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Health & Wellness MAGAZINE

February 2014

Lee Edition - Monthly



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IS DANGEROUS
TO THE HEART**

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the Heart is Healthy
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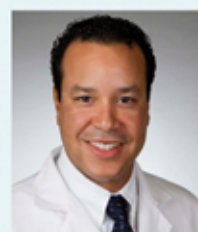
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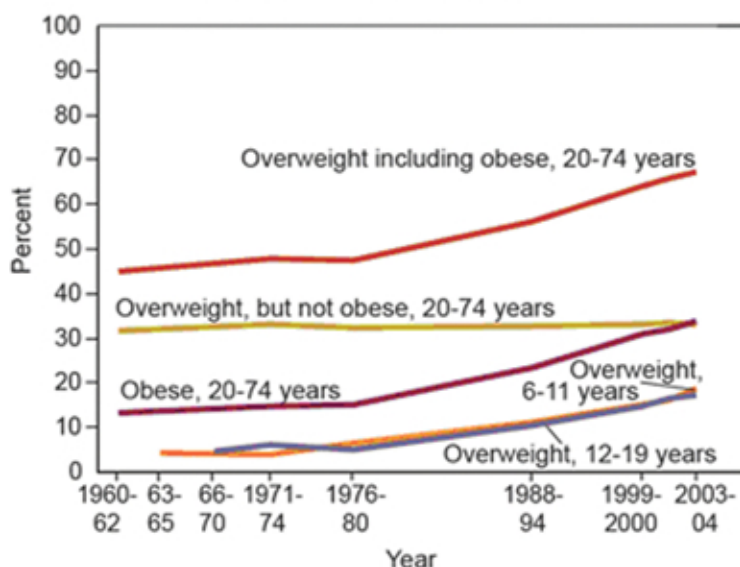
RE: VEIN PROBLEMS IN THE OVERWEIGHT & OBESE

By Joseph Magnant, MD, FACS

Approximately 40 Million adults in the USA are affected with severe superficial venous insufficiency, and many of these patients may have edema or swelling based on increased venous pressure in the legs caused by their leaky veins. Heredity has been firmly established as the primary cause of venous insufficiency although there are a number of other factors which contribute to worsening of the signs and severity of venous insufficiency. Pregnancy, overweight and obesity, sedentary occupations, advanced age, and any other conditions which increase intra-abdominal pressure are some of these factors. Many patients have been told that their swollen painful legs are related directly to their obesity and that weight loss alone will remedy their problem. Unfortunately, the symptoms of painful legs related to severe swelling often prevent these patients from performing the very exercises prescribed to lose their excess weight. The cycle becomes an impossible one for the overweight patient to break out of. The graph below reviews the increase in the prevalence of overweight and obesity in the general adult population. As is quite evident the prevalence of overweight and obesity is on the rise and as this trend continues it is expected that a greater percentage of patients with familial venous insufficiency and varicose veins will likely present with more advanced signs and symptoms of the disease. One in five adult Americans has significant superficial venous insufficiency and in women over the age of 50, one in three is affected. When the prevalence of insufficiency in these populations are crossed with obesity and overweight statistics, it becomes clear that there are many overweight and obese adults with severe venous insufficiency, many of whom have been told their leg symptoms are primarily a weight induced problem and have likely given up on any hope of remedy of their leg discomfort and leg vein problems.

- | | |
|--|---------|
| 1. IF I LOSE 50-100 POUNDS MY VEIN PROBLEMS WILL RESOLVE. | FICTION |
| 2. MY SWOLLEN LEGS ARE DIRECTLY DUE TO MY OBESITY. | FICTION |
| 3. I HAVE TO LOSE ALL MY WEIGHT BEFORE I FIX MY VEINS. | FICTION |
| 4. THE MAIN CAUSE OF VARICOSE VEINS IS OBESITY. | FICTION |
| 5. I DON'T HAVE VISIBLE VARICOSE VEINS, SO MY PAINFUL RED LEGS ARE NOT RELATED TO LEAKY VEINS. | FICTION |
| 6. I AM TALL AND THIN, SO I CAN'T HAVE VEIN PROBLEMS. | FICTION |
| 7. I CAN'T EXERCISE BECAUSE OF MY PAINFUL, SWOLLEN LEGS; IS IT POSSIBLE THAT FIXING MY VEINS WILL IMPROVE MY ABILITY TO EXERCISE AND HELP ME LOSE MY EXCESS WEIGHT? | TRUTH |
| 8. THE MAIN CAUSE OF VENOUS INSUFFICIENCY IS HEREDITY. | TRUTH |
| 9. EXCESS WEIGHT, PREGNANCY, AGE, SEDENTARY OCCUPATIONS ARE ALL EXACERBATING FACTORS WHICH ADVERSELY INFLUENCE MY VEIN PROBLEMS, BUT FAMILY HISTORY IS THE MAIN CAUSE OF MY VEIN PROBLEMS! | TRUTH |

Overweight and obesity



SOURCES: Centers for Disease Control and Prevention, National Center for Health Statistics, Health, United States, 2006, Figure 13. Data from the National Health and Nutrition Examination Survey.

Although it cannot be denied that overweight and obesity play an important role in exacerbating the condition of venous insufficiency, the underlying cause is HEREDITY. Rather than insist on weight loss alone as the primary treatment of the symptoms and signs of venous insufficiency, we must insist on venous insufficiency evaluation and diagnostic examination with modern ultrasound techniques in overweight and obese patients who present with significant symptoms. These may include but are not necessarily limited to swollen, painful legs, reddened and inflamed legs, varicose veins, discolored skin or ulcerations in the ankle regions or lower legs, nighttime leg

Before



After



cramps or restless legs syndrome. Patients with weight problems and any of the above symptoms should be encouraged that there may be a minimally invasive treatment for their vein problems which may give them the freedom to live without pain in their legs and begin a more meaningful journey to weight reduction through active exercise. Take control of your life now, empower yourself to seek a thorough evaluation of your lower extremity venous system for leakiness, not just for clots in the veins, rather than resigning yourself to accepting the dismissive explanation that your weight or obesity is the sole cause of your leg symptoms.

Until the year 2000, the only treatments for venous insufficiency (manifest as large varicose veins, skin ulcerations or bleeding varicose veins) were compression hose or vein stripping. Due to the invasive and painful nature of vein stripping, surgical treatment for venous insufficiency was limited to patients with recurrent ulcerations around the ankles or varicose vein related bleeding episodes. Endovenous closure was introduced in 2000 and has significantly changed the landscape for patients with venous insufficiency. Since introduced, endovenous closure (sealing of the leaky veins with a small catheter) has been used successfully to treat many different patients. Overweight and obese patients have been able to have successful treatment of their venous insufficiency and relief from their disabling

symptoms prior to developing the end result complications of venous ulceration or hemorrhage and can be safely treated for the less advanced yet still painful presentations of severe swelling and redness of the legs, bulging varicose veins and complaints of nighttime leg cramps and urination. The availability of this minimally invasive and very effective procedure to this previously ignored population of patients with symptomatic venous insufficiency has resulted in a surge in the number of patients being referred either through their physicians or directly for venous evaluation. Since the superficial venous system (rather than the deep system) is responsible for the majority of patients' problems with the advanced signs and symptoms of venous insufficiency, it seems only appropriate to offer patients a scientific evaluation and a more definitive therapy when appropriate, earlier in the course of disease process rather than making them suffer the pain and discomfort of venous hypertension indefinitely. Complications such as bleeding, ulceration and cellulitis require frequent emergency room visits and hospitalizations and the goal should be the avoidance of these serious complications.

Untreated venous insufficiency in the overweight or obese patient makes it nearly impossible for them to lose their weight, which further complicates their medical conditions such as diabetes, hypertension, high cholesterol and overall cardiovascular health.

They often also report higher incidences of depression, anxiety and other psychological disorders which often are improved after treatment of their venous disorders as their chronic pain resolves and their self esteem improves as they are able to begin their exercise programs in earnest and turn their lives around.

The photos above demonstrate the before and after photos of a patient who lost 120# and still had large varicose veins which were more noticeable after weight loss due to the loss of fat around the veins. He underwent successful treatment with endovenous ablation and the photo on the top right shows the final result with complete resolution of the large varicose veins. Weight loss is a great goal, but overweight or obese patients with vein disease should not be mandated to lose their weight before having their vein evaluation and possible treatments.

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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 appearances 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



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.

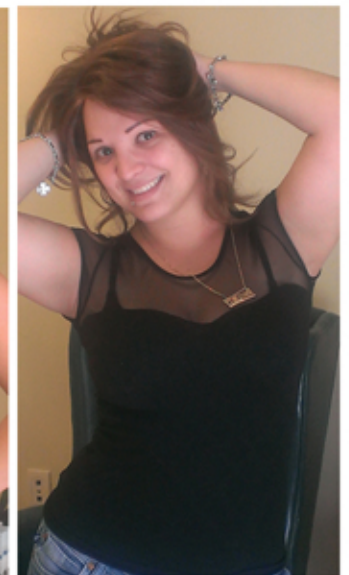
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Maylen Villar



Exercise: What's Healthy for the Heart is Healthy for Your Bones

By John C. Kagan, M.D.

According to the American Academy of Orthopaedic Surgeons, only 10 percent of Americans participate in regular exercise. Of the 90 percent of sedentary adult Americans, a majority are over the age of 50 and at a higher risk for developing high blood pressure, heart disease and some forms of cancer. Although reducing heart disease symptoms may motivate people to visit the gym, there are so many benefits of regular exercise that go beyond heart health - including bone health.

A regular exercise program can improve heart function, build stronger bones, enhance muscle strength and improve balance to reduce your risk for falling. Taking a brisk walk, for example, is considered a weight-bearing aerobic activity that increases oxygen intake, strengthens your heart to pump more blood which improves circulation, as well as lowering blood pressure. Walking and other weight-bearing activities also cause new bone tissue to form, making bones stronger.

When muscles push and tug against bones during physical activity like walking, jogging and playing tennis, both the bones and muscles become stronger. Moderate aerobic activities on a daily basis such as general gardening, doing water aerobics, golfing, yoga, and actively playing with children, can help improve a body's overall strength which may reduce potential effects of diseases like osteoarthritis - a breakdown of cartilage in between the bones.

For those seeking optimal results from exercise activity, an aerobic practice should be mixed with exercises that focus on flexibility and strength training to create a well-rounded program.

Aerobic Conditioning

When you exercise aerobically, you move continuously to increase your heart rate. Your goal is to keep your heart rate elevated for a sustained



period of time. How long you can exercise aerobically will depend on your fitness level. A general guideline is to work up to 20 to 30 minutes a day, three to four days a week.

Flexibility Exercises

Stretching will help you improve your range of motion and how well you can move. Flexibility exercises also help lessen muscle tension and soreness, and reduce your risk for injury. Stretches for both your upper and lower body should be done at the end of every exercise session.

Strength Training

Strength training is good for both your muscles and bones. Stronger bones and muscles reduce your risk for injury. The most common strength training methods are working with free weights and weight machines, or doing exercises that use your own body weight (push-ups, for example).

If it's been awhile since you last exercised, be sure to connect with your healthcare provider to discuss any risk factors in order to develop a safe exercise program. If you are currently experiencing the effects of osteoporosis and osteoarthritis,

which gradually diminish a person's abilities to fully participate in activities, know that there are non-impact exercises and muscle-strengthening exercises that are a great fit to help promote strength and slow the progression of these health issues.

Exercise also helps maintain the body's response time to things like tripping, which could help avoid falls that may break bones, as well as its ability to deliver and use oxygen efficiently within the body. Just 30 minutes of activity, incorporated into your daily routine, can provide health benefits that could keep you pain-free and healthy inside and out.



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

Dr. John Kagan has more than 30 years of experience as an orthopedic surgeon treating patients in Southwest Florida. He specializes in treating patients with knee, shoulder and hip pain, as well as general orthopedics and hand surgery. For more information go to www.kaganortho.com.



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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 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.

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

At Physicians Rehabilitation, it's very important to understand we are not just addressing knee pain. Our goal is to give you the best chance we possibly can of preventing knee replacement surgery in the future, which is what knee arthritis frequently evolves into if left undetected and unaddressed. We are proud to offer a less invasive approach to relieving knee pain to avoid surgery.

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

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-Elizabeth B.



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National Eating Disorder Awareness Week

February 23-March 1 is designated as **National Eating Disorder Week** to shed light on the seriousness of eating disorders and improve education about the warning signs and how to help those struggling. Education and direction to resources can lead to earlier detection, intervention, and help.

Anorexia and Bulimia are two of the most common eating disorders and have been researched and written about for decades. Binge Eating Disorder (BED) has since joined the ranks of anorexia and bulimia as an official eating disorder. Binge Eating Disorder is in fact a distinct entity – not just the extreme overeating that plagues many Americans.

Although eating disorders are typically twice as common in women, BED seems to be an “equal opportunity” disorder, with 40% occurrence in men. Data also indicates the BED does not discriminate against race. BED is as common in African American women as it is in Caucasian and Hispanic women.

Binge Eating is characterized by insatiable cravings that can occur any time of the day or night, usually secretive, and filled with shame. Bingeing is often rooted in poor body image, use of food to deal with stress, low self-esteem and tied to dysfunctional thoughts.

No one knows for sure what causes BED. With the association of BED and obesity, this disorder becomes a major public health issue that presents both medical and psychiatric issues that impair the quality of life.



What does BED look like?

This vicious cycle of recurrent bingeing without purging brings feelings of despair, disgust, and a sense of loss of control. Despite popular beliefs, someone suffering from an eating disorder can be of any weight and are often adept at hiding their illness.

Distinguishing between overeating and binge eating is sometimes difficult. Compulsive eating, emotional eating are terms that have been around for years. BED is not merely the occasional craving, over-eating when you are hungry, or the overindulgence during the holidays.

The National Association of Anorexia Nervosa and Associated Disorders outlines the following criteria for a diagnosis of BED:

- Marked distress over binge episode
- Occurs at least 1x per week for 3 months

And, THREE or more of the following:

- Eating more rapidly than normal (i.e. 2 hr period)
- Eating until feeling uncomfortably full
- Eating large amounts of food when not feeling physically hungry
- Eating alone because of being embarrassed by how much one is eating
- Feeling disgusted with oneself, depressed or very guilty over after overeating

Detection

Unfortunately, many people with BED go under the radar. The pain of struggling with BED is often hidden from family, friends and even doctors.

Some questions to ask:

- Are there any problems with your eating?
- Are there “binge” foods that you know will be a problem?
- Is life built around food and eating?
- Do you feel compelled to binge?
- Do you eat rapidly and continue to eat, despite feeling uncomfortable?
- Once you start eating, can you stop?
- Do you lie about the amount of food consumed?
- Do you want to eat alone?
- Do you stash food around the house, car, or desk at work?
- Do you have feelings of remorse, shame, guilt, disgust or loss of self-esteem after overeating?

Education, early intervention, and access to care are critical.

Early diagnosis and intervention significantly enhance recovery. If not identified or treated in their early stages, eating disorders can become chronic, debilitating, and even life-threatening conditions. A review of nearly fifty years of research confirms that anorexia nervosa has the highest mortality rate of any psychiatric disorder. As a culture, it is time for all communities to talk about eating disorders, address their contributing factors, advocate for access to treatment and take action for early intervention.

While eating disorders are serious, potentially life-threatening illnesses, help is available and recovery is possible. It is important for those affected, and their loved ones, to remember that they are not alone in their struggle. If binge eating is affecting you or someone you love, please call **239-561-0009** to discuss available clinical study programs.

We are currently researching breakthrough medications and treatments that could reduce or stop the behaviors altogether. Previous results of these trials have shown positive outcomes.

***If you would like help, please contact us today, and begin the process of getting better. You do not have to do it alone, call 239-561-0009 today!**

*<http://www.reuters.com/article/2013/11/05/us-shire-idUSBRE9A409N20131105>

FREE SCREENING

To increase awareness and encourage eating disorder treatment, throughout the month of February, *Gulfcoast Clinical Research Center, in conjunction with The Screenings for Mental Health*, is offering complimentary evaluations. Call **(239) 561-0009** today to schedule an appointment.

Confidential online eating disorder screenings may also be completed at:
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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!

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.



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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.

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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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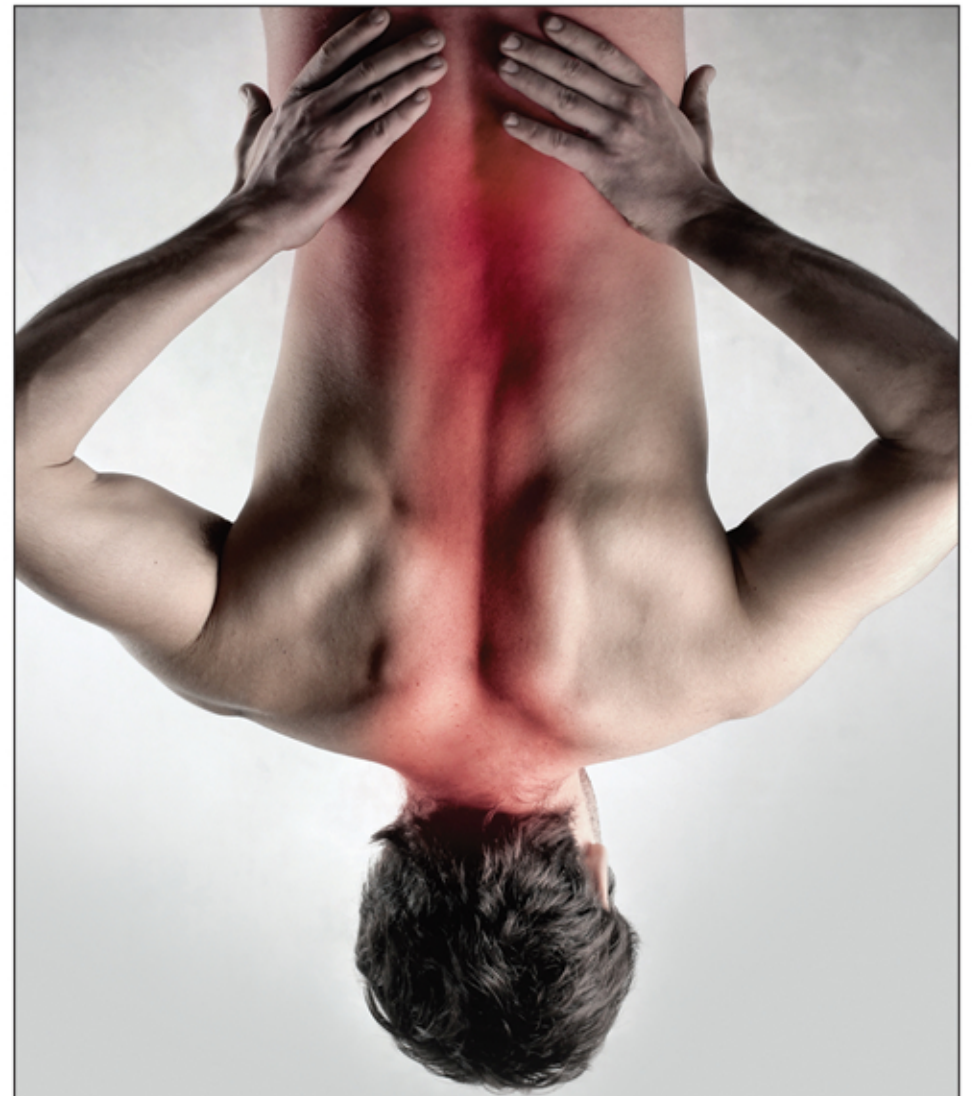


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PREVENTATIVE DENTAL CARE DIRECTLY LINKED TO A *Healthy Heart*

Dr. Rich Gilbert speaks on alternative to CPAP

Paying attention to your oral hygiene, especially your gums, may play a bigger role in your overall health than you may think. Proper oral hygiene also contributes to keeping your heart healthy. Preventative care of your teeth and gums help to fight against various deadly heart diseases. The mouth is a vital health indicator for the rest of the body.

Many Americans keep their hearts healthy by exercising regularly and carefully watching their diet; eating in moderation those foods with sugar, starch, grease or fat. Healthy food choices are great lifestyle habits but to maintain a healthy heart, it is crucial to take the necessary steps towards optimal oral health.

There is a link between inflammation in the oral cavity as well as linking periodontal disease to cardiovascular health. Developing healthy habits at an early age and scheduling regular dental visits, helps children get a head start on achieving -healthy teeth and gums for life!

When you brush or floss your teeth, do your gums bleed? This could be an early indication that your gums are already infected with bacteria from the built up plaque on your teeth. If left untreated, the infection may spread and destroy the bone and gums that support your teeth.

Coronary Heart Disease is described as, a thickening of the walls of the coronary arteries from a buildup of fatty proteins. When oral bacteria enter the bloodstream, they attach to the fatty plaque and contribute to clot formation; which can obstruct the flow of blood to the heart.

It is important to brush and floss daily to remove the built up bacteria from your teeth and gums. If you see signs of blood when you brush or floss, make an appointment with Pelican Landing Dental as soon as possible (239-948-2111). Gum disease can be managed and controlled if it is caught early.

Another health connection between oral health and heart disease is sleep apnea. People with cardiovascular problems such as high blood pressure, heart failure, and stroke have a high prevalence of sleep apnea.

During Sleep apnea, the upper airway collapses and oxygen is cut off from the lungs. The body triggers a fight-or-flight response, which decreases blood flow to the heart. Together these two actions raise blood pressure and over time wear out the heart. Thereby, increasing excessive and aggressive snoring, as in the case of obstructive sleep apnea, is a serious health threat that puts you at high risk for heart disease and stroke when untreated.



Obstructive sleep apnea is the most common type of sleep apnea. It occurs when the soft tissue in the back of your throat relaxes during sleep and blocks the airway, often causing you to snore loudly.

There are several treatment options for sleep apnea. CPAP (continuous positive airway pressure) is the most common treatment for moderate to severe sleep apnea in adults. A CPAP machine uses a mask that fits over your mouth and nose, or just over your nose.

CPAP machine aggressively blows air down your throat throughout the night. The pressure from the air helps keep your airway open while you sleep. CPAP works great for treating sleep apnea but unfortunately is unfavorable for patients. The main complaints from CPAP users are: claustrophobic, sores and rashes, excessive heat during night, dislodgement and travel inconveniences.

Fortunately, a small custom fabricated dental appliance can be equally as effective as a CPAP and much less intrusive. These FDA-approved devices essentially treat Obstructive Sleep Apnea by preventing the obstruction and allowing the patient to breathe easily and continuously. Worn in the mouth like an orthodontic appliance during sleep, oral appliances keep the soft tissue from collapsing and interrupting normal breathing patterns! The purpose of the oral appliance is to reposition the lower jaw, tongue or soft palate to keep the airway open.

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

Dr. Gilbert will be speaking on "Treatment of Obstructive Sleep Apnea and Snoring" on February 18th, 2014 from 5:30-7:00 pm. The speaker series will be located on the 2nd floor classroom at Solaris Health and Wellness in Bonita Springs. **RSVP tickets at (239) 514-2310** space is limited to the first 40 people. Free snacks and refreshments will be served.

Overall, oral health effects long term heart health. Healthy teeth and gums decrease your risk for heart disease and stroke. For National Children's Dental Month, bring your whole family into Pelican Landing Dental. We want to help the whole family receive the proper tools for achieving *-Healthy Teeth & Gums for Life!!*

High Blood Pressure is Dangerous to the Heart Do You Know Your Numbers?

By Haris Turalic, MD, F.A.C.C.

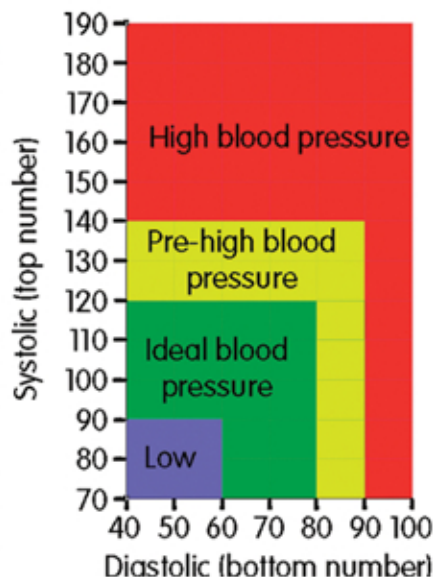
Chances are that you know someone with high blood pressure; maybe you have the condition as well. If you haven't checked your blood pressure recently, you should make it priority to do so at your next doctor visit. Long term, uncontrolled or untreated high blood pressure can cause wide range of changes in the anatomy of the heart and kidneys. Cardiovascular diseases triggered by the direct or indirect effects of high blood pressure, is known as hypertensive heart disease. These heart diseases include angina and coronary artery disease; heart failure; and hypertrophy of the heart muscle (heart muscle thickening).

Causes of Hypertensive Heart Disease

High blood pressure is the major triggering factor of hypertensive heart disease and is the subsequent cause of death. In general, high blood pressure is a serious condition associated with high pressure within the arterial blood vessels. As a result, the workload of the heart is increased and it pumps harder in order to keep pace with this pressure. Due, to the excessive pressure within the blood vessels, the major vessels of the heart (coronary arteries) tend to rupture and damage over time. This promotes the development of arterial plaque due to the deposition of collagen and subsequent clot formation inside the blood vessels. Subsequently, the heart muscle thickens and the patient tends to develop serious life threatening complications.

Signs and Symptoms of Hypertensive Heart Disease

The symptoms of hypertensive heart disease vary from patient to patient. A combination of symptoms including shortness of breath, chest pain with following mild physical activity or at rest, sweating, nausea, dizziness, light-headedness, rapid or irregular pulse, cough with bloody mucus, feet and ankle swelling, and palpitations may be present. Not everyone with hypertensive heart disease experiences symptoms, after all high blood pressure is often called "the silent killer."



Treating Hypertensive Heart Disease

The treatment of the hypertensive heart disease depends on diagnosis and root cause of the condition. Treatment is generally aimed at controlling the high blood pressure. Effectively lowering the high blood pressure can significantly minimize the symptoms of heart disease. Medications, lifestyle alterations, and surgery are the most common ways to control and prevent hypertensive heart disease.

Recommended Foods to Control and Prevent Hypertensive Heart Disease

Appropriate intake of right foods is critical to control hypertensive heart disease. The main goal of food intake is to deliver high fiber, lean protein, natural foods such as whole grains, fruits and vegetables to the body. Increasing intake of calcium, healthy fats (olive oil, flax seed oil, mustard oil), omega 3 fatty acids (obtained from sea foods, kelp, salmon, sun flower seeds, flax seeds, nuts, olives, tuna), whole grains (barley, wheat, oats, and rye) and soy can aid in lowering and managing blood pressure.

In contrast, if you have high blood pressure, you should avoid oily foods, foods containing trans fats, fried foods and salty foods. Intake of sodium (salt) should be limited as it increases the salt and water retention in the body and predisposes you to kidney disease. High cholesterol containing foods such as red meat, egg yolk, oily foods, sweets and fatty animal products should be avoided as well.

Hypertensive heart disease symptoms are present in 7 out of 100 people and are the leading cause of death throughout the world. Don't become another statistic simply because you don't know what your blood pressure is. It is recommended that adults have their blood pressure checked regularly at least every two year.

Seeing a heart doctor can help determine if you need to change your lifestyle to prevent heart problems down the road. Knowing your family's medical history can help you better understand your own risk for having issues with your heart as well.



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**Haris Turalic, MD, F.A.C.C.
Leading Cardiologist**

Specialty Interests:

Non-Invasive Cardiology

Undergraduate Education:

B.S. Brooklyn College,
The City University of New York. 1999

Medical Education:

M.D., Albert Einstein College of Medicine
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Advanced Training:

New York University Medical Center
(Cardiology Internship and Residency)

North -Shore-LIJ Health System

New York University Fellowship Program
(Cardiology Fellowship)

Professional Experience:

Augusta Health Cardiology,
Fishersville, VA 2010- 2013

Lehigh Medical Group 2013 - present

Certification:

American Board of Internal Medicine
2007 - 2017

American Board of Internal Medicine,
Cardiovascular Disease
2010-2020

Certification Board of Nuclear Cardiology,
2010-2020

National Board of Echocardiography
2011-2021

Licensure:

Florida, New York, Virginia, Louisiana, Kentucky.

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Get Gorgeous for Your Valentine with this NEW Organic Airbrush Sunless Beauty Treatment...

By Beth Marlow, Master Certified Airbrush Technician & Organic Skin Care Specialist & Holistic N.C. & L.C.

Looking for a fast, fun and flawless way to WOW your significant other on Valentine's Day? Then try the new 100% Organic Airbrush Spray Tan now being offered at Tan & Spa U.S.A. While everyone else's roses are wilting after a few days, the effects of your beautifully bronzed body will still have your sweetie mesmerized. Most people know that a tan physique gives you a slimmer appearance and a BIG boost in confidence, right? Well, you can get the tanned, sexy look that all of Hollywood is sporting without the sun AND without turning orange by visiting a Master Certified technician at Tan & Spa U.S.A. in Ft. Myers. They use only 100% Eco-certified Organic & Vegan Sunless solutions, which have a pure and natural Aloe Vera base, along with Antioxidants, Vitamins & Organic extracts for healthy, glowing skin. Let's be clear, all Sunless solutions are NOT created equal and if you've ever turned orange from a spray tan in the past, you know what I mean. This is one area where the quality of the ingredients and the training of the Technician make an enormous difference in the results and in your overall spray tan experience. Tan & Spa U.S.A. is the area's exclusive provider of this new Organic Sunless Solution which contains no parabens, no preservatives and no synthetic ingredients.

This new formulation is infused with the highest grade Vitamin C, Green Tea extract, Sea Kelp, Grape Seed extract and other skin conditioners to bathe your skin in a nutrient-rich glow that is flawless in every way. And the premier 1-Hour quick-set Organic formula has just arrived at Tan U.S.A. so there's no need to wait the traditional 6-8 hours for your Sunless tan to develop... yes, now your spray tan can be fully developed in 1 short hour so you can have your tan applied as late as 6 o'clock, take a quick shower by 7 and head out for your special evening plans! Wow, now that's easy!



Generally there are 3 important things to look for when choosing a spray tan provider:

- 1.** How experienced Is the Technician?
- 2.** What kind of spray tan solution do they use? Is it low quality & full of synthetic chemicals, which turn orange or High Grade Organic which gives a natural looking tan?
- 3.** Do they instruct you on how to take care of your spray tan? At Tan & Spa U.S.A., they have ONLY Master Certified Technicians who have years of experience in the application of Eco-Certified Organic Sunless solutions and use only the finest quality Organic products available on the market today. The lesson here is, when it comes to your spray tan, QUALITY MATTERS... so don't cut any corners! Here are some tips to follow before scheduling your Organic Spray Tan, which will help ensure the best experience and results.
 - Book your Spray Tan appointment at Tan & Spa U.S.A. and select one of their Organic formulas: either the standard 6-8 hour development or the New 1-hour (so no more waiting overnight for your tan to appear!)
 - Select your shade from light, medium or dark... there is a range of shades to choose from.

- Only Tan U.S.A. guarantees ORGANIC DHA SUNLESS ONLY - perfect for sensitive skin and eco-friendly.
- All natural, no parabens, no sulphates or alcohol.
- Infused with aloe vera, grape seed extracts, vitamin C, Sea kelp & other antioxidants for a nutrient-rich sunless tan.
- Smells divine - no strange odor, just a hint of honey & almond.
- Choose from a fantastic range of take home products - everything you need to maintain your tan once you leave the salon.
- Lasts 5-7 days.

Before Your Spray Tan:

What you need to consider ahead of your spray tanning appointment:

- Make sure you shower and exfoliate well the day before or day of your spray tan.
- Do not apply any moisturisers or fragrances after showering as these can form a barrier to the spray tan solution and will reduce the ability to apply an even color all over.
- If you normally wax, make sure you do this at least 1 to 2 days before your tanning treatment.
- If you normally shave, make sure you do this prior to coming in.
- Wear loose, dark clothes to your appointment as you don't want anything tight that will rub where the tan is developing
- Plan to stay completely dry for several hours during the development phase of your spray tan.

ENJOY YOUR BEAUTIFUL ORGANIC SPRAY TAN! (DHA-based sunless tanning has been recommended by the American Academy of Dermatologists and the Canadian Dermatology Association. DHA is a colorless sugar derived from plants such as sugar beets.)

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Jam to a Scottish jig as a group of royal contenders from the latest Disney • Pixar film, *BRAVE*, competes to win the heart of adventurous, sharp-shooting Merida, making her on-ice debut! Experience a show-stopping performance as Sebastian breaks out of his shell for one night only to make waves with Ariel. A chorus of harmless hooligans from *Tangled* unleashes musical mayhem when they get a visit from the sassy and spirited Rapunzel and her charming ally Flynn. And, get your feet moving as the Beast and his castle's enchanted entourage take center stage in a spectacular show for Belle. It will be a rockin' remix of royalty when *Disney On Ice* brings this superstar line-up to the Germain Arena!

Tickets for *Disney On Ice* presents *Rockin' Ever After* are available at the Germain Arena box office, www.ticketmaster.com or call **1-800-745-3000**. To learn more about *Disney On Ice*, go to www.disneyonice.com, or visit us on Facebook and YouTube.

About Feld Entertainment

Feld Entertainment is the worldwide leader in producing and presenting live touring family entertainment experiences that lift the human spirit and create indelible memories, with 30 million people in attendance at its shows each year. Feld Entertainment's productions have appeared in more than 75 countries on six continents and include *Ringling Bros. and Barnum & Bailey*®, *Feld Motor Sports*, *Disney On Ice*, *Disney Live!* and *Marvel Universe Live!*



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What you may not know about your heart?

Journey to a Healthier Heart: Your First Step Begins Now

By Drs. Drew and Kanema Clark

February is American Heart Month, therefore it is only fitting that our focus be on the state of our hearts. As important as it is to discuss how our hearts should be filled with compassion, empathy, love and goodwill toward our neighbors, a more pressing conversation rests with the health of our beating lifeline. According to the World Health Organization, heart disease is the leading cause of death in the US, accounting for about 25% of all deaths. These numbers are staggering, however heart disease is still perceived as being someone else's problem; that is, until it becomes ours. Fundamentally, the problem rests with the fact that in many circumstances the first sign of heart disease is a heart attack itself and if we consider the data about a third of those are fatal. I think we can all agree that being proactive could be the difference between actively participating as our children or grandchildren grow & mature or leaving them with a memory of our lessons in wisdom. Therefore, there is no better time than NOW, to talk about your Heart Health!



We all know a lot of the controllable risk factors for Heart Disease:

- Smoking
- Obesity or being overweight
- Diabetes
- Inactivity
- Smoking
- Unhealthy Diet
- High Blood pressure
- High Cholesterol
- Stress

Instead of feeding you information that you've probably heard over and over again, we want to single out one or two things and share something that you may not be aware of.

Cholesterol is NOT the problem!

Contrary to popular belief, cholesterol is not the problem and actually serves many important roles in the body.

To name a few, it is used:

- by the liver to form enzymes that are essential to digestive health
- by the ovaries in women to form progesterone and estrogen
- by the testicles in men to form testosterone
- by the skin to help repel dangerous chemical substances from being absorbed and prevent the body from losing too much water.

Cholesterol is the good guy, the accumulation of cholesterol in the arteries is what causes the problem. Artificially lowering cholesterol, which is vitally important for so many bodily functions and subjecting ourselves to chemicals with potentially dangerous side effects (medications) may not be the best approach to decreasing our risk of Heart Disease. We should give a lot more thought to addressing what is actually causing the accumulation of cholesterol in our arteries and therefore leading to heart disease.

Chronic inflammation is the bad guy and this causes damage to the artery walls which in turn favors the buildup of cholesterol. If we consistently ingest foods that the body was never designed to process, or foods that have been handled and sprayed with dangerous chemicals, the end result is chronic inflammation. The accumulation of cholesterol is merely the body attempting to repair our mess. So yes, diet is important but not just for the purpose of weight management. We have to think of food as fuel for our bodies. We would never put diesel fuel in an unleaded fuel driven car and expect it to work properly. Therefore, we cannot repeatedly eat highly processed carbohydrates or foods (sugar, breads, flour, pasta) and expect our bodies to continue functioning properly throughout our lifetime.



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For your reference:

- If it comes in a bag, box or can it is processed.
- Adding fresh unprocessed foods can greatly enhance the health of your heart and all supporting arteries.

Natural Help with Blood Pressure

Most of you are aware that diet and exercise are key factors in maintaining a healthy heart. However, did you know that Upper Cervical Chiropractic Care may also be used in your fight against Heart Disease? High Blood pressure is another risk factor associated with the likelihood that someone develops a problem with their Heart. According to a study published in the Journal of Human Hypertension, correcting misalignments at the top of the neck can actually lower blood pressure, without the potentially harmful side effects of medication. Furthermore, the study demonstrated that a correction of the top bone (atlas) was just as effective as 2 of the leading blood pressure medications combined.

Fundamentally, when we consider how a misalignment at the top of the neck disrupts nerve communication from brain to body, we begin to understand how this interferes with the body's capacity to control or regulate normal body functions. (ie Blood Pressure) Couple this information with the concept that the sole purpose of Upper Cervical Care is to restore proper nerve communication; one could begin understanding how Upper Cervical Chiropractic can help in many cases. This is accomplished by evaluating the delicate relationship between the first bone (Atlas) and the brainstem, which is a vital component of the neural communicating pathway. If a problem with this atlas bone is detected, we gently and specifically reposition the bone, freeing nerve communication thus maximizing your body's natural recuperative power. Our job is not to treat or cure Heart Disease, we simply, yet effectively ensure proper Brain to Body communication, allowing your body to function as intended.

So this February, show a loved one that you really care, trade in the heart-shaped greeting card, for a visit to your Upper Cervical Chiropractor!



Drs. Drew and Kanema Clark
3920 Via Del Rey, Suite 1, Bonita Springs, FL

Cataracts: Third Leading Cause of Blindness in the United States

By Jonathan M. Frantz, MD, FACS

Studies suggest that everyone who lives long enough will get cataracts, although there may be some reduced risk for individuals who eat properly, avoid sun exposure and do not smoke.

A cataract is not a disease but an aging process similar to graying hair. As the eye ages, the normal lens inside the eye becomes cloudy. The lens focuses light rays on the retina at the back of the eye to produce a sharp image of what we see. When the lens becomes cloudy, the light rays cannot pass easily through it, and the image becomes blurry. It can be compared to a window that is frosted or "fogged" with steam.

What causes a cataract? Cataracts usually develop as part of the aging process. Other causes include:

- Family history
- Medical problems, such as diabetes
- Injury to the eye
- Medications, such as steroids
- Long-term, unprotected exposure to sunlight
- Previous eye surgery

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The amount and pattern of cloudiness within the lens can vary. If the cloudiness is not near the center of the lens, you may not be aware that a cataract is present. However, many people experience common symptoms, which include:

- A painless blurring of vision
- Glare or light sensitivity
- Frequent eyeglass prescription changes
- Double vision in one eye
- Needing brighter light to read
- Fading or yellowing of colors

In May 2012, Dr. Frantz introduced Bladeless Laser Cataract Surgery to southwest Florida, the biggest advancement in 20 years. He continues to lead the way with ORA with VeriEye, which provides an in-depth analysis of the patient's eye during surgery. The combination of the most advanced technology, a wide choice of intraocular lenses, and Dr. Frantz's vast surgical experience offers area residents the opportunity to experience unparalleled cataract surgery.

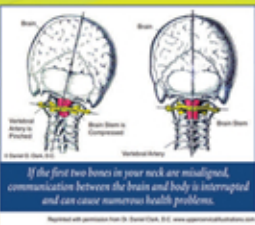
A thorough eye examination can detect the presence and extent of a cataract, as well as other conditions that may be causing blurred vision or discomfort.

To make an appointment for your cataract evaluation online, visit www.bettervision.net or call the Fort Myers office of Frantz EyeCare at 239-418-0999.




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

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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

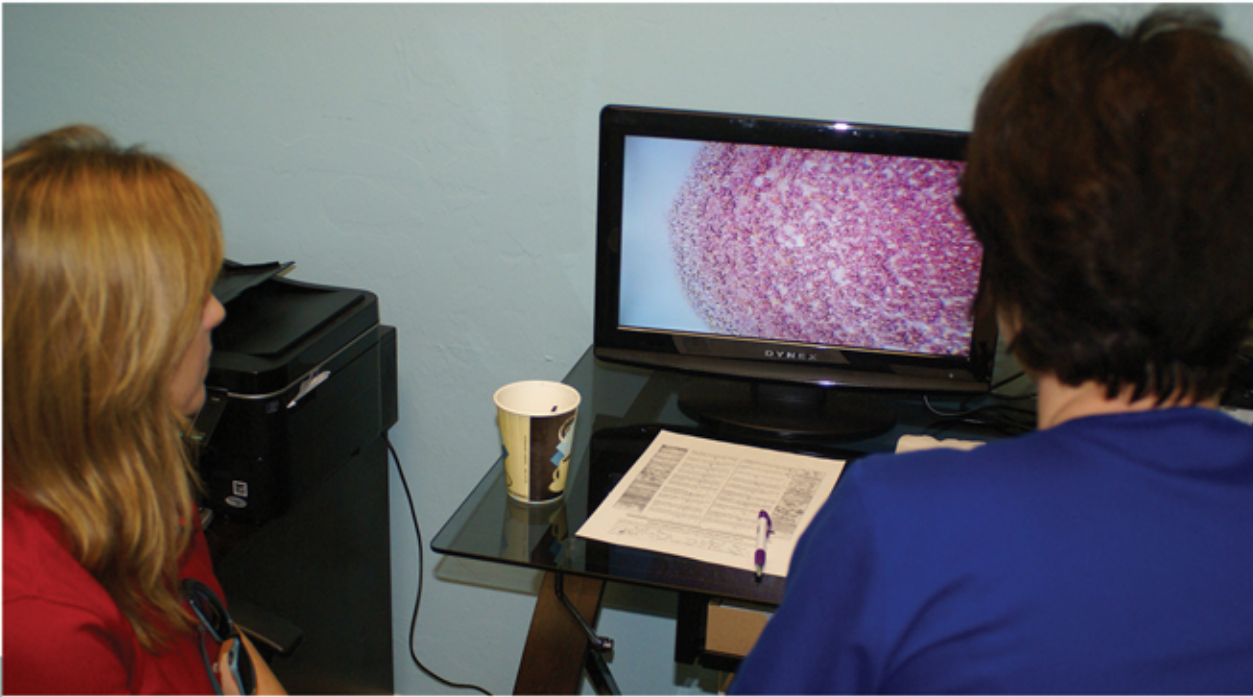
ALCAT Testing:

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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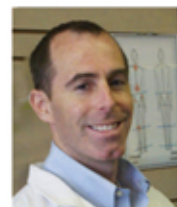
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Healthy Feet Are Good

For Your

By Christopher M. Cole, L.Ped

Heart



The state of your feet can yield unexpected clues to your overall health. Just because your feet are the farthest body parts from your heart does not mean they should be the farthest thing from your mind.

Like the rest of our body, our feet undergo some changes as we get older. They are more prone to chronic problems and pains, and any existing conditions can get worse.

It is important to always keep in mind that your foot health is a key component in having total health. Heart health and foot health are surprisingly intertwined. How so?

Well, let's start with your heart.

Heart Health

The best way to reduce your risk of heart disease is through a healthy diet and active lifestyle. Exercise not only strengthens the heart muscle, but it also helps keep weight, cholesterol, and blood pressure at healthy levels. Regular cardiovascular activity can also slow the progression of heart disease and reduce arterial inflammation, which increases heart-attack risk. The evidence is indisputable that people with strong cardiovascular function experience overall improved health and longer lifespans.

Foot Health and Your Heart

So, where do your feet come into play? Well, we all know that exercise can be hard work. But, it's even harder, or sometimes impossible when we have achy joints, a sore back, or pain in our feet. These things may cause us to put off that walk, run, or aerobic exercise...or worse, give it up entirely.

Obviously, pain in your feet is easy to pinpoint. But, what most people don't know is that the problem with other stiff muscles, aching back, and tender joints may well also start with your feet. When your feet and arches are not properly supported, it can begin to negatively affect the alignment of your knees, hips, and back, causing pain in all of these areas.

So, how do you prevent this? First and foremost, get a full Pedorthic evaluation (Foot Solutions Estero does this at no charge!) They will assess your feet and arches, as well as your balance and gait, to determine the best footwear for your needs.

Make sure you are always wearing comfortable and supportive shoes during every activity that involves weight on your feet.

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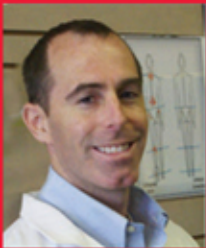
Also, when you decide to amp up your routine or incorporate new activities, make gradual changes so that your feet and body have time to adjust.

Try to incorporate flexibility as a long-term part of your fitness goals. Those who have stayed flexible as they age tend to incur less injury and do better with any type of exercise routine.

Give Your Feet Some Love!

When was the last time you really took a moment to reflect on how important your feet are to everyday life? Your feet carry you to everywhere you want to be, support your weight when jog and jump, and keep you steady when you need it, don't your neglected tippy toes deserve a little care this Valentine's Day? Why not treat your feet to a day at the Spa. Or, go out and purchase yourself a brand new pair of shoes that fit your daily needs while providing your feet the support and comfort they need.

Christopher M. Cole, L.Ped



Chris is a Licensed Board Certified Podiatrist and owner of Foot Solutions Estero, a BOC Accredited Facility. Chris graduated from Clemson University and has taken advanced

course study in Mass Position Theory, CAD/CAM Technology for Prescription Foot Orthotics, Podiatric Care of Diabetic Foot, Heel Pain Syndrome, Obesity among older Americans, Fall Prevention, and Shoe Construction and Modification.

Here are a few more tips for maintaining proper foot health, and making sure your feet feel happy and loved!

1. Maintain good foot hygiene, including washing and drying between the toes.
2. Buy proper sized shoes. You may not wear the same size in shoes made by different manufacturers. Or, your feet may even be two different sizes. Purchase new shoes late in the day, when feet tend to be at their largest. Foot Solutions Estero can accommodate even the most hard-to-fit feet!
3. Hydrate the skin. Florida weather and open shoes can cause rapid loss of moisture from the skin and may result in cracking. Replace the moisture by using foot lotions or creams on a regular basis.
4. Inspect your feet regularly and pay attention to changes in color, texture or appearance.
5. Do not ignore foot pain. Symptoms that increase or do not resolve within a reasonable period of time need to be evaluated and treated.
6. Exercise. Walking is a great way to keep weight under control and is an excellent conditioner for the feet. Be sure to wear appropriate athletic shoes when exercising.
7. Avoid walking barefoot to help protect your feet from injury and infection.
8. Alternate your shoes each day. Since the feet have sweat glands, your shoes will absorb moisture from your feet, so it is important to allow your shoes to dry out completely.

If pain in your feet is keeping you from exercising or simply moving around as much as you'd like, it's time to schedule an appointment with Foot Solutions Estero. Your feet will thank you and so will your heart!

At Foot Solutions Estero, our expert staff will pamper your feet with a careful checkup or a full evaluation if it's been a while since your last visit. Let them find out why your feet are getting between you and all the fun. They will recommend customized solutions to make your feet, your heart, and your whole body a whole lot happier. The importance of high quality, supportive shoes cannot be over emphasized. Call (239) 495-8911 for an appointment today or just stop in. Because when your feet are feeling good, not only will your feet be happy, but your heart and whole body will thank you!



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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?



Hair Restoration Naturally With Laser Hair Therapy

Have you finally decided to do something about your hair loss? There is a new option in hair restoration that is painless and noninvasive. Medicine is beginning to see lasers in a very different light. Low level light, that is. Get the hair you have always wanted and say goodbye to hair loss anxiety. When it comes to your appearance and how other people interact with you, your hair says a lot about you and who you are.

Ultimate Hair Laser System

Low level laser therapy (LLLT) is among the most exciting new non surgical options in the treatment of hair loss. Lasers have long been used in all types of medical specialties, including dermatology. Many have used specific lasers to resurface the skin by creating a wound on the top layer so that new, fresh skin emerges from underneath.

But a new generation of lasers takes a very different wound-less approach. To understand how LLLT works, you have to alter the way you view lasers. LLLT is not a light source that causes thermal, or heat, damage. The low level lasers are soft lasers often referred to as cold lasers, and do not have the thermal-component to cut, burn or vaporize.

First developed in Europe, where it had been used for improving hair volume and until recently, the use of such treatments has been relatively under-

utilized in the United States. Today, however, there is increasing awareness and acceptance of these hair loss treatments. Laser hair therapy has been available in European countries for a decade, but is still relatively new in the US. It is growing in popularity daily with the thousands of men and women who find themselves victim to thinning hair or hair loss. There is no real cure for balding, but this therapy is proving to be a successful treatment to prevent further hair loss and even stimulate new growth.

With LLLT, there is no cutting or burning sensation. The technology does not even resemble the look of traditional lasers. Instead, LLLT is delivered by a device that contains panels of lasers that shine on the scalp.


The visible red light from the hood or panel's lasers travels several layers into the tissue without harming the skin and scalp. Because the laser light does not cut or burn the skin, the therapeutic light-energy is absorbed by the cells and the process of cell repair begins. With laser hair therapy, you can achieve thicker, fuller, shinier, and healthier looking hair. The frequency and the number of treatments vary for each person depending on the extent of your hair loss. Typical treatments are customized to each individual's needs and progress. Trained technicians at Salon d' Sara and Day Spa will determine your optimal treatment plan.



You might be asking yourself how is this hair loss laser treatment done? You will sit under the Ultimate 5 Panel Laser unit, or hood which is shaped like large hair dryer for approximately 30 minutes. There is no sound, odor, and the experience is painless. Many clients read, watch TV, or relax during their therapy. The frequency and the number of treatments vary depending on the extent of your hair loss. This technology is an effective treatment for both men and women suffering the devastating effects of hair loss. With laser hair therapy, you can achieve thicker, fuller, shinier, and healthier looking hair.

All patients should be evaluated first before treatments begin. It is important to check existing hair follicles and the rate of new follicle production because the procedure can't make hair grow where there are no hair follicles. Hair is something that we can all probably live without. It serves very little useful purpose, yet, when it is lost, it can be devastating to us. Why? Because it is also part of our identity, it is part of what makes us different from other people so when hair is lost, our identity becomes lost.

The professional staff at Salon d' Sara and Day Spa will help you identify the best approach to restoring your hair and answer all your questions. Take the first step to a new you. Schedule your complimentary, confidential hair loss evaluation today and see what you have to gain.




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What is a Neuroma of the Foot?

By Brian K. Doerr, DPM, Fellow of the American College of Foot & Ankle Surgeons

Some who suffer from this painful foot condition might say "it is a real pain in the foot". This condition is often referred to as a pinched nerve. Simply put a foot neuroma is a swollen (inflamed) nerve in the ball of the foot, commonly between the base of the second and third toes. A foot neuroma is a benign growth of nerve tissue. "Pins and needles" is often a phrase used when patients try to put into words the pain they are feeling.

It brings on pain, a burning sensation, tingling, or numbness between the toes and in the ball of the foot. Some people who suffer from this foot condition just need simple treatments including modification of their footwear. Sometimes surgery is needed for long-standing (chronic) symptoms.

It is more common in women who habitually wear high-heeled shoes or in men who are required to wear tight (constrictive) footwear. It may also be more common in ballet dancers. The symptoms can vary and may come and go over a number of years. For example, some people may experience one or two attacks of pain in a week and then nothing for a year. Others may have regular and persistent (chronic) pain.

Podiatric medical care should be sought at the first sign of pain or discomfort. If left untreated, neuroma tends to get worse.

Symptoms

The most obvious symptom associated with a neuroma is pain between the toes while walking. Those suffering from this condition often find relief by stopping their walk, taking off their shoe, and rubbing the affected area. At times, people who suffer from neuroma will describe the pain as similar to having a stone in his or her shoe. A feeling that you are stepping on something or that something is in your shoe are often usual complaints.

- Pain in the forefoot and between the toes
- Tingling and numbness in the ball of the foot.
- Swelling between the toes as well as pain in the ball of the foot when weight is placed on it are all symptoms of a neuroma.



A number of factors can contribute to the formation of a neuroma. High arc or flat foot can lead to a formation of a neuroma. Trauma can also cause nerve damage causing inflammation. Improper footwear that causes the toes to be squeezed together can cause a neuroma. repeated stress that is related to your job can cause or aggravate a neuroma. Some high-impact sporting activities - including running, karate, and court sports. Any sport that places undue pressure on the feet.

There are surgical as well as non surgical treatments for people who suffer with a foot neuroma.

Non Surgical treatment options:

Footwear adjustments: including avoidance of high-heeled and narrow shoes and having special orthotic pads and devices fitted into your shoes.

Calf-stretching exercises: may also be taught to help relieve the pressure on your foot.

Steroid injections: into the affected area of the foot may be needed if the simple footwear changes do not fully relieve symptoms. However, the footwear modification measures should still be continued.

Alcohol sclerosis injections: Is a special alcohol solution that can be injected over the nerve that is damaged. This solution will target only the nerve

tissue. It will slowly over several injections, deaden the nerve. The loss of the nerve can then leave the patient symptom free. Treatment is customized to the patients individual needs.

Surgical treatment options: If the non-surgical measures do not work, surgery is sometimes needed. Surgery normally involves a small incision being made on either the top, or the sole, of the foot between the affected toes. Usually, the surgeon will then either create more space around the affected nerve or will cut out the affected nerve. You will usually have to wear a special shoe for a short time after surgery until the wound has healed and normal footwear can be used again.

If you suspect neuroma, it is essential that you confirm your suspicions by consulting with a podiatric physician. Dr. Brian Doerr believes when you have problems with your feet, you need to turn to a podiatrist who listens and responds he is an experienced Doctor who knows the field and can effectively diagnose and treat your needs.

Don't wait for the symptoms to go away for good (even if they tend to come and go). Also, remember that many conditions have similar symptoms, and only a professional can tell the difference. Assist them by describing your condition as well as you can.

Keep track of when the symptoms started and how, any changes you've noted (whether the pain has gotten worse, or whether other symptoms have appeared as well, etc.). If you've noticed that certain activities or footwear make things worse or bring about additional symptoms, be sure to mention that. If you work in specific footwear discuss that as well. Put your feet first. Dancing is the poetry of the foot so call today to set up your consultation with Dr. Doerr if you are experiencing any symptoms of neuroma so your path to healing can begin.



BRIAN K. DOERR, DPM

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The Heart of the Matter

By W.L. "Hunter" Huntley, III, HAS., BC-HIS

The month of February is designated as National Heart Health Month. Maintaining a healthy heart is extremely important for a multitude of reasons. The heart is the most vital organ in our body to promote an overall sense of well-being.

What the majority of people don't realize is how much a healthy heart can have a direct correlation to hearing and hearing loss. When the heart is functioning normally it is responsible for sending a "proper" flow of blood and oxygen to all of our internal organs including the auditory nerves and the part of the brain that interprets speech. Without "proper" blood circulation, the nerves of the inner ear lose their ability to transmit sounds to the brain where we recognize and discriminate the spoken word. Eventually, the nerves will lose function, causing atrophy in the brain. Nerve damage is permanent and cannot be reversed.

However, individuals suffering from this malady can benefit from wearing hearing instruments. In fact, hearing devices are the only viable option for people with nerve deafness.



Hearing instrument technology has grown by leaps and bounds in the past several years. Digital hearing devices have made analog technology virtually obsolete. Digital hearing instruments contain computer chips that "prescription fit" each individual's hearing loss; like eyeglasses. Unlike prescription fitted eyewear, however, when a person's hearing changes digital hearing instruments can have their computer chips re-programmed, without the necessity of purchasing newer hearing devices.

Multi-memory technology allows users to adjust the sound input of each instrument up or down, depending on their environment to ensure the patient's hearing devices stay at comfortable listening levels. Directional microphones allow the user to pick-up only sounds in front of them in noisy environments, without amplifying noise from behind.

In addition, automatic telephone response enables the user to hear over the phone, without the annoying squeal of older technology.

Early detection is key for any medical problem to be diagnosed and addressed. Johns Hopkins School of Medicine recently determined that individuals with mild hearing loss were twice as likely as those with normal hearing levels to develop dementia or Alzheimer's disease. Those found to have severe hearing loss were five times as likely to contract the disease. This occurs due to the brain lacking "proper" stimulation, resulting in atrophy and loss of function.

Hearing exams, like vision, are recommended annually if you are fifty-five years of age or older. If you or a loved one suspects a hearing problem, then the first thing to do is set-up a hearing evaluation.

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W.L. "Hunter" Huntley, III, HAS, BC-HIS, Board Certified, attended Edinboro State College, Edinboro, PA, on a football scholarship and finished his education at the University of FL before entering training with Beltone Electronics in Chicago, IL. He was a Beltone hearing instrument dispenser from 1986 to 1992. Hunter is also a 2 time brain cancer survivor in 1993 & 1994. He has operated Leonardi Hearing Center, Inc., since 1994. Voted one of the best Hearing Healthcare Professionals in the Nation by the Hearing Review magazine for 2012 & 2013. He is also a Hearing Healthcare member in good standing with the International Hearing Society for 20 years.

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Estate Planning during the Month of Love?

It's February again and the Hallmark people will tell us that Valentine's Day is coming and we should be celebrating our love!

For a lot of people that will mean an engagement to marry! Hurray!!!

Time to pick your venue, your dress, the members of the wedding party...absolutely!

But wait! What about a prenuptial agreement? No, I am not kidding.

Prenuptial agreements are not simply about protecting assets in case of a divorce – indeed, divorce is only one element of what a prenuptial agreement should address.

While a prenuptial agreement is very important when you want to set the parameters for who gets what in a divorce, many people are marrying later in life and have accumulated substantial assets prior to entering into marriage. For those people, the prenuptial agreement identifies each spouse's separate assets and can assure that those assets remain separate for estate planning purposes.

Putting a prenuptial agreement in place can assure that assets acquired prior to the marriage (i) remain separate from the new spouse's assets; and (ii) are

inherited as that spouse intended in the event of the death of that spouse during the marriage – rather than getting intermingled with the surviving spouse's assets and estate.

Indeed, inasmuch as many marriages today are not first marriages, there may be children from a previous relationship who the spouse wishes to succeed to that spouse's assets – the prenuptial agreement can assure issues of inheritance are properly addressed and a child is not inadvertently disinherited.

Recognizing that the prenuptial agreement can address so much more than the potential for divorce is just the start of your process.

The single most important thing is to assure that you have coordinated your intentions with your estate planning documents once you put your prenuptial agreement in place.

Your estate planning documents should make reference to your prenuptial agreement and its provisions and the provisions of your estate planning documents should not conflict with your prenuptial agreement.

So, when you are celebrating the month of love, remember, It's not just about you!



Barbara M. Pizzolato, Esq.

After obtaining her J.D. from New York Law School in 1987, Ms. Pizzolato obtained her license to practice law in New Jersey (1987), New York (1988), Connecticut (1988) and Florida (2002).

Since moving to Fort Myers, FL in 2002, Ms. Pizzolato has maintained her license to practice law in NJ, NY, CT and FL and actively practices law in NY, NJ and FL.

Ms. Pizzolato is a member of:

- The Florida Bar (Real Property, Probate & Trusts and Business Law Sections)
- The Lee County Bar Association;
- The American Bar Association (Litigation, Practice Management and Tax Sections);
- The New York State Bar Association; and
- The Suffolk County Bar Association.

Ms. Pizzolato has represented thousands of clients in generating and implementing their estate plans since opening her own practice in 1994 and accepts invitations to speak on trusts and estates topics.



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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.

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Are You Getting All The Nutrients Your Body Needs?

Your lifestyle, eating habits, and vitamin supplements may not be helping you as much as you think!

50% of people taking multivitamins are still nutritionally deficient. You may be working at improving your health, yet you may not actually be getting enough of the right nutrients your body needs for optimal health. Why?

Several key factors influence your personal chemistry – eating habits, age, lifestyle, metabolism, prescriptions, and genetics – so the one-size-fits-all approach to nutrient supplementation fails. Correcting nutrient deficiencies with Micronutrient Testing and targeted supplementation is a far better approach to your total health and wellness.

You may not be eating the right foods or taking the right supplements to feel good and slow the aging process. Also, your body may not be absorbing the nutrients you're taking as well as you think. Your micronutrient requirements at age 30 are quite different from your requirements as you age. And your lifestyle—especially your level of physical activity, use of prescription drugs, smoking, and

use of alcohol—all impact your body's chemistry. Chronic illnesses such as arthritis, cancer, cardiovascular disease, diabetes, fatigue and multiple sclerosis to name a few can be affected, directly or indirectly, by micronutrient deficiencies.

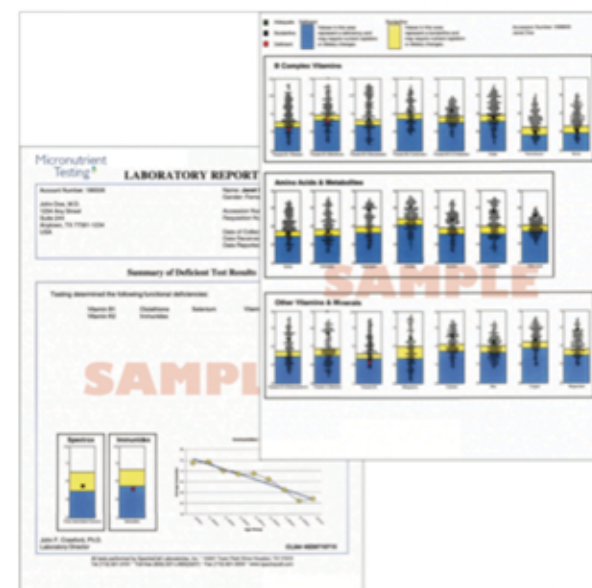
Getting the exact nutrients you need to live a long, healthy life and prevent chronic disease is a balancing act. You need to be very strategic about what supplemental nutrients you take and how well they are working for you. Vitamin, mineral and antioxidant deficiencies have been shown to suppress the functions of the immune system, which can contribute to degenerative processes. Even the prescription drugs you take can deplete your nutritional status. You could be deficient in key vitamins, minerals, antioxidants and/or other essential micronutrients and not even know it. Too much of any one supplement can be just as harmful as too little.

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The affordable SpectraCell Laboratories' Micronutrient Testing is administered locally by ARCpoint Labs in Fort Myers. It is the only blood assessment that takes all the key factors and many others into consideration to identify your nutritional status. With this information, specific deficiencies that could negatively influence your health can be addressed and corrected. You will receive your easy-to-read, comprehensive test results in about three weeks. Your detailed lab results will include an overview page with all deficiencies listed, numeric and graphic reports easily identifying deficiencies, and repletion and supplementation recommendations.



Standard tests do not measure if specific nutrients are functioning properly within your body. Our Micronutrient Testing measures the function of vitamins, minerals, antioxidants and other essential micronutrients within your white blood cells. Analysis can reveal your functional nutrient status over a much longer time period than conventional serum testing and provide a more meaningful measurement of nutritional status than any other nutritional testing.

Test results include easy-to-read graphics.



Are you feeling fabulous... or fatigued?

The answer is in your cells! The health of our cells – whether a brain cell, bone cell or fat cell – determines everything about the health of our entire body. Healthy cells → a healthy body. If our cells struggle, they will manifest differently for you, depending on your personal chemistry. Women may experience excess weight, while others may experience headaches or dry skin.

Fostering health vs. fighting disease. There is a paradigm shift happening in healthcare right now. In many ways, medicine has shifted from disease to

prevention, but even a lot of “preventative” medicine – think mammograms and PAP smears – is actually earlier diagnosis. If you nourish your cells with precisely the right vitamins, minerals, and antioxidants your cells need, true prevention can occur.

Every physiological process uses micronutrients. Proper nutrients detoxify, produce energy, alter emotions, improve sleep, create thoughts, and fight rogue cancer cells. They profoundly affect our mood, our skin, our hormones – everything.

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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, Bloomington, 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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