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# Health & Wellness<sup>®</sup> MAGAZINE

March 2016

Lee Edition - Monthly

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## CONTACT US

OWNER / ACCOUNT EXECUTIVE

**Cristan Gensing**  
cristan@gwhizmarketing.com

OWNER / CREATIVE DIRECTOR

**Sonny Gensing**  
sonny@gwhizmarketing.com

EDITOR

**Lisa Minic**



Publishing • Advertising • Web Design • Graphic Design

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G WHIZ Marketing, LLC | 1630 Caxambas Court | Marco Island, Florida 34145

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# Vein Specialists

Joseph G. Magnant, MD, FACS, RPVI

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

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

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

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

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

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

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

Before

6-8 Weeks After



### Varicose veins

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

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

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

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

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

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

Before



After



### Leaders in Vein Treatment

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

more definitive therapy after conservative trials, when appropriate, by an experienced, board-certified vascular surgeon with a strong dedication to venous evaluation and treatment

At Vein Specialists, Dr. Magnant and his staff specialize in up-to-date evaluation and treatment of vein pathology: everything from spider veins and swollen, achy legs to ropey varicose veins; purple, discolored, and thickened skin; and leg ulcers. Their singular focus is on venous pathology, including non-invasive ultrasound investigation of patients with signs and symptoms of venous insufficiency; conservative treatments, and the most high-tech endovenous closure techniques for definitively treating abnormal veins.

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### About Dr. Magnant

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

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

1 1510 Royal Palm Square Blvd., Suite 101, Fort Myers, Florida | 2 3359 Woods Edge Circle, Suite 102, Bonita Springs, Florida

# Tee Off to Wellness by Keeping Your Swing STRONG in Spring

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

**W**hile golf has often been considered a low-impact physical activity without great risk for injury, damage to the ankle, knee, hip and wrist can often be caused by this sport. While injuries are common, they are also avoidable if you play it safe. Take the proper measures to keep your swing strong this spring by incorporating exercise techniques that help build your muscles and reduce the likelihood of injury.

Golfer's elbow, known as medical epicondylitis, is among the leading injuries for golfers. This is the inflammation of the tendons that attach your forearm muscles to the end of the arm bone in the elbow area. A tight grip on the golf club and frequent repetitive motions over time can cause the forearm muscles and tendons to become damaged from overuse, resulting in pain and tenderness in the elbow.

You can combat the development of golfer's elbow by incorporating a few precautionary steps into your routine. First and foremost, it is essential to stretch before you begin your day on the golf course, focusing on shoulders, back and legs. Stretching before tee time will help your body to best promote a fluid and full range of motion for your golf swing. Once you have warmed up and stretched, hit the driving range to practice your drive.

One of the most successful ways to avoid developing golfer's elbow is to strengthen the muscles in your forearm and slow your golf swing so that your arm will absorb less shock upon hitting the golf ball. For the best results, try the following exercises from the American Academy of Orthopaedic Surgeons:

- **Squeeze a tennis ball.** Squeezing an old tennis ball for 5 minutes at a time is a simple, effective exercise that will strengthen your forearm muscles.

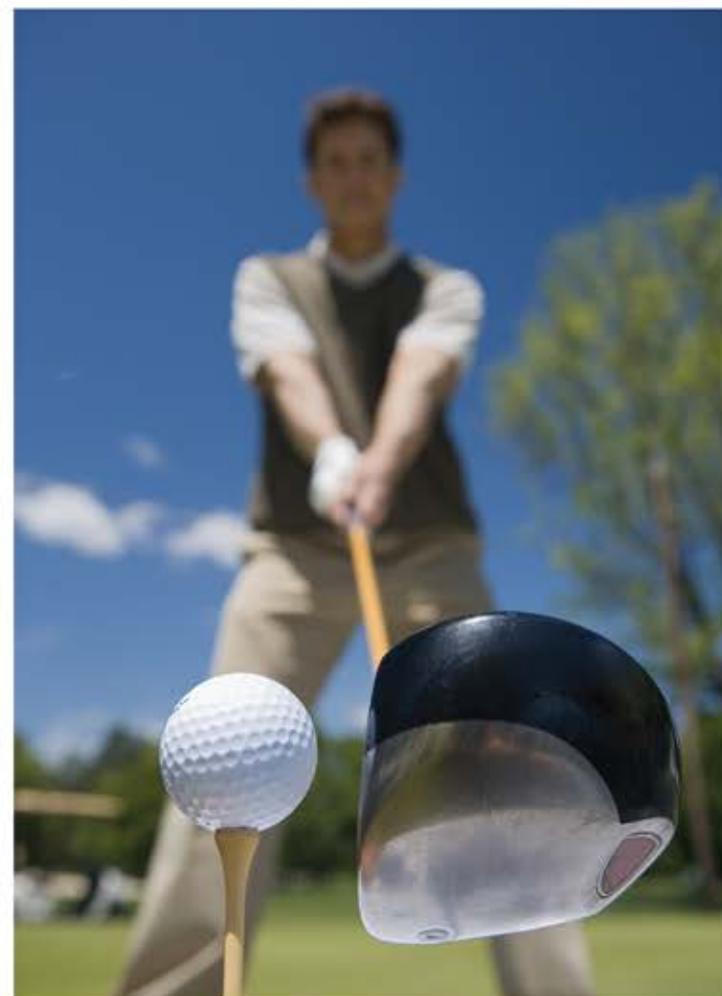
- **Wrist curls.** Use a lightweight dumbbell. Lower the weight to the end of your fingers, and then curl the weight back into your palm, followed by curling up your wrist to lift the weight an inch or two higher. Perform 10 repetitions with one arm, and then repeat with the other arm.

- **Reverse wrist curls.** Use a lightweight dumbbell. Place your hands in front of you, palm side down. Using your wrist, lift the weight up and down. Hold the arm that you are exercising above your elbow with your other hand in order to limit the motion to your forearm. Perform 10 repetitions with one arm, and then repeat with the other arm.

Incorporate these exercises into your regular routine to ensure that your body is prepared to tee off this spring. A habit of warming up and strengthening your muscles before your next golf game will not only give you an edge on the course, it will also help your body stay happy, healthy and hopefully injury-free.

Many common sports injuries offer warning signs, such as swelling, reduced range of motion, numbness and tingling, muscle tenderness and joint pain. When caught early, simple treatments such as resting, applying hot or cold compresses and taking over-the-counter pain relievers are often enough to improve the symptoms. If pain persists, more intensive therapies, such as anti-inflammatory medications or injections or physical therapy, may be required to address the issue. Other more serious problems require arthroscopic diagnosis and surgical options may be considered.

If you are experiencing pain caused by a golf or other sports-related injury, make an appointment



to speak with an orthopedic specialist. Dr. John C. Kagan and his staff are ready to answer all of your questions. Dr. Kagan has more than 30 years of experience as an orthopedic surgeon and sports medicine specialist treating patients in Southwest Florida. He specializes in treating patients with knee, shoulder and hip pain, as well as general orthopedics and hand surgery. For more information, visit [www.kaganortho.com](http://www.kaganortho.com) or call 239-936-6778.



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

# Congress and the Vatican Agree: Stem Cell Therapy Shows Promise in Curing Diseases

By Maren Auxier - Staff Writer

Stem cell therapy is gaining worldwide support from international policymakers, including the U.S. Congress and the Roman Catholic Church, helping progress the field of regenerative medicine. Congress passed the *Stem Cell Therapeutic and Research Reauthorization Act* on Dec. 16, 2015, securing stem cell industry funding for at least 5 more years. The Vatican also showed their support for stem cell therapy earlier this year, announcing *The Third International Conference on the Progress of Regenerative Medicine and its Cultural Impact* to be held within the Vatican April 28-30, 2016.

"It remains one of the best kept secrets in America that umbilical cord blood stem cells and adult stem cells in general are curing people of a myriad of terrible conditions and diseases in adults as well as children," said U.S. Representative Chris Smith (R-Hamilton, NJ)<sup>1</sup>

The Vatican released a similar statement regarding the benefits of regenerative medicine. "The new field of regenerative medicine holds great promise to alleviate the pain and suffering for hundreds of millions of people around the world. We must unite to discover and advance such new therapies, and find ways to bring them to all those in need," said Cardinal Gianfranco Ravasi, president of the Pontifical Council for Culture.<sup>2</sup>

This may come as surprising news to people whose familiarity with stem cell therapy extends only to the controversy surrounding *embryonic* stem cells. It is a common misunderstanding that all stem cells are derived from human embryos. In fact, stem cells can be derived from umbilical cords, blood, fat and bone tissue. The Catholic Church's position is to support *ethical* stem cell research, which, under their interpretation, excludes the use of embryonic stem cells.

Regenerative medicine provides patients with alternatives to traditional invasive or chemical treatments. Regenerative medicine is helping people with multiple sclerosis, blindness, rheumatoid arthritis and lung disease.



International policymakers like the Vatican and U.S. Congress are calling for advancement of the field of regenerative medicine after seeing positive outcomes.

Lung disease is the third-leading cause of death in the United States, and traditional treatment options have not changed in 30 years. The advent of stem cell therapy represents the greatest advancement in decades for people suffering from a degenerative lung disease.

The Lung Institute ([www.lunginstitute.com](http://www.lunginstitute.com)) helps fight lung diseases by harvesting stem cells from a patient's own blood, fat tissue or bone marrow in a minimally invasive outpatient procedure. Stem cells act as your body's natural healing system, working to promote healing and reduce inflammation. While current stem cell treatments are not considered to be a cure for lung disease, they have shown the ability to improve patients' quality of life.

Lung Institute patient Becky D. explains how stem cell therapy improved her quality of life.

*I wanted to be able to do all my activities of daily living without being short of breath, which is showering and all that stuff...and I do. I wanted to be able to walk across a soccer field to see my grandson play soccer, and I can. I wanted to be able to dance a little again, and I did.*

According to a white paper recently released by the Lung Institute, 84 percent<sup>3</sup> of patients who received stem cell therapy for COPD experienced an improvement in their quality of life. Several patients also saw an improvement in pulmonary function. COPD is a degenerative disease, making any improvement in lung function in such a case truly remarkable.

While the field of regenerative medicine is relatively new, it has made great strides in a short period of time and shows great potential to revolutionize the healthcare industry.

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.

1 <http://chrissmith.house.gov/news/documentsingle.aspx?DocumentID=398635>

2 <http://www.cbsnews.com/news/vatican-announces-third-regenerative-medicine-conference/>

3 <https://lunginstitute.com/resources>

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**L**iquid BioCell™ is a unique nutraceutical that provides a potent dose of collagen, hyaluronic acid, and chondroitin sulfate in a natural matrix that is clinically shown to replenish the vital components of joints and skin.

Liquid BioCell™ improves joint mobility and lubrication, reduces discomfort, promotes healthy cartilage and connective tissue, eliminates dryness without the use of topical moisturizers, increases skin's collagen content, hydration, and firmness and reduces the enzyme that can make your skin age.

We start to age on the day of our birth. As we age, the catabolic (breakdown) pathways go faster than the anabolic (buildup) pathways. The whole body is affected by years of living in an oxygen-rich environment with every day wear and tear on the cells of the body, from joints to bones, to muscle, to skin. We all age, but can it be done gracefully? When the joints start to ache, the skin begins to sag and wrinkle, and the fat moves around to places you never imagined, then a person seeks ways to slow down the aging process.

Liquid BioCell™ provides the building blocks that can speed the build-up processes and slow the degeneration and aging processes. For example, HA has been shown in research to block the degrading enzyme, hyaluronidase.

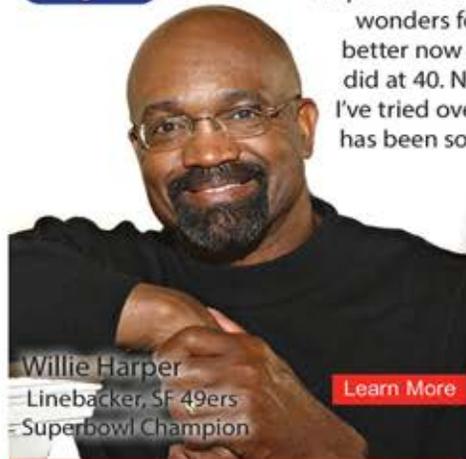
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And it gets even better... Liquid BioCell™ reduces wrinkles from the inside-out without cosmetic injections. Clinical trials show that Liquid BioCell™ improves joint mobility, helps promote healthy cartilage and connective tissue, and promotes joint lubrication.

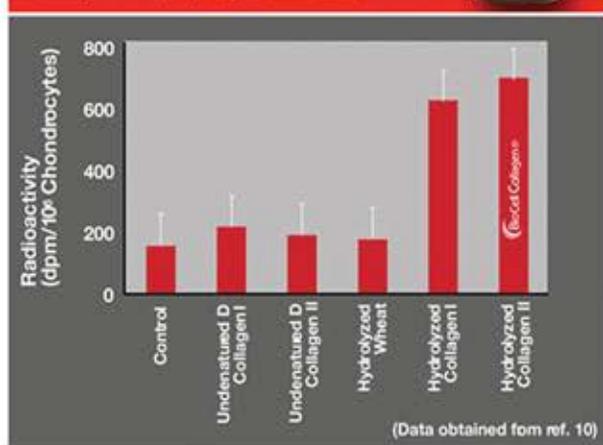
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Additional recent studies concluded that hydrolyzed collagen type II, which is a primary component of Liquid BioCell™, can directly stimulate collagen production, and promote healthy cartilage and connective tissue.

### What happens as we age?

Every cell in our body undergoes changes with time. Subcutaneous fat and moisture decreases. Pigmentation declines and age spots start show up. Healing takes longer, elasticity of cells decreases, and circulation declines. The heart increases in size and the arteries stiffen. Strength, flexibility, and height decrease. The metabolism slows and it takes longer to recover from illnesses.



## Changing the Way We Age

with  
Lisa DeRosimo, M.D., M.S.  
Diplomate of the American  
Board of Family Medicine

Obviously, taking good care of the body can slow these processes. We are what we eat, so good quality food, appropriate exercise, and optimal supplements can benefit the body as we age.

Unfortunately, everyone will experience some of the changes associated with aging at some point. Liquid BioCell™ is an ideal recommendation for helping slow the aging process. It is a natural, clinically-tested, great tasting, highly absorbable source of collagen, hyaluronic acid, and chondroitin sulfate that has been shown to help restore skin and joint health.

In addition to its benefits for joint and skin health, Liquid BioCell Life™ contains 13 superfruits, and resveratrol in the equivalent of 8 bottles of red wine in a daily dose. The antioxidant and anti-inflammatory effects of this delicious delivery system add additional benefit to the product. Numerous studies have been done and continue to be conducted on the benefits of resveratrol. Resveratrol has been shown to have a preventive effect in obesity, cardiovascular health and brain health. Furthermore, it is a potent anti-inflammatory agent, which can counter the effects of unwanted chronic inflammation in the body. The superfruits give Liquid BioCell Life™ a delicious taste and provide additional anti-inflammatory benefit, as well as the ability to neutralize free radicals that are associated with aging and cell damage.

As a daily supplement, Liquid BioCell Life™ can provide a three way defense (collagen matrix, resveratrol, and antioxidant superfruits) in the repair, maintenance, and regeneration of skin and joints.

Visible signs of aging and joint discomfort are a result of the progressive degeneration of connective tissue, where both collagen and hyaluronic acid (HA) are essential. Unlike anything else, Liquid BioCell™ offers a naturally occurring, patented matrix of Hydrolyzed Collagen Type II™, HA, and chondroitin sulfate and its patented Bio-Optimized™ manufacturing process produces an ideal molecular weight that your body can effectively absorb. It's been clinically shown to work! To view our clinical trial studies, visit our website at [www.healthyjointsandskin.com](http://www.healthyjointsandskin.com).

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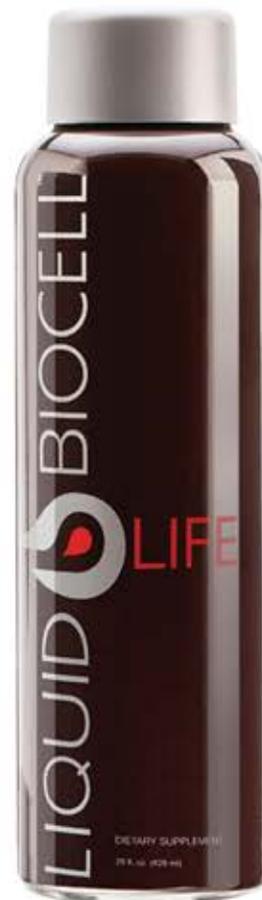
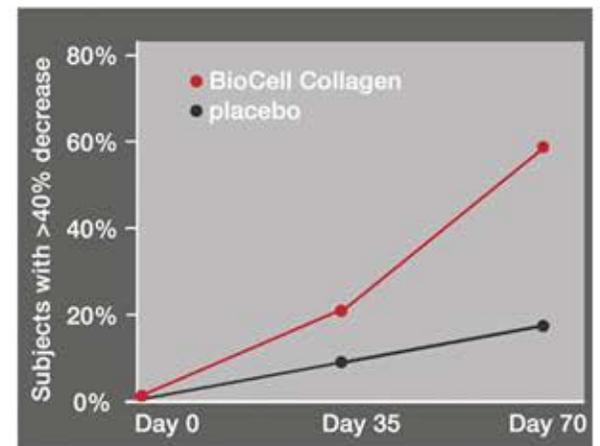
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Liquid BioCell™ is a new generation of "super ingredients" backed by numerous clinical trials and 7 US and international patents. It's the only nutraceutical on the market backed by clinical trials to support both joint and skin aging.

It's hard to argue with science, but it's even harder to argue with results



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)

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FREE**



# ATTENTION DISORDER: MUCH MORE THAN JUST A LACK OF FOCUS!

By Joseph Kandel, M.D.

**H**ave you been told by friends and family that you just don't focus? That you can't seem to pay attention? Has this been an ongoing issue, but now you feel it is time to address it?

Well, no matter what you may have read or heard, Attention Deficit Disorder is a very real condition. There is no simple blood test, and the diagnosis is a clinical one; that means the diagnosis is made by the physician based on the history and background, and also by ruling out other diagnoses that may act like Attention Disorder. Your doctor may order a brain scan (MRI), EEG, lab tests, and even paper and pencil testing (neuropsychological testing). Often this is a genetically transmitted disorder. There is usually a parent or grandparent or siblings with the same traits.

### So what are some of the characteristics of Attention Deficit Disorder (ADD)?

We've all had friends or coworkers that are distracted, disorganized, impulsive, and masters of procrastination. They always have that messy room or work station, projects started at home and work but never finished, a thousand ideas a day (and 2 or 3 might be really great...if you can sort them out from the other 997!). But these same people are also extremely bright, inquisitive, creative and often "the life of the office". Their high IQ does not always translate to high achievement; hence, they suffer from an "achievement gap". On the negative side, they have a hard time maintaining focus if they have a task or activity that is not interesting or engaging for them. Often they fidget, changing from one task to another and not completing anything. On the positive side, they have a unique ability to hyper-focus. They can maintain attention for prolonged periods of time, often hours or even days, for tasks that they enjoy. This includes gaming, binge TV watching, computer / I.T. work, etc. So when a person with this disorder finds his or her passion, there is no ceiling to their success...assuming they use the tools and get the help that they need!



### So how is ADD treated?

Think of four wheels of a car, and the driver. The first wheel is education. No, I am not talking about how far you go in school. I am talking about learning all you can about ADD; what fits, and what doesn't. Checking out DVD's at the library and watching You Tube videos, these are just two ways to get a handle on this issue.

The second wheel is counseling. Not insight counseling, where you talk about your parents or your feelings. That type is fairly ineffective for individuals with ADD. The type of counseling needed is goal oriented behavior modification. Let's say you need something finished by the weekend, and it is Monday. How do you break things down so you can manage a little bit each day and not have to worry the night before it is due? You might need a friend, a life coach, or a mentor (not a family member) to help you with this.

The third wheel is adaptive devices. Like your calendar on your cell phone, a write on and wipe off board, sticky notes, a recorder....and possibly the most important, a watch. Without this, how do you know "when" you are....are you on time, late for that meeting or date, or did you get distracted and miss the appointment entirely?

The fourth wheel, not more important than the others, is medication. Sometimes this is necessary so the other wheels can be put in place. Many patients

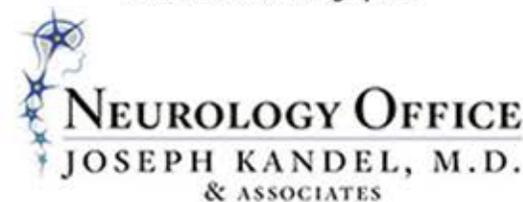
tell me that the medication has changed their life; or more correctly, has allowed them to focus well enough to allow them to change their life.

And what is the driver? This is very important.....exercise. Not just any exercise. Aerobic exercise at your target heart rate [THR = 220 - your age X (60-80%)]. Let's say you are 50 years old. Your THR is 170 X 60% = 102 up to 170 X 80% = 136. You need to exercise keeping your heart rate between 102 and 136 for 30 minutes. This reboots the computer of your brain and raises serotonin levels (as well as many other brain chemicals).

The last thing is to follow the mantra, OHIO: Only Handle It Once. You touch it, you own it. For example, let's say you get your mail, see possibly a bill, you open it and decide you will get to it later. Late fee! With OHIO one of two things could happen; open the bill and finish the task. Write the check, put it in the mail, and you have finished the task. Or, don't open it (let's say you are heading out to dinner) and deal with it when you come back. That way you are managing your time. Task completion and time management. If this sounds like you or someone one you care about, contact Neurology Office for more help.

Go online and check out my book, Adult ADD, The Complete Guide.

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To see the expert therapy team at Neurology Office, call to make an appointment with Dr. Kandel 239-231-1414 (Naples) or 239-231-1415 (Ft. Myers) or check out the web site: [www.NeurologyOffice.com](http://www.NeurologyOffice.com)

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# New Cancer Therapy is Changing Lives

By Dr. Stan Headley

**T**he cancer world needed a game-changing product to give cancer patients more than just a "fighting chance" to survive cancer and the aggressive therapies used to kill cancer cells. Patients have two great fears, first is the fear of the cancer itself, and the second is the fear of treatments such as chemotherapy, radiation, and surgery. CellAssure is the game changer we've all been looking for!

Statistics show that 85% of cancer patients lose weight while 20-40% of cancer patients actually die from severe weight loss or a condition called cancer cachexia - not the cancer itself! You must win both the battle with the cancer as well as preventing the weight loss and debilitating weakness from cachexia. It is also crucial to understand that just because you may be overweight does not mean you are even remotely protected from cancer weight loss and cachexia.

Medical nutrition is proving to be the answer and the leader in medical nutrition made specifically for oncology patients is CellMark Biopharma. After years of research they've developed a revolutionary, non-drug medical nutritional product that is producing extraordinary results affirming the amazing clinically proven results from the chosen ingredients. The following provides a sample of the ingredients and their benefits that make up their patent-pending CellAssure formula.

**Beta Glucan 1,3/1,6** – Decrease the size of the lung, liver and breast tumors in over 60% of patients when combined with chemotherapy then just chemotherapy alone! Works synergistically with anti-tumor monoclonal antibody therapy for greater results.

**HMB** – shown to increase LBM in 4 weeks in patient with cancer cachexia! As a combination therapy it is effective in increasing bodyweight in weight-losing patients with advanced stage 4 cancer!

**Curcumin + Copper 2** – Demonstrated to be particularly effective for gastrointestinal (GI) cancers including oral cancer, stomach, colon, liver, as well as, multiple myeloma (bone cancer), and pancreatic cancer!

**Pterostilbene** - promotes cancer cell death via a mechanism involving lysosomal membrane permeabilization.

**Silibinin** - studies have demonstrated clearly that silibinin is effective in many types of cancers, including prostate, breast, lung, oral and osteosarcoma.

**CellAssure** is a simple once a day drink created from direct requests by physicians, dietitians and patients battling cancer. CellAssure's ingredients have been clinically proven to:

- Demonstrate Anti-Cancer / Anti-tumor effects
- Provide needed nutrition for cancer patients without adding sugar
- Improve immune system response
- Maintain or increase appetite
- Increase LBM (lean body mass)
- Reduce stress / anxiety and lower cortisol levels
- Provide relief with nausea/vomiting and diarrhea
- Mitigate anemia and improve my liver function

Cancer is a multi-faceted disease that attacks the body in many ways causing multiple serious side effects, each which needs to be addressed aggressively in order for the patient to maintain their health. CellAssure's mission is simple – keeping cancer patients as healthy as possible so their oncologist can kill their cancer with the least amount of side effects/health issues/problems.

Cancer weight loss is associated with poor outcomes for cancer patients—reduced response to therapy, reduced ability to deliver full doses of chemotherapy, stoppages of cancer therapies, increased toxicity, more complications and infections, lower quality of life, and reduced survival.

CellAssure gives patients the essential daily medical nutrition needed to maintain their bodyweight and allow their body to better withstand the rigors of cancer treatments. Remember – staying as healthy as possible allows you to fight cancer without having to stop critical oncology therapies and protocols.



*Proper identification of nutrition problems and treatment of nutrition-related symptoms have been shown to stabilize or reverse weight loss in 50% to 88% of oncology patients.*

#### When do I start taking CellAssure?

While most people think that their 'Day of Diagnosis' is when their battle with cancer begins – we know better. The fact is on the 'Day of Diagnosis' their body has already been compromised by the cancer and their nutritional challenges have already started. Cancer has already started waging war and the need for additional nutritional medication is now. It is recommended that you start taking CellAssure from your day of diagnosis forward. Proper nutrition is something helpful regardless of where you are in the cancer process. Of course following a healthy diet along with CellAssure makes the most sense and your healthy eating should continue even after you've won your battle against cancer!

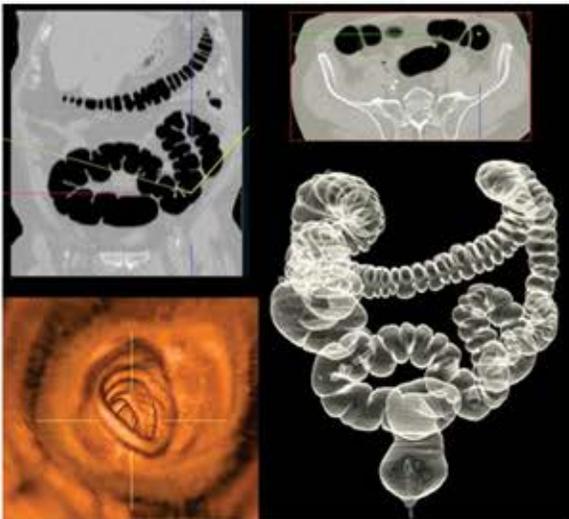
CellAssure delivers on a level that brings smiles to patients, their families, as well as the physicians taking care of them – and as cancer patients we need a reason to smile. We need a reason to believe that we can overcome, conquer and beat cancer head on. There has never been a product like CellAssure before because there never has been a company like CellMark Biopharma™. CellMark Biopharma™ is the leader in advanced medical nutrition for all cancer patients offering unique products for cachexia, CellAssure, and chemo brain, Cognify (chemotherapy induced cognitive decline).

For more information visit: [CellMarkBiopharma.com](http://CellMarkBiopharma.com) or call 888-444-7992.

 **CellAssure**<sup>™</sup>  
Advanced Medical Nutrition

# Virtual Colonoscopy

**T**he American Cancer Society added CT Colonography (or Virtual Colonoscopy) to the list of recommended colon cancer screening and prevention tests in March 2008. According to those guidelines, men and women at average risk for developing colorectal cancer should start screening for colorectal cancer at age 50, or earlier depending on medical and family history. The ACS now considers this as a "preferred" test that "finds polyps and cancer" and recommend it be performed every five years.



## What is a Virtual Colonoscopy?

Virtual Colonoscopy is a non-invasive, highly accurate test that allows doctors to look at the large bowel (colon) to detect polyps and cancers in the early stages. It is a screening technique that uses a CT scanner and computer graphic software to produce images of the colon through which the radiologist can "navigate."

## Why should I get a Virtual Colonoscopy?

Colorectal Cancer is one of the leading causes of cancer death in the United States. Each year, about 150,000 Americans are diagnosed with colorectal cancer, and more than 50,000 die from it. In many cases colorectal cancer can be prevented. Colorectal cancer almost always starts with a small growth called a polyp. If the polyp is found early, doctors can remove it and stop colorectal cancer before it starts. If it's found and treated early (while it's small and before it has spread), the 5-year survival rate is about 90%. But because many people are not getting tested, only about 4 out of 10 are diagnosed at this early stage when treatment is most likely to be successful.

## Who should have a colorectal screening?

The American Cancer Society recommends patients seek colorectal cancer screening as early as age 50 and every 3-5 years thereafter. Patients with a strong family history of colorectal cancer or polyps should be screened more often.

## What are the symptoms of colorectal cancer?

Some symptoms of colorectal cancer include:

- Change in bowel habits such as diarrhea or constipation
- Rectal bleeding or blood in the stool
- Cramping or abdominal pain
- Decreased appetite
- Weakness and fatigue
- Jaundice (yellow-green discoloration of skin and white part of the eyes)

## What is conventional Colonoscopy?

In conventional Colonoscopy, a long thin scope is inserted into the colon. This procedure typically uses sedation for the patient's comfort. A tiny camera in the scope transmits images of the colon to a monitor for the doctor to review. The total procedure time is 30-60 minutes.

## Virtual Colonoscopy vs. Conventional Colonoscopy

Virtual Colonoscopy does not require a colon scope or sedation. Virtual Colonoscopy also takes less time than a conventional Colonoscopy. Another advantage of Virtual Colonoscopy is that other organs can also be screened for abnormalities.

Sometimes conventional Colonoscopy may result in an incomplete exam due to bowel obstructions. There is a slightly greater chance of having a complete exam with a Virtual Colonoscopy. Unlike the conventional exam, the radiologist cannot take tissue samples or remove polyps during a Virtual Colonoscopy. A conventional Colonoscopy may be needed to investigate abnormalities discovered on the exam.



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## What is the preparation for a Virtual Colonoscopy?

This procedure requires oral preparations to clear stool from your colon. An oral contrast medium is also taken the day prior to your scan. After the scan, you can immediately return to your normal routine.

## What does the Virtual Colonoscopy procedure involve?

The procedure will begin by having air introduced into the colon through a small enema tip. This allows distention of the colon to enable the CT scanner to take detailed 3D images. The procedure requires you to lie comfortably on the scanning table first on your back and then on your stomach.

## Is it painful or uncomfortable?

When air is introduced into the colon some patients may experience temporary abdominal cramping or "gas pains."

## How long will I have to wait for the results?

After your exam, a board-certified radiologist will review your CT images. As with other procedures offered at Radiology Regional Center, confidential reports will be generated and mailed to you within three business days. In the event of a positive test, the report will be sent to your referring physician at your request.

## Why should I go to Radiology Regional Center for this exam?

Radiology Regional Center has been providing high-quality diagnostic services in Southwest Florida for over 35 years. The Center is owned and operated by an innovative and devoted group of board-certified radiologists educated at distinguished institutions such as Duke, Harvard and Mount Sinai.

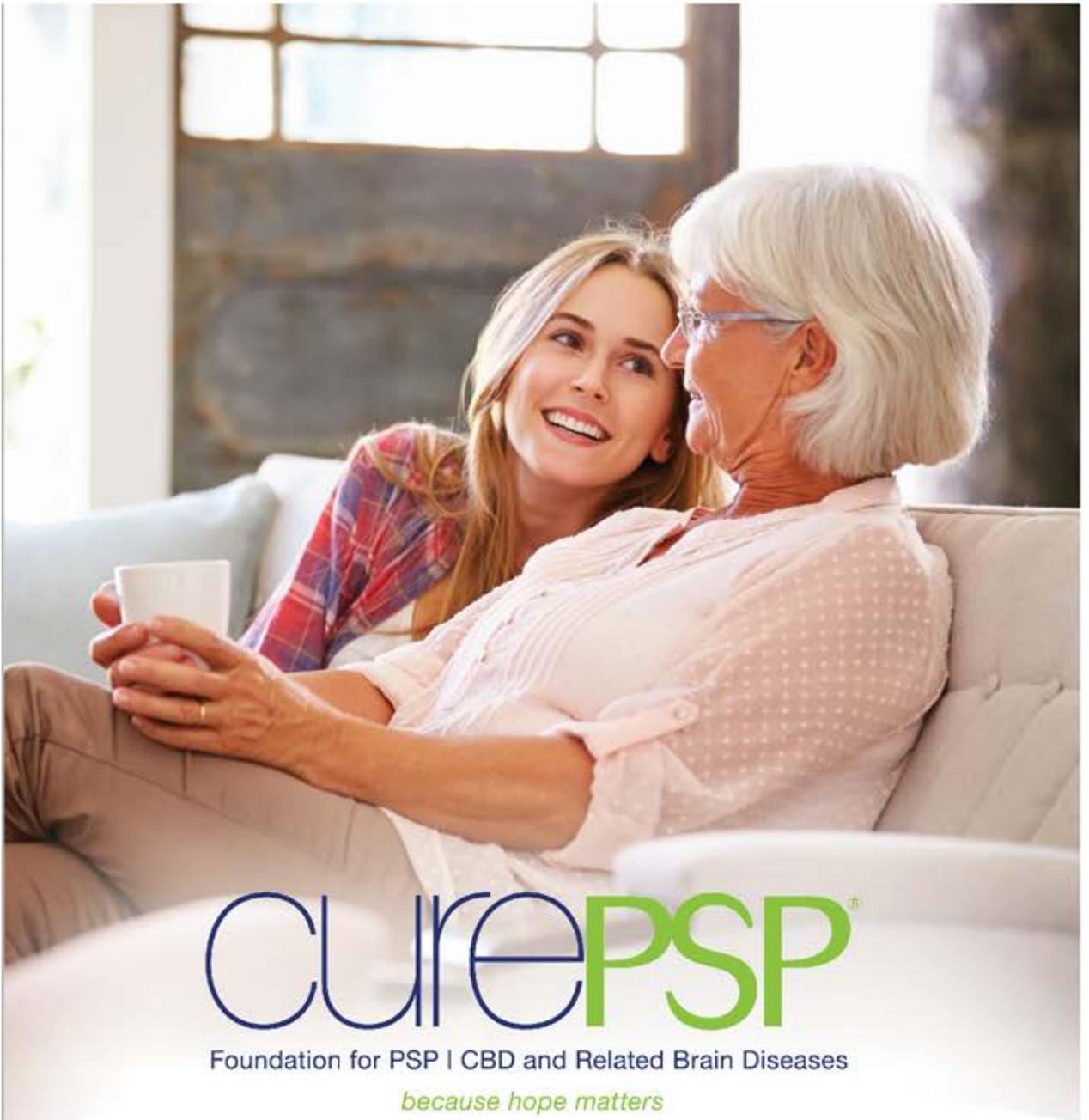
The skills required to interpret virtual studies are different from those required for conventional Colonoscopy. Virtual Colonoscopy requires a radiologist trained in reconstructing and interpreting the images from the CT scanner.

# PSP, Lost in Identity

**P**rogressive supranuclear palsy (PSP) is a rare brain disorder that causes serious and progressive problems with control of gait and balance, along with complex eye movement and thinking problems. PSP and Parkinsons present very similar, but they are quite different. Due to the fact that there isn't a lot of resources out there for PSP or an over abundant of people out there that suffer from PSP it is often mis diagnosed as Parkinson's. One of the classic signs PSP, is an inability to aim the eyes properly, which occurs because of lesions in the area of the brain that coordinates eye movements. Some individuals describe this effect as a blurring. Affected individuals often show alterations of mood and behavior, including depression and apathy as well as progressive mild dementia. Five to six people per 100,000 will develop PSP. Symptoms begin, on average, when an individual is in the early 60's, but may start as early as in the 40's. PSP is slightly more common in men than women, but PSP has no known geographical, occupational or racial preference.

The disorder's long name indicates that the disease begins slowly and continues to get worse (progressive), and causes weakness (palsy) by damaging certain parts of the brain above pea-sized structures called nuclei that control eye movements (supranuclear). Progressive supranuclear palsy (PSP) is a neurodegenerative brain disease that has no known cause, treatment or cure. While this is a tragic disease, there are wonderful organizations out there such as, CurePSP, which serves is a lifeboat for those drowning in despair.

CurePSP funds a lot of genetic research and patient clinical trials in order to help find a cure. In addition to research, they provide a lot of patient education, support groups for both the patient and their caregiver as well as a respite fund for those in need. On March 12th, in Marco Island, marks the twelfth year of the CurePSP Awareness & Memorial Walk around the beautiful lake at Mackle Park on Marco Island, Florida. The walk is from 10:30 am - 1:30 pm, and registration is \$25 for adults, \$10 for students. Participants receive a T-shirt and lunch,



**CurePSP**

Foundation for PSP | CBD and Related Brain Diseases

*because hope matters*

plus can partake in a silent auction and give-aways. Registration can be done online, at [spec@curepsp.org](mailto:spec@curepsp.org). Together we can make a difference and make the community aware of what Progressive supranuclear palsy (PSP) is. It is time that PSP has its own identity. With awareness, comes funding, and funding can be the difference of life and death.



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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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These treatments are a safe and effective way to lose inches of fat without surgery, with no pain, no bruising and no recovery time needed! The treatments help to contour your body, to lose inches and reduce stubborn body fat without having painful plastic surgery procedures! Swan-Lipo™ and Swan-Cavi™ works by painlessly creating a small pore in the wall of the fat cells to start the inch loss process. While the cells remain healthy and alive, the fat is emptied out of the cells through the open pore.

Our bodies then safely and naturally eliminate the fat using the lymphatic system which causes you to lose inches in the waist, buttocks, hips, arms, back and thighs. The treatments are quick and painless, generally taking 45 minutes or less. Unlike other plastic surgery procedures, these treatments allow you to continue your daily activities without any interruption.



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#### 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.

# Benefits Of Exercise And Nutrition

Living a healthy lifestyle is a constant choice.

Consistent exercise and proper nutrition play a vital role in your ability to maintain your overall health and quality of life.

Want to feel better, have more energy and perhaps even live longer? Look no further than exercise and nutrition. The health benefits of regular exercise and diet and physical activity are hard to ignore.

Orangetheory Fitness of Naples offers 60-minute workout sessions split into intervals of cardiovascular and strength training with heart rate monitors to track intensity and maximize metabolic burn. Increase energy, get visible results and burn more calories, even after leaving the studio.

If you pair regular exercise with a well-balanced diet, you will notice immediate changes in mood and energy levels. More importantly, consistently eating well and exercising will improve your health and extend your lifespan. The guidelines are relatively simple, engage in aerobic exercise and two full-body strength training sessions each week and eat a nutritionally diverse diet, low in fat and sodium, but high in fiber.

Nutrition and exercise play a major role in keeping your bones and muscles healthy. Because the bones and muscles work together, the nutrients you consume and activities you participate in often affect both systems simultaneously.

The human body is a complex machine capable of some truly amazing things. Every movement you make is made possible by the processes happening right now in your body. Your lungs are bringing in oxygen, your heart is pumping blood through your veins, and neurons are firing in your brain. These things happen all the time, and we barely notice them, so it's easy to take our bodies for granted.

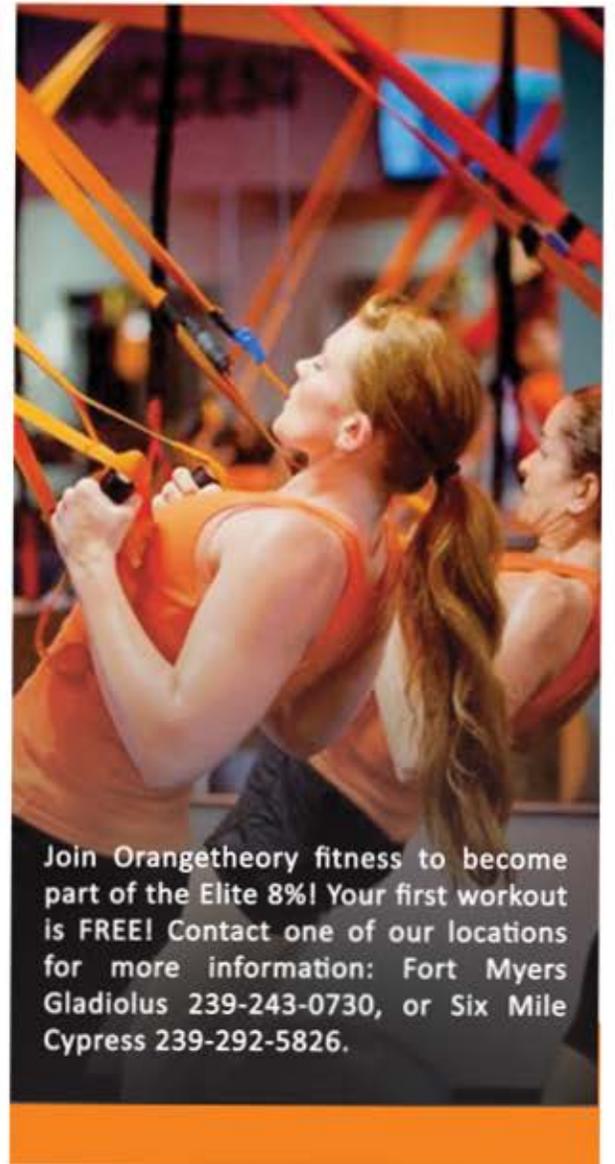
If we want them to keep working properly, though, it's important to take care of them. We take care of our bodies by keeping them active and giving them the right kinds of fuel. In order to keep our bodies active, we exercise. We give our bodies the right kinds of fuel by eating healthy foods like fruits and vegetables.

Proper nutrition is important for people of all ages. When we eat healthy, nutritious foods, we are giving our bodies the energy they need to perform and grow. Healthy foods provide our bodies with the

nutrients they need, like carbohydrates, proteins, fats, vitamins, and minerals. When we eat balanced diets that include plenty of fruits, vegetables, and whole grains, it's ok if we occasionally have an unhealthy snack. If we eat too many unhealthy foods that are high in sugar and fat, however, we could end up harming our bodies.

Unhealthy diets can lead to a number of serious health problems, like obesity, heart disease, and diabetes. Proper nutrition, on the other hand, will keep our bodies in great shape!

When it comes to taking care of our bodies, getting exercise is just as important as eating healthy foods. Physical exercise strengthens our muscles and our hearts and can help our bodies fend off disease and illness. There are all kinds of ways we can stay active and work physical exercise into our daily lives.



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# BOTOX® for Overactive Bladder

## Frustrated with your Overactive Bladder (OAB) medication not working?

## Do the side effects pose more health risks than benefits?

By Joseph Gauta, MD, FACOG

**W**hen you have Overactive Bladder, you learn to settle. To settle not only for the constant bathroom trips, but also for treatments that haven't worked as well as you'd like or left you with unpleasant side effects.

There's another approach. BOTOX® is approved to treat Overactive Bladder symptoms, such as a strong need to urinate with leakage, urgency and frequency in adults when another type of medication (anticholinergic) does not work well enough or cannot be taken. Even people with electrical stimulation treatments or devices can add Botox to their regimen if their current treatments are not working well enough.

**A different type of treatment for OAB**  
BOTOX® that takes another approach to targeting the source of your OAB: the bladder muscle itself. And now just might be the right time to ask your doctor about how BOTOX® treatment may help you with your OAB symptoms.

**How does BOTOX® work?**  
BOTOX® works on the nerves and bladder muscle, blocking the signals that trigger OAB. In your body, certain chemicals travel from nerve cells to muscle cells to make your bladder contract so that you can urinate. With OAB, these muscles contract uncontrollably and you frequently feel like you have to empty your bladder.

BOTOX® treatment works by calming the nerves that trigger the Overactive Bladder muscle, helping to:

- Reduce daily leakage episodes
- Treat the strong need to urinate right away
- Reduce the number of times that you need to empty your bladder daily

**Proven results**  
In two 24-week clinical trials, patients who received BOTOX® (vs. those who did not) reported a significant reduction in the number of their daily leakage episodes at week 12.



If you're still not sure if you should talk to your urogynecologist about BOTOX®, ask yourself this question:

**Have you tried taking medications to manage your OAB and stopped because:**

- The side effects were intolerable?
- Or you still experienced urgency, frequency, or leakage?

If this sounds familiar, you are not alone. You're in the majority of people with your condition who are frustrated with their current treatment. In one study of 1117 patients, 73.5% reported that they stopped taking their OAB therapy within 1 year. According to two separate surveys, the top reasons that OAB patients discontinued anticholinergics were due to side effects and/or lack of results.

Ask a urogynecology specialist if BOTOX® could be right for you.

Do you suffer from OAB, or other bladder, bowel, or pelvic disorders? Incontinence often negatively impacts daily living. The good news is that virtually all types of incontinence are treatable. The Florida Bladder Institute's expert team is dedicated to helping you achieve the highest level of health and quality of life.

The clinical staff of the Florida Bladder Institute is well-versed and experienced in using a variety of techniques including medication, rehabilitation, minimally invasive surgical intervention and lifestyle education to improve your overall health and help you regain control and reclaim your freedom. For more information on BOTOX® and other treatment options, call 239-449-7979 today!

**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.



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# Can Weather Affect My Pain?

By Matt Fehniger, PT Outpatient Coordinator, Life Care Center of Estero

**R**ecently, it seems we have had a weather front coming through Southwest Florida every other week. For some of our patients, this causes their pain levels to change rapidly and drastically. Does the weather really have anything to do with changes in pain levels?

While there is not widespread agreement among scientists about the relationship between changing weather and pain, there are some theories about the potential relationship. A significant drop in barometric pressure is the leading theory on this topic. Although many people say that their pain worsens with damp, rainy weather, research has shown that it's not the cold, wind, rain, or snow. More likely, the drop in barometric pressure associated with bad weather is the cause for increased pain.

Barometric pressure refers to the weight applied to your body by the atmosphere. Imagine the capsules surrounding the joints are similar to a balloon. High barometric pressure, typically associated with good weather, regardless of the temperature, pushes against the body from the outside keeping these tissues from expanding. When a front comes through and the barometric pressure drops, the pressure applied to the "balloon" is less, allowing the tissues to expand. Research has come to mixed conclusions. There are some people who say that the barometric pressure does not affect their pain. While this remains just a theory, barometric pressure seems a likely explanation because barometric pressure does affect our bodies. Some patients have thought that moving to a place with a warmer climate will help their pain levels. However, as mammals, humans adjust to their environment, and this means that the body would adjust to the climate after living there for some time. Here are some tips for dealing with fluctuating pain levels during weather changes:



**1. Stay warm:** Dress in layers. Keep your house warm. Warm up the car before you have to get in it for work or errands. Sleep under an electric blanket.

**2. Try to prevent swelling:** If you have joint pain in your hands, try wearing spandex gloves at night to keep swelling out of the joints. Wear compression stockings for joint pain in your legs.

**3. Keep moving:** before going out into the elements, try moving around the house.

**4. Remember the pain is temporary:** when inclement weather approaches, the barometric pressure drops are only temporary. The body will adjust to the barometric pressure changes.

*Here at LifeCare Center of Estero, we offer skilled outpatient therapeutic intervention with Physical, Occupational, and Speech therapies and a variety of modalities and cutting edge technologies like the Alter G anti-gravity treadmill. For more information please call the outpatient Center at LifeCare Center of Estero at 239-495-4046.*

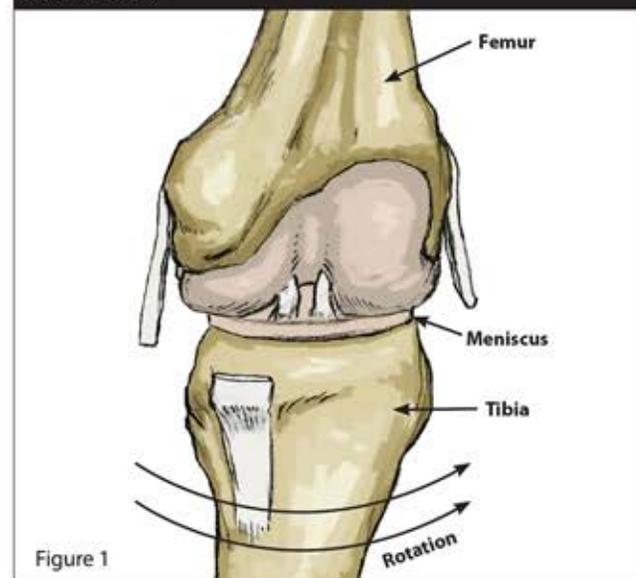
# IS YOUR KNEE JOINT LIKE A LOOSE HINGE?

## Repair Options using Regenerative Injection Therapy

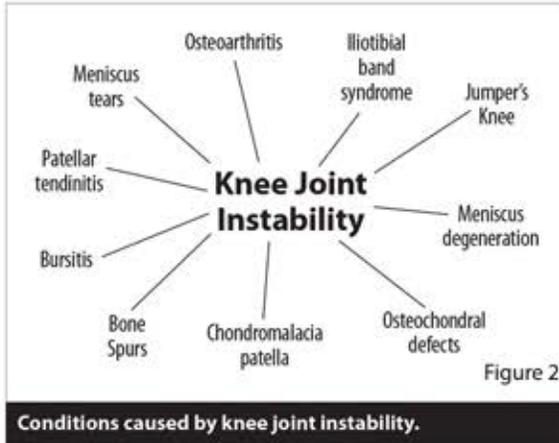
By Debra K. Brinker, RN

**M**ost of us walk and go about our daily activities without much thought to the structure and stability of our knees, until they begin to hurt or we sustain an injury from a fall or while playing sports. Injuries to the ligaments of the knee are quite common. How often do we hear of athletes missing their entire season due to injuries such as an anterior cruciate ligament (ACL) tear? The concern is greater than just the ACL tear because any change in the structures of the knee, including the muscles, tendons, ligaments, menisci, cartilage and bone, will set the knee joint up for further instability and injury. (See Figure 1.) Secondary injury can occur over time as the instability of the knee joint puts too much pressure on additional structures. Some of the conditions which may arise due to instability of the knee joint include patellar tendonitis, meniscal tears, runner's knee, patellofemoral pain syndrome, chondromalacia patella, and osteoarthritis. (See Figure 2.)

**Anterior view of the knee.** Most injuries occur in the knee when the tibia rotates excessively compared to the femur. One can easily see that even a small ligament injury causing knee rotational instability would lead to meniscus tears and degeneration.



**To understand our joints, think of cabinet doors**  
Cabinet doors are similar to two adjacent bones. In order for the doors to glide properly, and not hit each other in the middle, the hinges must be secured. If a screw in one hinge becomes loose, it will eventually effect the other screw and the hinge loosens. This allows the door to swing too far out, wobble, and hit the other cabinet door. It will also put additional pressure on the other hinges, eventually causing them to loosen as well. All the while, the doors are hitting, wearing away at the finish or warping the wood at the site of contact.



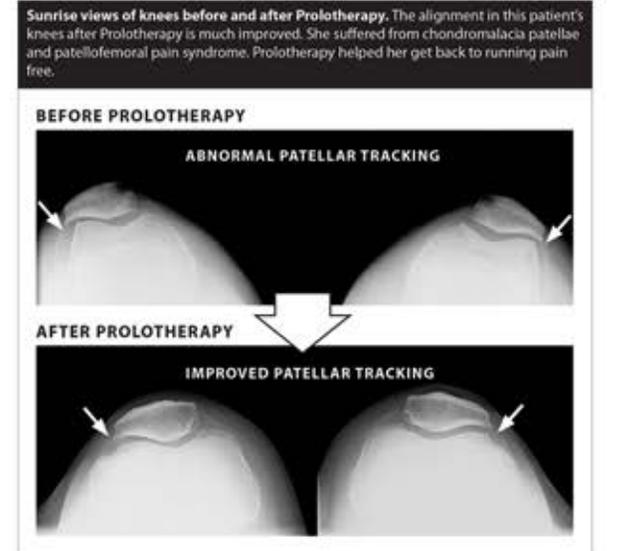
**Conditions caused by knee joint instability.**

When it comes to our joints, the ligaments are like the screws that hold the hinge in place. Ligaments play a crucial role in the stability of the knee, yet are particularly vulnerable when the loads placed on them exceed their allowed elasticity, which then results in overstretching and a destabilized joint. This excessive bone movement, just like with a wobbly cabinet door, puts added pressure on the surrounding structures. The body tries to protect the joint by swelling it, overgrowing bone (spurs), or by the over-engagement of the surrounding muscles, causing spasms/tightness.

### Treatment for joint pain must address the loose ligaments

Continuing with the hinge analogy, injured ligaments do not heal well on their own, just like a screw is not going to tighten itself. To fix the wobbly cabinet door, the best option is to tighten the loose screw with a screwdriver. Therefore, a treatment for effective long term results must act as a screwdriver. However, most conservative treatments such as corticosteroid and hyaluronic acid injections or NSAIDs focus only on short-term relief of symptoms. Corticosteroids and NSAIDs have both been linked to the acceleration of the arthritic process, among other deleterious side effects, and hyaluronic acid has not been shown to result in benefit.<sup>1</sup> When these treatments fail to resolve the pain, symptoms and progression of the disease process, surgery is often the next step. Although surgical intervention may be needed in some cases, surgical arthroscopy for osteoarthritis has been shown to lack benefit,<sup>2</sup> even when compared to exercise and other non-operative treatments.<sup>3</sup> Arthroscopic partial meniscectomy for meniscal injuries has also been questioned in studies due to lack of efficacy<sup>4</sup> and a strong association with acceleration of the arthritic process.<sup>5</sup> In the example of the hinge, these treatments would be like oiling the hinge, sanding the door, or replacing the door. These would not be ideal home improvement choices, when a simple screwdriver is needed.

The treatment that best relates as a screwdriver for a loose hinge is Prolotherapy, a regenerative injection treatment that targets the ligaments and soft tissues. It promotes the long term repair of the connective tissues, allowing the joints to glide properly and therefore relieving pain and the long term effects of joint instability. (See Figure 3.)



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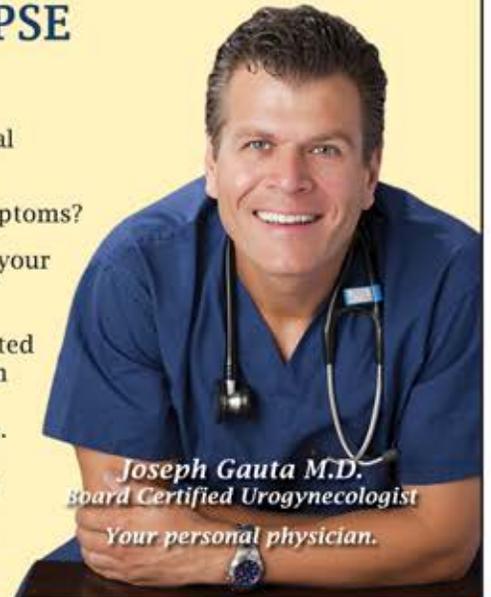
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- Do you have pelvic pressure symptoms?
- Do you have difficulty emptying your bowels or bladder?

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



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# 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.

# MonaLisa Touch Therapy for Vaginal Dryness and Pain

**A**s women age and approach the menopause years in their late 40's and early 50's, estrogen levels rapidly decline. The result is a long list of changes that may affect women's overall health and quality of life. These may include painful vulvar and vaginal dryness with intercourse, urinary frequency and incontinence, and relaxation of the vaginal walls. For decades, the treatments for these conditions tended to center around hormone replacement therapy with various forms of estrogen. However, many women fail to respond to estrogen, are reluctant to use any form of estrogen due to potential risks, or may be prohibited from using estrogen as instructed by their physicians. There were few if any other effective options for these women . . . until now.

MonaLisa Touch is an innovative laser procedure, designed and produced by DEKA (Italy), that delivers fractional CO2 laser energy to the vaginal wall tissue. This is the same type of laser technology used in many facial "rejuvenation procedures" performed by dermatologists and plastic surgeons, so it has already been studied extensively and deemed safe for sensitive parts of the body. The Mona Lisa Touch procedure offers significant advantages over current treatment options as it addresses the issues that cause vaginal dryness and pain, rather than simply working on the symptoms.

**The Science:** How Does It Work? The MonaLisa Touch laser stimulates fibroblast cells in the vaginal tissue to promote a natural regeneration process, mainly by increasing the formation of collagen and other important "building block" molecules, and by restoring the premenopausal blood supply. In as little as 30 days after treatment there is formation of new tissue in the vaginal walls and the protective mucosa recovers volume, hydration and elasticity. The MonaLisa Touch creates longer-lasting relief than current treatments and offers a safe and a life-changing option for patient groups who were previously not suitable for existing treatments.

**Who Is It For?** Any woman suffering from painful vaginal dryness and it's associated symptoms – women who have had their ovaries removed, menopausal women, breast cancer survivors and all other women who are prohibited from using estrogen products



If you want to regain the harmony of your womanhood, do not hesitate contact MonaLisa Touch Naples.

**Is it Safe?** It is FDA approved, and has been proven clinically effective and safe in numerous studies by leading researchers in the United States and around the world.

**What Should I Expect on the Day of My Appointment?** The MonaLisa Touch procedure is performed in an office environment without the need for anesthesia and with virtually no pain or side effects. It is quick (it takes approximately 5 minutes), resulting in virtually no down time. It is able to yield noticeable results after the first treatment (3 treatments are recommended). Most patients are able to return to their daily routines immediately.

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**Max L. Kamerman, MD, FACOG**

Dr. Kamerman has been practicing Obstetrics and Gynecology in Naples since July, 2003. Dr. Kamerman is originally from Miami, FL, and relocated to Naples upon completing his specialty training at The George Washington University Medical Center in Washington, DC.

His areas of interest include high risk obstetrics, basic infertility, and advanced pelvic surgery for women.

Dr. Kamerman enjoys saltwater sportfishing, boating, and travel.

- Bachelor of Arts Duke University, Durham, NC (1993)
- Doctor of Medicine Ponce School of Medicine, Ponce, PR (1999)
- Internship The George Washington University Medical Center, Washington, DC (1999-2000)
- Residency The George Washington University Medical Center, Washington, DC (2000-2003)
- Active State Licensure Florida
- Active Staff Member Naples Community Hospital and North Collier Hospital
- Board Certified American Board of Obstetrics and Gynecology (2005)



**Karysse J. Trandem, D.O., FACOG**

Dr. Trandem has been practicing Obstetrics and Gynecology since July 2012. Dr. Trandem is originally from Minneapolis, MN and relocated to Naples after practicing for 2 years in Grand Rapids, MN. Her areas of interest include abnormal vaginal bleeding,

minimally-invasive surgery, advanced pelvic surgery, pregnancy, and pelvic organ prolapse. Outside of the office and operating room, Dr. Trandem loves to participate in medical missions and research around the world, the performing arts, and any beach or church activity!

- Bachelor of Science, Bethel University, St. Paul, MN (2001)
- Doctor of Osteopathic Medicine, Kirksville College of Osteopathic Medicine, A.T. Still University, Kirksville, MO (2008)
- Internship, University of Minnesota, St. Paul, MN (2008-2009)
- Residency, University of Minnesota, St. Paul, MN (2008-2012)
- Active State Licensure, Florida and Minnesota
- Active Staff Member, Naples Community Hospital, North Collier Hospital
- Board Certified, American Osteopathic Board of Obstetrics & Gynecology (2012)

# 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.

### TREATMENT OPTIONS

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

### SCREENING FOR OSA AT THE DENTIST OFFICE

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

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

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



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By Yollo Wellness

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## How it works

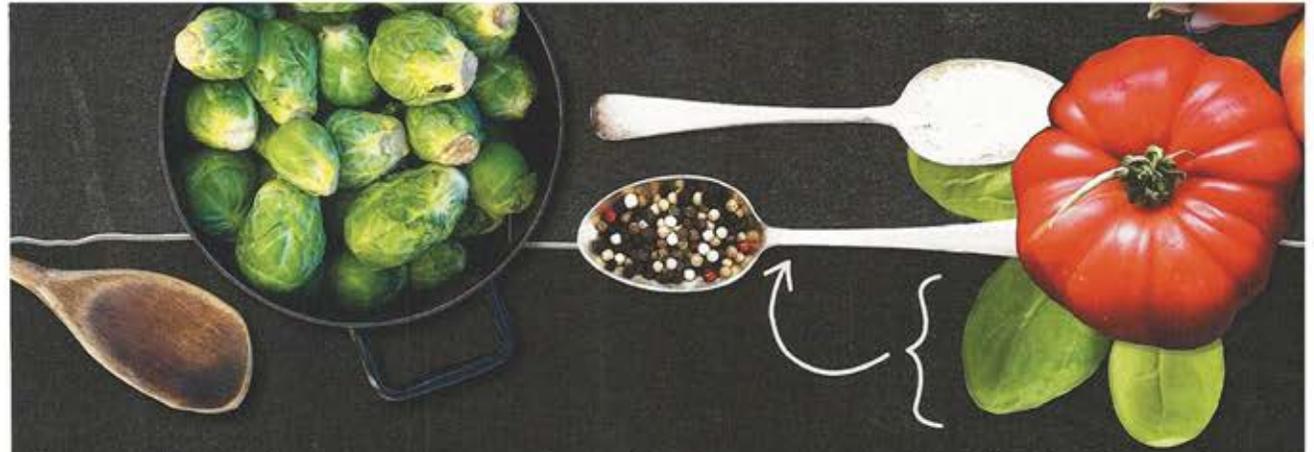
A small sample of your blood is sent to the laboratory overnight. Upon receiving the sample, the blood goes through a multi-step quality assurance process. During testing, your white blood cells are tested against foods and other substances in a process known as flow cytometry and cell impedance methodology. After testing, the results are presented in a clear and easy to read color-coded format.

## The power of knowing

There is a new paradigm in health and medicine - personalization. Health can be improved and maintained by knowing how food plays a role in your body.

The Alcat Test enables you to take advantage of leading technology to create a personalized nutrition plan resulting in benefits that can be seen and felt.

The results from the Alcat Test can help determine which foods and other substances may trigger unwanted inflammation. The personalized nutrition plan based on your immune response can assist with food choices that are better for your health and well-being. When complying with the Alcat Test results, many clinical symptoms associated with food sensitivity may be substantially improved or possibly prevented altogether



## Healing with Nutrition CLASS

### Menu

ALL INCLUSIVE	\$1,199.
CLASS 1	Consult, LBC, Lab work, payment due
CLASS 2	Review results, food plan, (10 days after class 1)
CLASS 3	LBC, enzymes, probiotic, other results (7 days after class 2)
CLASS 4	Eating out, shopping, cooking, entertain (14 days after class 3)
CLASS 5	LBC, Calories, carbs, protein, fats (21 days after class 4)
CLASS 6	Vitamins, minerals, amino acids (21 days after class 5)
CLASS 7	LBC, Incorporating Yellow Column (21 days after class 6)

Out of State or town program available. We will drop ship a kit, phlebotomist, all materials and books to you. Consults will take place via phone. Traveling and can't make a class, call instead.

## Healing with Nutrition CLASS

### Your Customized Plan Includes:

- \* Lab Fees for in office. (Phlebotomist to your home is additional \$50.00)
  - \* Books, print outs, materials, DVD
  - \* Lab results
  - \* 4 day Food Rotation Meal Plan good for 7-12 months
  - \* Guide Book
  - \* Wallet Size Results Card
  - \* 7 Scheduled Consultations
  - \* Unlimited Consultations (at no extra charge)
  - \* Live Blood Cell Analysis
  - \* Foods to Avoid based on your specific needs list, diet modifications
  - \* Helpful Grocery/Restaurant Tips
  - \* Where and How to shop - label reading ingredients
  - \* How to calculate protein, carbs, fats to fit your lifestyle
  - \* Food Groupings
  - \* Vitamins, amino acids & minerals from our food or supplements
- Valued at \$1,949.00 (Savings \$750.00)

### What is the "difference"

What makes us different from "other" providers of the Alcat test is what we do with your results. We provide you with unlimited consultations which breaks down your results so you understand each item you were tested for such as a certain mold or chemical and every place it can be found in your lifestyle and how to eliminate it. You also get extra education materials and LBC to analyze your blood for yeast, fungus, parasites, bacteria, acid and more. We teach you a life style change that will keep you healthy and keep your results.

If you are only interested in the classes and not the blood work, there is a reduced cost to the nutritional plan specified to the foods you like to eat. 5 consults for \$250.00.

In Office Hyperbaric, in home rentals and sales of Vitaeris 320.

## Out and about in the Community:

Live Cell Analysis at Apothicare360 on Daniels (call them for details 239-690-7700)

### March 31st: Pelican Preserve - Healing with Ginger and Turmeric Specials:

- 5 Day Kick Start Program- 3 Hyperbaric Sessions, 2 Live Cell Analysis, Bottle of Enzymes, Bottle of Probiotic, Consult \$ 399.00 (savings of \$84.00)
- 14 day Cleanse Program- 5 Hyperbaric Sessions, 4 Live Cell Analysis, Bottle Enzymes, Bottle of Probiotic, Parafungal Cleanse, 4 day Food Plan rotation, Initial Consult, 2 Nutritional Consults \$950.00 (savings of \$163.00)
- 30 Day Take Back My Health Program 20 Hyperbaric Sessions, 4 Live Cell Analysis, Micronutrient Testing, ALCAT 357 Agents of Food & Environmental Agents, Testing, Full Body DITI, 8 Consults \$2,500.00 (savings of \$890.00)
- Healing with Nutrition All Inclusive Package \$1,199.00 (savings of \$750.00)
- Healing with Nutrition Classes only with individualized meal plan \$250.00

Ready for a business opportunity?

<https://wendywakaya.mywakayprelaunch.com/>

March 10, 17, 24, 31st | 6:00 pm

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Must RSVP to attend.



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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) 768-6396** to schedule a no-cost, no-obligation consultation today!

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

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

## What are Hyalgan Injections?

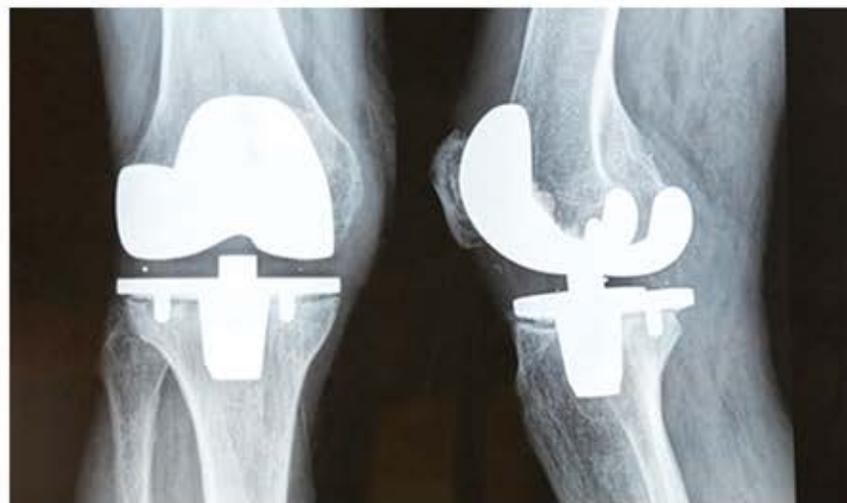
Hyalgan injections treat knee osteoarthritis. Hyaluronic Acid (Hyalgan) is a natural substance extracted from rooster combs and purified to mimic the lubricating substances that occur naturally in the joint called synovial fluid. When Hyalgan is injected into the knee, it provides replacement for diseased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

## What's the process?

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

## When will I feel results?

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



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

## Will my insurance cover this treatment?

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

## What are other people saying about it?

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

## So what are you waiting for?

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



239-768-6396 | [www.PhysiciansRehabilitation.com](http://www.PhysiciansRehabilitation.com)

# Relieve Stress Naturally with Massage Therapy

**W**ith stress and anxiety on the rise in modern society, especially during the busy holiday season, there has been a discernible shift away from visiting traditional doctors, and exploring more complementary treatments and therapies. Natural treatments are increasingly being sought out as alternatives to conventional medicine and surgery, and are valued for their non-invasive nature and lack of side effects.

## What is Stress and Anxiety?

Stress is a response to a perceived threat or emergency by the body, and is generally a healthy reaction that prepares us for any eventuality. When we begin to react to everyday events as such, the body is constantly producing the hormones that trigger our defense mechanisms.

If left unchecked this scenario can have significant health implications – specifically heart disease, suppression of the immune system, hypertension and even diabetes. Symptoms include poor sleep patterns, irritability, poor concentration and low energy levels.

Anxiety is a condition closely related to stress, and is best described as irrational fear or apprehension. This is often in relation to everyday events or scenarios that do not affect most other people. Symptoms include excessive sweating, panic attacks and various phobias.

Natural treatments are gaining popularity for stress and anxiety relief. A wide range of natural treatments and remedies are on offer, from physical options like massage, which utilize manipulation of tissues and muscles; to more psychological treatments like meditation and hypnotherapy that emphasize the mental aspects.

## Massage Therapy Relieves Stress

Massage is perhaps one of the more widespread natural treatments available, with a range of techniques and styles to choose from. Stress relief is one of the first benefits that come to mind when thinking of massage therapy. It's also a key component for anyone trying to achieve a healthier lifestyle. Clinical studies show that even a single 1 ½ -hour session can significantly lower heart rate, cortisol levels and insulin levels—all of which help reduce stress through massage therapy.

Taking care of your body should be at the top of your priorities. By adding therapeutic massage to your routine now, you'll feel, look and simply be healthier far into the future. In fact, stress relief alone can improve your vitality and state of mind. So what better way to prep for a long, happy life than a relaxing, therapeutic massage?

If you're looking to add stress-relieving massage to your wellness program, know that a massage can be a powerful ally when combating daily pressures and anxiety. In addition to stress relief, ongoing massage therapy can reduce pain, increase energy levels and improve overall physical and mental performance.

Experts estimate that upwards of ninety percent of disease is stress-related. And perhaps nothing ages us faster, internally and externally, than high stress. Massage is an effective tool for managing stress, which translates into:

- Decreased anxiety.
- Enhanced sleep quality.
- Greater energy.
- Improved concentration.
- Increased circulation.
- Reduced fatigue.

Massage can also help specifically address a number of health issues including but not limited to:

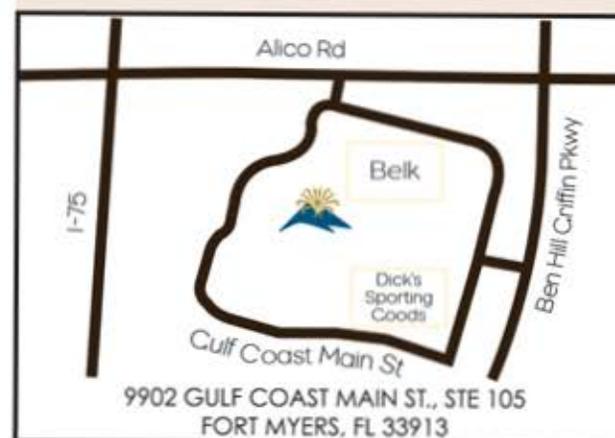
- Alleviate low-back pain and improve range of motion.
- Assist with shorter, easier labor for expectant mothers and shorten maternity hospital stays.
- Ease medication dependence.
- Enhance immunity by stimulating lymph flow—the body's natural defense system.
- Increase joint flexibility.
- Promote tissue regeneration, reducing scar tissue and stretch marks.
- Pump oxygen and nutrients into tissues and vital organs, improving circulation.
- Reduce postsurgery adhesions and swelling.
- Release endorphins—amino acids that work as the body's natural painkiller.
- Relieve migraine pain.

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# TOTAL EYE CARE... for a Lifetime of Better Vision

By Jonathan M. Frantz, MD, FACS, Medical Director, Frantz EyeCare

**M**any of my patients have told me that they are so excited that they found an eye care practice that offers them true Total Eye Care. Previously they had spent several days going to different doctors' offices for the various treatments they needed – one office to get their glasses or contacts from their primary eye care doctor, then another office for treatment from a glaucoma specialist, a third office to check on their diabetic eye disease or macular degeneration, and yet another day spent at a facial cosmetic surgeon's office for eyelid surgery.

At Frantz EyeCare, we believe that a multidisciplinary approach to eye care provides you with a higher quality of care that is more convenient and cost efficient for you.

I have the privilege of heading up an incredible team of multidisciplinary, fellowship-trained specialists to better meet your eye care needs. I am a fellowship trained eye surgeon specializing in Bladeless Laser Cataract Surgery and am one of the top 5 Bladeless Laser Cataract surgeons in the country. I am also listed in *Best Doctors in America* and *The Guide to America's Top Ophthalmologists*.

Let me introduce you to our six other ophthalmologists who make up our subspecialty team at Frantz EyeCare.

Dr. Jeffrey Robin joined our practice with excellent academic and clinical credentials. He was selected by Trusted LASIK Surgeons as one of our country's top 1% of LASIK surgeons having performed over 65,000 laser vision correction procedures. He has also been honored for several years as one of the Best Doctors in America and was Past President of the International Society of Refractive Surgeons. In addition to his expertise in laser vision correction, Dr. Robin heads up our Dry Eye Center of Excellence team who work directly with you to determine the cause of your dry eye and then plan the best course of treatment.

Dr. George Corrent came to us from the faculty of the Bascom Palmer Eye Institute. He has an MD and PhD, and received Fellowship training in Cornea and External Eye Diseases at Bascom Palmer. He specializes in the treatment and diagnosis of corneal diseases, infections of the eye and cataracts, and can treat a broad range of ocular conditions. Dr. Corrent has been named to the Castle Connolly Top Doctors list in Florida since 1996.

Dr. Shawn Khan joined us from the faculty of the University of Michigan, after completing a Glaucoma Fellowship at the world-renowned Wills Eye Hospital in Philadelphia. He has over a decade of experience in advanced medical, laser and surgical management of glaucoma. He also has a Masters in Business Administration from the University of Michigan.

Dr. Robert Sherman is a Medical Retina specialist who focuses on treating people with macular degeneration, diabetic eye disease and other diseases of the retina and vitreous. He completed a Retina Fellowship at New York Medical College.

Dr. Oren Plous is a Medical and Surgical Retina specialist who focuses on the medical and surgical treatment of macular degeneration and diabetic eye disease, as well as diseases of the vitreous, retinal tears, simple and complex retinal detachments, and many other retinal problems. He completed a Fellowship in Vitreoretinal Medicine and Surgery at the University of Kentucky.

Dr. William Ehrlich attended the University of Michigan Medical School and completed two Fellowships in Orbital Diseases & Oculoplastic Surgery at the Albany Medical Center in New York and Moorfields Eye Hospital in London, England. He has extensive training and experience with eyelid and facial cosmetic surgery, dermal fillers and injectables true tumescent liposuction, fat grafting, natural breast augmentation and laser skin resurfacing.

Our Primary Eye Care doctors include Board Certified Optometrists Dr. Joe Legeic, Dr. Kim Feder, Dr. Sandler Burkley, Dr. Emilio Martinez, Dr. Thy Nguyen, Dr. Roger Paez, and Dr. Dan Jefferies. These doctors are experts at routine eye exams, eyeglass and contact lens measurements and prescriptions, and post-operative care of our patients.

Surgeries are performed at our on-site, state-of-the-art Suncoast Surgery Center at our main office in Fort Myers.

For the convenience of our patients, our specialists work at one or more of our five locations throughout southwest Florida. Because we all share an Electronic Health Records system, once you complete your paperwork at our office and you're in our system, all of your exam and surgery information becomes part of your record and is readily available to whichever doctor you see at any location.

To schedule an appointment online, visit [www.bettervision.net](http://www.bettervision.net) or call the Fort Myers office of Frantz EyeCare at 239-418-0999.

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

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[www.BetterVision.net](http://www.BetterVision.net)

# 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.

Remain in your home while retaining your freedom. Plan ahead! Contact our location nearest you to schedule an estimate today, so that you may enjoy your bathroom tomorrow. Collier and Lee County (239) 418-0011.

## AGING IN PLACE

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# The Personal Impact of Untreated Hearing Loss

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

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

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

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



John and Patricia Hoglund  
LHAS, BC-HIS, ACA

But the fact is that with modern advances in technology, there are solutions for many. In fact, 90 to 95 percent of people with hearing loss can be helped with hearing aids—and their quality of life significantly improved. "When I think of all of the advancements I've seen over the last few years in the quality and flexibility of today's Advanced Digital Hearing

Instruments", says **John Hoglund BC-HIS,ACA of Hoglund Family Hearing and Audiology Center**, "I feel that there is NO REASON for anyone to feel concerned about our ability to help them!" "If you have the desire to improve the quality of your family communication and overall quality of life...there has never been better help available for you!"

## Common Signs and Symptoms

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

### *Socially, individuals with hearing loss may:*

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

### *Emotionally, individuals with hearing loss may:*

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

### *Medically, individuals with hearing loss may:*

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

### *Eye-Opening Facts about Hearing Loss*

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

- People with untreated hearing loss are more likely to report depression, anxiety, and paranoia and less likely to participate in organized activities, compared to those who wear hearing aids, according to a survey by the National Council on the Aging (NCOA) of 2,300 hearing-impaired adults, age 50 or older.
- **Untreated Hearing Loss can make people up to FIVE TIMES more likely to develop Dementia and Alzheimer's disease!**
- Nine out of ten hearing aid users report improvements in their quality of life, according to a survey by the Better Hearing Institute of more than 2,300 consumers.

## Seeking Help

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

## Complimentary Hearing Evaluations and Consultations

Hoglund Family Hearing And Audiology Services would like to give you a chance to find out how you are hearing at this point in time. Please go to the offices in Collier and Lee Counties listed below to receive a **FREE HEARING TEST**. You will receive a copy of this Baseline Audiogram for your personal medical records. All it will cost is a little of your time,... but the knowledge you receive may be priceless! **PLEASE BRING A FAMILIAR VOICE FOR SPEECH TESTING!**

**HOGLUND FAMILY HEARING AND AUDIOLOGY CENTER**  
88 Pine Island Road, Suite 3 (Inside Tucker Vision Center)  
**North Fort Myers, FL 33903**  
**(239) 652-4327**

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

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

# Healthy Eating Solutions for Everyday Life!

**E**verything you eat and drink matters. Find your healthy eating style and maintain it for a lifetime. Start with small changes to make healthier choices you can enjoy. The right mix can help you be healthier now and into the future.

To build your own healthy eating style, follow the MyPlate building blocks. Each one has starter tips to inspire you to create your own solutions — “MyWins.” The key is choosing a variety of foods and beverages from each food group — and making sure that each choice is limited in sodium, saturated fat, and added sugars.

### Make half your plate fruits and vegetables: Focus on whole fruits

- Choose whole fruits — fresh, frozen, dried, or canned in 100% juice.
- Enjoy fruit with meals, as snacks, or for a dessert.

### Make half your plate fruits and vegetables: Vary your veggies

- Try adding fresh, frozen, or canned vegetables to salads, side dishes, and recipes.
- Choose a variety of colorful veggies prepared in healthful ways: steamed, sautéed, roasted, or raw.

### Make half your grains whole grains

- Look for whole grains listed first or second on the ingredients list — try oatmeal, popcorn, whole-grain bread, and brown rice.
- Limit grain desserts and snacks, such as cakes, cookies, and pastries.

### Fruits: Focus on fruits.

- Eat a variety of fruit.
- Choose fresh, frozen, canned or dried fruit.
- Go easy on fruit juices.

### Vegetables: Vary your veggies.

- Eat more green dark veggies.
- Eat more orange veggies.
- Eat more dry beans and peas.

### Physical Activity Find your balance between food & physical activity.

- Be physically active for 30 minutes most days of the week.
- Children and teenagers should be physically active for 60 minutes everyday or most days of the week.

For more information, visit <http://www.choosemyplate.gov>.

### Vary your protein routine

- Mix up your protein foods to include a variety — seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry.
- Try main dishes made with beans and seafood, like tuna salad or bean chili.

### Move to low-fat or fat-free milk or yogurt

- Choose fat-free milk, yogurt, and soy beverages (soy milk) to cut back on your saturated fat.
- Replace sour cream, cream, and regular cheese in recipes and dishes with low-fat yogurt, milk, and cheese.

## ChooseMyPlate



### Milk: Get your calcium-rich foods.

- Go low-fat or fat-free
- If you don't or can't consume milk, choose lactose-free products or other calcium sources.

### Grains: Make at least half your grains whole.

- Eat at least 3 ounces of whole grain bread, cereal, rice, or pasta everyday.
- Look for the word “whole” before the grain name on the list of ingredients.

### Meats & Beans Go lean on protein.

- Choose low-fat or lean meats and poultry.
- Bake it, broil it or grill it.
- Vary your choices with more fish, beans, peas, nuts, and seeds.

### Oils: Know your fats.

- Make most of your fat sources from fish, nuts and vegetable oils.
- Limit solid fats like butter, stick margarine, shortening, and lard.

### Drink and eat less sodium, saturated fat, and added sugars

- Use the Nutrition Facts label and ingredients list to compare foods and drinks. Limit items high in sodium, saturated fat, and added sugars.
- Use vegetable oils instead of butter and choose oil-based sauces and dips instead of those with butter, cream, or cheese.
- Drink water instead of sugary drinks.

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The perception of sound in the ears or head where no external source is present. Some call it “ringing”, or a “buzz” or “head noise”. For many people it is disruptive and annoying.

### Treatment is available!

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# NUTRITION TIPS FOR A HEALTHY HEART

**A** healthy diet and lifestyle are your best weapons to fight cardiovascular disease. It's not as hard as you may think! Remember, it's the overall pattern of your choices that counts. Make the simple steps below part of your life for long-term benefits to your health and your heart.

*Use up at least as many calories as you take in.*

- Start by knowing how many calories you should be eating and drinking to maintain your weight. Nutrition and calorie information on food labels is typically based on a 2,000 calorie diet. You may need fewer or more calories depending on several factors including age, gender, and level of physical activity.

- If you are trying not to gain weight, don't eat more calories than you know you can burn up every day.

- Increase the amount and intensity of your physical activity to match the number of calories you take in.

- Aim for at least 150 minutes of moderate physical activity or 75 minutes of vigorous physical activity – or an equal combination of both – each week.

Regular physical activity can help you maintain your weight, keep off weight that you lose and help you reach physical and cardiovascular fitness. If it's hard to schedule regular exercise sessions, try aiming for sessions of at least 10 minutes spread throughout the week.

In order to benefit from lowering your blood pressure or cholesterol, the American Heart Association recommends 40 minutes of aerobic exercise of moderate to vigorous intensity three to four times a week.

**Eat a variety of nutritious foods from all the food groups.**

You may be eating plenty of food, but your body may not be getting the nutrients it needs to be healthy. Nutrient-rich foods have minerals, protein, whole grains and other nutrients but are lower in calories. They may help you control your weight, cholesterol and blood pressure.



***Eat an overall healthy dietary pattern that emphasizes:***

- a variety of fruits and vegetables
- whole grains
- low-fat dairy products
- skinless poultry and fish
- nuts and legumes
- non-tropical vegetable oils

Limit saturated fat, trans-fat, sodium, red meat, sweets and sugar-sweetened beverages. If you choose to eat red meat, compare labels and select the leanest cuts available.

One of the diets that fit this pattern is the DASH (Dietary Approaches to Stop Hypertension) eating plan. Most healthy eating patterns can be adapted based on calorie requirements and personal and cultural food preferences.

Dr. Scala has been selected a Castle Connolly 2015 "Top Doctor" by a physician-led team of researchers in the field of Cardiovascular Disease.



**Dr. Louis J. Scala MD, FACC, FASA**

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**Dr. Louis J. Scala** has been voted TOP DOCTOR four consecutive years by Castle Connolly. He received his medical degree at the State University of New York Health Science Center. He completed his Residency at Brown University, and Cardiology Fellowship at Cedars-Sinai Medical Center at UCLA. He is Board Certified in Internal Medicine and specializes in Cardiovascular Disease.

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**Eat less of the nutrient-poor foods.**

The right number of calories to eat each day is based on your age and physical activity level and whether you're trying to gain, lose or maintain your weight. You could use your daily allotment of calories on a few high-calorie foods and beverages, but you probably wouldn't get the nutrients your body needs to be healthy. Limit foods and beverages high in calories but low in nutrients. Also limit the amount of saturated fat, trans-fat and sodium you eat. Read Nutrition Facts labels carefully — the Nutrition Facts panel tells you the amount of healthy and unhealthy nutrients in a food or beverage.

*As you make daily food choices, base your eating pattern on these recommendations:*

- Eat a variety of fresh, frozen and canned vegetables and fruits without high-calorie sauces or added salt and sugars. Replace high-calorie foods with fruits and vegetables.
- Choose fiber-rich whole grains for most grain servings.
- Choose poultry and fish without skin and prepare them in healthy ways without added saturated and trans-fat. If you choose to eat meat, look for the leanest cuts available and prepare them in healthy and delicious ways.
- Eat a variety of fish at least twice a week, especially fish containing omega-3 fatty acids (for example, salmon, trout and herring).
- Select fat-free (skim) and low-fat (1%) dairy products.



- Avoid foods containing partially hydrogenated vegetable oils to reduce trans-fat in your diet.
- Limit saturated fat and trans-fat and replace them with the better fats, monounsaturated and polyunsaturated. If you need to lower your blood cholesterol, reduce saturated fat to no more than 5 to 6 percent of total calories. For someone eating 2,000 calories a day, that's about 13 grams of saturated fat.
- Cut back on beverages and foods with added sugars.

- Choose foods with less sodium and prepare foods with little or no salt. To lower blood pressure, aim to eat no more than 2,400 milligrams of sodium per day. Reducing daily intake to 1,500 mg is desirable because it can lower blood pressure even further. If you can't meet these goals right now, even reducing sodium intake by 1,000 mg per day can benefit blood pressure.
- If you drink alcohol, drink in moderation. That means no more than one drink per day if you're a woman and no more than two drinks per day if you're a man.

*This information is for educational purposes only and is not intended to replace the advice of your doctor or health care provider. We encourage you to discuss with your doctor any questions or concerns you may have.*

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**Louis J. Scala**  
MD, FACC, FASA

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Board Certified in Cardiology, Cedars Sinai Hospital, UCLA  
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## WHEN YOU ARE SUFFERING FROM CHRONIC BACK & NECK PAIN THE ROAD TO RECOVERY CAN SEEM DIFFICULT TO FOLLOW...



If you are suffering from chronic, severe back or neck pain you are not alone. Back pain is the leading cause of physical disability in the United States with over 50 million Americans suffering from back pain at any given moment. Back pain is also the second reason for emergency room visits each year, second only to pregnancy.

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 the government and the medical community, which have proven largely ineffective in establishing successful treatments, let alone a cure. 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.

**So what are you to do if you are stricken with chronic, severe back or neck pain? Take daily pain pills? Undergo costly, risky surgical procedures? Just learn to live with it?** Suffering is no longer the only option thanks to a breakthrough non-surgical treatment called VAX-D Therapy now being offered locally by doctors specializing in spinal disc care at Simply Spine Centers.



**So what is VAX-D Therapy? How can this treatment offer relief even if drugs, surgery and other treatments have not?** VAX-D stands for Vertebral Axial Decompression and has helped hundreds of doctors around the world successfully reduce and even eliminate the chronic back and neck pain that is experienced by so many. The treatment is a safe, painless non-surgical alternative that is gentle on the patient.

VAX-D Therapy works by lying down on a table that you are harnessed to which pulls your upper and lower body apart relieving pressure on spinal discs. The therapy decompresses the spine reversing the negative effects that disease, injury and gravity may have caused over time.

It is quite different from classic traction, which has been around for many decades and has proven ineffective in treating back pain. In many instances, traction has been reported to actually increase symptoms of back pain! This is because traction pulls the body in a constant, linear fashion causing muscles in the back to go into spasm. This natural reflex is designed to alert your body of impending injury. VAX-D Therapy is different, utilizing an advanced computer system and biofeedback to apply exact amounts of distraction, at precise angles and does so intermittently to overcome the body's natural reaction to being pulled apart. By effectively reversing spinal pressure, the treatment allows your body to do what it does very well, heal naturally.

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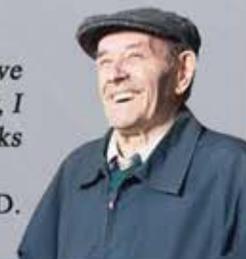


~ Carol D.

*"When I walked into the doctor's office, I had suffered from chronic back I had 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 from a co-worker who also suffered from debilitating lower back pain and he felt great so when I read a brochure I figured I'd give it a try. I was a little skeptical but tried to remain open minded and I was more than ready for something that would help me. Now, I am at the end of my treatment, I feel great. I can get out of bed in the morning and I am pain free. I can stand and sit for longer periods of time and enjoy many things I previously couldn't. All in all, I feel like a new person!"*

*"I picked up the Sunday paper and saw an advertisement in it that you can 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 pain 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.





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While you are waiting to see us, visit [SimplySpineCenters.com](http://SimplySpineCenters.com) and download our report *The Guide to Permanent Relief of Back Pain.*

\*Unfortunately, not all individuals will qualify for Vax-D Therapy.

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

\*\*\* Disclaimer: The patient and any other person responsible for payment has the right to refuse to pay, cancel payment or be reimbursed for payment for any other service, examination or treatment that is performed as a result of and within 72 hours of responding to the advertisement for the free discounted fee or reduced fee service examination or treatment.



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# HOW SAFE IS YOUR ESTATE FROM LONG TERM MEDICAL COST DRAINAGE?

By Steven J. Gibbs, Esq.

Hello Friends & Colleagues!

**A**t Health & Wellness, planning for long term medical care costs is an ongoing concern. Still, you may not know that even if you've taken the admirable step of setting up an estate plan, complete with Revocable Living Trust, Pour Over Wills, Durable Powers of Attorney, Medical Directives and a snazzy binder...your basic estate plan may offer adequate protection.

Long term medical care costs can drain your estate faster than a Florida sinkhole. If you're over a certain age, this should factor into your estate planning equation and yet this aspect of planning is often ignored.

This is the focus of today's fateful article...

**Probably the most common "estate distribution" is "everything goes to my spouse". However, in the world of long term medical care planning, this simplistic approach could lead to a disastrous result for the following reasons.**

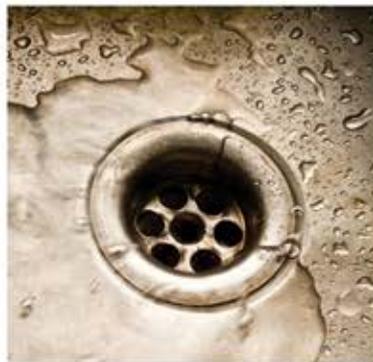
1. For couples, generally speaking, if one spouse needs long-term medical care, the marital assets can be transferred to the "well spouse" and a few other steps can be taken to qualify the "ill spouse" for Medicaid. If the well spouse passes away, this entire process will be undone without proper planning.

Under the Medicaid rules, it is currently acceptable for an ill spouse who is destined to need long term medical care to apply for medicaid after transferring his/her assets to the other spouse without any penalty or "look back" period. While the well spouse may not necessarily be able to keep all of the assets depending upon the jurisdiction, he or she can use the other spouse's portion toward exempt marital assets such as the home and vehicles. When the Medicaid application is made, there is no additional need for disclosure of the assets in order to keep the ill spouse qualified, that is, unless the well spouse dies and leaves the estate to the ill spouse either "intentionally" or by "default".

2. In most states, spouses cannot be "disinherited" so even if the well spouse attempts to disinherit the ill spouse in order to keep them qualified, this can be challenged.

Many states give a surviving spouse an "elective share" option or some variation of it...this means that if one spouse tries to disinherit the other, the surviving spouse can disregard the will and elect to receive a portion of the deceased spouse's estate. By this same logic, Medicaid may not allow the ill spouse to be deemed "disinherited" for qualification purposes and this could threaten to disqualify the ill spouse's benefits.

3. Spousal planning through proper use of the "elective share" and a "special needs trust" can eliminate the uncertainty and provide an effective approach to allow the ill spouse ongoing qualification for benefits.



A preferable planning approach, in my humble opinion, as opposed to the debacle described in #2 above, is to create an "elective share trust" (in Florida) either as part of a Living Trust or a Last Will in order to effectively limit the ill spouse's share of the marital estate. Better yet, the "elective share" amount can be placed in a "special needs trust" to act as a "supplemental fund" for the ill spouse and this approach has been deemed effective to allow the ill spouse to remain qualified for long term medical care benefits such as Medicaid or SSI. For more information about a variety of estate planning issues, including Elder Law, Medicaid and Special Needs planning, visit our blog at: <http://www.gibbslawfl.com/blog/>

The proactive approach described above is, of course, a general recommendation and is not an all-inclusive solution. The key "take away" today is that a clear and intentional plan is necessary to address the need for long term medical assistance and this approach should be carefully considered as part of your overall estate planning. I recommend that you seek a review asap if you've never discussed this part of your estate plan.

As always, I hope this is helpful and...Until next time.

Steven J. Gibbs, Esq.

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

*You will be delighted with Steve's unpretentious approach to educating and then assisting his client. Instead of giving you his complacent and lofty ideas, he would rather pursue your expectations with professional conversation about resolving your concerns under the Law. It's your life and it's his job to make your legal expectations come true while using years of his guidance and knowledge.*

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

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

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# What Your Mouth Can Tell Your Dentist

By Dr. Ricardo S. Bocanegra, DDS

Haight and Ashbury. Hollywood and Vine. Your mouth. What do they have in common?

**B**esides being busy intersections, all serve as barometers of the times. A unique meeting place of teeth, skin germs and stresses, a mouth is a monitor of how the body deals with itself. Your mouth says a lot about you. When your dentist looks at your mouth, he is looking for more than cavities.

Over forty serious diseases including diabetes, bulimia, tumors and AIDS, can be detected in the mouth. Changes in gum color and texture, persistent sores, chipped and eroded teeth, and bad breath may be evidence of underlying ailments. Your dentist might be first to discover hypertension or osteoporosis.

Likewise, certain blood diseases such as anemia, can be detected early on in the mouth. For example, a burning or sore tongue and paler gums could be symptoms of iron anemia or vitamin B12 deficiency. Congestive heart failure can show on the tongue, while various cancers may manifest in the roof or floor of the, mouth. A dry mouth might



indicate diabetes, or signal an autoimmune disease. Is that jaw pain coming from an abscessed tooth, or is it an early warning of a heart attack?

Regular dental visits not only keep your teeth and gums in top form, they can save a life—perhaps yours.

As dentists, it's our responsibility to consider your whole health. Please call with any questions, anytime.



**Ricardo S. Bocanegra practices implant, cosmetic and family dentistry at:**

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**Ricardo S. Bocanegra, D.D.S.**  
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# "On Your Feet!" Ball of Foot Pain

By Christopher M. Cole, L.Ped

**D**o you experience pain in the ball of your foot? Ball of foot pain is a general term to denote a painful condition in the area just before the toes in the metatarsal region of the foot. These bones equally share the weight of a person during walking and daily activities. So, extreme pain in this area can be a major hindrance to your life. The good news? These are common conditions, and are often able to be treated with simply the right footwear.

If you're experiencing ball of foot pain, you might be suffering from one of two common foot conditions.

**Metatarsalgia** is an inflammatory condition of the metatarsal heads of the foot, while **Morton's Neuroma** is a fibrosis around the neurovascular bundle of the nerves that supply the toes. Both cause pain in the fore foot region.

**Metatarsalgia** is simply an inflammation of the fluid-filled sacs which are located under each of the lesser metatarsal heads. Those who suffer with Metatarsalgia get a bruised feeling in the ball of their foot. The pain is usually located right about where a 'knuckle' of the foot would be located, on the underside of the foot but it may also radiate over the foot and sometimes up the calf.

The most common cause of metatarsalgia pain is an imbalance in the long bones of the foot, and is often caused from improper fitting footwear. Other causes include arthritis, diabetes (which can cause nerve-type pain in the foot), calluses, or skin lesions that cause the weight on the foot be unevenly distributed. It can also be caused by sports that place tremendous pounding on the ball of the foot, or shoes with small toe boxes that cramp your toes.

Another painful foot condition that many people suffer from is called **Morton's Neuroma**. This typically presents a pain or numbness on the bottom of the middle-to-outside of the forefoot, which often radiates into the 3rd and 4th toe. This condition is a swollen or thickened nerve in the ball of your foot. When your toes are squeezed together too often and for too long, the nerve that runs between your toes can swell and get thicker. This swelling can make it painful when you walk on that foot.



Morton's Neuroma cause a very painful burning or sharp pain in your foot that feels worse when you walk. It may feel like a small lump inside the ball of your foot. It is usually between the third and fourth toes, but it can also be between other toes.

High-heeled, tight, or narrow shoes can make pain worse. Sometimes, changing to shoes that give your toes more room can help the symptoms of Morton's Neuroma. An arch support or orthotic are also often recommended for treatment, as it helps alleviate the pressure from the inflamed nerves.

Both Metatarsalgia and Morton's Neuroma can be extremely painful or uncomfortable. Remember, the foot acts as an interface between the ground and the

forces of the body. It becomes a brake when the heel strikes the ground, and becomes a propeller at toe push-off. In between these two stages, the foot acts as a shock absorber for the body. So, when either of these areas are inflamed or causing pain, it has an effect on the entire body.

Your feet take a beating, every day. If they start to hurt, you need to take that foot pain and any other problems seriously. Foot health is very important to our everyday lives, so don't tiptoe around it's importance.

The trained specialists at Foot Solutions of Estero enhance clients quality of living by custom fitting them for shoes that support almost any foot type and life-style. Each fitting begins with a free foot analysis, followed by digital foot scans, and a balance analysis. Afterward, Foot Solutions' staff unveils a selection of casual, business, and running shoes. The shop also stocks a wide variety of comfort sandals, designed to support and relieve discomfort caused by ill-fitting footwear. In addition to shoe fittings, Foot Solutions team relieves pain using custom made orthotics and arch supports while also offering infrared light therapy treatments to improve circulation and healing.

*Talk to your Foot Solutions specialist today. Call 239-495-8911 or stop by Foot Solutions of Estero, 21301 S. Tamiami Trail (Corner of US41 & Corkscrew Rd – next to Publix).*

## Christopher M. Cole, L.Ped



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

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# Home Cleaning Tips for Pet Owners

**H**aving pets increases the amount of elbow grease and housework you have to do. It's a simple fact that most pet lovers gladly accept. But it's not always sunshine and rainbows.

Having pets can damage your home and reek havoc (pun intended) on its smell. Having an icky smelling home can be embarrassing if Fido and Fluffy like to relieve themselves on the living room carpet.

To prevent fabric and carpet damage, and help yummify the smell of your home, below are some of our favorite pet cleaning tips.



To eliminate the source of pet odors in your carpet, wash the area with a disinfectant cleaning solution; rinse; and dry. Despite advertising claims to the contrary, aerosol fresheners don't eliminate odors; they simply mask the unpleasant odor with a better one.

An odor disposer multi-action enzyme formula like Nature's Miracle or Bissell carpet cleaning products will completely eliminate all odors and stains caused by pet accidents on water-safe surfaces.

If all else fails, consult with a professional carpet cleaner.

## What's the Most Effective Way to Remove Pet Stains?

Removing pet stains is a necessity for anyone with a beloved animal in their home. They bring us company and joy, but they can also bring us special presents. Cleaning up after your pet doesn't have to be a chore that drives you apart! Molly Maid's residential cleaning experts have some handy tips for removing pet stains and keeping a clean home:

- To remove pet stains, try prevention. A soil retardant applied before the accident can be a big help.
- To remove a tough stain, put undiluted soda water directly on the stain and then blot the area with a dry white towel. Repeat until the majority of moisture is absorbed. Then, place a fresh white towel on the area and place a heavy object over the towel to soak up the remaining moisture.
- Eliminate the odor by eliminating the source. Aerosol fresheners don't eliminate odors—they simply mask it. Remove the source of the odor by washing the area with a disinfectant cleaning solution, rinsing, and drying.
- If you can't remove the stain and odor with these methods, contact a professional. Your local Molly Maid will be happy to consult with you on how best to remove the offender.



### Other Residential Pet Cleaning Tips

Pets leave all sorts of hair and debris around the house. Cleaning up after them is easy if you stay on top of the situation. Use a vacuum, with a furniture attachment, to make regular sweeps over the home and pick up hair.

If you are in a hurry, you can also use a rubber glove or a dampened cloth to pick up pet hair. The hair will cling to either of these.

### Contact Molly Maid

For cleaning services you can trust, request a free estimate or call Molly Maid - Ft. Myers at 239-418-0052.



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

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

**M**ost people don't realize that when you move that there is a lot you need to do that does not involve your new home, but it can greatly affect you personally. When you shop for a new home you should shop for new health insurance as well and compare the difference as this can affect your budget. Many people don't realize that not all of the plans that are available in Lee County are available in Collier County, now that is a small example now think of one state to another. The good thing is that due to the Affordable Care Act (PPACA) or as most like to call it Obama Care everyone qualifies for coverage. But did you know that there is an **Open Enrollment Period that just ended January 31st 2016 for 2016**. Yes that means that if you didn't enroll or have health insurance by January 31st you may be penalized up to 2.5% of your earnings in 2016. Also you **CAN'T BUY** qualified health insurance for the rest of this year unless you have a special election period.

There are special election periods that are very important and the timeline that you can purchase them is very important, so don't be caught off guard. A move is a special election period if you move out of the plans service area or out of state. Most life change events have a maximum of 60 days to make that change. The majority of the time you're earliest effective date is the 1st of the month following enrollment and if you enroll after the 15th of the month it is effective the 1st of the following month. An example is if applied on March 16th the earliest your plan would be effective would be May 1st. Many people cannot afford to be without coverage for a month or even a couple of days and honestly you never should be. No one ever plans to have a sudden accident or become terminally ill or die. It happens to healthy people as well, remember in most cases we all started out healthy, and then life



happens. Special Election Periods are moving out of the plans service area; loss of coverage; marriage; child birth or adoption; divorce, etc. visit [www.healthcare.gov](http://www.healthcare.gov) for rules, timelines and exceptions.

**Short Term Medical Insurance is available all year long.** These policies can be bought for up to 1 year. They do have medical underwriting so not everyone will qualify. But they are many times less expensive and you can purchase higher deductibles or catastrophic plans. They do not meet the government's creditable coverage standards so you could still be subject to the tax penalty for not having coverage.

**Employer Group Coverage** - New groups can be formed all year long. This is very important as the government made the law very specific to say that an employer may NOT pay for an employee's medical insurance (or any part of) and if they do they will be assessed a \$100 per employee penalty per day. So if you are and employer that is doing this it's time to shop for group insurance again. The advantages for individual insurance policies are going away and group is your best option now going forward.

You want to speak to a Broker that deals with both group and individual so they can build a strategy that would best suit your and your employee's needs.

This month is **National Colorectal Cancer Awareness Month**; did you know that most insurance plans cover preventive Colorectal Cancer Screening at "NO CHARGE" check your plan and DO NOT DELAY. Cancer can be deadly but many deaths can be prevented with early detection and screening. Living a healthy life style is never too late to make a difference in your families' lives. The old saying the family that plays together stays together. Well the family that eats right, does their annual exams, and exercise's will most likely live a long life and share many wonderful memories. So don't delay start today. Can you imagine living to 100, well so many people are so let your 100th birthday be a happy and healthy one.

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



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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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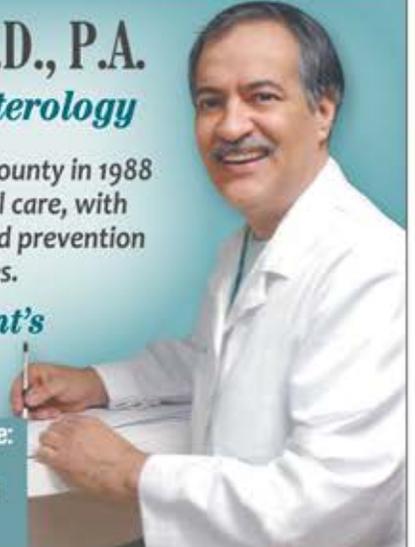
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# Irritable Bowel Syndrome

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

**I**rritable bowel syndrome, IBS, is a symptom based gastrointestinal disorder, which is often challenging for patients and their health care providers. It is characterized by abdominal discomfort, cramping, bloating, and a change of bowel habits. Irritable bowel syndrome affects 10 to 20% of the population and it affects nearly twice as many women than men. Symptoms often begin in early adulthood and have to occur for at least three times a month within 12 weeks during the course of the year to be diagnosed.

Changes in bowel habits is an indicator of IBS with classifications of constipation-predominant, diarrhea-predominant, or an alternating stool pattern. Often an individual who has irritable bowel syndrome will have the sensation of an incomplete evacuation following a bowel movement and may possibly have relief of their symptoms once a bowel movement occurs. Irritable bowel syndrome can cause chronic pain and a significant reduction in the quality of life in its sufferers.

With a significant effect on the quality of life, studies have shown that IBS patients have a propensity for depression. The overall economic impact of irritable bowel syndrome is also very substantial. Research has shown a loss of work productivity in people who suffer from irritable bowel syndrome to be equated to 13.8 hours lost per 40 hour work week.

## PATHOLOGY

Irritable bowel syndrome is a functional bowel disorder, without an organic cause. A functional bowel disorder means that the gastrointestinal organs are structurally intact, but the nerves and muscles that control the organs of the gastrointestinal tract are not working properly. The signals between the brain and the intestines are altered. It is often triggered by a stressful life event, or following a gastrointestinal infection. Theories regarding the possible cause include alterations in colonic transit time, which is a result of the interaction of the nerves which supply the gastrointestinal tract and the brain.



## DIAGNOSIS

The diagnosis of irritable bowel syndrome can usually be determined on symptoms alone. However, the presence of red flag symptoms makes the diagnosis less clear. Red flag symptoms include the following: weight loss, blood in the stool, pain that awakens one from sleep, age of onset greater than 50, abnormal physical exam, or signs of infection.

Once a diagnosis of irritable bowel syndrome is suspected, a health care provider will perform a medical history and a physical exam. During the medical history, questions regarding symptoms, stressful life events with a correlation of symptoms, dietary history, and a family history of gastrointestinal illness will be asked. It is important that medical illnesses that have similar symptoms are excluded. There are several diseases that may mimic irritable bowel syndrome; they include malabsorption from fructose or lactose, celiac disease, inflammatory bowel disease and bowel acid diarrhea. Blood tests and imaging studies may be ordered before a diagnosis is made. In patients over age 50, a colonoscopy is recommended.

## TREATMENT

The treatment of irritable bowel syndrome (IBS) includes avoiding foods that are potential triggers. Caffeine, alcohol, and carbohydrates which are poorly absorbed in the small intestine, such as fructose and carbonated beverages, may trigger spasm in the muscles that affect the colon. Fiber supplementation has been shown to relieve the symptoms in patients who have diarrhea-predominant IBS.

It is important for patients who suffer with irritable bowel syndrome to develop coping mechanisms for reducing stress. Exercising 30 minutes a day, five times a week and relaxation techniques such as meditation have been shown to give symptom reduction. Lifestyle changes such as improved sleep habits may reduce anxiety leading to a reduction in gastrointestinal symptoms. Medications which reduce colon muscle spasms may reduce the pain and cramping resulting from irritable bowel syndrome. Some studies have shown that certain probiotics may improve symptoms as well.

Irritable bowel syndrome may be a lifelong condition. For some people, the symptoms can be disabling and have a huge social and economical impact. However, with proper treatment, symptoms can improve or be relieved. It is also important to remember that there is no correlation between IBS and cancer. If you or your loved ones have symptoms suggestive of irritable bowel syndrome, contact your health care provider.

*Be well and stay well.*



**JAMES J. O'MAILIA, M.D., P.A.**  
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# We're not getting any younger....

**T**wo thousand or so years ago, the Apostle Paul wrote a letter to a younger student of his. That student's name was Titus and Paul's letter to him survives to this day as the New Testament book of Titus. In that letter, there's a sentence that speaks volumes about the character that we ought to be developing as we move the autumn of life.

Here's the sentence, "Older men are to self-controlled, worthy of respect, sensible, and sound in faith, love, and endurance."

At least four character qualities emerge in that sentence (for those who would like to see it in context, it's Titus 2:2).

First, there is **intentionality**. He is to self-controlled. In short, this means that he says and does, in every situation, what he intends to say and do. All of us have had those moments in our lives when our mouth has gotten ahead of our brain, and usually that doesn't end well. We've also had those moments where we have acted on impulse without pausing for deliberate thought. However, as we mature, we should become increasingly focused on saying and doing what we mean to say and do. Less reactivity, more wisdom!

Second, there is **influence**. He is to be worthy of respect. Someone has said that as we get older, we either get better or we get bitter. There may be something to that. No one is interested in the thoughts and ideas of an angry, bitter old man (or woman). On the other hand, who among us has not benefited personally in our own journey from that wise elder who has seen life flow on by and who has taken it all in. May we strive to be people who, as our lives unfold, live and love in such a way that we earn the respect of the respectable, ultimately becoming, ourselves, the object of well-placed respect.

Third, there is **intelligence**. He is to be sensible. Dr. Henry Cloud, in his book Integrity is often quoted as saying, "The truth is always your friend." As we progress through our years, we should develop a closer and closer relationship with the truth. It is good to be idealistic and even visionary, but ideals and vision must always build on reality as it is, and the older adult should have the vision that accumulates from the years of life experience to help ground and guide the idealism of the young.

Finally, there is **integrity**. He is to be sound. Reliable. Trustworthy. Anchored in those three virtues of faith, love, and endurance. Wooden beams in old houses can be rotten, termite-infested, and prone to failure. Or they can be that tough old beam that has stood the test of time and continues to hold the entire structure together. We are responsible, as we move



through life, to do all that we can to remain solid. Injury and illness can surely disrupt us (you're probably reading this in a doctor's office!), but good attention to our own well-being can play an important role in our making it to our maturity with an intact ability to impact the lives of others.

So, for your community, your church, and your family, if you are an older adult, or one day hope to be one, set these goals for yourself. Because, after all, we're not getting any younger!

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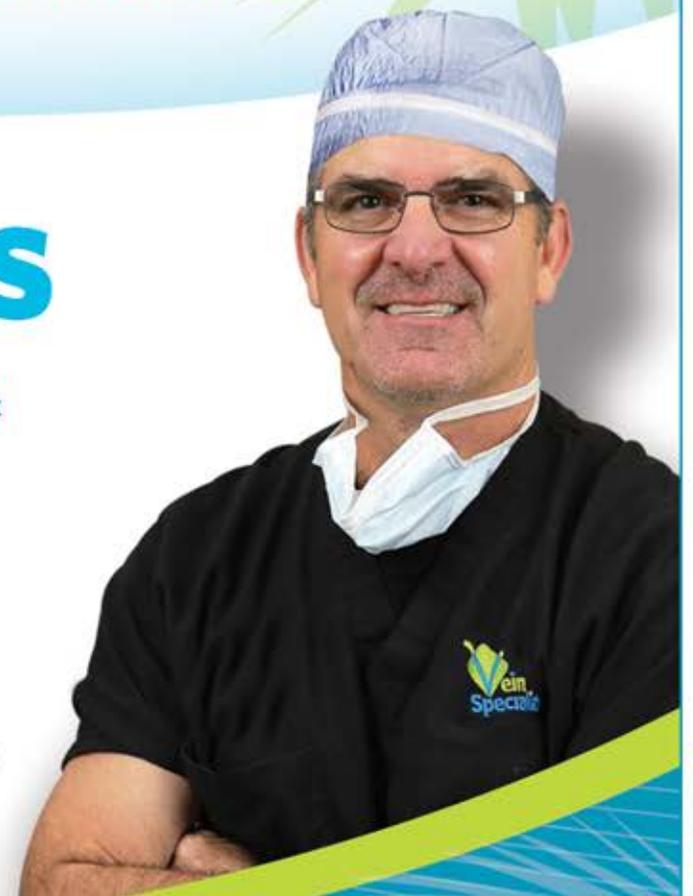
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