknowledging that every single person's health and fitness needs are different, Jack constructs a customized program that addresses individual particular challenges - health issues such as cardio (heart), pulmonary (breathing), blood Pressure (dizziness), flexibility (restricted range), diabetes (energy depletion), food consumption, time management, and much more!

**Individual people require individual fitness plans.  
How can a gym "One Size Fit's All Program" yield the results you desire?**

**The answer is simple: It Doesn't!**

The fact is this - the largest percentage of gym memberships either become unused or canceled out right within a month or so. Generally, people with good intentions purchase gym memberships to help reach their New Year's Resolution goals. Year in and year out, statistics show these same people often quit going to the gym by Valentines Day. So the good intentions often become meaningless. BUT WHY??

## **The usual responses for someone not maintaining adequate health and fitness levels are:**

- It wasn't working for me in the past
- I'm just too tired when I get home
- I can't afford it (especially a private instructor)
- I'll make up for it TOMORROW
- I just don't feel good, I can't do that kind of exercise
- It's too late
- I get bored
- I have to do my hair
- I just don't have the time
- The INSTRUCTOR'S A Jerk!!
- My partner loves me just the way I am
- I like my cocktails!
- ON AND ON

Give Jack Hammer Fitness a call, our tried and true methods know how to overcome all of your excuses! Call **561-951-1026!**

Jack was awarded "Best Personal Trainer of the Year" because he gets results. His experience, knowledge, and realistic approach to helping you achieve your optimal fitness and health levels are superior to other programs available.

Jack has dedicated his life to fitness and helping others achieve their individual fitness and health goals. The benefits of working with Jack Hammer Fitness include: personal empowerment, decreased medications, improved self confidence, increased energy, and improved athletic ability just to name a few.

Whatever your health needs and fitness goals are, Jack Hammer Fitness can help you become a better and healthier version of yourself all the while being safe and most importantly having fun!

Today, right now, you have the ability to take control of your own health. Real meaningful change takes work. It is not always easy to do the work necessary. That is where Jack makes a difference.

**Call 561-951-1026!**

# It's the Holiday Season!

**W**e are making plans for seeing our family and friends. This should be a joyful time of year but it can be a difficult time for those who have to strain to hear. There is good news. By making a few simple changes, your holiday events can be more enjoyable.

Many people who have difficulty hearing feel anxious about holiday parties and family gatherings; they worry they may mishear what is said or not be able to follow conversation or miss the punchline of the joke. This can lead to avoiding group situations, withdrawing from the conversation and feeling alone and frustrated. Don't be a Grinch! Make it easier for your friends and family who have hearing loss and for yourself. If you are the host, reduce the background noise, turn off the background music or at least turn it down. If the TV is on, you may want to turn it off, mute the volume or at least turn the volume down. Since it is easier to hear one-on-one, try to move to a quiet area of the room, move to a quieter room or lanai, and talk to one person at a time. Make sure you can see people's faces at dinner. Don't sit facing the window if there is glare or bright sunlight making it hard to see people's faces. Some people are easier to hear than others, so try to sit next to someone that is easier for you to hear and lip read. At a very large

table don't expect to hear everyone. Focus on those right next to you or directly across from you. Let people who join the conversation know the topic. If you miss what was said, ask specifically for what you missed instead of just saying "what?"

Be aware that there are assistive devices that can help you hear in noise. Remote mics or external microphones can be passed from person to person to help you hear better or worn by you to help a loved one hear your voice better. These devices can even help you hear your spouse or friend when you are in the car on the way to an event or driving back north to see family. These devices may work alone or with hearing aids. Ask your audiologist for more information.

Also be aware that if you have a hearing aid with a telecoil, there are country clubs, libraries and places of worship in southwest Florida that have loop systems installed. Some of the places that have a loop system installed are: St. John the Evangelist Catholic Church, St. William's Catholic Church, Naples United Church of Christ, and Moorings Park Retirement Community in Naples; Marco Presbyterian Church on Marco Island; McGregor Baptist Church, Lee County Library-Lakes Regional and the Deaf and Hard of Hearing Center in Fort Myers; Grace Baptist

Church and Lee County Library-NW Regional in Cape Coral. If you are aware of other places that have loop systems installed in southwest Florida please email us so we can update our list for patients. Often the venues make announcements about the loop system before an event begins so you can turn on the telecoil on your hearing aid. The symbol for a loop system is shown above.

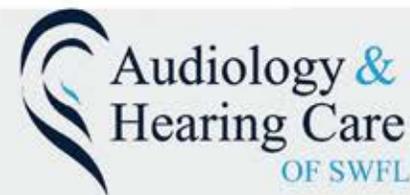


If you often ask others to repeat what they said or think others are mumbling, you can reduce holiday stress by having your hearing checked. It may be that your ears just need cleaned. Maybe your hearing has changed. If you have to put a lot of listening effort into catching the conversation that is a sign that it is time to have your hearing checked now. If you find out that hearing aids may help you in your situations, don't be afraid of wearing amplification. There has been an avalanche of improvements in hearing technology in the last twelve months, and most people who want help hearing better can be helped. Plus hearing aids are almost invisible now.

Hearing conversation in noisy social gatherings can be very difficult. You probably will not hear everything and that is ok. Focus on the things that you can do to improve your hearing and think about how you can make it easier for your guests who have hearing loss. Most of all enjoy being with your family and friends this holiday season. Merry Christmas!



**Darlene Ballew, Au.D.** is a board certified doctor of Audiology, CCC/A and F-AAA. She has a private audiology practice in Bonita Springs. She offers hearing evaluations, tinnitus evaluations and management, custom hearing protection, custom musician's monitors, hearing technology fitting and repair and offers mobile services.



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# HOLIDAY TRAVEL AND LIMB SWELLING

By Alyssa Parker

**T**he holidays are right around the corner, which means many will be traveling to visit their loved ones, or for those of you who are snow birds you're heading home to the warm weather down south. Many individuals choose air travel to reach their destination. For those who suffer from venous insufficiency or lymphedema this can be a painful process. Your lymphatic system endures an extreme amount of pressure when flying at high altitudes. Also, the risk of getting chronic edema rises for those who have already undergone an invasive procedure or radical cancer surgery.

## Keep Circulation Flowing

Trying to get home for the holidays isn't always easy when you have a painful swelling in your limbs, and flying may worsen symptoms after enduring extreme pressure. The Lymphatic system is a major player in the body's immune process, it's important to keep your circulation flowing with good health. After going under the knife for various surgeries, having joints replaced, or lymph nodes removed your bodies lymphatic system isn't going to be working at its top performance.

Some of the most common conditions where edema is a symptom include venous insufficiency, post operative trauma, infection, and lymphedema. Some physicians may overlook the cause of your swelling and treat it with a diuretic. Swelling in a limb is due to the excessive amount of fluid in your cells tissues or organs. Finding the origin of the edema is vital to getting the proper medical care. Diuretics may be useless and harmful over time if your edema is a symptom of chronic venous insufficiency or lymphedema. Diuretics draw fluid from your venous system that your body must have in order to balance the continual fluid deposit from your arterial capillaries; if the needed interstitial



fluid is not present because you are taking a diuretic this will only aggravate your lymphatic system which may lead to additional fluid retention.

Deep vein thrombosis is another medical condition that may develop from cramping that air travelers endure under high altitudes. Some individuals may develop blood clots in their legs over time from flying. Those who develop small blood clots may not experience any complications, leaving them untreated. This is a life-threatening medical problem that can be prevented through compression therapy. The sequential compression pump sleeves squeeze the muscles of the legs or arm as they inflate. Then in a sequential pattern they deflate and the muscles are able to relax. This pumping action promotes the circulation of the blood preventing blood clots from occurring.

## A Noninvasive Treatment Option

With a compression pump, your lymphatic system gets assistance through a massaging action that gently moves the fluid naturally from your limbs back into the rhythm at which the lymph system circulates. Each chamber of the sleeve moves the fluid underneath the skin in the direction of the lymphatic flow enabling the body to get rid of the fluid and waste build up.

## Main Purposes of Lymph Nodes

The lymphatic system is the anatomical underpinnings of the immune system, through a complex network of the lymphoid organs, tissues, and lymph nodes. Your lymph nodes have two main purposes which are to filter lymph then transport it back to the blood stream, and activate the immune system. The lymph nodes are found strategically placed throughout the whole body, so when a site encounters antigens or something foreign a red flag is drawn, and an attack is mounted. This mean's when your lymphatic system isn't functioning properly it becomes a gateway for infections to attack the body without defense. Any swelling is an indicator for lymphedema.



## Different Stages of Lymphedema

There are different stages of edema that correspond with the severity of the condition. Pitting edema is also known as Stage I. Stage I lymphedema is characterized by swollen soft tissue. You can determine this by pressing on the area where your skin is experiencing swelling. If an indentation still appears after pressing on the particular area on the limb than this is an indication that the lymphedema has progressed to Stage II or Stage III. Stage II lymphedema the issues are no longer soft and they have become fibrotic (hardened). Stage III lymphedema the damage has been done and the tissues have hardened. At Stage III lymphedema treatment can reduce swelling but the damage is irreversible. It's important to receive treatment before progressing to the later stages of lymphedema.

## Benefits of a Compression Pump

The compression pump is a Medicare approved treatment option, along with many other private insurance companies. The compression pump is an in home device that enables individuals to use at their convenience without having to leave the home for costly and time consuming appointments. The compression pump will improve scar formation for those who are experiencing difficulty healing after surgery by increasing the circulation that brings all of the main components in the healing process to the incision site or infected area.

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- A restricted range of motion
- Aching or discomfort
- Recurring infection
- Hardening or thickening of the skin on your arms or legs

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# Barrett's Esophagus

## NEW TREATMENT NOW AVAILABLE

By Dr Manuel Bustamante

If you have chronic acid reflux or frequent heartburn, you are at risk for a condition called Barrett's esophagus. Barrett's esophagus is a change in the lining of the esophagus, the swallowing tube that carries foods and liquids from the mouth to the stomach. Left untreated, it can lead to cancer of the esophagus. About 3.3 million American adults have Barrett's esophagus.

### Causes of Barrett's esophagus

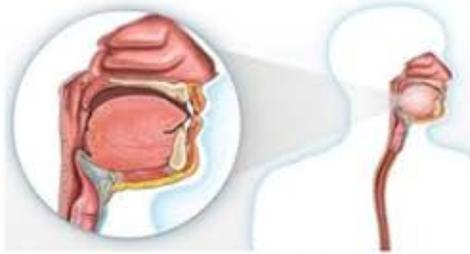
When you eat, food passes from your throat to your stomach through the esophagus (also called the food pipe or swallowing tube). Once food is in the stomach, a ring of muscles keeps it from leaking backward into the esophagus.

If these muscles do not close tightly, stomach acid can leak back into the esophagus. This is called reflux or gastroesophageal reflux.

Reflux may cause symptoms of heartburn. It may also damage the lining of the esophagus. The esophagus lining then changes in appearance and looks like the stomach lining (Barrett's esophagus).

Barrett's esophagus occurs more often in men than women. You are more likely to have this condition if you have had GERD for a long time.

Patients with Barrett's esophagus may develop more changes in the esophagus called dysplasia. When dysplasia is present, the risk of getting cancer of the esophagus increases.



### Symptoms of Barrett's esophagus

Individuals with Barrett's esophagus may not have any symptoms. However, most patients diagnosed with Barrett's esophagus have a history of longstanding gastro-esophageal reflux disease (GERD).

### Typical symptoms of GERD include:

- Heartburn - a burning sensation in the chest
- Increased by bending, stooping, lying down, or eating
- More likely or increased at night
- Relieved by antacids
- Regurgitation - sensation of food or gastric acid backing up into the esophagus or throat
- Nausea after eating
- Dysphagia - difficulty swallowing (Note: this symptom requires immediate medical attention)

### Diagnosing Barrett's Esophagus

Barrett's esophagus can be easily diagnosed by routine upper endoscopy and confirmed on biopsy. More challenging, however, is the detection of precancerous and cancerous change in Barrett's esophagus. It is best to use advanced imaging technology to detect dysplasia and cancerous changes at the very earliest stage when treatment is most effective.

Dr Meckstroth recommends that, "In order to properly detect the precancerous and cancerous change, advanced imaging technology should be used." Optical Zoom and high-resolution endoscopy, like those used at Premier Endoscopy Center, with High Definition Endoscopes equipped with microchips that generate high-resolution images with optical magnification greatly enhance the tissue architecture and vascular pattern. This technology is available in only a few centers in the world.

### New Barrett's Esophagus Treatment Now Available

An effective and safe technology for treating Barrett's esophagus, including long segment BE and areas with dysplasia, has been added to our list of endoscopic procedures, as a FDA approved technique, and is available to our patients at this time.

The BARRX RF ablation system is designed to remove the Barrett's esophageal epithelium in a short endoscopic procedure that patients tolerate well and that reduce risks of progression to CANCER.

This technique provides a uniform and controlled ablative therapy at a consistent depth. It can remove the layer of diseased tissue while sparing healthy underlying tissue. This allows regrowth of new, healthy tissue within 8 weeks.

This innovative endoscopic procedure will replace the "watch and wait" Barrett's esophagus management protocol with a "diagnose and treat" standard of care.

If you have symptoms of GERD or Acid Reflux Disease and would like more information or to schedule an appointment to meet with one of our physicians to discuss upper endoscopy procedure using high definition endoscopes, please contact our office at (239) 593-6201 or send an email with the subject "Barrett's Esophagus" to [gastro@gispswfl.com](mailto:gastro@gispswfl.com).

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# KNEE PAIN DOES NOT MEAN YOU NEED KNEE REPLACEMENT SURGERY

By Physicians Rehabilitation

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

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

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

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

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

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

## What are Hyalgan Injections?

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

## What's the process?

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

## When will I feel results?

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



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

## Will my insurance cover this treatment?

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

## What are other people saying about it?

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

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# DECREASING BALANCE INCREASES RISK OF FALLS IN THE BATHROOM

**A**s we age, it gets harder to do a lot of the activities we were once able to do with ease, and we tend to take those things for granted. Walking, bending, and climbing are movements that we think are simple now, but they only get more difficult when we reach our Golden Years.

The bathroom can be a hazardous place for aging homeowners. As balance decreases with age, the risk of slips and falls increases and increases presents the possibility of broken hips or other health concerns and costs. A safe and easy-to-use bathroom is critical for aging homeowners who wish to remain independent for as long as possible.

One daily activity that you may not realize that can become a more difficult task in the future is the ability to take a bath or shower on your own. Lifting your legs to step over the ledge and into the tub may not be possible, especially with decreased balance. Even if your bathroom already has a shower with a walk-in feature or a low ledge, standing for long periods of time will not be comfortable, and leave you vulnerable to falls.

Installing aging-in-place bathroom features can help homeowners remain in their current residences well into their later years. In fact, aging-in-place remodeling is the fastest growing sector of the home improvement industry!



For anyone who faces the problem of limited mobility the safety and security provided by a walk in tub is priceless. This is a wonderful product for our aging population and for anyone who has to face the difficulty of dealing with a physical handicap.

By remodeling your bathroom to suit your changing lifestyle, you

### Comfort and Security With a Walk in Tub

Most of us can envision many of the advantages of walk in tubs. Anyone with problems balancing, especially on one foot, will find that they can stay much more secure with a walk in tub. Stepping up and over a regular tub can be downright treacherous as the transfer of weight does not happen immediately and thereby easily pushing someone you love off balance.

Most of us also know that more broken hips happen from a slip and fall in the shower or bathtub than just about anywhere else. Anyone over the age of 50 should consider the installation of walk in tubs to be the installation of a personal safety feature. Women, especially, who run a high risk of developing osteoporosis and other potentially serious conditions should absolutely find safer ways to get clean.

won't have to give up your independence. Curtis Allen Designs builds custom-designed bathrooms that feature a variety of accommodations and accessibilities with a fashionable flair that will reflect your tastes and personality.

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# How to ENJOY Having Your Home Professionally Cleaned

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

## Remember that you're hiring human beings

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

## Leave your home while it's being cleaned

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



## Leave a tip

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

## To clean or not to clean

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

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

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

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

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# Affinity Revenue Services

## Medical Billing and EHR

# Eliminate ICD-10 Coding Errors

**W**ith the transition to ICD-10, hospitals and private practices now using the new coding system must achieve compliance in order to continue the positive impact on their revenue cycle. Experienced and certified coders ensure that coding errors associated with ICD-10 implementation don't affect timely reimbursements. The demand for well-trained coders has increased due to the need of providers to avoid inaccurate coding that disrupt their offices' cash flow.

It was found in a recent ICD-10 project that the accuracy in ICD-10 coding varies depending on the procedure that is being coded. For instance, a C-section was coded accurately a majority of times in a sample of codes; however, in the same sample "pain in limb" was coded accurately only 33% of the time due to lack of laterality and specificity.

### Industry facts

A study performed by the Rand Corp. for the National Committee on Vital Health Statistics, estimates the conversion to ICD-10 will cost the healthcare industry between \$475 million and \$1.5 billion over ten years due to staff training, change in systems and loss of productivity.

As per a survey by Black Book, the number of hospitals and private practices outsourcing coding and clinical documentation services will continue to grow over the next year.

Clinical documentation (vital for accurate ICD-10 coding) is estimated to be outsourced by 71% of hospitals.

The number of hospitals outsourcing coding services will also increase from 19% to nearly 50% by the end of the year.

### ICD-10 Errors that Coders Need to Avoid

Recently, Healthcare Information and Management Systems Society and Workgroup for Electronic Data Interchange released a report on its ICD-10 national pilot program. Various errors were found in the transition to the new code set. Approximately 63% ICD-10 codes were accurate whereas few errors were more prevalent than other codes.

Here are five common ICD-10 errors that hospital coders need to avoid.

- The number "0" is often confused with the uppercase letter "O"
- Number "1" is confused with the lowercase letter "l"
- Incomplete records or codes associated with wrong medical test case number
- Most hospital coders rely on coding software rather than code books
- Often specificity and laterality are left out of many codes

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### How can hospitals and private practices perform well under ICD-10?

Hospitals and private practices need to strengthen their organization and reap the benefits of ICD-10 by optimizing their revenue cycle. A streamlined revenue cycle will help them ensure better performance. Opportunities for improvement need to be identified in key indicators such as collection percentages, denial rates and days in AR.

**Affinity Revenue Services** is one of the leading local companies that offer various services, such as iClaim and EMRx, an integrated office management system and electronic health records to assist healthcare offices with the transition to ICD-10.

### CodeRite eliminates errors.

It's not always as simple as choosing the right codes for each patient encounter. More importantly, you need to use the best codes that can correctly balance revenue optimization with steadfast compliance.

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# Depression, Anxiety, and Other Mental Health Issues...Some Hidden Causes.

By Zorayda "Jiji" Torres, MD

**T**hese 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**

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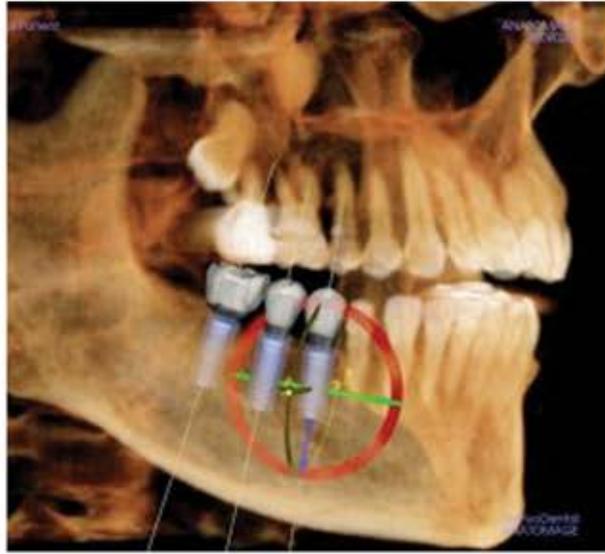
*Dr. Torres graduated from the University of the Philippines College of Medicine. She did her Internal Medicine at St. Francis Hospital in Evanston, IL. She has been in practice for 17 years (in Naples since 2001) and knows the limitations of conventional Internal Medicine. She believes that functional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

# Computer Guided – Dental Implant Placement

By Juan Teodoro, D.M.D.

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

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



Computer Guided Dental Implant Surgery is typically performed in less than an hour. In most cases, no incisions or sutures are usually needed and therefore post-operative swelling / discomfort is minimal. This state-of-the-art procedure can be used for patients requiring 1 implant to patients in need of full mouth rehabilitation.



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



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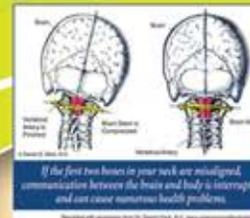


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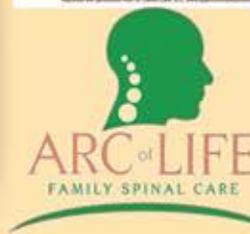
*If the first two bones in your neck are misaligned, communication between the brain and body is interrupted and can cause numerous health problems.*

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# ENFORCEMENT METHODS IN COMMUNITY ASSOCIATIONS

By Andrew S. Bennett

**T**he primary purpose of an association is the operation of the condominium or community. An association does this primarily through the implementation and enforcement of the governing documents, the covenants and rules that govern the association. While many members of condominium associations or homeowners associations ("HOAs") are familiar with this basic structure, what they are less familiar with are the methods available to an association to enforce these governing documents. With the exception of litigation, a topic for another article, this article will outline some of the primary methods of enforcement available to condominium associations and HOAs.

## SHOW ME THE MONEY

It is said that the wallet is the place where people are most sensitive, and in that spirit Florida law gives condominium associations and HOAs the power to issue fines for violations of the governing documents. The extent of this fining power depends upon both the type of association and the language in the association's governing documents.

In condominium associations, a fine may not exceed \$100 per violation, with each day of noncompliance counting as a separate violation. However, the total of all fines issued for a violation may not exceed \$1,000. Furthermore, unpaid fines cannot become a lien against a unit. However, as will be discussed later, condominium associations have other methods available to try and collect fines.

HOAs have broader fining power. Until recently, the laws governing the amount of a fine in HOAs and condominium associations were the same—a fine could not exceed \$100 per violation. However, following a recent amendment this July, an HOA may now levy fines in an amount exceeding \$100 per violation, so long as permitted by its governing document. Furthermore, the total amount of fines issued by an HOA for a violation may exceed \$1,000, so long as allowed by the governing documents. If the fines levied against a noncompliant member exceed \$1,000, the fines may become a lien on the member's property, which the HOA can seek to foreclose if not paid.



It is important for an association board to remember that it cannot issue a fine without giving a member notice and the opportunity to be heard. This means that no later than 14 days prior to issuing a fine, a board must give the member written notice of the alleged violation and the fine it is seeking to impose and the member must be allowed to appear before a committee (the members of which may not be related to, live with, or be a member of the board) to express his or her position. The decision whether to confirm or reject the fine lies with the committee, and the board must follow its decision.

## ROCK THE VOTE

The ability to vote in association matters is an important membership right, especially when one considers the decisive matters subject to member vote, such as the election of board members, as well as the potential impact a single vote can have in the relatively small association setting.

When a member owes a monetary obligation to his or her association (e.g. assessments or fees), the payment of which is more than 90 days past due, the association can suspend the delinquent member's voting rights. This suspension stays in effect until all outstanding amounts are paid in full. Furthermore, unlike fines, the notice and hearing requirements are not applicable to the suspension of voting rights. It is important to note that fines are a monetary obligation owed by a member to his or her association, and as such an association may follow the use of its fining power with its ability to suspend voting privileges in order to further promote compliance and payment of outstanding fines. This method is of particular importance in a condominium association, where unpaid fines are not a lien against the delinquent member's unit.

## RESTRICTED ACCESS

One of the main draws of community associations are the membership benefits such as access to pools, clubhouses, golf and workout facilities, etc. An association may suspend a member's right to access or use association common elements/areas and facilities for failure to comply with provisions in the governing documents, or when a monetary obligation owed to the association is more than 90 days past due. An association is not required to give notice or hold a hearing prior to suspending a member's use/access rights. These suspensions also apply to the delinquent member's tenants and guests. This is important for member's leasing their property because if action or inaction by the member results in suspension of the tenant's privileges, the owner may also be facing a tenant dispute.

One instance where an association will employ this suspension power is to deactivate a member's electronic gate access pass (where applicable), thereby requiring the member to check in with the gatehouse each time he or she desires to enter the community. However, while an association may use this method to slow a member's access to his or her unit or property, it cannot take action to prohibit the member's access to his or her unit or property. That is, it cannot suspend use of the common element/area roads, parking spaces, stairs and elevators.

## CONCLUSION

The foregoing is a general summary of key methods of enforcement in the community association setting. Members and board members alike can benefit from understanding the applicable methods of enforcement, and in doing so should consult the governing documents of their respective association.



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# WHAT WOULD RISING INTEREST RATES MEAN TO YOU?

Provided by RBC Wealth Management and John Barnes

**F**ollowing the financial crisis of 2008, many investors rushed to the investment “sidelines” in order to avoid risk of any kind. While understandable given the market environment those that chose to remain invested in the markets have been well rewarded as both bonds and stocks have posted strong performance numbers since then. Bonds, given their perceived level of safety and backstopped by the Federal Reserve’s long-term commitment to low rates, benefitted the most with investors pouring billions into bonds and bond-based mutual funds.

Unfortunately however, investors may have “over-concentrated” their portfolios with bonds and bond funds. Additionally “the search for yield” within the bond asset class led many to take on too much credit risk or lengthen maturities exposing them to interest rate (or duration) risk. As a result, they may not be in quite the safe position they had envisioned. The reason? Bonds, like all investments, do carry some risk — in particular, interest-rate risk. And with the recent talk of the Federal Reserve considering lessening their monetary policy stimulus, the time may be near when that risk becomes apparent.

As you may already know, especially if you own bonds, interest rates and bond prices typically move in opposite directions. Consequently, if interest rates were to rise, the value of your bonds would fall, because no one would be willing to pay you the full face amount of your bonds when newer ones are being issued at higher rates.

You have likely seen the value of your bond portfolio change recently as market conditions have become more volatile due to the growing debate over the Fed’s next course of action. The Federal Reserve is actively working to keep short-term rates low, probably until 2015, at least. But the Fed has much less control over long-term rates — and these rates have far more room to move up than down. With the U.S. economy showing signs of recovery and the Fed beginning to discuss a “tapering” or reduction in their monthly stimulus efforts expectations are high that rates could begin to rise in coming months.

While we don’t feel rates are poised to move sharply higher imminently, we do believe investors need to take a proactive stance with regard to their bond portfolios. So, what should you do?

#### Here are a few suggestions:

• **Review your portfolio.** If you have taken on too much credit risk or interest rate risk, you may want to consider making some adjustments as these bonds are likely to be much more subject to volatile price swings from changes in interest rates. You could decide to sell some of these long-term or lower-rated bonds and put the proceeds into investments that will help diversify your portfolio — because diversification is still essential to a successful investment strategy. Make sure to include the composition of your bond funds in the review.

Keep in mind, though, that everyone’s situation is different. Your investment mix should be based on a variety of factors — your age, risk tolerance, long-term goals, and so on. If you are considering selling some of your long-term bonds, you may want to consult with a financial professional for guidance on how to properly diversify your holdings.

• **Build a bond ladder, or restructure an existing ladder.** A bond ladder may prove beneficial to you in all interest-rate environments. To construct this ladder, you need to own bonds and other fixed-rate vehicles, such as Treasury securities and certificates of deposit (CDs) of varying maturities. Thus, when market interest rates are low, you’ll still have your longer-term bonds, which typically pay higher rates than short-term bonds, working for you. And when interest rates rise, as may be the case soon, you can reinvest your maturing, short-term bonds and CDs at the higher rates.

It can be unsettling to look at your investment statement and discover that the value of your bonds has fallen. But, as we’ve seen, you do have methods of coping with rising rates and falling bond prices — we encourage you to be proactive, consider your options carefully and make those moves that can help you continue making progress toward your financial goals.

*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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## DO YOU OWN BOND FUNDS?

Many bond funds hold very large positions of illiquid securities which were easily purchased when the bond market was strong, but may not be so easily sold when interest rates begin to rise. John Barnes has been helping investors to create individualized fixed income portfolios for over 30 years. Let him show you how.



**JOHN BARNES**

Senior Vice President – Financial Advisor



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# Unrefined Celtic Sea Salt - Critical to Optimal Health

By Toni Eatros, MS, Dipl Ac, AP

**S**alt is the most misunderstood nutrient on the planet. There are a lot of falsehoods surrounding salt. See how adding the right kind of salt to your diet can help:

- Fatigue
- Adrenal Disorders
- Immune System Function
- Hormonal Disorders
- Thyroid Disorders
- Headaches & Migraines
- Nervous System Disorders such as Seizures
- Cholesterol Levels
- Blood Pressure (yes, I said it blood pressure)

For years, we have heard the following:

- A low-salt diet is healthy.
- There is no difference between table salt and sea salt.
- Low-salt products are better for you.
- There is enough iodine in refined table salt.

These are the myths of salt. Dr. Brownstein's book, *Salt Your Way to Health*, 2nd edition, presents the research on salt that will change the way you look at this vital substance.

People following a low salt diet often do not feel when when sodium levels are lowered. Energy levels typical drop and often hormonal and immune system imbalances develop. Lab tests usually show a rise in cholesterol as well.

A low salt diet is actually associated with a greater than 400% increase in the risk of heart attack in men. Low salt diets have never been shown to lower blood pressure more than a couple points and not even consistently. These diets have never been shown to reduce mortality among hypertensive men.

On the other hand, magnesium and potassium deficiencies have been consistently linked to high blood pressure. These minerals are found in the unrefined salt. After six months of using the unrefined salt, a decline of 11 mm Hg systolic and 15 mm Hg diastolic blood pressure was observed in 45% of people studies. Unrefined salt will actually decrease the blood pressure, not raise it.



The use of refined table salt or a low salt diet also leads to impaired detoxification systems in the body. This causes toxins, such as bromide, fluoride, pesticides and heavy metals to accumulate and linger in the body much longer than they should. When rats are subjected to a low-salt diet, the half-life of bromine is prolonged 833% as compared to rats given a normal salt diet. Unrefined salt is the most effective tool to help lower toxic bromine and fluoride levels in the body.

Refined salt has been processed with chemicals including sulfuric acid and/or chlorine to remove the "impurities" (80+ essential minerals). Refined table salt is a toxic substance for the body, therefore there should be no refined salt consumed in anyone's diet, ever.

Unrefined salt contains much more than just sodium and chloride. Unrefined salt contains ALL THE ELEMENTS NECESSARY FOR LIFE. Celtic Sea Salt (Light Grey) contains 33% sodium, 50.9% chloride, 1.8% minerals and trace elements and 14.3% moisture. Unrefined salt does NOT contain appreciable amounts of iodine/iodine so supplementation may be needed. Celtic Sea Salt or the Redmond's Real Salt products are the recommended choices.

The amount of unrefined salt is directly related to the amount of water you consume. The more water you consume, the more unrefined salt you should ingest. It is recommended to use 1/4 tsp of unrefined salt for every quart of water ingested. If you have kidney disease, you should consult your physician before adding unrefined sea salt to your diet.

To determine the amount of water you should drink, take your weight in pounds and divide by 2. This is the number of ounces of water you should drink daily.

Taking regular warm water salt baths is not only relaxing, it also aids the removal of the toxic halides, heavy metals and pesticides from the body. Add 1-2 cups of unrefined salt and two cups of hydrogen peroxide to a warm bath and soak for 20 minutes to stimulate the lymph system to excrete these toxins from the skin.

It is vital to the world population that we throw away the devitalized, processed table salt and replace it completely, with proper amounts of unrefined Celtic Sea Salt. This simple change of using the correct form of salt to our diets can markedly improve the general health of everyone.

Once you understand the differences between refined salt and unrefined salt you can start to make better choices in your life and reap all of the wonderful benefits of ingesting over 80 essential minerals in perfect balance to help your body thrive at its optimal level.

If what you have been doing hasn't been working for you and you want a fresh perspective, based on science, about your health. Call Acupuncture & Natural Health Solutions at 239-260-4566 today. It is nearly impossible to overcome chronic illness without unrefined salt. All functions in the body, including the immune system, hormonal system, nervous system and cardiovascular system depend on adequate water and salt intake for optimal functioning.

*Yours In Health & Wellness,  
Toni L. Eatros, AP*

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## Health Insurance – Medicare Annual Election Period & Health Care Reform (Obama Care) 2016 Open Enrollment is starting soon. Don't be fined or miss your opportunity to change. *Subsidy or No Subsidy it may apply to you!*

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

### Medicare October 15th-December 7th 2015 for January 1st, 2016 effective date.

Everyone on Medicare should be looking at their Notification of Change booklets that you received from your current carriers. This applies to Medicare Advantage Plans and Part D, an annual review of your policies is always highly recommended. Medicare Advantage Plans change every year and many are charging a premium. In most cases you cannot be turned down regardless of your health, so you should never feel trapped in a plan you are not happy with.

You may qualify for extra help with your drug cost and not even know it. \*In 2015, drug costs for most people who qualify are no more than \$2.65 for each generic/\$6.60 for each brand-name covered drug. (In 2016, costs are no more than \$2.95 for each generic/\$7.40 for each brand-name covered drug.) Other people pay only a portion of their Medicare drug plan premiums and deductibles based on their income level. In 2015, you may qualify if you have up to \$17,655 in yearly income (\$23,895 for a married couple) and up to \$13,640 in resources (\$27,250 for a married couple). [www.Medicare.gov](http://www.Medicare.gov) working with an Insurance Broker that represents multiple insurance companies can help you analyze which plan might be best for you. Everyone is different, you should rely on a professional not just a friend or a neighbors recommendation. We will be hosting complimentary seminars in Fort Myers @ Pinchers Crab Shack 1260 West First Street, Fort Myers, FL 33901, and other locations along with private appointments. You can call our office to schedule your appointment 239-362-0855.



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The law under the Patients Protection and Affordable Care Act (PPACA) - (Obama Care) the Open Enrollment Period is November 1st to January 31st, 2016, those that enroll between November 1st to December 15th will have a January 1, 2016 effective date; Dec. 16th – Jan. 15th eff. Feb. 1, 2016; Jan. 16th – Jan. 31st eff. Mar. 1st 2016. After that you will not be permitted to purchase health insurance that meets the government standards that avoids the tax penalty, unless you have a special election period, please visit <https://www.healthcare.gov> for more information. The PPACA plans have **no medical underwriting**; short term policies are still available but currently still require medical underwriting which means you might be turned down if you have pre-existing conditions, or that condition may NOT be covered if a reoccurrence may happen. I am finding that many people think that the Affordable Care Act is only for people that are seeking government subsidy and that is not correct. The law affects just about every type of health insurance in the USA. In order to qualify for government subsidy you need to go through the Market Place, or if the Insurance Carrier offers seamless applications through their platform it can be done that way as well. To see if you qualify for tax credit you can check the IRS website at <http://www.irs.gov/uac/The-Premium-Tax-Credit>. If you do not qualify for subsidy you can still purchase your plan through the Market Place or the Insurance Company, both available with the help of a local agent by adding their name and

National Producer Number (NPA). If you have an insurance policy for many years and drop that plan, you will not be able to get it back as the plan will no longer exist to be re-purchased. Some insurance carriers are allowing their policy holders to keep their current plan, others have issued cancel notices. Before you cancel what you have, make sure that you check to see if your doctors are in network as this has been a big problem since 2014, along with people not being satisfied because they did not totally understand the plans "Summary of Benefits". Cost is important but not only the cost of the plan you choose but make sure you can afford the out of pocket cost when you need to use the plan, sometimes raising the premium a little may make it easier to visit the doctor more often as needed. Qualified High Deductible Health Plans (H.S.A.) plans also have a tax advantage. You need to do the math, explain your needs both health and financial with a licensed insurance agent. Check to see how many companies they represent, if they only represent one ok guess what you get? There are a lot more choices in 2016, if what you have turns out to be the best great. Remember you can make as many changes as you need up until January 31st 2016 for the 2016 Plan Year. Don't just settle because it's confusing, call a professional.

There is a lot to know and I would recommend that you work with a licensed insurance professional that is Market Place Certified, that can help you through the enrollment process and explain the different insurance policies available to you in your area.

**To learn more about Health Care Reform or schedule an appointment contact:**  
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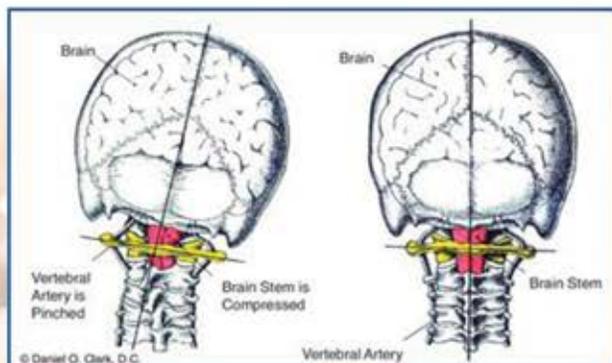
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*If the first two bones in your neck are misaligned, communication between the brain and body is interrupted and can cause numerous health problems.*

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# Avoiding Animal Emergencies This Holiday Season

Affectionately Pets



**T**his time of year the ASPCA Animal Poison Control Center (1-888-426-4435) receives considerably more phone calls than usual. Friends and relatives who come to visit may leave bags out where pets may have access to their medications. Keep any and all medications, both prescription and over-the-counter, safely away from your pets at all times. The innumerable cold medicines, vitamins, supplements, pain killers, cold medicines, blood pressure drugs, etc. that may find their way into your home can easily lead you and your pet into a serious situation.

In addition to drugs, protecting your pets from ingesting various human foods is a must. Everyone should know by now that chocolate is toxic to pets - especially baker's chocolate, dark chocolate, and semi-sweet varieties. Furthermore, pets are also much more sensitive to even tiny amounts of coffee, onions, alcohol, and salts. Avoid giving your animals any foods that are fatty, rich, or spicy. While they may eagerly devour them, these types of foods can incite serious inflammation of the pancreas that can require intensive hospitalization. Cooked poultry bones are also a no-no, as their splintered edges can pierce the stomach and intestines as they pass.

Although not typically thought of as edible, several plants bare mentioning. Many holiday flower arrangements contain various lilies: all *Lilium* species (Tiger, Easter, Stargazer, Asian, etc.) are **HIGHLY** toxic to cats. Even nibbling on a leaf or petal warrants a trip to the vet. If not treated quickly, the kidney damage would be irreversible. Every year poinsettias get a bad rap as far as their danger

to pets. The truth of the matter is, though, poinsettias (along with mistletoe and holly) have an over-hyped potential for poisoning. If ingested, the sap of these plants will usually only cause some irritation to the mouth and skin, along with some potential for vomiting and diarrhea.

Perhaps the biggest plant to be wary of is the Christmas tree. The tree itself poses a risk to cats that may climb, fall from, or be toppled by it. Another problem is the water at the base of live trees; if drunk, it can cause nausea, vomiting, and diarrhea from the fertilizers and bacteria within. Tinsel on trees can be quite tempting for cats to play with and eat. When eaten, the tinsel poses a very common cause for becoming lodged in the intestines, a surgical emergency.

If any of these situations happen while you are out of town, be sure that you have spoken with your pet sitter so they know what to do. Informing your veterinarian as to who will have authority for making decisions for your pet in your absence is always recommended, too. Know your veterinarian's holiday hours, as well as the number and location of your nearest veterinary emergency clinic. Follow these general tips with some good common sense, and you should have a happy holiday season.

*Disclaimer: No article, journal, webpage, breeder, or friend of a friend can take the place of personalized, veterinary medical advice. If you have any questions, always consult with your veterinarian.*



*Wishing You and Your Pets  
a Happy Holiday Season!*

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# 'TIS THE SEASON TO GIVE BACK

## Volunteering Can Improve Physical & Mental Health



By Amy Hilliard

The holiday season is in full swing. In addition to shopping and entertaining family and friends, the holidays are also a great time to be of service to others.

Everyone, regardless of age, can volunteer. In fact, older adults have a lifetime of knowledge, expertise and skills which make them especially equipped to positively impact society and make a difference in others' lives.

In addition the intrinsic rewards of giving back, people who volunteer report improved physical and mental health. A recent study found that 68 percent of volunteers reported feeling better and physically healthier while 89 percent stated they improved their sense of wellbeing.

Below are a few ways to give back this holiday season and throughout the upcoming year:

### Share Your Expertise

Were you a former chairman or an accountant? Why not share your breadth of knowledge with entrepreneurs as they try to avoid the pitfalls of small business ownership? Organizations such as SCORE provide confidential business mentoring services and host workshops to help small business owners achieve success. Retired executives and CEOs are always welcomed.

### Become a Foster Grandparent

With families living further apart than previous generations, it's not usual for young adults to see their grandparents infrequently. Becoming a foster grandparent can be a rewarding experience for young and old alike. Intergenerational activities help bridge the gap between older adults and teenagers and shatter misconceptions about aging.

### Tap into Your Hobbies

Seniors who enjoy knitting or crocheting will find their crafts can be enjoyed by more than just family and friends. From hospitals to oncology departments, there are several facilities that can make use of baby hats and lap blankets.



At The Carlisle Naples, a luxury senior living community, several residents find that without day-to-day responsibilities such as cooking, they can truly immerse themselves in their hobbies while giving back to the community at large. For example, resident Bernita B. Smith, 90, says art history is her true love. She combines her passion with helping others by volunteering at the Naples Art Association in Downtown Naples each week.

### Support a Cause

Post-retirement is the perfect time to champion a cause which may be near and dear to one's heart. Homelessness, education, women's equality and accessibility to health care are just a few of the areas in which older adults can lend their voice. A simple internet search will be able to locate a charity that addresses each respective issue. From making telephone calls to writing letters of support, there is a task for everyone looking to get involved.

### Look Around – Opportunities Abound

Cuddling a premature baby in the neonatal intensive care unit (NICU), walking a dog at an animal shelter or greeting guests at a museum are just a few of the numerous tasks performed by volunteers across the country.



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Organizations such as Senior Corps and AARP are wonderful resources for matching older adults' talents and interests with noteworthy charities in need of assistance.

"In giving back to others, you can truly reap tremendous health benefits," said The Carlisle's Executive Director Bill Diamond. "Our community's maintenance-free lifestyle affords residents the opportunity to spend each day as they wish. For many, that means volunteering right here at The Carlisle while for others it's serving the Collier County community at large."

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

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

# The Prince of Peace

Imagine you'd have to be completely cut off from reality not to see it. The world is a gloomy place, and seemingly getting gloomier. Even as I sit down to write this, the world is weeping for the nightmare that happened in Paris. Cruelty, hatred, murder and destruction undertaken by misguided people with a misguided view of God.

Isaiah, one of the most prominent of ancient Israel's prophet, spoke of such a time when he wrote,

*They will look toward the earth and see only distress, darkness, and the gloom of affliction, and they will be driven into thick darkness.* Isaiah 8:22

Thick darkness indeed. The temptation is to believe that the world is an abandoned, rudderless ship, careening off course and out of control toward some hopeless and unsurvivable disaster. But into that darkness and abandonment and despair comes an unexpected, brilliant beam of light.

*Nevertheless, the gloom of the distressed land will not be like that of the former times when He humbled the land of Zebulun and the land of Naphtali. But in the future He will bring honor to the Way of the Sea, to the land east of the Jordan, and to Galilee of the nations.*

*The people walking in darkness have seen a great light; a light has dawned on those living in the land of darkness.* Isaiah 9:1-2

A great light. Great in magnitude, majesty, miracle, and mercy. For into this World has stepped the very One who has created it. His coming was not marked by pomp and pageantry, except for the triumphant song of angels delivered to an unlikely audience of shepherds. He did not come with the appearance of a triumphing King, though His coming does represent victory over darkness (while foreshadowing the ultimate consummation of that victory).



*For a child will be born for us,  
a son will be given to us,  
and the government will be on His shoulders.  
He will be named  
Wonderful Counselor, Mighty God,  
Eternal Father, Prince of Peace.* Isaiah 9:6

And so we come to Christmas. If you are confused by the world, may you find in Him your Counselor. If you feel powerless against the darkness (whether global or personal), may you know Him as Mighty God. If you at times feel abandoned, even orphaned, may you come to trust your Eternal Father.

And may the hateful world, so often torn by violence, find in Him the Prince of Peace.

Merry Christmas.

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