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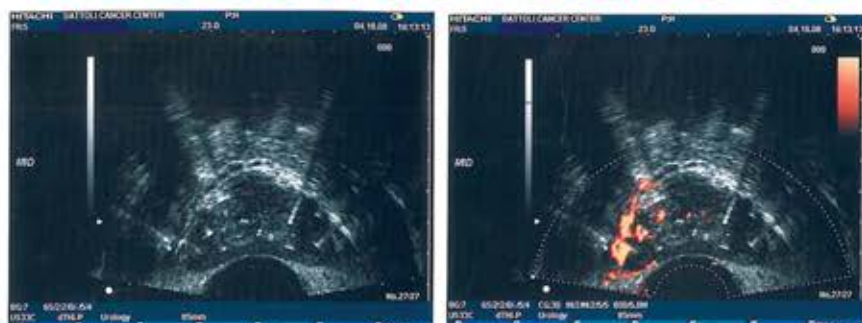


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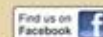


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# WHAT TO DO...

## *if you are diagnosed with Cancer*

By Virginia 'Ginya' Carnahan, APR, CPRC - Dattoli Cancer Center & Brachytherapy Research Institute

**O**n what could possibly be the worst day of your life you hear your doctor say, "We have the test results. I'm sorry – you do have cancer." *Cancer – cancer – cancer ...* it echoes in your head. Even if you've been forewarned and have been contemplating what a diagnosis of cancer would be like, you really were not quite ready for this

For many people a diagnosis of cancer equates to a death sentence. This is especially true if the person has experienced a loved one dying of the disease in the past. The specter of cancer is difficult to erase from one's thought patterns and memories. It has been a great human fear for many decades.

**However, many more people actually survive cancer today than die from it. Our generation is the first that can say this, but the old memories persist.**

How you respond to the diagnosis can have a huge impact on your experience with cancer, regardless of the prognosis. Here is advice for what to do if you find yourself in this situation.

**FIRST** – take a deep breath. Take a minute to process what the doctor has told you. You may want to ask the doctor to give you a few minutes to formulate your response.

**WHAT TO ASK** – you may simply start by asking, "What does this mean for me?" The doctor will explain what organ is involved and what you could expect from treatment and if the cancer is not treated. You will need to know the stage of your cancer. This will tell you how advanced the cancer is. The stages are referred to as TNM stages. T is the tumor ... how big is it, where is it located? N is for lymph nodes, which are the route cancer cells use to spread throughout the body. Have the cells invaded any lymph nodes? M is metastasis ... it means the cells have already spread to distant sites in the body. Ask if your cancer has been found early?



If so the stage will be a low Stage One. Stage Two and Three are cancers that have been growing some time. Stage four is an advanced case.

**WHAT KIND OF TREATMENT IS THERE?** – Ask the doctor to explain what he suggests for your treatment. He may want to refer you to an expert in the type of cancer you have. Ask him for any material he may have about your type of cancer. The doctor might set up an appointment for you to meet with a "patient navigator" or "patient advocate." Take advantage of this. This person will have more time to answer your questions and advise you of things you may not even think of.

**DECIDE HOW TO COMMUNICATE YOUR DIAGNOSIS TO OTHERS** – You may want to keep your cancer diagnosis quiet. There is no stigma to having cancer but it is a highly personal thing. It will be easier for you if your spouse and/or close family members and friends know what you are going through. Whether you share this news with co-workers and others is up to you. Most people are very understanding and supportive if they know what you are dealing with.



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**DON'T MAKE A TREATMENT DECISION IMMEDIATELY** – There are very few cancers that will need emergency treatment right away. You will most likely have time to digest this news and to consider your treatment options.

**SEEK A SECOND OPINION** – This may be the most important thing to do. You have to try to remember that doctors are a kind of salesmen, too. They believe in what they do and usually believe that what they do is the best treatment for their patients. But there are usually other options that you could consider. Think of it almost like buying a car. If you are looking at Chevrolets, the salesman is not likely to suggest that you go test drive a Lexus.

**GATHER INFORMATION** – Go to the library or internet to research information about your type of cancer, but beware of bold claims and promised cures. There is no filter on the internet, so people can publish anything on the internet. Look for respected sources such as the American Cancer Society, or university-based research programs. Don't spend too much time browsing the internet because you will find wildly differing opinions and advice. It is easy to get overwhelmed.

**FIND A SUPPORT GROUP** – This is a great way to talk to other people who have been through the same thing you are facing. They can share their successes with you, and give good advice. This is often the best way to learn who/what is good in your community – and who/what isn't. Your local hospital probably has information on area support groups.

**TAKE CARE OF YOURSELF** – While you are going through this demanding time, don't neglect your general good health. You will find it easier to deal with the pressures of deciding on treatment, etc. if you stay well-nourished and rested. It may sound crazy, but sometimes people forget to eat when they are focused on a difficult decision. Eat three times a day and take your vitamins. Your immune system can get stressed and make you more susceptible to viruses and such. Try to get plenty of sleep, too. It is important to keep your mind sharp and your body fueled for the challenges that lie ahead.

**BE BRAVE** – Ask for help in understanding your situation. Medical clinicians sometimes seem to speak a foreign language ... called "medicalese." If someone is advising you and uses words you don't understand, stop them and ask them to explain what they mean. Don't be embarrassed.

**DON'T BECOME AN OSTRICH** – The worst thing you can do is bury your head in the sand. Take the time you need to come to grips with the fact and then move forward to educate yourself about the cancer, its prognosis and your treatment options.



# Nanny Granny-Back on Track- Gloria Schoenfeld's Story

## Patient Testimonial for Dr. Gino Sedillo at CardioVascular Solutions Institute



**G**loria Schoenfeld went to see her cardiologist because she had been experiencing consistent leg pain. The cardiologist discovered that Gloria had no discernible pulse and determined that surgery was needed to correct the problem. He referred her to a surgeon. "I made an appointment with the referred surgeon, and during my appointment I learned that the procedure I needed was going to be very invasive, have multiple incisions and a long recovery time. This was so upsetting and I was scared of what was to come."

As luck would have it, Gloria's daughter attended a birthday party, at which time she explained her mother's situation to a friend. This friend mentioned that she knew of Dr. Gino Sedillo's less invasive work and suggested getting a second opinion from Dr. Sedillo. The day after the party, Gloria and her daughter called CardioVascular Solutions Institute and discussed Gloria's upcoming surgery and the possibility of meeting with Dr. Sedillo to determine if he could perform the less invasive surgery on her. "The staff was able to make me an appointment the very next day. Soon after meeting Dr. Sedillo, I knew that I was going to call the original surgeon and cancel the invasive procedure." After speaking with Dr. Sedillo, Gloria learned that the surgery she needed didn't have to be as invasive as she once feared, and the recovery time would be significantly shorter.

Armed with this new information, Gloria chose to have Dr. Sedillo perform the procedure she needed. The procedure, involving several arteries, was performed at Doctors Hospital in Sarasota.

"My recovery was smooth and I noticed improvements in areas that I was not even expecting. For example, I was once again able to get a full night of uninterrupted sleep, without having to use the bathroom a couple times throughout the night. I have to say, that was a unique and nice surprise!"

"I just have so much energy! Dr. Sedillo is a miracle worker. I feel like I'm 10-15 years younger. I have returned to my active lifestyle as a "Nanny Granny" caring daily for my two grandchildren, Aiden and Nadia. Being able to do this is just so important to me in so many ways." According to Gloria, last summer when she cared for her grandchildren she would always need to rest or nap afterwards. She is looking forward to spending entire days filled with fun events with the grandchildren this summer. Gloria boasted that she recently completed her spring cleaning from windows to cabinets to floors in a record-breaking three days. She excitedly proclaimed that she has so much energy she is a ball of fire and she owes it all to Dr. Sedillo and the surgery he performed.



"Thanks to Dr. Sedillo, I am back to doing all the things I have been unable to do for quite some time. Even my 4 year old golden retriever, Sophie, is having trouble keeping up with me on our 1 1/2 mile morning walk. I have to drag her along on the last 1/2 mile. I LOVE IT!"

### Dr. Gino Sedillo, M.D. F.A.C.C.

Dr. Gino Sedillo, M.D. F.A.C.C. Born in Albuquerque, New Mexico, Dr. Sedillo is Board Certified in Internal Medicine, Cardiovascular Diseases and Interventional Cardiology, and has been a member of the American College



of Cardiology since 1996. He completed his residency training for Internal Medicine at the University of Texas, where he was voted Intern of the Year and was selected Chief Medical Resident. He completed his Cardiology training at the Texas Heart Institute/ St. Lukes Hospital in Houston, Texas. He was elected Chief Interventional Fellow. Dr. Sedillo received additional specialization in Coronary and Peripheral Vascular Intervention as well as Pacemaker Implantation.

After 15 years of training, Dr. Sedillo started working for the Bradenton Cardiology Center in 1995. While there he performed more than 1,000 procedures per year and he began teaching procedures and techniques to other practicing cardiologists, vascular surgeons, and interventional radiologists. He served as Director of the cardiac catheterization lab at Manatee Memorial Hospital.

Most recently, in May 2011, Dr. Sedillo founded his independent practice, CardioVascular Solutions Institute, with offices in Sarasota and Bradenton. Since then Dr. Sedillo has been named director of the Percutaneous Coronary Intervention program at Doctors Hospital in Sarasota.

When he's not seeing patients, teaching other physicians or doing clinical research, Sedillo cherishes time with his three children.



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# Eat Smart for Healthy Teeth and Gums

By Dr. Alexander Gaukhman

If you are what you eat, then it's particularly true for your teeth and gums. When you drink sugary beverages and eat starchy foods, you're not only feeding yourself—you're feeding the plaque that can cause problems in your mouth.

Plaque is a naturally occurring, thin, invisible film of sticky bacteria and other materials that covers the surfaces of your teeth. When sugars or starches in your mouth come in contact with plaque, the acids that result can attack teeth for 20 minutes or more after you finish eating. Repeated attacks can break down the hard enamel on the surface of teeth, leading to tooth decay. Plaque may harden into tartar, which makes brushing and flossing less effective and can lead to periodontal (gum) disease.

While some foods invite tooth decay, others help combat plaque buildup. Here are some foods to seek out—and some to avoid.



## These foods and drinks promote good oral health:

**Sugarless chewing gum.** Gum is a great saliva generator that helps remove food particles from your mouth. Just be sure to choose a sugar-free variety. Research has shown that chewing gum for about 20 minutes after you eat helps your saliva neutralize the acids that attack your teeth. And because saliva contains traces of calcium and phosphate, it also helps strengthen tooth enamel.



**Cheese, milk, plain yogurt, and other dairy products.** Cheese is another saliva generator that may protect your teeth from decay. The calcium in cheese, as well as the calcium and phosphates in milk and other dairy products, help put back minerals your teeth might have lost due to other foods.

**Green and black teas.** Tea contains polyphenols that interact with plaque bacteria. These substances either kill or suppress bacteria, preventing them from growing or producing tooth-attacking acid. And depending on the type of water you use to brew your tea, a cup of tea can also be a source of fluoride.

**Water with fluoride.** Fluoridated drinking water, or any product you make with fluoridated water, helps your teeth. This includes powdered juices (as long as they don't contain a lot of sugar) and dehydrated soups. But watch out for bottled drinking water, which may not contain as much fluoride as water from the tap.

## Limit your intake of these foods and drinks:

**Sugary candies and sweets that stick in your mouth.** If you eat sweets, go for those that clear out of your mouth quickly. So thumbs down for sticky lollipops, caramels, and cough drops that contain refined sugar.

**Starchy foods that can get stuck in your mouth.** Starches made from white flour, are simple carbohydrates and can linger in your mouth. For example, bread or potato chip bits may get trapped between your teeth. When you get these stuck in your mouth or at the back of your teeth, bacteria love to feed on the carbs.

**Carbonated soft drinks, fruit juices, and more.** Besides being laden with sugar, most colas and other soft drinks contain phosphoric and citric acids that erode tooth enamel. Fruit juices, energy drinks, and iced teas and lemonades may also contain high amounts of sugar.

**Items that dry out your mouth.** These include many medications, including some painkillers, antihistamines, and oral asthma inhalers. Try stimulating saliva flow with sugar-free gum or candies. If medications may be the cause, talk with your doctor.

**Lemons and other citrus fruits.** It's OK to eat them, but don't suck on them. The very acidic juice can erode the enamel of your teeth.

You don't have to avoid healthy foods that may contribute to tooth decay. Just remember to gently brush at least twice a day using a fluoride toothpaste, paying special attention to your gum line, and floss between your teeth at least once every day. And note this rule of thumb: The longer food that promotes plaque bacteria stays in your mouth, the worse it is. So to protect your teeth, eating fewer sweets is not as important as limiting how often you eat them.



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# 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.

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

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

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



# Testosterone and Heart Disease

By Dr. Mitch Yadven

**Y**ou may have seen recent television ads by law firms fishing for patients that received testosterone replacement therapy, who then developed heart disease or heart problems and even death. The trigger for these television ads is two recent trials, which suggest that testosterone replacement therapy may increase the risk of heart disease and/or stroke.

These were poorly designed studies, which conflict with numerous previous medical trials that show the beneficial effects of testosterone on the heart and that low testosterone levels in males are associated with an increased risk in the development of heart disease. So why did the two recent studies show that there was an increased risk of developing heart disease in male patients that were prescribed testosterone replacement therapy? There are serious flaws associated with the two recent trials.

Firstly, estrogen levels were not measured in the subjects in the studies. High estrogen levels in males have been found to be associated with an increase risk in the development of heart disease and stroke. Estrogen levels may elevate after testosterone administration in patients with high levels of the enzyme aromatase found in belly fat. This can easily be controlled, but it must be checked for.

Secondly, having erythrocytosis, which is an elevated red blood cell count (elevated hematocrit), is associated with an increased risk in the development of heart disease and possible stroke. A major study on the risk and benefits of testosterone replacement suggests that a baseline hematocrit should be checked at three and six months, and then every six to twelve months. If the hematocrit is too high, then testosterone therapy should be stopped until the hematocrit is at a safe level. Hematocrit levels were not measure in these two trials.

Thirdly, in both studies, not all patients had follow-up testing of testosterone levels. Therefore, dosages of testosterone may have been higher than needed. Supraphysiological levels of testosterone can cause vascular disease.



Lastly, testosterone can convert to dihydrotestosterone (DHT), which has been shown to enhance early atherosclerosis. The higher the dose of testosterone that is prescribed, the more it is converted by 5 alpha-reductase into DHT. In these two recent trials that suggest that testosterone replacement increases the risk of heart disease in men, DHT levels were not measured.

## Conclusion

Given the plethora of medical studies indicating the beneficial effects of properly prescribed testosterone, one would have to conclude that these two recent medical trials are poorly designed and their conclusion is flawed. Some of the patients did not have repeat testosterone levels measured. Consequently, the patients may have had supraphysiological levels of testosterone. In addition DRT, estrone, estradiol, and RCT levels were not addressed.

Considering the numerous studies that show cardio-protective effects of testosterone replacement, it makes good sense to check levels and replace, if needed, under the controlled supervision by a knowledgeable health care professional.

## Dr. Mitchell Yadven



Dr. Yadven was born and raised in the Bronx, New York. He received his undergraduate degree from Emory University in Atlanta, Georgia and a Masters degree in Molecular Biology from George Washington University in Washington D.C. After

college, Dr. Yadven worked as a marine biologist for the Smithsonian Institute in both Washington, D.C. and the Caribbean. He then received his Medical Degree and General Surgery training at George Washington University. Wanting to return to the South, Dr. Yadven completed his Urology Residency at Tulane University in New Orleans, Louisiana. He is Board Certified by the American Board of Urology. Dr. Yadven has been in private practice in Bradenton, Florida since 1997 and is happy to call Florida his home.

Dr. Yadven practices all aspects of general Urology with particular interest in hormonal replacement and metabolism, prostate disease, urinary stone management and minimally invasive therapies. He has developed products for the management of urinary retention resulting in a U.S. patent.

In his free time, Dr. Yadven enjoys photography and digital art, NFL football (he is a huge New York Giants and New Orleans Saints fan), computers, water sports and fun at home with his wife Sharon, his two children Sarah and Maxwell and his family's animal menagerie.

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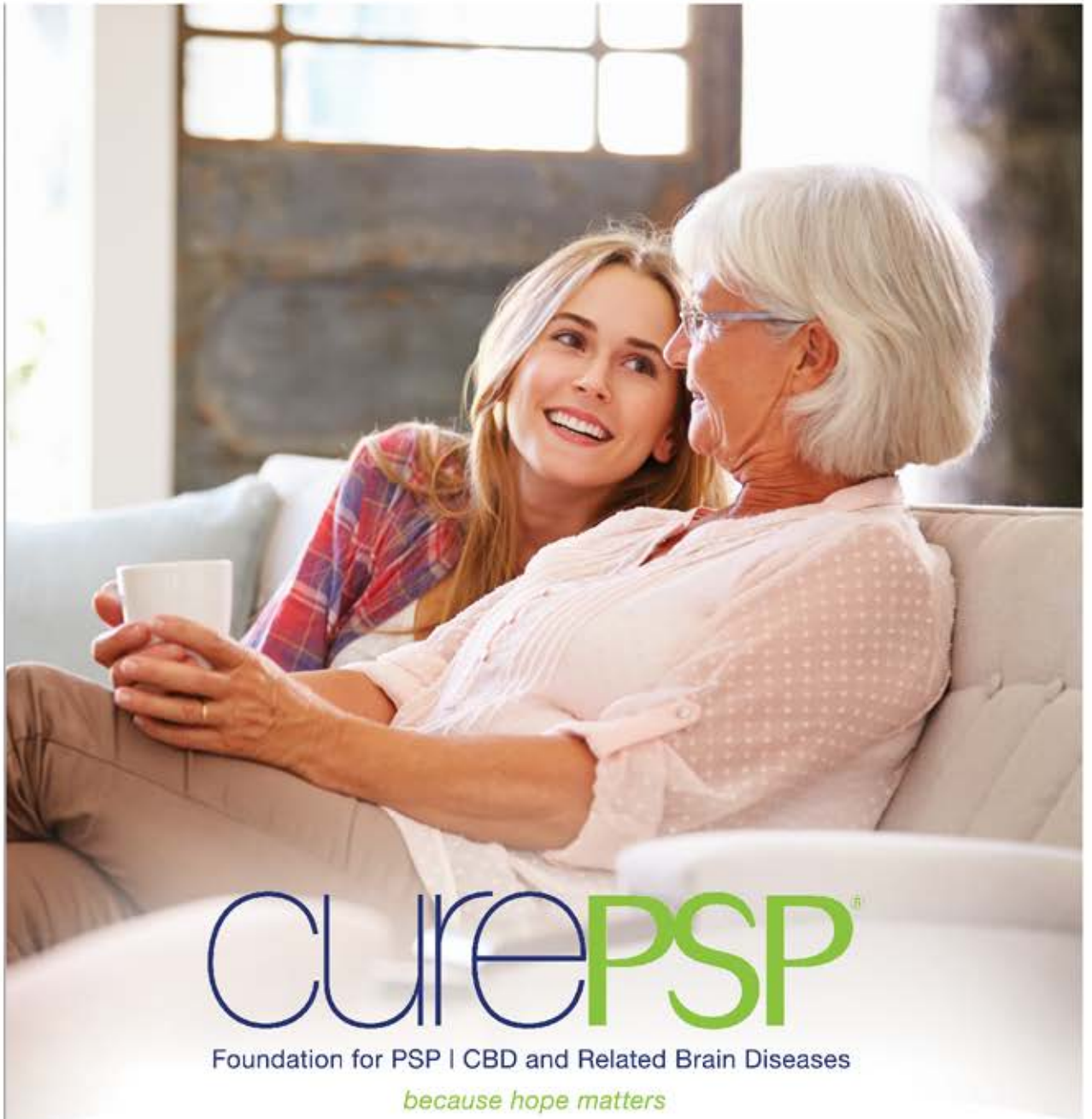


# PSP, Lost in Identity

**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,



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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!

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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.

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### 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.

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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.



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## BLADELESS LASER Cataract Surgery

# ASK THE EXPERTS at THE EYE ASSOCIATES

## Common Questions About Cataracts

*Courtesy of The Eye Associates*

### Q: Can cataract grow back?

No, cataracts cannot grow back, however, even after successful cataract surgery, the natural capsule that is left behind can become cloudy and causes vision to become blurry again. This occurs in approximately 35 percent of patients. It can happen soon after cataract surgery or many years later. **Not to worry, though.** This cloudy capsule can be corrected quickly, without needles or stitches, using a simple laser procedure called a **YAG Laser Capsulotomy**. "We use a YAG laser to create a small opening in the capsule, which provides a clear path for light to pass into your eye. No anesthesia is required for this painless procedure, and in most cases, people see sharply again right afterward, usually returning to normal activities that same day" explains Dr. Brian Foster, Cataract Surgery Specialist.

### Q: Is the YAG laser used to do cataract surgery?

No, even though the YAG laser is sometimes used after cataract surgery, The Eye Associates uses an Alcon LenSx laser (a femtosecond laser) for Bladeless Laser Cataract Surgery. Dr. Cathleen McCabe explains, "This laser emits cool pulses to automate the most challenging steps of cataract surgery, such as performing corneal incisions, opening the capsule, and softening and breaking up the cataract. In traditional cataract surgery these steps would be done manually with a blade. That is the reason why it is referred to as Bladeless Laser Cataract Surgery when the LenSx Laser is used."



**THE EYE ASSOCIATES**

Left: Cathleen McCabe, MD  
Middle: Brian Foster, MD  
Right: Robert Friedman, MD



### Q: Can cataract surgery correct astigmatism?

Yes. There are lens implants that include astigmatic correction. Also, the LenSx® laser can treat astigmatism. With the high definition imaging of the laser, it provides real-time, three-dimensional images that enable our skilled surgeons, Dr. Robert Friedman, Dr. Cathleen McCabe and Dr. Brian Foster, to offer patients the most accurate and predictable outcomes.



### Q: If I have glaucoma, can I get cataract surgery?

"Absolutely" says Dr. Robert Friedman, fellowship Trained Glaucoma Specialist and Cataract Surgeon at The Eye Associates. In fact, today's glaucoma patient with cataracts has more choices than ever before.

### ECP (Endoscopic CycloPhotocoagulation)

ECP is a glaucoma laser procedure that can be done on its own, or in combination with cataract surgery. Instead of focusing on the eye's drainage system, ECP works by reducing the amount of fluid the eye makes. Using a laser to treat the ciliary body, the pressure in the eye is lowered. ECP is a non-invasive, low risk procedure that is relatively easy to perform, and proven to be effective in treating patients with glaucoma.

### iStent® Surgery

iStent® surgery is usually done during cataract surgery and it involves inserting a tiny L shaped device that acts as a permanent drain of the fluids which can reduce glaucoma pressure in the eye.

Go to our webpage at [www.TheEyeAssociates.com](http://www.TheEyeAssociates.com) and then into the section on Glaucoma to view a video on iStent. It is a great advancement in glaucoma treatment and one, along with ECP, that can help you decrease the expense of glaucoma drops.







**Q: What are some common symptoms of cataracts?**

- **Blurred Distance Vision:** Vision in general starts to blur, but it is especially noticeable when driving or watching TV.
- **Sensitivity to Glare:** Many people find it difficult to drive towards the sun. They also find it harder to see golf balls against a bright sky, even though vision may seem acceptable under other circumstances.
- **Night Blindness:** Because a cataract allows less light through the lens, it may become more bothersome in low light conditions, especially when trying to drive at night.
- **Loss of Depth Perception:** If you find yourself bumping the curb when parking, or if others say that you get too close to cars while driving, you may have a cataract in just one eye, which can cause difficulty in judging distances.
- **Difficulty Reading:** Reading is often blurry, making it difficult to read medicine bottles and phones.

• **Loss of Color Perception:** This symptom usually goes unnoticed until after the cataract has been removed. Many people are even shocked to see the colors they have chosen for their home.

**The First Step**

Cataract surgery is highly successful and the most commonly performed surgery in the US. Patients are usually able to resume most normal activities within hours, and frequently have better vision than they had before they developed cataracts.

If you are experiencing any of the symptoms of cataracts, the first step is to have a comprehensive eye examination. Your doctor will be able to determine if a cataract is the cause of your decreased vision. If it is, and if it is inhibiting your quality of life and the activities that bring you joy, then you and your surgeon will determine which option is best for your eyes and lifestyle.

To make an appointment for a cataract evaluation, please call 1-866-865-2020.



**Our Physicians - L to R:** Charles Anthony II, MD; David M. Rubin, OD; Michael Camp, OD; Edwin Detweiler, OD; Joshua Mali, MD; Jeffrey Kasper, MD; Robert Friedman, MD; Richard Hector, MD; Cathleen McCabe, MD; Lori Ann Long, OD; Brian Foster, MD; Todd Berger, MD; Scott Han, OD; Robert Rego, OD



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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.

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## TOPICS FOR MARCH

- March 6<sup>th</sup> - Cataracts & Bladeless Laser Cataract Surgery
- March 13<sup>th</sup> - Macular Degeneration Treatments
- March 20<sup>th</sup> - Cataracts & Bladeless Laser Cataract Surgery
- March 27<sup>th</sup> - Treatments for Dry Eye Disease

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# IS GOOD HEALTH IN YOUR FUTURE?

By Danielle Perrault, Founder, Director  
World Institute of Natural Nutrition

One of the most serious problems of modern civilization is malnutrition. Whether we consider malnutrition caused by poverty and shortage of food as encountered in third world countries, or witness the dietary abuse problems common to the rest of the world, we find enormous suffering caused by the way we feed ourselves. Obesity has reached endemic proportion. The plethora of 'solutions' offered everywhere in the media, is quickly exhausted against the number of excuses fabricated. Let's face it, the majority of us are fat, and dying of malnutrition.

This phenomena engenders its own inevitable fate, in the form of a great many diseases, most of them preventable. "Eat less and move more" is the generally accepted rule of thumb when it comes to fighting obesity, but whichever way we look at the problem, WHAT we eat and WHY we eat is the key as well as the salvation.

It takes courage to face the fact that through ignorance and lack of interest in the needs of our own bodies, we are slowly bringing ourselves to the point of extinction.

Fortunately, there is a light at the end of the tunnel. We are seeing an awakening to a new and vital interest in nutrition. This curiosity is not aimed at the traditional dietetic and scientific field. It involves an emerging sphere of nutrition that encompass not only the characteristics of food, but explores the quality of the food source and the holism of the consumer. This new vital area of nutrition is called 'natural nutrition'.

For over fifty years science has dominated the civilized world. If something is not demonstrated scientifically, it is claimed to be invalid and unworthy of attention. Some would even have us believe that ignoring scientific claims is 'dangerous', putting into question the existence of our ancestors for millennia. Some food manufacturers have exploited

## March is National Nutrition Month



this phenomenon to their financial advantage. The supermarkets are swamped with supposedly beneficial artificial foods, adulterated and 'improved' beyond any nutritional value.

We have become a generation of gullible consumers. And those whom we may have counted on in the past to guide us, are willingly backed by these processed food giants.

### Let's begin the process of unlearning, of getting back to basics....

A shift is slowly occurring. We are beginning to understand that the only person in charge of us, individually, is us and that no one knows more about what's good for us than we do. The wisdom of 'listening to your body' is making waves. What Martha Graham said in the context of dance, "The body says what words cannot" is true of all body functions. Our body language well heard is the avant-garde of our health.



In this move towards personal freedom and wisdom, today's informed consumer recognizes that he is what he eats. He also realizes that food does not nourish the physical body alone. Mind and consciousness are not divided from the physical self.

It becomes clear then that there is no diet that is right for everyone all the time. Neither are there miracle nutrients that will cure all ills. Each person is uniquely different, and each must exercise his judgment as to what is right for his own well-being. This is a simple matter of self-responsibility. If we value our health and have a genuine concern for the quality of our life as well as for our potential longevity, then we cannot conveniently turn a blind eye to the quality of our food sources.

Following this realization comes a new insight: the quality of the food eaten affects the degree of well-being experienced. It is easy to comprehend that artificially created food, or food grown under sub optimal conditions, cannot contribute the ingredients necessary to good health. Only natural, wholesome food can produce the degree of health that brings peace of mind and enjoyment of life. In our modern society, this requires constant vigilance as to what we choose to eat.



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**The properties of natural nutrition are simple...**

Let's remember the acronym **NAG**

**Natural**, as in unprocessed, unrefined foods such as whole grains and legumes.

**Alive**, meaning food that still contains live enzymes, such as fresh fruit, vegetables, and sprouts.

**Good Quality**, meaning grown in soil rich in essential nutrients such as organically grown foods (pesticide free and grown without synthetic fertilizers).

These simple words can serve as a guide to everyone wishing to improve their health. Awareness and understanding of the *simplicity* of our nutritional needs will inevitably lead to individual and collective good health. We need to learn to look at good nutrition, not as a means to stop our diseases, but as a tool to create our own immunity and overall good health.

**Where do we find quality food?**

The neighborhood supermarket is not always our best source of natural food. Fruit and vegetables are often imported from foreign countries, and by the time they reach our table they have lost all major nutrients. In our country fruit and vegetables are often grown carelessly in poor soil full of pesticides, all in the name of profit and certainly with no regards for the health of the consumer.

Fortunately we see an emerging trend towards fresh markets consciously striving to offer quality organic produce, and local farmers' markets where you can actually speak to the person who grows your food, and find products you won't find anywhere else. These markets are a wonderful way to bring people together because they are fun. The farmers connect with the consumers who love what they sell and appreciate their hard work. The satisfaction of buying natural foods, socializing with like minded people while enjoying the fresh air is good for body and soul.

**What can we expect in the future?**

We are not doomed to perpetuate obesity and malnutrition! All it takes is a conscious rethinking of our everyday food choices. That's where courage comes in handy. It is so much easier to maintain status quo, believe what we are told and hope for the best. What we really need to do, however, is to take a good look at the quality of food that's foisted on us too many times, and, yes, complain!

As more and more consumers demand the quality of food that we are entitled to, we will find that food manufacturers and suppliers will begin to provide it. We will then see a significant move towards the prevention of obesity and disease starting with a most important requisite: natural nutrition.

***Danielle Perrault, Certified Holistic Nutritionist**, has been teaching and promoting natural, holistic nutrition for over twenty years. She first founded the Canadian School of Natural Nutrition in 1994, then expanded internationally with the World Institute of Natural Nutrition with Head Office in Fort Myers, Florida.*



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# What is Liquid BioCell™?

**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.

Advanced joint breakthrough is clinically shown to work, unlike anything else!



Learn More

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.

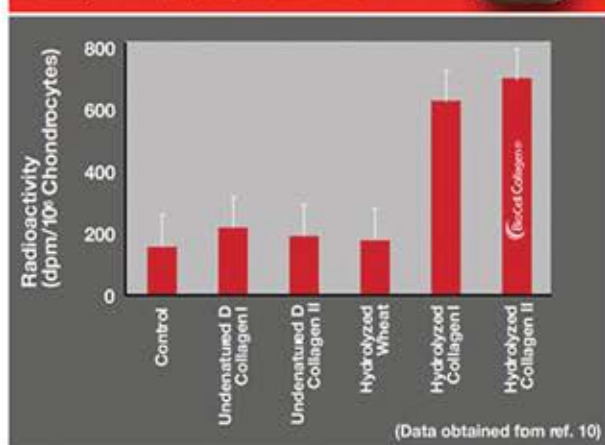
LIQUID BIOCELL



Willie Harper  
Linebacker, SF 49ers  
Super Bowl Champion

"Liquid BioCell™ has done wonders for me. I feel better now at 64 than I did at 40. Nothing that I've tried over the years has been so beneficial."

Learn More



## ACTIVE JOINTS AMAZING SKIN™

The nutraceutical breakthrough that's completely changing the way we age. Learn more.

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

LIQUID BIOCELL

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).

#### Awards:

**Reader's Ingredient of the Year 2015**  
NutraIngredients Award Winner

**Best Bone and Joint Health Ingredient**  
Frost and Sullivan Award Winner

**Most Innovative Dietary Ingredient**  
Nutraceutical Business and Technology Award Finalist

**Personal Care New Product Innovation**  
Frost and Sullivan Award Winner

**Exemplary US Brand**  
Beauty From Within Conference

**2015 Anti-Aging Award Winner**  
TasteForLife Supplement Essentials

**2015 Editor's Pick**  
Remedies Magazine

#### Featured on:



Collagen is the most abundant protein found in joint cartilage and the dermis of the skin. It provides the structural framework of your connective tissues to keep your skin firm and resilient and your joints active and fluid.

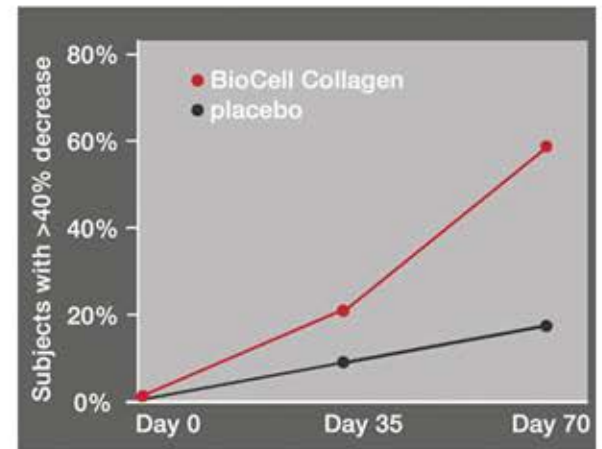
Chondroitin sulfate is a naturally occurring element of joint cartilage that gives it amazing shock absorbing properties.

Hyaluronic acid (HA) is a molecule that helps provide hydration for your skin, lubrication for your joints, and is the gel-like substance that holds your cells together.

#### Doubleblind Scientific Studies

In a 28 day human study for best absorption, it was shown that by drinking 4 OZ of Liquid BioCell™ daily, the results were a remarkable 6,000% increase of hyaluronic acid in the body. In an eight week human clinical trial, 90% of human subjects with chronic joint discomfort experienced a 40% improvement in physical activity and with continued use, many experienced significant improvement in joint mobility.

A 10-week trial enrolling subjects at an advanced stage of joint discomfort showed that more than 70% experienced a significant reduction of stiffness and soreness, improving their daily activities.



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)

**REFER THREE,  
GET YOURS  
FREE**







# FAQ Thyroid Awareness

By Eric M. Folkens, M.D., Family Medicine,  
Bradenton/Lakewood Ranch/Sarasota Urgent Care Walk-In Clinics

## What is the thyroid gland?

The thyroid gland located in the neck produces thyroid hormones which help the body use energy, stay warm and keep the brain, heart, muscles, and other organs working normally.

## How important is my thyroid in my overall well-being?

The thyroid gland produces thyroid hormone, which controls virtually every cell, tissue and organ in the body. If your thyroid is not functioning properly, it can produce too much thyroid hormone, which causes the body's systems to speed up (hyperthyroidism); or it can create too little thyroid hormone, which causes the body's systems to slow down (hypothyroidism).

Untreated thyroid disease may lead to elevated cholesterol levels and subsequent heart disease, as well as infertility and osteoporosis. Research also shows that there is a strong genetic link between thyroid disease and other autoimmune diseases, including types of diabetes, arthritis and anemia.

Simply put, if your thyroid gland isn't working properly, neither are you.

## How can I tell if my thyroid is working properly?

Both an underactive and overactive thyroid gland can cause symptoms. If you are experiencing symptoms such as fatigue, depression or anxiety, changes in sleep, changes in weight, intolerance to hot or cold temperature, hair loss, dry skin, muscles aches or tremors, or menstrual irregularities, you may have a thyroid problem. Additionally, symptoms of thyroid enlargement such as a swelling in the neck, hoarse voice, or increased discomfort wearing neckties or turtlenecks, should prompt a thyroid investigation. Ask your doctor to test your thyroid function if you are experiencing any of these symptoms.



## What is thyroid disease?

Thyroid disease encompasses a large variety of problems with the thyroid. The thyroid can be become underactive (hypothyroid) or overactive (hyperthyroid) for many different reasons. Blood tests are usually the first step in diagnosing thyroid disease. The thyroid can also become enlarged (goiter) or develop nodules (growths within the thyroid). Based on physical exam and blood tests your doctor can determine if other studies are needed such as ultrasound, thyroid scan, or biopsy and the appropriate treatment.

## How common is thyroid disease?

Thyroid disease is more common than diabetes or heart disease. Thyroid disease is a fact of life for as many as 30 million Americans – and more than half of those people remain undiagnosed.



### Sarasota Urgent Care West

1435 South Tamiami Trail, Sarasota, FL 34239  
(941) 554-4301

Facebook.com/SarasotaUrgentCareWest  
www.sarasotaurgentcare.net



### Bradenton Urgent Care

4647 Manatee Avenue West, Bradenton, FL 34209  
(941) 745-5999

Facebook.com/BradentonUrgentCare  
www.BradentonUrgentCare.com



### Lakewood Ranch Urgent Care

9908 SR 64 East, Bradenton, FL 34212  
(941) 747-8600

Facebook.com/LakewoodRanchUrgentCare  
www.LWRUC.com



### Sarasota Urgent Care

6272 Lake Osprey Drive, Sarasota, FL 34240  
(941) 907-2800

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www.SarasotaUrgentCare.com





### What causes hyperthyroidism?

Hyperthyroidism, or overactive thyroid, can be caused by a number of conditions affecting the thyroid. Common causes of hyperthyroidism include Graves disease, toxic nodule, toxic multinodular goiter, thyroiditis, excess TSH secretion, taking excess thyroid hormone, or excess iodine intake.

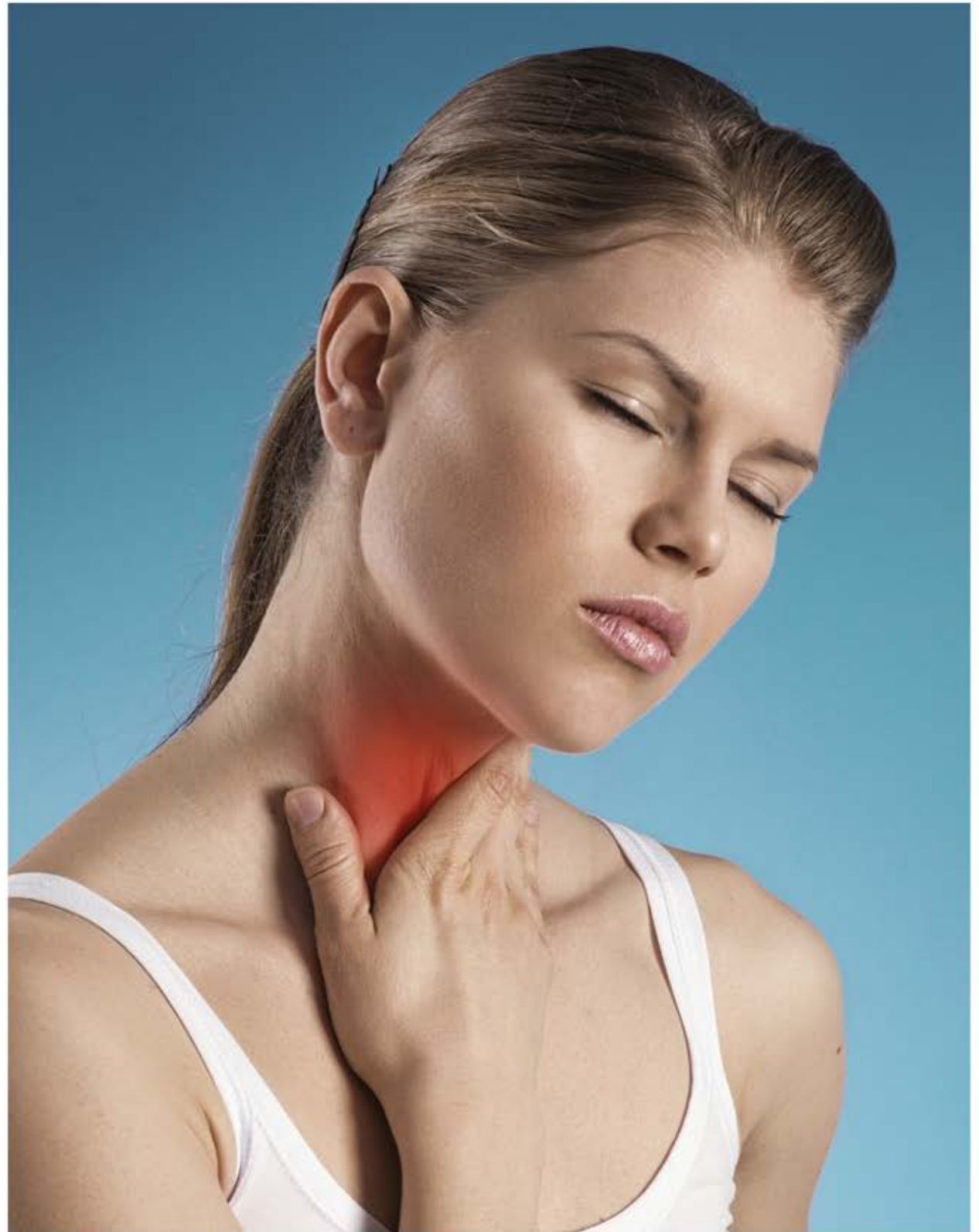
Graves disease is an autoimmune disorder characterized by generalized overactivity of the thyroid gland. It is more common in women and may be hereditary. Alternatively, the overactivity may be centered in areas of overgrowth, called nodules. When there is one or more overfunctioning nodules, this is called a toxic nodule or toxic multinodular goiter. Thyroiditis, or inflammation of the thyroid, may be associated with both hyper and hypothyroidism. Thyroiditis may occur following a viral infection or after pregnancy. Rarely, excess TSH secretion from the pituitary gland in the brain may cause hyperthyroidism. Excess iodine intake is also rare, and may be due to specific drugs, such as amiodarone.

### What causes hypothyroidism?

Primary hypothyroidism is caused by an underlying disease of the thyroid.

The most common causes of primary hypothyroidism are autoimmune thyroiditis (i.e. Hashimoto's thyroiditis or lymphocytic thyroiditis), surgical removal of the thyroid (i.e. thyroidectomy), radioactive iodine treatment, or certain medications such as Lithium, Amiodarone.

Secondary hypothyroidism is a much less common problem. It is caused by diseases that affect the pituitary gland's ability to make and release TSH (which regulates thyroid hormone production). Specific problems include pituitary tumors, postpartum pituitary necrosis (Sheehan's syndrome — an uncommon problem where all or part of the pituitary dies after childbirth), trauma, or tumors that grow into the pituitary gland.



### When should I get tested for thyroid dysfunction?

The thyroid gland is an important organ that secretes a hormone (thyroid hormone), which controls the body's metabolism. Thyroid hormone affects many bodily functions including heart contractility, gastrointestinal motility, and bone mineralization/turnover, among others. These functions are increased in patients who have hyperthyroidism, and decreased in patients with

hypothyroidism. Symptoms of hyperthyroidism include palpitations, insomnia, or weight loss, while hypothyroid patients may have fatigue, weight gain, dry skin, or constipation. If you have any of these symptoms, you should go to your healthcare provider for a thorough history and physical exam. Your provider will use information gained from such an evaluation to determine if testing is right for you.





# Effective & Proven Chronic Pain Relief with VAX-D

By Craig S. Aderholdt, BSc, DC

**V**AX-D, short for Vertebral Axial Decompression, is a patented non-surgical therapy proven to successfully treat chronic low back pain, caused by prolapsed, bulging, herniated or degenerative discs, facet syndrome, stenosis and sciatica. Even post-surgical patients and those suffering from central canal or foraminal stenosis have reported significant pain relief with VAX-D therapy. Over a series of relaxing treatment sessions, patients experience powerful pain reduction and healing. Some patients even notice relief after just one visit.

VAX-D's proven and patented technology is currently being utilized by leading physicians in orthopedic medicine, pain medicine, neurology and other specialties in hundreds of clinics around the world. Many doctors choose VAX-D over other devices because it employs the original, patented technology from which decompression therapy was born. VAX-D effectiveness is backed by clinical research. Back pain has grown to be a \$54 billion industry and has literally become a national epidemic. Due to the astounding array of varied treatment options, finding a back pain solution can be a daunting task. Knowing that a product backs its claims with clinical research makes all the difference, and that is what VAX-D offers. A recently completed 2 1/2 year study has demonstrated that VAX-D achieved a remarkable 88% success rate in the 283 chronic back pain patients studied! The patients selected for the study had been unsuccessful at finding relief with at least two previous non-surgical treatments.



VAX-D is not to be confused with traction. VAX-D lengthens and decompresses the spine, reversing high intradiscal pressure through the application of negative pressure via a patented "slow ramp-up" process. This reversal of pressure creates a vacuum inside the discs that not only takes pressure off of pinched nerves, but helps to reposition bulging discs and pull extruded disc material back into place. Simultaneously, nutrients, oxygen and fluids are drawn into the disc to create a revitalized environment conducive to healing. VAX-D stimulates the body's repair mechanism, providing the building blocks needed to actually mend injured and degenerated discs. VAX-D's process is the only patented treatment clinically proven to decrease disc pressures to the negative levels needed to facilitate healing!

### How does VAX-D work?

High intradiscal pressures cause discs to bulge out and press painfully on nerve roots. They also make for a compressed, anaerobic environment unsuitable for healing. Decompression produces and sustains negative pressures within the disc, creating a vacuum effect which draws in nutrients and fluids to promote the repair of injured discs and surrounding tissues. This vacuum has also been shown to aid in the retraction of escaped cushioning gel from herniated discs. Much like gauging the air pressure in a car tire, scientists have been able to use pressure sensors to measure the various pressures put on spinal discs while lifting, standing, sitting, lying down, undergoing traction, and during VAX-D Therapy. Like other pressures found in the body such as blood pressure, intradiscal pressure is measured in millimeters of mercury (mmHg). While traction, physical therapy and manipulation may reduce disc pressures to as low as 40 traction, physical therapy mmHg, only VAX-D has been shown to achieve negative pressures within the spine. Clinical studies have shown that, with VAX-D Therapy, negative pressures as low as -160 mmHg\* are created within the injured disc during the treatment session!

The key to the "distraction" of VAX-D is achieved through an intricately timed series of pulls, holds, and releases over the course of a treatment session. VAX-D's biofeedback system adjusts this curve of tension specifically to each patient's needs, making every session a truly individualized treatment.

VAX-D Therapy involves three phases that repeat fifteen times throughout a treatment session: the Decompression Phase, the Retraction Phase, and finally, the Rest Phase. During the Decompression



Phase, tension slowly mounts, lengthening the spine; up to 99 pounds of tension may be exerted directly on the injured discs. This is where spinal pressures drop and decompression actually occurs. During the Retraction Phase, tension is slowly decreased and the spine is retracted slowly. This is followed by a short Rest Phase.

### Is VAX-D Right for Me?

*You may be a candidate for VAX-D if:*

- You have chronic and/or severe back and/or neck pain caused by bulging or herniated discs, degenerative disc disease, sciatica, and/or facet syndrome.
- You have been diagnosed with a clinically unstable low back.
- You have failed back surgery syndrome.
- You have been told to consider surgery.

Many patients have experienced more than a 50% reduction in pain after their first treatment! For those suffering from herniated and degenerated discs, the escaped nucleus pulposus may be partially or completely retracted back into the disc after just the first session (though usually it takes longer), relieving a great deal of pain. However, pain reduction does not indicate full recovery, and a full recovery is essential to preventing re-injury. Each treatment session lasts approximately 45 minutes. A typical VAX-D treatment regimen consists of about 20 sessions. Some conditions require fewer visits; some require more. Many patients report relief from their pain and other symptoms during the first

few treatment sessions, and most experience dramatic pain relief after completion of their prescribed VAX-D Therapy program.

VAX-D therapy is a non-surgical procedure to reduce pain by decompressing your spine and reducing the stress and pressure on your discs and spinal nerves. Contact Dr. Craig Aderholdt, at **941-756-5528** for a **free consultation** to see if you are a candidate for this revolutionary procedure. We hope you enjoy the information within and share it with others. Contact Dr. Aderholdt today to find out if you can finally relieve your pain and suffering with this proven safe and effective nonsurgical breakthrough for neck and back pain..



## BACK PAIN INSTITUTE OF WEST FLORIDA

5221 26th Street West  
Bradenton, Florida 34207

7349 Professional Parkway East  
Sarasota, FL 34240

Lakewood Ranch Technology Park

**Dr. Craig S. Aderholdt, BSc, DC**



*At Back Pain Institute of West Florida, located in Bradenton, FL, our number one concern is to help our patients with a natural approach to pain treatment. Dr. Craig Aderholdt, BSc, DC, received his undergraduate degree from Pennsylvania State University State College, and his Doctor of Chiropractic from life University School of Chiropractic in Marietta, GA. He then later graduated Cum Laude.*

*Dr. Aderholdt also holds certification in chiropractic adjunctive physiotherapy from New York Chiropractic College and completed extensive postgraduate training in therapeutic modalities at National-Lincoln School. He is a member of the Florida Chiropractic Association and American Chiropractic Association and is a certified VAX-D consultant. He was also voted a Bradenton Herald People's Choice Awards Winner for 2008 and is the Manatee Herald-Tribune Awards winner for 2015.*

**Voted #1**  
**Chiropractic Physician**  
Manatee Herald-Tribune  
Awards winner for 2015





# 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 (941) 702-9575 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...



941-702-9575 | [www.PhysiciansRehabilitation.com](http://www.PhysiciansRehabilitation.com)



# Underlying Reasons for Limb Swelling

By Alyssa Parker

**M**any people may experience complications after an operation due to the significant amount of trauma your body endures. Whether it's cancer related, non-cancer related, or a minor surgery, patients may develop post-operative symptoms such as swelling in a limb or a particular area of the body. Swelling in the limb which may appear to be temporary can later lead to chronic swelling known as lymphedema.

## How the Lymphatic System Works

What does edema have to do with your lymphatic system? The lymphatic system serves as one of the body's main highways. Through its network of vessels and ducts, it works as a filtration system for body fluid entering into the blood stream. This fluid is referred to as "lymph" fluid, which is the interstitial fluid consisting of proteins, wastes, and a collection of white blood cells. The kidneys, skin, lungs, or intestines then eliminate the wastes that have been filtered out of the lymphatic vessels.

## What is Lymphedema?

Lymphedema is a degenerative condition which means it will only get worse over time without treatment. There is no cure for Lymphedema. Once a lymph node has been damaged, your lymphatic can become compromised. Over the years, as you get older, you may incur irreversible damage to the lymphatic system through medical procedures, injuries, or infection. Examples include cancer radiation, surgical lymph node removal, joint replacements, scarring of the lymphatic vessels through reoccurring infections i.e. cellulitis, or other health problems relating to gall bladder, kidneys, intestines, or reproductive organs. When an obstruction has occurred, a blockage in the lymph nodes can occur. The limb begins to swell with fluid because the lymphatic system is blocked/impaired, unable to move the fluid back into the circulatory system.

## Compression Pump Treatment

One recognized treatment is using a compression pump. This is a safe and effective way to assist your body's lymphatic system in moving the lymph fluid which has accumulated in the limb and can cause painful swelling, non-healing wounds, heaviness, and discomfort decreasing your mobility. The compression pump is a gentle massaging technique that compresses in a rhythmic cycle, similar to that of a normally functioning lymphatic system that has not been damaged.



## Possible Symptoms of Lymphedema

- Swelling in your legs or arms
- A feeling of heaviness or tightness
- A restricted range of motion
- Aching or discomfort
- Recurring infection/cellulitis
- Hardening or thickening of the skin on your arms or legs

It is important to rule out other causes of edema including nutritional issues, allergies and reactions to medication you may be on. True Lymphedema should not be treated with Diuretics as they draw from the Venous system not the Lymphatic system. Removing fluid from the body in this fashion takes away the wastes' only means of transport and can lead to serious recurrent infections or cellulitis since the lymph waste is now trapped in the limb and has no place to go. If symptoms return when you cease

Diuretics, you should be asking questions and seeing a specialist immediately. This is where choosing a physician experienced in recognizing and treating Lymphedema is critical.

## Some Good Questions to Ask Your Physician Include:

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

## Specialists in Acute Wound Care

Remember, ANY swelling is an indication of an overloaded Lymphatic system. Acute Wound Care, LLC is a highly focused local provider of wound products and compression pumps working with select area physicians highly versed in this condition. For more information and articles on this topic, Google "Acute Wound Care," visit [www.AcuteWoundCare.com](http://www.AcuteWoundCare.com), or call 239-949-4412 and speak with a specialist. Remember, nothing heals faster than an educated patient.

## ACUTE WOUND CARE

For more information and articles on this topic, Google "Acute Wound Care" or visit [www.AcuteWoundCare.com](http://www.AcuteWoundCare.com) or call

**239-949-4412**

and speak with a specialist.

**No Drugs. No Surgery.**  
**Simply Relief from Knee Pain.**

Call TODAY to schedule your NO COST consultation! That may be just what you need to change your life for the better.



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Our goal is to decrease the inflammation, promote healing, and eliminate your pain.

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- 5668 Strand Ct., Naples, FL. 34110 - (239) 687-2165
- 3380 Tamiami Trail, Unit C. Port Charlotte, FL. 33952 - (941) 467-1666
- 3801 Bee Ridge Rd. Unit #9/10, Sarasota, FL. 34243 - (941) 702-9575
- The Villages at Spruce Creek Professional Center, 10935 SE 177th Pl. #405/406/407, Summerfield, FL. 34491 - (352) 775-3339

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Orthopedics | Osteoarthritis Treatments | Physical Therapy  
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Discover a life more fulfilling 

## ACUTE WOUND CARE

Are you suffering from lymphedema and chronic swelling of upper or lower extremities?

### We Can Help!

Whether you need short-term recovery assistance or a long-term treatment plan, we deliver the supplies you need to shorten recovery time in your own home!

Specializing in Pneumatic Compression Systems, specialty dressing supplies for treatment of chronic and hard to heal wounds.



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**239-949-4412**

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

\*Deductibles and co-pays may apply. Coverage may vary and is based upon individual insurance benefits. Covered by most insurance and Medicare for qualifying patients, deductibles and copays may apply.





# Smoking-The Heart Stopper

**M**ore than 16 million Americans have heart disease, almost 8 million already have had a heart attack and 7 million have had a stroke. Cardiovascular disease (CVD) is the single largest cause of all deaths in the United States, killing more than 800,000 people a year.

CVD includes narrow or blocked arteries in and around the heart (coronary heart disease), high blood pressure (hypertension), heart attack (acute myocardial infarction), stroke and heart-related chest pain (angina pectoris). Smoking is a major cause of CVD.

Even people who smoke fewer than five cigarettes a day show signs of early stages of CVD. The risk of CVD increases when more cigarettes a day are smoked, and when smoking continues for many years.

Exposure to secondhand smoke can increase the risk for a heart attack or stroke. More than 33,000 nonsmokers die every year in the United States from coronary heart disease caused by exposure to secondhand smoke.

## Peripheral Arterial Disease

Blood vessels are found throughout the body and carry oxygen to every organ. The oxygen makes it possible for organs to do the work needed to keep the body healthy and working correctly. Cigarette smoke makes cells lining blood vessels swell so that the vessels become narrower, reducing the flow of blood. Even smoking every now and then, or inhaling someone else's smoke, damages blood vessels.

Atherosclerosis, or hardening of the arteries, occurs when artery walls thicken and the opening inside the artery narrows. Peripheral arterial disease (PAD) or peripheral vascular disease (PVD) occurs when arteries that supply the legs, feet, arms, or hands become narrow, reducing blood flow. Without normal blood flow, people with PAD may have pain when they walk, and cells and tissue can die from lack of oxygen. In extreme cases, gangrene can develop and the infected limb may have to be removed. Smoking is the most common preventable cause of PAD.



## Coronary Heart Disease

Components in the blood, called platelets, stick together along with proteins to form clots. Clotting prevents blood loss and infection after an injury. Chemicals in cigarette smoke cause blood to thicken and form clots inside veins and arteries, even when clotting isn't needed to prevent bleeding or infection. Smoking also promotes the formation of plaque in the walls of arteries and clots can form where there is plaque. This is especially dangerous when arteries are already narrowed from smoking, because the clots can easily block those arteries. When arteries are blocked, the oxygen to nearby organs is cut off. Coronary heart disease occurs when arteries that carry blood to heart muscles are blocked by clots. This blockage can lead to a heart attack and sudden death.

## Saving Millions of Lives

There are many ways to reduce smoking rates quickly and dramatically.

Among the strategies proven to work are:

- Affordable smoking cessation treatments that are easily available to people who want to quit;
- Comprehensive smokefree and tobacco-free policies in public places that protect nonsmokers and make smoking the exception rather than the norm;
- Higher prices on cigarettes and other tobacco products that discourage young people from starting in the first place and that encourage adult smokers to quit;
- Continued mass media campaigns that inform people of the dangers of smoking and tell them about resources to help them quit; and
- State and community programs that help integrate tobacco control into medical, retail, education, and public health environments that reach groups of people who might not otherwise be exposed to tobacco control initiatives.



**SAVE YOUR  
HEART  
AVOID THE SMOKE**

Smoking damages the heart and blood vessels very quickly, but the damage is repaired quickly for most smokers who stop smoking. Even long-time smokers can see rapid health improvements when they quit. Within a year, heart attack risk drops dramatically. Within five years, most smokers cut their risk of stroke to nearly that of a nonsmoker. Even a few cigarettes now and then damage the heart, so the only proven strategy to keep your heart safe from the effects of smoking is to quit.



# Tobacco Free Florida offers 3 Ways to Quit:

## Tobacco Free Florida AHEC Cessation Program – Tools to Quit and Quit Smoking Now

### Stroke

A stroke is loss of brain function caused when blood flow within the brain is interrupted. Strokes can occur when arteries that carry blood to the brain become blocked from narrowing or a clot, or when a blood vessel leaks or bursts inside the brain. Strokes can cause permanent brain damage and death. Smoking increases the risk for stroke. Deaths from strokes are more likely among smokers than among former smokers or people who have never smoked. The more cigarettes a person smokes per day, the higher his or her risk of dying from a stroke. Even exposure to secondhand smoke can cause strokes in nonsmokers.

### Abdominal Aortic Aneurysm

The aorta is the body's main artery that carries oxygen-rich blood to all parts of the body. Smoking is a known cause of early hardening of the abdominal aorta, the part of the aorta that supplies blood to the abdomen, pelvis, and legs. Autopsy studies have found that smoking during adolescence can cause this dangerous condition as early as young adulthood. Hardening of the abdominal aorta can lead to an aneurysm, or a weakened and bulging area. A ruptured abdominal aortic aneurysm causes life-threatening bleeding and is often fatal. Almost all deaths from abdominal aortic aneurysms are caused by smoking and other tobacco use. Women smokers have a higher risk of dying from an aortic aneurysm than men who smoke.

## 3 FREE & EASY WAYS TO QUIT



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### Testimonials

Lekiva Judge

*"I quit... We quit! Both my husband and I quit the same day. We've been smokers for almost 24 years. It was time. The classes helped us to do something that we felt we couldn't achieve on our own. I am happy for the help and encouragement."*

Jorge J. Garcia, MD

*"I want to take this opportunity to thank and complement each of you for the quality of training that you all provided at the recent conference which I attended in Tallahassee for Tobacco Treatment Specialist. The material that was covered was comprehensive and presented in a clear, concise, and well organized fashion. The speakers were all very knowledgeable, they covered their topics thoroughly and the slide presentations were very informative and visually appealing. I learned a lot and feel that my fund of knowledge and ability to evaluate and manage tobacco users was significantly enhanced by my attendance to this training."*



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# 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.

**MONALISA Touch**  
WOMEN'S HEALTHCARE PHYSICIANS OF NAPLES

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

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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)



# Prayer Killer #2: Not Honoring Your Spouse

By Alex Anderson, Senior Associate Pastor at Bayside Community Church

**Y**ou know what would really be nice? If you (my friends and readers) would send me more of your stories of pain and failure; then I could use your stories and not have to always use mine. (smile)

Many years ago, I went into business with a person who, from every angle, looked legit. (You already know where this is going.) My wife, who is a brilliant woman, and who had left a career in a stock brokerage firm to homeschool our three small children, said, "Honey, I know we've looked at this opportunity from every angle and it seems good, but I just don't have a peace about doing it."

To which, I replied, "Honey, that's just because you don't know much about this type of business. It's gonna be amazing. You just wait and see."

I was right on both accounts. It was amazing and a sight to see...a spectacular screw-up...a hundred-thousand-dollar disaster.

My remarkable wife never said, "I told you so." I'm sure she thought about it though, maybe a hundred thousand times.

I once heard someone say, "If you think education is expensive, you should try stupidity."

What a stupid and expensive lesson.

But looking back now (hindsight is 20/20, you know)...I could have easily avoided this expensive mistake if I had just followed the advice of one simple verse in the Bible.

And here it is.

*In the same way, you husbands must give honor to your wives. Treat your wife with understanding as you live together. She may be weaker than you are, but she is your equal partner in God's gift of new life. Treat her as you should so your prayers will not be hindered. 1Peter 3:7 NLT*



On the surface this verse looks like it's just telling husbands to be nice to their sweet "little wives." But under the surface, this often misunderstood verse has the tremendous power to make your dreams come true.

It may sound like one of those late night infomercials, but the power contained in the promise of this one verse (if you are both Christ-followers) can transform your life in so many ways.

So let's jump into it and see how far we get.

First of all this verse is not only talking to husbands, but is talking to both spouses when it comes to the dynamic life-changing principle I'm about to share. So read it as a spouse not as a husband or wife.

The first line of the verse reads in the Greek (the original language): "...husbands dwell with them according to knowledge..." In other words, "Spouse, learn from experience how special and unique God made your spouse and more importantly how the person of the Holy Spirit speaks through them. (Some of you already know where this is going because you are already enjoying the benefits.)

God will use His ability to communicate to you through your spouse, if you will learn to listen. And that alone could have saved me big bucks.

The second part of this power-packed verse is found in these words, again from the Greek: "...rendering honor as the joint-heir of the Grace of Life..."

The Lord God in His infinite wisdom sees a married couple as a two parts of a three-part unit (the husband, the wife and Holy Spirit). God resides to a degree inside of every Christ-follower.

So when a wife wants to buy a new car and begins to think about car options, color, style, price etc...Holy Spirit knows her thoughts and ideas. If she prays and asks Him what He thinks, He will begin to reveal to her mind ideas that maybe she had not thought. If she asks her husband what he thinks and he also prays and asks Holy Spirit, then you have the three working together to provide answers and solutions.

And since one of the three is God's Holy Spirit, and since He knows a lot more than most and is allowed to help us, then both husband and wife can have a peace in their heart from Holy Spirit that a decision has been thoroughly explored and now can be made. This makes the odds of success go through the ceiling.

Obviously I did not do this with my decision.

There are two more vitally important parts to share, but we are out of article space.

However, you can read the rest of this lesson by going to [alexanderson.org](http://alexanderson.org) and signing up for my weekly lessons. (They are free.)

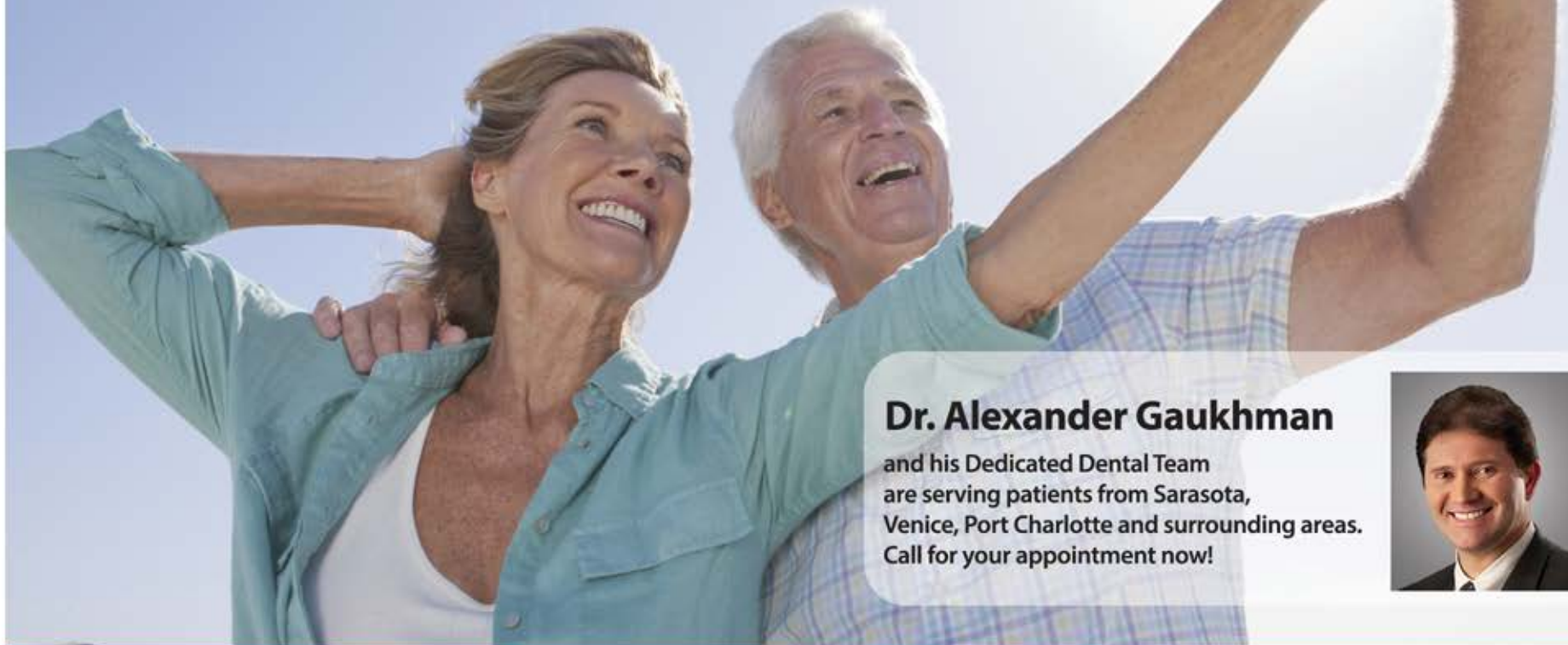
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