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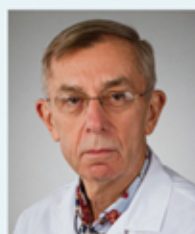
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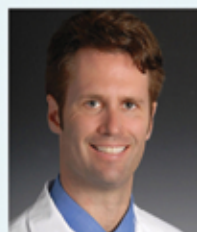
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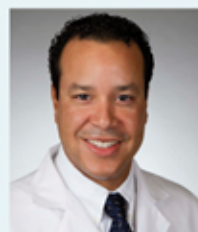
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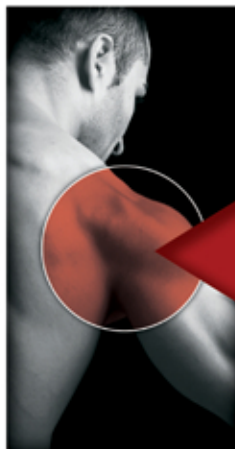
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# Facet Syndrome: The Cause of Your Back Pain?

## 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!



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# What do **Varicose Veins, High Blood Pressure, High Cholesterol** and **Diabetes Mellitus** Have in Common?

By Joseph Magnant, MD, FACS

If you have been told by your physician that your varicose veins are cosmetic or pose no immediate threat or that your swollen achy legs are just something you are going to have to live with, you might want to reconsider your options. A number of patients have presented in the past months with complications of their varicose veins including clotting off of the veins (thrombosis) with progression to DVT or with external bleeding from their varicose veins: one patient bled on the pool deck, another bled on the floor in Walmart, and a third bled in her bathtub. What all these patients and scores of other share in common is the fact that until the specific complication occurred, they had no severe **pain** or real disability from their varicose veins. Most did complain of achy or swollen legs, itching, heaviness, throbbing and heat over the veins, although none had what they would call **"pain"**. Most had physicians who knew about their vein problems and either had not made any specific recommendations or had suggested conservative therapy until real **"pain"** or other pressing complications (thrombosis, bleeding?) occurred. With the modern, minimally invasive technique of endovenous ablation available for the treatment of these patients' problems, I believe it is time to change the way we approach venous insufficiency.

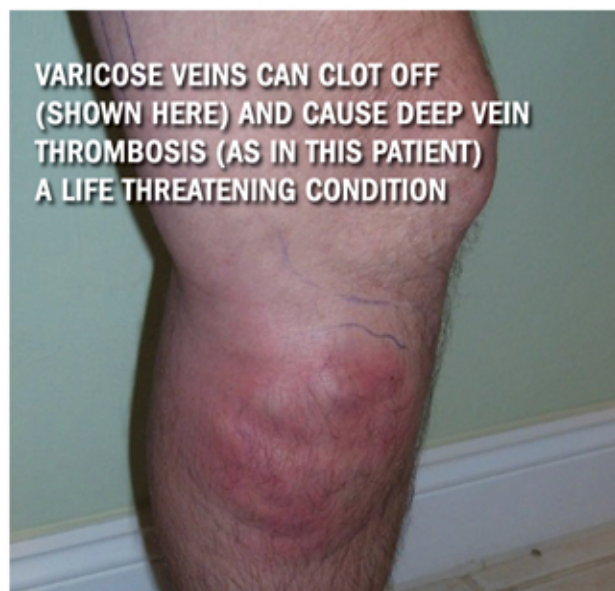
Many patients have traditionally been told by their primary care physicians that as long as their swollen, discolored legs don't hurt or their varicose veins are not painful, clotted or bleeding that they should leave them alone. So, is one to conclude that active treatments should be offered only for medical conditions which are painful or have progressed to the point of complications? **Hypertension** has earned the nickname of **"the silent killer"** due to the fact that many patients with high blood pressure are unaware of their condition until a screening blood pressure reveals a high reading. Untreated or undiagnosed high blood pressure leads to premature heart attack, kidney failure, stroke and death. Similarly, active treatment of **high cholesterol** through weight

loss, dietary modification, exercise and medication when appropriate has been shown to reduce the risk of stroke, heart attack and deaths related to hardening of the arteries. Screening blood tests for high cholesterol are routinely performed a part of an annual medical evaluation after the age of 40. Physicians are **not likely** to advise their patients with high cholesterol that they should wait until their first heart attack or stroke before considering active therapy. The same can be said for the treatment of diabetes mellitus. Tighter blood sugar control with dietary modification, increased physical activity and medications when needed have been shown to slow the progression of a variety of complications of diabetes including retinopathy (eye problems), nephropathy (kidney failure), neuropathy (numbness and tingling in the feet) as well as atherosclerosis (hardening of the arteries). Logic dictates a proactive approach to patients with diabetes to reduce the chances of these complications.

**Venous insufficiency** is a medical problem, much like the abovementioned conditions and I believe it is time we start treating it as such rather than wishing it away with unfilled compression hose prescriptions or unused compression hose still in their boxes. Earlier diagnosis and intervention where appropriate will reduce the long term consequences and complications of venous insufficiency such as thrombosis, bleeding, skin changes and ulceration. The modern, minimally invasive technique of endovenous ablation has made this possible.

Of the estimated 35-40 million adults in the U.S. who suffer from symptomatic superficial venous insufficiency, or venous reflux disease, the majority have symptoms and signs which cause significant discomfort. Until 2000, the only treatments available for patients with significant saphenous vein insufficiency were compression hose, high ligation or stripping. The latter two treatments were often considered too invasive for patients with symptoms **other** than bleeding veins or non-healing leg or ankle venous ulcers.

Pre GSV ELT



Post GSV ELT





**Thus,** most patients with venous insufficiency were advised to wait until the end complications occurred before considering anything more than compression hose. The landscape of venous insufficiency treatment was transformed dramatically by the introduction of endovenous ablation (sealing veins with heat rather than vein stripping) in 1999. The radiofrequency catheter system was the first system approved by the FDA in 1999 and the LASER system for endovenous ablation received FDA approval in 2001.

**Over** the past decade, our understanding of venous insufficiency has been greatly improved as endovenous ablation has been applied with excellent results to patients with some of the more advanced stages of venous insufficiency. Superficial veins other than the great saphenous vein, such as the small saphenous vein, intersaphenous vein, anterior accessory saphenous vein and perforating veins are now treatable with endovenous ablation. Modern ultrasound evaluation of

the lower extremity venous system by experienced vascular technologists accurately identifies which veins are insufficient (leaking) and stratifies the severity of reflux. Ultrasound directed sealing of the abnormal veins under local anesthesia has yielded far superior results than vein ligation or stripping. The net result has been relief for millions of patients worldwide and for hundreds of thousands of patients in the USA. Ulcers are being healed in record time, stasis dermatitis changes are being reversed and leg swelling and pain is receding in thousands of patients once thought to be untreatable.

**So the question** is when to consider getting your vein problems evaluated and whether it is wise to leave varicose veins alone until complications like superficial venous thrombosis (clotting of the varicose veins) with possible progression to deep vein thrombosis (DVT), hemorrhage (bleeding) or ulceration occur. The next time someone tells you to wait for one of the above to occur before the evaluation or treatment of your

venous problem, reflect back on the preventative goals of treatment in patients with other medical diseases such as high blood pressure, high cholesterol and diabetes. The common goal is quite simply **prevention** of long term complications, not necessarily relief of "pain". It has been **13** years since the introduction of endovenous ablation as the preferred treatment of patients with symptomatic venous insufficiency and it is time to shed the light of this safe, effective and minimally invasive treatment on the mass of patients still suffering from venous insufficiency.

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# Knee Pain

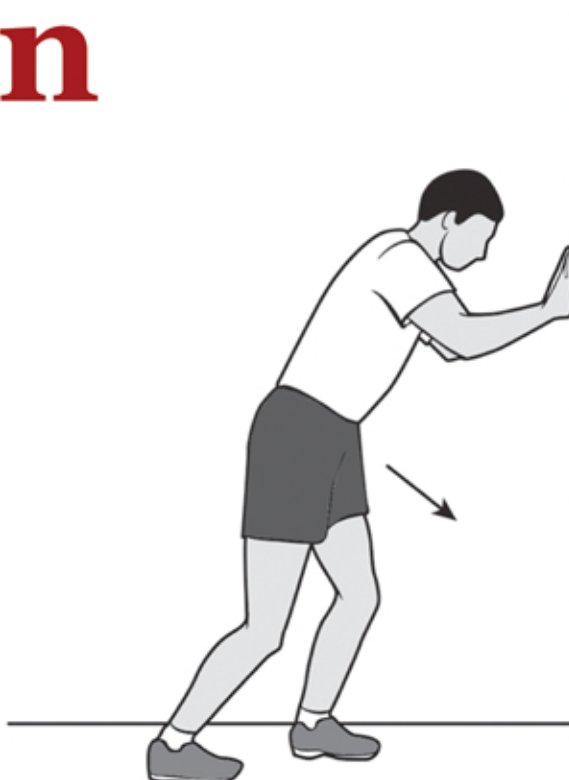
By John C. Kagan, M.D.

## Protect your knees

Knee pain is common for many athletes and individuals who are aging across the U.S. It is responsible for nearly a third of doctor visits related to muscle and bone pain. Major reasons for knee pain include overuse injuries to the meniscus and knee ligament injuries to the ACL (anterior cruciate ligament), MCL (medial collateral ligament), and PCL (posterior cruciate ligament). Regardless of the activity of choice, whether its running, playing basketball, tennis, or other activities, avoiding knee pain must include choosing activity wisely and ensuring proper technique is adhered to.

The knee is the largest joint in the human body and is highly susceptible to trauma. Oftentimes, years of running causes what's called "runner's knee," which is caused, in part, by the heavy stress placed on the front of the knee during the activity. Other vigorous activities that contribute to such stress on the knee joint include skiing, cycling and soccer. On the other hand, one of the best knee-friendly activities for those that have experienced knee pain or injury is swimming. Swimming is considered low-impact and like other low-impact activities, such as yoga, this protects joints from overuse.

Because knees can be so easily injured, stretching is a critical component to lifelong protection and health for knees regardless of activity level or athleticism. For those who have suffered reported knee overuse or ligament injuries, many knee conditioning treatment programs will incorporate a combination of stretching and flexibility to target muscle groups such as the quadriceps and hamstrings (front and back of thighs), abductors and adductors (outer and inner thighs), and the buttocks muscles.



## Example knee conditioning program stretching exercises from the American Academy of Orthopedic Surgeons:

**1. Heel Cord Stretch** (this stretch should be felt in the calf and heel muscles)

- Stand facing a wall with the unaffected leg forward and slightly bent at the knee.
- Place hands on the wall for support as you step the affected leg back and behind you, with the heel flat.
- Keep the affected leg straight and both heels planted on the floor.
- Hold the stretch for 30 seconds and then relax for 30 seconds. Repeat four times.

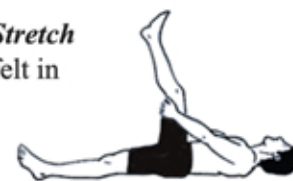


**2. Standing Quadriceps Stretch** (this stretch should be felt in the quadriceps muscle)

- Stand near a chair or wall and place one hand on the chair or wall for support.
- Bend your knee and bring the heel up toward your buttock.
- Grasp your ankle with your hand and gently pull your heel closer to your body with the bent knee pointing down towards the ground.
- Hold for 30 to 60 seconds. Repeat with the opposite leg for about three repetitions.

**3. Supine Hamstring Stretch** (this stretch should be felt in the hamstrings)

- Lie on the floor with both legs bent.



- Lift one leg off the floor and bring the knee toward your chest with your heel pointing up to the ceiling and leg as straight as possible.
- Clasp your hands behind your thigh below the knee.
- Pull the leg gently in towards your head, until you feel the stretch.
- Hold for 30 to 60 seconds. Repeat with the opposite side for about two or three repetitions.

With the aging population, knee pain risk increases due to a few other variables beyond athletic injury. As people get older, the cartilage that protects the bones will begin to break down in the knees. The risk of osteoarthritis, which is often considered the "wear and tear" arthritis, becomes greater. Factors such as obesity and muscle loss in the body can also leave people highly vulnerable to knee pain as they age.

Those experiencing knee pains must not ignore the pain. Feeling pain in the knee joint during activities, whether it's just sitting, walking or exercising is a clear sign to visit with your orthopedist. Accurate diagnosis and proper treatment requires a very thorough understanding of the patient's activity levels, pain patterns and medical history. Since knee pain can be a source of disability, restricting physical activities, taking steps to ensure prevention and seeking treatment at the first signs of pain will enable the best possible outcome.



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

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



# Understanding Carpal Tunnel Syndrome

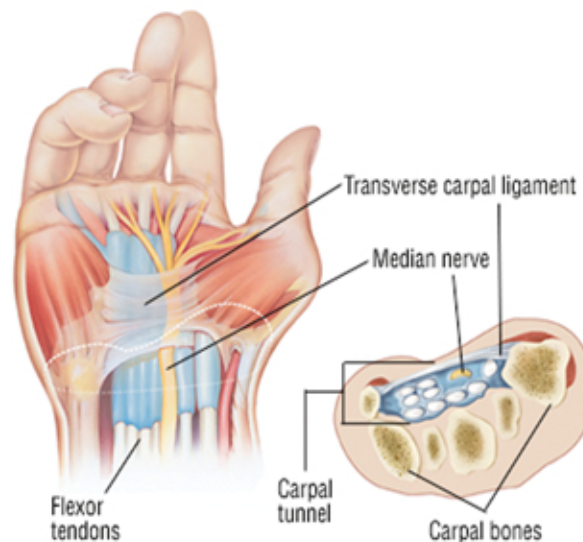
## What is Carpal Tunnel Syndrome?

It is a disorder that can potentially affect many people because of the demands placed on their hands throughout life. The causes are varied and may include the following: Occupational factors that seem to contribute to the onset of carpal tunnel include repetitive finger use associated with high force, long duration, and extremes of wrist motion and vibration. Computer keyboard use is a factor, however, it is not solely responsible for the onset of carpal tunnel as once believed.

We often hear people complaining about carpal tunnel pain in their wrist yet not really knowing a lot about what it is or what the causes are. Carpal tunnel syndrome is a progressively painful hand and arm condition caused by a pinched nerve in your wrist. A number of factors can contribute to carpal tunnel syndrome, including the anatomy of your wrist, certain underlying health problems and possibly patterns of hand use.

Bound by bones and ligaments, the carpal tunnel is a narrow passageway about as big around as your thumb located on the palm side of your wrist. This tunnel protects a main nerve to your hand and nine tendons that bend your fingers. Compression of the nerve produces the numbness, pain and, eventually, hand weakness that characterize carpal tunnel syndrome. For those who have experienced some sort of a pinched nerve their lifetime will be able to better relate to the pain those suffering with carpal tunnel experience daily.

There are many different treatment options for carpal tunnel. Treatment options for those with carpal tunnel syndrome depend upon the severity of each case. Regardless, the main objective is to relieve the pressure within the carpal tunnel. It all comes down to making more room for the nerve.



Options range from unproven theories to tested therapies such as braces, medication, and surgical correction. Laser Therapy can also be an effective treatment for carpal tunnel syndrome when the compression is caused by swelling and inflammation.

Dr. Bob Ziegenfuss and Dr. Gianetti at College Parkway Health Center in Ft. Myers offers their patients chiropractic care and advanced pain relief therapies. They also offer laser therapy which is the most technologically and powerful deep tissue laser treatment available to patients. So you might ask where does laser therapy fit into the program of treating carpal tunnel? It provides you with a safe and effective option to treat your pain and inflammation. In most cases, just 4 to 6 weeks with this powerful laser is all it takes to realize life-changing results.

Deep Tissue Laser Therapy does not require the use of drugs or surgery, and there are no known side effects or risks that may occur with other forms of treatment. In addition, it can often achieve results faster than other treatment. During the treatment you will feel a deep soothing warmth. This pleasant sensation reassures that the laser is stimulating cellular activity and helping you heal faster.

A treatment like laser therapy which is available and has no proven side effects, drug interaction effects, or invasive surgery is a great option for those who suffer with the pain associated with carpal tunnel. It treats acute and chronic conditions as well as post surgical pain. Pain relief is felt immediately. Most treatments take only 10 minutes or less." Our ultimate goal is not to just treat the symptoms, but to address the problem causing the symptoms" Dr. Ziegenfuss stated.

Be it from an auto accident or a sports injury, or a work related injury our staff has years of expertise in dealing with the unique needs of each patient as well as their pain.

Laser therapy treats the site of pain, but also treats the underlying source of movement dysfunction. What has made the laser therapy so effective in treating carpal tunnel is that the application of this therapy aids in nerve regeneration and repair. No other therapy does that.



**Dr. Bob Ziegenfuss and Dr. Linda Gianetti**

If you or someone you know is suffering from carpal tunnel note that there are safe and effective forms of treatment available to you. You do not have to suffer any longer call today and set up your consultation with Dr. Ziegenfuss and his staff today and say goodbye to your pain.

## COLLEGE PARKWAY HEALTH CENTER

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# Bringing Back *Personal* in Pharmacy

## A NEW PHARMACY IN FORT MYERS

**P**harmiCare is a newly opened concierge pharmacy that's built on a hallowed, time-honored tradition of dedicated service to others in the delivery of quality health and wellness care -- a level of personal care and individualized attention that is, unfortunately, no longer the norm for retail pharmacy chains.

PharmiCare is owned and operated by Dr. John R. Dobbs, PharmD, RPh who is making healthcare personal again with his model concierge pharmacy. "Personal service and a genuine commitment to enhancing patients health and well-being is PharmiCare's mission," states Dr. John. "We offer traditional prescription services found at any pharmacy and we accept most prescription insurance. In addition, PharmiCare also specializes in compounding and offers concierge delivery services and after hours emergency prescription services. You are not always sick during normal business hours and there should be a pharmacy in Fort Myers that responds to patients needs when they need real pharmacy care. In addition to our concierge services our store carries a wide range of home medical equipment, and non genetically modified (non-gmo) products, including some of the highest quality, life-affirming lines of vitamins and supplements produced by companies that care. Some examples include SunWarrior, Pure Encapsulations, Ortho Molecular, TwinLab, Futurebiotics, Physiologics, and Kyolic.

We also offer blood pressure assessments and specialized medication management programs to help our patients live better. PharmiCare is not corporate, not a convenience store, we are a pharmacy, pure and simple. We practice pharmacy the way it was meant to be!"

### Living Healthy: Why should I choose non-GMO?

So what are GMO's - genetically modified organisms? Basically they are plants or animals created through genetic engineering, creating unstable combinations of plant, animal, bacterial and viral genes that can not occur in nature or in traditional cross-breeding. There is a growing body of evidence connecting genetically modified products with health problems, environmental damage and violations to farmer's and consumers' rights. Most developed



nations do not consider GMO's to be safe. However in the U.S. the government has approved GMO use in plant and animal products we eat. The most common plant based foods containing GMOs in the U.S. include: Alfalfa, Canola, Corn, Cotton, Flax, Papaya, Rice, Soy, Sugar Beets, Zucchini, and Yellow Summer Squash. Do you know what a lot of vitamins and supplements contain? Derivates of corn, flax, rice, and soy. There is a good chance the vitamins and supplements you buy contain GMOs. Some common animal based foods that contain GMOs are milk, eggs, meat, and honey.

To protect yourself from buying GMO products, look for non-GMO labeling or shop at a certified non-GMO store like PharmiCare. When in doubt, you can always ask any staff at PharmiCare or check out the Non-GMO Project at [www.nongmoproject.org](http://www.nongmoproject.org) - which is a non-profit organization committed to preserving and building sources of non-GMO products. Some manufacturers are starting to voluntarily label genetically modified ingredients, and while non-GMO may sometimes cost a little more, they are worth it to avoid potential risks to your health. Remember, when you feel your best you can live your best too! PharmiCare can answer all your questions about the best Non-GMO vitamins and supplements to help you live better.

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### Compounding Services

Compounding is the creation of a customized pharmaceutical preparation - a drug - by a licensed pharmacist to meet the unique needs of an individual patient when commercially available drugs are not effective or available. In medicine, some patients do not respond to traditional treatment options, and some need medication strengths that are not available or require different dosage forms. Pharmaceutical compounding meets these needs. Compounding is the only situation where physicians and pharmacists can customize an individual product for the specific needs of a patient. Some of PharmiCare's compounding services include: flavored suspensions, creams, lotions, gels, capsules, oral troches, and veterinary compounding. If you have any specific compounding needs then call PharmiCare and pharmacists will be able to work with you to customize medications that meet your needs. And, if you didn't know, sometimes compounding can be expensive, especially if you don't have insurance. That is why PharmiCare has developed a Compound Club, where patients can join to save up to 50% off the usual and customary charges of compounded medications. So if you stopped using compounded medications because of the cost or didn't want to start a prescribed compound because of the cost then call or stop by PharmiCare for more details and sign up for the PharmiClub program.

### Home Medical Equipment

If you need a cane, a walker or perhaps specialty wound care or even a raised toilet seat, PharmiCare stocks a wide range of common home medical equipment and has a catalog of thousands of products that they can order for usually next day pick up or delivery to your home.

Be sure to stop by PharmiCare and see what all the buzz is about. Feel free to help yourself to complimentary Starbucks coffee or cocoa, which is offered daily.

Watch for upcoming announcements regarding our **Grand Opening Celebration on March 29, 2014 from 10am-1pm**. We will have a live radio broadcast and plenty of special promotions, we hope to see you there! That small hometown connection we remember feeling at our local and trusted pharmacy is back! Dr. John hopes to see you soon, and remember, your health matters!





Joshua Lee Jr., M.D., General Surgeon

# Diet, Nutrition And Your Gall Bladder



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**M**ost people never give a thought to the health of their gallbladder. Your gall bladder is one of those important parts of your body that you never notice until something goes wrong with it. The pear-shaped organ does have an important job, collecting and storing bile, the fluid that helps the body digest fats.

But unlike the heart, liver, and kidneys, the gall bladder isn't necessary to keep the body healthy and functioning but not having your gall bladder can cause digestive issues for the rest of your life. Even when it isn't working as well as it should and gallstones develop, most people are unaware that there is a problem.

Ever have a sharp pain in your stomach out of the blue and wonder why? It could be gall stones. You can't see or feel your gallbladder, but you sure can tell when you're having problems with it. A gallbladder attack can make life miserable, causing sudden pain in your upper-right abdomen.

A small percentage of people who suffer with gall stones have a variety of symptoms, such as abdominal pain, bloating, nausea, and vomiting. When gall stone symptoms are frequent, recurrent, and especially uncomfortable, the typical treatment is surgery to remove the gall bladder.

Although diet doesn't directly cause gallbladder problems and it won't cure them watching what you eat and keeping a healthy weight might help you prevent gall stones from forming and avoid some discomfort if you do develop gall stones. Creating a diet that promotes gallbladder health is essential for those who are at risk for developing gallbladder disease. Much of the gallbladder diet revolves around avoiding food that is prepared in an unhealthy way. Highly processed foods such as prepackaged meals, cookies, pies or other desserts



have a high fat and sugar content that can be unhealthy for gallbladder patients. These foods also have a high sodium content that can cause digestive distress. Foods which have been fried should be avoided

Prevention is better than a cure. An ounce of prevention is worth a pound of cure. It may be a good idea to reduce your fat intake as a preventive measure. Don't get tricked into thinking that you have to eat a complex or mysterious diet to prevent gallbladder problems. No foods have been clearly demonstrated to be independent risk factors for gallbladder disease.

A number of risk factors contribute to the formation of gall stones, including a family history of gallstones. Body weight is also a factor the risk of gall stones is higher in people who are overweight and obese. Diets that are high in fat and cholesterol and low in fiber appear to play a role.

Like most other parts of your body, your gallbladder needs a healthy diet to work at optimum potential. Diet affects the gallbladder because diet affects your weight. If you eat a healthy diet and have a healthy weight, you are more likely to have a healthy gallbladder. Too much cholesterol and fat and too little fiber in your diet can cause obesity as well as gallbladder problems.

Your best weapon against gallbladder problems and gall stones is to keep your weight in check by eating a well-balanced diet. Gallbladder disease and gallstones are almost always the result of poor nutrition. For example: consuming a lot of soft drinks, sugar products, highly acidic foods like red meat and products made with white flour all contribute to the formation of gallstones.

Whether or not you are at risk for gallstones, it's always a good idea to keep your body at a healthy weight and eat a diet that is low in fat and cholesterol, moderate in calories, and high in fiber. Diet primarily contributes to gall bladder disease by contributing to obesity. All of the following are healthy foods for your gallbladder, as well as the rest of your body:

- Fresh fruits and vegetables
- Whole grains
- Lean meat, poultry, and fish
- Low-fat dairy products

An active lifestyle will also help to reduce gallbladder problems. Gallbladder removal surgery is common. The most common reasons for gallbladder removal are gall stones, infection and gallbladder disease which lead to inflammation and pain.

In most cases, the surgery is scheduled in advance, but in cases of severe inflammation, a gallbladder surgery may be performed urgently after diagnosis. Testing for gallbladder disease includes a physical exam, blood tests, and possible abdominal imaging that can detect the presence of gallstones and blockages.

Lehigh Acres Surgery can answer all your questions you may have in regards to whether gallbladder surgery will be needed or not. A healthy diet will help keep your gallbladder happy and free of disease.





# The Alkaline Way to Achieve An Unstoppable Immune System

By Beth Marlow, Certified Nutritional Counselor, Holistic Life Coach & Certified Holistic Cancer Coach (PCCI), Owner of SPA USA In Ft. Myers

**W**ith our nation's health crisis at an all time high and chronic diseases such as Diabetes, Cancer and obesity now afflicting hundreds of millions every year, it is time to ask a profound question, "Are we killing ourselves with what is on our plates?"

Beth Marlow has been involved in the Natural Health and Wellness Industry since 2009, when she became a Certified Nutritional Counselor, Holistic Life Coach and Professional Cancer Coach after successfully overcoming Stage 2 Breast Cancer. After careful consideration, Beth chose to have her tumor surgically removed, but instead of opting for traditional chemotherapy, Beth chose instead to apply a natural Alkaline Diet, Infra-Red & Ionic Detoxification and Holistic lifestyle changes in order to boost her Immune System... and she remains cancer-free more than FIVE years later! In fact, since overcoming breast cancer, Beth has competed and placed in the top 3 of several state-wide Fitness Competitions, which is a tangible testimony to the regenerative power of the Alkaline lifestyle she practices. As a Nutritional Health Coach at her newly expanded SPA USA in the Colonial Crossings Plaza, Beth teaches her clients how to shift to an Alkaline diet and shows them how to activate their body's own Immune System response, so it can stimulate the healing process, as it was designed to do.

The Alkaline Lifestyle is a revolutionary, life-altering breakthrough based on the research of several 20th century chemists and health professionals who realize that chronic inflammation, disease and cancer cells THRIVE in an acidic environment. The theory that health could be maintained by keeping the body in an Alkaline state has now been in practice for several decades with a staggering success rate.

*"Let food be thy medicine and medicine be thy food"*  
— quote from Hippocrates.

The Alkaline lifestyle concepts are simple: keep the body in an Alkaline state through a healthy eating plan consisting of Alkaline producing foods, engaging in regular moderate exercise, drinking alkaline water (which can be made by squeezing one whole lemon or 1/2 tsp. of baking soda into a glass of filtered water), regular Detoxification and practicing peace in your life.

It's important to realize that most diseases are exacerbated and "fed" by sugar and processed carbohydrates, and the toxic buildup that so often goes along with such choices. Your diet is clearly one of the most important components of gaining and maintaining LONG TERM HEALTH.

Whether your aim is to optimize your current health status or regain your health due to an acute or chronic health issue, a thorough health assessment is conducted by Beth. Once your health goals have been evaluated, Beth will help you develop a plan of total wellness... and stick to it! Beth will help you approach your health challenges using a natural holistic and Alkaline treatment plan that supports the body. Beth uses a variety of Natural healing therapies including the Formostar Infra-Red Body Wrap system for targeted Detoxification and deep tissue rejuvenation, the Ion Cleanse Foot Detox which neutralizes tissues acid wastes giving you a greater sense of well-being, Red Light Collagen Therapy for skin rejuvenation, along with Alkaline dietary modifications to substantially reduce adverse health conditions.

You will have access to Alkaline grocery lists, sample recipes, weekly menu plans and specific Immune support supplements that will target your specific health issues and turbo charge your Immune System into high gear and keep it there for years to come. It's time to invest in your future... by investing in your health!

## Top 10 Overly ACIDIC Body Symptoms:

1. Lack of energy, constant fatigue
2. Weight gain
3. Allergies
4. Brain "fog"
5. Yeast Infections
6. Sugar cravings
7. Tendency to get infections, colds & flu .
8. Loss of drive and enthusiasm, depressive tendencies.
9. Chronic Inflammation
10. Inflamed, sensitive gums or mouth ulcers

## Top 10 ALKALINE Body Benefits:

1. Increased Energy & Vitality
2. Healthy Weight Loss
3. Mental Clarity
4. Improved Immune Function
5. Improved digestive function
6. Loss of simple carbohydrate cravings
7. Reduction of infections, colds & flu.
8. Detoxification
9. Reduction or disappearance of Inflammation & joint pain
10. Clearer Skin

\*\*The World Health Organization (WHO) say the current global rate of 14 million new cancer cases annually, per 2012 data, will balloon to 25 million new cancer cases annually by 2030.



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# Hydration News...Sip on This!

By Janet Calderwood, Registered Dietitian

**W**ater 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*





# You Are What You Digest

By Yollo Wellness

**E**veryone'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](http://www.YOLLOWELLNESS.com)





# Bladder Control Quiz

## How Common are Female Urinary Control Problems?

By Joseph Gauta, MD, FACOG

**M**illions 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.

  
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**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.



# Is Your Head on Straight?

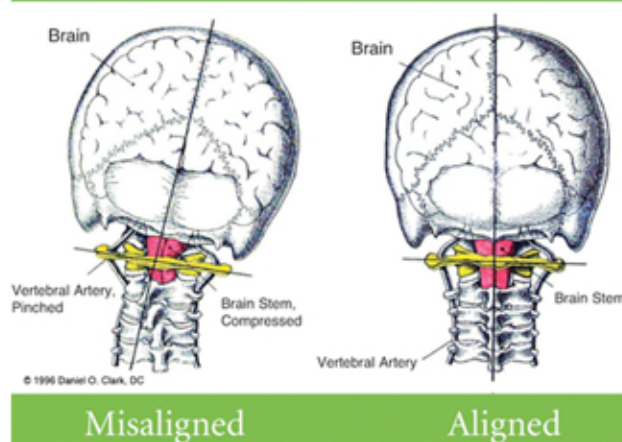
## Upper Cervical Care helps local woman that has been suffering with chronic neck stiffness & vertigo

By Drs. Drew and Kanema Clark

"I've been going to chiropractors for many years and tried many other avenues, however I have always had the same problem," says Bunny Belden. Constant problems with her neck accompanied by vertigo (dizziness) left her frustrated and searching for answers. Prior to starting care at Arc of Life Family Spinal Care she remembers thinking, "even though I have never heard of Upper Cervical care before, I've had this problem for so long that I am willing to try anything". On Bunny's first visit to our office we were able to determine that both of the top two bones in her neck were misaligned, greatly contributing to the symptoms that she was experiencing. We took specific three dimensional upper cervical specific films to determine the nature of her unique misalignment and invited Bunny to return for her report of our findings. After showing Bunny the exact measurements of her misalignment and explaining that our procedure required not twisting of her neck, she decided to receive her first Upper Cervical Adjustment.

### Upper Cervical Care

March is Upper Cervical Awareness month therefore it's only fitting that we share with you the philosophy behind what we do. Chiropractic is a philosophy, science and art of all things natural as it pertains to healing and nerve system function. Upper Chiropractors focus on the intimate relationship between the first two bones in the neck and a vital portion of the nerve system called the brain-stem. The interrelationship between these structures is absolutely essential to the body's ability to promote and restore health. Science tells us that the brainstem acts as a switchboard operator between the brain and body, relaying nerve signals to every cell, tissue and organ system via the spinal cord and nerves. A misalignment here will disrupt brain to body communication and if not corrected lead to the loss of body function and healing potential! Upper Cervical misalignments are caused by stress to the body, which includes but is not limited to car accidents, falls, sports, poor posture, excessive emotional or chemical stress, or even birth traumas. Upper Cervical Chiropractors take great care in determining where a misalignment is in the spine and then corrects the misalignment with a precise adjustment. This serves to remove nerve system interference and allows the body to return to a state of health.



### Relief from a Simple Concept

For Bunny, relief came only three visits into her care, but it was not because we were treating her Vertigo or neck discomfort. "I feel straighter and I've noticed that I'm not hugging the walls and holding on to things for fear of falling over." She began experiencing relief because her head was now on straight and her body was beginning to function better. Everything that happens in our body, from heart rate to the immune system, is dependent on how well our nerve system is functioning. The nerve system, comprised of the brain, brain-stem, spinal cord, and nerves is collectively coined the master control network in the body. It is directly responsible for how well we our bodies function, adapt to its environment and heal. This makes the nerve system or master control network the foundational component to achieving true health.

"The wisdom of the body is responsible for 90% of the hope of patients to recover. The body has a super wisdom that is in favor of life, rather than death. This is the power that we depend on for life. All doctors are responsible for letting their patients know of this great force working within them."

~ Dr. Richard Cabot, Harvard Medical School



### Can you help me

YES! Upper Cervical Chiropractic Care can help anyone – newborns to seniors, "sick or "healthy". Everyone benefits from proper brain to body communication. If we find an upper cervical misalignment disrupting the performance of your nerve system, we can help you! Remember a body free of nerve system interference is free to express its innate wisdom fully and therefore will function and heal at 100%.

*See if you have a misalignment of one of the top 2 bones in your neck that is keeping you from living the "healthy" life you've always dreamed of.*

People of all ages have experienced great results through the Upper Cervical Methods which are available at Arc of Life Family Spinal Care. In addition to overall improvement in their general health people under regular upper cervical care have experienced help with:

- Back & Neck Pain
- Numbness & Tingling
- Fibromyalgia
- Migraines
- Menieres Disease
- Multiple Sclerosis (MS)
- Reproductive Issues
- Seizure Disorders
- Trigeminal Neuralgia
- TMJ problems

And many more...



**Drs. Drew and Kanema Clark**  
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**Betty had 17 surgeries in both hands and wrists.**  
Nothing seemed to work for the pain. Then, she came to see us.

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I had carpal tunnel in both wrists that led to 17 surgeries, several pain injections with temporary effects of up to 3-6 months, and ongoing pain. I couldn't lift anything. I couldn't even pick up a glass of water without excruciating pain. I had been fighting the pain for 10 years. Then, my husband found an article in the newspaper for a free consultation from College Parkway Health Center. I was still skeptical, but agreed to start the treatment plan. I'm so happy I did because for the first time in 10 years I was able to lift a full pot of pasta with one hand, not using my wrist braces and NO PAIN! I haven't had pain for the first time in 10 years and I'm shocked at the results. I still can't believe it. I don't want any more surgeries or any more shots. Thank you, Dr. Bob Ziegenfuss!

-Betty Labossiere

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# Concept 10 10

## The Future of Exercise and Rehabilitation

By Jorgen Albrechtsen

Imagine this: For just 20 minutes a week, you can get and stay physically fit—without ever breaking a sweat. In the privacy of an exercise room reserved just for you and your dedicated personal trainer, you work out on six, specially-designed machines. Slowly, you lift and lower weights in 10 second intervals until you can't lift anymore, then move on to the next station. Within just a few weeks, you see and feel results.

**This is Concept 1010**—"the future of exercise" in the words of Danish fitness entrepreneur Jorgen Albrechtsen. It's a novel approach to becoming fit that he developed based on decades of research on lower back pain—and his own experiences working with inventor Arthur Jones, founder of Nautilus equipment and high-intensity exercise. A global company with centers in Denmark, Malaysia, New Zealand, Dubai and Saudi Arabia, Concept 10 10 is just beginning to expand in the U.S.

Albrechtsen runs one flourishing Concept 10 10 center in Naples, Fla., and is now licensing his fitness model to exercise centers in other Florida locations as well as in Milwaukee, and soon Indianapolis and Chicago. "This is revolutionary. Our training has one aim—to give you the best results in the least amount of time," says Albrechtsen, who founded Concept 10 10 a decade ago in Copenhagen. (The 10 10 refers to ten seconds lifting and ten seconds lowering weights.) "It's a very interesting business opportunity," he adds. "You have to do something very wrong not to make money."



In a fitness industry saturated with health clubs, boot camps, and trainers, Concept 10 10 stands out. Apart from its convenience and personal attention to members, the exercise program has been shown to eliminate or greatly reduce lower back pain while strengthening muscles and improving overall fitness. The exercise machines were designed and customized by MedX, an Ocala, Fla.-based company created by Jones.

Just 20 minutes a week of Concept 10 10 is enough because the workout is concentrated and intense, and the body needs time to recover between sessions, Albrechtsen says. It's not necessary to spend hours a week running or doing aerobic exercise in a gym. Muscular strengthening provides the best cardio workout, without straining or damaging joints. The body perceives all forms of exercise as an attack. The body thinks "If I am going to be attacked again, I better prepare and get more strong and fit". To repeat something that is already easy will not make any dramatic changes to your body or fitness level". "Too much of a good thing can kill you," he says. In fact, Albrechtsen contends that the fitness industry has "lied to people" by pushing the idea of exercise as a fun, social activity rather than a necessary task, like showering.

Don't expect to be entertained at Concept 10 10. There's no music or juice bar. The equipment is set up for each member before they arrive and they do the

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workout by themselves, with complete supervision from their trainer, from beginning to end, always. Because fans and air conditioners keep the air cool, members can leave right after they are done, keeping the time spent short, as there is no need to shower etc.

Despite the lack of glitz (or maybe because of it), Concept 10 10 members and licensees applaud Albrechtsen's approach. "I am 56 [years old]. When I started, I wasn't in good shape. I never worked out before—I never did go to a gym," says Ed Vanderploeg, owner of a fire safety business in Naples. In the year since he started at Naples Concept 10 10, he has dropped 30 pounds and now lifts 100 pounds more than he could when he started. "People see me now and say, 'Wow—you look good.' And nobody believes it just takes 20 minutes a week."

Rodd Higgins, a fitness trainer in Milwaukee, Wis., learned about Concept 10 10 from friends of his parents who worked out at the Naples center. After researching the opportunity, he opened his own Concept 10 10 under license in Milwaukee in early October. "The fitness industry has gone so crazy with everyone looking for the magic pill. This is back to basics. It's a very convenient, effective, high-intensity workout," Higgins says. He budgeted \$200,000 for startup costs, including the equipment, licensing fee, and other costs. (A center can open for as little as \$120,000 to \$140,000 in investment, Albrechtsen says.)

Higgins aims to break even with 85 members—mostly baby-boomers, retirees, and young professionals—in a few months. Members spend as little as \$35 a session, depending on how many they pay for in advance. "We can help the 70% of the market place who don't like to go to a huge 10,000-to-15,000-foot gym. They get intimidated and don't get a good workout," he says.

If all goes well, Higgins hopes to expand beyond his initial Concept 10 10 investment. With only a handful of centers so far in the U.S. Albrechtsen believes there is plenty of room for growth. He has come a long way since he first opened karate schools in Denmark in the 1970s and Nautilus centers in the 1980s. "Our aim is to become the Starbucks of exercise," he says.

Read more on [www.naples.concept1010.com](http://www.naples.concept1010.com)  
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# Food and Your Mood: The Fuel We Need to Feel Good

By Tara Moser, LCSW, RPT-S

**W**hile fulfilling our cravings is rewarding for a short time, what we eat actually fuels our moods. There are many trends that seem appealing and have good mental health backing, but they aren't for everyone. Gluten for example is hard to eliminate from one's diet, yet often parents report better behavior in their children by reducing or removing gluten from their children's plate. Food dyes are another in which better focus is said to be noted by many individuals when it is removed.



Media influence such as the movie "Super Size Me" and "Biggest Loser" bring the reality of our body's needs and impact on poor choices. Signing on to social media, you can't help but see a stream of eating, weightloss, or exercise cartoons and quotes.

We are surrounded by what we should do and what feels good to do for the moment, but the consequences mentally and physically can come soon after. Headaches, tired, achy, sadness, energy rush, energy crash, and more. Each of our body components react to each food choice and each one causes different reactions within us.

What are positive mental health choices for food? First don't always deny your cravings. Moderate amounts of anything (unless you are allergic) are good as denying the craving can cause moodiness as well. Ensuring fruits and vegetables are part of our daily intake as well as appropriate levels of meats and carbohydrates are also needed.

The biggest two components to starting to fuel good mental health is making sure we stay hydrated, and that means water, and sleep. When we are thirsty, only water will truly quench the physical and mental thirst for growth. Research shows that drinking half your body weight in ounces of water each day will recharge you and help off set feeding those cravings.

With sleep, we cant recharge without it. Our body is unique in what it needs and we cannot emotionally prepare for each day ahead with it. Our needed sleep requirement reduces as we age, however we reach a point in our lives where we start to need more again; after all the our lives come around full circle at some point.

*Tara Moser, LCSW, RPT-S specializes in working with children, adolescents, and families. She has a Master's Degree in Social Work from the University of Central Florida, is a Licensed Clinical Social Worker in the State of Florida (#SW8379), and a Registered Play Therapist Supervisor through the Association for Play Therapy. Tara also specializes in Play Therapy with children 2 -18 years old, as well as incorporates pet-assisted play therapy into some of her clinical work utilizing her two dogs Abbey and Bode.*

*Tara has worked in a variety of therapeutic roles including foster care, non-profit family counseling, non-profit individual counseling, elementary school based counseling programs, adolescent drug prevention/intervention, behavioral therapy with autism, domestic violence counseling, and supervised visitation, in addition to her private practice.*

*Tara's counseling approach is client centered in that each session is unique to meet the client's needs and utilizes tools that are most effective for the client such as play, music, pets, and art. More often with the younger children, non-directive and directive modalities of play therapy are utilized. Cognitive-behavioral approaches and family system approaches are also utilized.*

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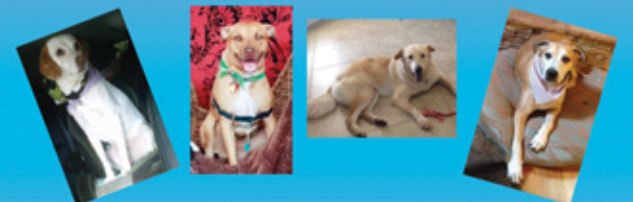
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# Helping Your Child Choose the Best College While Selecting the Best Financial Options

By Dr. Christine Davis - Edison State College

**A**s 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](http://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](http://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](http://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](http://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**



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**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.

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# The Best-Kept Secret of Tennis Players and Golfers

By Amanda Cox

**T**he human foot is comprised of various ligaments and nerves, 26 bones, 33 joints, and 126 muscles (Beth Israel Deaconess Medical Center). While foot pain is not rare for athletes, the majority of this discomfort is actually caused from neglect. Athletes have higher endurance and strength than most people, so they tend to overlook simple measures such as foot care. In beautiful Southwest Florida, two common causes of foot pain are tennis and golf.

In tennis, proper stroke mechanics are needed to develop a winning game. One of the biggest mistakes tennis players make is disregarding the importance of their foot work. In fact, Venus Williams could be included in this group. Early on in her career, the Wimbledon champion endured many losses. Her long legs helped her run down any ball, but her lack of coordination and balance limited her success. Eager to approve her ranking, Venus discovered a tennis secret; footwork matters.



Running is often assumed to be the only training that tennis players perform. However, unique movements are needed on the tennis court and these suggested exercises will help round out your training:

1. Sprints
2. Shuttle Runs
3. Jump Rope
4. Strength Training
5. Endurance Running
6. Spider Drill

Without proper support for your feet, you can also throw your entire body out of alignment. Poor posture, pain, and imbalance are the primary causes. Custom Tennis Arch Supports help stabilize your feet and can actually improve your game.

Similarly, highly skilled golfers finish in a perfectly balanced position. Chris Cole, a licensed Pedorthist and owner of Foot Solutions Estero acknowledges

that, "feet play a huge role in the mechanics of the perfect golf swing". You can take strokes off your game by improving your stance, building a solid foundation for your swing. The process of your feet during a golf swing is as follows.



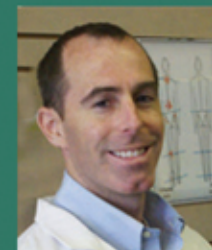
1. Place weight lightly on the balls of your feet, balanced between front and rear foot.
2. Slightly shift weight to the back of the foot.
3. Another shift back to the front.
4. Shift weight to the inside of back foot (failure to do this results in the fatal "sway")
5. Foot mildly rolls to the inside with front heel.
6. Weight back to inside of rear foot.
7. Rapid shift from back foot to forefoot, with outward movement of left foot.
8. Heel of front foot comes down again and rolls outward, while rear foot rolls back to inside with heel lifting.
9. Balanced rotating movement through ball of foot.

Most experts would agree that having weight redistributed evenly throughout the entire foot benefits a golfer. Further benefits include proper alignment of the ankle and heel, enhanced driving accuracy and power, and a more natural and powerful toe position. Custom Golf Arch Supports assist golfers with these skills. Scientifically proven, Custom Golf Arch Supports increase distance by an average of 15 yards or more.

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Foot Solutions of Estero's goal is to help you find greater comfort and better your health. With activities such as tennis and golf, our feet play a much more important role than we realize. Foot Solutions' Certified Pedorthists help customize arch supports according to your specific needs. Each foot is examined to pinpoint any concerns; shadowing with a comprehensive posture, gait, and balance analysis. Foot Solutions' digital mapping technology creates a topographic map for each foot. This helps determine what areas need extra support. Whether an athlete, a stay at home mom, an adventurous student, hardworking father, or retired grandparent; we all experience foot pain. Call Foot Solutions of Estero at **239-495-8911** for a free foot analysis today. Let Foot Solutions help you put your best foot forward!

## Christopher M. Cole, L.Ped



Chris is a Licensed Board Certified Pedorthist and owner of Foot Solutions Estero, a BOC Accredited Facility. Chris graduated from Clemson University and has taken advanced course study in Mass Position Theory, CAD/CAM Technology for Prescription Foot Orthotics, Pedorthic Care of Diabetic Foot, Heel Pain Syndrome, Obesity among older Americans, Fall Prevention, and Shoe Construction and Modification.

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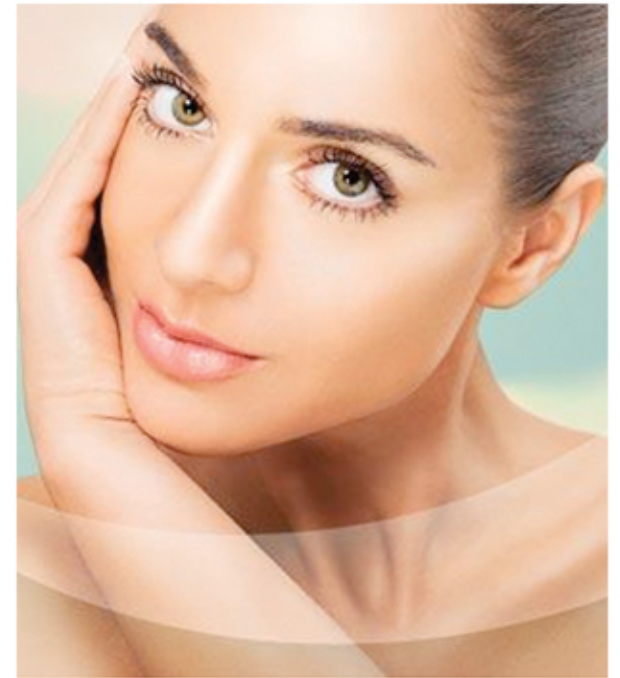
With any treatments over .5mm in depth, an anesthesia cream is applied for 15 to 40 minutes beforehand. Not only is the treatment pain free, there is generally no downtime afterwards. Most people who receive Stem Cell Facials immediately return to their typical daily activities. You come in for your facial, and leave looking like a healthier you.

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# Can You Hear Me Now?

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

**T**he subject of men's health and their occupations encompasses a plethora of subjects for discussion. For the most part, men are exposed to more noise than women: military, industrial and power tools; not to mention planes, cars, boats, fire arms and recreational "toys".

Over a period of prolonged exposure to excessive decibel levels, the nerves of the inner ear become permanently impaired. The first indication of a problem is when an individual turns up the television louder than normal, speaks loudly, or asks for statements, directions, and questions to be repeated. In general, the higher frequencies of the inner ear are the first to dissipate. This generally doesn't hamper the ability to hear, but the clarification of what a person hears is diminished.

## Untreated Hearing Loss Linked to Development of Dementia and Alzheimer's

As with any medical issue, early detection is the key. The sooner a deficit is detected, the better chance an individual with the problem can find a solution to their particular malady. A recent study by Johns Hopkins University School of Medicine and the National Institute on Aging determined that individuals with untreated hearing loss are much more likely to develop dementia and Alzheimer's disease. People with only a mild loss were twice as likely to contract the aforementioned afflictions. Individuals with severe hearing impairments were five times as likely to suffer from dementia and Alzheimer's disease.

## We Hear with Our Brains, Not Our Ears

People with untreated hearing problems lack "proper" stimulation to the part of the brain that comprehends speech; over time, the brain atrophies and loses function. Remember, we hear with our brains, not our ears.



## Advanced Digital Hearing Technology

Almost all hearing impairments can be overcome with the use of hearing instruments. Today's digital technology "prescription" fits your ears like eyeglasses do for the eyes, using highly advanced computer chips. Unlike your vision, when your eyes get worse, a stronger prescription is needed. When an individual's hearing deteriorates, the same computer chips can be re-programmed without the necessity of buying newer hearing devices.

Other options like directional microphones are extremely beneficial, especially in ambient noise. When directional microphones are active, they only pick up voices coming from in front of the hearing device user, not from behind. This helps substantially in the presence of background noise.

Multi-memory is another option hearing instrument users can take advantage of depending on their type of listening environment. A push button allows the wearer to increase or decrease the volume of the instruments to ensure sounds remain at a comfortable level.

Another development in the advancement of hearing devices is ATR: automatic telephone response. This virtually eliminates the annoying "squeal" hearing devices used to make when putting the telephone close to a person's ears.

## "Hearing Devices are a Sign of Intelligence"

In conclusion, there is nothing more important than your health. An annual hearing evaluation can make a world of difference to not only the person with the impairment, but also for everyone around the individual with the hearing loss. Helen Keller once said, "hearing devices are a sign of intelligence; it shows consideration for others."

## Free Hearing Evaluation

For a FREE, no obligation hearing evaluation or to learn more, call Leonardi Hearing Center at 239-997-8288, or visit our website at [www.leonardihearing.com](http://www.leonardihearing.com).



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

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

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# Sleep Apnea

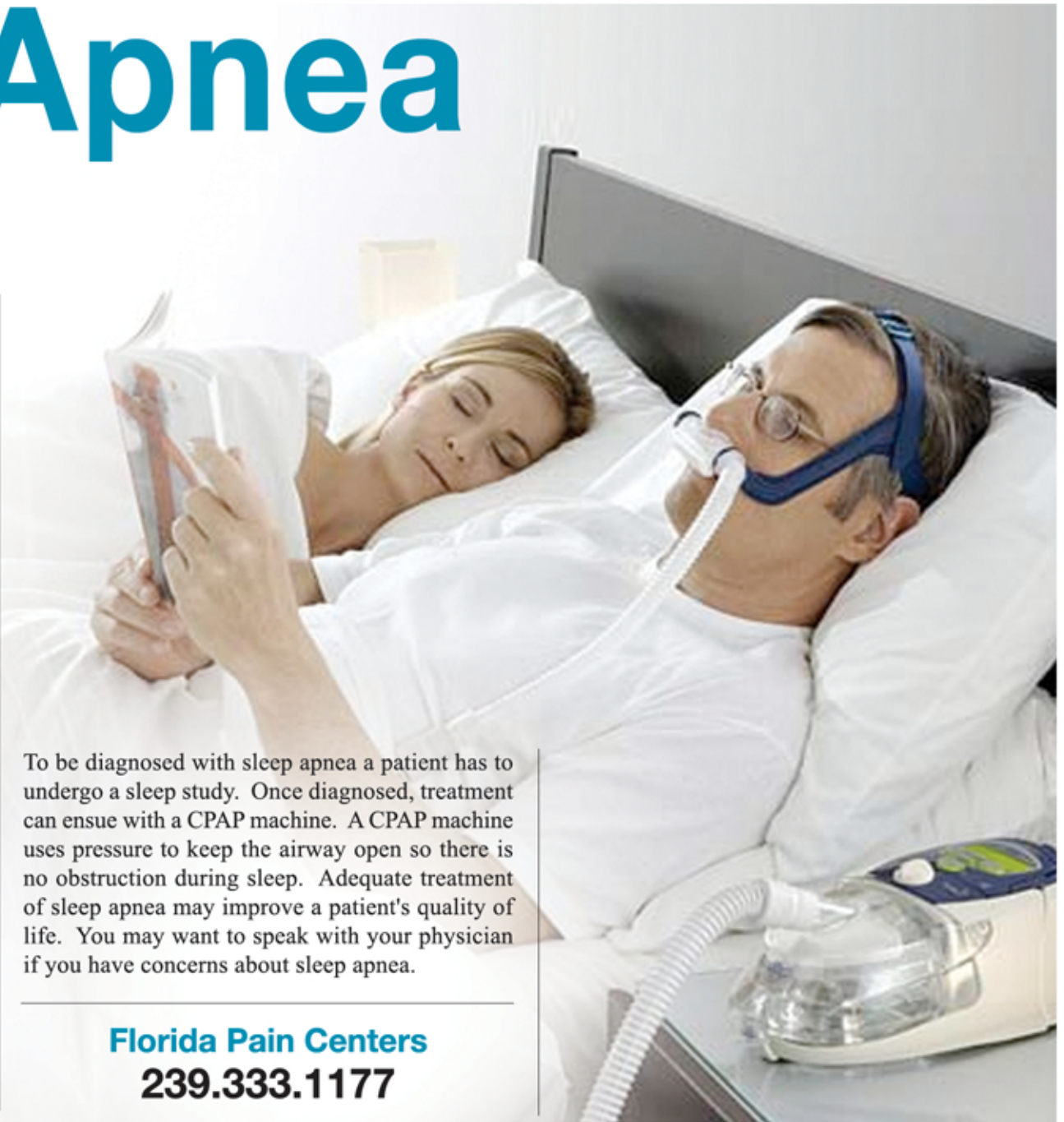
By Adam Shuster, DO  
Pain Management Consultants of SWFL

**F**ibromyalgia is a pain syndrome causing widespread body pain. Fibromyalgia is more common in women but is also common in men. Aside from pain, sleep disturbance is a very common complaint in patients with fibromyalgia. In fact, sleep disturbance and fatigue, compared to pain in patient's with fibromyalgia, may be equally as disruptive in a patient's day to day activities. Fibromyalgia patients can suffer from deep sleep dysregulation. There is also a known correlation between sleep disturbance and pain perception.

Sleep disturbances in fibromyalgia may range from restless leg syndrome to sleep apnea. Sleep apnea is a condition in which a patient's airway becomes obstructed during sleep. Sleep apnea and sleep disordered breathing can affect the quality of a patient's sleep. Interestingly, women who have been diagnosed with sleep apnea can be 10 times more likely to be diagnosed with fibromyalgia. Sleep apnea may cause excessive daytime drowsiness which can affect cognitive function and work performance. However, obstructive sleep apnea can be treated. Improving a patient's quality of sleep may help in decreasing pain and other complaints common in fibromyalgia. Patients with sleep apnea are also more sensitive to pain medications which can also worsen sleep apnea.

To be diagnosed with sleep apnea a patient has to undergo a sleep study. Once diagnosed, treatment can ensue with a CPAP machine. A CPAP machine uses pressure to keep the airway open so there is no obstruction during sleep. Adequate treatment of sleep apnea may improve a patient's quality of life. You may want to speak with your physician if you have concerns about sleep apnea.

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# Medication Not Helping?



**M**ost mental health experts agree that depression medication can be helpful - even life saving. However, because depression is caused by a combination of psychological, genetic, biological, and environmental factors, it may take a combination of treatments to become symptom-free.

If you have depression that's interfering with your ability to function, it is important to first understand the cause of your condition. Depression is a mental disorder of the brain. Imaging technologies, such as magnetic resonance imaging (MRI), have shown that the brains of people who have depression look different than those of people without depression. Reports show that the parts of the brain involved in mood, thinking, sleep, appetite, and behavior appear different in those who do, and do not suffer with depression. Although they indicate physical differences, these images do not reveal why those who experience depression do so. Because of this, these images alone are not enough to diagnose a patient with depression.

It is true that depression is genetic, as some types of depression tend to run in families. However, someone with no family history can develop symptoms of depression. Researchers are currently studying certain genes that may increase the chances of some people to develop depressive behaviors. Some genetics research indicates that risk for depression results from the influence of several genes acting together with environmental factors. In addition other outside triggers such as trauma, loss of a loved one, a difficult relationship, or any stressful situation may increase the likelihood of depression. Still, other depressive episodes can occur with or without an obvious trigger.

## Treating with Antidepressants

Antidepressant medications are generally safe and can dramatically improve depressive symptoms. It may take time for the antidepressants to eliminate feelings of depression. Usually they must be taken for at least 4 to 6 weeks before they have a full effect. In order to prevent the depressive episodes from returning, antidepressants should be continued, even after the depressive episodes have stopped or become less frequent.

Due to the way they affect the body, antidepressants should be stopped only under a doctor's supervision. Some medications need to be gradually stopped to give the body time to adjust. Although antidepressants are not addictive, eliminating them suddenly can cause withdrawal-like symptoms, and may even lead to the return of depressive episodes. Individuals with chronic depression may need to stay on the medication indefinitely to ensure the symptoms don't return.

In addition, if one medication does not work, a different one or a combination of medications should be considered before giving up. Research completed by the National Institute of Mental Health has found that people who did not get well after taking a first medication increased their chances of beating the depression after trying a different medication or after adding a second medication.

Many times stimulants, anti-anxiety medications, or other medications are used together with an antidepressant, especially in the presence of a co-existing illness. However, neither anti-anxiety medications nor stimulants are effective against depression when taken alone. Any medication, including those for depression, should be taken only under the close supervision of a doctor.

It sometimes takes time to find the depression treatment(s) that's right for you. Just know that you are not alone & help is available. Always consult with a doctor before starting or stopping any medications for depression.

## Depression Clinical Trials

If you think you have depression, participating in a clinical research study could determine which medication is the best for you. While clinical research trials aren't for everyone, it remains a viable treatment option for many. Particularly, people without insurance or those who have tried antidepressants without relief may benefit tremendously by participating in a suitable research trial.

We know and understand you may have questions. For further information or to see if you may benefit from participating, please call Gulfcoast Clinical Research Center at (239) 561-0009 or visit our website at [www.gulfcoastclinicalresearch.com](http://www.gulfcoastclinicalresearch.com).

**GULF COAST**  
CLINICAL RESEARCH



# Your Best Foot Forward after an Ankle Sprain

By Amanda Cox

**A**ccidents happen. Have you ever unexpectedly stepped into a hole causing your ankle to twist? Or rolled your ankle while running? Either way, the end result is you clutching your foot in agony. Nearly 25,000 people experience this each day (American Orthopedic Foot and Ankle Society). In fact, almost one fourth of all sports injuries consist of sprained ankles (Puffer JC); helping to make it the most common type of ankle impairment. Ankle sprains are triggered by an irregular twisting of the ligaments that connect the bones between our lower legs and feet.

Ankle sprains fall into two main categories; inversion and eversion. Inversion injuries occur more frequently than eversion. Inversion is when your ankle rolls outward while your foot turns inward. Consequently, the ligaments that are located on the outside of the ankle are torn and stretched. Whereas, the interior ligaments are damaged when the ankle rolls inward and the foot turns outward. This is referred to as an eversion injury. If an ankle sprain is not treated properly, long term complications may follow. What measures should be taken when an ankle sprain takes place?

To reduce swelling and minimize the pain, it is advised to apply ice. This should be limited to approximately 20 to 30 minutes, every three to four hours. Rest is just as essential, so make sure to avoid placing weight on the ankle. Also, keep it



elevated by placing it on a pillow. Ankle splints and compressive bandages help stabilize the ankle. When applying these, begin at the toes and work your way up the leg. Nonsteroidal anti-inflammatory drugs, such as ibuprofen and aspirin, can help ease the discomfort.

Often times, ankle sprains can go undetected until more moderate symptoms present themselves. These include instability of the ankle, difficulty walking, stiffness, and tenderness. Although we cannot prevent all injuries, it is important to be aware of dangers such as uneven surfaces. The vast majority of ankle sprains happen while trying to navigate these terrains.



**BRIAN K. DOERR, DPM**

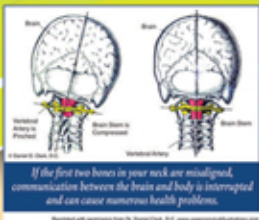
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Podiatry is the specialty that focuses on conditions of the foot and ankle. These physicians are the most qualified to diagnose and treat a sprained ankle. A minimum four years of specific podiatric training at a qualified medical school plus three years of residency are required (American Podiatric Medical Association).

A local podiatrist, Doctor Brian Doerr, brings an abundance of medical training and experience to his practice. For eight years, he worked as a paramedic for Lee County EMS. Furthering his education, Dr. Doerr was awarded a bachelor's degree at the University of South Florida and a doctorate at Temple University School of Podiatric Medicine. Patients benefit from his philosophy that an informed patient is better prepared to make decisions regarding their health and wellness. This is why many Floridians choose Dr. Doerr for their podiatric needs. Dr. Doerr and his friendly staff treat you as a person, not a number. If you, or a loved one, find yourself with an ankle injury, call Dr. Doerr's office at 239-931-3668.

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## RECOVER with Confidence

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

By LaDonna Roye, Hairstylist

**M**edical 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.

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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





## When Having Cataract Surgery, You Have Choices of Several Intraocular Lens Implants

By Jonathan M. Frantz, MD, FACS

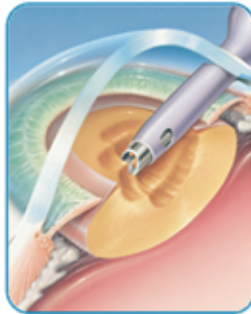
If you've been told that you have cataracts, one of the first things you'll learn about are Intraocular Lens Implants (IOLs), the artificial lenses that replace the eye's natural lens that is removed during cataract surgery.

When you have your cataract evaluation at Frantz EyeCare, Dr. Jonathan Frantz and his Specialty Lens Counselor will help you select a lens implant that fits your specific lifestyle and eye health needs, whether you are having a premium refractive procedure with the LenSx laser or traditional cataract surgery.

Below is a summary of your lens options:

### 1) Bladeless Laser Cataract Surgery with:

**a. a ReSTOR or Crystalens Implant and Limbal Relaxing Incisions (LRI):** a ReSTOR or Crystalens implant will greatly decrease your dependence on glasses following surgery. You should be able to read a book, drive a car, and play golf or tennis with increased freedom from glasses.



**b. a Monofocal Toric IOL:** If you have astigmatism, a Toric IOL makes it possible to treat the cataract and correct the corneal astigmatism at the same time. If you have both a cataract and a corneal astigmatism, you will not regain high-quality distance vision after surgery to remove the cataract unless the astigmatism is also corrected. The unique design of this lens provides significantly improved distance vision and may reduce the need for corrective lenses.

**c. a Standard Monofocal Lens with Limbal Relaxing Incisions (LRI):** If you have a lower amount of astigmatism, you can have your corneal astigmatism corrected with limbal relaxing incisions (LRI) at the same time as your cataract surgery.

**2) Traditional Cataract Surgery with Standard Monofocal Lens:** If you choose to have traditional cataract surgery with a standard monofocal lens implant for your after surgery visual outcome, you may decide to have both eyes corrected for distance vision and wear reading glasses for near vision, or have both eyes corrected for near vision and wear prescription glasses or contact lenses for

distance vision. Another option is to have monovision where your dominant eye is corrected for distance vision while your non-dominant eye is corrected for near vision. With monovision, you may not need reading or distance glasses.

Dr. Frantz is the first and most experienced surgeon in southwest Florida offering Bladeless Laser Cataract Surgery with the LenSx laser, which is considered refractive surgery and we can discuss your out-of-pocket charges when you come to our office for your cataract evaluation. Your insurance will be billed for the actual cataract removal.

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

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# "GET ME A CLONE!"

## and Other Succession Planning Myths

**W**e've all seen commercials about how insurance products will give our loved one security in the event of our demise or disability.

Hopefully, we've each made ourselves a savings expense category in preparation for a time when we will no longer be actively employed and we've obtained sufficient types and levels of insurance to address monetary issues concerning retirement, disability or demise.

But, for most of us who own a business, succession planning involves a lot more than simply purchasing some policies and saving money.

Instead, we need a realistic succession plan and a structured exit strategy that will result in a successful transition to the next generation of business owners. How we do that will, more often than not, determine whether we remained retired or whether the business survives our departure – and, despite what the Raelians contend, cloning technology may not have advanced sufficiently by the time we really need it for us to simply clone ourselves.

This article, addresses succession planning in the context of a non-family-owned business.

### The Executive Panel

**On a practical level, then, how do you begin your succession plan?**

Well, like every superhero, you need a sidekick – you know, that right-hand person, who, like you, has authority and knowledge to accomplish specific tasks that keep the business in forward motion. That person must be someone you trust completely but who does not have unfettered decision-making capability – meaning, there are checks and balances in place to assure that the company is not bound by that person without the appropriate authority. Typically, we're talking about the vice president.

You and the second in command need to be on the same page with respect to the philosophy of the business – for example, what are your markets, how do you want to grow, what method of growth will you employ – i.e., what is the "mission statement".

Thereafter, you need several people lower on the totem pole, each having decreasing authority to transact business for the company. Numerous factors will come into play in deciding who will join the totem pole not the least of which involves management ability and overall competence – but those factors are not being addressed here. Voilà, the Executive Panel!

Once developed, put the Executive Panel in writing – create a chart of the Executive Panel – publish it to everyone in the company so everyone is clear about the levels of authority. Ideally, the Executive Panel chart should be kept with the other governance documents, whether your company is a corporation, limited liability company, partnership or proprietorship.

In large measure, the details of running the business will be delegated downward to the office manager, bookkeeper, secretary and other staff personnel with sufficient controls in place to assure that the cogs run well – if you're a two-person shop, it means your other hat.

### Buy-Sell Agreements

So, now you know WHO but what about the HOW? Ideally, you would want to be around for a while to test your management team, to see how they operate when you're not around. During that time, complete communication and disclosure among the Executive Panel must occur regularly. The best method to assure an open line of communication is to have weekly meetings, which meetings address the owner's vision of the company's goals.

In the worst-case scenario, however, you're looking to make the transition as painless as possible in the initial stages and as successful as possible in the later stages. One way to do that is to maintain as much continuity as possible.

One of the most successful means to assure some measure of continuity and (i) that ownership control stays within the intended circle of owners; (ii) owners have an exit strategy; (iii) create liquidity for survivors of owners as well as the company; and (iv) fix the value of the ownership interest in the context of a buy-out of interests is the buy-sell agreement.

Typically, the buy-sell agreement will require the purchase (either by the remaining owners, called a "cross-purchase" or the entity, called "redemption") of the exiting owner's interest upon the happening of an event, which event could be divorce, disability, death or any other event. In the context of death or disability, the requirement to make the purchase could be secured by life or disability insurance to assure that a pool of funds is available to consummate the purchase.

The buy-sell agreement gives the remaining owners the ability to effectively control their destiny and that of the business regardless of the suddenness of an event. By setting forth such provisions as transfer to third parties, defining triggering events requiring purchase of another owner's interest or, defining the purchase price upon the happening of a triggering event, the buy-sell agreement assures that, while other emotional and practical issues may remain, the business issues of transition upon an owner's departure have been addressed.

### Conclusion

Whether the Executive Panel can maintain the success of the business will in large measure depend upon whether the management style and vision are equivalent to that of departing owner's style and visions. However, by having established an Executive Panel, maintained the lines of communication and addressed the hard issues in the buy-sell agreement, the company has a much better chance at continued success and growth than waiting for Clonaid to clone another one of you.



### Barbara M. Pizzolato, Esq.

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

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

Ms. Pizzolato is a member of:

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

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



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

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# 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?

**C**hances 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**

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*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?*



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*"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

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# Do You Know Someone Who Could Use A Visit From The Angels?

**O**ur memory is the attainment and preservation of information we take in each day. Memory plays a major role in our daily lives. An alarming statistic is that there are approximately 24 million people living with some form of memory loss; many of these people are senior citizens (Lorne). Though this knowledge may be unnerving, there are preventative measures that can help reduce this number. In fact, a simple cause of memory loss that often goes undetected is dehydration. With severe dehydration, especially within our older population, memory loss can be a significant side effect.

Have you ever experienced a constant thirst? Has this led you to feel light headed and dizzy, yet unable to sweat? Have you ever witnessed a loved one show these warning signs? These are just a few indicators of dehydration. Dehydration can easily be overlooked because its symptoms don't always start out very severe. Those that are less obvious include fatigue, headaches, and possible confusion. Over time, going without water can lead to more overt symptoms such as vomiting, weight loss, diarrhea, high fevers, and limited urine production ("Dehydration In Adults"). Signs as prominent as these, may lead to hospital visits. The more a person becomes dehydrated, the more they are likely to suffer from memory loss.

As our loved ones age, making sure that their basic needs are being met can be quite worrisome. Visiting Angels, a provider of elder care service to families, has been filling that role for many families across the United States and Canada since 1998. Assurance of basic needs being met is only one of the benefits of having an agency like Visiting Angels assist in the care of our parents and grandparents. Since prevention is key, proper hydration is one of the items that their agency looks out for. Not only does dehydration cause memory loss, but it can also lead to many other conditions including weight loss and kidney dysfunction. Water makes up seventy percent of our muscles, organs, and tissue. Without receiving the water we need, there can be a negative impact on our bodies (Freedman). One may ask, "How much water should I drink each day?" A general rule of thumb is to drink 6 to 8 eight ounce glasses of water per day ("Hydration: Why It's So Important").



However, that amount may change depending on variables such as exercise, medical conditions, and general diet. In fact, the older we become our brain becomes less able to sense dehydration, sending us fewer signals that we need fluids. That is why an extra pair of eyes is always good to have around.

Visiting Angels is not an assisted living facility or nursing home. The reason that many people choose Visiting Angels, or similar agencies, is that they provide the benefits of supervision while maintaining their clients' dignity. How? They come into their clients' homes, allowing them to continue their lifestyle in the most comfortable manner possible. Emphasis on independence

is just as important to the caregivers at Visiting Angels as assuring their clients' basic needs. Visiting Angels work hard to build positive relationships with those in their care. It is not rare for the elderly to forget basic essentials such as drinking, eating, and taking their daily medications. Those with Visiting Angels in their home enjoy the assurance of their basic needs being met. They deliver friendly companionship, help with hygiene, meal preparation and planning, light housekeeping, medication reminders, laundry assistance, personal care, and contribute in running errands. Visiting Angels can help avoid senseless confusion in our loved ones lives; in today's hectic world, there is enough of that already.

800-365-4189

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

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## Spiritual Wellness

# Deal with the Fear First

By Alex Anderson

Senior Associate Pastor at Bayside Community Church

**N**ot 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

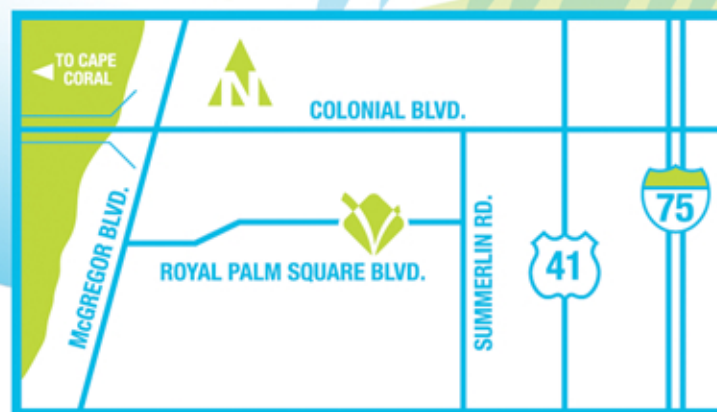
Alex Anderson is a Senior Associate Pastor at Bayside Community Church, Bradenton, Florida. To read other life-giving articles by Pastor Alex, go to <http://belifegiving.blogspot.com/>.





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