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Michael Wang, M.D.
Family Medicine
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Naples, Florida 34109
239-249-7830

Luis Pozniak, M.D.
Internal Medicine
1735 SW Health Parkway
Naples, Florida 34109
239-249-7800

Fritz Lemoine, Jr., M.D.
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CONTACT US

OWNER / ACCOUNT EXECUTIVE
Cristan Grensing
cristan@gwhizmarketing.com

OWNER / CREATIVE DIRECTOR
Sonny Grensing
sonny@gwhizmarketing.com

EDITOR
Lisa Minic

G WHIZ Marketing Group, LLC
Publishing • Advertising • Web Design • Graphic Design

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Cristan@gwhizmarketing.com

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

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YOUR "ARCH" ENEMY

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

Look down at your feet right now! Do they seem different from ten years ago? Does your foot arch look the same as it did, or are you imagining that it has changed? Does your arch seem flatter to you? Well, maybe it has become flatter. And quite possibly that flatness may result in a lot of severe foot problems for you.

First, try the wet test. Wet your feet, then go and stand on a flat, dry surface that can leave an imprint of your foot. A normal footprint has a wide band connecting the ball of your foot to the heel, with an indentation on the middle, inner side of your imprint. A foot with a high arch has a large indentation and a very narrow connecting band, and conversely, a flatfoot leaves a nearly complete imprint with almost no curve.

There are several reasons for having flatfeet. They can be present at birth (congenital), caused by ongoing stresses to your foot, obesity, diabetes, Osteoarthritis, Rheumatoid arthritis, hypertension, or traumatic injury to your foot or ankle.

You may have flatfeet and be pain free. But you must understand that the arch in your foot is there to help distribute your weight across your entire foot. Painless flatfeet can deteriorate over the years and become painful. By that time, it may be too late to treat conservatively.

The signs and symptoms of flatfeet problems can include lower leg pain and weakness, pain around the inside ankle, sometimes with swelling.

You may have weakness inverting (pointing the toes inward) the foot. You may find that you have uneven shoe wear and notice that your regular shoes seem to be collapsing. You may also find that you have the inability to stand on your toes. Sometimes flatfeet can contribute or exacerbate other problems such as plantar fasciitis, posterior tibial tendonopathy, achilles tendonitis, shin splints, bunions, stress fractures and calluses.

So how should you treat this?

First, you should be properly evaluated by a Foot and Ankle Orthopaedic Specialist who will review your medical history and examine your feet, and if necessary, your gait.

Why an orthopaedist?

Simple!! The foot has twenty eight bones that need and should be evaluated by a bone doctor!!! Be sure to bring your regular shoes so that these may be examined. X-rays of both feet should be done for comparison and to determine, if it exists, the severity of the flatfoot. Muscle and tendon strength should be evaluated by your Orthopaedic Foot and Ankle Specialist.

Treatment can vary depending upon the cause. Conservative treatment can include shoe modifications, arch supports and custom orthotics. An injection of corticosteroid may be used to calm an inflammatory pain in your flatfoot. Resting and icing the involved extremity can help. Physical therapy may be necessary to strengthen and stretch the surrounding tissues, helping to alleviate the stress placed on to your affected foot.

However, frequently the only way to correct your painful foot is through surgery. Surgical procedures can help reduce or eliminate the pain and can improve bony alignment. They can include Arthrodesis, or welding (fusing) two bones together, Osteotomy or cutting or reshaping a bone to correct alignment, Excision or removal of extra bone or spurs, Synovectomy or cleaning the sheath of a tendon, and/or Tendon Transfer, to replace a worn or ruptured tendon.

Having flat feet can be a very serious matter. If you are experiencing foot pain and think it may be related to flatfeet, see an Orthopaedic Specialist as soon as possible. This is a problem that often worsens over time with treatment becoming more and more complicated. With 28 bones in your foot, you need to be evaluated by a Board Certified Orthopaedic Surgeon with a Sub-specialty, Fellowship Trained in Foot & Ankle surgery. In fact I am the only surgeon with these qualifications in our area. I believe this makes me uniquely able to deal with these problems in a state-of-the-art atmosphere and method that will keep you in good hands and provide you with the most desired result.

Myles Rubin Samotin, MD
Board Certified Orthopaedic Surgeon
Fellowship Trained, Sub-specialist in Foot and Ankle Surgery
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Hand Veins & Facial Veins

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

When most people think of having veins treated, they are usually concerned with spider veins and varicose veins on their legs. However, with increasing frequency over the last ten years, there is a growing interest in eradicating ugly hand veins as well as facial veins on the forehead, temporal area, nose and cheeks. Treatment of both hand and facial veins fall under the category of cosmetic vein therapy.

Although both men and women develop prominent hand veins with age, women are usually more self conscious about them. Hand veins tend to become larger and more obvious due to loss of fat volume and muscle tone that occurs with the aging process. In fact, the same tissue deflation that occurs in the aging face occurs in the aging hand. The areas that are the telltale signs of aging are the face, neck and hands.

Treatment of Hand Veins

There are essentially two types of hand veins, smaller and larger. Smaller veins can be treated by sclerotherapy (injecting them with a solution) and the larger veins are best treated by inserting a laser into the vein (endovenous) and dissolving the vein just as is done in treating leg veins. This procedure is done under local anesthesia and is cosmetically very satisfactory.

Treatment of Facial Veins

Facial veins cal also be treated with excellent cosmetic results by a variety of modalities, such as topical laser, sclerotherapy, micro needle radio frequency, Vein Wave or Vein Gogh (both variations of topical radio frequency). Facial vein treatment usually requires three to five sessions at three to four week intervals. With the expanding aging population and the rapidly growing baby boomers, facial vein eradication is being sought after more and more.

FACE VEIN SCLEROTHERAPY

Before After

LEFT HAND VEINS

Before After

RIGHT HAND VEINS

Before After

NASAL VEIN SCLEROTHERAPY

Before After

CHIN VEIN SCLEROTHERAPY

Before After

About Dr. Landi

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

To learn more or to schedule an appointment, please call Vanish Vein and Laser Center at **239-403-0800** or visit us online at **www.vanishvein.com**.

John P. Landi, M.D.

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Regain Control of Your Life

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New Minimally Invasive Overactive Bladder Treatment Available

By Rolando Rivera, MD, FACS

Do you ever find yourself struggling to hold it in? Or do you plan your social outings based on which local venues have the cleanest restrooms? If you are living with bladder symptoms of urgency, frequency, and leakage, it could be a common condition called overactive bladder (OAB).

The incidence of OAB is staggering and growing it is more common than diabetes, affecting nearly one in six. Many sufferers are frustrated and embarrassed and limit their lives socially, professionally, and personally. However, only 33 percent of those suffering seek treatment and as many as seven in 10 stop using medications within six months due to intolerable side effects or unsatisfying results.

NEUROMODULATION: A DIFFERENT WAY TO TREAT OAB

Your OAB symptoms may be caused by a miscommunication between the brain and bladder. The treatment options you tried in the past may not have addressed this issue, but neuromodulation does.

If you've tried fluid and diet changes, Kegel exercises, physical therapy, or medications and haven't been happy with the results, it may be time for a Medtronic Bladder Control Therapy, delivered by the NURO™ System.

Gulfshore Urology is one of the first offices in the area to offer the new Medtronic NURO™ System that delivers percutaneous tibial neuromodulation (PTNM) for the treatment of overactive bladder with symptoms of urinary urgency, urinary frequency, and urge incontinence. PTNM, a periodic, office-based procedure, is minimally invasive and proven to restore bladder function without the side effects of medication. It is thought to correct an underlying miscommunication between the bladder and brain. The most common side effects of PTNM are temporary and include mild pain or skin inflammation at or near the stimulation site.

Expect a Comfortable Experience

PTNM is delivered through the NURO System at your doctor's office. Initial treatment consists of 12 weekly, 30-minute sessions.

The NURO System delivers therapy through an acupuncture-like needle placed in the skin near your ankle. The sensation is not painful, although you may feel a slight tingling in your heel.

You'll be free to read, listen to music, or catch up on email during the therapy session.

Benefits of Neuromodulation

PTNM has significantly improved people's quality of life, helping them go to the bathroom less often, have fewer accidents and regain confidence in their control. You can achieve lasting OAB relief without the side effects of medication, or the possibility of self-catheterization.

Talk with your doctor or call Gulfshore Urology to determine if neuromodulation is right for you.

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BOTOX® for Overactive Bladder

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

Do the side effects pose more health risks than benefits?

By Joseph Gauta, MD, FACOG

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

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

A different type of treatment for OAB

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

How does BOTOX® work?

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

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

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

Proven results

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

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

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

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

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

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

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

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

Joseph Gauta M.D.

Board Certified Urogynecologist

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

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MonaLisa Touch Therapy for Vaginal Dryness and Pain

As 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 C02 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 pre-menopausal 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.

MONA LISA Touch

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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., FACOOG

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)

Don't Let PAIN Turn Your Birdie Into a Bogie

Naples has an abundance of beautiful golf courses and golfers. Unfortunately, there is also no shortage of golf related injuries. Common injuries include low back pain, shoulder pain, and golfer's elbow - which is often the most stubborn to treat.

Golfer's elbow, or medial epicondylitis, is similar to its counterpart, tennis elbow. The primary differences between these conditions are the location of the pain and the activity that leads to injury. However, both conditions are caused by overuse of the muscles and tendons of the forearm, leading to inflammation and pain around the elbow joint, commonly called tendonitis. Golf is one common cause of tendonitis, but many other sports and work related activities can cause the same problem.

The cause of golfer's elbow can vary from a single violent action (acute injury) to, more commonly, a repetitive stress injury where an action is performed repeatedly and pain gradually develops. In an acute injury of the elbow inflammation occurs without substantial tissue damage. However in a repetitive stress situation a person may experience damage to the tendon and surrounding soft tissue causing tissue degeneration over time. Inflammation from acute injury often responds quickly to rest and anti-inflammatory treatment. If the injury is due to tendon tissue degeneration, the treatment program is longer and is focused not only on rebuilding tissues but also on improving the strength of the tendon.

Golfer's Elbow Symptoms

With golfer's elbow, pain is on the inside of the elbow and typically increases during wrist flexion or pronation and often radiates to the forearm. Because this frequently occurs in golfers, it has become known as "golfer's elbow". However, it is also known as "pitcher's elbow".

Treatment for Golfer's Elbow

Golfer's elbow does not usually cause any long-term disability. However, proper diagnosis and treatment will allow you to quickly get back to your golf game. Treatment can vary based on the patient. Fortunately, there are several options available.

K Laser Therapy to Heal the Damaged Tissue

Laser therapy is an excellent option for healing the damaged tissue. K-Laser is the only form of therapy that can both reduce inflammation and heal tissue simultaneously. This painless treatment typically takes less than 10 minutes and most patients notice a difference in as few as 1-2 sessions. Laser treatments at Synergy are done with the K-Laser. During Laser Therapy the infrared laser light interacts with tissues at the cellular level, increasing metabolic activity and improving the transport of nutrients across the cell membrane. This initiates the production of cellular energy (ATP) that leads to a cascade of beneficial effects, increasing cellular function and health. This creates an optimal healing environment that reduces inflammation, swelling, muscle spasms, stiffness, scar tissue and pain.

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In addition to K-Laser Therapy, massage therapy and chiropractic adjustments to the injured area are helpful in restoring optimal biomechanics. For more severe cases, medical intervention may be appropriate. A short course of anti-inflammatories can help reduce swelling and trigger point injections can help release the "knots" that often form in the muscles and refer pain into the forearm.

Correct the Mechanics of Motion

Once the initial pain has begun to subside, physical therapy is a great option for achieving lasting relief and preventing future exacerbations. Specific strengthening and stretching exercises are provided to restore optimal movement and function. If your golf swing contributed to this problem in the first place, it is also a great idea to consult with a golf professional about your swing. The team at Synergy Health is well versed in the treatment of golfer's elbow and is able to provide all of the above treatment options in one convenient location. In addition, our location has a state of the art golf simulator operated by Golf Professional Justin Ahasic. With years both touring and teaching, Justin provides the tools every golfer needs to bounce back from and prevent an injury while improving your golf game. To schedule a consultation with our health or golf staff, call **239-263-3330** or visit our websites at **synergynaples.com** and **synergy.golf**.

What You Need to Know About the Flu and Shingles Vaccines

Prevention is easier than treatment.

It's that time of year again. Flu season begins in the fall and often ends in the spring. Getting a flu vaccine every year is the single best thing you can do to protect yourself and your family. We make it easy to get your flu vaccine.

Who Should Get the Flu Vaccine?

Everyone 6 months of age and older should get a flu vaccine every season. In the State of Florida, pharmacists are allowed to administer the flu vaccine patients 18 years of age and older.

Why Should People Get Vaccinated Against the Flu?

Influenza is a serious disease that can lead to hospitalization and sometimes even death. "Flu season" in the United States can begin as early as October and last as late as May. Every flu season is different, and influenza infection can affect people differently. Even healthy people can get very sick from the flu and spread it to others. During recent flu seasons, between 80% and 90% of flu related deaths have occurred in people 65 years and older.

During flu season, viruses are circulating at higher levels in the U.S. population. An annual seasonal flu vaccine is the best way to reduce the chances that you will get seasonal flu and spread it to others.

Why Do I Need a Flu Vaccine Every Year?

A flu vaccine is needed every season for two reasons. First, the body's immune response from vaccination declines over time, so an annual vaccine is needed for optimal protection. Second, because flu viruses are constantly changing, the formulation of the flu vaccine is reviewed each year and sometimes updated to keep up with changing flu viruses.

How Do Flu Vaccines Work?

Flu vaccines cause antibodies to develop in the body about two weeks after vaccination. These antibodies provide protection against infection with the viruses that are in the vaccine. Because it can take up to two weeks for the vaccine to take full effect, patients should not wait until November or December to get vaccinated. We start to vaccinate in September and encourage our patients to receive a flu vaccine by the end of October.

The seasonal flu vaccine protects against the influenza viruses that research indicates will be most common during the upcoming season. Traditional flu vaccines (called "trivalent" vaccines) are made to protect against three flu viruses; an influenza A (H1N1) virus, an influenza A (H3N2) virus, and an influenza B virus.

For patients aged 65 and older, a high dose flu vaccine is available and fully covered by Medicare. This has been on the market for several years now.

Are You at Risk for Developing Shingles?

Your risk of shingles and post-herpetic neuralgia (PHN) increases as you get older. CDC recommends that people aged 60 years and older receive a shingles vaccine to prevent shingles and PHN.

Shingles vaccine has been used since 2006. Zostavax® is the only shingles vaccine currently approved for use in the United States. This vaccine reduces the risk of developing shingles by 51% and PHN by 67%. Zostavax® can reduce the duration and severity of shingles if a patient does develop symptoms. It is given in one dose as a shot, and can be administered in a doctor's office or pharmacy.

Who Should Get Shingles Vaccine?

People 60 years of age or older should get a shingles vaccine. They should get the vaccine whether or not they recall having had chickenpox, which is caused by the same virus as shingles. Studies show that more than 99% of Americans aged 40 and older have had chickenpox, even if they don't remember getting the disease. There is no maximum age for getting shingles vaccine.

The shingles vaccine is covered, in part, by all Medicare Part D drug plans. For most patients aged 65 and older, only one shingles vaccine is needed in their lifetime.

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Even if you have had shingles, you can still receive the shingles vaccine to help prevent future occurrences of the disease. There is no specific length of time you must wait after having shingles before receiving the shingles vaccine, but generally you should make sure the shingles rash has disappeared before getting vaccinated.

Talk with your healthcare provider, including your pharmacist, if you have questions about the shingles vaccine. The shingles vaccine is available in doctor's offices and pharmacies.

How Well Does Shingles Vaccine Work?

Zostavax®, the shingles vaccine, reduced the risk of shingles by 51% and the risk of post-herpetic neuralgia by 67% based on a large study of more than 38,000 adults aged 60 years or older.

If you have any questions about either the flu or the shingles vaccine, or if you would like get vaccinated, stop by the pharmacy - no appointment necessary for vaccines.

Preparing Your Child for Diagnostic Imaging

MAGNETIC RESONANCE IMAGING (MRI) SCAN

An MRI is a way of taking pictures of the inside of the body without using X-rays or radiation. The MRI machine uses a large magnet, radio waves, and computers to take pictures of your child's body.

How to prepare your child for an MRI:

• Your child can practice laying still and quiet for about 30 minutes to see whether or not he would be able to do this during the MRI.

• Talk with your child about the loud noises they will hear during the MRI, and that they will be in a machine that looks like a tunnel.

• If the staff approves, you may stay in the MRI room with your child.

NUCLEAR MEDICINE SCAN

A nuclear medicine scan involves taking pictures of parts of your child's body. A staff member will inject medicine inside your child's IV. The medicine includes a small amount of a radioactive substance. For a short time, this substance will give off gamma rays. These rays can be seen and recorded by a nuclear medicine camera.

The radioactive substance will leave your child's body within hours to a couple days. The time it takes the substance to leave the body depends on the type of radioactive substance used and the type of nuclear medicine test performed. The scan is not harmful to your child.

How to prepare my child for a PET scan:

• During the PET scan your child will need to lie still on a scan table in a machine that looks like a tunnel.

• The length of the scan differs depending on how tall your child is. Generally, the scan will take 25–45 minutes to complete.

• This machine makes a small amount of noise, but nothing will touch your child during the scan.

• A parent may remain in the room during the scan if medically permitted by staff.

How to prepare my child for a bone scan or liver/spleen scan:

• During these scans your child will need to lie still on a scan table in a machine that looks like a short tunnel.

• At times, certain parts of the machine may come close to your child but will not touch him.

• This machine makes a small amount of noise.

• A parent may remain in the room during the scan if medically permitted by staff.

COMPUTED TOMOGRAPHY (CT) SCAN

A CT scan uses X-rays to create pictures of cross-sections of the body.

• During a CT scan your child will need to lie still for 5–20 minutes, depending on what part of the body is being scanned.

• The CT scanner sounds like a washing machine spinning when pictures are being taken.

• You will be able to stay in the room with your child during the CT scan if medically permitted by the staff.

X-RAY

An X-ray produces images of the structures inside your child's body.

• During an X-ray your child will need to lay still or stand still, depending on what part of the body is being scanned.

• You will be able to stay in the room with your child during the X-ray if medically permitted by the staff.

ULTRASOUND

An ultrasound uses high frequency sound waves to produce images of structures inside your child's body.

• During an ultrasound your child will need to lie still while the ultrasound technician puts a warm gel on a tool called a transducer and gently moves it over the skin of the area being examined.

• The ultrasound should cause no pain; however, your child may experience discomfort if the area being examined is tender or painful. You will be able to stay with your child during the test if medically permitted by staff.

If you have questions about how to prepare your child for any diagnostic imaging test, please talk to your physician or call the team at Naples Diagnostic Imaging Center at 239-593-4200.

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End-of-Life Care for Alzheimer's Patients

By VITAS Patient Care Administrator Denise Porter, RN

Often called "a family disease," Alzheimer's seems to be as hard, if not at times harder, on the family caregiver than the patient. Alzheimer's is the sixth leading cause of death in the United States and accounted for more than 5,000 deaths in Florida in 2012, reported the Alzheimer's Association. They also pointed out, of the 5.3 million Americans with Alzheimer's, an estimated 5.1 million people are age 65 or older, and approximately 200,000 individuals are under age 65.

As Alzheimer's progresses, the caregiver is left to watch as his or her loved one mentally and physically deteriorates. As a result, despite the caregiver's best efforts, he or she may often feel helpless and ineffective.

So when a patient with Alzheimer's has deteriorated to the point where the caregiver can no longer meet his or her loved one's needs and a referral to hospice occurs, hospice professionals help the family members obtain all the information and support they need to get through the patient's end-of-life journey.

Live in the moment

VITAS Healthcare, the nation's leading provider of end-of-life care since 1978, provides caregivers with assistance and support in caring for their loved ones, including educating caregivers about Alzheimer's disease every step of the way—informing them of what the final stages of Alzheimer's will bring and letting them know what resources are available to them.

VITAS helps caregivers understand that, to a person with Alzheimer's, there is no past or future—there is just 'now.' Therefore caregivers are encouraged to try to live in the moment and flow with the changes that occur every day.

It can take years for Alzheimer's to progress to the hospice-appropriate stage, so having a conversation with a loved one about the type of care they'd like at the end of life can be helpful early on, for instance, when a diagnosis is made. That's why advance directives are strongly encouraged before a healthcare crisis arises.

VITAS meets the unique needs of patients with Alzheimer's who wish to remain wherever they live: in their home, long term care facility or assisted living community. For more information about VITAS' hospice services, please visit www.VITAS.com or call us at 866.928.4827.

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Treating the Source of Chronic Sinusitis

By Shawky Hassan, M.D.

Sinus Allergy is commonly referred to as chronic sinusitis. Allergy is a common problem affecting the ears, nose, throat and the sinuses and is the main cause of recurrent sinus infections.

Investigating chronic sinusitis and treating the underlying allergy is very important. Surgery of the sinuses is of limited value, if the underlying allergy disease is not dealt with effectively.

The symptoms of chronic sinusitis are deceiving. They appear very gradually and are not usually noticed until flares of acute sinusitis on top of the chronic sinus disease occur. Often we see the disease of the sinuses not diagnosed until very advanced that it already affected other organs in the body or caused serious complications in the sinuses, lungs, ears, nose, teeth and gums or affecting distal organs.

CHRONIC SINUSITIS SUFFERERS USUALLY COMPLAIN OF ONE OR MORE OF THE FOLLOWING:

Severe headaches, Excessive drainage of clear, yellow or greenish discharge from the nose, Excessive drainage of clear, yellow or greenish discharge down the back of the throat, Stuffiness or congestion of the nose, causing difficulty breathing through the nose, Pain, tenderness and swelling around the eyes, cheeks, nose or forehead, Aching in the jaw and teeth,Loss of smell and taste, Cough is also a common symptom, which may be worse at night, Ear pain, Sore throat, Bad breath, Fatigue or irritability, Frequent nausea or vomiting, Fever is not a common sign of chronic sinusitis.

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Chronic sinusitis is seen more commonly in allergy sufferers. The condition is described as chronic, if the symptoms last longer than 8 weeks or if the condition is recurring for months or years. The risk of developing sinusitis is much higher in those individuals who suffer from allergic diseases.

Chronic sinusitis affects more than 35 million Americans each year. Approximately 60% of allergy patients develop chronic sinusitis. People suffering from sinusitis miss an average of four days of work each year. There are more than 20 million office visits to primary care physicians for sinusitis annually. The yearly cost of caring for sinusitis in the US is approximately $8 billion. There is a serious association between sinusitis and asthma; approximately 60% of asthma patients have chronic sinusitis and their asthma is triggered by the sinusitis.

Investigating chronic sinusitis and treating the underlying allergy is very important. Surgery of the sinuses is of limited value, if the underlying allergy disease is not dealt with effectively.

CUTTING EDGE TECHNOLOGY AND SCIENCE MEET TO MAKE YOU LOOK YEARS YOUNGER!

Swan Age Reversal Centers has Six South Florida locations in Naples, Bonita Springs, Fort Myers, Venice, Sarasota and Bradenton. Procedures in the Southwest Florida offices are administered by highly qualified Nurse Practitioners and Licensed Aestheticians that they are overseen by Dr. Andrea Basile, who is one of Americas finest Plastic Surgeons. Swan Age Reversal Centers specializes both in Non-Surgical Aesthetic procedures that have no down-time and also the Best Plastic Surgery procedures available.

Whether you are interested in Non-Surgical procedures like dermal fillers, anti-aging skin treatments, skin tightening, wrinkle reduction, targeted fat reduction, cellulite smoothing, female rejuvenation or are looking for Surgical Procedures like breast enhancement, tummy tuck, liposuction, and facelift, Swan Age Reversal Centers offers a top of the line experience that delivers results.

All of their offices are conveniently located, are clean and professional. They do not waste money on any "Fluff" to try to impress you. However, they will impress you with their great staff, superior treatments and reasonable pricing. This simple approach has allowed Swan Age Reversal Centers to successfully operate multiple locations that has led to them being South Florida's leading Aesthetic provider. They are driven by innovation in aesthetic beauty and are able to deliver an intimate and relaxing experience, complete with all the perks that a premium establishment can offer.

A complimentary assessment is offered to all first time customers.

Non-Surgical Treatments offered

- Skin tightening
- Wrinkle Reduction
- Cellulite Smoothing
- Non-surgical Neck Lift
- Botox & Fillers
- Stretchmark & Scar Reduction
- Targeted Fat Reduction
- Vaginal Rejuvenation

Plastic Surgery options

- Facelift
- Neck Lift
- Tummy Tuck
- Liposuction
- Breast Enhancement
- Male Breast Reduction
- Butt Lift
- Arm Lift

Swan Non-Surgical Treatment Options

SKIN TIGHTENING & WRINKLE REDUCTION
Swan Lift™ is an Age Reversal treatment that can be done for the Face, Neck, Décolleté, Arms, Hands, Belly, Buttocks and Thighs. Swan Age Reversal Centers uses a unique combination of Radio Frequency, Ultrasonic, Micro-Needling in unison to help lift, tighten and restore the skin to a more youthful state. This non-invasive, pain free treatment offers impressive results and is only found at Swan Age Reversal Centers.

TARGETED FAT REDUCTION
Let's face it. Most of us wouldn't mind losing a few inches around the belly, back, love handles, thighs, buttocks or arms. Swan Age Reversal Centers believe that they have the answer! They offer a new approach to targeted fat reduction, combining multiple devices to help maximum results. Swan Age Reversal Centers can focus on specific targeted body parts and transform bodies with remarkable results. These treatments are a safe and effective way to lose inches of fat without surgery and with no downtime! Treatments are quick and easy, and generally take 60 minutes or less.

DERMAL FILLERS
Swan Age Reversal Centers offers a wide selection of fillers like Botox, Juvaderm, Sculptra, Kybella and Restylane.

NON-SURGICAL EYELIFT
Do you have droopy eyelids and don't want to go under the knife? Many of our clients have opted for the Swan Eyelift™ instead. The Swan Eyelift™ is an affordable alternative to surgery for most people with mild to moderate sagging of the eyelids. There is no downtime and most clients only need a handful of treatments.

LIPS AND LINES AROUND THE MOUTH
At Swan Age Reversal Centers, they can help enhance your lips and we can substantially reduce unsightly lines around the mouth. The treatment methods that they use are super effective, easy and has minimal to no downtime! We have multiple stand-alone or combined treatments options to achieve the best results.

DOUBLE CHIN TREATMENT
At Swan Age Reversal Centers They offer multiple non-surgical options to treat a fat neck, also known as a double chin. They customize a treatment plan specifically to suit each client.

VAGINAL REJUVENATION
At Swan Age Reversal Centers they offer Vaginal Rejuvenation. The procedure is a noninvasive, nonsurgical, in-office feminine rejuvenation treatment that is painless with no downtime. They safely and effectively tighten the labia and vaginal canal. Treatments are very easy, fast (only 30 minutes) with no pain or downtime. They are performed by highly qualified Female staff. The entire experience is discreet and private.

Swan Age Reversal Centers

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www.SwanCenters.com

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3301 Bonita Beach Road, Suite 106, Bonita Springs, FL 34134
12575 S Cleveland Avenue, Unit # 5, Ft Myers, FL 33907
Naples Day Surgery Center, 11161 Health Park Blvd, Naples, FL 34110
Bonita Health Center, 3501 Health Center Blvd, Bonita Springs, FL 34135
415 Commercial Court, #A-2, Venice, FL 34292
872 62nd Street Circle East Unit# 103, Bradenton, FL 34208

Andrea Basile, MD

Swan Age Reversal Centers Medical Director and Resident Plastic Surgeon is Dr. Andrea Basile. He is one of the Americas finest plastic surgeons, He received his M.D. Degree and completed his Plastic Surgery Residency at Georgetown University, in Washington, D.C.. He pursued his residency in General Surgery at Harvard University's New England Deaconess Hospital and then plastic surgery research at Harvard's Massachusetts General Hospital.

Health and Wellness of the Caregiver

A caregiver is someone who gives basic care to a person who has a chronic medical condition. A chronic condition is an illness that lasts for a long time or doesn't go away. Some examples of chronic conditions are cancer, effects of stroke, multiple sclerosis, arthritis, diabetes, and Alzheimer's disease and other forms of dementia. The caregiver helps the person with tasks such as preparing and eating food, taking medicine, bathing, and dressing. Acting as someone's primary caregiver can be stressful and can be taxing on one's health as well.

As a caregiver, am I at risk for health problems?

Yes. Because being a caregiver is so hard, your health may suffer. You may feel stressed or overwhelmed by being a caregiver. You may find that you spend much of your time caring for others, but neglect your own health. Some of the tasks of being a caregiver, such as lifting or bathing your loved one, may put extra strain on your body. Being a caregiver also can cause financial stress, and you may avoid going to the doctor so you don't have to pay for visits or treatments. All of these things can affect your emotional, mental, and physical health.

What health problems am I at risk for?

Studies show that caregivers have an increased risk for the following health problems:

- Alcohol, tobacco, and drug abuse
- Anxiety disorders
- Cancer
- Diabetes
- Heart disease, such as high blood pressure, high cholesterol, and heart attack
- Heartburn
- Infection
- Obesity
- Pain, such as muscle or joint pain and headaches
- Stress and depression

Strategies for maintaining caregiver wellness:

- **Eat a balanced diet.** This may be easier than you think because you may be sharing meals with your loved one, who will also need to eat balanced, healthy meals.
- **Get plenty of rest.** If you're short on sleep, take naps when your loved one does. If you can't sleep because your loved one wanders or is restless at night (this is common in people who have dementia), investigate additional educational material or books designed to assist the caregiver with this issue.
- **Exercise.** Thirty to 60 minutes of exercise 4 to 6 times a week can give you more energy, reduce stress, and improve your mood. If your loved one is up for it, you can walk or find another type of exercise to do together.
- **Set personal health goals.** For example, set a goal to establish a good sleep routine or to find time to be physically active on most days of the week. It's also crucial to fuel your body with healthy foods and plenty of water.

The emotional and physical demands involved with caregiving can strain even the most resilient person. That's why it's so important to take advantage of the many resources and tools available to help you provide care for your loved one. Remember, if you don't take care of yourself, you won't be able to care for anyone else.

To help manage caregiver stress:

- **Accept help.** Be prepared with a list of ways that others can help you, and let the helper choose what he or she would like to do. For instance, one person might be willing to take the person you care for on a walk a couple of times a week. Someone else might offer to pick up groceries or cook for you.
- **Focus on what you are able to provide.** It's normal to feel guilty sometimes, but understand that no one is a "perfect" caregiver. Believe that you are doing the best you can and making the best decisions you can at any given time.
- **Set realistic goals.** Break large tasks into smaller steps that you can do one at a time. Prioritize, make lists and establish a daily routine.

Begin to say no to requests that are draining, such as hosting holiday meals.

- **Get connected.** Find out about caregiving resources in your community. Many communities have classes specifically about the disease your loved one is facing. Caregiving services such as transportation and meal delivery may be available.
- **Join a support group.** A support group can provide validation and encouragement, as well as problem-solving strategies for difficult situations. People in support groups understand what you may be going through. A support group can also be a good place to create meaningful friendships.
- **Seek social support.** Make an effort to stay well-connected with family and friends who can offer nonjudgmental emotional support. Set aside time each week for connecting, even if it's just a walk with a friend.
- **See your doctor.** Get recommended immunizations and screenings. Make sure to tell your doctor that you're a caregiver. Don't hesitate to mention any concerns or symptoms you have.

We here at Life Care of Estero are here to improve the health of the community for which we serve. As part of this vision, we provide a team of highly skilled Physical, Occupational, and Speech Therapists and the latest in cutting edge rehabilitation technology such as the AlterG anti-gravity treadmill and the Biodex balance system to help you regain your independence and facilitate you reaching your personalized goals. Please call our outpatient rehabilitation department at (239) 495-4046 if you have any questions or think we can help you reach your rehabilitation goals.

Caregiver Health by Family Caregiver Alliance (April 10, 2012)
Caregiver stress fact sheet by U.S. Department of Health and Human Services, Office on Women's Health (April 10, 2012)

Life Care Center of Estero

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Living with Diabetes?

Understanding the Disease from a Diabetologist's Perspective

By Kara Jacobs

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

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

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

A Passion for Diabetes Education

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

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

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

Understanding Diabetic Terms

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

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

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

Diagnosing Diabetes

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

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

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

Charles Kilo, M.D.

Taking Control of Diabetes

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

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

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What is a Diabetic Foot Ulcer?

A diabetic foot ulcer is an open sore or wound that occurs in approximately 15 percent of patients with diabetes and is commonly located on the bottom of the foot. Of those who develop a foot ulcer, 6 percent will be hospitalized due to infection or other ulcer-related complication.

Diabetes is the leading cause of non-traumatic lower extremity amputations in the United States, and approximately 14-24 percent of patients with diabetes who develop a foot ulcer will require an amputation. Foot ulceration precedes 85 percent of diabetes-related amputations. Research has shown, however, that development of a foot ulcer is preventable.

Causes

Anyone who has diabetes can develop a foot ulcer. Native Americans, African Americans, Hispanics, and older men are more likely to develop ulcers. People who use insulin are at higher risk of developing a foot ulcer, as are patients with diabetes-related kidney, eye, and heart disease. Being overweight and using alcohol and tobacco also play a role in the development of foot ulcers.

Ulcers form due to a combination of factors, such as lack of feeling in the foot, poor circulation, foot deformities, irritation (such as friction or pressure), and trauma, as well as duration of diabetes. Patients who have diabetes for many years can develop neuropathy, a reduced or complete lack of ability to feel pain in the feet due to nerve damage caused by elevated blood glucose levels over time. The nerve damage often can occur without pain, and one may not even be aware of the problem. Your podiatrist can test feet for neuropathy with a simple, painless tool called a monofilament.

Vascular disease can complicate a foot ulcer, reducing the body's ability to heal and increasing the risk for an infection. Elevations in blood glucose can reduce the body's ability to fight off a potential infection and also slow healing.

Symptoms

Because many people who develop foot ulcers have lost the ability to feel pain, pain is not a common symptom. Many times, the first thing you may notice is some drainage on your socks. Redness and swelling may also be associated with the ulceration and, if it has progressed significantly, odor may be present.

When to Visit a Podiatrist

Once an ulcer is noticed, seek podiatric medical care immediately. Foot ulcers in patients with diabetes should be treated to reduce the risk of infection and amputation, improve function and quality of life, and reduce health-care costs.

Diagnosis and Treatment

The primary goal in the treatment of foot ulcers is to obtain healing as soon as possible. The faster the healing, the less chance for an infection.

There are several key factors in the appropriate treatment of a diabetic foot ulcer:

Prevention of infection

- Taking the pressure off the area, called "off-loading"
- Removing dead skin and tissue, called "debridement"
- Applying medication or dressings to the ulcer
- Managing blood glucose and other health problems

Not all ulcers are infected; however, if your podiatrist diagnoses an infection, a treatment program of antibiotics, wound care, and possibly hospitalization will be necessary.

To keep an ulcer from becoming infected, it is important to:

- keep blood glucose levels under tight control;
- keep the ulcer clean and bandaged;
- cleanse the wound daily, using a wound dressing or bandage; and
- avoid walking barefoot.

For optimum healing, ulcers, especially those on the bottom of the foot, must be "off-loaded." You may be asked to wear special footgear, or a brace, specialized castings, or use a wheelchair or crutches. These devices will reduce the pressure and irritation to the area with the ulcer and help to speed the healing process.

Tightly controlling blood glucose is of the utmost importance during the treatment of a diabetic foot ulcer. Working closely with a medical doctor or endocrinologist to control blood glucose will enhance healing and reduce the risk of complications.

Prevention

The best way to treat a diabetic foot ulcer is to prevent its development in the first place. Recommended guidelines include seeing a podiatrist on a regular basis. Your podiatrist can determine if you are at high risk for developing a foot ulcer and implement strategies for prevention.

Reducing additional risk factors, such as smoking, drinking alcohol, high cholesterol, and elevated blood glucose, are important in prevention and treatment of a diabetic foot ulcer. Wearing the appropriate shoes and socks will go a long way in reducing risks. Your podiatrist can provide guidance in selecting the proper shoes.

Learning how to check your feet is crucial so that you can find a potential problem as early as possible. Inspect your feet every day—especially the sole and between the toes—for cuts, bruises, cracks, blisters, redness, ulcers, and any sign of abnormality. Each time you visit a health-care provider, remove your shoes and socks so your feet can be examined. Any problems that are discovered should be reported to your podiatrist as soon as possible; no matter how simple they may seem to you.

Dr. Petrocelli is certified by the American Board of Wound Management. He is also the staff Podiatrist at Naples Community Hospital Wound Healing Center.

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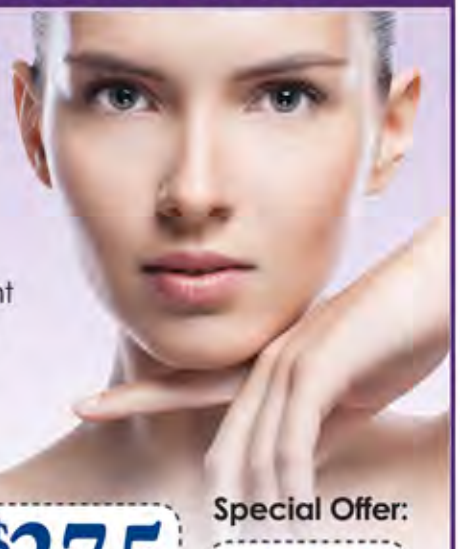

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Effective Regenerative Medicine Options for Chronic Back Pain

By Debra K. Brinker, RN

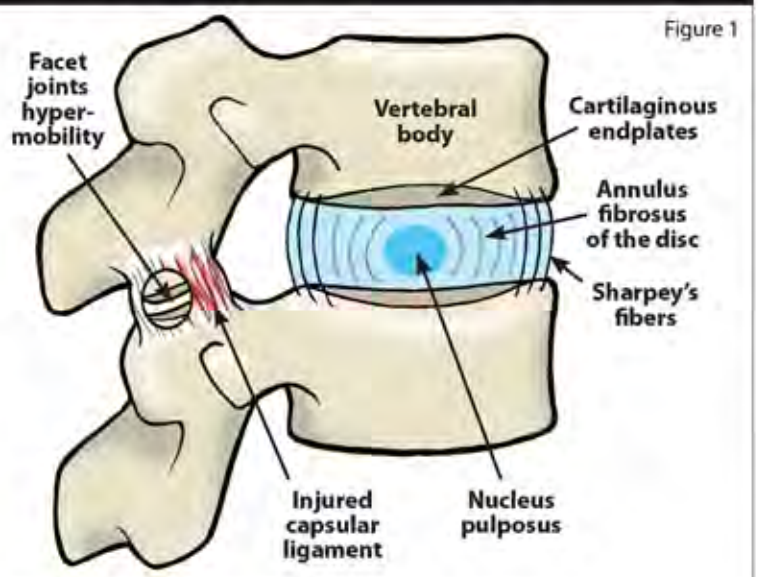
Many people who suffer with chronic back pain go through the traditional protocols to no avail, because all too often the true underlying cause is not identified. The common denominator for many painful musculoskeletal conditions causing back pain is spinal instability due to injury to the ligaments. Regenerative options can provide solutions that correct the underlying instability, providing a novel approach to alleviating chronic back pain.

Disc degeneration and herniation

Ligaments are structures joining bone to bone, and in the back or spine, connect adjacent vertebrae. Ligaments serve as one of the primary stabilizing structures of the spinal column, providing adequate motion and restricting hypermobility, and, in doing so, protect the spinal column and nerve roots as they exit the spine. Disc degeneration begins when ligaments around the spine are injured. (See Figure 1.)

Lateral view of two adjacent vertebral segments. Facet joint hypermobility causes excessive motion between the vertebral segments, leading to disc injury including disc herniations and disc degeneration. Prolotherapy, by normalizing facet/vertebral motion, causes a decrease in pressure on the vertebral disc, thus eliminating the pain of such conditions as lumbar or cervical disc disease.

Figure 1



Instability due to ligament laxity is part of the pathophysiology of common diagnoses, such as degenerated, bulging, and herniated discs. The excessive motion causes abnormal forces and pressure on the discs between the vertebrae, which produces the degeneration of the discs. Disc degeneration eventually leads to osteoarthritis. (See Figure 2.)

Prolotherapy – a game changer for back pain treatment

Our bodies have amazing regenerative capabilities. Physicians who treat joint pain with regenerative medicine techniques utilize regenerative injection therapies to stimulate the body to repair the ligaments. Prolotherapy, which is short for proliferative therapy, is an injection technique using naturally based solutions that cause such a healing effect. Some Prolotherapy solutions may include a person's own cells, generally known as Platelet Rich Plasma and Stem Cell Therapy. In the case of chronic back pain, regenerative techniques specifically stimulate the repair of the ligaments through which the disc herniates and the ligaments connecting the vertebrae.

Figure 2

The progression of degeneration of the lower back. An initial injury to the spinal ligaments causes the start of spinal instability. The process progresses to involve more spinal segments. The completely degenerated lumbar spine is the final consequence of not resolving spinal instability.

Traditional back treatment formulas

If you feel like you've been getting cookbook medical recommendations and getting nowhere, you probably are. Many of the modalities used to treat low back pain only provide short term relief, because they do not repair the ligamentous source of the musculoskeletal pain. Common treatments for back pain include cortisone injections, NSAIDs and eventually prescription narcotics, steroids and even anti-depressants, which of course come with their own set of problems.

Additional modalities for back pain relief can include massage and other body work that focuses on the muscles, but with chronic back pain, the pain tends to return. Physical therapy and exercise may provide some help for those whose problem originates with being sedentary or with the muscles. But as discussed, the underlying cause of chronic pain is often the overlooked ligaments, not the muscles. Chiropractic care can provide relief and often shines in acute cases, but when back pain is chronic and frequent adjustments are required due to resumption of pain, ligament injury is often at the root.

Why is back surgery recommended so often?

Having an MRI done may be a fast-track to a surgical recommendation. Many people have abnormal findings on an MRI but have no pain. Therefore, pain must correlate with history and physical examination. Often patients are signed up for surgery because they have an abnormal finding on MRI, resulting in the surgical removal of tissue, such as what occurs during a laminectomy. Removal of tissue without addressing the underlying instability can lead to Failed Back Surgery Syndrome and worsened arthritis. (See Figure 3.)

Figure 3

CASE STUDY:

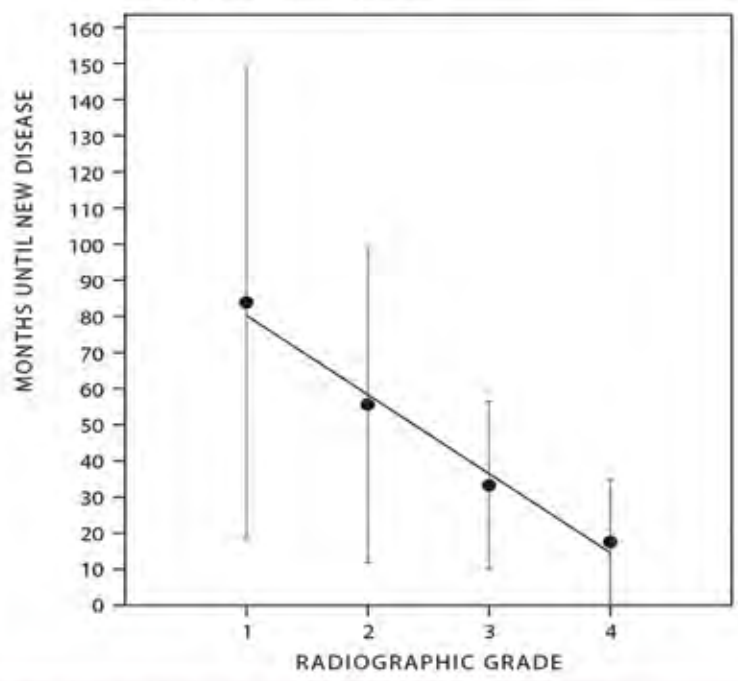
Multilevel Spondylosis after Multilevel laminectomy

Despite chiropractic care and numerous allopathic modalities, JR received a multi-level laminectomy for back pain and sciatic symptoms. However, symptoms continued to progress to the point of "crawling on all fours." MRI revealed multi-level spondylosis, osteoarthritis and degenerative disc disease, and an EMG showed right-sided radiculopathy confirming why pain radiated down the leg. JR received 3 Prolotherapy treatments, significantly improving all symptoms, including the ability to walk normally.

LEARNING POINT:

Laminectomy is an attempt to stabilize an unstable spine, but it is unsuccessful in treating instability long-term. Prolotherapy is effective post-surgery, but it is an even better treatment choice to stabilize the spine before surgery.

After spinal fusion, it is only a matter of time until the adjacent segments degenerate. Figure 4



Graph showing when the neck or back will hurt after a fusion operation. This graph shows the durations until symptomatic adjacent-segment disease developed according to the radiographic grade for the forty-nine patients (fifty procedures) for whom radiographs were available.

Adapted from Figure 3: Hilibrand AS, et al. Radiculopathy and myelopathy at segments adjacent to the site of a previous anterior cervical arthrodesis. *The Journal of Bone and Joint Surgery.* 1999;81-A(4):519-528.

If fusion has been recommended, it is an acknowledgement of the vertebral instability, because fusion surgery is specifically utilized to prevent motion of the segments that are moving excessively. However, fusion surgery has many unnecessary long term risks and does not resolve the underlying ligament injury. Since spinal motion must come from somewhere, and fusion of two vertebrae causes them to remain immobile, increased activity is required of the segments above or below the fusion, leading to further instability and pain at those levels, and eventually to multi-level fusions. To fuse two vertebrae makes them immobile forever. Therefore, the motion required to do activities is increased on the adjacent vertebral segments and leads to more instability and pain, often leading patients undergo multi-level fusions. (See Figure 4.)

By comparison, regenerative treatments aim to relieve pain by stimulating the body to tighten and strengthen the ligaments naturally, without the installation of hardware or removal of bone, to correct the chronic subluxations and to stop perpetuating the degenerative cycle.

What types of back pain conditions are appropriate for regenerative injection therapies?

Prolotherapy and its cellular cousins, Platelet Rich Plasma and Stem Cell Therapy are helpful for back pain that involves spinal instability: herniated discs, bulging discs, degenerative disc disease, chronic subluxation of the sacroiliac joints, and more. (See Figure 5.)

One of the wonderful things about regenerative therapy for back pain is that the individual can maintain activity and get back to sports or other activities they enjoy, without the need for extensive downtime. Treatments and exercise programs are individually tailored to promote healing and to return people to their active lives. It's really an amazing transformation to see people regain their mobility and independence!

Figure 5

Spinal Instability

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

Common conditions caused by spinal instability.

- Stem Cell Therapy
- Prolotherapy
- Platelet Rich Plasma

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Why Do I Need a Primary Care Physician?

Many people believe they only need a doctor when they are sick. However, having a primary care physician may be your key to staying healthy. An important responsibility of a primary care physician is providing preventative care. "A primary care physician is like a wellness coach," said Holly Dagney, D.O., a board certified family medicine physician with Physicians Regional Medical Group. "My goal is to protect the health of my patients through regular checkups, and making sure they get the screenings they need to identify any concerns as early as possible."

Dr. Dagney tells us that she always wanted to be a physician. "I chose family medicine because I enjoy the variety of challenges that come with being a primary care physician," she said. "My patients tell me that I'm a good listener, and that I take time with them." These qualities are important when choosing a primary care physician. "I enjoy seeing a wide range of patients – from infants to elderly, and everything in between."

There are many reasons you should have a primary care physician. They include:

1. **Continuity of Care/Holistic Care** – a primary care physician can treat the whole person, which takes into account your history, family history, and any existing conditions you may have.

2. **Care Coordinator/Central Point of Contact** – "A primary care physician will insure that your care and health information is coordinated between your other physicians and specialists," said Dr. Dagney. "We can make sure that you are not having any duplication of care, and also communicate important health information to your care team.

3. **Valuable and trusted resource** – whenever you have a health question or concern, your primary care physician should be your first call. He or she may need to refer you to other specialists, or help you find other resources to help with your care, but again, serving as your care coordinator, your primary care physician is the best person to initiate your care.

4. **Routine screenings** – whether it is taking your blood pressure, ordering regular, routine lab tests, or making sure you are getting regular mammograms, colonoscopies, or other important screenings, your primary care physician should be recommending all necessary routine screenings to you. Make sure that you follow up when your doctor orders tests and screenings. This will enable your primary care physician to catch any serious health issues early, when they are most treatable.

5. **Keeping you out of the Emergency Room** – many people who do not have a primary care physician use the emergency room when they get sick. "Your primary care physician can offer options that can help prevent your potentially unnecessary trips to the ER," explained Dr. Dagney. "We allow for same-day and walk-in appointments for our patients, which means they can be seen quickly in our office. This often eliminates the need for an unnecessary, and more costly ER visit." While the emergency room cannot replace a good relationship with a primary care physician, when emergency care is needed, your primary care physician will certainly refer you for that higher level of care. "The emergency room, not my office, is literally a lifesaver for the critically ill or injured," said Dagney.

Dr. Dagney's practice philosophy: ***"To do my best to assist patients in staying healthy, as well as optimizing treatment of acute and chronic conditions to allow my patients to maintain their lifestyle."***

Dr. Dagney's office is located at 8340 Collier Blvd., Suite 200, directly behind Physicians Regional Medical Center – Collier Blvd. For more information, or to schedule an appointment with her, please call (239) 348-4221.

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LIFE-THREATENING SLEEP APNEA AND THE CPAP ALTERNATIVE

By Dr. Rich Gilbert

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

Snoring vs. Sleep Apnea

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

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

Seriousness of OSA

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

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

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

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

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

Heart Disease/Stroke - the low oxygen levels caused by obstructed sleep apnea stress the body, making suffers of OSA more likely to have a heart attack or die in the middle of the night. The oxygen disruption makes it hard for your brain to regulate the flow of blood to arteries and to the brain itself.

High Blood Pressure - frequent awakenings during the night cause hormonal systems to become hyperactive, which can result in a dangerous elevation in blood pressure.

Weight Gain - obstructive sleep apnea goes hand-in-hand with obesity because fatty deposits in the neck block adequate breathing during sleep increasing your risk of OSA. In addition, the lack of oxygen and sleep deprivation causes the endocrine system to increase production of several hormones. Specifically, the hormone Cortisol which increases your appetite and the hormone Ghrelin which increases cravings for carbohydrates and sweets. Both of which contribute to weight gain. Thus resulting in a vicious cycle of sleep deprivation and weight increase.

Type 2 Diabetes - since Type 2 Diabetes is often brought on by obesity, up to 80% of diabetics also suffer from some form of obstructed sleep apnea. Research shows that sleep deprivation can be a contributing factor to insulin resistance, which is the body's early warning system indicating susceptibility to Type 2 Diabetes.

Other serious health concerns that can be linked to OSA: depression, gastric reflux, insomnia, muscle pain, loss of short term memory, fibromyalgia, cardiac arrhythmia, intellectual deterioration, inefficient metabolism, severe anxiety, memory and concentration impairment, mood swings, and impotence.

Treatment Options

Although OSA can create severe health impairments - treatment can prevent most of these risks. It is even possible to cut down on blood pressure medication because getting adequate rest can lower blood pressure. Treatment is crucial. Often times that means CPAP therapy, a machine that sits beside your night table and applies positive airway pressure to the respiratory system to prevent apnea episodes. CPAP therapy has proven to be very effective in the treatment of OSA when used as prescribed. However, due to the invasive and obtrusive nature of CPAP therapy patient compliance is extremely poor. As a result, industry leaders now accept dental appliance therapy as standard practice.

Treatment Options

Although OSA can create severe health impairments - treatment can prevent most of these risks. It is even possible to cut down on blood pressure medication because getting adequate rest can lower blood pressure. Treatment is crucial. Often times that means CPAP therapy, a machine that sits beside your night table and applies positive airway pressure to the respiratory system to prevent apnea episodes. CPAP therapy has proven to be very effective in the treatment of OSA when used as prescribed. However, due to the invasive and obtrusive nature of CPAP therapy patient compliance is extremely poor. As a result, industry leaders now accept dental appliance therapy as standard practice.

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

Screening for OSA at the Dentist Office

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

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

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

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Back to School Smiles

By Angela V. Litvak, DMD

Summer is a perfect time for family fun and lazy beach days. And school summer break is also a great time for scheduling your children's visit for a bi-annual dental checkup. Did you realize that from the moment your children's first pearly white tooth erupts, they are susceptible to decay? It is also important that parents understand that your children's primary 'baby' teeth play an essential foundational role in achieving a lifetime of dental health.

So…at what age should dental checkups begin? The answer is as soon your baby's teeth erupt!

The dental visit for a young child with primary teeth or baby teeth serves as a guide which will enable us to proactively develop a preventive health plan for your child. Primary teeth assist with chewing food, speech development and space maintenance for the developing adult teeth. Early detection of problems will minimize premature loss of a baby tooth which could result in crowding, overlapping and malposition of adult dentition.

Early and timely dental checkups allow for discussions about cavity prevention, gum tissue health and early prevention and correction of dental related problems and possible developmental concerns. At your children's checkup a thorough teeth cleaning, exam, fluoride treatment along with diagnostic radiographs (Panoramic and Bitewing Xrays) will be preformed.

As a family dental practice we provide the first line evaluation and determine subsequent phases of treatment.

So…where do we begin? How do you prevent tooth decay? Home Care, Prevention and Nutrition! Home Care: Most of us know that brushing twice a day will help prevent cavities. Did you know that establishing an early habit of using dental floss is vital! Using dental floss not only cleans between the teeth to help prevent cavities but more importantly flossing helps to remove the microscopic bacteria under the gum and will help to prevent periodontal disease in the future.

Prevention: During your children's visit, your dentist will carefully complete an evaluation of all developing teeth and determine if the child will benefit from fluoride treatments and tooth sealants. Studies show this combined preventive measure have decreased the risk of tooth decay in the presence of good oral hygiene home care.

Nutrition: Causes of decay and tooth problems are not limited to improper brushing. A major component are the kinds of foods and drink choices made. We often think of candy and soda as unhealthy choices but foods such as dried fruit, pasta and pretzels are also capable of causing tooth decay. Diet soda and energy drinks have phosphoric and citric acid which can change the neutral PH of saliva to an unhealthy acidic level. When the saliva is unable to buffer the tooth, demineralization of enamel occurs, the enamel begins to break down and then becomes susceptible to developing decay.

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It takes a community to raise a child and for a nonprofit to be a success. It is because of the generous people and organizations in our community that make a difference to small non-profits like Lighthouse of Collier and to our clients.

The Lighthouse of Collier children's summer camp program has grown over the years and has made a significant difference in the lives of the campers who are blind and visually impaired, their families and their caretakers. Program continuation and expansion is vital in order to grow at a rate to keep up with the ever so growing need for services in Collier County. Our goal is to help these children learn socialization, educational and skill development while providing unique opportunities for them to have fun. Children who are blind and visually impaired need to experience as many real life events as possible through art, sports, field trips, and through contact with their environment. These types of activities encourage creativity, independence and enhance awareness of sports and other physical activities, aiding in their self-esteem, body coordination and sensory training. Getting involved in summer camp helps them to realize that they, too, can participate and enjoy the same activates as their sighted friends. Lighthouse of Collier ensures that our Clients have access to all the things that others who are not visually impaired have access to, despite their disability.

Almost all social skills used by sighted children have been learned by visually observing the environment/other persons and behaving in socially appropriate ways. Social interaction skills are not learned casually and incidentally by children who are blind and visually impaired as they are by sighted children. Social skills must be carefully, consciously and sequentially taught. Fundamentally, it can often mean the difference between social isolation and a satisfying and fulfilling life as an adult.

Lighthouse of Collier
Center for Blindness & Vision Loss

Phone: 239-430-3934
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Email: info@lighthouseofcollier.org

Lighthouse of Collier enrolled 25 children, in their 7th annual 4 week summer camp. During the camp, children experienced interacting with other children who are blind and visually impaired, enjoyed community activities and field trips, learned about public safety, visit local attractions and participated in activities at such places as: Naples Botanical Garden, Arthur L. Allen Tennis Center, Naples Art Association, Home Depot, CREW Nature Walk, and The Naples Zoo at Caribbean Gardens, all of whom have collaborated with Lighthouse of Collier to provide these services free of charge to our summer camp participants. In addition, activities that took place at the Girl Scout House location during summer camp include picnics at the neighboring park, board games, crafts, talking computer classes, beep baseball, audible soccer and meeting and playing with new friends.

Andrew Muller is one of the 25 campers at the Lighthouse of Collier Summer Camp. Marcia and Todd Muller's son was born more than 14 weeks prematurely, and before he was 6 months old Andrew, their son, had already undergone several complex surgeries to mitigate serious vision issues. With his mom and dad's encouragement, Lighthouse of Collier is helping this lively child 'spread his wings'.

"At first we were hesitant to have Andrew attend Lighthouse's summer camp since he was so young and had never been away from his family. We were surprised when on the 2nd day of camp Andrew was waiting at the front door of our house at 6:45am with his backpack on asking if it was time to go yet? So much for separation anxiety. He experienced positive interaction with other children with activities that were specially geared to Andrew's abilities and gave him a feel for being away from mom and dad. It's comforting for us to know Lighthouse of Collier will be there as we prepare Andrew to enter the school system. The staff with their resources and expertise will be able to guide us and his school with any special equipment and guidance Andrew might need, and also help him realize there are many children with impairments just like him."

Lighthouse of Collier has been providing services to the blind and visually impaired community for 7 years and we have serviced over 1200 clients in Collier County. Their main focus is empowering their clients of all ages, and teaching them to be as independent as possible by teaching clients tips tools and techniques in order to live more independently. If you or anyone you know is blind or visually impaired, call the center for a tour and learn what the Lighthouse may be able to do for you or your loved one. If you are interested in enrolling in a program at Lighthouse of Collier Summer or making a donation to Lighthouse of Collier, please contact us at **239-430-3934**.

* Sponsors for the Lighthouse of Collier Summer Camp program include: The Naples Children & Education Foundation, Founders of the Winter Wine Festival, Ethel & George Kennedy Family Foundation, The Special Needs Children's Fund, The League Club, The Martin Foundation, Betsy and Dale Peck, Ms. Karleen Putnam, and American Comfort Limousine

CO2 Fractional Laser Vs. IPL Photorejuvenation – Which Treatment is for You?

By William Ehrlich, MD, FAACS Oculofacial & Cosmetic Surgeon

The Frantz Cosmetic Center at Frantz EyeCare offers two of the most advanced treatments for skin rejuvenation: the **MiXto SX Micro-Fractional CO2 Laser**, and the **Lumenis® IPL Photorejuvenation** treatment.

CO2 laser resurfacing makes it possible for patients to have healthy, younger looking skin with minimal post-treatment down time. The laser delivers a therapeutic matrix of tiny beams of light energy to the top and mid layers of the skin with minimal discomfort resulting in:

- immediate shrinkage of damaged skin,
- softening of fine lines and wrinkles,
- removal of age and sun spots, and
- amazing results on acne scars.

Fractional means that only a fraction of the skin surface is exposed to the laser beam, leaving untreated skin around each treated micro spot. The beneficial effects of the laser beam expands under the skin surface to stimulate new collagen production across the entire area. This procedure is performed with a topical anesthetic crème and patients will have only 4 to 5 days of downtime. Patients will see continued reduction of fine lines and wrinkles over the next six months as new collagen is formed.

The **Lumenis® IPL Photorejuvenation** treatment enables us to offer you remarkable results on a range of skin concerns such as age and sun spots, freckles, birthmarks, rosacea and broken capillaries. IPL is not the same as laser treatments because unlike laser, IPL uses a very bright burst of broad-spectrum light through a wide treatment head, placed on the surface of the skin. The wavelength of the IPL is selected according to your skin sype and your skin concerns. Our unique IPL (Intense Pulsed Light) technology gently and effectively eliminates spots, discolorations, and unwanted blood vessels.

The IPL Photorejuvenation treatment works with your skin to remove your imperfections and stimulate collagen and elastic fiber production over a sequence of treatments. Some skin concerns such as shallow pigmentation and age/sun spots can be cleared with as few as 1-2 treatments. Typically 2-6 sessions with 2-4 weeks in between are needed to achieve optimal results for most skin concerns. Immediately following treatment, you may experience some redness, depending on your customized treatment settings.

The redness will usually disappear within a few hours. In most cases, makeup may be immediately applied, and daily activities can be resumed the very same day. Typically you should stay out of direct sun for a few days following the treatment and apply sun screen.

FRANTZ EyeCare

239-430-3939
www.BetterVision.net

SPECIAL SAVINGS NOW THROUGH SEPTEMBER 30
Dr. Ehrlich invites you to experience the incredible results of either the CO2 Laser or the IPL Photorejuvenation skin treatments and receive a 50% DISCOUNT on your initial treatment now through Sept. 30, 2016.

To schedule a complimentary consultation with Dr. Ehrlich and to learn more about these skin rejuvenation procedures, contact Frantz EyeCare's Naples office at **239.430.3939** or visit the practice's cosmetic website at **www.FrantzCosmeticCenter.com**.

William W. Ehrlich, MD, FAACS, *practices Oculoplastic & Cosmetic Surgery at Frantz Cosmetic Center, a subsidiary of Frantz EyeCare, under the medical direction of Jonathan M. Frantz, MD, FACS. In addition to facial and body rejuvenation, the team of doctors at Frantz EyeCare offers a broad spectrum of patient-focused comprehensive care from eye exams and eyewear to bladeless laser cataract removal, treatment of eye diseases, bladeless Wave-Light LASIK, and treatment of dry eye with office locations in Fort Myers, Cape Coral, Punta Gorda, Lehigh Acres, and Naples.*

August is Children's Eye Health & Safety Month

Video Games & Children's Eye Health

As with television viewing, eye care professionals generally agree that video games will not harm your child's eyes or vision, *if you follow a few viewing tips.*

While there is usually less strain involved in gaming than in doing close work such as sewing or reading, being in front of a screen for long stretches of time can leave your eyes feeling dry, strained and fatigued.

Depending on your child's eye health, your child's eyes could be exerting extra focusing effort or be forced to work harder to maintain a clear image when viewing the screen. Even children with perfect vision may experience symptoms such as blurred vision, eyestrain and headaches while playing video games. Your child requires excellent visual skills to read, learn and play successfully.

To help ease the stress of video games on your child's eyes, consider the following tips:

• **Make playrooms eye-friendly** by reducing glare and offering soft overall lighting.

• **Encourage periodic breaks** from computer and video screens to give eyes a break. Balance video game time with plenty of creative, outdoor and quiet play.

• **Keep their screen free of fingerprints and dust,** as both can reduce vision clarity.

• **Use the 20-20-20 rule.** Every 20 minutes, encourage your child to take a 20 second break and to focus their eyes on something at least 20 feet away. This will give their eyes a much-needed break and reduce some of the symptoms mentioned earlier.

• **Remind them to blink.** Did you know that on average we blink 12 times per minute, but when we're in front of a screen, we only blink 5 times per minute? That can add up to dry eyes. Relieve the discomfort by reminding your child to blink.

• **Discourage playing video games in a dark room.** When the room is totally dark, the contrast between the screen and the surrounding area is too great for comfortable and efficient vision. When the room is softly illuminated, undesirable contrast is kept to a minimum.

• **Adapt the screen's brightness and contrast to room lighting.** This will ensure visual compatibility, as excessively bright lighting tends to reduce contrast on the screen and wash out the picture.

• **Encourage your child to sit away from the screen.** Though close-up viewing is generally not harmful, viewing at a distance allows for picture details to appear sharper and better defined and the screen lines and defects will be less apparent. If your child persists in playing video games from a short distance, schedule an eye examination for them with your doctor of optometry; children who like to sit too close to the screen may be nearsighted (myopic).

While symptoms like headaches, eye strain, blurred vision, eye irritation, double vision, excessive tearing or dry eyes, pain in the eyes or excessive blinking or squinting can be effects of playing video games, any time you experience these symptoms, you should visit your doctor of optometry for a comprehensive eye examination. They may also indicate a more serious vision problem, and there is no substitute for the precious gift that is your child's vision.

Source: doctorsofoptometry.ca

STRESS 101:

Rebuilding the Engines Part 2

By Evie Breedlove-Mangapora, ARNP
& Deborah J. Post, ARNP

SURVIAL OF THE FITTEST: We were given a spectacular brain to observe the world, to learn and interact with life. The most important part of our body to protect is the brain. Our brain remembers what the heck stressed us out in the first place and hopefully we learn not to do that again! We were given a system of **brakes (Inhibitory)** and **accelerators (Excitatory)** chemicals in the body to control this awesome vehicle.

Think about this:

1) What gives out first in your car? The brakes or the accelerator? **Answer:** The Brakes!

2) What happens if your transmission is in trouble? **Answer:** You have poor control of your vehicle when you accelerate or brake.

Well the same things happen in your body when stress becomes overwhelming.

The inhibitory neurotransmitters, our brakes, get a nonstop workout in today's fast pace, always multi-tasking world. Eventually our brakes wear out. Today, people attack their daily schedules and deadlines like saber tooth tigers. This stress is like being in your car with one foot flooring the accelerator and the other foot slamming on the brakes. When we do this for extended period of times, you burn out the engine!

So Where Do We Start?

1) How can I make more 'brakes' and calm down my 'accelerators?' **Answer:** Take care of your **gut!** Wait! Aren't we talking about our brain? Yes, but your neurotransmitters are created in your **gut.** Neurotransmitter chemicals like Dopamine, ACTH, Adrenaline, Glutamate, GABA, Serotonin, Glycine, Taurine and Cortisol.

Some of these accelerate your system by increasing your heart rate, increasing blood flow to your muscles, increasing oxygen to your brain, increasing blood sugar and breaking down fat so you can run (flight) or stand your ground (fight). Other brain chemicals relax you, calm your heart, stabilize the brain, repair the body after stress reactions, regulate mood, sleep, anger, aggression and sexuality and help our immune system to recover from shock.

So what do we do??

The definition of insanity is doing the same things over and over and expecting different results. Do something different! What?

Get data: The eleventh commandment is "thou shall not kid thyself." Take a good inventory of what is stressing you out and start learning about the things you don't know, like how your body works. We all want to live a long live but we require a working body to do so. Get a good exam and look at prevention markers preferably with a functional practitioner.

A functional practitioner will look at the causes of things and not just jump for medications (unless it's an emergency) and will keep blood hormone and chemical levels in optimal levels not just "within normal limits."

Take stock in what do you control: Air, Water, Sleep, Exercise, Diet, Attitude.

- Learn about nutrition
- Take dairy and gluten out of your diet (this may not mean forever)
- Avoid all GMO's
- Drink filtered water but not from plastic bottles
- Learn about toxins that may be seriously harming you in your environment,
- Learn about xenobiotics (look it up on your smart phone!)
- Breath deeper,
- Exercise more,
- Yoga
- Sleep

If you can't seem to get a grip on these things on your own, seek out a functional practitioner to develop a personal understanding these issues.

Nutruceuticals (food as medicine), Supplements, and NON Invasive Therapies. Be real about what you will and will not eat, learn what good supplements can support holes in your diet.

As unbelievable as it may seem, more than one third of middle class American children, and the vast majority of adults, are severely malnourished. The most often consumed foods are coffee, white bread, processed foods and sugar. It is a sad commentary that many of our pets have a more nutritionally sound daily diet than we do. You would think, for Instance, that with all the press on Vitamin C that no one would be deficient in this Vitamin. *Yet 30% do not even get the current RDA levels from their diets.* The topsoil over much of the planet is exhausted or severely depleted. So our food is weak, both plant and animal products - unless it's harvested from the wild, or organically grown. Make up the difference in good **high quality** supplementation including **adaptogenic herbs.**

Work with a functional medicine practitioner to look at good quality brands and appropriate dosages.

Pharmaceuticals - Drug City: Here the options in conventional medicine are endless and seeing that no human has a deficiency in any pharmaceutical drug, why would you start there?? But many people do and then jump right to surgery and invasive treatments when the drugs basically turn off the "check engine" light so you feel different but didn't' solve the original issue. If you're in pain, consider:

- Massage,
- Chiropractic personal trainers
- Acupuncture,
- Pilates,
- Tai Chi
- Chi Gong
- Yoga
- Therapy (physical and emotional)
- Meditation

Functional practitioners look to find the underlying cause of your health conditions. They don't simply mask the symptoms with pharmaceutical drugs.

Surgery and Invasive Treatments/ Hospitalization
Don't start here, unless it's an emergency situation. Many people start here and it takes much more energy to go back and regain your health. **The body wants JOY, HEALTH, STRENGTH, and PEACE,** so let's find our way back so that we can help ourselves and our kids. The kids today are aging at exponential rates with the stress on their bodies and minds, so let's slow that down and give them the **immune systems that work, brains that think, and hearts that love.**

How Can We Help:
Seek out the help of a functional practitioner. We make it easy to see what functional medicine is all about. Join us for a free educational presentation: "Stress, Hormones & Health" Call (239) 560-8334 or (239) 777-4647 to Reserve Your Seat!

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Inner Essence Health, LLC
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QUESTIONS ABOUT YOUR HEARING?

Get Your Answers from EXPERIENCED Clinicians!

By Hoglund Family Hearing and Audiology Services

"When it comes to taking care of hearing loss, **experience really matters!**" states John Hoglund of ***Hoglund Family Hearing and Audiology Center.*** "Most people do not fully understand how complicated hearing loss can be. There are so many factors involved including the type of loss, how long the loss has been present, sensitivity to loud noises, balance and vertigo issues, as well as "ringing ears" and other head noises. Hearing loss has many causes, and impacts Patient's lives in many ways. Clear data to the brain is critical for keeping strong cognitive ability … and untreated hearing loss dramatically influences Patient's memory. You need somebody with experience and knowledge that keeps you, the Patient, completely informed of the entire process and will work with you to find the best solution for your lifestyle and budget."

"We are very proud of the staff we have assembled and the level of experience between our Audiologists and Hearing Instruments Specialist makes a huge difference in your clinical outcome", Mr. Hoglund continued, "My wife Patricia and I and our top two Audiologist have well over 100 years' experience between us in helping the hearing impaired. ANY of us… ***or in some cases ALL of us***… are accessible to every Patient who visits our Practice. We believe in a "team approach" to working with our Patients. We have Audiologists that have seen every pathology you can imagine, including surgical ears, vertigo Patients, Meniere's disease Patients, single-sided deafness cases, and a lot of Patients with tinnitus or ringing "ears"! We opened the area's first Tinnitus Clinic four years ago and have changed the lives of many people who were told by previous practitioners that ***nothing could be done to help them and they had to just learn to live with it! Dr. Dornton is now accepting new Tinnitus Patients!***

Dr. Lynette Dornton AuD.

We also have an AMAZING team of younger Hearing Instruments Specialist with very sharp technical computer programming skills, who do an outstanding job of always staying current with the rapidly exploding technology from each of the major manufacturers! They have a great depth of knowledge in all of these fitting algorithms and software programs. Technology in our field is like other area of electronics and new innovations are coming at us at a faster pace than we ever imagined, but our staff prides themselves on being our industry's version of a "geek squad" in keeping up with these technological advancements. If you have instruments purchased elsewhere that are NOT meeting your needs and want a FREE "Second Opinion" about the way they are programmed, please give us a call! The more sophisticated the devices have become; … the more important your Clinician's technical skills are to a successful fitting. I would put our staff's technical expertise up against any Practice in the nation!

KNOWLEDGE IS POWER WHERE YOUR HEALTH IS CONCERNED!

We built our Practice on a foundation of providing education to the hearing impaired. We have given educational lectures since 1985 throughout the community for groups and organizations seeking speakers, and during the winter months we have monthly ***"Lunch and Learn"*** seminars inviting people to local area restaurants to hear from educational speakers who are experts in hearing issues from across America. We invite manufacturers' representatives from the major manufacturers to hold product workshops showcasing the newest breakthroughs in today's invisible, digital, wireless, and Bluetooth technology. W***e provide all of these services and education completely free of charge to our Patients!*** "I never wanted expense to be a barrier to education", states Mr. Hoglund, "so we always do our evaluations ***completely free of charge or obligation.*** The only ***obligation*** a Patient has is to themselves and to their families, but I want them to know everything they need to know about their hearing issues! Our little slogan we've used for 20 years is… ***"All it will COST is a little of your TIME… but the KNOWLEDGE you receive may be PRICELESS!"*** "Please call us today to schedule an evaluation if you have any questions about any topic concerning your hearing!

WE ARE PROUD OF OUR AWARD WINNING STAFF OF CLINICIANS!

This year we would like to THANK our Patients and friends of the Practice in acknowledging our amazing team of Clinicians and support staff by voting us THE BEST in the following "Reader's Choice" Awards:

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BEST Audiology Practice
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BEST OF SOUTHWEST FLORIDA

BEST Hearing and Testing Center

BEST Tinnitus Treatment Center

BEST Audiologists

BEST OF NORTH FORT MYERS

BEST Hearing Center
(In our FIRST full year in Tucker Vision Center)

We feel truly BLESSED to have such WONDERFUL TEAM of Hearing Professionals!

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Estero, FL 34135
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88 Pine Island Road, Suite 3 (Inside Tucker Vision Center)
North Fort Myers, FL 33903
(239) 652-4327

AUDIOLOGY CENTERS OF HOGLUND FAMILY HEARING
13710 Metropolis Ave.Suite 101
(1 block East of Gulf Coast Hospital)
Fort Myers, Fl. 33912
(239) 498-4240

PREVENT KNEE REPLACEMENT SURGERY

By Physicians Rehabilitation

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

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

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

Currently there are multiple FDA approved hyaluronic acid preparations, which are extracted from rooster combs, and there are some synthetically grown products for those with avian allergies. They have trade names such as Supartz and Orthovisc.

These injections are also called viscosupplementation as they restore the normal viscoelastic properties to synovial fluid. This can help protect cartilage,

lubricate the joint and improve the shock absorbing effect of the knee. It is also suspected that hyaluronic acid injections may protect cartilage cells and actually promote the formation of more cartilage. This is the subject of a lot of speculation and has not been definitively proven.

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

Knee injections are typically extremely effective. A recent study on our website, shows the injections, which are as painless as a flu shot, when done under fluoroscopic guidance to ensure the hyaluronic acid passes through the synovial membrane, combined with physical therapy focused on painless strengthening of your knee area, and proper bracing to allow the fluid to move freely throughout the joint space, creates the highest level of pain reduction, with over 99% of patients we treat achieving an average pain reduction of 77%. These results are often good enough to delay the need for a knee replacement surgery and avoid it altogether.

If you suffer from pain due to osteoarthritis, rheumatoid arthritis or post traumatic arthritis, Physicians Rehabilitation can help.

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Some call it "ringing", or a "buzz" or "head noise".
For many people it is disruptive and annoying.

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Should You Consider a Plant-Based Diet?

By John Canterbury, M.D.

We are hearing a lot about the potential benefits of a plant-based diet; many professional athletes, celebrities and entertainers attribute weight loss and improved health to this increasingly popular way of eating. But what exactly is included in a plant-based diet?

What is a plant-based diet?

There are two major food sources in our diet: plants and animals. A plant-based diet includes more volume of food from plants than animal sources. This type of diet includes grains (especially whole grains), beans, lentils, fruits, and vegetables—but it is not necessarily strictly vegetarian. In fact, a plant-based diet can include a whole range of eating styles, from a vegan approach (excluding all animal products, including dairy) to a diet that is largely based on plants but does include some animal protein.

Are there health benefits to eating a plant-based diet?

There is sound medical evidence that a plant-based diet contributes to longevity and good health. A balanced, varied plant-based diet is protective:

- It's high in fiber.
- It provides adequate protein for growth and repair.
- It's high in antioxidants that are critical to neutralizing free radicals that cause aging and chronic disease, including cancer.
- It's high in vitamins and minerals.
- It's low in saturated fat that promotes heart disease.

Also, plants have much lower caloric concentration than animal protein overall, which allows for more food volume without excessive weight gain.

The China Study, a 20-year comprehensive study of nutrition conducted by Cornell and Oxford Universities and the Chinese Academy of Preventive Medicine, describes how the typical standard American diet, which has become very high in animal protein and unhealthy fats and low in fiber, promotes substantially more chronic disease and

obesity than a more plant-based, whole-foods diet. The study further illustrates the fact that much of the world lives on a plant-based diet, consuming only small amounts of animal protein due to cost and availability, with much less chronic disease and obesity than the United States.

Long-term research shows that a totally plant-based vegetarian diet along with exercise and stress management can actually reverse heart disease. A plant-based diet protects the body from cancer-causing agents and decreases the inflammation that is responsible for heart disease, stroke, and diabetes. Simply stated, a diet high in animal protein increases inflammation that can contribute to chronic diseases, whereas a plant-based diet actually lowers inflammation.

How far should you go?

So, do you need to fully embrace veganism or vegetarianism to reap the benefits of a plant-based diet? The answer, for many of us, is no—but we can all benefit from transforming our daily diet to one that is primarily plant-based.

As a first step in this direction, take some time to look closely at your plate when you sit down for your next meal. At least half of your plate should be filled with vegetables and/or fruit, and a quarter of your plate should be filled with whole grains. The remaining quarter should be filled with either a lean animal protein, such as fish or chicken, or a plant-based protein such as beans or lentils.

When considering serving sizes of animal protein at dinnertime, aim for 3- to 4-ounce servings for women and children and 5- to 6-ounce servings for men. Better yet, try to include five to seven meals per week with no animal protein, substituting plant-based proteins instead.

A few great plant-based protein meal choices include beans and rice topped with salsa; a bean burrito made with a whole-grain, low-fat tortilla; whole-grain bread topped with natural peanut butter; and high-protein pasta tossed with fresh tomatoes, garlic, and basil. At every meal and snack, think of ways to include plant sources of food.

For those who wish to become vegan or vegetarian, ease into increasing plant-based protein in your diet and decreasing animal protein. Be aware that eliminating animal protein while continuing to consume processed food or "junk food" will not improve overall health. Try to focus on eating whole foods, not processed food, to ensure that you see optimal benefits from a plant-based diet. For those who eliminate animal products entirely, it is important to supplement with vitamin B-12, the only nutrient not available in a plant-based diet.

Eating a primarily or completely plant-based diet may be one of the best and most practical ways to improve your health and well-being. While we can all benefit from making even small changes and moving in this direction, some health conditions may require a more aggressive dietary approach. So the next time you are tempted to reach for another helping of chicken or beef, try more salad, green beans, and fruit instead, and change your plate for a healthier you.

John Canterbury MD
South Florida Internal Medicine
680 Second Avenue North, Suite 203
Naples, FL 34102
239-330-1382

Stomach Ulcer Causes, Treatment & Prevention

By Steven A. Meckstroth, MD - Gastroenterology Specialists

In the digestive system, an ulcer is an area where tissue has been destroyed by gastric juices and stomach acid. Ulcers can occur at any age, although they are rare in children and teenagers. In the United States, about 10% of the population will develop an ulcer at some point in their lives. The good news is that we have learned a lot about ulcers in the past 20 years and effective therapies are now available.

A stomach ulcer, also known as a peptic ulcer, is a sore in the lining of your stomach or your duodenum, the first part of your small intestine. A burning stomach pain is the most common symptom.

Pain caused by an ulcer in the digestive tract:
- Starts between meals or during the night
- Briefly stops if you eat or take antacids
- Lasts for minutes to hours
- Comes and goes for several days or weeks

The most common cause is infection with a bacterium called Helicobacter pylori. Another cause is the long-term use of non-steroidal anti-inflammatory medicines (NSAIDs) such as aspirin and ibuprofen. Stress and spicy foods do not cause ulcers, but can make them worse.

To see if you have an H. pylori infection, your doctor will test your blood, breath, or stool. Your doctor also may look inside your stomach and duodenum by doing an endoscopy or x-ray.

Peptic ulcers will get worse if not treated. Treatment may include medicines to reduce stomach acids or antibiotics to kill H. pylori. Antacids and milk can't heal peptic ulcers. Not smoking and avoiding alcohol can help. You may need surgery if your ulcers don't heal.

When an ulcer gets very bad, it can eat all the way through the intestinal wall. The resulting hole in the intestine is called perforation. The contents of the intestine (food, bacteria, and digestive juices) can then spill out. These substances can injure other tissues and cause serious infection.

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For more infromation about stomach ulcers and would like to schedule an appointment to meet with one of our physicians, please contact our office at **(239) 593-6201** or send an email with the subject "Stomach Ulcer" to **gastro@gispswfl.com**.

Preventing Ulcers

Peptic ulcers can be prevented by avoiding things that break down the stomach's protective barrier and increase stomach acid secretion. These include alcohol, smoking, aspirin, non-steroidal anti-inflammatory drugs, and caffeine.

Preventing infection with H pylori is a matter of avoiding contaminated food and water and adhering to strict standards of personal hygiene. Wash hands carefully with warm water and soap every time the bathroom is used, diaper changed, and before and after preparing food.

If you need the pain relief and anti-inflammatory action of aspirin or an NSAID, you can reduce your risk of ulcers by trying the following:

- Try a different NSAID, one that is easier on the stomach.
- Reduce the dose or the number of times you take the medication.
- Substitute another medication, such as acetaminophen (Tylenol).

Don't resort to self-medication. If you opt for a wrong drug, you will just end up worsening your condition. While antacids are effective in providing relief from pain by raising the level of pH in the stomach, you need to understand that this relief is temporary. So, don't take antacids unless recommended by a doctor. Do contact your doctor if you have been experiencing any of the aforementioned symptoms. Follow the guidelines regarding the frequency and dosage of the drug. This will surely pave the way for a speedy recovery.

Compression Devices for Limb Swelling

By Alyssa Parker

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

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

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

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

Risk Factors

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

Risk factors may include:

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

Management: Compression Pump

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

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

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

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

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

239-949-4412

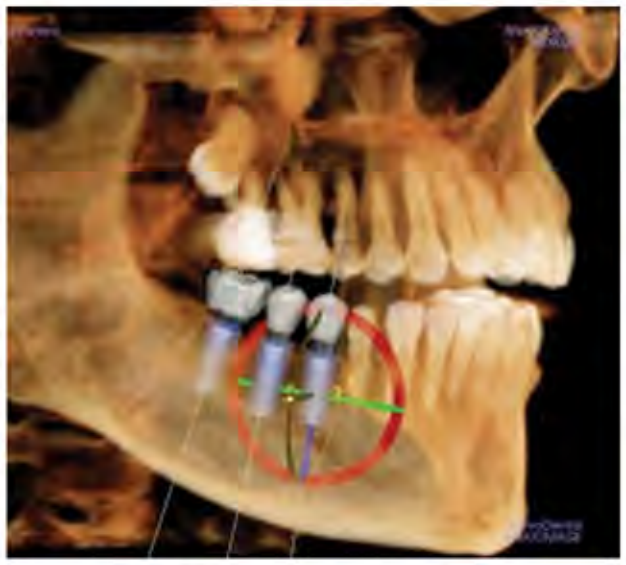
and speak with a specialist.

Computer Guided – Dental Implant Placement

By Juan Teodoro, D.M.D.

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

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



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

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

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SENIOR SAFETY: KEEPING THE ELDERLY SAFE IN THEIR HOME

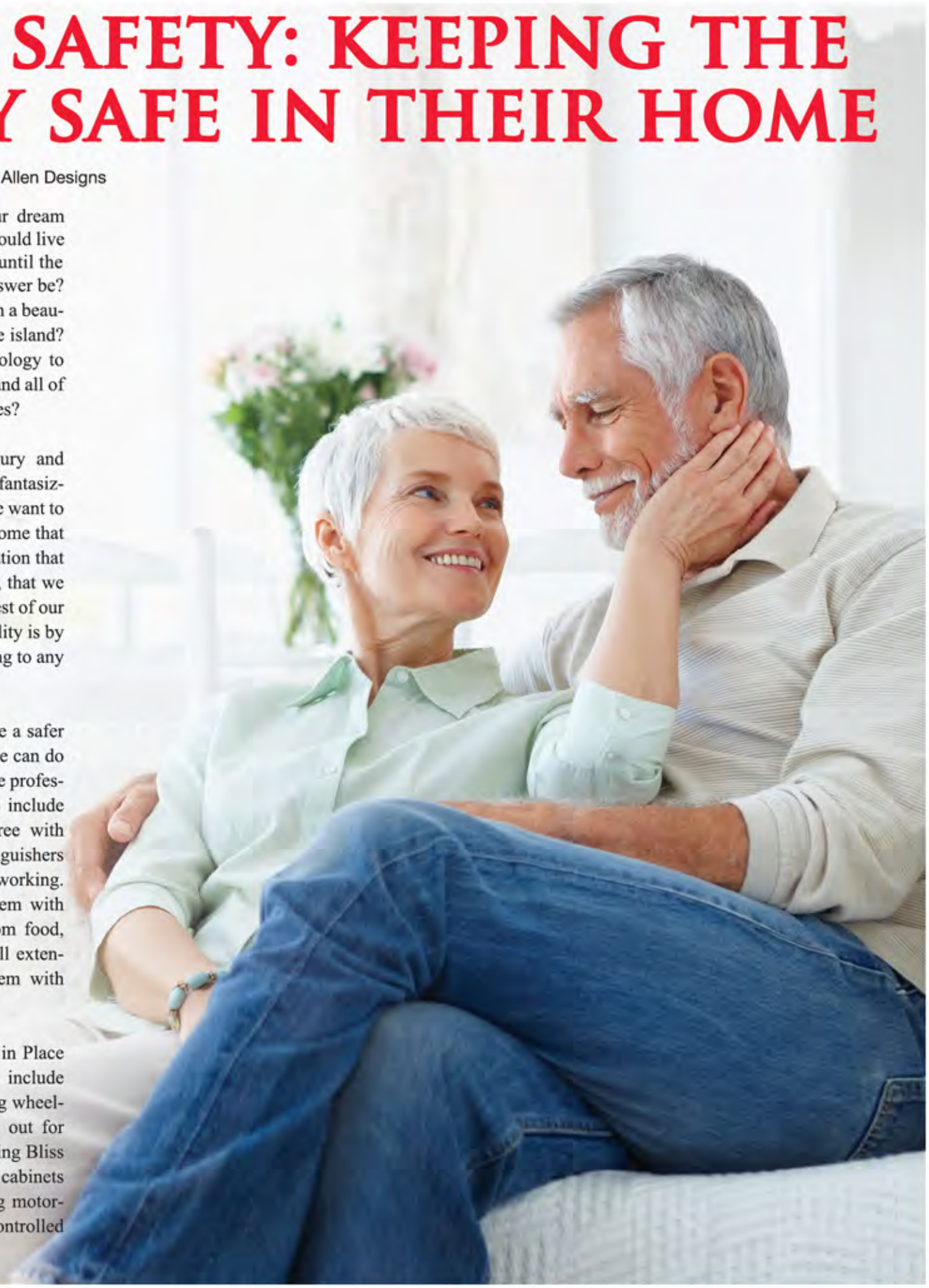
By Jeff Spector, Lead Designer - Curtis Allen Designs

If someone were to ask what your dream home would be like -- where you could live comfortably and enjoy this home until the end of your days -- what would your answer be? Would you have large, ornate rooms with a beautiful view, a modern kitchen with a large island? Would you have all the latest in technology to keep up with this ever-changing world, and all of the amenities to entertain your loved ones?

There are many combinations of luxury and necessity that each of us finds ourselves fantasizing about when we envision the home we want to live in as we age. When we think of a home that is comfortable, there is a certain expectation that we will be able to navigate it with ease, that we will be able to enjoy living in it for the rest of our lives. One way to make this dream a reality is by ensuring that our home is accommodating to any situation.

There are many ways to make our home a safer place to live and visit; some of which we can do ourselves, while others are best left to the professionals. Some of the things we can do include keeping the home clean and clutter-free with ample lighting, making sure fire extinguishers and smoke detectors are present and working. We can also secure rugs or replace them with nonslip rugs, keep chemicals away from food, dispose outdated products, and check all extension cords for damages or replace them with power strips.

The modifications that Certified Aging in Place Specialists (CAPS) can help you with include adding grab bars and hand rails, building wheelchair accessible ramps, switching tubs out for showers with transfer benches or installing Bliss Tubs. In addition, changing hardware on cabinets from knobs to pulls or levers, installing motorized window treatments and remote controlled fixtures will make life easier as well.



It is no secret that we will all age, and some of us or our loved ones, will be in a situation (whether it be illness or disability) where safety and stability will become ideal much earlier than others. The good news is that we can take steps necessary to prepare for these needs and ideals to change. Options today allow us to modify or design our homes with the needs of someone with or without disabilities in mind, a term called Universal Design.

CAPS will be able to assess and address with you the Five A's of Universal Design- availability, accessibility, acceptability, affordability and adaptability. Your specialist will be able to determine your immediate needs, but it is a good idea to have a physical therapist or physician inform you of the assistance you may need within the upcoming years, since every person ages differently.

Keeping in mind that Universal Design is not only for the elderly, most of the options available are also helpful to someone who is planning to have surgery or is recently recovering from an accident. Safety features that are designed to assist people with mobility and stability are good to have installed, whether you are old or young, in perfect health or ill. Some options to consider are wheelchair ramps, stair glides, walk-in tubs, hand rails, grab bars, zero threshold showers, 34-inch wide door jambs and widened areas between furniture.

With the safety of our loved ones in mind, envisioning a home that will accommodate our needs is now easier than ever. At Curtis Allen Designs, our staff are CAP specialists who can help you make the best educated decision as to which types of safety features to include in your universal design. Give us a call today to discuss your options or visit our showroom to see how these safety features, along with Curtis Allen Designs, can make your life easier. Let us walk you into the future of Living and Aging in Place. Our showroom is open Monday to Friday between 8am and 5 pm. We look forward to meeting you there!

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Treating Common Childhood Ailments using Acupuncture and Herbal Medicine

By Toni Eatros, MS, Dipl Ac, AP

It's back to school time again and for many that means recurrent colds, flus and earaches. Acupuncture and herbal medicine can strengthen your child's immune system and help to decrease frequency and severity of illness. Chinese Medicine has been effectively treating children for centuries.

Addressing the Root Cause to Treat Illness

Oriental medicine views the treatment of children to be extremely important, and when treating children the most important system to treat is the digestive system. According to Chinese medical theory, children's spleen and stomach, up to the age of approximately six, are inherently immature. Until then, the digestive system is weak and overworked, so it is not uncommon to see children complaining of various digestive upset from diarrhea to indigestion.

Common childhood illnesses effectively treated with Acupuncture & Herbal Medicine:

Cough

Some of the diagnoses attributed to a cough are phlegm in the lungs, a weakness of the lungs or spleen, and a lingering illness. Treatment will depend on your child's medical history, but usually will include acupressure or acupuncture, an herbal prescription and home hydrotherapy treatments discussed at the visit.

Allergic Rhinitis

Allergies, or hay fever, can cause seasonal problems for children. Parents will be happy to know that Oriental Medicine can make a great impact on this problem. The best time to treat this is a month before the symptoms usually appear. You can always see a practitioner when the symptoms arise, but if you are interested in preventing the symptoms, then treatment before the symptoms appear is best.

Otitis Media

Ear aches and ear infections are very common illnesses in babies and children. Acupuncture and herbal medicine has a good track record for treating both the acute and chronic variations. The acute otitis media is much easier to treat with the child experiencing relief quickly.

Constipation

Constipation is seen frequently in children, as their digestive systems are delicate. There are two main causes for constipation in children. The first is an accumulation and overeating, irregular eating, and eating raw indigestible foods. Constipation can also be caused by a weak spleen and stomach. This weakness can be acquired by poor diet, prolonged digestive upset and recurrent illness. Herbs and acupuncture easily rebalance a delicate digestive system.

Emotional Disorders

Children, teens and young adults respond quickly to acupuncture and herbal medicine for the treatment of all types of emotional disorders including depression, anxiety, recurrent nightmares, and hyperactivity, just to name a few. The pediatric patients that I see for emotional disorders usually look forward to coming in for treatments.

What treatment techniques are used to treat Children?

Parents are usually apprehensive about bringing in their child to get acupuncture because of its association with needles. Children usually do not have a problem with needles if the parents minimize discussion about it before the treatment. Regardless of the fear or not, not all treatments need to use needles.

Often we will choose to use acupressure, where I use my fingers or a small tool to stimulate the appropriate areas without the use of needles. We can also use small acupressure machine at the acupuncture point to send a small pulse to the area of need. This pulse feels like a small tapping and some children even feel like it tickles.

Sometimes we elect to use acupuncture needles. In children under seven or eight years old, usually an in/out technique is used, where the needle is inserted just for a moment and immediately removed. It is so quick, the child usually is not sure of what has happened.

I have found that starting at age seven or eight, the children like to retain the needles for a few minutes. A visible change occurs almost immediately after the needles are set. Many of the children fall asleep for a few minutes. Their illness responds quickly to the rebalancing of the body and the child has a unique experience to talk about at school. Many of my pediatric patients ask their parents when they get to come back.

Another important therapy for children is herbal medicine. Herbal medicine has been used for centuries in the treatment of children. Antibiotics are not always necessary and with herbal medicine you can bypass the side effects experienced from taking medication. Herbal medicine is used for a short period of time when treating acute conditions and longer when treating chronic diseases.

At your child's visit, we will discuss ways to treat the current illness and things that you can do at home to prevent recurrent illness. We will build your pediatric first aid kit, so at the first sign of illness, you can implement treatment immediately instead of waiting for an illness to become severe enough to warrant a trip to the pediatrician and antibiotics.

If your child seems to be sick more than he/she is well, then it is important to start treatment immediately to build up the immune system before cold and flu season begins. 2,500 years of medical history can't be wrong. Call now to schedule an appointment, **239-260-4566** or go to our website, **www.AcupunctureSolutionsOnline.com** for more information.

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

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Natural Alternative Relief for Autism Spectrum Disorder Symptoms

By Drs. Drew and Kanema Clark

We are in the middle of a global Autism Spectrum Disorder epidemic. The Centers for Disease Control and Prevention (CDC) estimates that 1 in 68 children in the United States has been identified with autism spectrum disorder (ASD). Numerous theories have been given as to why the world is encountering such an aggressive rise in the amount of children being affected today, including theories that range from birth injuries and vaccinations to environmental issues and genetics. Unfortunately, it's difficult to pinpoint which of these factors serves as the actual root cause or whether they all play a part in the development of this challenging condition. Fortunately, there is one natural and highly effective treatment that has been proven to provide relief of autism symptoms; Upper Cervical Chiropractic.

Autism Spectrum Disorder and Upper Cervical Chiropractic

While the exact cause of Autism Spectrum Disorders hasn't yet been unidentified, we do know that the disorder impacts the brain's ability to process information by affecting how the nerve cells link up and organize which in turn influences all areas of life, from mood and communication to physical behavior. According to studies carried out by Psycho Educational and Guidance services, upper cervical chiropractic care is 20 to 40% more effective than the usual prescribed medications when it comes to reducing the symptoms commonly observed in an extensive range of Autism related behavioral and learning problems.

While upper cervical chiropractic doesn't promise to treat all the symptoms, or the disorder itself, more and more studies are suggesting that it can provide significant changes in regards to some of its symptoms. When you think about it, especially if you've ever had upper cervical chiropractic care for other health problems, it just makes sense that it would be an effective approach since Autism Spectrum Disorders are also connected to the nervous system. Essentially upper cervical chiropractic aligns the top of the neck which, when it's out of alignment, disrupts the communication of the brain and body, a factor that plays a big part in ASD.

Another study that was published in the Journal of Vertebral Subluxation Research stated that altered biomechanics from misalignment of the upper spine leads to an imbalance in sensory feedback into both the cerebellum and cerebrum. Whenever nerve transmissions to the body's major interpreting and integrating areas of the brain are out of balance it leads to altered nerve reaction to environmental shifts. Combine this data with the theory that the only purpose of upper cervical care is to reestablish accurate nerve communication; it's easy to understand how this chiropractic technique can help in a number of instances.

An upper cervical chiropractor's role isn't to cure or even treat Autism; its main objective is to aid the brain/body communication, helping the body function as it was intended to function. This is achieved by analyzing the vulnerable connection between the first bone, referred to as the Atlas and the brainstem, which is an important part of the neural communicating pathway. If we discover a problem with the upper neck, we specifically and gently put the spine back in place, which frees up the nerve communication, thereby improving the body's natural recuperative power, which in turn can relieve symptoms of Autism Spectrum Disorder.

What to Do Next

For those who are seeking natural and drug free solutions for problems such as Autism Spectrum Disorder, upper cervical chiropractic and other natural approaches offer a safe and gentle alternative to surgeries and prescription medications. Why not consult an upper cervical chiropractic specialist to see if your loved one can benefit from upper cervical chiropractic care?

If you are intrigued about the connection between Autism Spectrum Disorder and upper cervical chiropractic call Arc of Life Family Spinal Care and schedule a consultation with Dr. Drew or Dr. Kanema.

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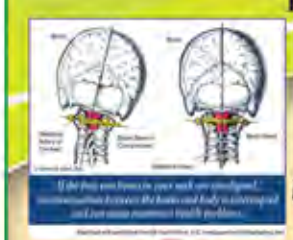

Everything that happens in our body from heart rate to immune system strength is dependent on how well our nerve system is functioning.

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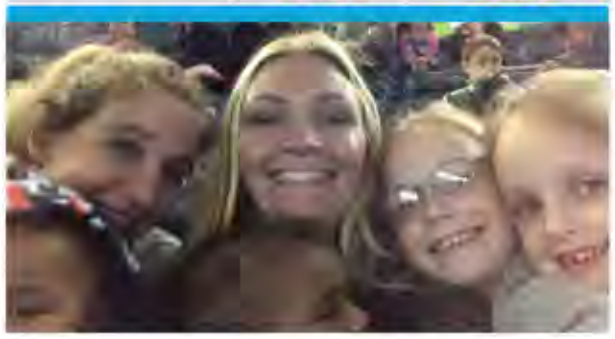
A HAND OUTSTRETCHED TO HELP FAMILIES IN NEED

By Francesca Passeri, Esq.

Count your blessings. My mother taught me that gratitude is a virtue that must be cultivated. Our lives are busy and it is easy to fail to appreciate all of the gifts that we enjoy daily without much thought. Most of us are not concerned about having a place to sleep, enough food or being able to care for our children. Without a support network of friends and family, life's bumps can put parents in the position of worrying about how they will provide the basic necessities of life for their children. A struggling parent may, in some circumstances, put their children at risk of being abused and neglected. Safe Families for Children was created to divert families facing a short-term crisis from intervention by the state child welfare system. The organization is based on the idea of neighbors helping neighbors.

A parent in a crisis situation (job loss, homelessness, incarceration, or medical emergency) can voluntarily put their children in the care of a host family. During the time the host family is caring for the children, the parent can have the breathing room to resolve their issue. The host family may also act as a support person or mentor to the parent even after the children are reunited. Because the placement is voluntary, parents can visit their children at mutually arranged times and end the hosting when they feel ready for reunification. The Florida Department of Children and Families makes more than half of the referrals to Safe Families with the goal of avoiding a need to bring children into the foster care system. Host families receive training and the guidance of the local program coordinators.

154 children helped	Florida Safe Families	Florida Foster Care
Cost per child per year	$1,500	$13,000
Kids Returning Home	92%	46%
Average Length of Time Away from Home	42 days	278 days



The average hosting period is 42 days as compared to 278 days in foster care. The cost of hosting a child through Safe Families is also significantly less than the cost of caring for a child in foster care. Volunteers are needed to host children, provide donated resources to help a family get back on their feet, and to act as a family friend or coach. The rewards to the volunteers are many and the families are very appreciative of the compassion and support they receive during their time of greatest need. To learn more about this important community resource or to obtain information on volunteer opportunities, call (239) 470-2733 or visit the website at http://naples.safe-families.org.

Francesca Passeri, Esq.

Francesca Passeri practices in the areas of residential and commercial real estate transactions, zoning and land use matters and real estate related litigation. Ms. Passeri received a B.A. in Theater Arts from the University of Iowa (1988) and graduated with distinction from the University of Iowa College of Law in 1995. Ms. Passeri worked as a sole practitioner in Tipton, Iowa until 2004.

She is a member of The Florida Bar (Real Property, Probate & Trust Law Section). She is also a member of the Collier County Bar Association, Collier County Women's Bar Association, Iowa Bar Association, and Cedar County Bar Association. She has volunteered extensively for the Iowa Legal Services Volunteer Lawyer's Project and Florida Attorneys Saving Homes. Ms. Passeri has been recognized by Legal Aid of Collier County for her efforts on behalf of the Collier County Foreclosure Task Force.

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POWERFUL LOCAL IMPACT

In just one year, Safe Families for Children Southwest Florida has served 154 children and 65 familes in Collier, Lee, Charlotte, Hendry, and Glades Counties. The program quickly built a positive reputation in the community and partners with numerous churches, nonprofits, and the Department of Children and Families to reach those most in need.

Collier, Lee, Charlotte, Hendry and Glades Counties are currently being served by Safe Families for Children Southwest Florida

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MUNICIPAL BONDS AS AN INVESTMENT VEHICLE

Provided by RBC Wealth Management and John Barnes

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

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

In addition to their tax advantages, municipal bonds offer other benefits. For example, munis can help diversify an investment portfolio that may be heavily weighted toward stocks and corporate bonds. Also, by adding quality municipal bonds to your holdings, you can help support worthwhile projects in your community. Municipal bonds are used to finance water, sewer, and electrical facilities, as well as hospitals, bridges, roads, airports, schools and other municipal infrastructure.

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

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

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

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

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

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

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JOHN BARNES
Senior Vice President – Financial Advisor
800 Laurel Oak Drive, Suite 500
Naples, FL 34108
(239) 649-2120
john.barnes@rbc.com | www.johnbarnesrbc.com
RBC Wealth Management

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Do you own bond funds?

Many bond funds hold positions that may not match up with the quality or duration that you might prefer. John Barnes has been helping investors to create individualized fixed income portfolios for over 30 years. Let him show you how.

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TOP 400
* Some income may be subject to state and local taxes and to the alternative minimum tax (AMT). Capital gains if any are subject to tax.
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Medicare Enrollment NOT the Same as Social Security!

There seems to be a lot of confusion between the two.

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

Social Security you can apply online at www.ssa.gov for retirement benefits or benefits as a spouse if you:

- are at least 61 years and 9 months old;
- are not currently receiving benefits on your own Social Security record;
- have not already applied for retirement benefits; and
- want your benefits to start no more than 4 months in the future. (We cannot process your application if you apply for benefits more than 4 months in advance.) *Social Security.

Medicare you can apply online at www.medicare.gov for Medicare benefits for yourself 3 months before your 65th birth month. Example June 20th birthday you can apply as early as March 1st. If your birthday is any day of the month except the 1st, your Medicare will be effective the 1st day of your birth month. The same example as above your benefits would begin June 1st. If your birthday is effective the 1st of the month then your benefits begin the month before, so a June 1st birthday your benefits would begin May 1st. VERY important if you DO NOT take Medicare Part B & D when you are eligible when you do take it there is a penalty for each month you did not have them and that penalty will last for the rest of your life or for as long as you take these services. If you have employer coverage (not cobra) this is a valid waiver. If you take these after you leave employment there is a special form your employer must fill out so that you are not charged a penalty.

Both Medicare and Social Security require you to be eligible by qualifying either through yourself or your spouse.

Most people that have worked in United States of America receive Medicare Part A at no month cost to them. This is because they have worked at least 40 quarters (approx. 10 years); this is based on a minimal earnings calculator (see www.medicare.gov for more information).

In general Medicare Part A covers:

- Hospital care
- Skilled nursing facility care
- Nursing home care (as long as custodial care isn't the only care you need)
- Hospice
- Home health services

There is a Medicare Part A deductible of $1,288 for each benefit period for "inpatient" hospital stays. In order for Medicare to cover skilled nursing facility care you need to have a 3 day hospital stay. You must make sure you are admitted not kept for observation, always ask.

In general Medicare Part B covers:

- **Medically necessary services:** Services or supplies that are needed to diagnose or treat your medical condition and that meet accepted standards of medical practice.
- **Preventive services:** Health care to prevent illness (like the flu) or detect it at an early stage, when treatment is most likely to work best.

Part B covers things like:

- Clinical research
- Ambulance services
- Durable medical equipment (DME)
- Mental health
- Inpatient
- Outpatient
- Partial hospitalization
- Getting a second opinion before surgery
- Limited outpatient prescription drugs

Medicare Part B premium varies based on income. If you file an individual tax return if your income is less than $85,000 and filing joint less than $170,000 your monthly premium is $121.80. For other incomes please visit www.Medicare.gov.

Medicare Part D Drug Coverage these are administered through Insurance companies.

Your actual drug plan costs will vary depending on:

- The drugs you use
- The plan you choose
- Whether you go to a pharmacy in your plan's network
- Whether the drugs you use are on your plan's formulary
- Whether you get Extra Help paying your Medicare Part D costs

Once you have coverage Medicare Annual Election Period is October 15th to December 7th, during this time you can change your plan Medicare Part C or Part B. The effective date will be January 1st of the following year. *resource www.medicare.gov

Also remember when moving, getting married or divorced, adding to your family you have a special enrollment period to apply or change your health insurance coverage. Also check your wills, trusts, and make sure they follow Florida's laws and guidelines. Establish yourself with a local attorney, CPA, Financial Planner / Insurance Agent. An annual review is very important. Too many times people assume. Don't assume. Ask a professional, most of the time your first consultation is at no charge.

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How to Enjoy Having Your Home Professionally Cleaned

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

Remember that you're hiring human beings

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

Leave your home while it's being cleaned

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

Leave a tip

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

To clean or not to clean

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

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

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

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

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Happiness Tied to Health & Longevity

By Amy Hilliard

Though there is no one set definition of the word "happy", experts agree that being in this emotional state can have a wealth of health benefits. For some, happiness is prosperity while others may equate it with wellness. Regardless of how one defines contentment, we know it when we feel. August is Happiness Happens Month, designed to encourage people to recognize their happy moments and think about happiness in their daily life.

This month and beyond, consider taking the time to reflect on the people and things that truly bring out your inner happiness. Below are a few happiness-boosting activities that can be done to keep you in good spirits:

Exercise

A Penn State University study found that more physically active people reported greater general feelings of excitement and enthusiasm, compared with their less physically active counterparts.

Older adults can also reap the rewards of exercise. Physical activity is important for everyone, regardless of age and has been shown to ward off common emotional issues such as loneliness and depression.

At The Carlisle Naples, an active retirement community in North Naples, residents have a wealth of fitness options ranging from water fitness to Wii bowling. In addition to instructor-led classes, a state-of-the-art fitness center with equipment specially designed for older bodies provides an inviting atmosphere for residents who are just beginning a healthier lifestyle or are lifelong fitness enthusiasts

Enjoy the Outdoors

Naples' lovely year-round weather is perfect for embracing the great outdoors. A series of studies published in the *Journal of Environmental Psychology* concluded that being outside in nature for just 20 minutes in a day was enough to significantly boost vitality levels.

Collier County's picturesque setting provides plenty of opportunities to be at one with nature. For example, Sugden Regional and North Collier Regional Parks offer birdwatching while wildlife can be observed at the Corkscrew Swamp Sanctuary. Delnor-Wiggins State Recreation Park—visited monthly by Carlisle residents—is consistently ranked as one of North America's best beaches and provides peaceful views of the Gulf of Mexico.

Also, The Carlisle's meandering walking paths around three lakes and tranquility gardens provide the perfect backdrop to enjoy the outdoors. Amenities such as the putting green and swimming pool and outdoor special events take advantage of the community's lush tropical environment.

Socialize With Others

There is scientific research proving that people feel happier when they socialize—even introverts. Being with others has been linked to strengthening one's immune system and faster recovery times. Meaningful relationships with family and friends offer the most benefits and can boost endorphins, dopamine and serotonin which play a key role in happiness.

At The Carlisle, residents have the option of being as relaxed or as active as they choose. Whether enjoying a book in the onsite library or gathering with friends with dinner, the possibilities are endless. Even residents who prefer their solitude find comfort in knowing there is a friend or neighbor within steps of their front door to join them for an activity or outing.

Participate in Intergenerational Activities

Nothing brings a smile to one's face quite like a young child. Older adults and the younger generation both experience tremendous rewards by participating in intergenerational programming. Spending time with a grandchild or great-grand is just as emotionally rewarding as mentoring a student and truly helps one tap into their joy.

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Carlisle residents benefit from the resort-style community's ongoing partnership with Sabal Palm Elementary. The students visit the community several times each school year including Halloween and Christmas and look forward to interacting with their "grand-buddies". The Carlisle also hosts an annual end-of-the-school-year trip to Golisano Children's Museum of Naples or Naples Zoo at Caribbean Gardens to reward students for their academic achievement. The program brings a tremendous amount of happiness both to the young and young at heart.

"While happiness may indeed be a personal choice, The Carlisle's maintenance-free lifestyle enables residents to spend their time focused on activities which bring them the greatest satisfaction," said Executive Director Frank White. "Here, it's all about choice and our residents choose to embrace their post-retirement years pursuing new hobbies or rediscovering their passions."

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

For more information about the community, please call 239-221-0017 or visit www.TheCarlisleNaples.com.

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

Experiencing God's Internal Healing

Part Two

Tell yourself the truth.
Your brain is like a tape recorder. It has recorded every single experience your five senses have experienced – everything you've smelled, everything you've seen, heard, touched, tasted – it's all in there. Everything people have said. Your brain is an amazing recorder. It's recorded it all down – good and bad, right and wrong, true and false.

The problem is, your brain doesn't always distinguish between things that are true and things that are false. Particularly when you were a little kid, there were some things that were said to you that were flat-out lies but you believed them. And if you believe them, you act on them.

Some of you are still operating on faulty data. When you base your life on faulty data, what happens is you build a self-defeating life style. You set yourself up for failure and pain and hurt. You've got to replace those tapes with God's truths.

"…be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will." Rom. 12:2b

The best way to renew your minds is to prayerfully ask for Gods help. Then, spend time reading the Bible. Many people find comfort in the Psalms and wisdom in the Proverbs. Thirdly, begin to believe the truth about yourself. Who does God say you are?

Set your focus on the future.
Job was an Old Testament figure who endured some extremely difficult times. Look at his amazing perspective:

"13Yet if you devote your heart to him and stretch out your hands to him, 14if you put away the sin that is in your hand and allow no evil to dwell in your tent, 15then you will lift up your face without shame; you will stand firm and without fear. 16You will surely forget your trouble, recalling it only as waters gone by.." Job 11:13-16

Look to the future with hope and optimism. Your past can only hold you back if you let it. Move forward in the grace and mercy of God and believe the promises God has given you in His word.

Help others along the way.
The final step in experiencing God internal healing is to help others. You've got to redeem your pain. Use your experiences to help other people. God meant for us to help each other. He can use your pain for good.

The Bible says "3Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, 4who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God." 2 Cor. 1:4

Part of the healing process is to use your experience to help others through their pain. It doesn't remove the incident but it does remove the sting. When you can see that others have been helped because of what you have been through…it helps to put a purpose to the pain. At least you've helped someone else.

VENTURE CHURCH

Tim Neptune is the Lead Pastor of Venture Church Naples, a new church plant in East Naples. For service times and locations, go to **www.venturenaples.com** *or call* **(239) 775-5323**.

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