

S O U T H W E S T F L O R I D A ' S

Health & Wellness[®] MAGAZINE

March 2014

Collier Edition - Monthly

www.swfhealthandwellness.com



FREE



Getting Healthy By Eating Healthy

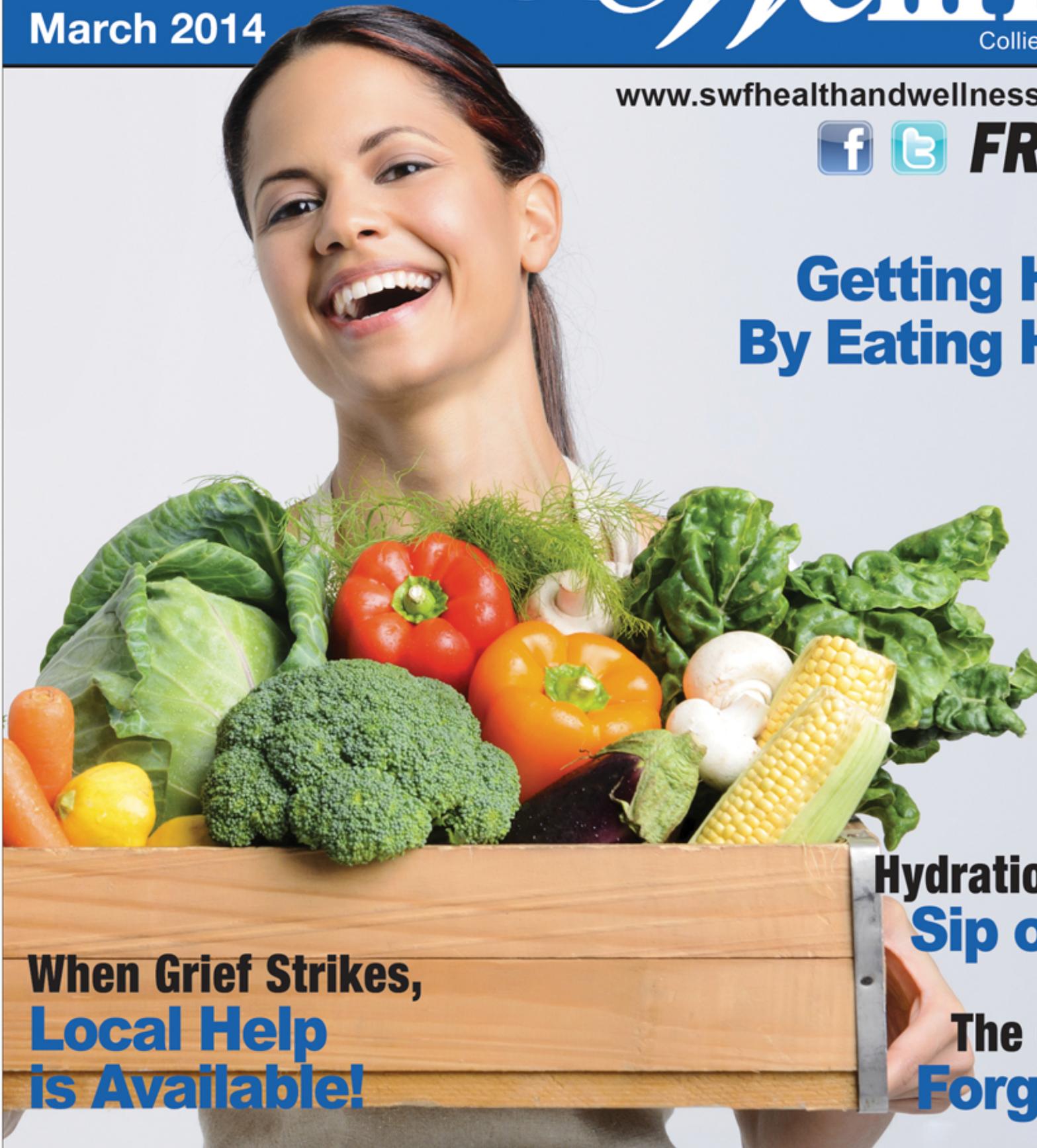
You Are
What You
Digest

Bladder
Control
Quiz

Hydration News...
Sip on This!

The Causes of
Forgetting?

When Grief Strikes,
**Local Help
is Available!**



YOLLO THERAPIES

You Only Live LIFE Once



- Thermography Breast, Full Body, Disease & Pain Imaging
- ALCAT Food Allergy & GI Testing
- Live Cell / Dry Cell Analysis
- ImPact Concussion Test
- Anti-Aging
- Hyperbaric Oxygen Treatment Chambers
- Natural Supplement Pharmacy
- Pure PRP Facial Derma Rejuvenation
- Autoimmune Chronic Fatigue & Pain Management

The only center in the United States that utilizes all the above modalities under one roof to help you regain your health.

Call today to ask about a consultation for Total Body Wellness.

239.275.0039

www.YolloWellness.com

3840 Colonial Blvd, Suite 2, Ft. Myers, FL 33966

SAME DAY EMERGENCY CALL NOW

NAPLES 239-566-9700

BONITA SPRINGS 239- 495-7400

Family and Cosmetic Dentistry

We Provide Superior Dental Care!



beautiful smiles

by DR. SONIA ROCHA
& ASSOCIATES

Our Services

- Cosmetic Dentistry
- Full Mouth Reconstruction
- Crowns-Implants
- Root Canals
- Veneers
- Whitening
- Invisalign-Braces
- Gum Treatments



Dr. Sonia Rocha

11121 Health Park Blvd.
Suite 200
Naples, FL 34110

27400 Riverview Center Blvd.
Suite 8
Bonita Springs, FL 34134

CONVENIENT HOURS: Mon - Sat 9am to 8pm *Hablamos Español*



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

EXCEL IN YOUR SPORT

**IMPROVE SPEED, AGILITY, POWER,
QUICKNESS, AND STRENGTH**

Sports Conditioning for High School Athletes with Jackyson AFAA Certified Personal Trainer, XPE Sports Conditioning Level II Collegiate Football Player.



Jackson has a skill set to assess and prescribe exercises that improve Speed, Agility, and Power in any sport!

With testing offered through the program, athletes can be assured to show improvement. This guided program will help keep athletes improving even during the off season.

****Classes are every Monday and Wednesday at 4:30pm.**

**STARTS MONDAY
MARCH 3, 2014**

This program is offered on a month-to-month or drop in basis for members and non-members.

**\$200 a month for members
\$350 a month for non-members**

**\$25 per session for members
\$35 per session for non-members**

***If you refer a friend, you and your friend will receive \$25.00 off the program.**

**GREATER NAPLES YMCA
5450 YMCA Road
Naples FL 34109**

**www.greaternaplesymca.org
239-597-3148**





Specialists in Urology

A Division of 21st Century Oncology, LLC

NAPLES

990 Tamiami Trail North
Naples, FL 34102

PINE RIDGE

6101 Pine Ridge Road, Desk 31
Naples, FL 34119

COLLIER

8340 Collier Blvd., Suite 402
Naples, FL 34114

MARCO ISLAND

40 S. Heathwood Drive
Marco Island, FL 34145

BONITA SPRINGS

28930 Trails Edge Blvd.
Bonita Springs, FL 34134

FORT MYERS

4571 Colonial Blvd.
Fort Myers, FL 33966

CAPE CORAL

24 Del Prado Blvd. North
Cape Coral, FL 33909

Call **434-6300** or visit online at
www.specialistsinurology.com.

Providing Southwest Florida with
Exceptional Care in 7 Convenient Locations.



S. Bergman, M.D.



M. D'Angelo, M.D.



E. Grieco, M.D.



E. Gurevitch, M.D.



D. Harris, M.D.



J. Jay, M.D.



C. Langford, D.O.



S. Luke, M.D.



R. Rivera, M.D.



A. Rosen, M.D.



B. Storey, M.D.



J. Tillett, M.D.



D. Wilkinson, M.D.

Committed to *Uncompromised Excellence* in Dentistry



TD 239-262-1404
rtroupdavisdds.com
5185 Castello Drive, Suite 1 • Naples, FL 34103

In one office location!
IV sedation, dental implant placement, grafting and restorations!

Dr. R. Troup Davis
Prosthodontist
University of North Texas BA
Baylor College of Dentistry DDS
Prosthodontic Residency at University of Florida

Dr. Stacey D. Vlachos
Michigan State BS
University of Michigan DDS
Surgical & Restorative Instructor at Misch International Implant Institute

Our unique team of professionals with years of experience enables us to restore our patients to normal function and create beautiful smiles in a comfortable and relaxing environment.

Our team approach allows us to spend unmatched personalized care with each patient.

Together as a team in one office, we are able to solve the most difficult dental complications.

Call today to reserve your appointment!
239-262-1404 | rtroupdavisdds.com

- 3rd party financing available
- Insurance plans accepted

Now Accepting New Patients!

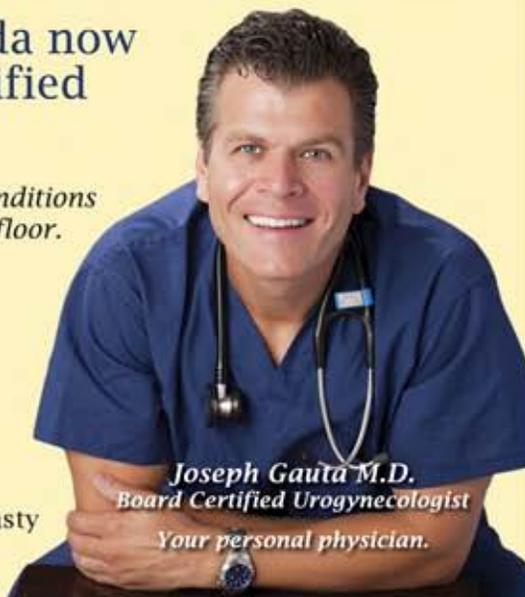


FLORIDA BLADDER INSTITUTE
EXCELLENCE IN WOMEN'S PELVIC HEALTH

Ladies, SW Florida now has a board certified Urogynecologist

Specialized treatment of conditions affecting the female pelvic floor.

- Urinary, Bowel or Gas Incontinence
- Dropped Bladder & Other Pelvic Organs (Prolapse)
- Recurrent Urinary Tract Infections
- Cosmetic Surgery - Labiaplasty



Joseph Gaita M.D.
Board Certified Urogynecologist
Your personal physician.

(239) 449-7979

WWW.FLORIDABLADDERINSTITUTE.COM • 1890 SW HEALTH PKWY., SUITE 205

MILLENNIUM PHYSICIAN GROUP

our physicians are accepting new patients

<p>Maria Julia del-Rio Giles, M.D. Internal Medicine 1735 SW Health Parkway Naples, Florida 34108 239-249-7800</p> 	<p>Charles Kilo, M.D. Internal Medicine 1495 Pine Ridge Rd., Suite 4 Naples, Florida 34109 239-594-5456</p> 	<p>Michael Wang, M.D. Family Medicine 1735 SW Health Parkway Naples, Florida 34109 239-249-7830</p> 
<p>Luis Pozniak, M.D. Internal Medicine 1735 SW Health Parkway Naples, Florida 34109 239-249-7800</p> 	<p>Fritz Lemoine, Jr., M.D. Internal Medicine 400 8th Street North, 2nd Floor, Naples, FL 34102 239-649-3365</p> 	<p>MILLENNIUM PHYSICIAN GROUP www.MillenniumPhysician.com Accepting New Patients Same Day Appointments Available</p>

Contents March 2014

- | | |
|--|--|
| 6 Why Do Orthopaedic Surgeons Choose to Specialize in Foot and Ankle Problems? | 24 Eyelids Are Essential in Protecting Your Eyes |
| 8 Facet Syndrome: The Cause of Your Back Pain? | 25 What is Cervical Facet Syndrome? |
| 9 A Common Sense Approach to Getting Healthy | 27 What Are the Causes of Forgetting? |
| 10 Hydration News... Sip on This! | 28 Are Implants For You? |
| 12 Living with Diabetes? | 30 Helping Your Child Choose the Best College While Selecting the Best Financial Options |
| 13 Varicose and Spider Veins | 32 Recover with Confidence |
| 14 Dental Bite Problems | 33 Do Sunglasses Really Protect My Eyes? |
| 15 Bladder Control Quiz | 34 The Skin, The Thyroid and More |
| 16 You Are What You Digest | 35 Alleviate Shoulder Pain |
| 17 Sanchez-Casal Tennis Academy | 36 Spring Cleaning Mental Prep |
| 18 Homework Is Essential When Looking for a Retirement Community | 37 Financial Wellness |
| 19 Hope PACE Has Solutions | 38 Annual Reports |
| 20 Active! Productive! Effective! Joyful! Successful Social... | 40 Causes for Limb Swelling |
| 22 Concept 10 10: Scientifically Based and All About Results | 41 When Grief Strikes, Local Help is Available |
| | 42 Long-Term Care Insurance |
| | 43 Spiritual Wellness
Deal With The Fear First |



EXPERIENCE THE FUTURE OF REHAB.

Our rehab services are taking off with the Alter-G Anti-Gravity Treadmill®, a revolutionary technology that allows you to exercise pain-free, even while recovering from joint surgery. Also, these unique exercises can be beneficial to those suffering from cardiac or pulmonary diseases.

Life Care Center of Estero  **239-495-4000 | LCCA.com**
3850 Williams Rd.
Estero, FL 33928
Joint Commission accredited

CONTACT US
OWNER / ACCOUNT EXECUTIVE
Cristan Gensing
cristan@gwhizmarketing.com

OWNER / CREATIVE DIRECTOR
Sonny Gensing
sonny@gwhizmarketing.com

EDITOR **Lisa Minic** EDITOR **Lorrie Ritchie**



Publishing • Advertising • Web Design • Graphic Design

Southwest Florida's Health & Wellness Magazine can be found in over 600 Southwest Florida medical facilities including, hospitals', doctors', chiropractors' and dentist offices. Find a copy of your FREE Southwest Florida's Health&Wellness Magazine in most grocery and convenience stores as well.

To get your article published and for ad rates, call 239.389.9449
Cristan@gwhizmarketing.com

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

©Copyright SOUTHWEST FLORIDA'S HEALTH & WELLNESS Magazine 2014. All rights reserved. Any reproduction of the material in this magazine in whole or in part without written prior consent is prohibited. Articles and other material in this Magazine are not necessarily the views of SWFL Health & Wellness Magazine. SWFL Health & Wellness Magazine reserves the right to publish and edit, or not publish any material that is sent. SWFL Health & Wellness Magazine will not knowingly publish any advertisement which is illegal or misleading to its readers. The information in SWFL Health & Wellness Magazine should not be construed as a substitute for medical examination, diagnosis, or treatment.



LELY PALMS
Retirement Community

- Independent Living Apartments (Studios, One & Two Bedrooms)
- Naples Only Rental Retirement Villas
- Full Service Rental Plans ... for those looking to simplify their lifestyle
- General Rental Plans ... for those not ready for all the services
- Continuum Care Campus

Call today for a tour & complimentary lunch.
(239) 775-7661

1000 Lely Palms Drive * Naples, FL 34113
AL # 4868

ManorCare Health Services **Arden Courts** Memory Care Community **ManorCare** Health Services

ManorCare Health Services at Lely Palms (239) 417-8511 ManorCare Nursing & Rehab-Naples

(239) 775-7715 AL#9326 (239) 775-7757

Why do Orthopaedic Surgeons Choose to Specialize in Foot and Ankle Problems?

Well, I can only speak for myself. My reasons started with my grandmother who developed gangrene of the toes. It was initially treated by podiatrists who performed ten or twelve small operations which they explained would solve the problem. By the time my family realized that this wasn't the case, the gangrene was advanced, and an orthopaedic and vascular surgeon told us that the only thing that could be done at this point was for the legs to be amputated; this stuck in my mind. I was nine years old when my grandmother died, but as I grew older I was fascinated with orthopaedics and I had a particular fascination with foot and ankle problems.

Most orthopaedic doctors do not like foot and ankle problems because they represent some of the most difficult problems to treat. Most orthopaedic doctors who are considered experts in other areas like sports medicine and joint replacements do not know how to treat foot and ankle problems. They do not do foot and ankle surgeries and in fact will send these problems elsewhere. Why?

Foot and ankle problems are a distinct area of practice. If you don't deal with them on a daily basis you really typically don't always understand the intricacies of how to safely take a patient through conservative and operative treatments and heal them up. When a person who has developed problems in their feet after thirty, forty, fifty years of usage often the problem can be helped significantly but can't be totally 100% fixed. Knowing how to guide a patient to get the best result but to also explain to them that sometimes perfection can't be expected is an important part of understanding this field.

For seventeen years and many thousands of surgical and non-surgical procedures later, my skills have been honed, verified, and recertified. If you want to be in the best of hands, come to me.



Credentials	Orthopaedic Surgeon	Podiatrist
Medical Doctor MD Attend accredited American medical school (4 years)	Yes	No
Internship/Residency MD accredited general orthopaedic surgical training (8 years)	Yes	No
Foot & Ankle Fellowship MD accredited specialized surgical training in foot & ankle (1-2 years)	Yes	No
Unrestricted License in the State of Florida	Yes	No
Restricted/Limited License in the state of Florida	No	Yes

Myles Rubin Samotin M.D.
Board Certified Orthopaedic Surgeon
Fellowship Trained in Foot & Ankle

Please contact our office if you have the need at **239-514-4200**.
We will treat you like family and will do our best to give you the best care possible.

Samotin Orthopaedics

**LEADERS IN QUALITY ORTHOPAEDIC
SURGICAL CARE FOR 17 YEARS**



Myles Rubin Samotin, M.D. P.A.

Board Certified

Specializing in Orthopaedic Extremity Injuries

Fellowship Trained in Foot & Ankle

Columbia University Graduate
Maimonides Medical Center
Trained at Hospital for Joint Diseases, NYC

NAPLES

870 111th Avenue North Suite 4

239-514-4200

PUNTA GORDA

713 E. Marion Avenue Suite 135

941-661-6757

www.samotinorthopaedics.com



Auto Accident • Premise Liability • Personal Injury Certified Expert

Facet Syndrome: The Cause of Your Back Pain?

What Is Facet Syndrome?

Facet joints are smooth and slippery surfaces that connect your vertebrae together, allowing you to bend and twist. Although they allow motion, at the same time, they limit your range of motion just enough to prevent accidental injury of your spinal cord.

Facet joints are a common source of back and neck pain. In fact, lumbar facet joints are the cause of nearly a third of chronic lower back pain cases and almost half of all chronic neck pain cases when no herniated disc is present.

When they hurt, your ability to move normally can be negatively impacted. A painful cervical facet joint can immobilize your neck, cause an ache in your shoulder, and force you to turn your whole body just to look from side to side. Pain caused by a lumbar facet joint may leave you unable to stand up straight, hunched over while you walk, and suffering a deep ache from your buttocks to the back of your thighs. These conditions are commonly diagnosed as facet joint syndrome; an inflammation of the fact joints is one of the lesser-known causes of back and neck pain.

Those who suffer from facet joint syndrome often complain of sharp or shooting pain and have numbness or tingling sensations in their legs. Oftentimes the pain intensifies when the body is bent backwards from the pelvis.

If we look at the vertebrae, the 'facets' are protrusions that extend from the back of the vertebrae and form a joint (facet joint) with the vertebrae both above and below as demonstrated in the figure.

When your spine is functioning normally, the facet joints function as guides or supports for the spine. The joints are not designed for bearing weight, as the main portion of the vertebrae and the discs are designed to do. The facets of the vertebrae are joined by connective tissue called ligaments that add to the cushioning and strength of the joints, similar to the disc cartilage between the vertebrae.

When the discs themselves become too thin, or they tear, bulge, protrude or rupture, the facet joints begin to get closer to one another. This causes the facets to begin to bear some of the weight that is normally consumed by the vertebrae and the discs. This resulting abnormal pressure (compression) resulting in inflammation of the tissues and nerves, and often a tearing of the facet ligaments, as well as a degeneration of the facets.

Motions that require repeated extensions (bending over with straight legs, driving with your seat far from the wheel, or standing in one position too long) can overload the facet joints, causing inflammation, swelling and pain.

Facet joint syndrome is just that, a syndrome, which is not the same thing as a cause. A syndrome is a group of signs or symptoms that together indicate a particular disease or condition. This means facet joint pain is a symptom of an underlying problem. While your goal is to eliminate the pain, the only way to keep it from returning is to find and correct the underlying cause. Since the root problem varies from one individual to the next there is no one single treatment that works for everyone.

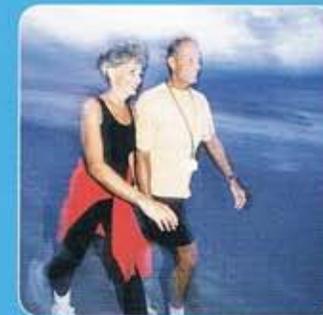
It will take strong partnership between you and a physician that specializes in back pain to resolve the problem but isn't a lifetime free of the cycle of pain, doctor visits and repeated facet joint injections worth it?

Contributing Factors to Spinal Injury and Disease



Age:

As we grow older, discs may dry and crack, losing flexibility and the ability to cushion the vertebrae. Good diet, plenty of exercise, and water intake can help slow the process.



Exercise:

Exercise keeps the muscles surrounding the spine strong, decreasing injury susceptibility. Exercise also helps to maintain healthy blood flow to discs and surrounding tissues.



Diet:

A healthy diet with appropriate supplementation will help ensure that your bones and tissues are receiving proper nutrients.



Activities:

Maintain an awareness of what your body can handle. Falls or reckless exertions on the body, such as lifting heavy objects, can lead to severe spinal injuries. Be smart!



239-687-2165 | www.PhysiciansRehabilitation.com



A COMMON SENSE APPROACH TO GETTING HEALTHY BY EATING HEALTHY

It's all about eating right. But real food is the key to being healthy. More often than not the more processed a food the less nutritious it is. But processed food is more than boxed macaroni and cheese, potato chips and drive-thru hamburgers. It may surprise you to learn that whole-wheat bread, homemade soup or a chopped apple are also processed foods.

Some minimally processed food like pre-cut vegetables are quality convenience foods for busy people. "If you have to buy processed foods stick to ones that have the less amount of ingredients in them and those that you are able to pronounce, You have to look at the big picture" says Beth Jameson the Wellness Director of the Greater YMCA Of Naples. We all have to become detectives and read the ingredients list and review the nutrition facts panel. Food is complex and we all need to get to know it.

Processed food is essentially synthetic, heavy tampering and crafty modifications are necessary to make it taste real, even though it is not. Obviously, most foods we eat are processed in some way. Apples are cut from trees, ground beef has been ground in a machine and butter is cream that has been separated from the milk and churned.

But there is a difference between mechanical processing and chemical processing. If it's a single ingredient food with no added chemicals, then it doesn't matter if it's been in the ground or put into a jar. It's still real food.

However foods that have been chemically processed and made solely from refined ingredients and artificial substances, they are what is generally known and referred to as "processed food". Processed foods are usually loaded with added sugar or its evil twin, high fructose corn syrup.

The more you eat of processed foods, the less you will get of vitamins, minerals, antioxidants and various trace nutrients.



There are many nutrients found in whole foods that are not found in processed foods. The more processed foods you eat, the less you will get of these nutrients. Real foods like plants and animals, contain thousands of other nutrients that science is just beginning to grasp.

Maybe one day someone will invent a chemical blend that can replace all these nutrients, but until that happen the only way to get them in your diet is to eat whole, unprocessed foods.

Whether you are on a budget and need to prioritize your organic purchases, or you would simply like to know which type of produce has the highest pesticide residue and which do not. "The benefits of eating organic foods are that no pesticides and chemical fertilizers are used to grow the organic produce shipped to grocers said Beth. Organic foods may cost more but well worth the extra expense. The Dirty Dozen list of the fruits and vegetables tell the consumer what should be organically purchased. These are the 12 foods that consumers should always purchase in their organic form. Eating organic is definitely a worthwhile investment.

The Dirty Dozen List

1. Apples
2. Celery
3. Cherry tomatoes
4. Cucumbers
5. Grapes
6. Hot peppers
7. Nectarines
8. Peaches
9. Potatoes
10. Spinach
11. Strawberries
12. Sweet Bell Peppers

Eating fresh, whole, organic foods for optimal health is highly recommended. However, buying all organic isn't always an option for everyone. So therefore choose produce that has to be peeled before being consumed is usually a safer choice if you are going to buy non-organic foods. The next time you go to the grocery store it might be a good idea to print out the Dirty Dozen list. Becoming happily "un" processed take some time it cannot happen overnight.

Also try to take advantage of your fresh farmer's market they may not always be certified organic, but you can ask the farmer directly what (if any) chemicals they use on their farm. Better to buy rather buy local and fresh. Even if the produce has a few pesticides they are far better than conventional produce found in your supermarket that has been sprayed, picked before it's ripe and then shipped 1500 miles or more to get to the supermarket. Fresh is always Best!

Stop in at the Greater YMCA of Naples and set up a consultation with Beth, she is more than willing to speak with members about exercise goals and designs exercise prescriptions that promote well-being, reduce risk and or reclaim health. It's easier than you think to start eating healthy. Take small steps each week to improve your nutrition and move toward a healthier you.

Hydration News...Sip on This!

By Janet Calderwood, Registered Dietitian

Water is essential for life; without it, a person can survive for only a few days. In fact, the majority of our total body weight comes from water, 50% in females and 60% in males. In the body, water is responsible for many functions including transporting nutrients, regulating body temperature, cleansing the blood of wastes and acting as a lubricant around joints.

Staying hydrated is something that most of us do without even thinking about it, even living in Southwest Florida where temperatures can be elevated throughout most of the year. We rely on our thirst sensation to guide us. For aging people however, drinking enough fluids can be a challenge. Seniors are especially vulnerable to dehydration, a term which is used to describe a water deficit, a result of many factors. For one, as we get older, we may experience a reduced thirst perception. Certain medications like diuretics and laxatives, infections, vomiting, diarrhea and fever are just a few of the common reasons that seniors may experience inadequate hydration. A study published in 2012 by The Journal of Nutrition found that even mild dehydration can affect your mood and energy level.

How much fluid is enough? 80% of our fluid needs are met by drinking. The Institute of Medicine recommends that women should consume 2.7 liters of total water from foods and beverages each day (approximately 9 cups) and men should consume 3.7 liters of total water from beverages and food (approximately 12 cups). 20% of fluid needs are met by consuming fruits and vegetables. Strawberries, lettuce and radishes, along with many others, are greater than 90% water. Of course, fluid needs may be increased or decreased based on medical conditions like congestive heart failure, for example. To maintain proper hydration, it is important to replace all of the body fluids that are lost through perspiration, urination, stool and pulmonary evaporation. Checking your urine color can help individuals determine hydration status. A light straw colored urine is good, a dark color like apple juice may indicate inadequate hydration. Of course, urine color may be a bright yellow right after taking a multivitamin supplement.



Water is still the beverage of choice when it comes to staying hydrated. There are many other options for those who just dislike the taste of plain water, including coffee, tea, juices, dairy beverages, jello and soups. For people that enjoy caffeinated beverages like coffee and tea, in moderation, they can still contribute to one's overall fluid intake. An average beverage contains 100 milligrams (mgs) of caffeine and the dietary reference intake is 300 mgs per day. For those who have difficulty sleeping, it is probably good idea to avoid caffeinated beverages 3-6 hours before bedtime.

Dairy beverages, also high in overall water amount, can be an effective way to obtain a lot of other key nutrients like protein, calcium and vitamin D. Soups may contain a lot of sodium so choosing low sodium varieties may be beneficial especially for people with hypertension. When choosing beverages, be careful to limit those that have a lot of added sugars and calories which can lead to weight gain.

It is a good idea to start sipping on fluids early so that by the end of the day, you will have already met your fluid requirements. Otherwise, you may find yourself getting up several times during the night to go to the bathroom. For some of you, drinking fluids will require an effort because you just may not feel thirsty. Keeping a water bottle with you at all times can help you remember the importance of staying hydrated.

Janet Calderwood is a registered dietitian and board certified specialist in gerontology who is host of "Dietitian on a Mission" television show which airs locally on CNT channel 10 on Friday mornings at 10 am. Janet works at Life Care Center of Estero and comes with an excellent clinical and educational background with a gift for teaching. On Thursday March 27th from 4-5:30pm Life Care Center of Estero will be hosting a nutrition seminar presented by Janet. We hope you can attend, as the discussion will be informative and entertaining. Please RSVP by March 24 by calling our outpatient at 239-495-4046.

Upcoming Event:

Nutrition Seminar
March 27th | 4-5:30pm

Guest Speaker Janet Calderwood, Registered dietitian
Host of "Dietitian on a Mission" Light refreshments served





Is back or neck pain turning your life upside down??

STOP THAT PAIN NOW!



What spinal conditions can be treated with VAX-D?

- Herniated discs
- Degenerative disc disease
- Sciatica
- Spinal joint arthritis
- Work-related injuries
- Sports-related injuries
- Post-Surgical patients
- 'Failed Back Syndrome' patients

What is Vax-D and what does Physicians Rehabilitation do?

- A non-invasive new medical technology
- Eliminates nerve compression and inflammation
- VAX-D is a decompression device, and as such it achieves the same goal as surgical treatment
- VAX-D and surgery both relieve pressure by decompression
- NOT a traction device which has not been shown to reduce disc pressures
- The result is the alleviation of your pain
- Proven safe and effective in numerous clinical studies in major medical journals
- VAX-D with physical or other therapies results in the best outcomes



Our skilled professionals use new state-of-the-art tools, providing cutting edge treatments, delivered in a professional, compassionate, and patient friendly atmosphere.

We are Medicare providers and accept most insurance plans.

6150 Diamond Centre Ct., Bldg. 100, Fort Myers, FL 33912 | 2828 Tamiami Trail North, Naples, FL 34103

239.687.2165 | www.PhysiciansRehabilitation.com

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

ISC academia & tennis club
SÁNCHEZ-CASAL
naples

MARCH MANIA

NO INITIATION FEE
with any yearly membership for the month of March

Use code **0021ASC** when registering

www.asc-florida.com
tennisclub@sanchez-casal.com
Ph: 239-263-1818

Follow us on Facebook & Twitter @ASCFlorida

One-on-One - Always. Medically approved.



The most effective, medically approved, non invasive back pain cure. 90% of all back pain is either gone or greatly reduced after a few sessions.



Naples
CONCEPT 10 10
the future of exercise

Call Today to schedule your free starter session

2 LOCATIONS

North Naples - 431-7143 • Downtown Naples: 659-1033

To find out more info visit us at www.naples.concept1010.com

Living with Diabetes?

Understanding the Disease from a Diabetologist's Perspective

By Kara Jacobs

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

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

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

A Passion for Diabetes Education

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

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

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

Understanding Diabetic Terms

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

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

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

Diagnosing Diabetes

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

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

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



Charles Kilo, M.D.

Taking Control of Diabetes

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

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

MILLENNIUM
PHYSICIAN GROUP

1495 Pine Ridge Rd., Suite 4 - Naples, FL 34109
239-594-5456 | www.MillenniumPhysician.org

Varicose and Spider Veins

What You Need to Know?

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

Varicose veins and spider veins are very common problems affecting over thirty million people throughout the United States. Varicose veins are large and ropey in appearance and usually appear as bulging in the leg anywhere from the thigh to the ankles. Spider veins, on the other hand, derive their name from the fact that they look like little spider legs and these also can occur anywhere in the leg, but are most common along the outside of the upper thigh and around the ankle. It was once thought that both varicose veins and spider veins caused no symptoms. We now know that this is not true and that varicose and spider veins can lead to a multitude of symptoms including aching, cramping, leg heaviness, leg swelling, itching and even restless legs.

Up until approximately ten years ago the only treatment for varicose veins was a relatively radical procedure called "Ligation and Stripping" in which the saphenous vein, which is a vein that runs from the ankle to the groin along the inside of the leg, was removed by pulling it out of the leg. This was followed by multiple incisions to remove all the branches. The end result was a leg that had many incisions and, in effect, was a trade off of a vein for a scar. In reference to spider veins the only treatment for many years was to inject them with a saline solution called "Hypertonic Saline". This solution irritated the inside of the spider veins to cause them to stick together and ultimately dissolve. However, this procedure of saline injections was often painful and had many side effects including brownish discoloration of the injected areas and, even in some cases ulceration of the skin. Both of these treatments are not commonly done in the current age of varicose and spider vein treatment.

The gold standard now for varicose vein treatment is called a "Closure Procedure". The main point to remember with varicose veins is that they are almost always due to insufficiency of the valves in the saphenous vein system or occasionally in accessory veins. Blood flows from the feet to the heart through these veins. In the leg the superficial system of veins



consist of the saphenous vein which has two components - the greater saphenous vein which runs along the inside of the leg under the skin and the lesser saphenous vein which runs along the back of the leg between the ankle and the knee. Both of these veins have multiple valves within them. If the valves don't work properly then blood, in effect, can not get through the valves, leaks backwards and is then pushed into the skin to form the varicose veins. We now know that by sealing these valves the varicose veins can be eliminated. The procedure to seal the valves consist of closing them with either a Laser or Radio Frequency catheter. Both work equally well. Laser catheters function by heating the inside of the saphenous vein so that it ultimately coagulates, scars and dissolves. Lasers function at different wave lengths and the commonly used wave lengths for laser vein treatment are 800, 940, 980, 1064 and 1470. All of these work equally well and their use is usually dependent on physician preference. There is another catheter called a "Radio Frequency" catheter which goes by the trade name of Vnus which also works very well in closing the saphenous vein and this works on the principle of the radio frequency coagulating the inside of the vein.

For information call (239)403-0800 or visit our Web Site at www.vanishvein.com

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

As far as spider veins are concerned it was once thought that they were strictly cosmetic and, in fact, most insurance companies adhere to this. However, we do realize that spider veins can cause symptoms and many times they can cause the same symptoms as varicose veins. We also know that spider veins frequently are a result of the valves in the saphenous vein malfunctioning. So the same process that causes varicose veins can also cause spider veins. Because of this, in order to best access the cause of either spider or varicose veins, it is usually necessary for the patient to undergo a venous ultrasound to specifically look for malfunctioning valves. This is called "Reflux". Reflux is measured in two ways. One, is by the actual identification of the valves leaking and secondly, by the length of time that it takes the valves to leak. The normal valve should open and close in one half second. The longer a valve malfunctions, the more severe is the insufficiency. An ultrasound should be done by a physician or person specifically trained to do the ultrasound and should also be interpreted by a physician specifically trained to read the ultrasounds.

Treatment of spider veins has also changed dramatically over the last eight years. Initially, the only treatment for spider veins was something called "Sclerotherapy" which was the injection of the veins with the solution to cause the veins to dissolve. The solution that was commonly used was a concentrated saline solution. Nowadays, saline is used very infrequently. There are much better sclerosing agents including Tetracycline sulfate and Polidocanol (asclera). These two solutions are in the category of sclerosing detergent agents. This means that they can be mixed with air or carbon dioxide to form a foam solution. Foam sclerotherapy is the current state of the art for sclerotherapy. Other sclerosing solutions include iodine and hypertonic saline. In addition to sclerotherapy there are new vein therapies for the very smallest of veins. Two of the most current therapies are the vein wave and the vein gogh.

Both of these vein treatments are specifically for very small spider veins. This is a topical spider vein treatment using a Radio Frequency generated current or light source to coagulate the small spider veins so that they will dissolve.

In summary, there are many new modalities of treatment for both varicose and spider veins. It cannot be stressed enough that prior to a vein treatment a thorough venous ultrasound looking for reflux is recommended.

Dental Bite Problems

Amalocclusion is a dental term for a bite problem. Everyone has some degree of malocclusion. Malocclusion literally means "bad bite". However, significant malocclusions can contribute to mouth breathing and interfere with speaking and eating. Certain foods our bodies need daily will be difficult eat and chew until bite issues are addressed.

A poor bite will cause teeth and enamel to wear prematurely. Additionally, malocclusions can affect the overall appearance of your face. Malocclusions are the most frequent reason for braces or orthodontic treatment.

Problems crop up when an overbite, under bite or misaligned teeth are allowed to linger. Often the phrase "if it's not broke don't fix it" comes to mind. Unfortunately, this type of thinking can successfully lead people down a path that could have easily been avoided.

Malocclusions need to be taken care of. Correcting a malocclusion (bad bite) can result in better oral health because crooked and crowded teeth can make daily oral hygiene difficult. Over time, this may lead to tooth decay, gingival (gum) disease and possibly tooth loss. An improper bite can interfere with chewing and speaking.

Overbite: What people commonly refer to as an "overbite" is known to dental professionals as "overjet." It occurs when the upper teeth bite over the lower teeth. It's typically caused by genetics, bad oral habits, or overdevelopment of the bone that supports the teeth. This can lead to gum problems or irritation, and/or wear on the lower teeth, and can cause painful jaw and joint problems.

Teeth Protrusion: Teeth that protrude too far forward and outside your dental arch will affect both your appearance and the function of your bite. Braces can be used to correct this condition.

Crossbite: This can occur in a variety of ways, but is best described by your top and bottom teeth being misaligned from side-to-side such that your upper teeth bite inside, rather than outside, of your bottom teeth. This can occur with just one, a few, or all of the teeth. Individuals with a crossbite will often incorrectly posture their bites to be more comfortable in an effort to compensate for this issue.

Crowding: This typically occurs in individuals who have large teeth, a smaller jaw structure, or a combination of these conditions. This results in there being inadequate room in the mouth for all of your teeth to fit with proper alignment.

Spacing: This typically occurs in individuals who have small teeth, larger jaw structures, or a combination of these conditions. It can also result from other conditions such as tongue thrusting, thumb sucking, abnormal swallowing habits or previously extracted teeth. Spacing is characterized by gaps between some or all of your teeth.

Once a diagnosis is made, your orthodontist can decide the best treatment for your teeth or misaligned bite. For some people, a removable retainer (to stabilize the new position of teeth) will be all that's needed to correct the problem. Removal of one or more teeth may be required if overcrowding is the main problem. For most people braces are necessary to correct the problem. In rare and extreme cases, such as an extreme overbite or underbite, an operation may be necessary.

Improper bite alignment also known as Temporomandibular joint (TMJ) problems can cause pain as well as deterioration of teeth and supporting structures. Dr. Sonia Rocha has great knowledge of bite problems and TMJ-related issues and can provide contemporary therapies to alleviate discomfort and restore optimal function. Customized TMJ Therapy can restore comfortable function.

TMJ problems are all unique, a "one size fits all" approach won't work for all patients. Dr. Rocha will work with you to find the best custom solution to your unique problem whether it's as simple as recommending changes in lifestyle or surgically correcting bite alignment issues.

When your teeth don't fit together properly and or the two small joints in front of your ears TMJ joints don't function smoothly pain and pressure results. You may experience migraine headaches or unexplained facial, neck, shoulder, or jaw pain. Tooth wear, teeth grinding, tingling extremities, and chronic earaches are also on the long list of common problems caused by TMJ disorder.

When your teeth are crooked and crowded they are difficult to clean which can lead to tooth decay, tooth loss and gum disease. A bad bite also leads to uneven wear of tooth surfaces, difficulty chewing and speaking, added stress on supporting bone and gum tissue and jaw joint problems.

On the emotional side, an unattractive smile can reduce confidence and self-esteem. Left untreated a child or adult may go through life with a hand covering their mouth or never smiling.

If left untreated a bad bite may lead to more costly dental treatments in later years. Call and set up your consultation today.

Tower Dental Arts is a state of the art dental facility with two locations one in Bonita Springs, FL the second location is in Naples FL. They offers court the very best in modern day cosmetic, restorative & preventative dental care for your entire family, utilizing the latest technology and safest materials and procedures available.

Serving the Southwest Florida area for over 20 years, Dr. Rocha specializes in creating beautiful, impacting smiles with a gentle and caring touch.



Dr. Sonia Rocha

Naples: 239-566-9700
11121 Health Park Blvd., Suite 200
Bonita Springs: 239-495-7400
27400 Riverview Center Blvd., Suite 8



NEW PATIENTS
Only **\$29 + \$39** Value \$323
Complete Exam (D0150) | Healthy Mouth Cleaning (D1110)
XRays (D0274 / D0220 / D0230) | (Does not include treatment for Gum Disease)
Cannot be used in conjunction with other offers, dental insurance, or discount plans.
Expires 3/31/14

THIS MONTH ONLY
\$1000 OFF + FREE
INVISALIGN **TEETH WHITENING**
(\$500 VALUE)
Valid with Health & Wellness Coupon Only. Cannot be used in conjunction with other offers, dental insurance, or discount plans.
Expires 3/31/14



Bladder Control Quiz

How Common are Female Urinary Control Problems?

By Joseph Gauta, MD, FACOG

Millions of people are affected by the loss of bladder control. Bladder control issues are not a normal part of life and they are not something you just have to live with. Of the over 33 million people in the United States that suffer from overactive bladder many of them do not seek help. Take control of your pelvic health and complete this short quiz to see if it's time to reach out for help.



- Are you urinating more than 7 times a day? Yes ___ No ___
- Are you using the bathroom so often it disrupts your day? Yes ___ No ___
- Do you get up more than once a night to use the bathroom? Yes ___ No ___
- Do you sometimes lose urine if you sneeze or cough? Yes ___ No ___
- Do you wear absorbent garments? Yes ___ No ___
- Do you have difficulty urinating or emptying your bladder? Yes ___ No ___
- Do you sometimes have accidents before reaching the bathroom? Yes ___ No ___
- Are tampons too uncomfortable to use or do they fall out? Yes ___ No ___
- Do you experience a pressure or bulging in your vagina, especially after standing for long periods?
Yes ___ No ___
- Has your urine stream become weak or turned into a spray? Yes ___ No ___



If you answered yes to one or more of these questions, consider talking to a Urogynecologist about your symptoms and available treatment options. Once you start talking it becomes easier. Your Urogynecologist is used to talking about sensitive issues and will help you become comfortable with the subject.

Treatment options

Diet Modification — Some people find that certain foods and drinks cause them to go to the bathroom more frequently. This includes drinks with caffeine (including soda), alcohol, spicy foods, acidic foods or beverages, and artificial sweeteners. Try temporarily eliminating one or more of these items to see if it reduces your symptoms.

Pelvic muscle exercises — Also known as Kegel exercises, strengthen the muscles involved in controlling urine leakage. Practicing these exercises on a regular basis may help to reduce urine leakage caused by stress incontinence.

Bladder training — Bladder training can help you learn to go to the bathroom less frequently by "retraining" your bladder to hold more urine. Bladder training has two components: going to the bathroom on a schedule while you are awake and using strategies to control sudden urges.

Prevent constipation — Constipation can worsen urinary frequency and urgency. Increasing the amount of fiber in your diet to between 20 and 30 grams per day can help prevent constipation.


FLORIDA BLADDER
INSTITUTE
 EXCELLENCE IN WOMEN'S PELVIC HEALTH
 239-449-7979
www.FloridaBladderInstitute.com

Medications — In some people, urgency incontinence is more severe and a medicine is needed to get symptoms under control. Medications should be combined with bladder training. Some people take medicine temporarily, until symptoms improve, while others take medication indefinitely. It is important to continue doing bladder training, even if you are taking a medication.

Botox — Botulinum toxin A, also known as Botox, is a toxin produced by a bacteria that temporarily paralyzes muscles. Botox injections into the bladder are an effective treatment for urgency incontinence when people haven't responded to medicine.

Electric stimulation — Office electrical stimulation involves placing a hair-thin needle into a nerve near the ankle. This nerve is connected to nerves in the lower back that affect your bladder. The needle is connected to a small device that sends electrical pulses to the nerve. The treatment is not painful. It is performed in the office once per week for six to twelve weeks.

Vaginal pessaries — A vaginal pessary is a flexible device made of silicone that can be worn in the vagina. A pessary can help to reduce or eliminate stress incontinence. A pessary is a reasonable treatment if you want to delay or avoid surgery. When fit properly, you will not feel any discomfort.

Surgically implanted stimulator — A sacral nerve stimulator (SNS) is a device, about the size of a pacemaker, which can be surgically implanted. The device is placed under the skin in the upper buttock, and is connected with wires to a nerve (the sacral nerve) in the lower back. The device sends electrical pulses to the sacral nerve. SNS therapy has helped many patients who have not responded to more conventional treatments.

Surgical treatments — Surgery offers the highest cure rate of any treatment for urinary incontinence. There are different procedures available to treat your particular symptoms. Each procedure has different benefits and risks. These options should be thoroughly explained by your Urogynecologist to decide what is best for you.

Take action and discuss with your doctor what treatment option is right for you. Together, you'll be able to resolve your urinary control problem and return to the freedom you deserve.

You Are What You Digest

By Yollo Wellness

Everyone's digestive system is unique. Understanding your digestive health and issues is essential to living healthy. The expression "you are what you eat" would best be explained as "you are what you DIGEST". Understanding your digestive health and how it impacts your entire body's functioning system directly relates to how you feel on a day to day basis.

Are you suffering with Chronic Inflammation, Digestive Disorders, Chronic Fatigue, Excess Weight Gain, Eczema, Hives, Headaches or Migraines, Aching Joints, Allergies, Arthritis, Heart Disease or Diabetes?

Do you want to feel better and start enjoying a life filled with energy and stronger immunity? If you answered yes then you need to contact YOLLO Wellness today to take the ALCAT test (Antigen Leukocyte Antibody Test). Now more than ever diet plays a role in preventing a wide range of degenerative diseases as well as slow down free radical production which causes aging. For those who want to go all the way with their nutrition, ALCAT testing is the most powerful approach to individualizing nutrition, ridding the body of inflammation, healing the body of chronic conditions and getting those extra stubborn pounds off for good.

The immune system is a double-edge sword. It should react appropriately and protect against infection when confronted with harmful invaders such as viruses. Unfortunately to most people, exposure to common foods, chemicals and molds may trigger chronic activation of the leukocytes. Hence inflammation which creates free radicals causing our joints to hurt, instigating arthritis, fibromyalgia and other autoimmune diseases not to mention the classic acid reflux and bloating.



Owner of YOLLO Wellness and certified nutritionist herself, Wendy Law and her highly skilled staff are excellent at assessing individual needs. Wendy has the gift of intuition which compliments everything she does and she is absolutely focused on the needs of everyone she works with on an individual basis. Finally, something that is rare in many areas of her expertise is her genuine loving spirit combined with her great sense of humor that creates an added feeling of inspiration so the journey itself is truly a celebration. The ALCAT test yields amazing results and support team will change your life.



ALCAT Food intolerance & Sensitivity testing is a simple blood draw that measures your body's response on a cellular level. 200 foods, 50 functional foods and medicinal herbs, 20 food additives/coloring, 10 environmental chemicals, 21 molds and 20 antibiotics / anti-inflammatory agents are all included in the platinum panel.

The staff at YOLLO Wellness works with each client to design a nutrition and supplement program that addresses his or her own needs according to their ALCAT test results. You are unique, your problems as generic as they may seem cannot be solved with a one size fits all solution. A nutritionist will become a fresh pair of eyes and some carefully directed questions may be what you need to repair your health. With the right guidance and support profound changes happen and people experience real and sustainable results. Your program is tailor-made to address specific issues and help you reach your health goals.



Wellness specialists help you to get more out of your life. They do this by identifying underlying causes of disease or health concerns. Because the focus is on prevention, this often translates into restoring health, promoting life and preventing pre-mature diseases. If you have a health concern, it is good to start with the basics; the root or core of the problem. Every cell in your body requires nutrients to function, that means every process, everything you do, requires nutrition. If your nutrition status is poor, this is going to spill over into every other area of your life. The Nutritionists at YOLLO Wellness help you identify practical ways of moving forward, empowering you, supporting you to implement life changing, sustainable strategies, to heal yourself and take back control of your life! So stop in and meet everyone or call ahead and set up your complimentary consultation. The results will help you take control of your life. You will have more energy, you will be more productive, you will feel more alive, you will have better relationships with yourself and others, and you experience an overall better quality of life. So what are you waiting for? Call YOLLO Wellness today.

FAQ's

1. Platinum Comprehensive: 321 Items (foods, additives, colorings, medicinal herbs, antibiotics, anti-inflammatory agents, molds, chemicals)
2. Antigen Leukocyte Antibody Test (white blood cells) CPT code 83516.
3. Cost \$1,099.00 which includes onsite blood draw, 4 Live Cell Analysis, unlimited consultations by phone or in-house with certified nutritionist, 30 days supply of specified supplements for digestive health
4. Couple save \$100.00 each!
5. Platinum Comprehensive panel is included in with the 30 day YOLLO plan which consists of Full Body Thermographic Image, 30 days hyperbaric oxygen treatment, 4 live cell analysis, all consultations and ALCAT.

YOLLO Wellness

3840 Colonial Blvd, Suite 2, Ft. Myers, FL 33966

(239)275.0039

www.YOLLOWELLNESS.com

Sanchez-Casal Tennis Academy Makes Fitness An Integral Part Of Their Daily Programs



Emilio Ángel Sánchez Vicario is a former professional tennis player from Spain. He won three Grand Slam doubles titles and the men's doubles silver medal at the 1988 Olympic Games.

Some of his other accomplishments in the world of tennis were as follows: # 7 ranking in ATP for singles and #1 in doubles, The 3rd best doubles in history with Sergio Casal, 12 years representing Spain as a player of the Davis Cup, Davis Cup Winner as a Capitan of the Spanish team, Gold medal in China JJO0 as a Capitan of the Spanish team 2008.

Emilio is now CEO of the Sanchez-Casal Academy And Tennis Club in Naples Florida. When Emilio was 6 years old his parents moved to Barcelona, they looked for a club to meet people and they found one that was very promising. The club had lots of sports, tennis, soccer, golf, horseback riding. When Emilio turned 8 his parents registered him into the tennis school there where he quickly developed his passion for tennis.

Since then he has been playing tennis all his life. He is thankful because he grew playing in a club with other kids that today he is still friends. It was Emilio's school of life. Tennis was his profession for 14 years and has made him the man he is today. After quitting professional tennis he decided to use tennis as a vehicle to educate young kids and share his knowledge and skills of the sport with families during the difficult journey of raising kids in today's world. "Tennis is such a demanding sport in all aspects of the game. Technically, tactically, physically, emotionally, mentally and spiritually. Good fundamentals are needed to develop a champion" stated Sanchez. If you are missing one component along the way you will never make it. "So that is why I'm so in love with tennis, it's the best life school anyone could ask for".

When he first founded his tennis Academy in Barcelona he looked for a mission statement that put together all the facts and came up with "Creating opportunities through tennis, education & life" After 15 years he is very proud of the success of the academy and today he can say that his academy has created some of the best players in the world.



Academia Sánchez-Casal Florida
4995 Airport Pulling Road North
Naples, Florida. 34105 USA
Phone: 239-263-1818
tennisclub@sanchez-casal.com
www.asc-florida.com
@ASCFlorida

He is also very proud of the students that finished up their tennis careers then went on to College for their studies and now have incredible jobs with top companies. But Emilio wanted more. His academy in Barcelona was successful but he knew he needed to focus on Florida where tennis was widely popular.

Emilio and his family came to Naples to open the Academy in 2012. To Sanchez tennis was like a drug, once it touched you it was very difficult to stop the passion. When he first moved the Naples area he realized how much tennis meant for so many in the community. Seeing older players still playing with such drive and passion for the sport well into their 70's is a great site to see. Tennis will always be part of Emilio's life.

Tennis is one of the most difficult sports but can also be one of the most rewarding. A person can play it from 3 years of age to a 100. Tennis drives you to the edge. More than anything tennis is excellent exercise and a great mental awakener that forces you to learn to read the opponent and that is key in anything in life.

Tennis has kept Emilio grounded and has helped him have a better connection with his own children as well as his students. "Tennis is my best friend and I do not know where I would be without it".

From beginners looking for some basic tennis training to high-level players looking to bring their game to the next level, including casual players planning to enjoy tennis with friends.

Sanchez-Casal has all the wonderful facilities that any tennis lover could ask for. Fitness is an integral part of the daily program at the tennis academy for both junior level as well as the adults.

Using tennis and education within the framework as the vehicle for personal development, their student athletes will continue to be good citizens of the world, long after they leave their care.

Top notch instruction with each tennis pro on site offering something unique to the students. The Academy offers a level of personal attention with one on one instruction like no other. The focus is on teaching and harnessing core values of education, competitiveness, and enthusiasm.

If you or someone you know has that burning passion for the sport of tennis stop by the academy and see all they have to offer. Emilio and his staff have all taken the steps from good tennis players to world class professionals and they are now sharing their knowledge and their skills to make others the best tennis players they can be.

DON'T MISS OUT ON THESE OPPORTUNITIES TO TRAIN LIKE THE PROS WITH THE PROS!!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
RISE & SHINE	Adult Tennis Drills 6:30 am – 7:30 am	Power Tennis 6:30 am – 7:30 am	Adult Tennis Drills 6:30 am – 7:30 am	Power Tennis 6:30 am – 7:30 am	Organized Single Matches 6:30 am – 7:30 am	
MORNING TENNIS	Organized Double Matches 10:00 am – 11:00 am	Tennis 101 10:30 am – 11:30 am	Ladies Clinic 3.5 and lower 10:00 am – 11:00 am	Men's Clinic 10:30 am – 11:30 am	Mixed Adult 2.5 – 3.0 10:30 am – 11:30 am	Live Ball Drill 9:00am – 10:00 am
LUNCH BREAK	Men's 4.0 and up 12:15 or 1:00 pm	Tip of the Week 12:15 or 1:00 pm	Ladies 4.0 and up 12:15 or 1:00 pm	Mixed Adult All Levels 12:15 or 1:00 pm	Mixed Adult 3.5 – 4.0 12:15 or 1:00 pm	
AFTER WORK	Spanish + Tennis + Tapas 6:30 pm – 8:00 pm	Ladies Night 6:30 pm – 7:30 pm (Wine & Cheese last Tuesday of the month)	Mixed Tennis 6:30 pm – 7:30 pm (Singles Night second Wednesday of the month)	Men's Night Drills & Drinks 6:30 pm – 7:30 pm	Exhibition Match 5:00 pm	

Homework Is Essential When Looking for a Retirement Community

Today there are so many retirement choices and options that choosing a community to call home can be an overwhelming task. Sometimes just understanding the difference between Independent Living and Assisted Living can be difficult. And certainly deciding when to make this type of move can put you into a tail spin.

However, making this decision does not have to be difficult. If you prepare and become informed before you need to move, you will be a head of the game. How do you become informed about all the retirement choices and what is going to be the best fit for you? Simple... by doing some homework. First, make a list of questions to allow you to interact with the Marketing Representative of the Community(s) you plan to visit. These questions should be pertinent to your interests, what you are looking for and how you envision the Community helping you with your wants & needs. Remember you want to find out what is important to YOU — not just what the Marketing Representative wants you to hear.

Questions to consider asking might be:

1. Does the Community offer a choice of rental plans?
2. Are there meal plan options?
3. Is the Community pet-friendly?
4. Is there a variety of trips and events to meet all interest levels? What are some examples?
5. Is there a physician the residents can see at the Community?
6. Should higher level of care be required (Assisted Living, Memory Care, Skilled Nursing/Rehab)? Are these services located on the same campus? If so, which ones?
7. Does the Community have a move-in coordinator to assist with my move?

8. Have many of the management team and staff been employed at the Community for over 10 years?

Believe it or not the last question might be the most important of all. Continuity of the company, management team and staff equals happy employees and happy residents.

There are many retirement communities throughout southwest Florida, but they are all a little different. Plan to visit rental and buy-in communities to find out the benefits and negatives of both types. Remember what you are looking for today may be different then what you need tomorrow. If you choose a Community that offers all levels of care, you will be eliminating the need to move again when moving could be very arduous .

The initial visit to acquire literature, have basic questions answered and to get a chance to see the Community is the first step. However, you not only want to see your potential new home, you want to feel, touch, and taste the Community. Don't visit only when you have an appointment, by visiting on the weekends or after hours, you will get a chance to grasp the features important to you.

Ask to experience dinner, lunch, happy hour, interact with the residents in a social setting. Don't be afraid to ask if a trial stay



1000 Lely Palms Dr., Naples, FL 34113
Phone: 239-775-7661 • Fax: 239-775-9085

is available. What better way to really see if the Community is what you are looking for, then to actually stay a night or two and get a chance to do all of the above and more.

Renee Smith-Gonzales,
Marketing Director at Lely
Palms for over 12 years.



Within the HCR ManorCare family you will find Lely Palms Retirement Community offering Independent Living, Assisted Living, and Memory Care (Arden Courts), Skilled Nursing/Rehab (ManorCare Health Services at Lely Palms) all on our 28-acre campus. Just two miles down the road our sister property ManorCare Nursing & Rehab of Naples can be found.

Lely Palms Independent Living offers four apartment styles ranging from Studio to Two Bedroom floor plans. We also offer Naples only rental retirement Villas. Full Service rental plans are designed for those wishing to simplify their current lifestyle by enjoying services such as meals, housekeeping, transportation, activities all within a maintenance free setting. For those individuals wanting to customize their rental plan by adding services a-la-carte, the General Rental plan may be right for you.

Our ManorCare Health Care facilities are recognized as one of the leading providers of advanced nursing and rehabilitation services in the area. Nursing care, rehabilitative therapies, dietary services, specialized Physician services, social work, quality I.V. therapy, wound care, cardiac recovery services and a skilled Alzheimer care unit are just some of the areas that ensure you will receive optimal care.

For over 15 years Arden Courts Memory Care and its professionally trained staff has been a leader in the care of residents having Alzheimer's disease or related dementias. Their ability to provide health services, personal care and specialized behavioral, recreational and social services such as Adult Montessori Programming, Engagement Therapy Treatment and the Namaste program allows residents to continue leading productive, independent lives with assistance to make it possible.

Hope PACE Has Solutions for Health Challenges and Nutrition Needs

Myrrtle was seriously struggling with her weight when she joined Hope PACE three years ago. Already weakened by a diagnosis of COPD, Myrtle was burdened with the additional stress of being obese. She required oxygen and became confined to a wheelchair.

At Hope PACE, Registered Dietician Janet Calderwood came up with a plan to help Myrtle lose weight and regain some of her mobility. She met with Myrtle's husband and daughter to come up with a family plan. She helped by numbering snacks and demonstrating how to use measuring cups to figure out proper portion sizes. Janet kept in touch with Myrtle with helpful reminders about eating healthy foods.

After losing 40 pounds, Myrtle was able to reduce the amount of oxygen she needed. She was also able to walk again, and she wasn't stuck in her wheelchair. Her family was so proud of the changes she had made.

Janet said, "It makes you feel so good when you make a difference in someone's life. It didn't happen overnight, but she seriously improved her health with proper nutrition."

Hope PACE is designed for seniors just like Myrtle – those who are faced with the possibility of nursing home placement, but who may be able to stay safely at home with some practical help and coordinated health care.

The Hope PACE philosophy is that good nutrition is important for everyone, but it's especially critical for seniors. When older adults don't eat regular, healthy meals, they lack energy, feel confused and may be at a greater risk of falling or injuring themselves. When poor meal habits get out of control, older adults can experience a worsening of disease or debility.

There are several reasons why mealtimes are more difficult for seniors:

- *Food may not be as appealing when the sense of taste and smell are diminished*

- *Some diseases can make it hard to swallow; medications can make food taste bad*
- *Reduced physical activity can decrease appetite and hunger*
- *Eating alone is less social and enjoyable than eating with others*
- *Driving restrictions make it difficult to shop for groceries or buy fresh foods*
- *Forgetfulness and memory problems can mean accidentally skipping meals*
- *Dental problems, mouth sores or uncomfortable dentures make eating unpleasant*

Are you or your loved one getting the proper nutrition? Here are some warning signs:

- *There is very little food or expired food in the house*
- *Noticeable weight loss or weight gain*
- *Falling, weakness*
- *Anemia, exhaustion*

Sometimes health problems can be traced back to poor nutrition. If an older adult is getting sick more often and having difficulty recovering from illness, it may be because of a weakened immune system. Our bodies need vitamins and nutrients to fight off disease.

Older adults who don't follow their special diets are also at risk for medical problems. For instance, someone with cardiac disease may eat a salty, high-fat diet which can worsen their condition.

Hope PACE Can Help Provide Healthy Meals

At Hope PACE, we provide nutritious meals, food assistance, meal planning and preparation for older adults. Our participants enjoy tasty meals at the Hope Care Centers – located in Charlotte, Collier and Lee counties. Additionally, some participants with special health challenges



may be assisted by home health aides, who can cook simple meals right at home. Our nutritionists help with special dietary needs.

If you or a loved one are struggling with serious health challenges related to nutrition, call Hope PACE toll-free at 855-454-3102. Individuals with Medicaid coverage may be able to receive benefits at no cost.

 **Hope
PACE[®]**

Program of All-Inclusive Care for the Elderly

(855) 454-3102

WWW.HOPEPACE.ORG

Active! Productive! Effective! Joyful! Successful! Social! Fulfilled! Confident!

These words describe people with hearing loss. Because when you recognize, acknowledge, and address hearing loss, it doesn't have to get in your way.

For the vast majority of people with hearing loss—young and old—there are solutions that help. Like so many things in life, hearing loss presents barriers. Yes, it's a hurdle. But that doesn't mean it can't be overcome!

Technology is moving fast. And each year it seems to pick up speed. Even in the last year alone, there have been tremendous advances that help people hear better everywhere they need to hear. Many of today's hearing aids allow users to hear from all directions, in all sorts of sound environments, and even underwater. They are digital, wireless, and virtually invisible. "When I look at the tools and capabilities we have today to help the hearing impaired, compared to even FIVE YEARS AGO, I am astounded", states **John Hoglund of Hoglund Family Hearing and Audiology Center**. Research is ongoing. And we can better help children and adults build effective "listening" and communications skills—despite their hearing loss. We can really change lives of those who need clarity of speech!

Consequences of Hearing Loss

Many people are aware that their hearing has deteriorated but are reluctant to seek help. Perhaps they don't want to acknowledge the problem, are embarrassed by what they see as a weakness, or believe that they can "get by" without using a hearing aid. And, unfortunately, too many wait years, even decades, to address the effects of hearing loss before getting treatment.

But time and again, research demonstrates the considerable effects of hearing loss on development as well as negative social, psychological, cognitive and health effects of untreated hearing loss. Each can have far-reaching implications that go well beyond hearing alone. In fact, those who have difficulty hearing can experience such distorted and incomplete communication that it seriously impacts their professional and personal lives, at times leading to isolation and withdrawal. New evidence provided by Johns Hopkins research indicates that untreated hearing loss **DRAMATICALLY** increases the incidence of **MEMORY LOSS!**

Studies have linked untreated hearing loss effects to:

- irritability, negativism and anger
- fatigue, tension, stress and depression
- avoidance or withdrawal from social situations
- social rejection and loneliness
- reduced alertness and increased risk to personal safety
- impaired memory and ability to learn new tasks
- reduced job performance and earning power
- diminished psychological and overall health

Hearing Loss Treatment

It would seem that hearing treatment is a second-rate priority when compared to vision in our visually oriented modern society. People with hearing loss often delay hearing impairment treatment because they are unaware of the fact that receiving early hearing treatment has the potential to literally transform their lives, and that **EARLY INTERVENTION** is critically to maintaining speech understanding. "The earlier we start", states Mr. Hoglund, "the easier the transition, and the better the clinical outcome for the Patient!"

Hearing Aids

Research by the National Council on the Aging on more than 2,000 people with hearing loss as well as their significant others demonstrated that hearing aids clearly are associated with impressive improvements in the social, emotional, psychological, and physical well-being of people with hearing loss in all hearing loss categories from mild to severe. Specifically, hearing aid usage is positively related to the following quality of life issues. Hearing loss treatment was shown to improve:

- Earning power
- Communication in relationships
- Intimacy and warmth in family relationships
Ease in communication
- Emotional stability
- Sense of control over life events
- Perception of mental functioning
- Physical health

And just as importantly hearing loss treatment was shown to reduce:

- Discrimination toward the person with the hearing loss
- Hearing loss compensation behaviors (i.e. pretending you hear)
- Anger and frustration in relationships
- Depression and depressive symptoms
- Feelings of paranoia
- Anxiety
- Social phobias
- Self-criticism
- Cognitive decline and memory problems

If you are one of those people with a mild, moderate or severe hearing loss, who is sitting on the fence, consider all the benefits of hearing aids described above. Hearing aids hold such great potential to positively change so many lives. **CALL (239) 498-7142 TODAY** to receive a **FREE HEARING SCREENING** from our clinic! *Hear What You Are Missing...and enjoy life again!*

HOGLUND FAMILY HEARING AND AUDIOLOGY CENTER
Fifteen 8th Street (Next to Royal Scoop Ice Cream)

Bonita Springs, FL 31434
(239) 498-7142

SOUTHWEST FLORIDA TINNITUS AND HEARING CENTER
10020 Coconut Rd. Ste.120 (Next to LabCorp)

Estero, FL 34135
(239) 992-HEAR (4327)

*Hoglund Family Hearing and Audiology Services offer **FREE Hearing Screenings** at our Bonita Springs and Estero Clinics, and you will receive a dated copy for your personal Medical records. We will also help you arrange a **FREE Memory Screening** as well. At the time of your appointment, you will also receive a copy of six different reports about the research mentioned in this article. Please Call **(239) 498-7142** to schedule an appointment or you may register on line at **www.HoglundFamilyHearing.com** by clicking the tab marked Dementia and Hearing Loss. All it will cost is a little of your time... but the knowledge you receive may be priceless!*



John and Patricia Hoglund
LHAS, BC-HIS, ACA

AN EXCITING NEW PATH

AWAITS YOU WITH CUSTOM LASIK!



Still wishing you could have
Blade Free LASIK,
NOW IT'S AFFORDABLE!

Don't wait any longer to begin enjoying
the benefits of Blade Free LASIK.

\$1,000^{off}

Blade Free LASIK

**Call Us Today to Schedule a
FREE LASIK Consultation!**

KONOWAL VISION CENTER
9500 Corkscrew Palm Circle #3, Estero, FL 33928



where the focus is on you.

239.948.7555

www.DrKonowal.com



Dr. Alexandra Konowal

Board Certified by the American Academy
of Ophthalmology
Fellowship Trained in Cornea and
Refractive Surgery

salon Sarracino *of Naples*

Call or visit the salon today...

get the look
you have been searching for



Ouidad
Hair Color
Hair Design
Extensions
Hair Removal
Nailcare Treatment
Skincare

239.592.9651

2700 Immokalee Rd.
Suite 3
Naples, FL 34110

We Offer All Types of Hair and
Cutting/Styles as well as Curly Ouidad.

Find the support your family needs.

TOLL FREE 855-454-3102 • HOPEPACE.ORG

Hope
PACE[®]

Program of All-Inclusive Care for the Elderly

All Medical Care
Medications/Supplies
Dental Care
Transportation
In-home Support
Adult Day Care
Meals



Participants may be fully and personally liable for the costs of unauthorized or out-of-PACE program agreed services. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director Office of Civil Rights, 1400 Independence Ave SW, Washington, D.C. 20250-9410 or call 800-795-3272(voice) or 202-720-6382(TTY).

Let us do the cleaning.
You do the relaxing.


RESIDENTIAL
cleaning


COMMERCIAL
cleaning


CARPET
cleaning

Because your standards aren't standard.

Not your standard cleaners.

- Damage and theft protection? You got it.
- Employee backgrounds? Checked.
- Knowledgeable cleaners? MaidPro University Grads.
- Cleaning contracts? Don't need 'em.
- Satisfaction? Guaranteed.
- Owner Recognition? Michelle Spitzer recipient of Hodges University's Founders Award.

Services available:

Residential, Commercial and Now offering
Dry Immediately Organic Carpet Cleaning.



/MaidProSWFlorida



@MaidProSWFL

239.596.5200

maidpro.com

Offices in Naples, Ft. Myers and Marco Island

Gift
Certificates
Available!

maidpro

\$75 OFF

\$25 OFF YOUR 1ST, 3RD, AND 5TH
CLEANINGS PLUS UP TO

\$50 OFF

DRY IMMEDIATELY ORGANIC CARPET
CLEANING SERVICES (WITH 750 SQ. FT.)
SYNTHETIC AND NATURAL FIBERS INCLUDED
WOOL, COTTON & ORIENTALS.

*New clients only. Cannot be combined with any other offer.
Household Use Only. Cash only. Not valid for commercial use.

Concept 10 10

Scientifically Based and All About Results

By Jorgen Albrechtsen

Muscle: The Real Key to Burning Calories

Most people believe that the key to lose body fat is to engage in physical activity as much as possible. Actually, this is far from true. You can jog for 3 hours and all you burn caloriewise equals a bite of a chocolate bar. Losing significant fat by exercising is a losing battle.

Remember when you were a teenager and could eat everything in sight and not get fat? Somewhere in your 30's things changed. Now it seems like just looking at food can make you fat. What happened?

The main difference for most people is that they have less muscle in adulthood than they had in their late teens and early twenties. This loss of muscle tissue results in a decreasing metabolic rate. Lose 5 pounds of muscle and your calories burned per 24 hours decreases by about 250 calories. While this may not sound like much, it adds up. If you continue to eat like you did when you were younger, you will gain a pound of fat in about 14 days. Over a 20 week period, you will gain 10 pounds.

Muscle Has Memory

The key to getting rid of accumulated body fat is to get back your youthful metabolism by getting back your muscle. You have probably heard people say that "muscle has memory." Well, this is one popular saying that is actually true. With a proper exercise stimulus, that dormant muscle can be reclaimed. When you get back the muscle that requires 250 calories a day to keep alive, what used to be an insidious weight-gain problem will become an insidious weight-loss technique. As you become stronger, you will have a natural tendency to partake of more vigorous activities. This situation will allow you to lose weight with less attention paid to calorie counting and food selection. The more reasonable your diet can be, the greater your chance to stick with it. As you ride this spiral of success, you may be able to eat more like you did as a teenager. Putting just 5 pounds of calorie burning muscle on your body can really turn things around for you.

Intensity

Ideally, every exercise should be repeated until it is impossible to continue movement in a technically correct manner, that is, until the involved muscles fail. At this point, a number of chemical processes are triggered

in your body, and with a sufficient break before your next training, your body will produce improvements such as increased strength and better function.

Concept 10 10 An Effective Way of Training

Several factors combine to make Concept 10 10 such an effective way of training. We move very slowly during the exercises, 10 seconds each way, hence the name "Concept 10 10." This means that your muscles work to the maximum during the entire movement and a maximum number of muscle fibers are involved. That yields much better results without any risk of injuries. Additionally, you will be supervised and coached by a personal instructor every time you train, from beginning till end, which ensures correct execution of exercises and maximum intensity, and all equipment will be adjusted individually for you before you arrive. There will be no disturbing elements: no waiting, no onlookers, no music or phones ringing or any other distractions.

Training Once a Week

Many are surprised that one training session per week should be enough to produce optimum results. The high training intensity is the reason why once a week is not only enough, but also the best option.

When your body is intensely stimulated, a number of processes are triggered, and also, your body is so strongly affected that it needs a pause of about one week before a similar intensive training session should be performed. Your body needs time for recovery after training. However, it is quite possible to train twice a week for the first 3-4 weeks because, at this stage, you are not yet strong enough to train quite as intensively as later on. Some members decide on a training schedule with one session a week right from the beginning, but it will be beneficial to train twice a week for the first 3-4 weeks to faster get familiarized with everything and achieve maximum effect. Recovery time after intensive Concept 10 10 training varies individually but is usually between 5-8 days. For instance, if you want to train every five days and feel comfortable doing so, that is just fine. Some members do not reach a very high intensity, and they can train twice a week. In general, you could say that it is better to train twice a week than once a week if you train with lower intensity, but that will never be as good as training once a week with high intensity.



Other Activities

If you play a sport or participate in a similar activity that you enjoy, it is no problem to continue with this between Concept 10 10 training sessions, because such activities are not as intensive as Concept 10 10 training. Concept 10 10 training will improve your performance in any sports activity because you will gain greater strength and endurance. However, if you engage in other sports activities, you should do so only because you enjoy it, and not because you feel that you need to do it for the sake of your body or physical fitness. Concept 10 10 training once a week is all you need to keep your body in good shape.

Good-Bye Back Pain

Concept 10 10 is a unique concept that provides scientifically based Preventive and Medical Strength Training. We concentrate purely on the therapy and prevention of the musculoskeletal system, with a special emphasis on back problems. This concentration on the essential gives our concept a very competitive edge, and we attract a market segment that is not being catered to.

It was only recently that scientists have been able to conclude that the condition of a person's back muscles play a major role in low back pain. Earlier the spine was regarded as an example of a "poor biological design." and chronic back pain a matter of fate. That has changed totally with the form of exercise that Concept 10 10 provides.

Concept 10 10 has done away with all the trappings of the modern fitness industry and concentrates fully on giving the body what it needs most: overall strength. It is a "no-nonsense" concept that delivers fast and measurable results and literally changes the lives and well-beings for most people that get involved.

The results form the basis of our one on one supervised sessions, and in 12 sessions this will make most patient's back problem a thing of the past. As soon as the back muscles have recovered their normal strength levels, they will be more than able to cope with the strains and stresses of normal life. Large scale research in the United States and Europe, involving thousands of patients, found that in 80% of cases, an exercise program as provided by Concept 10 10 drastically improved the condition, or even eliminated chronic, long-term back and neck pain, in contrast to most traditional treatments.

**A Revolutionary Form of Exercise!**

Concept 10 10 is a revolutionary form of exercise that far exceeds the benefits of almost any other kind of exercise you can think of. It has been shown to provide all the benefits you seek from an exercise program in 20 minutes a week, with negligible risk of injury.

To learn more about **CONCEPT 10 10**[®] *Naples*
the future of exercise
contact us at 239-431-7143, or visit us online at www.naples.concept1010.com. It will change the way you think about exercise forever. Exercise will never be the same again!

Start your own Concept 10 10 business. Licenses available nationwide and worldwide. Contact info@concept1010.com

North Naples - 239.431.7143 | Downtown - 239.659.1033 | www.naples.concept1010.com

Eyelids are Essential in Protecting Your Eyes

With Nadia A. Kazim, MD, FACS

Your eyelids play an essential role in protecting your eyes from a range of environmental factors, physical injury and bacteria. They also help spread moisture over the surface of your eyes, thereby preventing dryness and irritation.

Eyelids also keep our eyes clean. Every few seconds, whether you realize it or not, you blink. This happens so our eyelids can wipe our eyes clean using tears. Tears aren't just for when people cry. They're a special liquid that washes away dust, pollen or anything else that may get into our eyes.

Proper eyelid position and function are necessary to ensure continued eye health and unobstructed vision. The eyelids must open and close correctly to spread tears to cleanse and moisten the eye.

An eyelid disorder may impair the important function of the lids. A prompt diagnosis and effective treatment are key responses to any eyelid disorder.

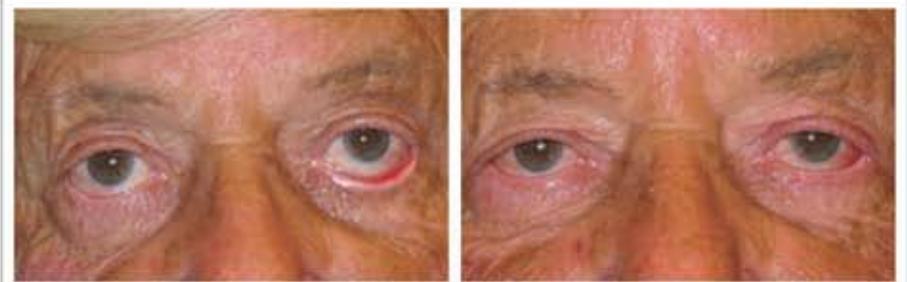
Entropion and Ectropion are two types of eyelid problems that can cause discomfort and irritation

of the eyes. They both generally require surgical repair to avoid eye health issues and potential vision loss.

Entropion is a "turning in" of the eyelid. Typically occurring on the lower eyelid, the skin and lashes rub painfully against the cornea. The condition may cause the lid to turn in constantly or only at times when the eyes are closed tightly.

Entropion usually arises as a result of aging since the muscles around the eyes may progressively weaken. A spasm or relaxation of the muscles near the eye can cause the lid to turn inward. Other causes can include injury, congenital defect, skin infections and various inflammatory conditions. This condition usually causes redness, irritation and tearing. Surgical repair of entropion restores the eyelid back to its natural position which improves these symptoms.

Ectropion is a "turning out" of the eyelid. Typically occurring on the lower eyelid, the skin of the inner lid is exposed, either in one section of eye or across the entire lid. This prevents tears from



Ectropion example on a patient.



Entropion example on a patient.

draining from the eye correctly, resulting in irritation. Common causes of ectropion include age-related weakening of the connective tissue around the eye and sun damage.

Artificial tears can help provide temporary relief from dryness, but for full correction of ectropion, a surgical procedure in which the lid is tightened is usually necessary. Surgical repair of ectropion returns the eyelid back to its normal position.

As an ophthalmic plastic surgeon, Dr. Nadia Kazim performs a variety of both surgical and non-surgical procedures. She specializes in eyelid surgery. Dr. Kazim's office is conveniently located at the Bonita Community Health Center in Bonita Springs. She is a member of good standing with both the Lee County Medical Society and Collier County Medical Society. Schedule your consultation with Dr. Kazim today.

See well, Look good, Feel great!



SPECIALIZING IN EYELID SURGERY
Blepharoplasty, Skin Cancer of the Eyelid, Facial Fillers,
Skin Rejuvenation, Tearing, Eyelash Lengthening, Botox®
Most Surgical Procedures Covered by Insurance

 **NADIA KAZIM, MD, FACS**
OPHTHALMIC PLASTIC SURGEON

239.494.4900 • www.KazimEyelidSurgery.com
3501 Health Center Blvd., Ste. 2170 Bonita Springs

SPRING INTO BEAUTY

FREE MAR 13TH

Seminar

NOON to 1^{PM}

LUNCH WILL BE SERVED

CALL TO RESERVE SPACE

 **NADIA KAZIM, MD, FACS**
OPHTHALMIC PLASTIC SURGEON

3501 Health Center Blvd., Ste. 2170
Bonita Springs, FL 34135

Phone (239) 494-4900 • www.KazimEyelidSurgery.com

What is Cervical Facet Syndrome?

By Prathima Moorthy, M.D.

Cervical facet syndrome is a cause of pain in the spinal region and, more noticeably, in the neck. The facet joints are what connect the vertebrae in the spine. They are joints, like others in your body, which allow your spine to move in different directions. Because of the constant motion, they can become worn or torn.

■ Symptoms of Cervical Facet Joint Disease (Osteoarthritis)

When suffering from cervical facet syndrome, the facet joints become inflamed and may bring with it neck pain, soreness and or stiffness. Cervical facet joint pain can be felt in the areas of the base of the skull, upper back and shoulders, mid-back or neck. In many cases, cervical facet syndrome is the cause of trauma from an injury to the facet joint, due to a degenerative disc disease or also due to stress or strain in your posture.

Individuals suffering from cervical facet syndrome usually feel worse in the morning. They tend to have stiffness and usually will feel somewhat better after they have been moving around. As the day progresses, they tend to be ok as long as they keep moving. However, for those having to work seated all day or work from a computer, they may find they are at greater risk of experiencing pain throughout the day.

Sufferers of cervical facet syndrome often have problems with headaches as well. Pain may be felt in different areas and usually when moving the head in up and down movements. Headaches are less of an issue with joint problems in this area, however, stiffness of the neck and tightness and pain in the shoulder area is present. Neurological symptoms, such as numbness and muscle weakness, are also factors of cervical facet joint disease. Patients often experience headaches and neck pain, and a dull, aching, uncomfortable feeling in the back of the neck that may move, or radiate, to the shoulder and middle of the back.

■ Initial Treatment for Cervical Facet Syndrome

Physical therapy is one method which can help reduce the pain by using ice to decrease the blood flow to the injured area and can also alleviate any spasms which may occur. The use of ultrasound, electrical stimulation, muscle relaxants and non-steroidal anti-inflammatory medication can also be used effectively to reduce the pain.



Prathima Moorthy, M.D.

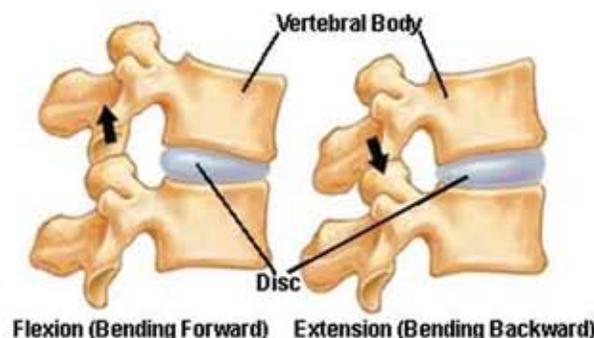
■ What Causes the Cervical Facet Joints to Become Painful?

Osteoarthritis is probably the most common cause of cervical facet joint pain. This degenerative disease causes progressive cartilage deterioration. Without the spongy cartilaginous cushion, joint bones begin to rub against each other when at rest and during movement. Another condition, Degenerative Disc Disease (DDD) may compromise the structural integrity of the intervertebral discs causing discs to lose normal height. Loss of disc height may cause the affected facet joints to become positioned too closely thereby disrupting the joint's ability to function normally.

■ Diagnosis of Facet Joint Problems

The most definitive diagnosis of facet joint pain can be made by a facet joint block. This is an injection with a small volume of a combination of local anesthetic and cortisone used to block the nerve that innervates the facet joint. If a patient experiences significant pain reduction from this procedure, he or she may be a candidate for a Radiofrequency Ablation procedure. This is a minimally-invasive procedure available to diagnose and aid in treatment of cervical facet syndrome. The benefits of having this type of surgery vs. conservative surgery include, but are not limited to: no general anesthesia; no hospital stay; and a quick recovery that results in the patient being able to resume their normal lifestyle in a minimal amount of time.

Facet Joints in Motion



■ How Can Radiofrequency Ablation (RFA) Relieve Symptoms?

RFA is a minimally-invasive procedure that disables and prevents a specific spinal nerve from transmitting pain signals. It was developed more than 30 years ago and is performed by many pain management specialists to treat painful facet joints. RFA applies a precisely targeted electrical field to change the function of nerves - in this case, a specific branch of a spinal nerve rendering it incapable of transmitting pain signals.

■ What are the Possible Complications with RFA?

As with any medical procedure, there are risks and potential complications. Although complications rarely occur, patients need to know what could happen. The following list is not conclusive: bleeding, infection, nerve or injury, allergic or other reaction to medications used (e.g. anesthetic).

■ Is the Pain Relief Permanent?

For many patients who suffer chronic neck pain, RFA is an effective treatment that may provide relief for six months or longer. Even when normal function returns to the target, pain relief may continue. If the patient responded well to the first RFA, a second may be considered if pain resumes. Of course, each patient is unique and what works well for one person, may not work well or at all for another.

■ How is the Procedure Performed?

Using gentle heat through the needle, the physician can cause muscle twitches or tingling sensations that confirm that the needle is properly and precisely positioned next to the targeted spinal nerve branch. Electric energy is then applied for the next 90 seconds to "ablate" the nerve. This procedure is repeated for each targeted nerve root. In general, there is minimal pain with this procedure.

■ What Should Patients Expect?

Like other minimally-invasive outpatient procedures, some post-procedural pain or discomfort should be expected. Usually an over-the-counter NSAID is sufficient to relieve this discomfort. In some cases, post-procedural pain may increase and the physician will prescribe needed medication (e.g. anti-inflammatory).

In general, patients can expect a significant reduction of their pre-procedural pain in one to four weeks. It is recommended that before deciding on the appropriate form of treatment, that you explore all options and treatment procedures available to you.

Prathima Moorthy, M.D.
239-593-9594

Pain Management Center of Naples
3439 Pine Ridge Rd., Naples, FL 34109



What Are The Causes Of Abnormal Forgetting?

By David B. Rawlings, PhD

In my last article, we talked about what was normal forgetting and what was **not**! We also talked about some of the possible sources for forgetfulness such as a sleep disturbance (e.g., sleep apnea), vitamin B12 deficiency, an underactive thyroid (hypothyroidism), alcohol consumption, anxiety and depression, as well as metabolic changes (e.g., electrolyte imbalances in calcium and sodium levels).

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

What types of neurological conditions might there be that would cause undue, abnormal, or persistent forgetfulness? Well, the answer is not always simple. In the most extreme cases, forgetfulness may be diagnosed as a true memory disorder which is part of a constellation of symptoms found in dementia such as Alzheimer's disease. The second leading cause of dementia, however, is cerebral vascular disease. Other forms of dementia can stem from Parkinson's disease, Multiple Sclerosis, closed head injuries, multiple concussions, substance abuse, and other medical conditions, etc.

Dementia is best defined as the development of several cognitive deficits evidenced by:

1. a memory impairment, or the impaired ability to learn new information or to recall previously learned information,
2. one or more of the following cognitive/thinking disturbances:
 - a. a language disturbance;
 - b. an impaired ability to carry out motor activities despite intact motor function;
 - c. failure to recognize or identify objects despite intact sensory function;

- d. a disturbance in one's ability to plan, organize, sequence, and abstract; and
3. the cognitive deficits listed above cause significant impairment in social or occupational functioning and also represent a significant decline from previous levels of functioning.

Not all individuals with abnormal forgetfulness, however, are diagnosed with dementia. Some individuals may develop a **Delirium** which is defined as: a) a disturbance of consciousness, b) a change in cognition (such as a memory deficit or disorientation), c) a disturbance which develops over a short period of time (usually hours to days) and tends to fluctuate during the course of the day, and d) evidence that the disturbance is caused by the result of a general medical condition (e.g., urinary tract infections, substance intoxication or withdrawal, or other metabolic influences, etc). These patients are typically seen by me in the hospital because of their rapid, and seemingly unexpected, change in thinking or behavior.

Other individuals, however, may demonstrate a neurocognitive disorder referred to as **Mild Cognitive Impairment** or **MCI**. MCI is thought to consist of two broad types; one in which the patient has relatively good thinking skills but poor memory (amnestic type or a MCI). In the other form of MCI, the patient has relatively good memory but less than adequate thinking skills (non-amnestic type). It is this combined group of MCI patients that I see most frequently in my outpatient office in order to distinguish between age-related problems and dementia.

MCI is an intermediate stage between the expected cognitive decline of normal aging and the more serious decline of dementia. It can involve problems with memory, language, thinking and judgment that are greater than normal age-related changes. If you have a MCI, you may be aware that your memory or mental functions have, "slipped". Your family and close friends may also notice a change, but generally these changes aren't severe enough to interfere with your day-to-day life and usual activities. Unlike Alzheimer's disease where cognitive abilities gradually decline, the memory deficits in MCI may

remain stable for years. Mild cognitive impairment may increase your risk of later progressing to dementia, caused by Alzheimer's disease or other neurological conditions, but some people with MCI never get worse, and some eventually get better.

The type of MCI or dementia that a patient is diagnosed with will subsequently dictate the types of medications, diet, nutritional requirements, and lifestyle alterations that may be necessary to maintain, or improve brain and physical health. So, a specific diagnosis formed quickly is paramount.

And by the way, the risk factors for MCI are similar to those of Alzheimer's disease: increasing age, and having a specific form of a gene known as APOE-e4. Other medical conditions and lifestyle factors that have also been linked to an increased risk of cognitive change include: diabetes, smoking, depression, high blood pressure, elevated cholesterol, lack of physical exercise, and infrequent participation in mentally or socially stimulating activities (i.e. computer mind games, card playing, reading, and/or working).

Personal care physicians (PCP) may question whether a patient actually has Alzheimer's, or is it the early stages of dementia, or is it just mild cognitive impairment (MCI). This is understandable because PCP's often see patients more frequently than other specialties. However in our busy lives, signs of memory problems may not get the attention they need. Why? First, PCPs may not be aware their patient requires more screening time until the patient arrives for the appointment and then their busy schedules cannot allow for longer appointments to give a full evaluation. Second, medical schools may not spend sufficient time training the students to diagnose the differences between the various memory loss conditions; and thirdly, there is no satisfying "mind" test that a doctor can quickly administer to a patient and that fits the short time frame that physicians' schedules allow for when confronted with a patient who may have cognitive decline.

So, what type of specialist should one go see if their PCP has ruled out treatable or reversible causes of forgetfulness and there is still a question to determine whether they have benign senescence (normal age-related forgetting) or a possible neurological condition?

Common practice is to refer the patient to two specialists; a clinical neuropsychologist, and a neurologist. A neurologist will examine you or your loved one physically, test motor, sensory and cranial nerves, do additional blood work, and likely send

out for neuroradiological testing such as an MRI, PET, SPECT, and/or CT scan of your brain. The scans are helpful at looking at the gross neuroanatomy of your brain to determine if there's been brain volume loss or whether there's the existence of a tumor or possible stroke-like event. Scans, however, do not reveal or demonstrate the brain's functional capacity (i.e. what does the brain know? And what doesn't it remember or know?). This is what the clinical neuropsychologist does.

Using a variety of paper/pencil and computer tests, the clinical neuropsychologist will assess the patient's brain functions such as their memory, language, problem-solving ability, processing speed, motor abilities, judgment, attention and concentration, and reasoning skills. Those test scores are then compared to a database of similar patients with regard to age, sex, race, and educational level to determine whether the patient's difficulties are, in fact, similar or different from other patients like themselves. In our office, a further analysis compares the patient's test scores to a database of over 10,000 other clinical patients to determine whether there is a correlation between that specific patient's test profile and the profile of a specific, clinical, diagnostic group. Since these tests are extremely sensitive to brain dysfunction, neuropsychological testing oftentimes reveals problems and difficulties that MRIs and CT scans cannot pick up at a microscopic level.

Why would paper tests administered by a neuropsychologist pick up things that a brain scan or MRI would not see? Because the paper tests are looking to see what parts of your brain handle your ability to handle math problems, or recall persons' names or events, or speak clearly; or figure out a problem, etc. The medical tests reveal the anatomy found within your brain. The neuropsychological tests show what functions that anatomy performs for the person (or what functions are no longer working).

Below you will find a dementia quiz from Bob DeMarco of the Alzheimer's Reading Room that is reasonably accurate in detecting signs of memory loss. This, and others like it, can be found on our website at www.drrawlings.com. The Alzheimer's Questionnaire (AQ) **should not**, however, be used as a definitive guide to diagnosing Alzheimer's disease (AD) or amnesic mild cognitive impairment (aMCI).

NOTE: If you decide to use the test below, or any test like this at home, please be advised that this test is an assessment test. Not a diagnostic test. In order to diagnose MCI, Alzheimer's, or **any type**

of dementia a series of tests must be administered by a memory care specialist like a board certified neuropsychologist before a definitive diagnosis can be made.

How To Score:

Pick 1 answer to each of the 21 questions (yes or no). Then add up all the points to arrive at a final score.

1. Does your loved one have memory loss?
Y = 1 N = 0
2. If so, is their memory worse than a few years ago?
Y = 1 N = 0
3. Do they repeat statements or stories in the same day?
Y = 2 N = 0
4. Have you had to take over tracking events or appointments, or does the patient forget appointments?
Y = 1 N = 0
5. Do they misplace items more than once a month?
Y = 1 N = 0
6. Do they suspect others of hiding, or stealing items when they cannot find them?
Y = 1 N = 0
7. Does your loved one frequently have trouble knowing the day, date, month, year, and time; or check the date more than once a day?
Y = 2 N = 0
8. Do they become disoriented in unfamiliar places?
Y = 1 N = 0
9. Do they become more confused when not at home or when traveling?
Y = 1 N = 0
10. Excluding physical limitations, do they have trouble handling money, such as tips or calculating change?
Y = 1 N = 0
11. Do they trouble paying bills or doing finances?
Y = 2 N = 0
12. Does your loved one have trouble remembering to take medicines or keeping track of medications taken?
Y = 1 N = 0
13. Do they difficulty driving; or are you concerned about their driving?
Y = 1 N = 0
14. Are they having trouble using appliances,

such as the stove, phone, remote control, microwave?

Y = 1 N = 0

15. Excluding physical limitations, are they having difficulty completing home repair or housekeeping tasks?
Y = 1 N = 0
16. Excluding physical limitations, have they given up or cut down on hobbies such as golf, dancing, exercise or crafts?
Y = 1 N = 0
17. Are they getting lost in familiar surroundings, such as their own neighborhood?
Y = 2 N = 0
18. Is their sense of direction failing?
Y = 1 N = 0
19. Do they have trouble finding words other than names?
Y = 1 N = 0
20. Do they confuse names of family members or friends?
Y = 2 N = 0
21. Do they have trouble recognizing familiar people?
Y = 2 N = 0

What the score means:

0 to 4: No cause for concern

5 to 14: Memory loss may be an early warning of dementia

15+: dementia may already have developed

If you feel you or a loved one/friend are having memory or thinking difficulties, request testing from a trained neuropsychologist for a thorough neuropsychological evaluation. The results will be shared with your primary care physician and/or neurologist. The test data provides a snapshot or baseline of abilities/difficulties from which recommendations can be offered to your doctor. These treatment recommendations will also be shared with you following the evaluation. The test results can also be used for any additional testing that may be necessary years later to determine progress due to treatment or interventions by your physician(s). Lastly, undergoing the tests can help confirm your concerns that you are indeed "losing your mind" and need treatment; or will convince you that you have the "usual aging of the brain" that comes with age.

ARE IMPLANTS FOR YOU?

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

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

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

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

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

Function and Health

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

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

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

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

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

Quality of Life

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

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

Making the Case

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

Following are some common questions patients ask about dental implants.

Q. Do you do implants?

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

Q. What is a dental implant?

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



Dr. R. Troup Davis

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



Dr. Stacey D. Vlachos

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

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

Q. What are the benefits of dental implants?

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

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

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

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

Q. Are they expensive?

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

Q. Can anyone have dental implants?

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

Q. Does it hurt?

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

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

Q. Are dental implants successful?

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

Conclusion

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

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

Sincerely, Dr. Stacey Vlachos and Dr. Troup Davis

TD 239-262-1404
troupdavisdds.com
5185 Castello Drive, Suite 1 • Naples, FL 34103

An Implant Case Study

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



(A) Radiographic view before any procedures were performed.



(B) Radiographic view following dual sinus elevation.



(C) Radiographic view following placement of implants.



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



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



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



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



(H) View of maxillary and mandibular overdenture bars.



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



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



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



(L) View of smile line.

A Patient's Perspective

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

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

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

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

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

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

Get back into life

Pain Management Center
Prathima Moorthy, M.D.

Cervical & Lumbar Epidural Injections
Lumbar & Cervical Facet Block • Occipital Nerve Block
Lumbar & Cervical Radiofrequency Ablation
Sacroiliac Joint Injections • Trigger Point Injections
Celiac Plexus Block

Board Certified PM&R Fellowship Trained in Interventional Pain

University of Wisconsin School of Medicine,
Johns Hopkins University Internship
Baylor College of Medicine Residency,
Patients' Choice Award three years running.

Call Today! 239-593-9594

3439 Pine Ridge Road | 9410 Fountain Medical Ct #201 | info@pmcnaples.com
Naples, FL 34109 | Bonita Springs, FL 34135 | www.pmcnaples.com

Discover a life more fulfilling 

ACUTE WOUND CARE

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

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

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

Call Us Today!
239-949-4412
www.acutewoundcare.com

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






Helping Your Child Choose the Best College While Selecting the Best Financial Options

By Dr. Christine Davis - Edison State College

As your son/daughter prepares to enter college, you will have plenty of questions. Which college should they attend? What should they select as their major? How will we pay for college? Luckily, there are many options and resources available to assist in making these decisions.

When deciding on the college that would work best, there are three important things to consider.

The first is cost of attendance. This is more than the tuition rate. Additional expenses like books, lab materials, parking, transportation and housing should be included in your evaluation. Will your son/daughter live at home (commuting back and forth), on campus, or in an apartment? Also take into account basic living expenses such as food and clothing and compare tuition rates for in-state and out-of-state institutions.

When it comes to college costs, there are several options to help finance their education. At Edison State College, we strongly encourage all prospective and current students to complete the FAFSA, which is the Free Application for Federal Student Aid and it can be found at www.fafsa.ed.gov. This site also offers good information about grants, loans and work-study funds.

Additionally, when your son/daughter has selected a college to attend, always explore the website of that institution. Many have areas dedicated to financial aid and scholarships specific to their institutions, and usually have a 'net price' calculator to help calculate costs. Most colleges



and universities also have a foundation which can assist with scholarships, so it is highly recommended to explore those offerings as well.

If your son/daughter is still in high school, make sure to speak with their high school guidance counselor about scholarship and grant information. These individuals are a great resource for navigating the college application and cost process.

The second thing to consider when selecting a college is what to study. What does your son or daughter plan to study? What career does he/she have in mind? Many of the colleges and universities offer specialized and specific training for certain career fields, and if your son/daughter knows what they would like to focus on, narrow your college search to institutions that offer excellent training

for that field. They need to choose a major that upon graduation will have career options and job prospects that offer a great 'Return on Investment' (ROI). There should be a balance between the salary your son/daughter would like to earn and the level of enthusiasm and interest he/she has in that career.

And finally, the third thing to consider is 'fit'. Once you have found some colleges that will suit the determined budget, and offer the major that your son/daughter wants, the next step is to take the time to visit all of the campuses. Colleges offer open house events and campus tours on a regular basis. By attending events like these, you can get a better sense of the atmosphere, the academic offerings and the student life that is available. While on campus, make sure you meet current students and ask them questions about their professors, the size of the classes and clubs, and activities they enjoy.

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)

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

March 27, 28, 29 & April 3, 4, 5 at 8PM with a 2PM matinee on the 29th and 5th theater performance "Neighborhood 3 Requisition of Doom" by Jennifer Haley, at Black Box Theater on the Ft. Myers Campus, L-119B, Tickets are \$5 students, \$10 General Admission at www.brownpapertickets.com

March 20, 2014 – Humanities colloquium "Education for A New Humanity: The Price and Promise of Progress" with Guest Artist Gregory Green in the Rush Auditorium on the Ft. Myers Campus. 4:30 - 6:00 pm

April 1, 2014 – Humanities colloquium "Eating to Thrive" in Building U, Room 102 on the Ft. Myers Campus starting at 5:00 p.m.

April 2, 2014 – Humanities colloquium "Designing to Thrive" in Building AA, Room 177 on the Ft. Myers Campus from 12:00-6:00 PM

April 7-10, 2014 – Spring Open House Week! Visit www.edison.edu/openhouse for details

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

April 10-24, 2014 – The Student Art Exhibition displayed in the Bob Rauschenberg Gallery.

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

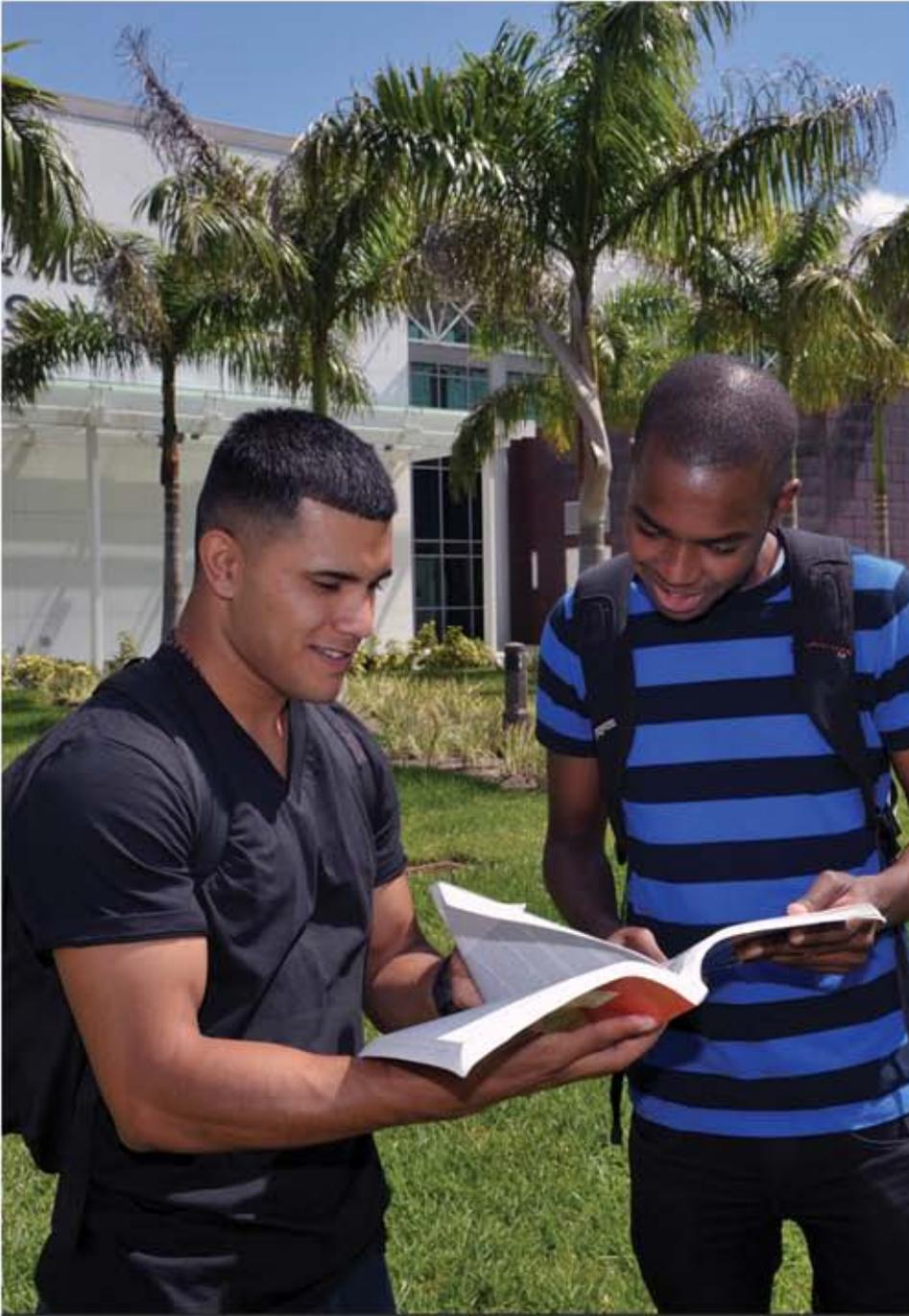
May 2, 2014 – Commencement



EDISON STATE COLLEGE

A Higher Degree of You

www.edison.edu | 800-749-2322



A few other things to consider when selecting a college are:

- What services are available to support students?
- What does the institution do to help with student retention?
- What are the graduation rates?
- How long does it take for a student to earn a four-year degree?

What if your son/daughter is truly undecided about a major or career path?

There are additional options to explore, like starting at a two-year institution and then transferring to a four-year college/university. The class sizes tend to be smaller and your son/daughter wouldn't necessarily have to declare a major. You will want to ask about the transferability of credits. If your son/daughter has narrowed the choices and is still undecided, then these questions should help:

- Can I afford this?
- Is this a good investment?
- Is my return on the investment good for me?
- What are my career paths with this choice?

In preparation for that first day at college, make plans to help your son/daughter set up a budget to help plan for living expenses. This includes things like internet service, cable/TV service, phone service, laundry, food, entertainment, clothing, personal items, car payment/insurance, gas, transportation/travel, health insurance and any other expenses your child may have. Some of these expenses could potentially be covered with scholarship money.

College is an exciting opportunity for your son/daughter. Choosing the right one will help your child to fulfill their career goals. As Derek Bok, who was president of Harvard University from 1971-1990 once said, "If you think education is expensive, try ignorance."

Dr. Christine Davis is the VP for Student Affairs and Enrollment Management at Edison State College where she leads a division which includes Admissions, Academic Advising, Placement Testing, New Student Orientation, Student Activities, Residence Life, Career Services, and Disability Services.

See well, Look good, Feel great!

SPECIALIZING IN EYELID SURGERY

Blepharoplasty, Skin Cancer of the Eyelid, Facial Fillers, Skin Rejuvenation, Tearing, Eyelash Lengthening, Botox®
Most Surgical Procedures Covered by Insurance

SPRING INTO BEAUTY
FREE MAR 13TH
Seminar
NOON to 1^{PM}
 LUNCH WILL BE SERVED
 CALL TO RESERVE SPACE



NADIA KAZIM, MD, FACS
 OPHTHALMIC PLASTIC SURGEON
(239) 494-4900
www.KazimEyelidSurgery.com
 3501 Health Center Blvd., Ste. 2170 • Bonita Springs, FL 34135

EDISON STATE COLLEGE

6TH ANNUAL

GREEN FEST EXPO

SATURDAY, MARCH 22, 2014

7007 LELY CULTURAL PARKWAY NAPLES **10:00 AM - 3:00 PM**

FREE ADMISSION | FREE PARKING

FOR MORE INFORMATION CALL 239-732-3700
 OR VISIT US AT EDISON.EDU/COLLIER



RECOVER with Confidence™

You have enough things on your mind.
Your hair loss shouldn't be one of them.

By LaDonna Roye, Hairstylist

Medical hair loss is caused by medical treatments such as chemotherapy and others. Normally its a temporary condition, reversing itself after treatments stop. It can be very disconcerting to the women who experience it.

We specialize in helping women whose hair loss has been induced by medical treatments. We're aware and sympathetic to the challenges you're currently facing.

Though treatments cause a range of side effects that can be very difficult physically, none can be more psychologically and emotionally debilitating than the loss of your hair. In this information we'd like to offer you some advice on how you can minimize the effect of hair loss to boost your self-esteem and confidence on your way to recovery.

A wig is not just a wig

A wig is not just a wig when it comes to the woman with hair loss. It is not worn for fun or fashion. It's not a whim, and certainly not something that you plan to wear for only a few hours while out on the town.

For medical hair loss, a wig serves to replace your hair-as authentically as possible-and restore your self-confidence. You should feel comfortable in it, and about it. Not only should you feel good about wearing your wig, you should look your best, as well. That's why there are many considerations you should take into account when choosing a suitable wig. Here are a few.

Fit and feel

The fit of the wig is vital for reasons of comfort and security. That's why custom fitting by certified "Recovered with Confidence" professionals produces the most desirable results. Why?



The cap of the wig, the part that is directly in contact with your scalp, must conform to your scalp as closely as possible. This prevents the wig from shifting and makes it secure for you to wear in most circumstance.

The feel is also important. A scalp bared by chemotherapy is often tender and sensitive and as the hair grows the scalp can also become itchy. Therefore, it's advisable to choose a wig that's created from only the softest, silky as and lightest materials.

Appearance

In our experience, many women want to keep their hair loss their secret. If so, you'll want to select a hair style and color that closely matches your hair before you begin your treatments. This way we can help by having your wig ready for you when you need it. Therefore, it's very helpful to bring recent photos of yourself when choosing a hair replacement. You might cut a lock of your own hair before you lose it to match its color precisely or your consultant can do this for you prior to treatments.

The most important factors about wearing a wig are feeling comfortable in it and feeling comfortable about it. The closer your wig matches your growing hair, the more comfortable you'll feel wearing it and the more confident you'll feel about yourself. So choose wisely, and carefully.

Regarding choice

When selecting a wig you have many choices including the choice of not wearing a wig at all, instead, using a scarf or hat to cover your hair loss. There's no reason it must be an "either/or" decision. However, the fact remains, in many situations, scarves and hats are not appropriate. That's why the option of having a natural looking wig is so desirable to most women.

How can we help?

Our business is dedicated to helping women experiencing medical induced hair loss; we are committed to doing our small part to help you recover with confidence.

Our certification by "Recover with Confidence" is evidence of our expertise. Our help extends to many areas. For example, we provide all the necessary paperwork to assist you with getting your insurance to offset the cost of your hair replacement

We offer a large, beautiful selection of wigs, both human hair and synthetic. Our medical hair loss specialists will custom fit your wig and alter its design to meet and exceed your every expectation. Most importantly, we provide a private, caring, compassionate environment. We're sensitive to your situation and your unique needs. You have our word we will do everything we possibly can to help you "Recover with Confidence".

Please, free to call us any time to ask questions, or schedule a discrete, confidential consultation with one of our certified professionals.

LaDonna Roye Hairstylist 239-254-9100
12980 Tamiami Trail N #18 Naples, FL 34110

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. 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

Do Sunglasses Really Protect My Eyes?



Chronic exposure to ultraviolet radiation in sunlight has been implicated in a number of serious ocular diseases, including growths on the conjunctiva called pinguecula and pterygia, cataracts and possibly age-related macular degeneration.

Eye Protection is Key

Eye protection is the cornerstone of good ocular health. Recent research has shown that the time of maximum risk for ultraviolet radiation (UVR) damage to the eyes is very different from the time of maximum risk to the skin. Risk to the skin is greatest when the sun is highest in the sky: between 10:00 AM and 2:00 PM. Due to the anatomical position of the eye within the orbit, ocular UVR exposure peaks not when the sun is at its zenith, but when the solar angle is lower and closer to parallel with the visual axis. So rather than at solar noon, maximum ocular UVR exposure occurs between 8:00 AM and 10:00 AM and between 2:00 PM and 4:00 PM. Unfortunately, these are hours when people may be less likely to wear sunglasses.

The Right Outdoor Eyewear

Beyond UVR protection, the right outdoor eyewear can help improve vision and comfort in bright sunlight when golfing or playing tennis. Polarized lenses contain a special filter that blocks reflected light, reducing glare. Polarized sunglasses improve comfort and visibility, as well as improving contrast sensitivity.

A good pair of prescription sunglasses with a frame that wraps can not only protect from the wind, but also improve enjoyment and performance of sports. Besides boaters, outdoor enthusiasts who benefit most from polarized sunglasses include golfers, joggers, skiers and bikers who may enjoy a clearer view along with elimination of glare.



Helping You Protect Your Eyes

For assistance selecting the best outdoor eyewear to protect your eyes, please call Dr. Alexandra Konowal at 239-948-7555 or visit our website at www.drkonowal.com.

HOGLUND FAMILY
Hearing & Audiology Center

**Hearing Loss?
Ringing Ears?
WE CAN HELP!**

Lee County
239-992-4327

Collier County
239-498-7142

FREE SCREENINGS ...For Hearing or Tinnitus and Help With Your Hearing Aids!



JOHN & PATRICIA HOGLUND
LHAS, BC-HIS, ACA
Nationally Board Certified In Hearing Instrument Sciences
American Conference of Audioprosthologists

Bonita Periodontics and Implants



Juan M. Teodoro, D.M.D.

- Diplomate American Board of Periodontology
- Diplomate & Fellow International Congress of Oral Implantologists
- Clinical Assistant Professor University of Florida
- Conscious Intravenous Sedation Certified
- Laser Assisted New Attachment Procedure Certified



**Implants • Bone Grafting • Wisdom Teeth
IV & Oral Sedation • Extractions • Gum Grafts**

Bonita Springs:
9510 Bonita Beach Road, Suite 102
Bonita Springs, Florida 34135

239.333.4343

www.bonitaimplants.com

Your Thyroid Gland Is More Important Than You Think The Skin, The Thyroid and More

When you think of skin, people generally don't think about the thyroid gland. But the two are closely related.

If not enough thyroid hormone is produced, then dry itchy skin, along with cracks in the fingertips and hands (especially in winter) can be a consequence.

Thyroid dysfunction is when the thyroid gland, a small, butterfly-shaped gland located at the base of your neck, produces too much thyroid hormone. This is when your body's endocrine system speed up, which is referred to as hyperthyroidism. When there is too little thyroid hormone being produced it is called hypothyroidism this is when the body's system slows down. If your thyroid gland is not working properly, neither will you.

How Your Thyroid Gland Works Imagine that your thyroid is a car engine. The thyroid is what sets the pace that your body operates. The functioning of the skin depends on the general status of the body and it is controlled by hormones like the thyroid. Hair growth particularly depends on thyroid hormone. The actual thickness of the skin depends on thyroid function.

Overall the most common problem associated with thyroid disease is dry skin associated with hypothyroidism. This is worse in the winter with low humidity and is aggravated as we get older.

Over activity and under activity of the thyroid gland may result in alterations in skin, hair and the nails.

Thyrotoxicosis overactive thyroid gland causes:

- Smooth, moist, warm skin
- Flushing of face and hands
- Overgrown nails
- Fine soft thinned scalp hair
- Itching
- Increased skin pigmentation

Hypothyroidism underactive thyroid gland causes:

- Cold, pale and dry skin
- Delayed wound healing
- A yellowish hue to the skin
- Sparse, brittle hair which comes out in handfuls
- Slow growing ridged and brittle nails
- Puffy eyelids and hands

Treating the underlying thyroid dysfunction can help cure the skin problems resulting from hyperthyroidism and hypothyroidism. Thyroid hormones govern your body's metabolism, sensitivity to other hormones and protein synthesis. These hormones also play a vital role in the condition of your skin by affecting the amount of moisture in the skin.

Can Thyroid disease be prevented? There are several things you can do to reduce your chance of thyroid problems.

Reducing stress, yoga, mind-body techniques all can play a part in preventing some autoimmune problems like thyroid disease.

Stop smoking, smoking can damage the thyroid and can also further damage existing thyroid issues.

Drink bottled water, Fluoride in water, and other existing toxic chemicals are among the many substances in water that may trigger or worsen the risk of thyroid problems. Consider drinking purified or bottled water.

Reduce your Soy intake. Too much soy is not healthy and has been linked to increased risk of thyroid disease.

Reduce Iodine intake. Too little iodine has been an increasing problem in the United States, increases your risk of hypothyroidism or goiter, but excessive iodine intake can also affect the thyroid.

The Sun, aging, smoking and environmental factors all take their toll on our skin. Wrinkles,

rough, dry weathered skin can often be rejuvenated by non-surgical means. Facial Esthetique carries its own custom formulated Private Label skin rejuvenation products. Facial Esthetique our medically directed skin care clinic offers a full menu of rejuvenative skin care services. We can help you turn back the hands of time to healthier, youthful skin. Whether you have been recently diagnosed with a thyroid condition or have suffered with thyroid disease long term Call today for your free consultation to getting your healthy beautiful skin back.

Additional tips for healthy skin

Try to get between 7 and 8 hours of sleep each night

Drink lots of water every day aim for 8 to 10 glasses.

Sugar and alcohol are very aging. They are dehydrating, deplete your body of antioxidants and promote free radical damage in your body.

Eat an abundance of fresh vegetables and fruit and drink raw vegetable juices. The antioxidants in fresh produce will minimize free radical damage to your skin. Free radicals speed up aging.

Chemical Peels - Customized Facials - DermaPen - Botox
Volumizing Filler - Facial Cosmetic Surgery

IF FLAWLESS
BEAUTY IS
WHAT YOU
SEEK...



Boutique Medi-Spa
Medically Directed Skincare

Medical Director, Eric Reed
Esthetician, Grace Reed

(239) 333-FACE
Facialesthetique.com

Mineral Makeup

jane iredale
THE SKIN CARE MAKEUP™

Located in Bonita Springs (Colonnade Medical Complex)

Facial Esthetique | Medically Directed Skin Care Facility
9540 Bonita Beach Road SE, Suite 106 | Bonita Springs, FL 34135
Ph 239-333-FACE (3223) | www.facialesthetique.com

Alleviate Shoulder Pain and Begin Moving a Frozen Shoulder with Acupuncture

By Toni Eatros, MS, Dipl Ac, AP

What is Frozen Shoulder?

Frozen shoulder is stiffness, pain, and limited range of motion in the shoulder. The condition usually comes on slowly but can progress to complete immobility of the shoulder accompanied by severe pain.

What Causes Frozen Shoulder?

Frozen shoulder can be triggered by an injury that inhibits use of the joint, due to pain. A sedentary lifestyle and chronic disease, such as arthritis or diabetes, can also be factors.

Frozen Shoulder Usually Occurs:

- After surgery or injury.
- Most often in people 40 to 70 years old.
- More often in women (especially in postmenopausal women) than in men.
- Most often in people with chronic diseases.

If you suffer from severe pain in the shoulder and/or the inability to complete once easily performed tasks, such as putting dishes in the cupboard, I have good news for you. Acupuncture can alleviate the pain you are experiencing so you can get back to the activities that you enjoy. Pain relief begins within minutes of the start of treatment.

How Does Acupuncture Help?

Even if you have tried acupuncture before and did not get the results you wanted, I encourage you to try it again. Zang-Fu diagnosis is the type of diagnosis that is taught in American acupuncture schools. Most acupuncturists utilize this diagnostic method to diagnose and treat their patients. Some patients improve



completely, some get a significant reduction in pain, and others get only a small amount of pain relief with this approach. This type of diagnosis strategy works great for Chinese Herbs, but for acupuncture the results are inconsistent.

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

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

What Kind Of Acupuncture Is Used?

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

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

Treatment results vary depending on the length of time the pain has been present, your overall health, and your ability to rest the shoulder between treatments. Most patients see a dramatic reduction during the very first treatment. If the pain is chronic and if you continue to overuse the arm between treatments, then progress is usually a bit slower. I recommend 6-12 treatments total in most cases. Results are the best if you can come 3 times per week for the first two weeks, then as needed for maintenance. If you make an effort to rest the arm and perform the suggested home treatment, results can be fast and long lasting so you can resume your pursuit of the activities you enjoy.

Don't live one more day with shoulder pain. Get relief today. Call **(239) 260-4566** to schedule an acupuncture treatment today!



RAQUEL WELCH[®]

wig collection

Lace front, mono top,
synthetic and human hair.
Over 600 wigs and hairpieces in stock.
Appointment Required. Call Today!

Now offering
a private fitting room
in our newly expanded salon.

HAIR U WEAR[®]

KANEKALON
Fibralite[®]
MODACRYLIC



HairUWear Inc. is a proud sponsor
of the American Cancer Society.

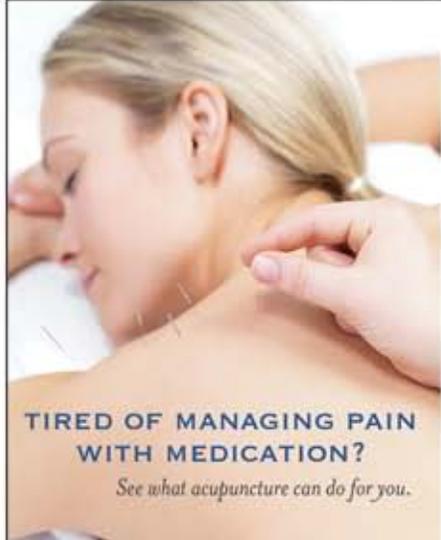
12980 Tamiami Trail N., Ste. 18, Naples
9-5 Mon-Fri • 9-1 Sat • Evenings by Appt.

254-9100

www.ladonnaroye.com

LaDonna Roye

Hairstylist



Acupuncture & Natural Health Solutions

2355 Vanderbilt Beach Rd, Suite 146
Naples, FL 34109

Acupuncture Effectively Treats:

- Back Pain • Neck Pain • Headaches
- Sports Injuries • Chronic Pain • Fibromyalgia
- Neuropathy • Women's Health
and much more...

Toni Eatros,
Acupuncture Physician

12 Years of Experience and expansive medical knowledge.

Call NOW To Schedule An Appointment
239-260-4566

www.AcupunctureSolutionsOnline.com

TIRED OF MANAGING PAIN
WITH MEDICATION?

See what acupuncture can do for you.

Spring Cleaning Mental Prep

Spring is just around the corner! Sadly, it's also time to start thinking about how you will fit all those big, time-consuming spring cleaning jobs into your life. Consider trying out MaidPro's 49-Point Checklist for your recurring cleaning services (after you have purged and organized) and let them handle the tougher jobs listed below.

Purge and organize small storage areas (closets, junk drawers, cabinets, vanities, toy boxes, paper and digital files). These are great places to start before the weather gets too nice. Discard clothes that are worn or don't fit, food, cosmetics and medicines that are past date and be ruthless about shredding old bills and statements and deleting or archiving defunct files, emails and terrible photos from your computer.

Purge big storage areas (attic, basement, garage). Spring is a time for church and school fairs. For you, it's an opportunity to donate unwanted stuff AND get a tax deduction.

Wash walls, clean ceilings and lighting fixtures. This works wonders to brighten your home especially if you burn lots of candles or fires in the winter. It's also yucky, backbreaking work, requiring proper technique and an assortment of specialized tools (so, definitely worth outsourcing to a professional crew if you plan and budget carefully).

Clean windows, screens and treatments. This is another excellent candidate for outsourcing if you



budget for it now. Otherwise, plan on dedicating at least an entire weekend and check out MaidPro's Spring Cleaning Survival Guide before turning your attention to the next several items on the list.

Heavy linens, upholstery, behind and underneath furniture. The guideline here is to take down and clean anything that lives higher up and is likely to shed dust, dander and other micro debris onto your floors in the process.

Large appliances (refrigerator, oven, dishwasher, washing machine and dryer). Appliances ought to be cleaned and, where appropriate, sanitized at least two

to four times a year, so chances are at least some of these appliances are going to require your attention within the coming few months.

Deep clean carpets/treat hardwood floors. Being physically lowest, floors are the last thing you want to clean and treat before summer arrives. Be sure to wait until after spring's mud season to get the greatest long-term benefit.

239.596.5200 maidpro.com/naples
239.437.5527 maidpro.com/fortmyers
239.206.2881 maidpro.com/marcoisland

“Let me emphasize that I expect a great deal of continuity in the [Fed’s] approach to monetary policy.”

--Janet Yellen, new Chairwoman of the Federal Reserve

So expect a continuation of low interest rates. Ms. Yellen, who by consensus is a most qualified appointment to head the Fed will follow Ben Bernanke’s lead in using low interest rates to keep the economy moving. I would prefer that private investment and innovation be the catalyst for a robust economy, but we’ll take what we can get. I’m trying to love low interest rates, but I just can’t. I don’t personally because I’m not a net borrower, but there are many investors who regularly rely on fixed investments, but feel they have to live with negligible interest, to deplete savings, or venture more into the stock market. These are the challenges for investors as well as financial planners.

The unintended consequences of the low interest rates didn’t enrich the poor, but the wealthy who have much more assets in the stock market did pretty well last year. Although there are many sector indices, these, a few of the more common, reported by Morningstar are worth a look:

	2013		2013
Barclays Intermediate Gov’t bond	-1.25%	Barclays Long Term Government Bond	-12.48%
Standard & Poor’s 500 Index	+32.39%	USTREAS Certificate of Deposit 6 mos.	+ .60%

These are examples of several of the common areas of investments, those being cash, bonds, and stocks. Look at the same indices in 2008, again by Morningstar:

	2008		2008
Barclay’s Intermediate Gov’t Bond	+10.43%	Barclays Long Term Government Bond	+22.69%
Standard & Poor’s 500 Index	-37.00%	USTREAS Certificate of Deposit	+4.70%

Of 18 financial indices I follow, in 2013, the only 3 that were down were all bonds. In 2008, there were only 3 up, those being the two Treasury indices and the Certificate of Deposit index. So in 2013, the pop up in interest rates drove intermediate bonds down a little and long term bonds a lot. With the 2008 financial crisis it’s plain to see that the 3 indices that increased were the ones with the government guarantee. These two years are pretty extreme in both directions, but that’s the point. We have extreme years.

There are two main reasons for savings and investment—financing retirement and passing assets on to heirs. Both are closely linked. Often one is a trade-off to the other. Interestingly enough, people who are well-off are more concerned about retirement than the poor. The poor are prepared to work forever, and the well-off don’t want to face a reduced lifestyle in retirement.

In 1950 most people retired at age 65 and were expected to live 13 years on average. Now many are retiring at age 55 and will be retired for 30-35 years. More retirees in 1950 had defined benefit plans where the company took the risk. Those proved most troublesome with unfunded liabilities and pension account management responsibility. Now the responsibility has been pushed to the employee with defined contribution plans (401K, 403B, etc.) and retirement periods 2-3 times longer than in the past.

Sal Petralia is a CERTIFIED FINANCIAL PLANNER™ Professional and Registered Principal with LPL Financial, 5621 Strand Blvd. Unit 102, Naples, Fla, 34119; Tel. 239-596-7822; Email; sal.petralia@lpl.com

Securities offered through LPL Financial Member FINRA/SIPC

The opinions voiced in this material do not necessarily reflect the views of LPL Financial and are for general information only and are not intended to offer specific advice or recommendations for any individual. To determine which investment is appropriate for you, consult your financial advisor prior to investing.

The Standard & Poor’s 500 index is a capitalization weighted index of 500 stocks designed to measure performance of the broad domestic economy through changes in the aggregate market value of 500 stocks representing all major industries.

Intermediate bond index and long term bond index are unmanaged indices which cannot be invested in directly. Past performance is no guarantee of future results.

David B. Rawlings, Ph.D., P.A.

Board Certified Clinical Neuropsychologist

Clinical, Health and NeuroPsychology Services

- Memory Testing and Management
- Adult ADHD Assessment and Accommodations
- Learning Disability Evaluations and Certification
- Head Injury/Sports Concussions (return to work/play)
- Disability and Social Security Evaluations
- Dementia (Alzheimers/Parkinson’s) Assessments
- Competency Evaluations
- Depression & Anxiety Screening and Treatment



720 Goodlette Road N. | Suite 201 | Naples FL 34102
239-430-2303 | www.drrawlings.com



LPL Financial

Sal Petralia, CFP®, MBA

CERTIFIED FINANCIAL PLANNER™
 Professional | Masters in Business Administration

Financial Planning for Individuals and Businesses

- Individual Tax Planning
- Portfolio Reviews
- Hourly Rates
- Retirement Planning

5621 Strand Blvd., Ste. 102
 Naples, FL 34110-7302

sal.petralia@lpl.com
 www.lpl.com/sal.petralia
(239) 596-7822

Call today for more information or to schedule a FREE consultation.

2013 Five Star Wealth Manager* As seen in Gulfshore Life Magazine
 *Award based on 10 objective criteria associated with providing quality service to clients such as, credentials, experience, and assets under management among other factors. Wealth managers do not pay a fee to be considered or placed on the final list of 2013 Five Star Managers.

ANNUAL REPORTS: A PRIMER FOR BUSINESS ENTITIES

By Andrew S. Bennett

It's not uncommon for those organizing a business entity to be so focused on getting the ball rolling that they miss the part about routine maintenance. Under Florida law, business entities must submit an "Annual Report" to the Florida Secretary of State each year. Sometimes, business entities are caught off guard when the State requests an Annual Report, or worse, they put off filing the Annual Report for so long, or simply forget to file altogether, so that the State administratively dissolves the entity. This article will explain Annual Reporting requirements, when, where, and how they are filed, and what happens if an entity fails to file.

What is an Annual Report?

Annual Reports are at times confused with financial statements or earnings reports by which entities report profits and losses. Annual Reports contain no financial information whatsoever. While there is slight variation depending on the entity, and whether or not it's foreign (i.e. organized under laws of another state) Annual Reports need only contain the following:

1. Name of the entity (foreign entities must also list the state or country of organization)
2. Date of organization (foreign entities must also include the date of admittance to conduct business in Florida)
3. Main office address
4. Mailing address
5. Federal Employer Identification number
6. Name and address of a registered agent
7. Names and business addresses of: directors and principle officers (corporations and not-for-profit corporations), general partners (LP's and LLLP's), or managing members or managers (LLC's).¹

Annual Reports can be filed online with the Florida Department of State Division of Corporations at <https://services.sunbiz.org/Filings/AnnualReport/FilingStart>, and are available to the public at <http://www.sunbiz.org/>.



Due Dates and Costs:

While the name "Annual Report" denotes the frequency of filing, Annual Reports are actually due between January 1 and May 1 of each calendar year.

The cost of filing depends on the type of entity:

- Corporations: \$150
- Not-For-Profit Corporations: \$61.25
- Limited Liability Companies: \$138.75
- Limited Partnerships: \$500
- Limited Liability Limited Partnerships: \$500

If a report omits any necessary information, the entity will be notified, and if corrected within 30 days, the report is deemed to be timely filed, even if the 30 days expire after the May 1 filing deadline.

Failure to Timely File:

A \$400 late fee applies to all entities, no exceptions, who fail to file by May 1st (except for not-for-profits, which have no late fee). An entity then has from May 2 to the close of business on the fourth Friday in September (just over 4 months) to pay the late fee, and if

¹ Florida's Revised Limited Liability Company Act (which currently applies only to LLC's formed this year but will apply to all LLC's in 2015), requires LLC's to list only 1 person with management authority.

² The Revised Limited Liability Company Act (which currently applies only to LLC's formed this year but will apply to all LLC's in 2015) omits this personal liability language for members and managers.

not, the entity is administratively dissolved and listed as "inactive." It is possible to have an entity reinstated, but again, it will cost you. The fee schedule for reinstatement is:

- **Corporations:** \$600 plus \$150 for every missed Annual Report
- **Not-For-Profit Corporations:** \$175 plus \$61.25 for every missed Annual Report
- **LLC:** \$100 plus \$138.75 for every missed Annual Report
- **Limited Partnership (LP):** \$500 plus \$500 for every missed Annual Report.

While being placed on "inactive" status may seem superficial, severe consequences may follow. Under Florida law an administratively dissolved entity continues to exist only for the specific purpose of winding up its affairs. If a director, officer, or agent of a corporation, or a manager or member of an LLC, knowing of the administrative dissolution, purports to act on behalf of the entity after the fact, he or she becomes personally liable for the resulting debt, obligation, or liability.² Furthermore, entities who fail to file Annual Reports can be prohibited from maintaining or defending any lawsuit in Florida (except as related to the winding up of the company).



Additionally, when an entity has been dissolved for more than one (1) year, its name becomes available for use once again by the organizers of newly forming entities, thus creating the possibility that an inactive entity will have to reinstate under a different name. If an entity's name has developed a certain cachet or following in the market place, then preserving the name becomes all the more reason to promptly file. Furthermore, before reinstating under a different name, the Division of Corporations requires that the inactive entity's original articles of incorporation (corporations and not-for-profits), articles of organization (LLC's), or certificate of authority (LP or LLLP) reflect the new name, which requires an amendment, which requires (as you may have guessed) another fee (\$35 for corporations and not-for-profit corporations, \$25 for LLC's, and \$52.50 for LP's and LLLP's).

The situation is even worse still for delinquent foreign entities, as the failure to file an Annual Report can be grounds for revoking an entity's certificate of authority to transact business in the State. Transacting business without a certificate of authority makes the entity liable to the state for all taxes and fees it would have incurred, plus a civil penalty between \$500 and \$1000, for each year, or part thereof, it transacted business without a certificate of authority.

If only for the sake of the grief to be avoided, much less the time and money to be saved, Annual Reports should be filed on time. If it seems like one more thing to remember, it is, but the Division of Corporations will send an "Annual Report Reminder Notice" to the email address provided when the entity was organized. However, only use this as a backup, as the state will not waive any penalties or late fees. So set your calendar accordingly!



Andrew S. Bennett
Associate

Practice Areas:
Real Estate
Real Property Law

Bar Admissions:
2013, Florida

Education and Honors:

Ave Maria School of Law (J.D., 2013, cum laude)
Senior Editor, Ave Maria Law Review
Regional Champion, 2012 ABA National Appellate Advocacy Regional Competition
Brigham Young University (B.A., 2010)

Professional Activities and Experience:

Member: Florida Bar Association,
Member: Collier County Bar Association
(Young Lawyers Section)

Presentations/Publications:

Montana v. Wyoming: A Rising Tide of Water Issues
ENVIRONS, UC DAVIS SCHOOL OF LAW ENVIRONMENTAL LAW AND POLICY JOURNAL, VOL. 36, NO. 2 - SPRING 2013

Brendlin v. California: Who's in the Driver's Seat When You're Not in the Driver's Seat?
BYU PRELAW REVIEW, VOL. 22 (2008)

**SALVATORI, WOOD, BUCKEL,
CARMICHAEL & LOTTES**

**239.552.4100
WWW.SWBCL.COM**



**SALVATORI, WOOD, BUCKEL,
CARMICHAEL & LOTTES**

Attorneys at Law

REAL ESTATE • ESTATE PLANNING • CORPORATE • LITIGATION • TAX

9132 Strada Place • Fourth Floor • Naples, Florida 34108

239.552.4100
www.swbcl.com

The hiring of a lawyer is an important decision that should not be based solely on advertisements. Before you decide, please visit our website at www.swbcl.com to read about our qualifications and experience

Southwest Florida's
Health & Wellness
Magazine



On the Web
SwfHealthAndWellness.com



On Facebook
facebook.com/healthandwellnessmagazine



On Twitter
twitter.com/SWFHealthMag



In Your Inbox
Receive our monthly newsletter. Sign up online

Providing information that will promote living a healthy, well-balanced lifestyle.



Causes For Limb Swelling

By Alyssa Parker

Finding the source of your edema is vital to getting the proper medical care. Chronic edema left untreated without a clinical diagnosis may lead to a variety of problems. Patients with chronic edema may start the day out with painless swelling in their limbs that progress's throughout the day leading to a sensation of heaviness in the limb by the evening. Common condition's where edema may be a symptom is venous insufficiency, post-operative trauma, infection, and lymphedema. These conditions can be easily misdiagnosed as acute and minor swelling followed with minimal treatment. Pneumatic compression devices are one of the most highly recommended treatments for these conditions and are recognized by Medicare.

Lymphedema and Chronic Venous Insufficiency

Lymphedema is the body's inability to transport lymph fluid through the lymphatic system resulting in chronic swelling. Lymphedema may manifest after a surgical procedure cancer or non-cancer related (example hysterectomy or gallbladder removal) ; due to its slow progression it may take years or months to recognize. When left untreated common complications include cellulitis or lymphangitis, skin changes such as skin thickening, restricted movement of a limb, or chronic wounds. Aside from surgical procedures and radiotherapy for cancer other known triggers for lymphedema include vein stripping, peripheral vascular surgery, trauma, inflammation, infection, and insect bites.



Chronic venous insufficiency is another condition that causes swelling in the legs along with open wounds. CVI occurs when the valves in the veins that normally channel the blood to the heart become damaged which then leads to pooling of the blood in the lower extremities. Discoloration of the skin, referred to as hemosiderin staining, is identified by a reddish staining of the lower limb is outcome of venous insufficiency as well as other cardiovascular diseases. Venous insufficiency may cause secondary lymphedema when the lower region of the leg becomes permanently swollen



from the trapped protein rich fluid which may then begin to harden. Patient's with Venous Insufficiency who experience severe and persistent edema overtime can lead to trapped protein rich fluid. The lower region of the leg may then become permanently swollen and may start to harden.

It is imperative that any type of limb edema is treated quick and effectively, regardless of the severity. Individuals have shown the best results when treatment is started when the first sign of an edema is present . Many patients use diuretics or compression stockings receiving temporary reduction in swelling. If your compression stockings get worn out over time many patients aren't receiving the needed compression. Diuretics may be harmful over time if your edema is a symptom of chronic venous insufficiency or lymphedema.



Treatment

A widely recognized and highly effective treatment is using a compression pump. This is a safe and effective way to assist your body's circulatory system in moving the excess fluid which has accumulated in the limb and can cause painful swelling, non-healing wounds, heaviness, and discomfort decreasing your mobility. The compression pump is a gentle massaging technique that compresses in a rythmatic cycle, similar to that of a normally functioning lymphatic system that has not been damaged. This is a great treatment option for patients who have tried compression stocking, elevation, diuretics, or massage with little or no relief.

Discover a life more fulfilling 
ACUTE WOUND CARE

Specialists in Acute Wound Care

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

When Grief Strikes, Local Help is Available

Contributed by Avow

It was the spilled spaghetti sauce that made Anthony finally break into tears over the loss of his wife, Marie. During their 47-year-marriage, she'd done all the cooking, laundry, housecleaning and even bill paying. Anthony had been lost in the weeks since her passing – not just from missing her, but from being overwhelmed by so many things that needed to be done around the house just to keep it – and himself – from falling apart.

Anthony found compassionate listeners and professional advice at an Avow bereavement support group. Anthony shares stories of small triumphs he's achieved – like ironing his first shirt – and talks about how it feels to be alone after so many years of constant togetherness. After several months of attendance, he's now healing well enough that he can reassure other new widowers that life will someday not seem so bleak. While he still misses Marie terribly, he is able to sleep through the night and to open up a little more to his concerned children.

While Anthony is a regular in Avow's bereavement groups, Marie was never Avow's patient. Avow opens its arms to anyone in the community – child, teen or adult – who has suffered a loss. Support groups meet several times a week at various times and in different locations around the county. There's even a special group for those who are suffering the loss of a beloved pet.



"Supporting our community through loss is an essential part of our mission," said Frank Sodano, Avow's bereavement outreach supervisor. "Many people are surprised to learn that the majority of those who turn to us for grief support did not have a loved one in our program. Thanks to the generosity of our donors, Avow can offer the same kind of professional help to the community that we offer to the families of our patients. Some participants don't want to talk too much; others really benefit from sharing their experiences. Everyone is welcome to find their own comfort level."

In addition to in-person group support, Avow's bereavement specialists are available for telephone-based or in-person meetings. Avow also has a children's bereavement specialist on staff. Special short-term sessions and workshops are also offered throughout the year to address specific bereavement needs such as pregnancy/infant loss, young widow/widowers and sudden loss. For more information visit www.avowcares.org or call Avow at 239-261-4404.

Avow Weekly Support Group Offerings

Tuesdays, 6:00 - 7:30 PM
at the Avow Campus, Naples

Wednesdays, 1:30 - 3:00 PM
at the Avow Campus, Naples

Second Thursday of the month,
10:00 - 11:30 AM
Avow's Marco Office at 656 Bald Eagle Dr

Monthly in Immokalee, next session dates:
March 27, April 24, May 29
5:00 - 6:30 PM at the Immokalee Library

Support groups are a community service offered at no charge.



Thinking About Long-Term Care Insurance?
How About A Plan That Will Give You 100% Of Your Premium Back If You Never Need It?

"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

George T. Leamon, CLTC
239.280.3246 • www.LutgertInsurance.com
Blog: GeorgeTLeamon.com

Lutgert Insurance

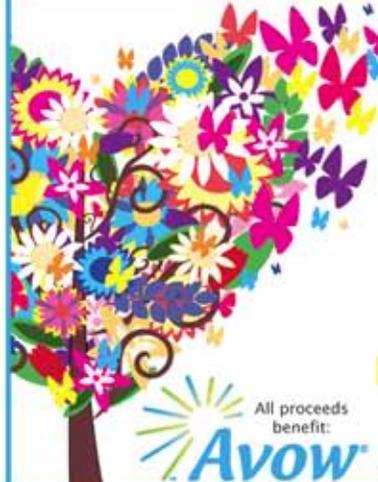



MEMBER

Insuring Our Clients' Trust Since 1953



Celebrate life and love and give flight to butterflies at...



Avow
Butterfly Release
Endowed by the Gorfach Family

March 22, 2014
10:00 AM - 1:00 PM
Cambier Park, Naples

Live butterfly exhibit
Music & remembrance ceremony
Release of live butterflies

All proceeds benefit:
Avow

Call (239) 649-3683 or visit avowcares.org for more details.

Should I be Thinking about Long-Term Care Insurance?

By George T. Leamon, CLTC - Lutgert Insurance



How About A Plan That Will Give You 100% of Your Premium Back if You Never Need it?

Chances are, you are like the majority of individuals who have reached middle age. The primary concerns in your life are paying your monthly bills, making sure your children receive good education, as well as the all-important goal of saving some money every month for retirement. At this point retirement, it seems a long way off, but do not be deceived; it will be here sooner than you think. You may have heard about long-term care insurance, but you probably dismissed it with questions such as "What is it?" or "Who needs it?"

The answer is that you do, and so does everyone else. You may reply that you already have health insurance. If you do, congratulations, it is hard to get in today's political climate. The problem with most health insurance is that it does not cover what are known as custodial expenses. These expenses arise from custodial care, which is defined as the care needed as a result of the inability to carry out tasks relating to the following daily activities: bathing, dressing, eating, continence, toileting and transferring.

As people age, many of them find these basic tasks harder and harder to do without some form of assistance. The need for this type of care necessitates



having long-term care insurance, which can provide the monies necessary in order to hire and maintain the proper care needed. This is made even more necessary by the fact that people are living much longer, sometimes twenty or thirty years longer past retirement. Oddly, the fondest wish of these people is to remain independent. Fortunately, they can do so if they obtain long-term care insurance.

The best time to acquire long-term care insurance is when someone is in their mid-forties, because that time of life is when insurance companies offer the lowest rates and premiums for their policies. Children can also purchase it for their aging parents. If they do not, there are only two options available if something goes wrong later, both of which are very unattractive. They either have to pay for the cost out of their own income, or their parents have to pay for it out of their assets.

When you take into consideration that fact that this care routinely costs \$75,000 and up annually, this is a tremendous burden to take on for either the children or the parents. Statistical research reveals that the average retired couple exhausts their savings in a matter of months when paying for care themselves. Even wealthy retirees find their money severely shrunk, which leaves little for their children or grandchildren.

Long-term care insurance from a reputable and trustworthy insurance company can help retirees receive the care they need at a price they can afford both now and twenty or thirty years from now. Buyers must exercise the virtue of prudence when choosing a policy; each one comes with a set of circumstances and options to consider. After taking care of these, they are then free to enjoy the peace of mind that results from an effective long-term care policy.

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

George T. Leamon, CLTC - Lutgert Insurance

239.280.3246

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?



Spiritual *Wellness***Deal with the Fear First**

By Alex Anderson
Senior Associate Pastor at Bayside Community Church

Not long ago I asked my wife a drilling question, "What would be the most important advice you could give to another person who 'just found out' that they had cancer?" She went completely silent for a few moments, then looked straight into my eyes and without a hint of hesitation said, "Deal with the fear first."

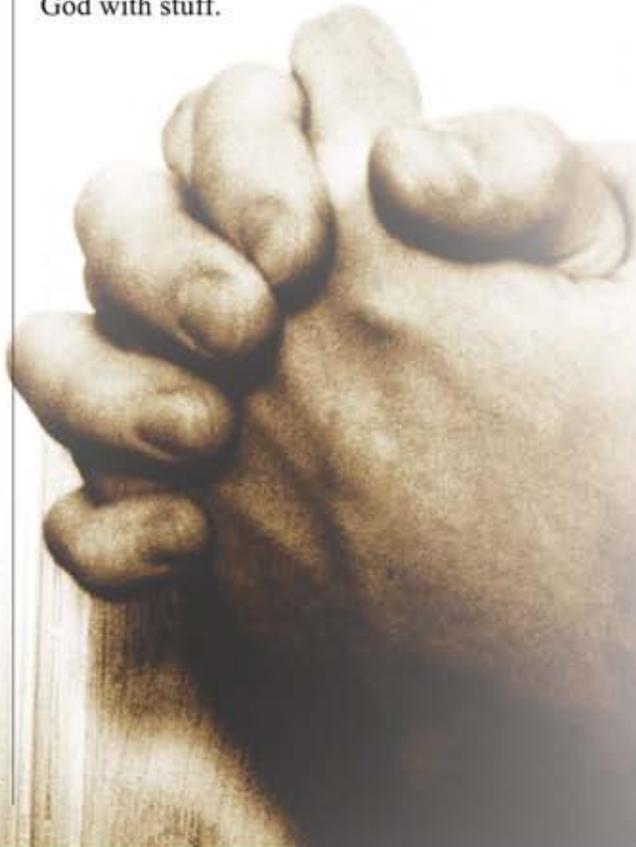
She is now 4 years 7 months cancer free herself. When she and I found out she had cancer, it was a crushing blow. For a short time, we both went into a state of shock. At the time we were in our forties and very healthy people for the most part. On the way home from the doctor's office we were just silent. We sat letting all of the questions run through our minds. What does this all mean? What were her chances of survival? How would it affect her daily life? On and on the mind-numbing thoughts just rolled...until it became obvious to us that we were letting ourselves be led down the primrose path of fear. Before we got home, somewhere on I-75, we prayed.

"Lord, we know we live in a 'fallen world' and that sickness and disease is prevalent, however we refuse to give in to the fear it can bring. We now stand against not only this disease but also the paralyzing emotions that are trying to take over our minds. Give us courage and clarity to follow the steps that we are trusting that you will set before us. Health is a divine blessing. Now use our good doctors as well as your miraculous hand to bring healing and restoration to my wife's body."

What we have learned during this almost five-year journey is: "faith, hope and love" gives us an unfair advantage over fear. Fear doesn't stand a snowballs chance in the face of great certainty or faith. When you know inside of your heart that you are going to win, then hope springs up. Not like a daisy in the cracks of your driveway but like an oak tree in the

backyard where the kid's swing hangs. All this is possible when you have a loving relationship with God. I mean come on. Think of how you feel when you know that "special someone" is always calling and wanting to hang out with you. You know that love is strong with that one. It brings confidence and puts a little spring in your step...a little "zippity" in your "dooda." Well, when trouble comes your way, you are going to call those who love you the most, right? And the bigger your loved ones the bigger the mountain you can move with them. Well if you cultivate that kind of relationship with God, then when you have a big mountain, you have big help.

In our case, not to brag, but we have been hanging out with God in a loving relationship, full of a lot of trust, for decades. The mountain-moving kind of trust and love didn't happen overnight, but it did grow year after year as we would go to our God with stuff.



The point here is that some people try to rely on their own knowledge, wealth, contacts, and influence and most of the time it's enough to navigate the rapids of life. But on rare occasions more is needed- a lot more- to handle the death dealing, dirty little secrets life can throw at us. Sometimes we need God's help and he loves to do his part.

God got quite busy with us. He lined up some of the finest physicians as well as a host of others to help us. But that's not all he did. The biggest miracle of all was his peace and guidance. I mean we could tell inside of our hearts when to say "yes" to that and "no" to something else even though logically it made all the sense in the scientific world. What all our doctors and our friends and loved ones could not do was to "hear" from God for us. Nor could they own the mountain of potential life and death decisions we had to make.

With God's loving help we were somehow able to see the end from the beginning and that made all the difference when it came to dealing with fear and the disease that had viciously attacked my wife's body. We held onto it with all the faith, courage and tears we could muster...and it worked. Not because we were magically directing our destiny, but because we trusted someone much bigger than us who, from His perspective, could see it finished in our favor. And we trusted Him with that. Our best interest is always His first interest.

We are no more special than you. If you just got "the news," then stop what you are doing right now...yes in the middle of all the fear and emotions screaming in your ears, and pray. Don't pray a nice little Sunday School prayer. Pray a dangerous prayer like we prayed. It doesn't mean you will instantly have all the answers, but by God it will put fear on notice that you will not give in to its trickery and you will not lay down and just let "this," whatever this is, win.

"With God, all things are possible to him that believes" ~Jesus Christ

And remember,

Be Life Giving

Alex Anderson

Alex Anderson is a Senior Associate Pastor at Bayside Community Church, Bradenton, Florida. To read other life-giving articles by Pastor Alex, go to <http://beliefgiving.blogspot.com/>.

RESTORE THE HEALTH AND BEAUTY OF YOUR LEGS



VARICOSE VEINS

Wouldn't You Rather Trust Your Vein Care to a Vascular Surgeon
Who Has Performed Over 12,000 Laser Vein Procedures:

• LASER • VNUS CLOSURE • SCLEROTHERAPY

John P. Landi, M.D.

1/2000 Physicians Worldwide
Certified by the American Board
of Phlebology (treatment of veins)
and Lymphatic Medicine

La Bella Mia Med Spa Amazing **Face & Body** Enhancements

with Noticeable Results and Little or No Downtime

**Naples' New State-Of-The-Art, Physician Directed
Body Enhancement Facility by Dr. John P. Landi.**

Experience a Variety of Services and Therapies in the comfort of Old World Charm and Beauty:



INTRODUCING the EASY LIFT™

a TWO-HOUR Face Lift under local anesthesia! Great for sagging skin in the cheeks, jowl and chin areas. Erase 10 years from your appearance almost instantly! "Tummy Tucks" performed under local anesthesia. Liposuction • Permanent Makeup by Sara. Hair Styling by Willie.



**La Bella Mia Medical Spa &
Vanish Vein and Laser Center**

20 10th Street North, Naples, Florida 34102

(239) 403-0800

www.vanishvein.com