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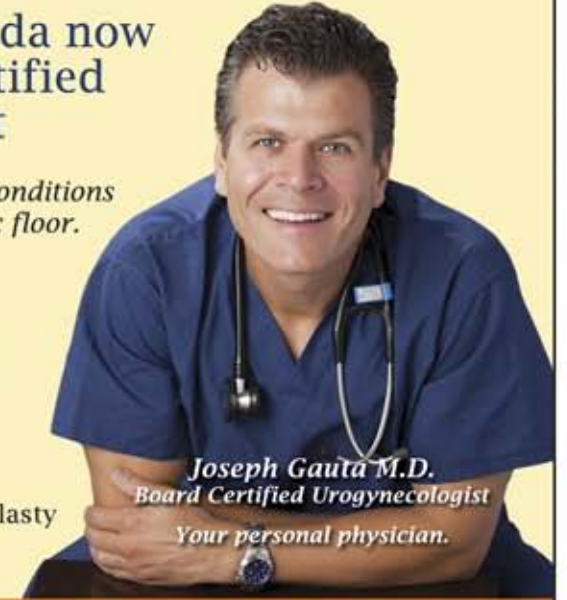


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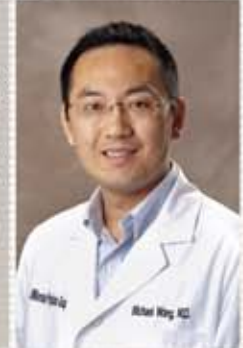
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THE FRACTURE THAT MAY CAUSE YOU STRESS!

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

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

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

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

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

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

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

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

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



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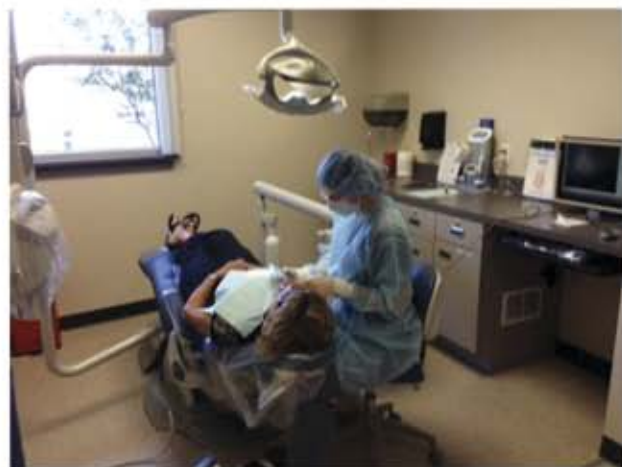


Edison State College Dental Hygiene Program Addressing the Dental Divide in Southwest Florida

By Marie A. Collins, RDH, MS, EdD, Dean, School of Health Professions - Edison State College

February is National Dental Health Month! The American Dental Association (ADA) has identified a major dental health crisis in America, especially for adults and children with lower incomes. The Affordable Care Act will offer little to no relief for these Americans who do not have dental insurance. When surveyed, 40% of lower-income adults stated that they believe that health care reform will help them obtain dental care. This healthcare reform myth will further escalate the dental divide in America. Please see the ADA web site for more information on their proposed Action for Dental Health and results of other surveys that illustrate the scope of America's dental health crisis.

The Dental Hygiene Program at Edison State College School of Health Professions is doing its part to address the dental divide by serving the communities of Southwest Florida in a state-of-the-art Dental Hygiene Clinic on the Lee campus. The clinic offers added comfort to the patients we serve and also provides the most modern technology for our education program.



The Naples Children and Education Foundation (NCEF) Pediatric Dental Center is on Edison State's Collier Campus. There, the focus is a full scope of routine and specialty dental care for children up to age 21. University of Florida College of Dentistry students and faculty provide care for children in this top-notch pediatric residency training program. Edison's ongoing investment in the dental hygiene education program, strong community support from NCEF, and intercollegiate partnerships with University of Florida places Southwest Florida front and center in conquering the dental divide for adults and children.

Edison's Dental Hygiene Clinic opened in December 2000 and serves 3,000 patients annually. The Clinic is equipped with 16 dental suites, including dental radiographic units and an instrument sterilization center. The clinic incorporated electronic (paperless) patient records in 2004. Faculty, staff and students in the program also service the local community through participation in several projects. The Edison State College Dental Hygiene program is fully accredited by the Commission on Dental Accreditation. For 18 consecutive years, graduates have earned a 100% pass rate on the National Board Dental Hygiene Examination. The Program



boasts a 90% completion rate among students accepted into the program, with 258 graduates since 1995.

Each class is diverse with students of various age and ethnic backgrounds. English is a second language for 30% of the students enrolled in the program. The Dental Hygiene program also partners with the Continuing Education Department to offer an injectable dental anesthesia course for Florida's Registered Dental Hygienists. This is a result of a recent legislative change that expanded the scope of skills performed by dental hygienists. The NCEF Pediatric Dental Center has 15 operatories and two sedation suites equipped for nitrous oxide sedation, IV sedation, and interceptive orthodontics. The center is one of a select few in the state that is able to provide such specialized dental care.

"The Dental Hygiene Clinic is not only a great resource for providing clinical education for our students, but also a tremendous asset for our community members who may not have access to dental care," said Karen Molumby, Program Director of Dental Hygiene. "Patients receive outstanding preventive dental care at

an affordable price while students obtain valuable hands-on experience, supervised by our talented and experienced faculty who are licensed Dental Hygienists and Dentists," added Dr. Marie Collins, Dean, School of Health Professions.

Edison State College Events

January 24 through March 29, 2014 - Yoko Ono "Imagine Peace" Art Exhibit
(call 239.489.9313 or visit RauschenbergGallery.com with questions)

February 15, 2014 - 'Give Kids a Smile Day' - 9am to 3pm - Free dental cleaning and exam for children ages 3 to 17, Dental Clinic on the Fort Myers Campus

March 3 to 9, 2014 - Spring Break

March 22, 2014 - GreenFest will take place from 10 a.m.-3 p.m. on the Collier Campus on the green behind Building M

April 10, 2014 - Edison State College Symphony Orchestra and Edison State College Choir, 7:30pm in the Barbara B. Mann Performing Arts Hall

April 15, 2014 - Job Fair from 12pm to 2pm on Fort Myers Campus

April 17, 2014 - Edison State College Jazz Ensembles, 7:30pm in the Barbara B. Mann Performing Arts Hall

April 24, 2014 - Edison State College Band and Wind Ensemble, 7:30pm in the Barbara B. Mann Performing Arts Hall

May 2, 2014 - Commencement



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A COMMUNITY CAME TOGETHER FULL SPEED AHEAD TO REBUILD THE GREATER NAPLES YMCA

Coming together was just the beginning, keeping together was progress, and working together has been a huge success. The Greater Naples YMCA, located at 5450 YMCA Road, is reaching out to thank the community for the outpouring of support the non-profit organization has received since a lightning strike caused a devastating fire on Monday, September 2, 2013.

The Greater Naples YMCA has reopened, just about two months after a fire forced it to close. The building was badly burned in the Labor Day blaze. But with the help of a very determined and very giving community, it's back in business. A local community is more than just a group of people living in a particular area. A community is a group of people we often lean on when times are tough, our friends, family, and neighbors, local businesses who are there for us when we need love, support and encouragement and financial help to rebuild. Collier county was no exception.

This show of local community support could not have been more prevalent than it was when the Greater Naples YMCA needed their community most. They received generous donations from many of the local businesses that have supported what the mission of the YMCA has always been about. That being their focus on being committed to strengthening communities through youth development, healthy living and social responsibility.

It's been a good test of the community, and the people that care about the YMCA and what they represent, they were able to pull it together and always looked forward never back from the very day the fire started.

The YMCA has completed construction of the 1st phase. A newly renovated pool, fitness center and the tennis courts are all open along with all programs, spinning and group wellness classes.

They are currently working on phase 2, the Healthy Living Center Campus which will open September 2014.

Tara Chapin, is the Marketing Director at the YMCA. "With the rebuild we now have the ability to serve more individuals and families of Collier county and prescribe more programming options to what our community wants and needs are." Chapin said. "The YMCA has been serving the community for nearly 50 years and now it is time to build a Holistic approach to healthy living and have the entire family benefit from this campus. We will



have healthy programming for all ages from birth to the end of life." "Think of us as a one stop shop" Chapin said, whether your wanting to grab a healthy smoothie, get a workout in or perhaps join an organized sport we offer it all.

Beth Jameson was recently hired as the new Wellness Director she has a background in medial wellness and she is looking forward to sharing her passion for health and wellness. Jameson said "we are going to live in our bodies for 100 years, so it is important to take care of them."

The YMCA offers kids an introduction to the team sports experience in a noncompetitive environment that's focused on self-confidence, teamwork and fun. Parents are encouraged to be more than mere spectators by contributing their time as volunteer coaches, team parents and officials as well as being their kid's greatest fan. basketball, martial arts, soccer, t-ball, volleyball, football to name a few of the sports that are offered to youth and teens at the YMCA.

After school programs at the Y are more than a safe place for your child. Our program nurtures a child's potential, ensuring the development of healthy, trusting relationships that build confidence and character. Available for children in grades K-5, all of our afterschool programs provide a range of activities.

The YMCA is an option for adults seeking a healthier lifestyle through increased physical activity, unique educational opportunities and enriching social engagement. Work with one of our certified personal trainers to start attaining your personal best! Your trainer will guide you through a fitness assessment, and then help you set your own fitness goals.

The YMCA is and always will be dedicated to building healthy, confident, connected and secure children, adults, families and communities. Every day their impact is felt when an individual makes a healthy choice, when a mentor inspires a child and when a community comes together for the common good. The YMCA is the nation's leading nonprofit committed to strengthening communities through youth development, healthy living and social responsibility. Every day, the YMCA works side-by-side with their neighbors to make sure everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.

After the fire the YMCA was in a position they were not used to being in. It was the YMCA that was in need of their communities help. The YMCA has always been community centered. For nearly 160 years, they have been listening and responding to their communities. This past year it was time or the community to listen and respond to the YMCA cries for help to rebuild and listen they did.

A lightning strike may have been the cause of the fire but it appears a lightning bolt also struck a close knit community into action to rebuild and expand their YMCA as a team. The phrase "it takes a village" sure came into the equation. Sometimes in life we tend to take certain things, people and places for granted. The YMCA was and still is a gathering place for the entire community for all ages. There was no hesitation when it came time to start the rebuilding process. Everyone's efforts have come full circle the beloved Greater Naples YMCA is back and has personally felt loss and overcome the obstacles through the support of the local community. The YMCA's backbone has always been about the community. Their doors will continue to be truly open to all today, tomorrow and for the next 100 years.

Later this month join us for a fun and energetic fundraising event to help rebuild the Greater Naples YMCA.

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

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

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-Elizabeth B.



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Commonly Asked Vein Questions

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

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

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

What Causes Varicose Veins?

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

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

What are the complications of Varicose Veins?

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

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

The answer to this question can be both Yes and No. Varicose Veins are almost always a non-cosmetic issue when it can be proven that they are due to Valvular Insufficiency. Valvular Insufficiency is proven by an extensive Venous Ultrasound. Spider Veins on the other

hand can be due to Valvular Insufficiency. This occurs in about one third of Spider Veins and is proven by insistent Venous Ultrasound. However, if there is no Valvular Insufficiency demonstrated then Spider Veins would be considered strictly cosmetic.

What is Phlebitis?

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

Do Varicose Veins recur after treatment?

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

How do you treat Varicose Veins?

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

How do you treat Spider Veins?

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

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

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

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

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

How is the diagnosis of Valvular Insufficiency made?

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

To learn more or to schedule an appointment, please call 239-403-0800 or visit us online at www.vanishvein.com.

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

Diabetes And Heart Health

What's The Connection?

Valentine's Day isn't the only thing going on in February. It is also American Heart Month. Many people are not aware of the close connection between diabetes and heart disease, but heart disease is actually one of the most common complications of diabetes. It's so common that having diabetes actually doubles your risk for heart attack or stroke. Heart disease and stroke are the top enemies of those suffering from diabetes.



Heart health should always be a concern, but for people with diabetes, it is extremely important. Diabetes is a disorder in which your body does not produce or process insulin correctly and is often directly connected to cardiovascular disease. In fact, studies have shown that a person with diabetes has twice the chance of developing heart disease as someone without this condition.

Heart and vascular disease often go hand-in-hand with diabetes. Persons with diabetes are at a much greater risk for heart attacks, strokes, and high blood pressure. Other vascular problems due to diabetes include poor circulation to the legs and feet. Unfortunately, many of the cardiovascular problems can go undetected and can start early in life.

Keeping your blood pressure and cholesterol levels in target range is a must. Making healthy lifestyle choices is essential to reach and stay in those target ranges. What you eat can have a great impact on those target levels.

The blood vessels in patients with diabetes are more susceptible to other well-established risk factors, such as smoking, high cholesterol and high blood pressure, and most patients with diabetes have one or more of these additional risk factors.

The connection between diabetes and heart disease starts with high blood glucose (sugar) levels. With time, the high glucose in the bloodstream damages the arteries, causing them to become stiff and hard. Fatty material that builds up on the inside of these blood vessels can eventually block blood flow to the heart or brain, leading to heart attack or stroke.

Risk Factors for a Diabetic Developing Heart Disease:

All diabetics are more likely to develop heart disease if some or all of the following risk factors are involved:

- High (bad) cholesterol
- Low (good) cholesterol
- High blood pressure
- High triglycerides
- Obesity
- Lipid disorders
- Little to no exercise
- Uncontrolled blood sugar

A heart attack occurs when a blood vessel to the heart becomes blocked. With blockage, not enough blood can reach that part of the heart muscle and permanent damage results. During a heart attack, you may have chest pain or discomfort pain or discomfort in your arms, back, jaw, neck, or stomach shortness of breath sweating nausea light-headedness.

Symptoms may come and go. However, in some people, particularly those with diabetes, symptoms may be mild or absent due to a condition in which the heart rate stays at the same level during exercise, inactivity, stress, or sleep. Also, nerve damage caused by diabetes may result in lack of pain during a heart attack.

The good news is that there are steps to take to reduce your risk for heart disease if you have diabetes. Even though the statistics may point to an increased risk of developing heart disease if you have diabetes, there's a lot you can do in terms of prevention:

- Be active. Aim for about 30 minutes of exercise most days.
- Consider low-dose aspirin. Talk to your doctor about whether you should take a low dose of aspirin every day, which may reduce the risk of developing cardiovascular disease.
- Eat a heart-healthy diet. Reduce consumption of high-fat and fried foods and eggs, and eat more high-fiber foods, including whole grains, vegetables, and fruits. Try to limit prepared snack foods because many contain trans fats, which contribute to diabetes and heart disease.

Approximately 85% of diabetics end up with cardiovascular disease. That is why risk factor modification, especially early in the disease is so important.

The American Diabetes Association recommends 45 minutes of heart elevating exercise five days a week. This doesn't mean you have to own a treadmill, as even a 45 minute brisk walk will meet this exercise goal. Usually golfing and walking the dog don't meet this exercise goal.

70% of your bodies glucose (sugar) is utilized by skeletal muscle, thus the more active you are, the better your glycemic (sugar) control.

If you're overweight, try to shed the pounds. Seek the help of a registered dietitian to come up with a healthy but reasonable diet that you can maintain.

- Keep blood cholesterol levels within target ranges.
- Keep your blood glucose level within the target range. Your doctor can help you to determine the right range.
- Quit smoking.
- Maintain a controlled blood pressure level.

Diabetes is a common disease, yet every individual needs unique care. People with diabetes and their families need to learn as much as possible about the latest medical therapies and approaches, as well as healthy lifestyle choices. Good communication with experts can help you feel in control and respond to changing needs you might experience. Dr. Kilo with Millennium Physician Group Naples is a long term health provider who specializes in diabetes. If you are having health concerns related to your diabetes or suspect you might have diabetes contact Dr. Kilo and make your appointment to come in for a consultation immediately. Early treatment is the best strategy for fighting diabetes and other diseases that could arise from complications of diabetes.



Charles Kilo, M.D.

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Personalized Hormone Therapy via Pharmaceutical Compounding

Bio-identical Hormone Replacement Therapy (BHRT) is the process of restoring and maintaining hormone balance with hormones that are biologically identical to hormones produced by the human body. BHRT is commonly used to treat menopausal symptoms such as hot flashes, vaginal dryness, mood swings, sleep disorders, decreased libido, and an increased risk of fractures due to osteoporosis. .

The use of hormones that are structurally identical to those found in the body has seen a steady increase. These hormones are known as *bio-identical hormones*. Many believe that *bio-identical hormones* have fewer side effects than synthetic hormones. The synthetic hormones contain side chains that alter their chemical structure in relation to hormones found in the body. The goals of BHRT include relief from symptoms due to decreasing hormone production, protection from conditions that natural hormones usually protect against, and the establishment of hormonal balance. The hormones are primarily derived from the yam and soybean plants before being altered in the lab to create the bio-identical hormones. BHRT has been used for over 40 years in Europe and has been extensively studied.

Bio-identical hormones have been available and used in hormone treatments for decades. They can be custom compounded to match each patient's unique needs and body chemistry, instead of the "one size fits all" approach used with off-the-shelf hormones.



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Naples, FL 34102
Phone: 239.261.0050



Hormone therapy requires appropriate testing, examination and discussion of symptoms with a healthcare practitioner. The pharmacists at Creative Scripts can answer your questions about bio-identical hormones and how BHRT can help with hormone imbalances such as:

- Premenstrual Syndrome (PMS)
- Infertility
- Postpartum Depression
- Menopause and Perimenopause
- Female Sexual Dysfunction
- Testosterone Deficiency
- Osteoporosis
- Chronic Fatigue
- Fibromyalgia
- Endometriosis
- Andropause (Male Menopause)
- Hypothyroidism
- Hypoadrenalism

Hormone replacement therapy via medications made in a compounding pharmacy, specifically targeted for particular chemical deficiencies can help balance hormone levels within the body.

Nutritional supplements can also help the body to regulate/process and restore hormones. While there are plenty of supplements advertised that "claim" to increase hormone levels, there are really only a few that can actually help. DHEA, pregnenolone and saw palmetto, taken in appropriate amounts after checking with your physician, can help with hormone related symptoms. For those patients that cannot have hormones, there are other supplements that MAY help to relieve unwanted symptoms. For further information, feel free to stop by and speak with one of our knowledgeable pharmacists regarding your specific needs.

Creative Scripts offers various compounded medications and supplements. Unlike off-the-shelf medications, our prescriptions are compounded to meet your specific and individual needs, as directed by your physician. We employ state-of-the-art technology and meet or exceed the industry's strictest quality and safety standards.

No two people are exactly the same internally, which is where the benefit of being able to tailor the exact amount of each hormone needed for individuals is most beneficial. For more information about hormone compounding and the conditions that can be treated using hormone replacement therapies, please call Creative Scripts at 239-261-0050, or speak to your physician.

Established in October, 2005, Creative Scripts provides quality compounded prescription preparations under the direction of three highly trained, Doctors of Pharmacy (Pharm.D.) who oversee the entire operation from the initial patient encounter to prescription consultation at pickup. Creative Scripts specializes in bio-identical hormone replacement therapy (BHRT), pediatrics, veterinary, dermatology, and topical pain management just to name a few. Working very closely with cutting physicians ensures that the medications developed and tailored for each individual will help manage and alleviate symptoms.

Gynecologic Cosmetic Surgery

By Joseph Gauta, MD, FACOG

“Vaginal rejuvenation”, “revirgination”, and “vaginal tightening” are all terms used to address the recent trend of gynecologic cosmetic surgery. These procedures, by other names, have been around for decades. Many unsubstantiated claims have been made by the surgeons who perform these types of procedures, and health care consumers need to be wary of what they read and hear.

There are many legitimate concerns about the appearance and function of the vagina and vulva, especially after childbirth and menopause, when visible changes in these organs are most apparent. The tears and trauma that are sustained by the birth canal can cause pain with sex, scarring, and disfigurement that leads to personal and sexual-partner dissatisfaction. This trauma can create tight, painful spots in the vagina or a laxity and looseness that is also bothersome. Excessive growth of the labia minora (the thin inner lips of the vagina) can begin in adolescence, but can continue throughout life. Women will sometimes notice pain while riding a bicycle, pain with sex, pinching of the labia in their underwear or difficulty wearing tight clothing or bathing suits. Labial tears during childbirth can heal with awkward appearing results. During menopause, many women notice shrinking of the vagina and dryness with sex that is associated with burning and pain. Uncomfortable sex is one of the main reasons for a decrease in sexual relations as women get older.

Proven treatments include the following:

Labiaplasty - this procedure shapes the labia minora and removes excess tissue. It makes the labia look equal on both sides when one side is bigger than the other, or it makes both labia smaller if they are enlarged. Excellent results are obtained with this simple outpatient procedure which can occasionally be done in the office using local anesthetic. Patient satisfaction is very high. To view results please visit www.FloridaBladderInstitute.com.

Perineorrhaphy - when the opening of the vagina has been stretched after childbirth, this procedure brings together the separated muscles and connective tissue of the opening (between the anus and vagina) to restore the caliber of the first part of the vagina. This is commonly done when a patient feels her vagina is too loose and her partner states that there is a noticeable difference in friction after childbirth or the muscles have weakened after menopause. Care must be taken to avoid over tightening the opening.

Vaginal tightening - incisions in the vagina are used to strategically sew the connective tissues of the front or back aspects of the vagina to create a more uniform canal. This does not strengthen muscles of the vagina as some advertisements claim, but instead tightens the skin of the inner vagina to improve contact during sex. This also does not increase lubrication during sex, which is very important for sexual satisfaction.

Pelvic Floor Muscle Therapy - this is a form of physical therapy that objectively increases squeeze tone of the vagina canal, which is an important aspect to sexual satisfaction for both partners. It does not require anesthesia, cutting, or recuperation and is performed in the office.

Vaginal estrogen therapy - a simple home treatment that can show remarkable results in as little as a few weeks. This is most commonly used in the menopausal years and does not include the risks of systemic (pills, patches, or injections) therapy like blood clots or breast cancer.

Unproven treatment claims include:

Clitoral or G spot enhancement - orgasm is a multifaceted response to sexual stimulation, and recent claims of heightened response after these procedures has not been consistent in the literature. Unhooding the clitoris or bulking the clitoris with injections may actually cause the opposite because of the sensitive nerves in and around the clitoris that can be damaged.

Revirgination - this procedure is intended to restore the hymen (ring of skin encircling the opening of the vagina that is usually broken with first-time sex or the insertion of a tampon). Reconnection of this tissue ring can cause scarring and excess tightening of the vaginal opening leading to a painful sensation reminiscent of your first sexual encounter.

Vaginal rejuvenation is a trademarked term that implies restoration of the original functionality of the vagina. Anatomic surgical repairs of the vagina cannot guarantee improvement in function, since function is a product of nerves, connective tissues, cell and hormonal responses, and muscle contraction.

When you have a full discussion with your Female Pelvic Medicine and Reconstructive Surgery doctor, you will understand the risks and benefits of each of the treatments available for your problem. If you have realistic expectations, your treatment outcomes can be remarkable. Childbirth, age, and surgical trauma can cause irreparable damage to vaginal and vulvar function. Many of the problems can be overcome though with the thoughtful and experienced care of your urogynecologist.


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*Joseph Gauta M.D.
Board Certified Urogynecologist*

Dr. Gauta is the first physician in SW Florida to be dual board certified in Female Pelvic Medicine and Reconstructive Surgery (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".

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.

For more information or to make an appointment call, Dr. Joseph Gauta at The Florida Bladder Institute in Naples, Florida at 239-449-7979 or 239-592-1388. www.floridabladderinstitute.com

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About Fontainebleau Miami Beach

A spectacular blend of Golden Era glamour and modern luxury, Fontainebleau Miami Beach merges striking design, contemporary art, music, fashion and technology into a vibrant guest experience. A revered landmark and symbol of style and sophistication since its opening in 1954, Fontainebleau Miami Beach boasts 1,504 guestrooms and suites appointed with lavish amenities and iMacs; the world-renowned LIV Nightclub, 12 restaurants and lounges including two AAA Four Diamond signature restaurants, Scarpetta and Hakkasan; the 40,000-square-foot Lapis spa with mineral-rich water therapies and invigorating treatments; a dramatic oceanfront pool-scape offering lush cabanas and sun loungers; and is home to BleuLive, the innovative concert series that combines intimate performances with memorable weekend escapes.

Luxurious Relaxation and Rejuvenation Awaits You

Lapis Spa, designed by renowned architecture and design firm Richardson Sadeki, and inspired by the world's earliest traditional thermal spas, is a 40,000 square foot, two-story sanctuary that features 30 private treatment rooms in a light, contemporary space with restorative healing water therapies.

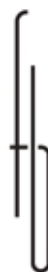
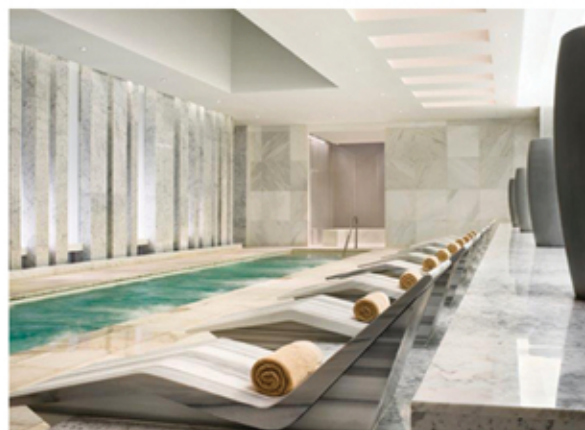


Spa interiors, treatments and programs have been holistically designed to create an environment that is contemplative, sophisticated and recuperative. Upon entering Lapis, each guest is given a plush robe, pair of slippers and a guide detailing the space's amenities. The spa houses separate lounge and locker areas for women and men as well as communal areas to encourage the social interaction that was once so commonplace in thermal baths. The ladies' area, designed with white marbles, white oak accents and maple floors, is enveloped in soothing hues, which subtly become darker as one moves further into the spa. The ladies' area is outfitted with private lockers and dressing rooms, tranquil lounges with heated baths, deluge showers, custom stone hammams, rain showers and steam rooms – all designed to complement the treatments. The handsome gents' area features rich brown American Walnut wood and darker hued marbles and offers lounges with heated baths, deluge showers and custom hammams. Two larger oceanfront rooms or Duets called Azure and Indigo, are designed for couples or small groups, and are fitted with their own private steam rooms, hot baths and treatment tables. Various solo sanctuary or social meeting place that revives true spa culture, Lapis provides intimate moments within a quiet collective so guests can experience the healing power of thermal therapies and treatments designed to create positive change.

The mineral rich waters that are incorporated into Lapis treatments are infused with a red seaweed extract farmed from the coast of Brittany. This particular seaweed survives in extreme environmental conditions and has adapted a protective, UV-resistant membrane to guard from harsh rays and extremely dry conditions during low tide. When absorbed by the skin and hair, the seaweed forms an invisible, long-lasting barrier that acts as a shield from harmful UV rays allowing the skin and hair to retain moisture. The calcium and magnesium in the seaweed helps to repair damage caused by environmental conditions. Guests are encouraged to experience the therapeutic qualities of this mineralized water prior to treatments by exploring Lapis' unique water journeys such as the Path to Relaxation, which begins with a dip in the Immersion Mineral Jet Pool, followed by a plunge in the Energy Deluge Shower, stroll through the 35 foot Elements Rain Tunnel, and concluding with a relaxing float across the 65 foot jetted Essence pool.

Lapis also houses a full service hair salon and nail spa, Lapis Salon, as well as a signature boutique where many of the amenities and products used during treatments are available. Lapis Retail carries the latest and most effective bath and body products, combined with an eclectic selection of must-haves including a unique assortment of workout clothing and yoga-inspired loungewear, lingerie, books and more. Lapis' assortment also includes a strong presence of natural and organic products. Product lines include: Intraceuticals, Thalgo Yonka, Tata Harper and perfumes, bath salts and candles from Lollia by Margot Elena are all available for purchase.

As Miami Beach's largest destination resort, the Fontainebleau Miami Beach has a rich history, modern aesthetics, and an energy all its own. At Fontainebleau Miami Beach, it's about living in the moment. With two of South Beach's hottest clubs, several raved about restaurants, bars, nine pools, and a stupendous spa, everyday moments are turned into lifelong memories. Make time for yourself and indulge in a weekend getaway at Fontainebleau Miami Beach that will leave you refreshed and revitalized.



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Concept 10 10 – The Future of Exercise

By Jorgen Albrechtsen

Questions & Answers

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

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

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

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

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

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



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

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

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

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

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

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

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

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

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

■ Isn't a warm-up necessary?

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

■ What about flexibility and stretching?

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



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

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

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

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

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

■ Will the training also strengthen the bones?

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

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

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

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

One must create a caloric deficit in order to lose weight, meaning that more calories must be spent than consumed on a daily basis. However, the deficit necessary for one pound of fat loss is 3500 calories. The activity that is necessary to burn 3500 calories is about 40 miles of jogging! However, you should not focus on calories burned during exercise (very little!) but on calories burned as a result of exercise. For every pound of muscle that you build through

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

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

■ Can I spot reduce?

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

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

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

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

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

■ Will women develop big masculine muscles?

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

■ Can sports performance be improved by Concept 10 10?

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

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

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

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

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

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

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

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

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

Hope PACE Helps To Empower The Elderly And Their Caregivers

For high school sophomore Lindsey Skaf, afternoons following school are synonymous with time to spend with her grandmother Christine - playing cards and sharing stories. During one of their card games, Lindsey started noticing her grandmother's memory lapses. It wasn't long afterwards that the family found out Christine had Alzheimer's.

After a first paying for help at an adult day care center, Christine's daughter Lois discovered the Hope PACE program through a friend.

"I looked into it. I have to say, it was like angels came into our life when we got Mom into the program," said Lois. No longer did Lois have to worry about driving her mother to a center, nor did she have to pack meals. But, the real kicker was that Lois' insurance covered the cost completely, with no out-of-pocket expense whatsoever.

"My mother is with people her own age, and is stimulated," Lois says, still breathing a loud sigh of relief. "I mean, it took so much stress and worrying away."



Christine enjoys riding the bus in the morning and arriving for breakfast with people who she has come to know over the last four years. "We have a good time," she says. "We play cards, we do some exercise, and we do a lot of talking. It's a good program. We play bingo all the time and we have a music man. They keep us busy."

For Lois, the Hope PACE program also centralized all of her mother's medical care, and it provides ongoing support and dialogue with a social worker regarding emotional, medical, and social concerns. "I'll call the social worker to express an issue and a need. They're good at trying to help and accommodate," she says.

In terms of assessing the value of Hope PACE, Lois considers the alternative. "PACE took the big stress away. Without it, I probably would have burnt out and she wouldn't have been able to stay at home. She can stay here as long as it's safe here for her," she says.

The caregiving experience of the Skaf family is not unique. If you are the spouse, son or daughter of an aging loved one, you may find yourself needing special support as well. Through Hope PACE, older adults can stay safely in their own homes and enjoy a greater level of independence.

How does it work? Upon enrollment, PACE participants receive all of their health care through the program, including:

- Primary medical and nursing care, including specialists
- Dental care
- Medications and medical equipment
- Lab services
- Occupational, physical and speech therapy
- All necessary prescription drugs
- Skilled home care and personal care aides
- Hospitalization, skilled nursing facility care, and end-of-life care

With an established network of professional support, caregivers can manage the needs of their aging parent or spouse. Through Hope PACE, caregivers can enjoy peace of mind, knowing that their loved ones are receiving state-of-the-art medical care and other supportive services like nutritious meals and transportation.

To be eligible for Hope PACE, individuals must be 55 years of age or older and reside in Charlotte, Collier or Lee County. They must have health problems that would normally qualify them for nursing home care; however, they must be able to live safely in the community with the assistance of Hope PACE.



The PACE Care Centers are conveniently located in Port Charlotte, Fort Myers, Lehigh Acres, and Naples:

Port Charlotte Center
3280 Tamiami Trail, Suite 46
Port Charlotte, FL 33952

Fort Myers Center
2668 Winkler Avenue
Fort Myers, FL 33901

Lehigh Acres Center
1201 Wings Way
Lehigh Acres, FL 33936

Naples Center
13020 Livingston Road
Naples, FL 34109

Hope PACE is free of charge for those who have both Medicare and Medicaid. For those who are Medicare eligible only, there is a fee. Private pay is also accepted.

For more information, call 855-454-3102 and ask about the Hope PACE program or visit HopePACE.org



1-855-454-3102
WWW.HOPEPACE.ORG

Healthy Teeth Healthy Heart

Paying attention to your dental hygiene and health especially your gums may pay you back with more than a gleaming, healthy smile. It may keep your heart healthy too.

The notion that oral health has an effect on overall health is not a new one. Once put on the back burner, in recent years it is gaining in popularity once again.

The billions of bacteria and other microscopic critters that live in the mouth unquestionably influence the health of teeth and gums. Your mouth is prime real estate for your average bacteria. But do they also cause problems for the heart and blood vessels? And can improving oral health prevent cardiovascular problems?

These are questions that often arise and are still being explored today by scientists all over the world. Several species of bacteria that cause gum disease have been found in the plaque in arteries in the heart and elsewhere. This plaque could lead to a higher risk of a heart attack.

Our immune system's response to these toxins could harm vessel walls or make blood clot more easily. It is also possible that inflammation in the mouth revs up inflammation throughout the body, including in the arteries, where it can lead to a heart attack. Oral bacteria may have weaker immune systems and an inadequate host inflammatory response. These factors may induce specific vascular effects which have previously been shown to contribute in the onset of certain forms of heart disease.

While the direct correlation between gum disease and cardiovascular disease remains to be seen, it's important to note that good oral health is important to overall health, and an oral hygiene regimen of daily brushing and flossing is always recommended.

Keeping teeth and gums healthy is important for your overall health. Routine dental cleaning and periodontal maintenance can prevent progression of gum disease that in turn can prevent the occurrence of cardiovascular disease and stroke. The mouth is the window to the body and many things that goes on in the mouth will affect a person's overall health.



When gum disease is not treated and eliminated in its earliest stages, called gingivitis, it continues to spread deeper and causes destruction of the gums and supporting structures of the teeth. Because gum disease is a progressive infection that results in tooth loss, it is imperative to diagnose and treat aggressively to avoid its progression and to avoid affecting other parts of the body.

As the infection accelerates, bacteria enters the blood stream and accumulates in the arteries and can cause heart problems. While dental and heart health may be linked, there is a difference between plaque in your mouth and plaque in your arteries. If there is plaque or bacteria in the gums or around the teeth, although pretty harmless in the mouth, if they get into the blood stream, they can cause inflammation and plaque buildup in the arteries,

Overall health is key to healthy gums and teeth as well as heart health. Another reason to stay fit is that it will improve your periodontal health. Physical fitness has long been known to decrease heart disease risks, and it is now known that it also improves periodontal health too. Oral infections are capable of raising inflammation markers in the body which are red flags for heart disease.

Patients with chronic gum disease tend to possess the same bacteria in their mouths that also line the walls of their arteries. Keeping oral infections at bay not only reduces the risk of heart disease but improves their overall physical health as well. Individuals who experience particularly high levels of

oral bacteria may have weaker immune systems and an inadequate host inflammatory response. These factors may induce specific vascular effects which have previously been shown to contribute in the onset of certain forms of heart disease.

Unquestionably, you already know that regular cleaning is essential. Daily brushing and flossing needs to be a priority. There is strong evidence of the correlation between oral health and overall health.

Talk to your Dentist about your oral health requirements. Frequent cleanings, oral exams, along with regular brushing and flossing are essential and may well assist you to manage risk of heart disease and stroke.

Tower Dental Arts is a state of the art dental facility that offers the very best in modern day cosmetic, restorative and preventative dental care for your entire family, utilizing the latest technology and safest materials and procedures available. Inform the Dentist if you have been diagnosed with any form of cardiovascular disease, have experienced any cardiovascular problems, or have a family history of cardiovascular disease. They need to be up to date on your medical history as they treat all your dental needs. As always prevention is the best approach to fighting gum disease as well as heart disease.



Dr. Sonia Rocha

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Finding the Right Facility for Rehabilitation

After a hospitalization, picking the best facility for rehab can be one of the most important decisions. Below is a check list provided by Stroke.org which offers someplace to start when looking for a rehab for yourself or a loved one.

Life Care Center of Estero has been serving the South-west Florida Community for 10 years and strives to provide the best nursing and therapy services in the area. We have physical therapy, occupational therapy, speech therapy, dietitian services, a physiatrist for pain management and an onsite physician to meet individual patient needs. Life Care Center of Estero has several specialization programs including orthopedics, vestibular therapy, wound care and lymphedema therapy. We routinely perform home evaluations and we host several support groups. Life Care Center of Estero strives for continuing education of its staff (including trainings in strength and conditioning, stroke and Parkinson's disease treatment and neurodevelopmental theory certifications) with state of the art equipment (including the Alter G treadmill, ACP modalities and the Biodex balance system), to be at the cutting edge in today's healthcare. If you are in need of a rehabilitation stay, consider the family of Life Care Center of Estero.



LET the HEALING BEGIN.

Preferred Reserve Program at Life Care Center of Estero
Making the transition to rehab following a scheduled surgery can be a stressful process. Requesting a room reservation at Life Care Center of Estero prior to your hospital stay makes it easier to stay focused.

You can pre-plan your rehab in several ways!

By phone

Call our director of admissions Lisa Canning today at (239)495-4001. To start the conversation, just tell us you have a planned surgery and want to request a private room reservation.

Checklist: Finding an Excellent Program			
Name of Program:			
QUESTIONS TO ASK	Yes	No	NOTES
Has the program been in operation at least one year?	Yes <input type="radio"/>	No <input type="radio"/>	
Does the program have a formal system for evaluating the progress made by its patients and the overall outcomes of the rehab program?	Yes <input type="radio"/>	No <input type="radio"/>	
Does the program have any partners that offer rehab services at other levels of care that I may eventually need (day treatment, outpatient treatment or home care)?	Yes <input type="radio"/>	No <input type="radio"/>	
Does the program provide a wide range of therapy services? (physical therapy, occupational therapy, speech therapy)	Yes <input type="radio"/>	No <input type="radio"/>	
Does the program have on staff a full-time physiatrist or another doctor who is experienced in stroke and rehab medicine?	Yes <input type="radio"/>	No <input type="radio"/>	
Is medical care available at the rehab center if I need it?	Yes <input type="radio"/>	No <input type="radio"/>	
Can my doctor visit me at the rehab center? (Does he/she have visiting privileges?)	Yes <input type="radio"/>	No <input type="radio"/>	
Does the program have a stroke support group for survivors and their families? If not, can they refer me to a local group?	Yes <input type="radio"/>	No <input type="radio"/>	
Does the program conduct home visits before checking people out of the center and releasing them to their homes?	Yes <input type="radio"/>	No <input type="radio"/>	
Are staff members required to keep up with new information about stroke and rehabilitation? How do they do so?	Yes <input type="radio"/>	No <input type="radio"/>	

Stroke.org

In person

Come by for a guided facility tour. Let us know you have a surgery coming up and are pre-planning your recovery.

Online

Request your reservation online at LCCA.com/estero by clicking on the Preferred Reserve icon, completing the information and sending the form. Then, we'll contact you.





Whether your choice of convenience is by phone, in person or online, our team will be there to answer your questions along the way. If admission requirements are met, we will confirm the reservation with you, and we will look forward to helping you pre-plan your rehab!



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When someone thinks of February, it usually involves thoughts of Valentine's Day with its heart filled imagery prominently displayed on cards expressing our love to someone special while we try to decide what caring things we can do for them on that special day. February is also "National American Heart Health Month", dedicated to increasing awareness of the risks associated with heart disease. The Centers for Disease Control & Prevention (www.cdc.gov) report that each year 715,000 heart attacks and 600,000 deaths of American's are attributed to heart disease, which is also the number one killer of women in America. The situation is alarming, but there is good news; heart disease is preventable and controllable. It's a fact that weight loss of as little as 10-20 pounds can bring about significant heart health improvements.

Every day at New Journey Weight Loss & Wellness, we do our part in the national effort to reduce heart disease by providing our clients weight loss, weight maintenance and the changing of behaviors through healthier eating habits. We want everyone to "Love Your Heart Every Day".

If you want to see RESULTS, lose weight and improve your heart health, call New Journey Weight Loss & Wellness to schedule a FREE no obligation consultation and talk to one of our Weight Loss Coaches today. All new enrollments before February 14th, 2014 will receive \$50 off any program, in addition to our current one month free promotion. It's our Heart Healthy Valentine's Day gift to you.

For our clients, expressing love means achieving the ability to do more with their loved-ones by getting off their medications, feeling stronger, being healthier, increasing physical stamina and extending their quality of life by weighing less and healthier eating.



At New Journey Weight Loss & Wellness our staff has over 15 years of prior weight loss experience. We have brought back traditional weight loss with one-on-one coaching, accountability, nutritional guidance and dietician certified meal plans to make your weight loss journey safe, quick, easy and sustainable.

Dina Dogum-Smith, CHHC, AADP
New Journey Weight Loss & Wellness, Naples, FL 34103
www.NewJourneyWeightLoss.com



AMERICAN HEART HEALTH MONTH LOVE YOUR HEART... EVERY DAY

By: Dina Dogum-Smith, CHHC, AADP

Weight loss has many more benefits than fitting into a special outfit or looking good in a swimsuit. Each of us have the ability to create our own destiny when it comes to losing even a little weight, which can lower blood pressure, increase heart muscle strength, as well as improve vascular and heart health. Here are some tips to lose weight and improve your heart health.

New Journey's Tips to Improving Your Heart Health

Lose Weight & Maintain a Healthy Weight: Two-thirds of the American population is considered overweight. Being at the right weight for your body type is crucial. When your body is within a healthy weight range, your body circulates blood more effectively, fluid levels are properly maintained and you are less likely to develop cardiovascular disease. Even without other hereditary risk factors, being overweight increases the risk of heart disease, high blood pressure, high cholesterol, diabetes, cancer, gallbladder disease, gallstones, osteoarthritis, gout, sleep apnea and other physical anomalies.

Setting a Realistic Weight Loss Goal: At New Journey Weight Loss & Wellness we will ensure your goal is attainable, safe and tied to your lifestyle. Although there are quick fix diets with pre-packaged meals, prescribed drugs and shots like HCG available, we will teach you how to lose up to 3 to 5 pounds per week while eating restaurant and grocery store foods and preparing food that any family member can enjoy.

Don't Go It Alone: It's been proven that undertaking weight loss is much easier when you do it with someone. There's a certain degree of accountability and competition that sets in.

Involve Your Family: Overweight adults may have overweight family members who can reap the same benefits of weight loss. Often children are targets of advertising for high calorie, high-fat snacks and sugary drinks making it even more important to include family members in your healthy eating journey. New Journey Weight Loss is one the few weight loss centers with programs specifically designed for children nine and older. We also have programs for vegetarians and non-insulin diabetics.

Eat Heart Healthy: A healthy diet is one of the best ways to prevent heart disease. Being overweight is typically the result of prolonged poor eating habits including overindulgent portions and snacking, along with high salt intake, excessive carbohydrates, cholesterol-raising fats and consuming processed foods.

Limiting Alcohol Intake: Excess alcohol can damage heart muscle, increase blood pressure and lead to weight gain. When you drink alcohol, your body makes the removal of alcohol a priority over other metabolic processes rather than processing stored fats and foods.

Reducing Stress: Chronic stress, boredom and anger can lead to unhealthy lifestyle choices such as smoking, drinking and overeating; all of which increase weight and are contributing factors of heart disease. New Journey Weight Loss' one-on-one coaching can help to identify and address your reasons for weight gain.

Physical Activity: Don't think that every weight loss journey has to involve a grueling gym experience. Physical exercise can be a range of activities including: playing golf, walking at the mall, riding a bike in your neighborhood, learning to dance, working in your garden, hiking or playing a sport with your children. It is important to do anything that gets your metabolism going.

Don't Smoke: Smoking is directly related to heart disease. Although smoking cessation is not part of New Journey Weight Loss' programs, it is strongly encouraged, as it increases the sense of taste and improves the ability to appreciate natural food flavors.

No one wants to ruin a great Valentine's Day tradition, so here's our last Valentine's Day Heart Healthy tip. A gift of chocolate is okay! A heart healthy fat can be found by eating dark chocolate, but you want to select a chocolate that has at least 70% cacao content.

Call New Journey Weight Loss & Wellness (239) 280-0678 today to start your New Journey to a New You!

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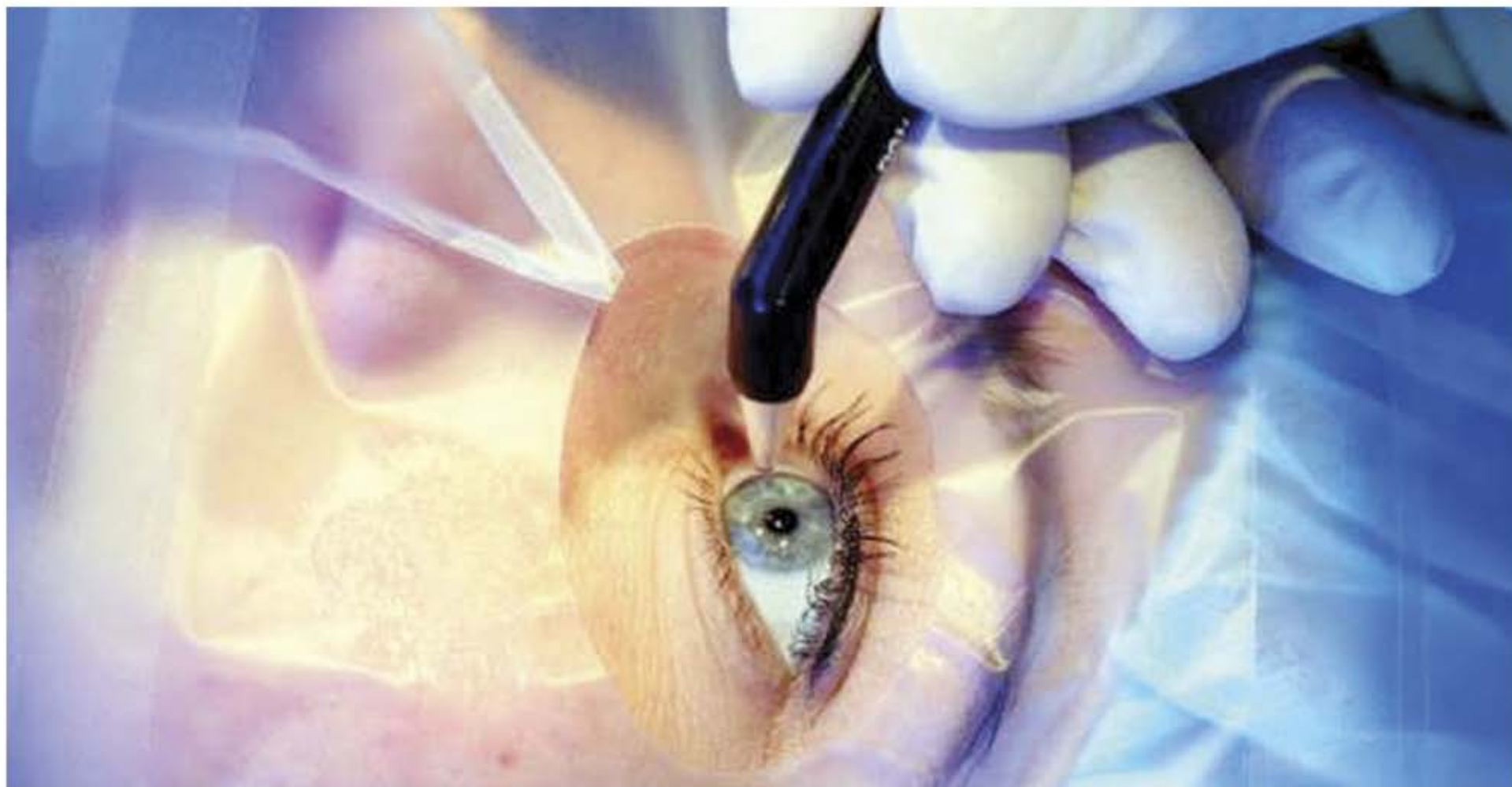
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LASIK (Laser-in-situ-keratomileusis) is the laser corrective procedure that has been performed on over 40 million people worldwide since its FDA approval in the United States in 1995. LASIK is effective in correcting myopia (nearsightedness), hyperopia (farsightedness) and astigmatism. It can also be used to correct presbyopia, which is when near vision deteriorates as we get older.

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Alexandra Konowal, D.O.

Mental Symptoms of Hormone Imbalances

By James Porcelli, M.D.

To better understand the role that hormones play in your mental health, you must first learn a little background information. The endocrine system is a complex network of glands, organs that produce chemicals called hormones. Hormones deliver messages to various other organs to help regulate functions such as heart rate, digestion and sexual reproduction. A number of symptoms can result when hormone levels are abnormally high or low. Oftentimes these symptoms can present as mental or emotional disturbances.

Anxiety

The thyroid gland secretes hormones called thyroxine and triiodothyronine, or T4 and T3. These hormones are vital to the body's ability to regulate the rate at which it burns energy.

An over-production of thyroid hormones, known as hyperthyroidism, accelerates the rate of metabolism. This effect can be compared to pushing up the setting on the body's thermostat--more fuel is burned, the heart rate increases and heat becomes intolerable to the individual with hyperthyroidism. This may also result in feelings of nervousness, irritability and anxiety.

High levels of the adrenal hormone cortisol can leave a person feeling stressed. Prolonged periods of elevated cortisol levels will generally induce fatigue and anxiety as well.

Depression

Hormonal fluctuations associated with changes in brain chemistry are often observed in people with clinical depression. The hypothalamus and pituitary glands--parts of the limbic system of the brain--produce hormones that can influence mood. Cushing's syndrome is a disorder that causes the adrenal glands to over-produce corticosteroid hormone. Addison's disease also affects the adrenal glands, but results in under-production of corticosteroids. Both conditions have been associated with clinical depression.



Disorientation

Hormonal imbalances can result in confusion, forgetfulness and disorientation resembling dementia. Hypoglycemia is a condition wherein the levels of sugar in the blood are decreased. Sugar is the brain's main source of fuel. Severe hypoglycemia can cause confusion and panic. Those in the throes of a severe decline in blood sugar levels suffer from the results of a depletion of the brain's supply of sugar. This can cause mental repercussions so extreme that the individual's behavior can be misidentified as the results of alcohol intoxication.

Bioidentical Hormones

Bioidentical Hormones Replacement Therapy (BHRT) can help those suffering from hormonal imbalances to minimize and prevent these types of mental health problems. BHRT is beneficial for anyone with hormonal imbalances of any kind. Hormone imbalances manifest themselves as menopause, andropause (male menopause), perimenopause, PMS, infertility, ovarian cysts, breast cystic lesions, uterine fibroids, polycystic ovarian syndrome (PCOS), hypothyroidism, hyperthyroidism and adrenal fatigue.

Bioidentical hormone replacement therapy is used to re-establish hormonal balance in the body in a natural way. Bioidentical hormones follow the same metabolic pathways as the body's own hormones.

Because they are structurally identical to the body's natural hormones, bioidentical hormones and used for BHRT are safe and do not cause the unpleasant side effects that synthetic hormones may cause. Once your hormones are back in balance, your body is able to function properly and symptoms of hormone imbalances are eliminated.

If you are experiencing any of the symptoms associated with hormone imbalances, speak with your primary care physician or call the office of Dr. Porcelli at **239-598-9327** to learn more about the benefits of bioidentical hormone replacement therapy.

Peripheral Artery Disease

By Yollo Wellness

Peripheral Artery Disease

or PAD is a disease that affects the blood vessels outside the brain and heart, causing them to narrow. This restricts the blood flow to the arms, legs, kidneys or stomach and many don't know they have it. PAD is a very serious condition that has been linked to heart attack and stroke if it's not treated. PAD doesn't happen overnight. It is a disease process that occurs to some degree or another in everyone. The longer you live, the more time plaque has to build up in your arteries.

PAD is caused by a build-up of fatty deposits, or plaque inside the arteries that carry blood from the heart to other parts of the body. When arteries become partly or completely blocked with plaque, the flow of blood is restricted, which interferes with the delivery of oxygen and nutrients that your muscles and organs need to work properly. When you walk, climb stairs, play tennis, or are physically active in any way, your muscles and organs require even more blood than usual.

Symptoms:

Like most of us, you have probably had your share of aches and pains. Sometimes you can attribute them to a specific event such as helping a friend move a heavy piece of furniture or pulling a muscle after bowling for the first time in years. Other times the pain comes on more gradually. You might think it's just another sign that you're getting older, As you age, especially if you have other health concerns, such as diabetes, it's important to tell your doctor about all your aches and pains, especially if you have cramping, fatigue, heaviness, tightness, or weakness in the legs while walking, running, climbing stairs or engaging in other activities. These could be symptoms of peripheral artery disease.

Too often, people think the pain they feel is part of the aging process and they don't get help as early as they should.

YOLLO Wellness Center main mission is to provide healing for the mind, body and spirit in an educational and passionate environment. YOLLO facility utilizes the highest quality of FDA approved equipment for the most precise results. They utilize a team of Medical Physicians and Consultants from around the United States as well as South West Florida to provide a protocol best for their patients to heal.

Digital Infrared Thermal Imaging (DITI)

is based on a careful analysis of skin and tissue temperatures. It is a non-invasive screening procedure that allows patients to see where there is abnormal chemical and blood vessel activity in body tissue. It looks at blood flow patterns and inflammation which can assess pain anywhere in the body or detect early warning signs for disease very early in its development. DITI may be a prognostic tool for the detection, diagnosis, and prognosis of peripheral artery and vascular disease and neurological disorders.

DITI is a comfortable, radiation free, non-compression and painless procedure. There is no contact with the body.

Your thermal images are used to help diagnose and monitor pain or pathology in any part of your body. DITI uses the technology of a medical grade infrared camera and state of the art software to achieve its images. DITI Scan picture tells your body's story...Where you have pain and what is causing your pain . DITI is an essential procedure that can alert patients before severe damage occurs within their bodies and help target areas that need immediate attention throughout your body.

Hyperbaric Therapy:

The use of oxygen at a level higher than one atmospheric pressure enhances the body's natural healing process. With HBOT oxygen is absorbed into all of the body's fluids, the plasma, the central nervous system fluids, the lymph, and the bone and can be carried to areas where circulation is diminished or blocked. A higher concentration of oxygen can reach all of the damaged tissues and the body can support its own healing process.

The flow of oxygen through blood vessels into organs and other body tissues is essential to the quality of our lives and to life. Hyperbaric oxygen treatment at YOLLO Wellness Center is now giving many people with vascular disease and Peripheral artery disease another treatment option. Patients with various stages of PAD, ranging from mild pain on walking to severe pain at rest can benefit from HBOT.

Benefits of hyperbaric oxygen therapy for PAD patients:

- Improves tissue oxygenation and elimination of toxic substances, that were accumulated due to poor circulation
- Relieves pain
- Reduces swelling and inflammation
- Improves sensitivity and reduces numbness
- Triggers new capillary formation for improves circulation and blood supply
- Improves quality of blood and prevents blood clotting

ALCAT Testing:

Is your clean, healthy eating causing plaque to build up in your arteries?

When your immune system is activated by problem foods it can cause a wide range of symptoms.

The ALCAT is a special type of test that uses a unique technology to measure how blood cells react to about 200 different common foods and chemicals that are in our environment ALCAT tests can identify certain foods that you may be intolerant to and should eliminate from your diet to detoxify the body and stop chronic inflammation which in turn will help prevent diseases such as Peripheral Artery Disease and also help those already suffering from the disease to eat healthier as they live their daily lives.





Live blood cell testing:

This test analysis is a microscopy technique used to understand and view the effects of improper nutrition and inner environmental problems in the body.

In a nut shell, live blood analysis helps to address the root cause of any illness, issues or disease in the body thereby recommending proper diet, supplements and treatment therapies. Live blood cell analysis is carried out by placing a drop of blood from the patient's fingertip on a microscope slide under a glass cover slip. The slide is then viewed at high magnification with a dark-field microscope that forwards the image to a monitor where they can be viewed.

With this important information, food and diet recommendations will be made specifically for you.

Some supplements may also be recommended at this time for cleansing purposes to help avoid the onset of certain diseases as well as treating patients who are already suffering with PAD. YOLLO Wellness's medical director, Dr. Gary Pynckel specializes in IV therapies that also remove the plaque caused by PAD.

At YOLLO Wellness their commitment is to consistently provide all patients with the best care possible, in a relaxing and soothing environment. Their staff always has the best interest of their patients as their top priority, and treat each one with integrity and honesty. They are dedicated to improving the quality of life to all their patients.

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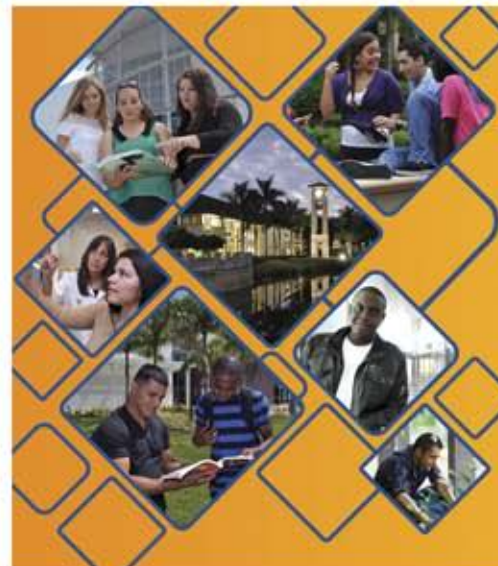
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Detecting And Preventing Eyelid Cancer

With Nadia A. Kazim, M.D., F.A.C.S.

Eyelid cancer is not something most people often think about but they should. With their thin, delicate structures, the eyes and surrounding areas are particularly prone to cancers, and it's an area people often forget to protect from the sun.

The eyelids can develop the same range of skin cancers as other parts of the body. Cancer occurs when the cells in a certain area of your body divide and multiply too rapidly. This produces a lump of tissue known as a tumor.

Eyelid cancer happens when the cells in the eyelids grow more quickly than normal.

Most eyelid cancers develop in people of middle age or older, but today they are becoming more common in younger people too.

The lower eyelids are the most common site of eyelid cancers, but any skin around the eye area can be affected.

The eyelids can also develop cancers arising from structures inside the lid, such as oil and sweat glands.

The sooner eyelid cancer is diagnosed as with all cancers, the easier it will be to treat successfully.



Risk Factors:

The primary risk factor for eyelid cancer, with the exception of sebaceous gland carcinoma, is excessive exposure to sunlight.

Older people are affected more often because they have had more exposure to the sun's UV rays. Fair skin is also a big risk factor because fair skin provides little natural protection against the sun. Hereditary risk factors may also be a factor.

Early Warning Signs:

- A lump or bump that frequently bleeds or does not disappear.
- Persistent red eye or inflammation of the eyelids that does not respond to medication.
- Lesions that have irregular borders and growth.
- Unexplained loss of eyelashes.

Basal Cell Carcinoma:

Basal cell carcinoma, also known as BCC, is by far the most common type of eyelid cancer. They typically grow over months or even years, and are not highly malignant, meaning that they do not tend to spread around the body and almost never threaten patients' lives.

However, they can cause significant distortion of the eyelids and eventually irritate the eye, or affect the vision or eye movements, so they should ideally be treated while still small.

Squamous Carcinoma:

These tumors, also known as SCCs, are less common and more malignant than BCCs.

It is unusual for them to spread to affect the rest of the body. However, they may invade nearby tissues and spread to the lymph nodes in the head and neck.

Their appearance varies from red, flattish patches that may be flaky or scaly.

Sebaceous Carcinoma:

Sebaceous carcinoma is one of the rarest cancers of the eyelid, but also one of the most malignant. It starts in the oil-secreting glands. These tumors can be difficult to diagnose because they often appear as nodules in the lids and often mistaken as a stye in the eye.

Sebaceous carcinoma is one of the eyelid cancers most likely to spread to the lymph nodes and beyond. People diagnosed with this tumor should therefore have investigations to check for spread of the cancer elsewhere in their body.

Melanoma:

Melanoma is the most serious type of skin cancer and can affect the eyelids. Although it represents less than 1% of eyelid cancers, this is the most serious of all eyelid cancers.

Melanomas start in the pigmented cells of the skin, and are more common in fair-skinned people and those who have had a lot of exposure to the sun.

Melanomas are usually treated by surgical excision, but additional treatments may be needed for tumors that have spread to other parts of the body.

Prevention:

Fortunately, preventing eyelid skin cancer can be easy - and fashionable. Sunscreens and moisturizers specially formulated for the eye area make wearing sunscreen daily on this sensitive skin much easier. Sunglasses are a must they not only make a chic fashion statement but also protects your eyes from the sun's harmful ultraviolet (UV) rays.

Treating skin cancers of the eyelids poses special challenges since eyelids are composed of extremely specialized mobile skin. Dr. Kazim specializes in eyelid and facial surgery. Since the symptoms of eyelid cancer can vary greatly for each individual, it is all the more important to see a Doctor if you are experiencing any type of unexplained skin changes. A motto to live by when it comes to our health is when in doubt get it checked out immediately!



Dr. Nadia Kazim is an ophthalmic plastic surgeon and a proud member of the American Society of Ophthalmic Plastic and Reconstructive Surgery. She is board certified and fellowship trained. Her office is located in the Bonita Community Health Center in Bonita Springs, FL. Call or visit www.KazimEyelidSurgery.com for more information.

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What can I expect during a treatment?

MLS Laser Therapy is a painless treatment that lasts an average of 8 minutes. You may experience a comfortable sensation at the point of application.



What can I expect after the treatment?

Most people experience positive results in 1 to 2 treatments, with the average course of treatment being 7 to 10 sessions. Swelling is greatly reduced and there is a rapid relief of pain. Acute conditions usually subside quickly, typically within one phase of treatments, while chronic conditions can be controlled with regular treatments.

The effects of MLS Laser Therapy are cumulative; therefore, expect to see improvement as you proceed through your treatment plan. It is critical that once you start, you complete the course of treatments recommended by your doctor or symptoms are likely to reoccur.

MLS Laser Therapy effectively treats:

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The Key to Success with Hearing Loss... is Starting EARLY!

By Hoglund Family Hearing and Audiology Services

People often ask "Why do some people do so well in adapting to hearing aids... while others have such a difficult time with them?" According to John Hoglund BC-HIS, ACA of Hoglund Family Hearing and Audiology Center, one of the biggest keys to success is seeing a Hearing Specialist as soon as you can, if you suspect that hearing loss is developing. John and his wife Patricia who have had a combined 59 years experience in treating hearing loss agree that **early intervention** is critical to happiness with hearing instruments, especially when it involves **NERVE DEAFNESS!** "If you ask any Hearing Specialist to name their 100 happiest hearing aid Patients, each of us would likely pick the 100 that started with the mildest prescription!" states John, "SMALL change is very easy for the brain to adapt to, while BIG change is much more challenging."

According to The Better Hearing Institute in Washington D.C. three in ten people over age 60 have hearing loss. And among Americans ages 41 to 59, about 15 percent already have hearing problems—that's one in six Baby Boomers. Younger still, 7.4 percent—or one in 14—Generation Xers, ages 29 to 40, suffer from hearing loss. What's more, at least 1.4 million children, 18 or younger, have hearing problems. And it's estimated that 3 in 1,000 infants are born with serious to profound hearing loss. Despite the numbers and the far-reaching impact hearing loss has on so many aspects of an individual's life, many people who are aware that their hearing has deteriorated are nevertheless reluctant to seek help. Unfortunately, too many wait years, even decades, before getting treatment, becoming more and more disconnected as time goes by. This procrastination, according to Mr. Hoglund makes treating the condition much more challenging.

"If we catch a problem when it **first starts**, and people are missing a few things now and then, boy is that **EASY** to treat! Getting used to **MILD** amplification is very simple because it represents a very **SMALL** change... and the human brain does brilliantly with small change. We can usually restore almost 100% understanding... it is not a shock to the system in any way,... and it is typically a very smooth, very easy, and **very pleasant** transition for the Patient,

and if they wear them consistently and see their Specialist regularly... we can usually maintain that pleasant transition even as the loss worsens over time, because then every change the Patient experiences as the loss worsens and we need to reprogram their instruments to keep up with the advancing hearing loss, will again be **SMALL** changes, and adapting to small change is a 'walk in the park' "

"However", John continues, "as hearing loss advances, our results don't drop slightly... they can actually plunge **DRAMATICALLY!** Advance stage Hearing Loss can be a nightmare to deal with, and waiting until people need very **STRONG** instruments, especially for their first pair, is typically a **HUGE** challenge for the brain to adapt to, because it is more of a '**SENSORY OVERLOAD**' effect. Most people know friends, family members or people in their church or community, who have gotten very good, very sophisticated, and sometimes very expensive instruments, and yet have had a completely miserable experience with them! They can't adapt to being back in the world of sound...they are always adjusting them up and down, back and forth, because their brains can no longer handle normal volume, and if they get into places loud and noisy they can get so **OVERWHELMED** by the sound...many people have sadly **FAILED** with hearing aids completely! These complications, unfortunately in many instances...**are completely 'self inflicted'**...because the biggest reason for these type challenges and complications, are strictly because we should have started **SOONER!** Many times the reason that we didn't start soon enough, is because hearing tests aren't part of most normal physicals", says John, "and therefore even with people who take great care of most other aspects of their health, this is one aspect of their health that tends to 'fall by the wayside'"



Ever notice how during a physical exam your doctor seems to ask you about virtually every aspect of your health, but never mentions your hearing? You're not alone. According to a survey by the Better Hearing Institute (BHI), fewer than 15 percent of those who received a physical exam in the last year said they received a hearing screening by their physician or nurse during that exam. "More Americans than ever before are suffering with hearing loss," says Sergei Kochkin, executive director of BHI. "Yet we treat hearing loss like a neglected orphan in today's health care system. We still don't have a universal hearing loss screening program for children or adults. And the historical incidence of physician screening for hearing loss has been low—despite the fact that more than 95 percent of those with hearing loss could benefit from hearing aids." There has also been recent research published by Johns Hopkins that shows that untreated hearing loss can greatly increase the instance of **memory loss and cognitive problems**, which makes it even more important to monitor your hearing acuity on a regular basis!

John and his wife Patricia have conducted educational seminars for groups clubs and organizations throughout Florida since 1985 because **HEARING** is one aspect of health that most people pay very little attention to, and early signs of hearing loss such as having trouble understanding in group environments, and starting to feel that people are "mumbling" are dismissed disregarded, or not paid attention to the way they should be. This lackadaisical attitude can cause complications later in life. They also conduct **FREE HEARING EVALUATIONS** for those wishing to learn more about their hearing and furnish dated copies for personal medical records. They typically hold monthly seminars featuring prominent Hearing Health experts again at **NO CHARGE** through their popular "**LUNCH & LEARN**" seminar programs held at local Perkins Restaurants throughout Southwest Florida. John and Patricia have always tried to be the '**Educational Resource Center**' for those seeking to know more about their hearing. Patricia adds, that they always say, "All it will **COST** you is a little of your **TIME**...but the **KNOWLEDGE** you receive may be **PRICELESS!**"

PLEASE CALL **(239) 498-7142** to arrange for a **FREE "Baseline Hearing Test"** or to find a Seminar near you for further information. You may also visit www.hoglundfamilyhearing.com for more information.

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Diabetes and Gum Diseases... It's a Two-way Street

By Juan M. Teodoro, D.M.D.

Most diagnosed Diabetic patients are aware of the importance of regulating their blood sugar levels for the well-being of their body - from head to toe. Few Diabetic patients however, are aware of the oral complications associated with Diabetes. Diabetic patients are at a greater risk of developing periodontal disease and thus losing teeth. In fact, periodontal disease is often considered the sixth complication of diabetes.

Periodontal disease is a chronic bacterial gum infection that destroys the attachment fibers and supporting bone that holds the teeth in place. If left untreated, the teeth fall out or need to be removed due to serious abscesses. Studies show that diabetic patients are up to 4.2 times more likely to develop periodontal disease than those without diabetes. This is probably because diabetic patients are more susceptible to contracting infections. Research suggests that the relationship between periodontal disease and diabetes goes both ways. Periodontal disease makes more difficult for people who have diabetes to control their blood sugar. Periodontal disease in most instances, increases blood sugar, contributing to increased periods of time when the body functions with a high blood sugar. This puts diabetic patients at an increased risk for diabetic complications. Diabetes slows circulation. Therefore, diabetic patients who have periodontal disease should be treated to eliminate the periodontal infection. This recommendation is supported by a study reported in the Journal

of Periodontology in 1997 involving 113 Pima Indians with both diabetes and periodontal disease. The study found that when their periodontal infections were treated, the management of their diabetes markedly improved. In fact, periodontal treatment combined with antibiotics has been shown to improve blood sugar levels and thus decreasing insulin requirements.

The good news is that if your diabetes is under control, you are less likely to develop periodontal disease than someone whose diabetes is poorly controlled. Another study published in the Journal of Periodontology concluded that poorly controlled diabetic patients respond differently to bacterial tartar at the gum line than well-controlled diabetic patients. Poorly controlled patients with diabetes also have more harmful proteins in their gum tissue causing destructive inflammation of the gums.

If you have been diagnosed with Diabetes and have been treated by your general dentist for gum pockets, or received a deep cleaning



or antibiotic gum therapy more than once it is likely that you already have periodontal disease. Keep in mind, that once bone support is lost it cannot be restored, however, there are many ways to arrest periodontal disease. A Periodontist, the dental specialist who diagnoses and treats periodontal disease is the most qualified dentist than can discuss and provide the different Periodontal treatment options for the Diabetic patients particular needs.

To learn more about Periodontal Treatment Options and Periodontal / Oral Health visit: www.bonitaimplants.com or call 239-333-4343.



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 is an Adjunct Professor to the University of Pittsburgh School of Dental Medicine. He is also a Clinical Assistant Professor at the Naples Dental Residency Program for the University of Florida. Dr. Teodoro served as a Major in the United States Air Force practicing Periodontics. Throughout his Air Force career he served as the Chief of Periodontics, Director of the Implant Board & Clinical Instructor. Dr. Teodoro is one of the local leading authorities in Laser Periodontal Therapy and in the Brånemark method of Implantology. He was the first Periodontist in both Lee and Collier county to bring Periodontal Laser technology with the PerioLase Laser for the treatment of Periodontal Disease.

Don't Ignore the WARNING Signs:

- You hear loud enough, but can't understand conversation!
- You overuse the word, "what" and claim that people "MUMBLE"!
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- You can't understand conversation in a noisy environment!
- You have difficulty understanding the lyrics in a song!
- You forget significant details of conversations within 24 hours.

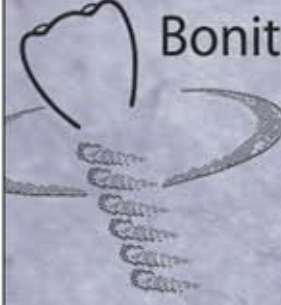
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FORGETFULNESS: when is it NOT normal and why?

We all tend to experience forgetfulness from time to time. You have had them just like I have. Those, "senior moments" that tend to be slightly annoying such as misplacing your keys, not remembering what you went into a room for, forgetting that one item at the grocery store, forgetting the name of the actor in the movie you saw last week, or forgetting to relay a phone message to your spouse the other day.

As we age, these types of events tend to occur a little bit more often and are a normal part of the aging process. I've been at social gatherings and someone will ask me, "Doc, I am getting Alzheimer's if I can't remember my golf scores as I'm playing a round?" or "am I losing it because sometimes I have to stop and think how do I get to that place again?"

Typically, these events occur infrequently and inconsistently, and are sometimes referred to by your doctor as, "benign senescence". However, when these events occur more frequently and consistently, it may be a telltale sign of something amiss. Unfortunately, when forgetfulness becomes problematic most people immediately began to fear the worst and believe that they may have the beginning of Alzheimer's disease. Some may even avoid seeking diagnosis and possible treatment.

Let's look at some examples of what might be considered normal forgetfulness versus what is not. The Alzheimer Association in Chicago and the Mayo Clinic in Rochester Minnesota offer some of these warning signs:

Normal forgetting: involves forgetting something; while **not normal** would be to forget often and not realizing you're forgetful.

- **Normal:** might involve forgetting to serve a vegetable with a meal; while **not normal** would be to prepare a meal and forgetting to serve some or all of it as it sits on the stove.



- **Normal:** might involve struggling to find the right word from time to time; whereas **not normal** would include forgetting simple words, or substituting the wrong words in a sentence.

- **Normal:** might involve forgetting where you're headed; while **not normal** would involve getting lost on your own street or in your own immediate neighborhood.

- **Normal:** might include forgetting your jacket some mornings; whereas **not normal** would include dressing without any regard to the current weather conditions.

- **Normal:** might include having some difficulty balancing a checkbook; whereas **not normal** might include forgetting altogether what to do with the numbers.

- **Normal:** might include losing your keys from time to time; while **not normal** would involve looking for your keys in the aquarium.

- **Normal:** might include becoming moody now and then; while **not normal** might include displaying rapid mood swings for no apparent reason.

- **Normal:** would include changing as you age; whereas **not normal** would include becoming confused, suspicious, paranoid, defensive, or fearful.

- **Normal:** might include forgetting to make a dental appointment; whereas **not normal** would include discontinuing tooth brushing altogether.

What else might normal forgetting NOT be?

1. An inability to remember the name of a person or experience that should be extremely familiar;

2. Reminders that do not help at all in attempting to recall specific memories (such as your kids giving you hints about the places and things you all did on that special vacation);

3. Missing the ability to accurately check a calendar or one's notes to aid in memory (such as not looking at your calendar or failure to look at your post-a-notes you left yourself);

4. Never being able to recall anything about a subject or repeatedly forgetting the same thing over and over;

5. The diminished ability to remember how to do normal tasks;

6. Reduced problem-solving ability or deteriorating judgment requiring working memory skills....skills that have been over-learned (such forgetting how to balance your checkbook);

7. Weight loss due to forgetting to eat, or weight gain due to eating multiple times having forgotten foods previously just consumed;

8. Uncharacteristically poor hygiene.

So what types of things can cause excess of forgetfulness? Does it have to be Alzheimer's disease? The answer may surprise you. The following are some possible, causes of forgetfulness that should always be addressed.

A lack of sleep or in some cases sleep apnea can cause forgetfulness. Not enough sleep can lead to changes in mood and/or anxiety which can precipitate memory difficulties. In cases of sleep apnea, the brain is essentially deprived of oxygen (causing a mild condition of hypoxia) to a limited degree. Symptoms include snoring, sleep that's not restorative.

Vitamin B12 deficiency should also be suspect. It has been estimated that over 40% of individuals 60 years and older have B-12 deficiency. B-12 is involved in the production of the myelin sheath around the nerves that protect and help to conduct nerve impulses throughout the central nervous system.

Medication side effects. Certain beta blockers are known to create short term memory effects. Certain tranquilizers, antidepressants (Paxil and Elavil) as well as cold and allergy medications containing brompheniramine, chlorpheniramine or diphenhydramine (Benadryl) as found in certain, "pm" medications can also cause confusion and memory difficulties.

Underactive thyroid. An underactive thyroid can disturb sleep and precipitate depression which, in turn, can contribute to memory slips.

Alcohol. Drinking too much alcohol can interfere with short term memory, cause depression, and can interfere with stage III (REM) sleep which, in turn, effects alertness and fatigue levels, and further effects memory performance.

Stress, anxiety, depression. Stress and anxiety is a normal part of life, but persistent undue stress and anxiety make it difficult to concentrate and harder to learn. Depression tends to cause a lack of drive as well as poor energy and fatigue in addition to decreased concentration which again effects one's ability to focus, learn and retain information.

Metabolic changes. Fluctuations in your internal chemistry/electrolytes (e.g., Ca, Na, K, glucose levels) can also affect alertness and concentration which may lead to difficulties in learning. Your electrolytes can be easily influenced simply by how much water you drink or don't drink.

For the reasons above, it's important for you to see your primary care physician to rule out treatable and/or, "reversible" causes of forgetfulness. However, if these potential sources of forgetfulness are ruled out, are determined to be insignificant, treated, or not applicable, and you are still experiencing forgetfulness that is **not normal**, it is possible that you may have a form or type of neurological condition, and further evaluation by a specialist, such as a board certified clinical neuropsychologist, may be in order.

Using a variety of paper/pencil and computer tests, the clinical neuropsychologist will assess the patient's brain functions such as memory, language, problem-solving ability, processing speed, motor abilities, judgment, attention and concentration, and reasoning skills. The results will be shared with your primary care physician and/or neurologist. Treatment recommendations will be shared with you following evaluation. The test results can then be used later for any additional testing that may be necessary years later to determine progress due to treatment or interventions by your physicians.



Dr. David Rawlings, PhD is the only Board Certified Clinical Neuropsychologist in Collier County and has been providing

psychological diagnostic and neuropsychological assessment services for over 35 years (22 of those years in SW Florida). He is a member of the National Register of Health Service Providers in Psychology, National Academy of Neuropsychology and International Neuropsychology Society.

Dr. Rawlings was born and raised in Michigan. He attended Hope College, Central Michigan University and the University of Michigan. He received his Ph.D. from Michigan State University in 1991. He completed his internship at Henry Ford Hospital in Detroit, MI. He is licensed in Florida, Michigan and Virginia.

Prior to establishing our office in the Commons, Dr. Rawlings was Chief of Psychology with a local Neurology group, and worked in Michigan at a large rehabilitation facility as a staff neuropsychologist. Dr. Rawlings is affiliated with the NCH Healthcare System.

We see patients M-F, Saturday (by appointment), and/or at other designated locations, and accept all insurance except Medicaid. Our office also has a licensed psychologist available for therapeutic counseling.

With a large family of his own, Dr. Rawlings is compassionate towards patients (and their loved ones) who are seeking a supportive and understanding doctor when seeking the following services:

- Adult ADHD Evaluations
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- Depression and Anxiety Screening and Treatment
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- Headache and Chronic Pain Management
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Recovering with Confidence

By LaDonna Roye, Hairstylist

Recover with Confidence, a nationwide group of dedicated hair loss professionals provides products and services to women who have been afflicted with hair loss due to cancer and other medical reasons. LaDonna Roye Hairstylist is proud to be its local partner and provider in offering patients individualized products and support to aid in their recovery process.

There are more than 40 million women who experience some type of hair loss. For women who have medically related hair loss, the hair loss specialists at LaDonna Roye Hairstylist know the importance of quality, service, privacy, and a perfect hair product. Our wigs are designed for a natural look and are hand-made to give every woman comfort and unmatched quality.

These **tips** from our medical hair loss specialists will insure a positive hair replacement experience:

1. Look for a hair loss specialist who is a licensed cosmetologist and schedule an appointment. At LaDonna Roye Hairstylist our licensed cosmetologists work by appointment to give you their full attention and to schedule sufficient time for your consultation and wig fitting.

2. Plan ahead. Hair loss occurs usually one to three weeks following your first chemotherapy treatment. Ideally, you should have your consultation while you still have your hair. This allows your hairstylist to match your hair color shade and style. If this is not possible, then plan to bring a recent photograph of yourself showing your hair.

3. Your consultation should include discussions regarding your treatments, recovery, expectations, budget and lifestyle. This will aid in our assisting with your selection of synthetic, human hair or European hair. All are great options, but you should understand the features and benefits of each. We will also measure your head to ensure a proper fit. Your wig should fit securely and not

move around on your head, nor should it be uncomfortably tight. Our hair loss specialists will be able to customize the fit perfectly for you.

4. There are differences between fashion wigs and medical wigs. Selecting a hand tied wig (hair is knotted into the base by hand) rather than machine made (recognizable by rows of wefts) will give you the ultimate comfort and look completely natural. Non slip material placed on the base adds to the security of a well fitting wig.

5. Keep in mind that most insurance companies do offer a benefit for wigs, but you must follow their strict guidelines. Wigs are considered a "cranial prosthesis" under the Durable Medical Equipment category. Although we do not file your claim, our hair loss specialists will offer you assistance with filing your claim.

6. When working with a hair loss specialist, wig purchases may include free hair color, cut and style—so, make sure you ask. At LaDonna Roye Hairstylist we offer to clip your hair off or cut it short when your hair loss begins as a part of our wig fitting service. We also include minor tweaking of hair color on any human hair wig and customization of the cut and style of your wig.

7. To ensure the quality, look and longevity of your wig, ask how to properly care for your wig and be sure you follow the instructions. At LaDonna Roye Hairstylist we stock wig care products and will instruct you how to properly care for your wig. We also offer cleaning, styling, and refurbishing your wig as a service in our salon.

8. Plan to purchase a sleep cap and some beautiful scarves and turbans for those times you do not or cannot wear your wig. We offer an array of non-wig options at LaDonna Roye Hairstylist.

9. Most women want to keep their same hair color and style but many enjoy experimenting with a new look. Discuss this during your consultation. You will have professional help selecting a hair color, shade, and style that will work for your face and your skin tone. Keep in mind that your skin tone may temporarily change during chemotherapy. Your LaDonna Roye Hairstylist hair loss specialist knows this and has the ability to guide you.

10. When your hair grows back, consider donating your wig. Many hair loss specialists take donations from their clients or you may donate it to the gift closet at the American Cancer Society.

At LaDonna Roye Hairstylist, we are proud to be a part of the Recover with Confidence program. We are located at 12980 Tamiami Trail North, Suite #18 at US 41 and Imperial Golf Course Blvd. in North Naples. 239-254-9100 | www.LaDonnaRoye.com

To find the Recover with Confidence location near you, call 800-327-5555 x 3340. www.RecoverWithConfidence.com



Maylen Villar



Lower Back Pain

By Dr. Jennifer Moses D.C.

Let's take a closer look at the varying forms of sciatica, its causes, and how **CHIROPRACTIC** adjustments can help both with pain relief and correcting the root cause of the symptoms.

About 60-80 % of the adult U.S. population has lower back pain. It is the second most common reason people go to the doctor. Back pain is the leading cause of disability in Americans under 45 years old. Each year 13 million people go to the doctor for chronic lower back pain.

The condition leaves 2.4 million Americans chronically disabled and another 2.4 million temporarily disabled.

Sciatica is a relatively common type of lower back pain. Sciatica is characterized by a set of symptoms including *lower back pain, buttock pain, pain and numbness or weakness in various parts of the leg and foot.* Typically the cause of these symptoms is compression of the sciatic nerve on the left, right or both sides. The compression or pinching of the nerve is caused by two adjacent bones not being in alignment with each other. **Chiropractors** can correct the misaligned bones.

Spinal Disc Herniation is caused when the bones are misaligned and the central part of the disc extrudes. If this extrusion puts pressure on one of the nerves making up the sciatic nerve it can cause sciatica. Chiropractors can realign the bones which often times allows the extrusion and the inflammation to cease and heal.



Pregnancy can also cause sciatica due to ligament laxity and as a result of the fetal weight causing a change of posture. Both of these put additional pressure on the nerves that make up the sciatic nerve. Chiropractic care is important during pregnancy because as the pregnancy progresses the ligaments become more relaxed and the bones of the lumbar spine and the pelvis can misalign.

Spinal Stenosis is a condition in which the spinal canal narrows and compresses the spinal cord, or sciatic nerve roots. This narrowing can be caused by bone spurs, spondylolisthesis, inflammation, or a herniated disc. This decreases available space for the spinal cord, thus pinching and irritating nerves from the spinal cord that travel to the sciatic nerve.

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When you are feeling the intense pain of sciatica, understandably all you want is for the pain to go away. At such moments there is a temptation to seek drugs for relief. Prescription medication or some over the counter pain meds or anti inflammatory formulas may provide some temporary relief.

Chiropractors advocate treatment that gets to the cause of the pain. Your Chiropractor will take a history, perform a structural examination that may include x-rays and determine where the pain originates. If the root cause is a structural one, such as a misaligned vertebra or pelvis, a disc or a muscle spasm the treatment should also be structural in nature so as to fully resolve the problem at its root.

According to a comprehensive review conducted by the agency for healthcare research and quality, spinal manipulations performed by a Chiropractor and NSAIDS are the two most effective treatments for acute lower back pain. Of these only spinal manipulations was judged to both relieve pain and restore function.

For most people sciatica responds very well to Chiropractic care. Keep in mind that sciatica is a symptom and not a stand alone medical condition.

Chiropractic offers a non invasive (non Surgical) drug free treatment option. The goal of Chiropractic care is to restore spinal movement, thereby improving function while decreasing pain and inflammation.

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ARE IMPLANTS FOR YOU?

Many patients have heard of dental implants even though they may not understand what they are. Rarely, however, do patients know the significant benefits to their health and well-being that implants can provide.

The first step in discussing implants with patients is to educate them about these very real benefits.

- Bone Resorption and Esthetics
- Patients who have lost several or all of their teeth probably do not realize that bone loss will likely follow tooth loss. Facial changes that can occur because of alveolar bone loss include:
 - Prognathic appearance.
 - Decrease in the horizontal labial angle.
 - Thinning of the lips, especially in the maxilla.
 - Deepening of the nasal labial groove.

Many patients are familiar with the “sunken” appearance of older edentulous patients. What they don’t know is that dental implants can help stop this type of bone loss and can actually preserve bone. In one five-year study, patients with full dentures lost 5.2mm of mandibular bone while patients with implant-supported over dentures lost only .6mm.

Bone resorption is not just an esthetic problem. As it escalates, it can also pose a risk for fractures of the jawbone.

Function and Health

We often tell patients that dental implants restore the function that they enjoyed with their natural teeth. The significance of this benefit can be more thoroughly appreciated when we see its relationship to long-term health.

A study conducted on patients with complete removable dentures found that:

- 29% could eat only soft foods.
- 50% avoided some foods.
- 17% ate better without their dentures.

These statistics are supported by another study that looked at masticatory performance. Fifty percent of patients with clasped partials chewed no better or chewed worse than they did without their partials. Patients without full dentures had an average masticatory efficiency of only 60%.

This impaired function can have a major effect on long-term health. Research shows that people with complete dentures use 17% more drugs – including 28% more for gastrointestinal disorders – and have a 10-year shorter lifespan. Many of these complications can be related to compromised nutrient intake because of food avoidance and the lack of ability to chew food efficiently.

Quality of Life

Dental implants address quality of life issues that are very real to patients who have had discomfort, embarrassment and/or increased self-consciousness because of unstable dentures and partials. As the patient story that appears in this issue relates, many patients find their social interactions and pleasures in life compromised by unstable prostheses.

Dental implants offer a permanent solution for these patients. The goal of implant dentistry is to restore the comfort, esthetics and function that patients enjoyed with their natural teeth.

Making the Case

Having patients reach a good level of understanding about dental implants is not the only factor determining the outcome for case acceptance. Implant case acceptance is affected by the attitude of the entire dental staff. If a patient asks, “Do you do implants?” the answer should be a resounding “Yes!” by everyone in your office.

Following are some common questions patients ask about dental implants.

Q. Do you do implants?

A. Yes! Dr. Stacey Vlachos was trained by and practiced for over ten years with the world’s foremost implantologist, Dr. Carl Misch. Dr. Vlachos is among the leading implantologists in the country. He has earned a national reputation for his clinical excellence and technical expertise. Dr. Vlachos has limited his practice to the field of implant dentistry for over thirty years.

Q. What is a dental implant?

A. A dental implant is a synthetic-man-made replacement for natural tooth root that’s been lost. Implants offer you the most permanent and secure solution for replacing one or more teeth. Dental implants allow people with removable dentures, partials and bridges to return to having fixed, non-removable teeth.



Dr. R. Troup Davis

Prosthodontist
University of North Texas BA
Baylor College of Dentistry DDS
Prosthodontic Residency
at University of Florida



Dr. Stacey D. Vlachos

Michigan State BS
University of Michigan DDS
Surgical & Restorative
Instructor at Misch International
Implant Institute

Dental implant treatment involves two phases: placement of the implant(s) and placement of the restoration(s) such as crowns, bridges and dentures.

Q. What are the benefits of dental implants?

A. Dental implants are today’s best substitute for your natural teeth. They re-establish the comfort, esthetics and function that you enjoyed with your natural teeth. Implants allow you to:

Eat whatever you like. This is important not only for enjoying the foods you eat but also for long-term health. Studies show that people with compromised eating habits caused by unstable or uncomfortable dentures have more health problems, especially gastrointestinal, later in life.

Smile and speak with confidence. Patients who have been self-conscious because of dentures that slip or because of impaired chewing ability often avoid social situations. Many of our patients tell us that implants have changed their smiles, their overall appearance and even their lives

Preserve your facial structure. Many people do not realize that tooth loss can lead to bone loss, often resulting in a “sunken” appearance around the mouth. Implants help stop the bone loss that can occur when teeth are lost.

Q. Are they expensive?

A. There is a greater initial investment for dental implants than for other options, but independent surveys of implant patients show that they felt it was worth every penny.

Q. Can anyone have dental implants?

A. Anyone whose health is stable can have dental implants. Age is not a factor. Many patients are well into their 70s when they receive implants. Uncontrolled disease – such as uncontrolled diabetes – is the only limitation since it could affect healing.

Q. Does it hurt?

A. There is very little discomfort. Patients are given preoperative medications to control discomfort. During the procedure the doctor uses IV sedation and anesthesia to assure patients' comfort.

When patients leave the office, they are given medication should they need it. Most patients don't even miss a day of work afterward.

Q. Are dental implants successful?

A. Dental implants are highly successful. The products and techniques we use today provide very predictable results.

Conclusion

The significant advantages of dental implants make them a valuable and appealing option for many patients. We hope you've found this information to be helpful.

If you would like Dr. Vlachos or Dr. Davis to consult with you on implant treatment, please give our office a call. We will be happy to arrange for the consultation. We look forward to hearing from you regarding any questions or concerns.

Sincerely, Dr. Stacey Vlachos and Dr. Troup Davis

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An Implant Case Study

This 60-year-old patient was totally edentulous and was having difficulty wearing prostheses because of discomfort and impaired function. Her treatment included a full set of maxillary and mandibular implants with overdentures.



(A) Radiographic view before any procedures were performed.



(B) Radiographic view following dual sinus elevation.



(C) Radiographic view following placement of implants.



(D) View of mandibular tissue abutments with sufficient height to facilitate proper hygiene.



(E) View of screw-retained bar for overdenture with sufficient access for hygienic maintenance of implants.



(F) View of maxillary implants with healing abutments in place.



(G) View of screw-retained maxillary overdenture bar.



(H) View of maxillary and mandibular overdenture bars.



(I) View of o-rings for maxillary prosthesis.



(J) View of o-rings for mandibular prosthesis.



(K) View of natural facial contour with prostheses in place.



(L) View of smile line.

A Patient's Perspective

We asked the patient whose case study appears in the article to share her experience. This is her story.

Prior to having implants, I had worn dentures for 45 years. I could not eat. I couldn't bite – even a peanut butter sandwich. I had to press and pull that kind of thing. It was depressing.

My teeth used to fly out too, and that was a horrible experience. I remember the day of our housewarming. I was introduced to the potential husband of my daughter's friend. As we were chatting away, my denture just flew out. I reached up and batted it! It was horrible, but it was nothing new.

Now I can eat like a normal human being. I don't have to be embarrassed about eating or speaking in public. It's a good feeling.

One thing kind of struck me. I was going to take my grandkids to Cedar Point, and I thought, "My gosh! I can actually go on a ride without worrying about my teeth falling out!" I can even whistle now. I could never do that before.

I am very happy. Implants have made my life better. I would definitely recommend them to anyone. Anyone who doesn't do it is depriving himself of, well, life. And the earlier the better. I mean, why suffer?



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Leg/Limb Swelling Causes and Treatments

By Alyssa Parker

Does your limb swelling start the day out as painless swelling that progresses throughout the day leading to a sensation of heaviness in the limb notably in hot weather or in the evening time? If so, your limb swelling may be a symptom of an underlying medical condition. Some of the most common conditions where swelling in the limb is a symptom include venous insufficiency, post operative trauma, infection, and lymphedema. Some physicians may overlook the cause of your swelling and treat it with a diuretic. Swelling also known as edema in a limb is due to the excessive amount of fluid in your cells tissues or organs. Finding the origin of the edema is vital to getting the proper medical care. Diuretics may be useless and harmful over time if your edema is a symptom of chronic venous insufficiency or lymphedema. Diuretics draw fluid from your venous system that your body must have in order to balance the continual fluid deposit from your arterial capillaries; if the needed interstitial fluid is not present because you are taking a diuretic this will only aggravate your lymphatic system which may lead to additional fluid retention.

The Role of Your Circulatory System

One of the main roles of your circulatory system is balancing the fluids in your body also known as homeostasis. Interruption to your circulatory system that causes inflammation can be from a minor surgery, injury, infection, cancer radiation, or hereditary. Many patients with minor symptoms of swelling, inflammation, pain, or a feeling of heaviness overlook this as temporary and will reside with time. Lymphedema is a degenerative condition which means it will worsen over time. Lymphedema can occur in any region of the body where your lymphatic system has been interrupted. The most common areas are in the legs and arms.

Feet with Lymphedema



Lymphedema and Chronic Venous Insufficiency

After having a surgical procedure cancer or non-cancer related (example hysterectomy or gallbladder removal) it may take months or years



for Lymphedema to manifest because of its slow progression. It is imperative that Lymphedema is treated quick and effectively, regardless of the severity. Complications dramatically decrease when treatment is started in the earliest stage of Lymphedema. When left untreated common complications include cellulitis or lymphangitis, skin changes such as skin thickening, restricted movement of a limb, or chronic wounds. Aside from surgical procedures and radiotherapy for cancer other known triggers include vein stripping, peripheral vascular surgery, trauma, inflammation, infection, and insect bites.

Chronic venous insufficiency is another condition that causes swelling in the legs along with open wounds. CVI occurs when the valves in the veins that normally channel the blood to the heart become damaged which then leads to pooling of the blood in the lower extremities. Discoloration of the skin, referred to as hemosiderin staining, is identified by a reddish staining of the lower limb. From poor circulation shallow wounds may develop due to the stagnant blood that would normally return to the heart. Symptoms vary but may include swelling, aching, itching or burning, varicose veins, infection, chronic venous ulcer, and decreased mobility.

Treatment

There is no cure for Lymphedema or Chronic Venous Insufficiency. When your circulatory system has been damaged leading to one of these conditions, you must seek treatment to prevent further complications. Lymphedema is a degenerative condition which means it will only get worse over time without treatment. A widely recognized

and highly effective treatment is using a compression pump. 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 and can cause painful swelling, non-healing wounds, heaviness, and discomfort decreasing your mobility. The compression pump is a gentle massaging technique that compresses in a rhythmic cycle, similar to that of a normally functioning lymphatic system that has not been damaged. This is a great treatment option for patients who have tried compression stocking, elevation, diuretics, or massage with little or no relief.

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

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

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

The compression pump is approved by Medicare and covered by many commercial insurers; Actual coverage varies with individual plans. Acute Wound Care, LLC is a highly focused local provider of wound products and compression pumps working with select area physicians highly versed in this condition.

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Acupuncture

Successfully Treats Tennis & Golfer's Elbow

By Toni Eatros, MS, Dipl Ac, AP

What is Tennis & Golfer's Elbow?

If you are experiencing **pain in the elbow or forearm** or if your golf or tennis game is suffering, I have good news for you. Acupuncture can alleviate the pain you are experiencing so you can get back to the activities that you enjoy.

Many people suffer from severe pain in the elbow and forearm. Tennis elbow, also known as lateral epicondylitis, is pain at the lateral side of the elbow. When the arm is laid across the chest, like you are doing the pledge of allegiance, the lateral epicondyle is the little bony protuberance at the elbow that is facing the sky. If you play a lot of tennis, this area can become very sore, and usually makes playing tennis extremely painful and difficult.

Golfer's elbow, also known as medial epicondylitis, is pain at the medial side of the elbow. When the arm is laid across the chest, like you are doing the pledge of allegiance, the medial epicondyle is the little bony protuberance at the elbow that is touching your abdomen. If you play a lot of golf, this area can become very sore, usually making playing golf extremely painful and difficult.

Many of my patients are very discouraged when they start to develop pain in either of these areas. They usually come to me saying that their golf or tennis games are suffering and that their form is off. The pain often causes these people to decrease the frequency of play or cut the games short. This can be the beginning of a downward spiral of physical decline. These once very active people, stop being active due to the pain they are experiencing. When activity decreases, many of these people become sedentary, which leads to physical decline in other areas of their body. Don't let this happen to you!



How Does Acupuncture Help?

Even if you have tried acupuncture before and did not get the results you wanted, I encourage you to try it again. Zang-Fu diagnosis is the type of diagnosis that is taught in American acupuncture schools. Most acupuncturists utilize this diagnostic method to diagnose and treat their patients. Some patients improve completely, some get a significant reduction in pain, and others get only a small amount of pain relief. This type of diagnosis strategy works great for Chinese Herbs, but for acupuncture the results are inconsistent.

Until recently, this was the type of acupuncture diagnosis that I used in my practice. I was frustrated because the outcome between patients was not consistent. I am happy to report that I have learned a new type of diagnosis and treatment strategy that is getting fantastic results when it comes to pain relief. Most patients get significant reduction of pain within minutes of the insertion of the acupuncture needles.

This diagnosis method is called meridian theory. Meridian diagnosis and treatment is the most effective acupuncture method. It is not taught in the acupuncture schools, however, so most acupuncturists do not use this method. That is why I encourage you to try acupuncture again if you didn't get relief the first time and if you are still experiencing elbow and forearm pain.

What Kind Of Acupuncture Is Used?

I use the mirroring and imaging formats to select the appropriate points. To treat the elbow, I will put the acupuncture needles into the opposite knee. I use acupressure to identify tender areas on the corresponding areas of your opposite shin and lower leg. The tender areas are where I put the needles. This approach makes each treatment unique, it is rare that exactly the same points are used from treatment to treatment.

The needles are stimulated periodically over the course of about 45 minutes. Soft lighting and music plays so you become very relaxed during the course of the treatment. Depending on the exact circumstances of your pain, stretching, massage, moxibustion or electro-acupuncture may be used in addition to the acupuncture. Instructions about home self-treatment will be given as well.

Treatment results vary depending on the length of time the pain has been present, your overall health, and your ability to rest the arm between treatments. Most patients see a dramatic reduction in pain within the first 3 treatments. If the pain is chronic and if you continue to overuse the arm between treatments, then progress is usually a bit slower. I recommend 6-12 treatments total in most cases. Results are the best if you can come 3 times per week for the first two weeks, then as needed for maintenance. If you make an effort to rest the arm and perform the suggested home treatment, results can be fast and long lasting so you can resume your pursuit of the activities you enjoy. I am also told that golf and tennis games dramatically improve after acupuncture, form is better and people are able to hit the ball much further.

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Specialists Take the Stress Out of Long-Term Care

By George T. Leamon, CLTC - Lutgert Insurance

Stress is the result of several different rationales, but there is one area in which many have fallen prey at least once before...stress from procrastination. Procrastination is a major source of stress, but when you combine personal tragedy and procrastination, you have a real nightmare. Sound like the ultimate stressful situation? Yet many procrastinate too long when purchasing long-term care insurance. Long-term care insurance is possibly the most important policy one will ever hold, and yet, many procrastinate, and even toy with the idea of not purchasing a long-term care policy for themselves until it is too late.

The ease of securing this type of policy can be quickly and conveniently accomplished. With a long-term care specialist, the stress can be eliminated.

In Robert Cochran's book, entitled *The Truth About LTC Insurance*, he persuades his readers of the necessity of purchasing a long-term care insurance plan and who to turn to when one is ready to do so. Cochran urges readers, "with proper information and planning, you can greatly reduce the negative impact that a long-term care situation could have on you, your family, and your finances." The subject is not enjoyable to think about, because we envision ourselves able to handle everything, however, there may come a day when we will not be as strong, not as mentally sharp, and not as physically capable of taking care of ourselves. When that day comes, will you be prepared?

In order to purchase a long-term care plan, one must seek correct representation in order to receive the right information. But, there are those who are giving wrong advice. Cochran speaks of "non-

specialists" giving incorrect representation this way, "often the advice they [non-specialists] give can be quite harmful to those who heed it...It would be like having cancer and going to your primary care physician for treatment as opposed to an Oncologist." A long-term care specialist, on the other hand, has the facts to educate you and your family about the right policy for you.

The percentage of people needing care is going to rise over the next several years and your options may change. Personal plans may change as well. Perhaps your family will not be able to help you as much as you originally desired. Then, you will need to know how your plan can be adapted to fit your needs. A long-term care specialist will be able to guide you through these varying decisions.

Robert Cochran writes, "Most people would never say... 'I don't think my home will burn down this year, so I am not going to renew my fire insurance.' When it comes to needing long-term care, it makes just as little sense to say, 'I am not going to protect myself with long-term care insurance because I don't think it will happen to me.'" Life throws many curveballs our way and we need to think fast and clearly in order to decipher the correct move. Having a long-term care specialist working for you eliminates the stress of playing on the defensive side in this area of life.

Eliminate one of your stressors. Stop procrastinating. Contact a specialist to walk you through the process and ease your worries about the future. If you need long-term care, it's there. If you don't, then you have the peace of mind of knowing that you and your family are prepared.



There are four types of People in this world. Those who have been caregivers. Those who are caregivers. Those who will need a caregiver. Those who will be a caregiver.

- Roslyn Carter

The Lutgert Insurance Company can work for you. George T. Leamon is a certified LTC Advisor and an associate with the Lutgert Insurance Company. He has been helping clients with their insurance needs in Southwest Florida for over twenty-five years. Contact Mr. Leamon when you are ready to let go of the stress. Let a specialist guide you through the correct steps and decide which long-term care plan is best for you and your family before it is too late.

George T. Leamon, CLTC - Lutgert Insurance

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Blog: GeorgeTLeamon.com

George Leamon, Life and Long Term Care Specialist with Lutgert Insurance, has been in Naples for over 35 years helping seniors with their Life Insurance, Long Term Care, Annuities and the rapidly changing Medicare arena. When was the last time you had your insurance reviewed?



“To achieve happiness in life, first you’ve got to get rid of the turkeys.”

-Bob Kraft, owner New England Patriots, on CNBC, 6-13-2008

The beginning of a new year can be a catalyst to personal improvement. What advice would I give my kids if they asked? For better or worse the human side of life is inextricably interwoven with the financial side. Ignore one to the other’s peril. On one end are the macro-economic issues we can’t control, and on the other end are the tactical financial moves that are best accomplished one-on-one. I’d like to cover the middle ground that I believe is achievable for most. I understand that all people make value choices in their lives. Also, this list is far from all-inclusive.

As for necessities: a vehicle with a low cost of ownership, healthful food, and reasonable shelter. Don’t replace high gas prices with new car payments. If you drive 15,000 miles per year, get 20 miles per gallon, and gas goes up \$2.00 per gallon, that’s \$1500 per year. That’s only about 3 or 4 car payments.

Renting, in certain situations, can be more economical and flexible than buying.

Having a job you love is priceless. You produce more, earn more, and live longer. You should have no more bad days than if you never worked at all. Even then, you’ve got to get away at times.

No matter what you do, under-promise and over-deliver.

Force yourself to fund retirement plans. Start early and small if you must, then increase steadily. This should take priority over funding children’s educations. That can always get done, but you can’t go back and defer taxes in years gone by.

Consider taking out shorter term mortgages. This may provide you with a more reasonable home with lower taxes, utilities, repairs, and interest. If it’s feasible later, do it again.

Credit cards are hazardous to your financial health for numerous reasons: They increase the propensity to spend, the interest is high and is not tax deductible. Credit cards could easily warrant a whole column. Don’t keep up with the Joneses. There will always be bigger Joneses.

It is advisable to get a second opinion before investing in a company you also work for.

Exercise and pay attention to healthcare. This benefits longevity, family, and earnings capacity. It also helps with medical insurance, prescriptions, and medical bills, especially as we move into the era of high deductibles.

Pursue tax advantaged investment strategies with the help of a financial advisor.

Assume that everything will change, like tax rates, technology, and competition, to name a few. Think of the worst that could happen, and what you would do if it did. When I was about 12 years old, my friends would swim across the lake. “Ah...fellas, I’ll meet you on the other side, and by the way, don’t get a cramp on the way over.”


Have a financial advisor, meet regularly, and ask tough questions. Address estate planning. You’re going to leave your assets to whom? And how will this be accomplished? Suitability is paramount in investing.

Feed the mind with positive reading, positive media, and positive people.

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CONSIDERATIONS WHEN PURCHASING REAL ESTATE IN SOUTHWEST FLORIDA

By Gary Wilson, Esq.

Recently the Buyers I represent have two major concerns. First, they want to know that they are not overpaying for the home or investment property that they are purchasing and, second, they want assurance that the property does not have any hidden surprises. A good purchase contract and a professional real estate attorney can help alleviate the stress that comes with making a major purchase, whether it is a home or investment property, and address the Buyer's concerns.

Once a Buyer selects a property, the Buyer will sign a sales contract, make a deposit and present it to the Seller. The Seller then has the option to accept the sales contract without any changes, or, make a counter-offer to the Buyer with changes, such as a higher purchase price. Once this sales contract is signed by both the Buyer and Seller, it governs the transaction. Typically, the Buyer cannot go back and demand changes to the contract because he forgot to include a provision.

These sales contracts come in many different forms and all have numerous addendums that can be added. They include:

1. Standard Sales Contracts. There are several "standard sales contracts" that are commonly used in Southwest Florida. These contracts contain numerous provisions that provide protections for both the Buyer and Seller of the property. These contracts also typically contain provisions and time periods to complete an inspection of the property and requirements relating to obtaining a mortgage on the property. If these requirements, such as making a verifiable good faith effort to obtain a mortgage, are not strictly followed, the Buyer may lose its deposit. The same is true for the period of time the Buyer has to make an inspection of the property and notify the Seller of any "defects" that need correcting.

Usually, these contracts do not contain a provision requiring that the property appraise for the amount the Buyer is paying for the property. Due to the crazy valuation changes we have seen since 2007, the Buyer may find it important to add an appraisal

clause in the contract that would give the Buyer an opportunity to cancel the contract and receive a full refund of their deposit, if the property does not appraise for the purchase price. This will help to alleviate the first concern mentioned above.

2. Lender Sales Contracts on Foreclosed Properties. There are numerous contracts being used by banks for the sale of properties they own after they complete a foreclosure on the property. These contracts provide protection only for the Seller and give the Buyer little or no protection, once the Buyer's right to inspect the property has expired. The law in the area of foreclosures is changing at a rapid pace. A Buyer will want to make sure the foreclosure was done properly and that the Seller has acquired good title to the property. The Seller of foreclosed properties in most instances will want the Buyer to use the Seller's title company and accept a title policy without the Buyer independently reviewing the underlying title to the foreclosed property. In most instances these contracts allow the Buyer to inspect the property, but require that the Buyer then either accept the property in its condition, without any adjustment in the purchase price for defects in the property, or, cancel the contract and receive a refund of the deposit. Before you sign one of these contracts you need to make sure you know what you are getting into.



3. Short Sale Contracts. These are often the worst contracts from a Buyer's perspective. Most of the time the Buyer will make the initial offer on one of the "standard contracts" with all of the protections that these contracts give the Buyer. The Seller will normally accept this contract with the provision that the sale must be approved by the lender within a certain period of time. The lender does not have to approve the sale and the Seller may come back to the Buyer repeatedly and ask for extensions to give the lender additional time to approve the sale. Meanwhile, the Buyer may be stuck waiting to hear from the Seller's lender thereby precluding the Buyer from looking elsewhere. These extensions are often required because the Seller is trying to get the lender to accept less than the amount owed on the mortgage. The Seller is also trying to get the lender to release it from liability for the short fall in the payoff. If the lender approves the sale, the lender will usually submit an addendum to the sales contract that almost totally rewrites the contract to the lender's benefit.

There are many other things to consider when submitting an offer to purchase property and it is helpful if you can discuss these with a real estate attorney who is familiar with the form of contract that you are being asked to sign. Even the most standard contract contains numerous provisions that the Buyer may not understand without the help of a real estate attorney. No Buyer should assume that the "standard sales contract" protects the Buyer or addresses all of the Buyer's concerns. The purchase of real estate may be one of the largest investments most people make in their life. Please spend time with a professional to help you understand the terms of your purchase.

This Article does not constitute legal advice and may not be relied upon as such. Each individual's facts and circumstances are different. If you have any questions regarding your particular situation, please consult with legal counsel.



Gary Wilson, Esq.

Mr. Wilson is a partner with the law firm of Salvatori, Wood, Buckel, Carmichael & Lottes. Practicing law in Naples for over 30 years representing numerous buyers, sellers and developers of real estate, Mr. Wilson's practice area is concentrated in the area of real estate law.

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Your Clean Home is Our Business



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

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

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

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

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

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

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

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

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

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



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

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

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

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AGING IS THE ONLY WAY TO LIVE!

By Dr. Rich Bimler, Lutheran Life Communities



“Aging is the only way to live!” What a great statement of hope and joy in living. Just think: The one thing we all are doing together, every day, is aging. So, what do we do about it?

We can either continue to complain about all of our worries, woes, and wrinkles or we can accept these realities and move on with aging gracefully. I choose the second option! What about you?

Life is given to us as a gift, and the gift of aging is something to celebrate each day. All too often our culture convinces us that aging is a burden. I strongly encourage each of us to see aging instead as a blessing! No need to go around with an attitude of “Been there, done that”. Instead, we can see our gifts, experiences and wisdom as opportunities to share these blessings with others.

We older adults need to laugh at ourselves more also. “Lighten Up!” is a great mission statement for people our age. Even if we lose our keys, forget where we park, or get frustrated when people around us speak so softly (!), we can take these changes in stride – and yes, even laugh at our foibles and failures. Remember the story of grandma who complained to her friend that she had a traveling pain? First it was her shoulder, then her back, and then maybe her legs and neck. Her friend says, “I know what you mean. I’ve got a traveling pain also. It’s my husband!”

Check out the signs around you today that affirm that aging is the only way to live. Look for those AH-HA moments in your life, those surprises, the times when people are smiling and hugging and helping one another. No need to bemoan the fact that you and I are older today than yesterday. Instead, celebrate this day as a gift; a gift to be given away to others. There is nothing wrong with remembering the “good old days” as long as we also remember that these are the “good new days”!

May you and I embrace the gift of aging every day. May we develop an attitude that we are not “getting old”, but rather that we are “aging”. It makes all the difference in how we approach each and every day!

In a light-hearted, yet serious way, we can proclaim to each other, “Get over it, and get on with it!” “Get over it!” – We are all aging. Hooray! And then, “Get on with it!” Live life for all it is worth, starting today!

The Arlington of Naples, the new Continuing Care Retirement Center being developed in Lely Resort, understands aging. The staff and board see that aging is a blessing to be shared and not a burden to endure. I encourage you to check out their vision for aging and the exciting plans being developed in our area.

Blessings to you as you joyfully age, in the Lord. And remember, “Until further notice, celebrate everything!” because aging is the only way to live!

About the Author

Dr. Rich Bimler, Bloomingdale, Illinois, has served the Church in various positions throughout his 49 year ministry career. He repositioned in 2006 after serving for 15 years as President/CEO of Wheat Ridge Ministries. He serves as the Ambassador of Health, Hope, and Aging (AH-HA!) for Lutheran Life Communities, Arlington Heights, Illinois. He continues to write, speak, and consult with other agencies and organizations throughout the world.

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Valentine's Day Bible Verses: 20 Great Quotes

By Pamela Rose Williams

Valentine's Day is all about love. I remember it was something that we celebrated as young children. We would get "valentines" (little love note cards) and sign our name to the back and then distribute them to all of our classmates. It was at times special and awkward to receive a valentine from a secret admirer. As an adult, I no longer really observe the day, but many Christians and non-Christians do. Since it is about love, it is very easy to find Bible verses that relate.

What do you know about Valentine's Day?

Even today it is all about love notes, hearts, candy and even red roses. But did you know that originally it was about celebrating bird's mating season? It's true, mid-February is when the bird mating season happens in European countries and so they decided lovers should celebrate love along with the birds! I found a little history of Valentine's Day over at Christianity Today at <http://www.christianitytoday.com/ct/topics/v/valentines-day/>.



... so they decided lovers should celebrate love along with the birds!

Take a look at these Bible Quotes that you can meditate upon as Valentine's Day approaches.

God's Love is Steadfast, Unselfish & Enduring

2 Chronicles 1:8 *And Solomon said to God, "You have shown great and steadfast love to David my father, and have made me king in his place.*

Psalms 52:8 *But I am like a green olive tree in the house of God. I trust in the steadfast love of God forever and ever.*

Daniel 9:4 *I prayed to the LORD my God and made confession, saying, "O Lord, the great and awesome God, who keeps covenant and steadfast love with those who love Him and keep His commandments...*

Micah 7:18 *Who is a God like you, pardoning iniquity and passing over transgression for the remnant of His inheritance? He does not retain His anger forever, because He delights in steadfast love.*

John 3:16-17 *For God so loved the world, that He gave His only Son, that whoever believes in Him should not perish but have eternal life. For God did not send His Son into the world to condemn the world, but in order that the world might be saved through Him.*

1 John 4:16 *So we have come to know and to believe the love that God has for us. God is love, and whoever abides in love abides in God, and God abides in him.*

1 John 4:19 *We love because He first loved us.*

Romans 5:7-8 *For one will scarcely die for a righteous person—though perhaps for a good person one would dare even to die—but God shows His love for us in that while we were still sinners, Christ died for us.*

Bible Characters Who Loved

Jacob loved

Genesis 29:20 *So Jacob served seven years for Rachel, and they seemed to him but a few days because of the love he had for her.*

Solomon loved

Song of Solomon 1:2 *Let him kiss me with the kisses of his mouth! For your love is better than wine.*

Jesus Encouraged the Disciples to love

Matthew 22:37-40 *And He said to him, "You shall love the Lord your God with all your heart and with all your soul and with all your mind. This is the great and first commandment. And a second is like it: You shall love your neighbor as yourself. On these two commandments depend all the Law and the Prophets."*

Paul encouraged the Colossians to Love

Colossians 3:14 *And above all these put on love, which binds everything together in perfect harmony.*

Jesus loved

1 John 3:16 *By this we know love, that He laid down His life for us, and we ought to lay down our lives for the brothers.*

John encouraged the Church to Love

1 John 3:18 *Little children, let us not love in word or talk but in deed and in truth.*

Love: Better, Stronger, Greater & Perfect

Proverbs 10:12 (KJV) *Hatred stirreth up strifes: but love covereth all sins.*

Proverbs 13:24 *Whoever spares the rod hates his son, but he who loves him is diligent to discipline him.*

Proverbs 15:17 *Better is a dinner of herbs where love is than a fattened ox and hatred with it.*

Proverbs 17:17 *A friend loves at all times, and a brother is born for adversity.*

1 Corinthians 13:13 *So now faith, hope, and love abide, these three; but the greatest of these is love.*

1 John 4:18 *There is no fear in love, but perfect love casts out fear. For fear has to do with punishment, and whoever fears has not been perfected in love.*

Read more:

<http://www.whatchristianswanttoknow.com/valentines-day-bible-verses-20-great-quotes/#ixzz2qVE21bUw>

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