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Lee Edition - Monthly



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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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Contents April 2014

- | | |
|--|--|
| 6 3 Easy Ways to Boost Your Health Now! | 24 Laser Therapy Used For Treatment of Neuropathy |
| 7 How to Find the Right Specialist | 25 The Do's and Don'ts Regarding Inpatient Surgery |
| 8 Lifestyles After 50 | 26 How Vestibular Therapy Can Benefit the Whole Person |
| 9 Winning the Hormonal Battle | 27 Finding and Growing Your Career |
| 10 Bladder Incontinence | 31 Get the Facts About Female Permanent Birth Control |
| 12 New Sleep Medication | 32 Got Love Handles or Unwanted Belly Bulge? |
| 13 Knee Pain Does Not Mean You Need Knee Replacement Surgery | 34 Fountain of Youth Discovered |
| 14 Micronutrient & Telomere Testing | 36 Solutions for Fibromyalgia |
| 16 High Intensity Full Body Workout Just 20 Minutes a Week!... Really! | 37 Better Sleep = Better Mental Health |
| 18 Does Your Partner Snore? | 38 Flip-Flop Fridays? |
| 20 Autism - Thinking Beyond the Spectrum | 39 Travel Safety |
| 21 Local Pharmacy Puts Your Needs First | 41 Long-Term Care Insurance |
| 22 Do You Snore? You Might Have Sleep Apnea | 42 Home Health Care: Safety First |
| | 43 Spiritual Wellness I Have A Wait Problem |



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3 Easy Ways to BOOST Your Health Now!

Detox & Slim Down with INFRA-RED Body Wraps. Rejuvenate Tired Skin with RED LIGHT Collagen Beds & Boost Your Immune System with the ALKALINE Diet

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

Renew yourself from the inside out... it's easy as 1 2 3! First, do you want to burn 900 calories in 45 minutes and detoxify impurities to cleanse and rejuvenate your body from the inside out? Well, the new INFRA-RED Body Wraps at Tan & Spa USA are able to accomplish all that... and more! Medical research has concluded that regular use of INFRA-RED therapy can be as effective for cardiovascular conditioning as exercise! As the body warms up during your INFRA-RED Body Wrap, it causes a brief yet beneficial increase in body core temperature, thus increasing heart rate, cardiac output and metabolic rate, as well as spiking the immune system by boosting production of infection-fighting white blood cells and killer T-cells. In the 1980s, NASA concluded that far INFRA-RED stimulation is the ideal way for astronauts to maintain cardiovascular conditioning during long space flights by producing similar metabolic functions as if they were exercising. Those INFRA-RED benefits have now been incorporated into the health and wellness industry as a natural, non-invasive, whole body healing therapy.

The INFRA-RED generated during these targeted Body Wraps penetrates twice as deep as other heat sources (up to 3-4 inches deep into the fat and muscle tissues) to get out toxins and cellulite trapped in pockets below the surface of the skin, activating the circulation, enzymes and tissue metabolism.

INFRA-RED Body Wraps also increase the enzyme activity in our digestive tract and can rev up the metabolism and cause you to BURN CALORIES FOR UP TO 36 HOURS following your treatment! So, not only will you burn more than 900 calories in just one session, but it will boost your metabolism to help you keep on burning those calories! Heart studies done by the Journal of America College of Cardiology also found that INFRA-RED therapy significantly improved blood vessel functioning in a significant number of patients, further optimizing your overall wellness!

If your next problem area is tired looking skin that needs to be refreshed without the pain or down time of a "procedure", then RED LIGHT Collagen Beds are your next stop during your visit to Tan & Spa USA.



The renowned benefits of Collagen Red Light Therapy have been medically recognized for many years and have recently become available as a non-invasive and effective treatment for the reduction of wrinkles and sagging skin. Following extensive research carried out by the American Space Agency "NASA" and worldwide clinical trials, it has been established that regular exposure to Red Light at 633 Nanometers will stimulate powerful skin rejuvenation within as little as two weeks, when the recommended depth of 8-10 mm triggering a powerful response in our body to increase its production of collagen and tighter and younger looking skin. Fine lines and wrinkles will be reduced. The new capillaries will increase circulation and help cuts and scars to heal quicker, as well as minimize stretch marks and cellulite. Collagen Red Light Therapy has also displayed an amazing ability to shrink and refine pore size and skin texture without painful peels, surgery or injections and has been proven to fade age spots, scars and control melasma and hyper pigmentation with NO DOWN TIME!

Last but certainly not least, its time to focus on your diet & nutrition! Beth Marlow can teach you how to radically improve your overall health and Wellness through her Alkaline Nutritional Counseling now being offered at Tan & Spa USA. The Alkaline Diet has been proven to supercharge the immune system, produce natural therapeutic weight loss and reduce conditions related to chronic inflammation. The Alkaline Diet is the nutritional plan that Beth uses to remain cancer-free more than 5 years following her battle with

Stage 2 breast cancer. Beth is a Certified Professional Cancer Coach & Nutritional Counselor and is able to support clients through every facet of their recovery and or health goals. Beth is also able to assist you in establishing a lifestyle of disease PREVENTION. Everything you eat and drink leaves a residue in your system that is either Acid or Alkaline. An Alkaline internal pH will promote a balanced, optimal functioning system and did you know that cancer cells cannot grow in an alkaline environment? One more reason to get Alkaline and stay that way!

You will have access to Alkaline grocery lists, sample recipes, weekly menu plans and specific Immune support supplements that will target your specific health issue and turbo charge your immune system into high gear and keep it there for many 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 and 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 and 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 and joint pain
10. Clearer Skin



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How to Find the Right Specialist

By Joseph Magnant, MD, FACS

Julian had seen half a dozen physicians of different specialty backgrounds over the course of 10 years searching for the answer to his question of why his right leg was swelling. He never thought he had received a logical explanation and had resigned himself to live with the problem. Fortunately, he had a friend who had come across an article regarding venous insufficiency as a potential cause of limb swelling. Since he did not have any external bulging varicose veins, he and others had concluded that his leg swelling was not in any way related to a vein problem. He read the article in a local medical newspaper and then went to the internet to delve further into the possible mechanism of this.

Self Education and Self Advocacy

In addition to his complaint of leg swelling, his vein evaluation unearthed other symptoms of achiness and night time leg cramps, right worse than left, symptoms of restless legs and frequent night time urination. His symptoms had been minimally improved by compression hose therapy over the course of years. Ultrasound evaluation subsequently revealed severe bilateral great saphenous vein insufficiency and he soon thereafter underwent staged endovenous ablation (sealing) of the great saphenous veins with immediate and near complete resolution of his original symptoms. His 15 year quest for a cause and solution to his symptoms came to a successful conclusion as a result of self education and self advocacy.

Today, more than ever, it is important for patients to take an active role in researching their medical care. Fortunately, the internet has provided the means by which to perform research on individual health care providers, health conditions as well as available treatment options.

Lost in the Maze of Provider Choices?

"In this day of advances in medical treatments with improvement and refinement in technology, patients have almost unlimited access to health-related information in print media, on television networks, and through the internet," observes Dr. Magnant. "However, because of this plethora of information, patients can, at times, find themselves lost in the maze of provider choices. Rather than remaining frustrated by dead-end answers or the absence of diagnosis for their physical complaints, patients are taking to their own research."



Primary Care Physicians Can Provide Specialist Referrals

Dr. Magnant confirms that primary care physician recommendations may be useful in choosing the right specialist: "Even references from physicians other than your own, such as a friend's primary care physician, may prove helpful. Primary care physicians have a broad exposure to patient problems and are probably the best source for specialist referrals."

Practice Websites Provide Depth of Content and Physician Training Record

Another good starting place when researching specialty providers is their practice website, says Dr. Magnant. "Its depth of content and the completeness of each physician's training record are important aspects to review. From a good website, patients should be able to determine what percentage of the practice is dedicated to the physician's area of specialty training and whether that area is applicable to the patient's own health issues."

Take Advantage of Free In-Office Screenings

"But perhaps the most important piece of homework patients can do is to take advantage of free in-office screenings when offered or take advantage of online health screenings, such as that offered by our practice on our website weknowveins.com and through our screening site eveinscreening.com. These enable patients to meet the doctor and the staff, and to gather information regarding the treatments they offer and any literature regarding the physician's practice and training. Any other information they glean regarding their specific condition and treatment options should be considered a bonus."

Dr. Magnant is a board certified vascular surgeon who specializes 100% on vein evaluation and modern treatments for the entire spectrum of vein problems. Many of his patients have a family history of venous insufficiency or varicose veins. Mothers of children of any age, nurses, teachers, hairstylists, police officers, dancers, athletes, pharmacists, students, and people from every other imaginable walk of life may have vein problems. Many of these patients were once considered untreatable since the stripping procedure was so invasive and "dangerous."

Since stripping no longer is performed, and the techniques Dr. Magnant has to offer can be performed in the office under local anesthesia with minimal downtime, many of these patients are great candidates for endovenous closure as the definitive cure for their vein problems. So whether you suffer from the most common presenting symptoms of venous insufficiency which is painful bulging varicose veins, or you are one of the other millions of patients in the USA with more obscure presenting complaints such as swollen & achy legs, discolored skin in the lower leg, non-healing leg ulcers, history of varicose vein bleeding, or nighttime symptoms such as Charlie horses, cramps, restless legs or frequent urination, you deserve a risk free diagnostic leg vein ultrasound to rule out correctable venous insufficiency.

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Dr. Joseph Magnant is a board certified vascular surgeon and vein expert and is singularly focused on the modern evaluation and treatment of venous insufficiency. He offers state of the art, noninvasive venous duplex ultrasound evaluations as well as laser and radiofrequency endovenous closure treatments for venous insufficiency. Vein Specialists can be reached at 239-694-8346 or on the web at www.weknowveins.com.

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Lifestyles After 50

By John C. Kagan, M.D.

Rotator cuff tears are a common source of shoulder pain.

According to the American Academy of Orthopedic Surgeons, rotator cuff tear injuries are on the rise with aging patients across the United States. Rotator cuff tears (RCTs) are among the most common upper extremity injuries in individuals older than 50 years of age, with nearly 20 percent of patients over the age of 50 exhibiting symptoms of RCTs and 49 percent of patients over 70 showing symptoms of RCTs. Because most RCTs are a result of normal wear and tear that coincide with aging, recognizing the symptoms and seeking treatment can help individuals prevent symptoms from getting worse.

The rotator cuff is a group of four muscles that come together as tendons to create a covering around the head of the humerus bone in the upper arm. A rotator cuff tear occurs when one or more of the rotator cuff tendons are torn and the tendon does not fully attach to the humerus. The tear can cause pain when lifting an arm out to the side or rotating the arm. There are different types of rotator cuff tears including a partial tear, which damages the soft tissue, but doesn't sever it; and the full-thickness tear, which splits the soft tissue into two separate pieces. The full-thickness tear is essentially a hole in the tendon.

Causes for rotator cuff tears fall into two main categories, injury and degeneration. An individual can fall down or lift something large or heavy to cause a rotator cuff tear. When a rotator cuff tear is caused by an injury, it is called an acute tear. Acute tears can also be associated with other shoulder injuries, like shoulder dislocation. The majority of RCTs fall into the latter category - degenerative tears. Over time the tendons in the upper arm wear down due to use. As we age, the rotator cuff in the dominant arm will tend to exhibit the symptoms of an RCT. Those that have a degenerative tear in one shoulder are also at the greatest risk for a rotator cuff tear in the opposing shoulder.



Contributing factors of degenerative rotator cuff tears include:

- **Repetitive stress** - Doing the same shoulder motions repeatedly can wear the tendons down at a greater rate. This happens for people who are athletes or perform repetitive lifting activities at work or home.

- **Lack of blood supply** - Blood supply to the rotator cuff tendons decreases as we age. Without a favorable blood supply the body's natural ability to repair the tendon will be impaired, which could lead to a tendon tear.

- **Bone spurs** - Bone overgrowth in the upper arm can cause what's called a shoulder impingement, which can weaken the tendons over time and cause a tear.

Tears can happen suddenly or over time. The most common symptoms of RCTs include pain in the upper arm or shoulder area at rest, at night if lying on the affected shoulder, and pain or weakness when lifting or lowering the arm.

For those that have RCTs, seeking immediate medical attention is advised. If you have a rotator cuff tear and you keep using the shoulder, further damage can occur and the tear can get larger over time. Chronic upper arm and shoulder pain is a good reason to visit with your orthopedic specialist. There are many options for treating RCTs and your orthopedist can help you best decide which treatment option will work for you.



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 or call 239-936-6778.

Winning the Hormonal Battle

By Dr. Gopinath S. Sunil

Hormones are potent chemicals that assist in maintaining our body's normal functions. They are chemical messengers that occur naturally and are released by our hormone-producing organs. They are generated within the endocrine system. The endocrine system is made up of a set of glands that include the thyroid, adrenal, gonads, and pituitary. These glands secrete hormones; which impact growth, development, behavior, and reproduction. Hormones play an essential part in preserving homeostasis. They are at the heart of more than acne breakouts and mood swings.

In females, they seem to create a unique challenge. Women that are between the ages of forty and sixty seem to experience moderate to severe hormonal imbalances which leave them uncomfortable and distressed. Even before menopause, certain symptoms may be signs that hormonal adjustments are needed; such as, breast tenderness, headaches, bloating, and mood swings. Studies show that estrogen loss can also affect memory and cognitive ability. These days, women of all ages are busy with both family and work; the last thing that they need to worry about is a drop in their estrogen levels. The term Estrogen actually refers to three different hormones, Estrone, Estrinol, and Estradiol. Hormone replacement therapy (HRT) is regarded as the gold standard for alleviating these symptoms. Estrogen decreases the perception of pain, preserves bone mass, and increases HDL -- the good cholesterol. Maintaining hormonal balance of not only Estrogen, but Progesterone as well, is critical throughout both menopause and post-menopause.

You will find two methods for achieving this balance by taking estrogen and progestin; the continuous method and the cyclic method. While following the continuous method, a pill which contains both estrogen and progestin is taken daily. The cyclic method consists of taking estrogen and progestin independently - with estrogen taken either every day and progestin taken for 10 to 14 days of the month. Before beginning an HRT regimen, seek the advice of an endocrinologist. Your primary care physician may be knowledgeable in most areas, but only someone that specializes in hormones is truly qualified to walk you through this process.



What is a gland?

Glands are organs within animals that synthesize substances, like hormones, for release. These substances may be delivered into the animal's bloodstream (endocrine gland) or directly into body cavities; or they may be externally passed through an outer surface (exocrine gland) like saliva, sweat, or tears.

Glands fall into 8 groups:

- **Endocrine** - solution is secreted into the bloodstream without the use of ducts.
- **Exocrine** - discharges via ducts or directly onto the apical surface. These glands can be further segmented into three groups:
- **Apocrine** - a component of the cell's body is displaced in the course of secretion.
- **Holocrine** - the entire cell breaks apart in order to release its substances (e.g., sebaceous glands).
- **Merocrine** - cells secrete their materials by the process of exocytosis.
- **Serous** - discharge a watery product that is typically rich in protein.
- **Mucous** - secrete a sticky solution, loaded with carbohydrates.
- **Sebaceous** - exude a lipid (fat) product. These glands are also known as oil glands.

Physicians, such as Dr. Sunil, have made it their life's work to help patients that are coping with hormonal problems. Dr. Gopinath Sunil M.D. practices endocrinology and internal medicine. If you wish to consult Dr. Sunil's vast knowledge on the subject of menopause and HRT, he can be contacted at 321-325-1111. *The Glands Center is located at 11181 Health Park Blvd, Suite 3050, Naples, FL 34110.*

Gopinath Sunil, M.D.

Graduated in medicine from India (University of Kerala) 1987

Post graduate diplomate in Reproductive Endocrinology - University of Geneva, Switzerland, 1991



Research Associate in Reproductive Endocrinology, Stanford University, CA

Residency in internal medicine, Mayo Clinic and Maricopa County Hospital, Phoenix, AZ

Fellowship in Endocrinology, Diabetes and metabolism - University of Minnesota, Minneapolis, MN

Consultant, Endocrinology - Cleveland Clinic, Naples, FL 2001-2003

Chief of Endocrinology, Physicians Regional Medical Center 2003-2007

Medical Director, Arizona Endocrinology & Diabetes, Scottsdale, AZ

Appointments: Member, Nutrition committee, American Association of Clinical Endocrinology (2011 - current)

Research: Obesity, Diabetes, thyroid disorders.

Dr. Cheryl Robinson

Graduated from the University of Central Oklahoma with a Degree in Dietetics and Nutrition & a minor in Chemistry. President of the Chemistry Club.



Graduated From the Advanced Practice Program (AP4) from Oklahoma State University.

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Graduated from Oklahoma State University with a Master's in Public Health Care Administration.

Graduated with a Doctorate in Human and Environmental Science from Oklahoma State University.

Registered Dietitian and recognized by (CDR) Certified Diabetes Educator and recognized by (AADE)

Active Member with the American Dietetic Association (ADA)

American Diabetes Association (ADA)

American Association of Diabetes Educators (AADE)

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Research: (PCOD) Polycystic Ovarian Disease in Type II Diabetes.

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Bladder Incontinence

By Harry Tsai, M.D.

Urinary incontinence is the involuntary loss of urine and affects over 13 million people in the U.S. The majority are women (85%).

Cause

Women: weakening of the urinary sphincter, pelvic muscles, overactivity of bladder muscle

Men: damage to the urethral sphincter usually from prostate surgery or procedure

Both: any kind of pelvic trauma, diabetes, multiple sclerosis, Parkinson's, stroke, birth defects

Symptoms

Stress incontinence: SUI results from urinary leakage related to laughing, sneezing, coughing, straining

Urge incontinence: leakage associated with urgency and inability to control urination

Mixed incontinence: combination of stress and urge incontinence

Overflow incontinence: bladder leaks as a result of being full and there is never complete emptying

Total incontinence: the urinary sphincter is completely deficient and there is continuous leakage

Detection

Incontinence is reported to the urologist by the patient. The degree of incontinence can be quantitated by number of pads worn, frequency of leakage, volume of urine, and total daily episodes. Urinalysis is needed to rule out a urinary tract infection.

Post-void residual is measured to evaluate the amount of volume of urine retained in the bladder. Cystoscopy is performed to assess for any structural or sphincter damage.

Urodynamics: complex test performed in the office which measures the urinary flow rate and internal pressure of the bladder as it fills with urine, and control of the urethral sphincter muscles

Treatment

Male incontinence: absorbent products including pads, and absorbent undergarments; catheters; external collection devices known as condom catheters; surgery (male sling and artificial urinary sphincter, www.ams.com)

Female incontinence: injection or bulking therapy to the urethral (Durasphere, www.colpoplast.com)

Injection to bladder with botox (www.allergan.com)

Pelvic floor stimulation with the Intone device, www.incontrolmedical.com

Transurethral radiofrequency treatment of the urethral, www.lyrette.com

Surgical placement of a sling, www.colpoplast.com



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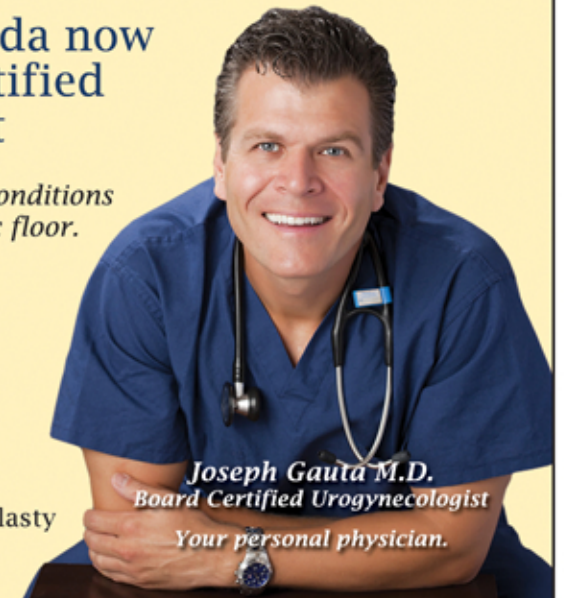


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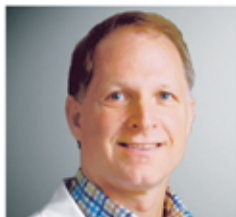


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NEW SLEEP *Medication*

Are you one of the lucky people that simply lie down at night and fall asleep right away and stay that way for the next 8 hours? Do you wake up feeling completely rested, refreshed and energized for the day without the need for caffeine to get you moving? If yes to all of the above, you are in the minority but keep reading as you will definitely want to share this medical article with your co-workers, friends and family!

Why is SLEEP so important?

Sleep, especially REM sleep, plays a vital role in good health and well-being. REM sleep helps your brain work properly. While you're sleeping, your brain is preparing for the next day; it is forming new pathways to help you learn and remember information.

If you're sleep deficient, you may have trouble learning, making decisions, solving problems, controlling your emotions and behavior and coping with change. Sleep deficiency has also been linked to depression, suicide and risk-taking behavior.

Additionally, your immune system relies on sleep to stay healthy. Ongoing sleep deficiency can change the way in which your immune system responds. For example, if you're sleep deficient, you may have trouble fighting common infections.

Why do people have TROUBLE sleeping?

33% of all people have trouble falling asleep or staying asleep

- STRESS
- ANXIETY
- DEPRESSION
- CIRCADIAN RHYTHM PROBLEMS
- GABA/NEURO-TRANSMITTER INSUFFICIENCY



REMTabz^{Rx} (Diazacalone)

Why REMTabz?

Doctors use two main types of medications to help their patients improve their sleep:

- **Anxiety/Stress Reducers** such as *Xanax* (BENZODIAZEPINES)
- **GABA/Neurotransmitter Regulators** such as *Ambien & Lunesta*

	REMTabz ^{Rx}	AMBIEN	Xanax
Prescription Strength	✓	✓	✓
Non-Drug	✓		
Fall Asleep Faster	✓		
Relieves Stress	✓		✓
Relieves Anxiety	✓		✓
+ GABA Insufficiency	✓	✓	
+ Circadian Rhythm	✓		
Increase REM	✓		

Unfortunately, both types of those medications have massive side effects and often aren't helpful in both helping you get to sleep AND stay asleep. REMTabz (Diazacalone) is a true pharmacological sleep pill that safely combines the best attributes of Stress/Anxiety Relief and the most powerful sleep aid formula available. REMTabz is designed to safely produce the sleep aid effects of both types of prescription sleep medications without the side effects. In other words, REMTabz allows both your body and mind to rest!

The ingredients contained in this powerful sleep aid have been tested in clinical trials and have been proven to decrease the amount of time it takes to fall asleep and allow you to get more quality rest. REMTabz proprietary formulation (Diazacalone) directly stimulates the production of Alpha & Delta brain waves creating a state of deep relaxation for all stages of REM sleep (N1, N2 & N3). REMTabz is the non-prescription solution for your sleepless nights, specifically designed for effectiveness without the harmful side effects. Developed through years of research, REMTabz is the

perfect balance of science & nature that delivers night after night of consistent deep sleep. Formulated with the most powerful patented sleep aiding ingredients, REMTabz is designed to help you fall asleep and stay asleep without leaving you feeling drowsy the next day. REMTabz is the perfect balance of science & nature brought to you by the global leaders in non-prescription pharmaceuticals.



If you are among the many who suffer from insomnia and other sleep disorders, you owe it to yourself to try REMTabz today!

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KNEE PAIN DOES NOT MEAN YOU NEED KNEE REPLACEMENT SURGERY

By Physicians Rehabilitation

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

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

If you have been suffering from constant or intermittent knee pain that just won't go away no matter how much ibuprofen you take, don't worry – there is another option.

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

At Physicians Rehabilitation, it's very important to understand that we are not just addressing knee pain. Our goal is to give you the best chance we possibly can of Preventing Knee Replacement Surgery in the future, which is what knee arthritis frequently evolves into if left undetected and unaddressed.

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

What are Hyalgan Injections?

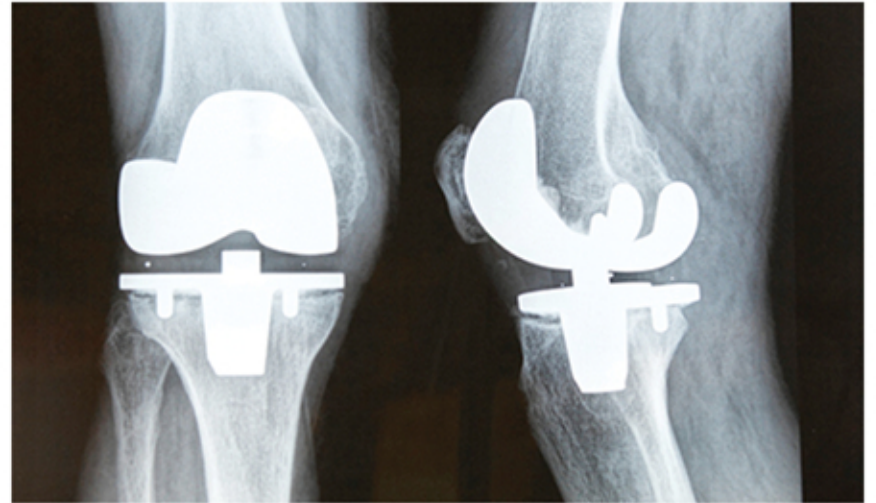
Hyalgan injections treat knee osteoarthritis. Hyaluronic Acid (Hyalgan) is a natural substance extracted from rooster combs and purified to mimic the lubricating substances that occur naturally in the joint called synovial fluid. When Hyalgan is injected into the knee, it provides replacement for diseased synovial fluid, which is the cause of your pain. Hyalgan specifically targets the osteoarthritis in your knee, unlike over the counter oral medications or non-steroidal inflammatory drugs (NSAIDs) that affect all parts of your body.

What's the process?

It's a very easy and quick process. Our Doctors will inject Hyalgan directing into your knee joint using a high tech medical device called a Fluoroscope to pinpoint the exact location intended with extreme accuracy, which provides the best possible outcome from each injection. Then, an injection of dye confirms needle placement to ensure that the pain relieving drug Hyalgan reaches the knee capsule where it bonds with the naturally occurring joint fluid to create a lubricating and cushioning layer. That's why if you have tried any type of pain reduction injection elsewhere without success, we may still be able to assist you as your original injection may have never would up in just the right place. Most patients compare the treatment to getting a flu shot and report little pain or discomfort.

When will I feel results?

Most feel an immediate reduction in pain and return to normal activities in weeks.



Avoid Unnecessary Surgery! This FDA-approved treatment is proven to relieve knee pain, while eliminating the need for surgery. Treatment is safe, easy and covered by most insurance companies, including Medicare.

Will my insurance cover this treatment?

Yes, most major insurances and Medicare will pay for this treatment.

What are other people saying about it?

"My knee feels great. I had already had a total knee replacement and wanted to try something rather than go through another painful surgery. After completing the program, I can now dance again which I have not done in years, and my lifestyle is on its way back to normal!" - Elizabeth B.

So what are you waiting for?

Pick up the phone and call us today to schedule your NO-COST, NO-OBLIGATION consultation. The demand for this procedure has been overwhelming. We've added extra lines to accommodate your calls, so if our line is busy, or you are re-directed to voice mail, please leave a message or call back. Living pain free and getting your life back is well worth the phone call. So keep calling – help is only a phone call away...



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MICRONUTRIENT & TELOMERE TESTING

The difference between feeling "good" and feeling "GREAT"!

By Yollo Wellness

Have you ever wondered if "healthy" foods are actually making you sick? Have you ever wanted to know how fast your cells are aging or how you can slow down that aging process?

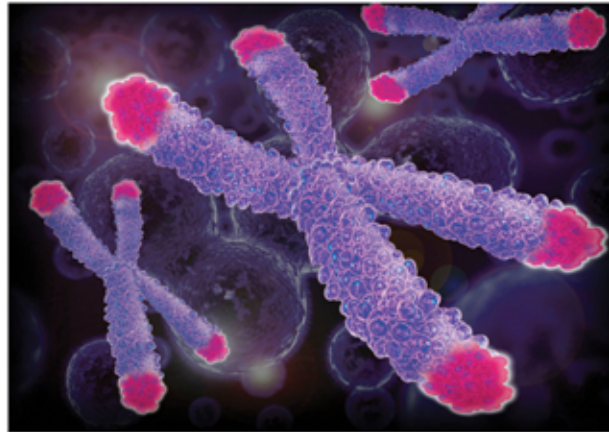
The Telomere Test is the window to your true cellular age. This advanced test measures the length of your telomeres, the end caps of your DNA. Telomeres are sections of genetic material at the end of each chromosome whose primary function is to prevent chromosomal "fraying" when a cell replicates. As a cell ages, its telomeres become shorter. Eventually, the telomeres become too short to allow cell replication; the cell stops dividing and will ultimately die - a normal biological process. Spectra Cell's Telomere test is available at YOLLO Wellness.

How are the results reported?

Your telomere score is calculated based on your average telomere length in peripheral whole blood cells. This average is then compared to telomere lengths from a population sample in the same age range as yours to determine the percentile score.

What do the results mean to you?

Age adjusted telomere length is the best method to date to assess biological age using structural analysis of chromosomal change in telomeres. Serial evaluation of telomere length is an indicator of how rapidly one ages relative to a normal population. Therapies directed at slowing the loss of telomere length may slow aging and age-related diseases. YOLLO Wellness offers these therapies.



What are the nutritional implications on telomere length and repair?

An inflammatory diet, or one that increases oxidative stress, will shorten telomeres faster. The "wrong" foods although healthy foods, will induce inflammation. Did you know that certain healthy foods might not actually work with your white blood cells? The foods may be causing major inflammation in the body, shortening your telomeres? YOLLO Wellness offers the ALCAT test. This test will help enable you to eliminate the foods that keep your body in a chronic inflammatory state. The ALCAT test is a whole blood test that measures the body's cellular response to a wide array of substances including foods, functional foods, medicinal herbs, food additives, food colorings, environmental chemicals, molds, and antibiotics. Scientific studies have shown that short telomeres are associated with age related decline and dysfunction. Evidence clearly shows that people with long telomeres age healthier and live longer.

How Does Micronutrient (vitamin) Testing Help Your Telomeres?

Overwhelming scientific evidence confirms that vitamin deficiencies are associated with disease processes and the overall condition of one's health. Another specific test that is available at YOLLO Wellness that help measure those deficiencies is called a Micronutrient test, by Cell Science. Micronutrient testing is a state of the art blood evaluation that detects low levels of specific micronutrients. Did you ever wonder what supplements you should be taking and how much of each one? The micronutrient test measures how micronutrients are actually

functioning within white blood cells. The Micronutrient test measures the function of over 30 selected vitamins, minerals, antioxidants and other essential micronutrients within your white blood cells. Analysis can reveal a person's functional nutrient status over a much longer time period than conventional serum testing. This test measures specific nutrients to determine whether you are absorbing and utilizing the nutrients you need and which nutrients you are missing. This reduces inflammation and slows down the shortening of your telomeres.

Hyperbaric Oxygen Treatments (HBOT)

HBOT is yet another method of reducing inflammation and assist with slowing down telomere shortening. Hyperbaric oxygen therapy provides this extra oxygen naturally. HBOT treatments enhances the body's natural healing process by inhalation of oxygen in a total body chamber where atmospheric pressure is increased and controlled. The increased oxygen greatly enhances the ability of white blood cells to kill bacteria, reduces swelling and allows new blood vessels to grow more rapidly. It is a simple, non-invasive and painless therapy.

Digital Infrared Thermal Imaging (DITI)

DITI is a noninvasive diagnostic technique that allows you to instantly see a visual picture. Telomere shortening is directly related to inflammation. Inflammation can be "seen" with a Digital Infrared Image at YOLLO Wellness.

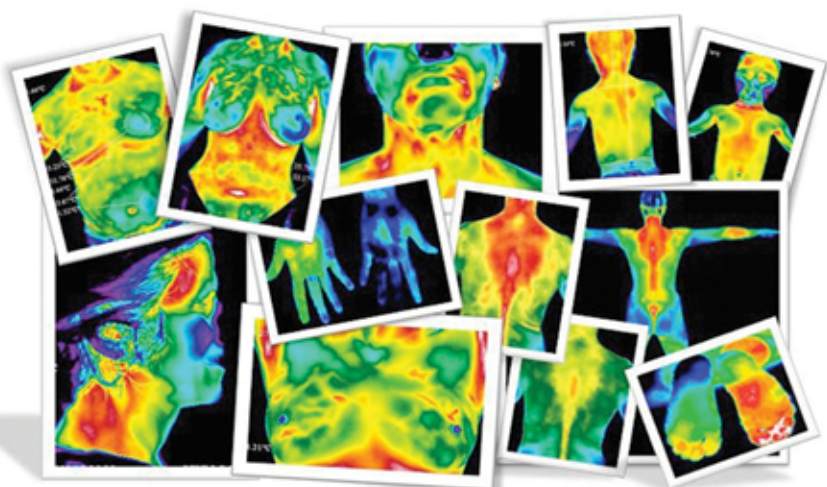
Our mission at YOLLO Wellness is providing personalized programs for your complete health and wellness. Our certified specialist know how to pull all this information together for you to get you feeling better fast. YOLLO Wellness offers a variety of services to enhance your quality of life using state of the art equipment and research based testing methods. Stop by and visit our friendly highly trained staff that can show you how to go from feeling good to feeling GREAT!

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By Jorgen Albrechtsen

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It is important to note that the body perceives all form of exercise as an attack. The body thinks "if I am being attacked again, I better be stronger, more fit and better prepared". To repeat something that is already easy will not make any dramatic changes to your body or fitness level. The stronger the impact, the better the body will respond. Endless repetitions of something will only wear down your joints and ligaments and give you very limited results.

When you have given the body the necessary stimulus to improve, it must be given time to allow all the chemical responses to happen. That is why 20 minutes of Concept 10 10 a week is not just enough, it is the optimal. You will benefit doing it twice a week for the first 3 weeks, as it is a learning process and the weights must be fine tuned etc., but after 3 weeks you should only come in once a week as from that point on the intensity will be up there where it should be. Coming in twice a week after that, will not give you better results. On the contrary. So why waste time and money?

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When people engage in physical activity over time and are not so much out of breath, they normally conclude it is because their heart and lung capacity has improved. However, your heart and lungs are put in your body to support the muscular system, not the other way around. What is happening is actually that the involved muscles are getting stronger, allowing you to do more work before heart and lungs are protesting. The definition of cardio is the muscles ability to take up oxygen from the blood and stronger muscles will put more demand on the body's transportation system which increases the cardio vascular efficiency.

It is sad that so many people have spent years doing activities that at best gives them limited results and at worst leave them with several injuries.

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Does Your Partner Snore?

By Dr. Sadiq Al-Nakeeb

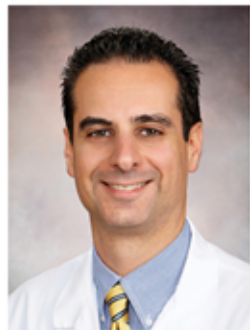
Snororing is a sound produced by vibration of the soft tissues of the upper airway during sleep. Habitual snoring is common, occurring in 44 percent of males and 28 percent of females who are between 30 and 60 years of age in the general population. If you are routinely awakened by the unpleasant sound of your bed-partner snoring loudly in your ear, rest assured you are not alone.

Snoring indicates increased upper airway resistance, and can be a sign of obstructive sleep apnea (OSA).

Sleep apnea is a condition that occurs when individuals stop breathing for short periods of time while they are asleep. There are two types of sleep apnea. One is called "obstructive sleep apnea" and the other is called "central sleep apnea."

Sleep apnea more commonly affects men than women. Other risk factors include: middle and older age, being overweight or obese, and having a small mouth and throat.

Sleep apnea is a very common problem. Some people with sleep apnea don't have symptoms, or they don't know they have them. They might think that it's normal to be tired or to snore a lot. Most times, the bed-partner is the first to notice any symptoms, such as snoring or daytime fatigue. Patients with long standing sleep apnea tend to get adjusted to the problem and usually obtain medical attention at the request of the bed-partner.



Dr. Sadiq Al-Nakeeb

There are many concerning side effects of sleep apnea that can be very serious and dangerous. In fact, sleep apnea can be deadly. If you have symptoms of sleep apnea, it is important to recognize them and seek treatment.



Side effects of sleep apnea include:

- **Snoring.** Snoring is one of the most common side effects of sleep apnea and one of the biggest indicators that sleep apnea is present..
- **High Blood Pressure.** Hypertension is a common side effect of sleep apnea. Studies show that people with moderate to severe sleep apnea are more than twice as likely to also suffer from high blood pressure.
- **Decreased blood oxygen level.** Since breathing is interrupted, when a person has sleep apnea, the oxygen level in the blood decreases while the level of carbon dioxide can increase. Having low blood oxygen levels can also affect the brain resulting in equilibrium and memory deficiency.
- **Development of Diabetes Mellitus.** Diabetes can also be a sleep apnea side effect. Studies have found that patients with obstructive sleep apnea are more than two and one-half times more likely to develop type 2 diabetes. Scientists theorize that high levels of the hormone cortisol, which are produced as a result of the stress caused by sleep apnea, lead to increased resistance to insulin and glucose intolerance.
- **Daytime sleepiness and fatigue.** Alertness and memory function of a person is affected due to decreased cognitive function with sleep apnea.
- **Irritability, short-tempereddness, anxiety and depression.** As sleep apnea can cause sleepiness and fatigue, when a person is sleep deprived, it affects all aspects their temperament both at home and at work.
- **Headache and migraine.** Because of disturbed sleep that leads to blood-oxygen depletion and constriction of the small blood vessels in the brain, morning headaches and migraines can occur.
- **Obesity.** Aside from being one of the causes of sleep apnea, obesity can also be a side effect of sleep apnea. Hormonal imbalances caused by sleep apnea as well as decreased activity from fatigue contribute to weight gain.
- **Compromised immune system.** The immune system of an individual suffering of sleep apnea becomes impaired because they don't receive enough sleep. Constant sleep deprivation reduces the ability of the immune system to fight infection.
- **Accidents.** Patients with sleep apnea are at increased risk for accidents, even if they don't feel sleepy.



Sleep Apnea can be Fatal

In addition to the health risks posed by the sleep apnea side effects listed above, sleep apnea increases the risk for several more serious cardiac events. Obstructive sleep apnea (OSA) can cause bradycardia, where the heart beats slowly at less than 60 beats per minute, as well as atrial fibrillation (afib), a condition where the electrical signals to the heart become uncoordinated causing rapid and in-effective heart contractions. Over time, afib can increase the risk for more serious complications such as stroke.

Stroke, heart attack and death are the most significant side effects of sleep apnea. Stress placed on the sympathetic nervous system can lead to heart attacks. Hardening of the neck vessels from sleep apnea can lead to a stroke and even death from sleep apnea. It has been reported that sleep apnea patients suffer twice as many cardiac events while sleeping than while awake; just the opposite of what people without sleep apnea experience.

If your doctor or nurse suspects you have sleep apnea, he or she might refer you to a sleep specialist for a "sleep study." Sleep studies are usually done in a sleep lab. For the study, you spend the night in the lab, and you are hooked up to different machines that monitor your heart rate, breathing, leg movement, oxygen level, and brain activity.

The results of the test will tell your doctor or nurse if you have sleep apnea, or other conditions that might interfere with your sleep quality and duration.

I usually advise my patients with sleep apnea to stay off their back when sleeping. Weight loss is also advised if he or she is overweight. Avoid alcohol and sedatives before bedtime, as they can make sleep apnea worse.

The most effective treatment for sleep apnea is a device that keeps your airway open while you sleep. Treatment with this device is called "continuous positive airway pressure," or CPAP. People getting CPAP wear a face mask at night that "splints" the airway open and keeps them breathing. People with sleep apnea who use a CPAP machine feel more rested and generally feel better.

Occasionally, for certain patients, we use another device that is placed in the mouth called an "oral appliance" or "mandibular advancement device." It also helps keep the airway open while the patient sleeps. Rarely, when nothing else helps, I recommend surgery to keep the airway open. Surgery is not often effective, and even when it is, the problem can return.

If snoring or sleep apnea affects you or someone you love, call the Lehigh Regional Medical Center sleep office at 239-368-8039 to schedule an evaluation with a sleep specialist today.



LEHIGH MEDICAL GROUP



Sadiq Al-Nakeeb, MD, FCCP
Pulmonologist, Critical Care
and Sleep Specialist

Specialty Interests:

Pulmonology, Critical Care and Sleep Disorders

Medical Education:

Baghdad University - School of Medicine 1995

Advanced Training:

Manor Hospital, Birmingham, UK

Clinical Attachment, Urological Surgery & Internal Medicine

Marshall University, Huntington, WV

Internal Medicine Internship, Residency and Pulmonary Fellowship

University of Pittsburgh Medical Center

Critical Care Fellowship

Professional Experience:

Lehigh Medical Group, Lehigh Acres, FL 2012-present

Ohio University College of Osteopathy, Clinical Assistant Professor, Pulmonary Critical Care 2009-2011

Allergy Sleep and Lung Care, PA.

Fort Myers, FL 2011-2012

Southern Ohio Medical Center, Ohio

Full time practice covering 2 sleep labs, and providing inpatient and outpatient pulmonary critical care services 2005-2011

Certification:

Board Certified in Internal Medicine, 2002-present

Board Certified in Pulmonary Medicine 2004-present

Board Certified in Critical Care Medicine 2005-present

Board Certified in Sleep Medicine 2007-present

Licensure:

Florida, California, Ohio, Pennsylvania, Kentucky

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AUTISM – Thinking Beyond the Spectrum

How Can Upper Cervical Care Help?

By Drs. Drew and Kanema Clark

A conversation being had in all too many households these days surrounds Autism Spectrum Disorders (ASD). According to reports from the CDC an alarming 1 in 88 US children are now affected by ASD. Furthermore, it's estimated that Autism Spectrum Disorders alone cost the nation about 137 million per year. Still this does not come close to having the impact that it is having on an increasing number of families in our communities. Many theories have been presented as to why we are experiencing such an aggressive rise in the number of children struggling to overcome autism. These theories range from birth trauma and vaccinations to genetics and/or environmental issues like pollution. Fundamentally, it's hard to say which of these serves as the real culprit or whether they all play a role in the devolvement of this condition. What we do know is that there is a light shining in the midst of autism's darkness, that many are unaware of; Upper Cervical Chiropractic.

A missing puzzle piece

Although the exact cause of Autism Spectrum Disorders are unknown, we do know that Autism affects the ability of the brain to process information by altering how nerve cells connect and organize. This in turn affects all areas of life, from communication & mood to health & physical behavior. One diamond that is shining in the rough, is the benefit that is beginning to be seen through specific Upper Cervical Care. One study published in 2006 including 14 children reported a 32% improvement in the Autism Treatment Evaluation Checklist (ATEC) scores while under Upper Cervical Chiropractic Care. Two of the children saw such drastic improvement that they no longer met the criteria for an autism diagnosis. According to research performed by Pshyco-Educational and Guidance services, chiropractic care is 20-40% more effective than medicine in reducing symptoms commonly seen in a wide range of learning and behavioral problems.



While true Upper Cervical Chiropractic is not designed to treat any symptom or disease, more and more evidence is pointing to the fact that it may be one of the missing pieces to the puzzle known as Autism.

While we don't believe there is one absolute cause of Autism, we also do not believe that there is one magic bullet to send it packing. The answer in our opinion is multifaceted. However, considering that Autism Spectrum Disorder's relate to instances where the Nerve System is having a problem accepting and processing information efficiently, it is imperative that we take a look at the functionality of that system.

Fundamentally when we consider how a misalignment at the top of the neck disrupts nerve communication from brain to body, we begin to understand how this interferes with the body's capacity to control or regulate normal body functions. (ie Autistic Spectrum Disorders)

Share this information with the people you care about and see if a Complimentary Consultation may provide the next step of the journey toward lasting health.

Research published in the Journal of Vertebral Subluxation Research said that altered biomechanics from this misalignment leads to an imbalance in sensory input into both the cerebrum and the cerebellum. When nerve transmission to major integrating or interpreting centers of the brain become imbalanced it leads to altered nerve response to environmental changes. Couple this information with the concept that the sole purpose of Upper Cervical Care is to restore proper nerve communication; one could begin understanding how Upper Cervical Chiropractic can help in many cases. This is accomplished by evaluating the delicate relationship between the first bone (Atlas) and the brainstem, which is a vital component of the neural communicating pathway. If a problem with this atlas bone is detected, we gently and specifically reposition the bone, freeing nerve communication thus maximizing your body's natural recuperative power. Our job is not to treat or cure Autism, we simply, yet effectively ensure proper Brain to Body communication allowing the body to function as intended.



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Drs. Drew and Kanema Clark
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Local Pharmacy Puts Your Needs First

Great service and affordable prices are hard to find hand in hand. Fortunately, a local pharmacy has both. PharmiCare is a concierge pharmacy that is dedicated to delivering quality health and wellness to their customers. They believe in practicing pharmacy the way it is meant to be done. You won't find tobacco, beer, or potato chips at their store. PharmiCare promotes health; pure and simple.

Like general pharmacies, PharmiCare can provide you with prescribed medicines written by your practitioner, along with additional refills. However, not all of our needs can be fulfilled from these. Compounding is also available at PharmiCare. Private consultations, where you discuss your medication problems, concerns, and history are recommended. After conferring with your practitioner, Compound Pharmacists use this knowledge to offer solutions that are specific to your needs. Further proving their excellent service, PharmiCare delivers to your home. John Dobbs, PharmiCare's owner has promised customer services that you "can't expect from chain-store pharmacies." PharmiCare will perform Blood Pressure Exams out of the comfort of your own home. When requested, PharmiCare will bring to you what 'chain-store' pharmacies won't.

Typical hours at PharmiCare are Monday-Friday from 8am-6pm, and Saturdays 9am-1pm. But PharmiCare understands that emergencies happen unexpectedly, usually at the most inconvenient times. Suppose it's after hours and you can't find

your blood pressure pills or you ran out of your insulin. Predicaments like these are why PharmiCare offers after-hours emergency services. These services are available until 11pm Monday-Saturday.

Studies have shown how genetically modified products can leave behind material inside us eventually causing long-term problems (The American Academy of Environmental Medicine). Unfortunately, many 'chain-store' pharmacies still promote these products. However, PharmiCare has responded to studies such as this, selling Non-GMO Vitamins and Supplements. John Dobbs agrees that, "it's your health, not our bottom line, that matters most."



PharmiCare challenges the saying, "this is too good to be true."

With PharmiCare the pricing is good, and it is true. The following pricing comparisons speak for themselves:

Drug	PharmiCare's Price	Local Competitor	Monthly Savings
Cholesterol:	\$30	\$69.99	\$39.99
Atorvastatin - 20mg tablet (Generic Lipitor)			
Allergies & Asthma:	\$30	\$40.07	\$10.07
Fluticasone - 16g (Generic Flonase)			
Antibiotic:	\$30	\$183.70	\$153.70
Levofloxacin - 750mg tablet (Generic Levaquin)			
Mental Health:	\$30	\$77.24	\$47.27
Donepezil - 10mg tablet (Generic Aricept)			
Heart Health:	\$30	\$103.99	\$73.99
Clopidogrel - 75mg tablet (Generic Plavix)			
Nausea & Pain:	\$30	\$98.00	\$68.00
Sumatriptan - 100mg tablet (Generic Imitrex)			
Eye Health:	\$30	\$49.00	\$19.00
Latanoprost - 2.5mL (Generic Xalatan)			

With the goal of enhancing their customers' health and wellbeing, PharmiCare is changing lives for the better. Dedicated customer service and affordable pricing awaits you in Fort Myers. The next time you need a general prescription, customized prescription, or a blood pressure exam call PharmiCare at (239) 690-7700. Offering these services and more, PharmiCare knows that your health matters.

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DO YOU SNORE? YOU MIGHT HAVE SLEEP APNEA.

Restful sleep is attainable and very important for your health.

By Dr. Gilbert

Most people know that getting restful sleep every night is important and that getting eight hours of sleep is ideal. What many people do not realize is that a lack of sleep—especially on a regular basis—is associated with long-term health consequences, including chronic medical conditions like obesity, diabetes, high blood pressure, and heart disease, and that these conditions may lead to a shortened life expectancy.

Obesity

Several studies have linked insufficient sleep to weight gain and higher than average body mass index (BMI). Lack of restful sleep is now considered a risk factor for obesity. During sleep our bodies secrete hormones that help control appetite, energy metabolism, and glucose processing. Obtaining too little sleep interferes with the balance of these and other hormones.

Diabetes

Insufficient sleep may lead to type 2 diabetes by influencing the way the body processes glucose, the high-energy carbohydrate that cells use for fuel. Researchers have correlated obstructive sleep apnea with the development of impaired glucose control similar to that which occurs in diabetes. Numerous studies have revealed that adults who usually get less than hours of uninterrupted restful sleep each night have a greatly increased risk of having or developing diabetes. ☒

High Blood Pressure and Heart Disease

Studies have found that a single night of inadequate sleep in people who have existing hypertension can cause elevated blood pressure throughout the following day. This effect may begin to explain the strong correlation between poor sleep, cardiovascular disease and stroke. There is growing evidence of a connection between obstructive sleep apnea and heart disease.



In addition to sleep disturbances, apnea sufferers also experience brief surges in blood pressure each time they wake up. Over time, this can lead to the chronic elevation of blood pressure known as hypertension, which is a major risk factor for cardiovascular disease. Fortunately, when sleep apnea is treated, blood pressure may go down.

A sleep disorder such as obstructive sleep apnea plays an important role in not only the affected person's health but their bed partner's as well.

Sleep Apnea

If you or your loved one suffers with sleep apnea, you are likely to awaken night after night from the irritating sound of snoring. Besides making life unpleasant for others, snoring may be an indicator of Obstructive Sleep Apnea (OSA).

For some people, the relaxation of the muscles during sleep allows the base of the tongue to fall backward against the throat, which can constrict the airway and cause snoring. OSA is the complete stoppage of breathing for short intervals due to this constriction of the upper-airway. OSA has been proven to cause high blood pressure and in some cases even death.



Drs. Rich and Lacy Gilbert
239-948-2111
www.pelicanlandingdental.com

The trouble with CPAP

Continuous Positive Air Pressure (CPAP) is the most common sleep apnea treatment, however, it is also the least tolerated treatment type. While CPAP is successful when used properly, many patients have trouble complying with the directives, leaving only 23-45% of patients to actually have success with the CPAP method. CPAP machines are difficult to stick with because the device requires the use of a mask over the nose and mouth and must be worn each night, not to mention the considerable noise the machine produces. In actuality, many people who use CPAP wear it for 4 hours or less per night. Other CPAP problems include face breakouts from the straps, eye and nasal irritation, mouth dryness, runny nose and sore throat. Patients with allergies, patients who tend to breathe through their mouth, and patients who sleep on their stomachs may find CPAP difficult as well. Not to mention, traveling with a CPAP machine is not an easy feat. Patients who have tried CPAP and found it not to be a good treatment for them frequently benefit from oral appliance therapy.

What can a small dental appliance do for you?

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

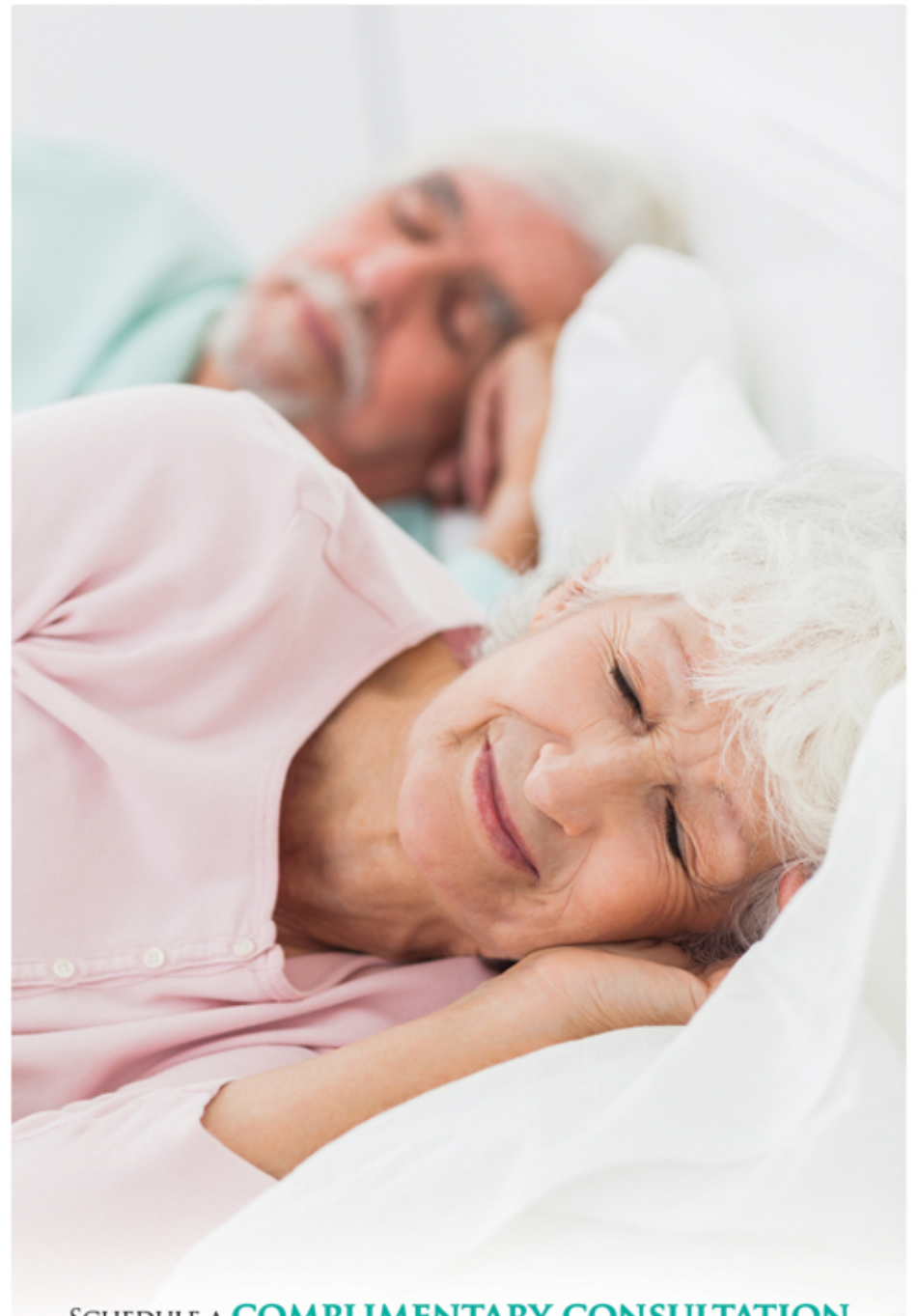
Dr. Rich Gilbert is well versed in all the different sleep apnea oral appliances available. After a brief consultation, Dr. Gilbert will explain which type of oral appliance will best suit you and why. All of Pelican Landing Dental's oral appliances are completely custom fabricated from molds of your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



Benefits of oral appliances

- Cure daytime fatigue
- Ensure a good night's sleep for you and your bed partner
- Help prevent heart disease, sudden cardiac death, high blood pressure, stroke, diabetes, depression, memory loss and even erectile dysfunction
- Help prevent accidents caused by excessive daytime sleepiness related to sleep apnea
- Small and compact, making it easy to travel with

Getting adequate restful sleep is important every night, but especially so during the busy, sometimes stressful, season in Southwest Florida. Being well rested will allow you to fully enjoy your friends and family, as well as decrease your chances of developing the health problems discussed above. Call Pelican Landing Dental at 239-948-2111 today to learn more about how a small oral appliance can help you.



SCHEDULE A **COMPLIMENTARY CONSULTATION**
WITH DR. RICH GILBERT TO DISCUSS THIS IMPORTANT
SUBJECT SO YOU CAN RETURN TO HAVING A RESTFUL NIGHT'S
SLEEP. CALL 239-948-2111.



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Laser Therapy Used For Treatment Of Neuropathy

Neuropathy is the medical term for nerve damage. Peripheral neuropathy, which causes pain, numbness and tingling. Neuropathy results when nerve cells, or neurons, are damaged or destroyed. This distorts the way the neurons communicate with each other and with the brain. Neuropathy can affect one nerve or nerve type, or a combination of nerves.

Neuropathic pain is a complex, chronic pain state that usually is accompanied by tissue injury. With neuropathic pain, the nerve fibers themselves may be damaged, dysfunctional, or injured. These damaged nerve fibers send incorrect signals to other pain centers.

What Causes Neuropathy?

There are many causes of neuropathy. The cause can be hereditary (runs in family) or acquired (after birth).

Acquired neuropathy is much more common than hereditary neuropathy. **Trauma, infections and autoimmune disorders** such as systemic lupus, and rheumatoid arthritis can cause neuropathy.

- **Systemic diseases** that affect the entire body such as diabetes which is the leading cause of peripheral neuropathy, kidney disorders, certain cancers, and hormonal imbalance all can trigger neuropathy.

- **Medications** and poisons such as the strong medicines used to treat cancer (chemotherapy), can damage peripheral nerves that can cause neuropathy.

- **Vascular disorders** can also cause neuropathy when blood flow to the arms and legs is hindered by inflammation, blood clots, or other blood vessel disorders.

- **Vitamin imbalances** can cause neuropathy. Having proper levels of vitamins, and niacin in our bodies are very important for healthy nerve function.

- **Alcoholism** can cause neuropathy due to excessive consumption of alcohol which can rob the body of thiamine and other essential nutrients, leading to neuropathy in the arms and legs.

Neuropathy pain effects people of all ages, however older people are at greater risk. If you are wondering what the symptoms of neuropathy are know that the symptoms vary depending on the type and location of the nerve damage. Symptoms can appear suddenly, which is called acute neuropathy, or develop slowly over time, called chronic neuropathy.

Common symptoms include. tingling, numbness especially in the hands and feet and changes in sensation, some people feel severe pain especially at night and some are unable to feel pain, pressure, temperature, or touch. Loss of coordination, loss of reflexes and burning sensations are all common symptoms of neuropathy.

If you have already been diagnosed with neuropathy think neuropathy might be the explanation for the pain you are suffering with treatment needs to be started as soon as possible. The sooner the diagnosis is made and treatment is started, the greater the chance that nerve damage can be slowed or repaired. In most cases, recovery takes a very long time. Some people live with a degree of neuropathy for the rest of their lives.



Lasers create a narrow beam of high-intensity light. The goal of laser therapy is to increase blood flow to the area of the damaged nerves and decrease pain by releasing nitric oxide. Use of lasers to treat pain may decrease the need for surgery in some cases.



Dr. Bob Ziegenfuss, D.C. and Dr. Linda Gianetti, D.C.

Dr. Bob Ziegenfuss and Linda Gianetti of College Parkway Health Center Fort Myers FL. offers their patients the most technologically advanced and powerful deep tissue laser therapy available today, providing his patients with a safe and effective option to treat their pain and inflammation.

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 option. Laser therapy treats the nerves, stimulating nerve function, the root cause of neuropathy pain. Traditional treatments only treat the symptoms. Laser therapy's soothing, deep penetrating photonic energy reduces pain and inflammation.

Each painless treatment draws water, oxygen and nutrients to the damaged area, creating an optimal healing environment. The best thing about this type of therapy, besides the fact that it is non-invasive, drug and painless, is that there are no known side effects and it has a great success rate.

If neuropathy pain has kept you from living your life to the fullest on a daily basis stop in and see us today and be on your way to a healthy, pain free body.

COLLEGE PARKWAY HEALTH CENTER

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(239) 437-4000 • www.collegeparkwayhealthcenter.com



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

The Do's and Don'ts Regarding Inpatient Surgery



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1530 Lee Boulevard • Suite 1100 • Lehigh Acres

Roughly 50 million inpatient surgeries are performed each year (National Hospital Discharge Survey). These procedures fall under three main categories: Urgent, Required, and Elective. Urgent surgeries must be done immediately and are usually the result of a life-threatening condition; such as, acute appendicitis or extensive trauma. On the other end of the spectrum, Elective surgery is one that is not necessary but can improve our quality of life. For example, removing an unappealing mole would be a candidate for an Elective surgery. A Required surgery falls somewhere in between Elective and Urgent. It is essential to have, but does not need to be performed immediately. Having kidney stones removed would be considered a Required surgical procedure. Unlike Urgent surgeries, both Elective and Required procedures can be anticipated and prepared for.

Scheduling your surgery is the first item to be addressed. Keep in mind any commitments you have, whether it be your job or family. Obviously, you will want to arrange for any of your children or pets to be cared for when you are in the hospital. For your job, make sure to let your supervisor know your surgery date and the amount of days that you will be absent; including all of your recovery time.

Depending on your particular surgery, your doctor will advise you to avoid taking certain medications a week prior to your procedure. Avoiding these medications will help prevent any complications with your healing or anesthesia. Typical medications that should not be taken are NSAID's like Ibuprofen. Your doctor may suggest just to decrease medications that you take instead of completely abstaining from them. If you are a smoker, you will be asked to quit prior to your surgery. If you cannot quit, try and cut back as much as possible. Also, ask your doctor whether you can continue your daily exercise routine or not. To help ensure a quick and full recovery, practice your deep breathing, meditation, and imagining a positive outcome.



Here are some recommendations for the day/night before your surgery:

1. Avoid any alcohol or illegal drug use.
2. Eat a light dinner.
3. Do not eat after midnight.
4. Follow your doctor's recommendations regarding medications.
6. Get a good night's rest.

If you fail to adhere to these steps, let your doctor know. This can help avoid serious complications during the surgery. Remember, your health comes first.

Facilities, such as Lehigh Regional Medical Center want your stay to be as comfortable as possible. Arrive at the hospital with a family member or friend to help calm your nerves. LPMC suggests that you bring a robe, relaxing clothes, slippers, toiletries (tooth brush, toothpaste, hair brush, shampoo, etc.), and some reading materials. On the day of your surgery do not bring any valuables, avoid wearing any make up, nail polish, lotions, aftershave, perfume, or hairspray. Simple steps such as these will help the surgery go as smooth as possible.

It is completely normal for your family members and friends to feel nervous prior to your surgery. Lehigh Regional Medical Centers' staff will make sure to keep them well informed throughout the process. As soon as the procedure is done and you are transferred to your room, they are encouraged to visit you.

Don't forget about your post-operative needs:

1. Drink plenty of fluids.
2. Sleep as much as you can.
3. Keep all surgical sites clean.
4. Eat healthy foods.
5. Make sure to take your prescribed medications.

Overall, inpatient surgery can make us feel anxious. Being in the hands of highly skilled surgeons can help relieve these feelings. The latest treatments and technologies are used at Lehigh Regional Medical Center. Their surgeons have a wide range of specialties ensuring the best possible outcomes. Arthroscopy and Laparoscopy, two of the latest minimally invasive options, are also offered for less pain and scarring. For quality service, compassion, and commitment to quality; call Lehigh Regional Medical Center at (239) 369-2101. They are the trusted Community choice for your healthcare needs.

How Vestibular Therapy Can Benefit the Whole Person

By Chris Simeone, OTR/L, Certified Vestibular Therapist, American Institute of Balance

Human equilibrium is the result of several complex systems working together. We “absorb” information to maintain our equilibrium through three main channels: the eyes (vision), the ears (vestibular) and the feet (somatosensory). The brain compares this incoming information. In split seconds it produces coordinated eye, head and postural changes regardless of the movement we are involved in to remain “in balance”. Balance problems can occur anywhere along this chain. Conditions such as a Stroke, Diabetes orthopedic conditions, improper balance organ functioning of the inner ear and even certain medication use can cause symptoms. These could include Vertigo (intense feeling of spinning or falling), Dizziness (light headed, not sure-footed, woozy) with or without impaired postural control (imbalance) altering our human equilibrium.

According to the National Institute of Health, dizziness is the number 1 complaint of people over 70 years old. This can cause a disruption in performing the most basic daily task and may cause the inability to enjoy the things we like to do, especially here in Southwest Florida! The risk of a fall with or without injury will trigger greater fears limiting your participation in daily life’s routines. However, according to Johns Hopkins, 85% of all forms of dizziness and imbalance can be helped with a proper diagnosis.

Clinic Program:

The balance and vestibular training program requires each patient to have a physician’s referral for Vestibular Therapy. The program will evaluate the patients current balance function and its negative effect on performing daily life routines. A customized clinic and home program utilizing the American Institute of Balance protocols specific to the patient will be implemented. Clinic treatment may include maneuvers of the patient’s head, core strengthening, balance and postural awareness training and visual motor training to name a few. The patients’ diligent performance of the daily home program is vital to improving function.

For more information please call the Outpatient Center of Life Care Center of Estero 239-495-4046 .

Assess yourself with the American Institute of Balance Patient Self Quiz

Have you ever felt?

1. A feeling of motion, spinning, or falling when moving your head quickly or changing your position, e.g., getting out of bed? YES/NO
2. Uncomfortable getting around in the darkness? YES/NO
3. Walking down grocery store aisles or through the mall upsetting? YES/NO
4. Your feet just won’t go where you want them to? YES/NO
5. A sense of unsteadiness? A feeling you are not surefooted? YES/NO
6. A fear of falling or stumbling? YES/NO
7. Looking at moving objects such as escalators or looking out the side window of the car makes you queasy? YES/NO
8. Difficulties keeping your balance as you walk on different surfaces, e.g. tile to carpet? YES/NO
9. A feeling you are drifting or being pulled to one side when walking? YES/NO
10. No one really understands how frustrating this all is? YES/NO

If you have answered YES to one or more of these questions a vestibular and equilibrium evaluation should be considered.

www.dizzy.com



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FINDING AND GROWING YOUR CAREER

By Dr. John D. Meyer
Dean, School of Business and
Technology at Edison State College

As Florida continues its ascent from depths of the Great Recession, many have found that jobs become both easier to get and easier to leave. When people regain their confidence about finding new and better work, they feel comfortable enough to voluntarily leave if the grass looks greener.

For many, greener grass looks like a job that offers more money or better benefits. For others, the requirements would include intangibles such as finding meaning in the work, expressing their native abilities and experiencing ongoing intellectual stimulation. If the latter describes what you are looking for, you are looking for a career, not just a better job.

There are many ways of identifying potential career pathways, but let's explore a three-step model for determining potential careers for you. The first step is to take one of the personality-based career assessment measures. Many of the popular ones use a self-report, forced choice design



based on the work of psychologist Carl Jung to determine which of 16 personality categories is you. Based on the results, the tool then suggests several potential careers suitable for that personality type. One such test is free online at www.careertest.net. It does not require any personal information, takes only a few minutes and provides a graphic ranking showing where you fall along each of the four measured typologies: Extraversion vs. Introversion, Sensing vs. Intuition, Thinking vs. Feeling, and Judging vs. Perceiving. This type of test can yield different results depending on your mood at the time you tested. You might also ask someone who knows you well to take the test for you and then compare results.

For step two, get some paper and allocate some time to think and to be introspective. On the left side of the page, create a heading entitled "Things I Like" and on the right, "Things I Dislike." Then start listing on the left those elements that you like(d) in any job you've had. There are no rules as to what constitutes the elements and they don't even necessarily have to have come from paid employment. The list does not have to be comprehensive – your goal is to list about five to seven of those things you've enjoyed doing while working.

Make a similar list on the right side, instead listing those things you have disliked. Again, the goal is not to list everything; shoot for about five of the biggies. Once you have your likes and dislikes, take them one at a time and ask yourself

why you liked or disliked that element, then write those answers under the appropriate element. If you are like most people, your first several answers to each question will be either too broad or too specific and will probably be related to the job. What you want is to get to the core intrinsic motivator (for the likes) or demotivator (for the dislikes) that relates to *you, not to the job*. For example, suppose you liked cleaning the stock room in a department store. The ultimate answer to the why question is probably less that it gave you a chance to know what was in there and more that you like quiet tasks that don't demand much focus so that you can daydream, or that you are introverted and working the sales counter instead made you anxious. The ultimate goal here is to create a list of the **real drivers** behind the likes and another of those **cumulatively toxic stressors** you need to avoid. Understand that these are both specific to you and universally applicable to your career.

The third and final step is to try to determine from your motivators/demotivators list, in broad terms, what elements need to be present in your new career and what elements should be minimized or absent. Consider these carefully as you examine the career list from step one. Think about other similar careers that may fit the bill for you. Consider what training, certification, and/or degree you would need to obtain and then take appropriate action. Following these steps should help you select a career that will be good for you, allow you to be fulfilled and enable you to stay with it for the long term.

The processes briefly described in this article are grounded in the scientific literature. I have deliberately steered clear of a "put tab A into slot B" prescriptive approach because everyone's situation is different and dynamic. There is no practical prescriptive approach to career choice or



growth, just as there is no practical prescriptive approach to choosing a mate and falling in love. That said, there are practical ways for an individual to guide his or her thinking in approaching career choices and that is the aim of the information contained in this article. I wish you good hunting!

Edison State College Events

April 1, 2014

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

April 2, 2014

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

April 7-10, 2014

Spring Open House Week! Visit www.edison.edu/openhouse for details

April 10, 2014

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

April 10-24, 2014

The Student Art Exhibition displayed in the Bob Rauschenberg Gallery.

April 15, 2014

Job Fair from 12pm to 2pm on Fort Myers Campus

April 17, 2014

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

April 24, 2014

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

May 2, 2014 – Commencement



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Dr. Jonathan Frantz is the First Cataract Surgeon in Florida to Offer VERION Advanced Technology

After introducing bladeless laser cataract surgery to southwest Florida in 2012, one of the most innovative and respected surgeons in the country Dr. Jonathan Frantz has now taken cataract surgery to the next level with the VERION Image Guided System. Dr. Frantz is the first and only surgeon in Florida to offer the VERION, which is part of the area's only full Cataract Refractive Suite.

"Cataract surgery has come a long way. From the use of hand-held blades a decade ago to the use of bladeless laser technology, and now to the very recent advancements in the type of operating machines and software, cataract surgery has become safer, more accurate and precise. Adding the VERION allows me to offer my patients the most advanced fully computer-guided technology possible for their cataract surgery," said Dr. Frantz. "There is no use of a blade and no loss of blood, which means the risk of infection is significantly lower and recovery is much faster," added Frantz.

The four systems of the Cataract Refractive Suite at Frantz EyeCare allow for seamless and synergistic integration of the various surgical technologies. They work together to maximize the Dr Frantz's skills as a surgeon and offer laser guided precision, increased accuracy, and improved safety for better visual outcomes.



THE FOUR SYSTEMS INCLUDE:

- **The VERION Image Guided System**, which tracks your eye from the planning stages of your surgery to your actual cataract procedure. Because patients have dilated pupils for cataract surgery, the VERION image allows the lens to be centered on the patient's normal pupil, which is different than the center of the dilated pupil. The VERION captures a high-resolution image of the patient's unique eye when the patient's eye is undilated, then maps out iris and scleral details, as well as pupil size and centration. This "fingerprint of the eye" helps Dr. Frantz create an optimized surgical plan that guides him through the procedure to insure accurate centering and positioning of the intraocular lens and laser incisions.

- **The LenSx Laser**, which is the global leader in Bladeless Laser Cataract Surgery, operates with unmatched accuracy and computer control, helping Dr. Frantz customize the procedure to the patient's eye. By adding computer control to key steps of cataract surgery, the LenSx Laser helps ensure the highest-precision surgical incisions. The VERION image is transferred to the LenSx laser for the most accurate centration and positioning of all the steps of cataract surgery.

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

- **The LuxOR Ophthalmic Microscope**, which allows Dr. Frantz to see every facet of the procedure in crisp, brilliant detail. The VERION image is transferred to the operating microscope. A heads-up display shows the previously recognized iris and scleral details as well as centered pupil and map of astigmatism. This allows the most accurate placement of the lens and most precise surgery possible.

- **The CENTURION Vision System**, which utilizes an intra-ocular sensor and the most advanced fluidics system available, is designed to work seamlessly with the other technologies to help maintain consistent intraocular pressure (IOP) throughout the surgical removal of the cataract. More stable IOP leads to safer surgery.

"I'm very excited about this new system. It integrates the preoperative planning of a cataract procedure to guiding me in the operating room during the key steps of the procedure. This allows for improvements in efficiency, accuracy and precision, all key factors in delivering the most accurate results for my patients with greater consistency," said Frantz.

The combination of Dr. Frantz's experience, the most advanced technology, and a wide choice of intraocular lenses offers area residents unparalleled cataract surgery.

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

FRANTZ
EyeCare

(239) 418-0999
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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.

Compression Devices: Effective Treatment for Limb Swelling

By Alyssa Parker

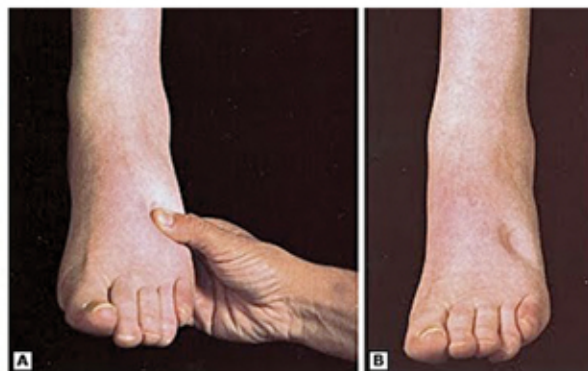
Pneumatic compression devices are one of the most highly recommended treatments for limb swelling and are a Medicare approved treatment option. Dating back to the 1960's pneumatic compression pumps have been used for the treatment of limb swelling due to acute and chronic conditions. In most cases compression pumps are used for swelling associated with lymphedema as well as venous insufficiency. Limb swelling left untreated without a clinical diagnosis and lack of proper treatment may lead to a variety of problems.

Patient's with Venous Insufficiency who experience severe and persistent edema overtime can lead to trapped protein-rich fluid also referred to as secondary lymphedema. The lower region of the leg becomes permanently swollen and may start to harden. Due to poor circulation and protein-rich fluid buildup wounds may become chronic and appear more frequently. Common signs and symptoms that occur are fluid accumulation in a limb, a feeling of heaviness or tightness, thickening of the skin, pain or redness, or chronic ulcers in the affected limb.

How does compression therapy work?

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

The pneumatic sequential compression relieves the pain and pressure in the swollen area and reduces the size of the limb. The sequential inflation of the chambers, of the sleeve around the affected limb, begins distal (lower region of the limb furthest from attachment) to proximal (area of attachment to the body) naturally mimicking your bodies lymph return while stimulating the blood flow in the legs.



What causes limb swelling?

There can be many different causes for limb swelling, however, two of the most common diseases for chronic limb swelling are Lymphedema and Venous insufficiency. After having a surgical procedure cancer or non-cancer related (example hysterectomy or gallbladder removal) it may take months or years for Lymphedema to manifest because of its slow progression. It is imperative that Lymphedema is treated quick and effectively, regardless of the severity. Complications dramatically decrease when treatment is started in the earliest stage of Lymphedema.

Chronic venous insufficiency is another condition that causes swelling in the legs along with open wounds. CVI occurs when the valves in the veins that normally channel the blood to the heart become damaged which then leads to pooling of the blood in the lower extremities.

Discoloration of the skin, referred to as hemosiderin staining, is identified by a reddish staining of the lower limb. Poor circulation may cause shallow wounds to develop due to the stagnant blood that would normally return to the heart. Symptoms vary but may include swelling, aching, itching or burning, varicose veins, infection, chronic venous ulcer, and decreased mobility.

Is a Compression Device the right treatment for me? Using a compression device is a great treatment option for patients who have tried compression stocking, elevation, diuretics, and massage with little or no relief. It's also a treatment option for individuals who have chronic venous ulcers. When compression stockings get worn out or stretched over time; many patients aren't receiving the needed compression. When using a compression pump the pressure is locked in, ensuring that you're getting the appropriate amount of pressure each treatment.

Diuretics may be useless and harmful over time if your edema (swelling) is a symptom of chronic venous insufficiency or lymphedema. Diuretics draw fluid from your venous system that your body must have in order to balance the continual fluid deposit from your arterial capillaries; if the needed interstitial fluid is not present because you are taking a diuretic, this will only aggravate your lymphatic system which may lead to additional fluid retention and additional swelling. Also, using a pneumatic compression device may help the prevention of blood clotting along with deep vein thrombosis or those individuals who are at risk for it.

If you or someone you love suffers from limb swelling it is important to keep a few things in mind. If any of the following apply, seeking medical advice is recommended.

- Family history of edema, venous insufficiency, or lymphedema
- Pitting or skin hardening: push your finger into your skin and count how long it takes to return
- Hemosiderin staining: "red socks" appear from the ankles down
- Traumatic injury or surgery potentially damaging your circulatory system (knee replacement etc)
- Radiation exposure

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

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



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 Contact Acute Wound Care today and speak with a specialist by calling **239-949-4412**. Or visit us on the web at www.AcuteWoundCare.com.



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By LaDonna Roye, Hairstylist

At LaDonna Roye Hairstylist we are delighted to present to the women of Naples many extraordinary wig options. With more than a decade of experience selecting and styling wigs, we are proud to work with both Recover with Confidence and Look Good Feel Better. Schedule your appointment to view more than 600 Wigs and hairpieces we have in stock and to experience contemporary wig styling you have to see to believe.

WIGS ARE WHERE WE REALLY SHINE.

Salon owner LaDonna Roye began her career as a traditional stylist offering easy care, low maintenance hair styles and custom hair color to her clients. She soon noticed that many women came to her seeking help for hair loss. It was then she began working with wigs and soon brought together a team of incredibly talented, professional hairstylists who specialize in wigs. They carry the area's largest stock of natural-looking, high quality, handmade wigs and have the expertise to cut, color and customize them. They can make 100% human hair or synthetic wigs undetectable.



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waiting game by carrying a huge inventory of high-quality wigs. The large and varied inventory, plus their specialized expertise increases the likelihood that, at their salon, you will walk out with a same-day solution.

SOME OF THE WIGS AND HAIRPIECES THEY OFFER:

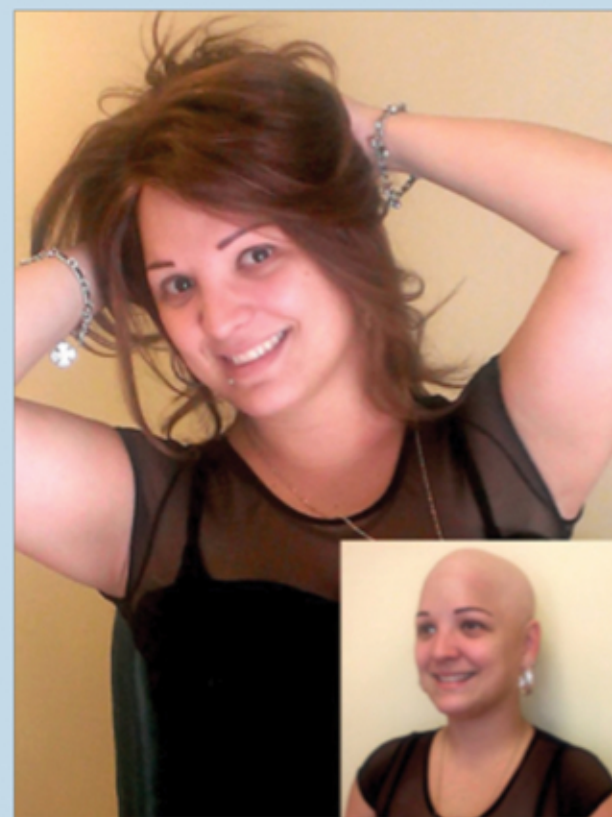
- **Raquel Welch** - Quite simply the finest wigs in the world
- **Envy** - the only thing anyone else will notice is hair they wish they had.
- **Gabor** - A unique collection of wigs for your lifestyle, created with every detail in mind
- **Hair U Wear** - the world leader in 'alternative hair' accessories, extensions and systems for women and men
- **Top Secret** - Hollywood's best kept secret... top quality European hair.
- **Gemtress** - devoted to advancing hair replacement for women, particularly for women facing medical hair loss

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"There are a few key features that can make a wig great – or "unwearable." If you can't wear your wig for any reason, it won't work for you. If it's too heavy, hot, scratchy, frizzy, or unnatural looking, you won't feel comfortable in your hair. At LaDonna Roye Hairstylists, our job is not done until you're happy with your new hair. We want you to be excited to wear it out in public and equally thrilled when you get home after a long day.

"If your new hair has any of the negative characteristics that plague lower-quality wigs, you won't feel confident. At LaDonna Roye Hairstylists our goal is to provide hair that shows off your style, fits your age and circumstances, and never, ever gives your secret away. To ensure your complete privacy, we conduct all sensitive hair restoration consultations and services in a discreet setting that's separate from our salon. If anyone knows about your new hair, it should be because you told them."

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



MEDICAL HAIR LOSS

"Many clients visit us to explore wigs because they are facing medical hair loss. To get the absolute best results and most complete service, we recommend that you receive your consultation before treatment begins. This ensures that your replacement hair is perfectly matched to your natural hair. It also allows us to plan for every phase of hair loss, including its re-growth. We're here to support you throughout the process, and we're happy to contribute our professional expertise to make your experience easier."

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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

Get the Facts about Female Permanent Birth Control

By Joseph Gauta, MD, FACOG

When a couple has decided their family is complete there are several options for permanent birth control. Permanent birth control provides protection against pregnancy so that you don't have to worry about contraception methods such as the pill, IUDs or condoms. There are currently two permanent birth control options available for women in the United States.

- Tubal Ligation ("getting your tubes tied")
- The Essure Procedure

No method of permanent birth control is 100% effective and none protect against STDs

Tubal Ligation

Surgery is performed under general anesthesia. An incision is made in the abdomen to reach the fallopian tubes. The tubes are then cut, burned or clamped with metal clips or plastic rings that remain in the body.

The surgery time is 20-30 minutes and recovery is 4-6 days.

Benefits

- 98.5% effective (4 years)
- Effective immediately
- Does not affect sex drive or monthly cycles
- Does not utilize hormones

Risks

- Problems associated with general anesthesia
- Swollen abdomen
- Internal organ damage
- Hemorrhage
- Pain in shoulders and neck due to the gas used to expand abdomen during surgery
- Pain, Cramping and Vaginal bleeding
- Infection and other surgical complications



Essure

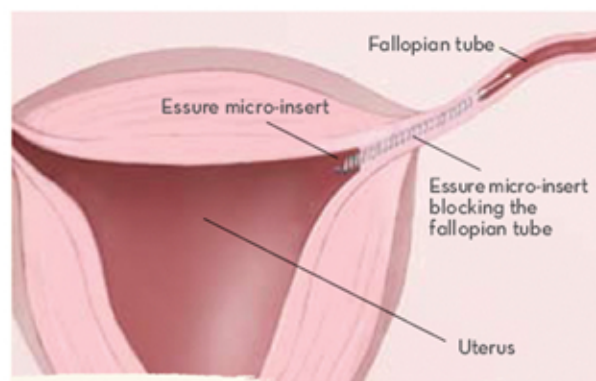
Soft, flexible inserts are placed in the fallopian tubes through a hysteroscope (uterine camera) utilizing natural pathways of the body. Over the next 3 months, the inserts and your body work together to create a permanent barrier against pregnancy. After 3 months a test is given to confirm that you can rely on Essure for birth control. This procedure is recommended to be performed in your physician's office and takes about 10 minutes. Recovery time is 1-2 days.

Benefits

- 99.80% effective (4 years)
- No hormones
- No slowing down to recover
- Does not affect sex drive or monthly cycles
- No going under general anesthesia, cutting or burning

Risks

- Mild or moderate pain similar to menstrual period
- Nausea or vomiting
- Dizziness/lightheadedness
- Bleeding or spotting
- Small chance of tubal perforation during the placement of micro-inserts



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

Joseph Gauta M.D.
Board Certified Urogynecologist

Dr. Gauta, board certified in Female Pelvic Medicine and Reconstructive Surgery as well as OB/Gyn was asked for his opinion on which female permanent birth control method he recommends.



"There is no perfect method and the risks and benefits should be carefully discussed with each patient. A thorough evaluation needs to be done of each patient to help them decide which method of permanent birth control is best for them. The opportunity for women to have an office procedure with minimal anesthesia and recovery time motivates most patients to elect Essure over the traditional tubal ligation done under general anesthesia. The Essure procedure has been performed on over 500,000 women worldwide since 2002 with minimal adverse effects."

Dr. Gauta, how much does Essure cost?

"Essure when done in the physician's office is less expensive than the traditional laparoscopic approach done under general anesthesia. Essure is covered by most insurance carriers and often just costs the patient an office co-payment."

Dr. Gauta, on the internet there are some negative comments regarding the Essure procedure. Can you please comment on those?

"With any procedure there are risks. No one can educate a patient on their potential for adverse effects better than an experienced physician. Thanks to the internet patients are very well educated and have many good questions when they come to see me. Patients should be cautious about what they read on the internet though. There may be one very vocal patient that had an adverse reaction for every 1,000 that are living very happily. Make sure you do your homework on the procedure, and make sure your physician is experienced with the procedure and how to handle any complications. Don't be afraid to ask a physician about their training, experience and outcomes. You should always be well educated and confident in your decision before you have any procedure done."



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With the introduction of the ZERONA (Cold Laser) and Venus Freeze contouring procedures, both of which are FDA-approved, clients can have their true shape revealed without the downtime, pain or bruising that is involved with traditional liposuction. These revolutionary procedures can help take up to four inches off of your butt, thighs and waist in as little as six sessions in two weeks.

ZERONA The first FDA cleared body contouring device, proven safe and effective at removing unwanted fat and inches with no surgery, pain, bruising, or recovery time. Experience the life changing results of the clinically proven treatment that painlessly reduces inches and removes stubborn fat without surgery. ZERONA transforms bodies with remarkable results in two short weeks, with patients seeing an average combined loss of 3.51 inches of fat off their waist, hips and thighs.

ZERONA works by targeting adipose (fat) cells with specific low-level wavelengths of light that cause the fat to seep out of the cells. The cells then deflate, which makes the body's shape appear smaller and tighter. The fat itself is then thought to be safely absorbed into the body's lymphatic system, and is eventually metabolized by the liver. Talk about a dream come true for fat-reduction!

Unlike liposuction and other invasive fat-reduction treatments, ZERONA treatments are painless and non-invasive. It's also quick: Sessions usually last only about 40 minutes. The typical number of treatments needed depends on how much fat is being targeted, but a typical treatment series involves 6 sessions spread over two weeks. Chances are, you can squeeze those appointments in without disrupting your work or social life; your friends and colleagues won't notice a thing but the smaller, shapelier body that gradually begins to emerge!



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Venus Freeze Venus Freeze is a non-invasive treatment that combines Radio Frequency (RF) and Magnetic Pulses into a technology called (MP)². This unique combination has the ability to access deeply, comfortably, and safely into the skin in order to achieve optimum results. Venus Freeze treatments use pulsed magnetic fields and radio frequency to consistently and uniformly heat the skin from the inside out, without the threat of laser burns. The collagen fibers heat up resulting in skin tightening to attain exceptional results.

Skin tightening, wrinkle reduction and cellulite reduction occur because the multi-polar radio frequency causes a thermal reaction in the tissue, which stimulates the body's natural healing response. That restoring response causes new collagen to form, and the production of new elastin fibers. The active collagen in the skin contracts, causing skin to look and feel firmer and the elastin fibers unravel making the skin appear more elastic.

Zerona and Venus Freeze treatments are effective in circumference reduction of troubled areas, improving cellulite, skin tightening and reducing the appearance of wrinkles. Laser Trim is proud to offer both procedures to provide you with a safe, pleasant, pain-free experience in treatments for the body and face parts including arms, abdomen, thighs, buttocks, neck and face.

Do you want to improve the look, feel and shape of resistant areas that do not respond to traditional exercise and diets? Would you like to decrease wrinkles and obtain a fresh youthful look without the use of painful needles or complicated surgery? **Swan Age-Reversal Centers** is committed to offering ground-breaking, aesthetic treatments to help you look better, feel better and be a better you. For more information about Zerona or Venus Freeze, call **1-800-350-4322** today!

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When energy is required by the body, the brain sends signals to the adipose cells to break down the stored fat, a process called lipolysis. During this process, free fatty acids are released into the bloodstream and circulate throughout the body. The heat and laser light emitted from the treatment pads of the Swan-Lipo™ stimulates the release of energy. The combined therapy of heat, laser light and exercise completes the process of burning this released energy resulting in immediate and visible slimming and toning – but only in the areas you want treated. Swan-Lipo can usually deliver effective results to targeted areas of your body within just 8 to 12 treatments. However, sustained results take place when continued Therapy is used in conjunction with a healthy diet and exercise regime.



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- Large Pores
- Stretch Marks
- Scars (Acne, Surgical, and Burns)
- Alopecia

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What results can you expect? An increase in your skin's elasticity, smoothing of your skin's texture, lightening your age spots, maintaining your skin's moisture, healing and preventing acne, and reducing inflammation associated with rosacea. Ultimately, Stem Cell Facials help your skin look young and healthy.

Confidence is one of the most important and attractive qualities in a person. When our skin isn't at its best, our confidence can suffer. Results can be seen after only one Stem Cell Facial treatment. After just 4-6 treatments, you will enjoy more lasting and significant benefits. A combination of treatments, and recommended post treatment care, will have your skin looking better than ever before, within just 6-12 months.

Depending on your needs, the recommendations for treatments will vary.

Rejuvenation: 4-6 treatments (4 weeks apart)
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Acne Scarring: 6 treatments (6 weeks apart)

Stretch Marks: Roughly 10 treatments
(4-6 weeks apart)



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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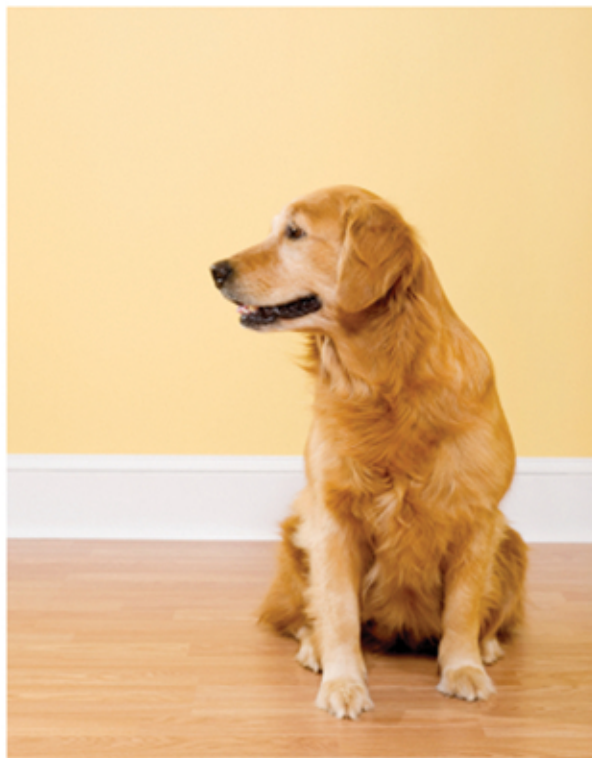
7 Rules for Protecting & Cleaning Hardwood Floors

Spring is the perfect season for cleaning and treating hardwood floors. Here are seven rules to see you through:

1. Avoid dirt and scratches altogether. Even the most heavily protected hardwood floors are vulnerable to damage from grit, heels, pet claws, furniture and the products and moisture needed to clean them. Avoid damage altogether by wiping spills and stains promptly, encouraging people to remove shoes, placing area rugs in high-traffic zones and mats at entrances.

2. Clean often. Sweep or vacuum hardwood floors daily. It's not just about making your wood floors look clean, it's about removing debris that can scratch, become embedded, wear the finish and dull the floor over time. Be sure to use only soft-bristled brooms and vacuum attachments (no beater bars).

3. Know your finish. How you clean and treat a hardwood floor depends entirely on if, and how, the floor is sealed. Newer wood floors are typically sealed with a polyurethane or similar plastic-like finish. Others are varnished, lacquered, shellacked, treated with oils – known as penetrating sealants – or unfinished. If you do not have any paperwork associated with your floor, a basic test is to press and draw your finger over a section of the floor. If you cannot feel the grain of the wood, it's likely the floor is sealed with a polyurethane-type finish that can withstand a small bit of moisture in cleaning. With all other finishes and unfinished floors, avoid moisture like the plague.



4. Pick the right process. For all hardwood floors: clean and buff with the grain and never wet mop or use furniture polish. For polyurethane-treated floors, the cleaning process is: sweep or vacuum, damp mop with a cleaning solution, and buff gently with a soft dry cloth. Cleaning frequency for this type of floor is once per week in high-traffic areas; never wax a polyurethane-treated floor. For all other finishes, the process is: sweep or vacuum frequently, clean spills promptly and – one to two times per year – strip, apply a new coat of wax, and buff using a machine.

5. Pick the right products. For hardwood floors designed to withstand damp mopping, commercial nonabrasive cleaning solutions with a neutral Ph are recommended. Cleaners that are too alkaline can dull the floor's finish; cleaners that are too acidic – including vinegar, lemon, tea, and other oft-recommended homemade solutions – can cause the finish to deteriorate and leave dirt behind by failing to bond with it chemically. Some floor manufacturers make and sell their own cleaning products or recommend products for use with their floors; these may be expensive, but are likely the best choices.

6. Spot-treat stains. For polyurethane-treated floors, address stains locally using appropriate cleaning solutions (e.g. detergents for greasy stains, ammonia for blood, etc). Apply the basic rule for all stain removal: start with the gentlest possible method, escalate for tougher stains and stop as soon as the stain is removed. Pencil erasers work well on scuff marks. For oil-sealed floors, ultra fine steel wool may be used – very gently – to remove stubborn stains.

7. Refinish. When properly cleaning and treating hardwood floors fails to produce a beautiful shine, it's a sign that refinishing is needed. For polyurethane-finished floors, a more moderate refinishing process – called screening – may be all that is required. More damaged or worn floors will require sanding and complete refinishing before they can, once again, shine like new.

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The Symptoms and Solutions to Fibromyalgia

By Adam Shuster, DO
Pain Management Consultants of SWFL

Have you had trouble sleeping? Do you go through your day with constant fatigue? Are you feeling chronic pains in your muscles, back, or neck? Do you get long-lasting headaches? Do you have endless anxiety or depression? These are general symptoms of Fibromyalgia.

More than 12 million Americans are affected by Fibromyalgia (Center for Musculoskeletal Pain Research). It is the second most common musculoskeletal condition. Women from the ages of 25 to 60 are the most likely to have this disease. They are 10 times more probable to be diagnosed than men. If you have a family member with this disease, you also have a better chance of its development (American College of Rheumatology).

Fibromyalgia can cause complications that hinder your lifestyle. In fact, 50% of people with this disease have high difficulty performing their daily activities (Health Central); some cannot perform them at all. It has caused 30-40% of its sufferers to change careers, or stop working completely. Without treatment, people with Fibromyalgia are generally hospitalized once every few years.

However, there is hope. Though, there is no cure for Fibromyalgia there is treatment. Treatments can reduce the above unsettling statistics. The first step in getting treatment is finding the right doctor. Certified doctors commonly specialize in Anesthesiology and Pain Medicine; Doctor Adam Shuster is a pain specialist that is Board Certified in both. Attending Michigan State University/College of Osteopathic Medicine, Dr. Shuster graduated in 2004 earning the Healthgrades Honor Roll.

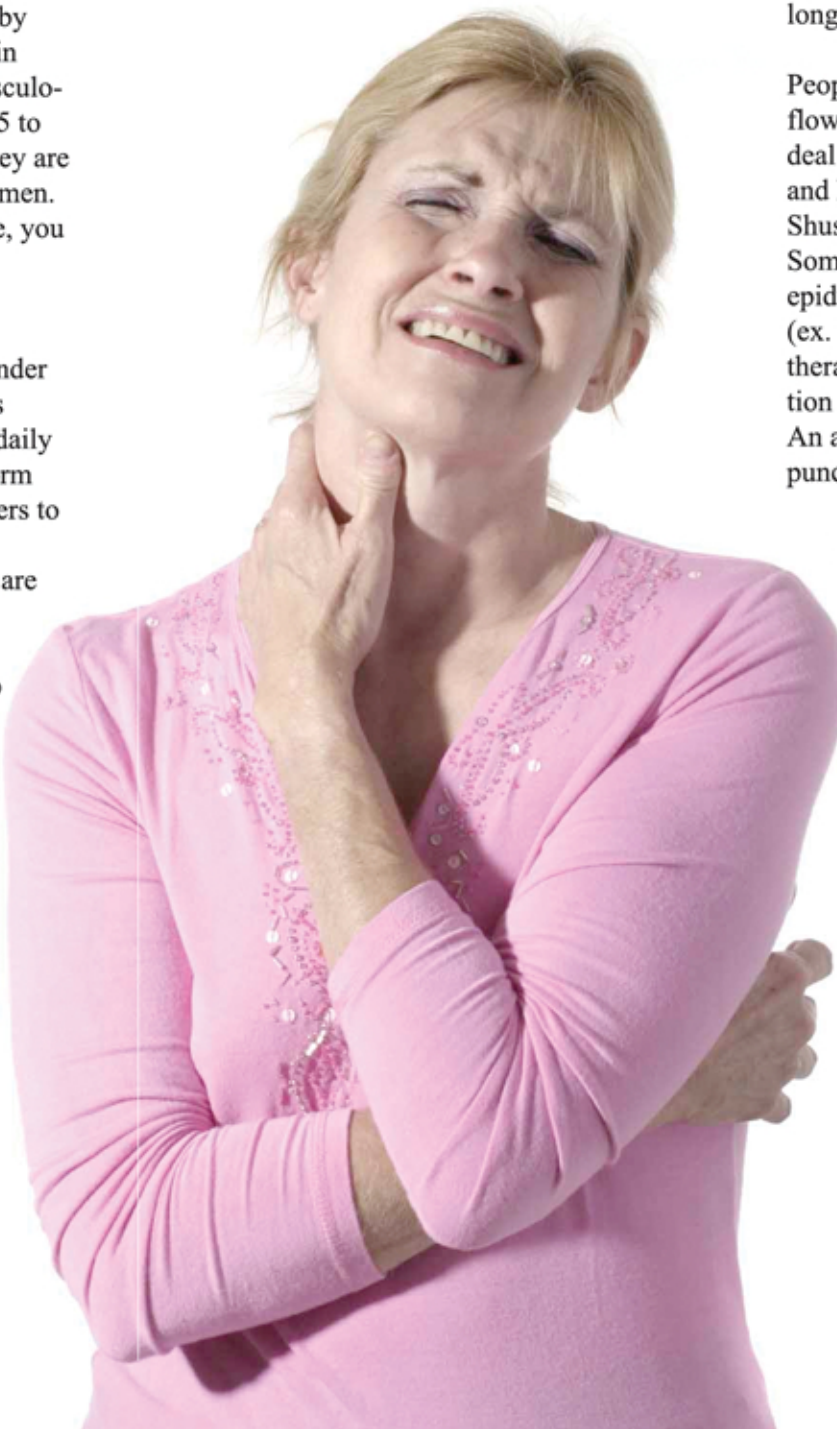
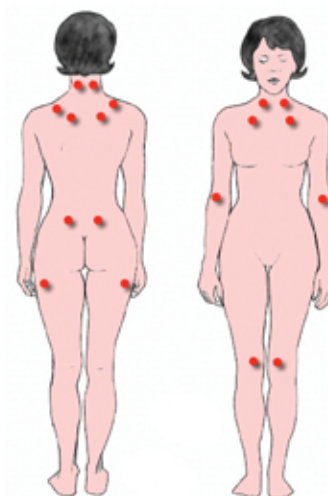
Evaluation is the second step regarding treatment. Dr. Shuster performs a variety of diagnostic tests to help create a unique comprehensive treatment plan for you. This plan is tailored to your specific needs. Dr. Shuster's medical center provides widespread and multidisciplinary care for his patients. The clinic offers both inpatient and out-patient settings.

Although Anesthesiology is known to relieve pain during surgery, it can also be delivered outside of the surgical setting. Being an anesthesiologist, Dr. Shuster offers pain managements plans for acute and chronic conditions. Acute pain appears suddenly and can become severe. It usually goes away in about two weeks. Pain is termed chronic when it becomes an ongoing obstacle and lasts longer than first anticipated.

People with Fibromyalgia have reduced blood flow to the parts of the brain that help their body deal with the pain (National Institute of Arthritis and Musculoskeletal and Skin Diseases). Dr. Shuster's goal is to alleviate and manage this pain. Some treatments he uses are trigger point and epidural injections, prescription of medications (ex. nerve blocks), surgical implants, bioelectric therapy, transcutaneous electrical nerve stimulation therapy (TENS), physical therapy, and more. An alternative medical treatment, such as acupuncture, is also made available.

If you or a loved one has symptoms of Fibromyalgia, call Dr. Shuster at (239) 939-1975. With his clinics' friendly staff and welcoming atmosphere, you will find that your needs are placed first. Dr. Shuster's strong passion and experience will help you relieve the pain.

Florida Pain Centers
239.333.1177





Better Sleep Equals Better Mental Health

By Tara Moser, LCSW, RPT-S

Daydreaming of sleep? Unable to get your brain to shut down at night? Thinking about a nap the night before you even get to bed? Wondering what it is like to sleep like a baby (or a puppy for our dog loving friends)?

Should I? Could I? Would I? Do I? We live in a society who is always on the move and does not put sleep as a priority. Is your bed just a bed? If you are eating and working from bed, you may be jeopardizing your sleep needs. When we set the condition of our beds being just that...a bed and the place to sleep, we train ourselves to appreciate sleep.

It is a priority question we ask all of our clients: What does your nightly sleep routine look like? There are many other associated questions as sleep affects our mental stability, mood, and communication skills. Identifying the differences in falling asleep and staying asleep is critical. Just as we eat and breath, we cannot survive without enough sleep!

Mental health diagnosis can be masked or misdiagnosed by sleep trouble. Sleep problems are also symptoms of some diagnoses such as anxiety, depression, and Attention Deficit Hyperactivity Disorder (ADHD).

Technology plays a large role of our sleep needs. "Blue lights" from our cell phones, tablets, laptops, and televisions all deplete our melatonin levels. If you are checking email, playing games, or watching television as you try to doze off, you may be depleting your body's needs and causing harm to your health and mental health.



We may realize that we feel tired but not sleepy when our melatonin levels are low. While you can find over the counter remedies to this, that is just a short term fix and should not be utilized without the monitoring of a medical doctor. The over the counter melatonin is also manufactured and not the same as natural melatonin, a hormone our bodies make on their own. Long term effects of melatonin level drops and lack of sleep impact our immune system, energy levels, eating habits, and more.

We are fortunate enough in Southwest Florida to have a sleep expert that we consult and who has a few books out for self help with sleep. Dr. Jose Colon has amazing passion toward improving sleep habits and getting you back on track. His adult insomnia book the "Sleep Diet" addresses explanations toward insomnia we may experience and his most recent children's book, "The Magic Ice Cream Palace", is age appropriate, and encourages children to play and bring play to the rescue! The book grabs the adult to help the child enter the imaginative world of healing!

Creating your personalized sleep schedule and sleep environment will help lift your mood and energy. Each of us has unique needs as to how much sleep our bodies require as well as to times we need to sleep and function better.

The terms "Night Owl", "Early Riser", "Morning person", and more are commonly used about ourselves and directed toward those around us as labels for sleep routines. While they are also Circadian Sleep Disorders (neurological disorders) that are affecting lives of individuals by preventing needed rhythmic sleep cycles, the terms are more often used as labels of habit. When you start finding yourself stuck in the questions at the start of this article or labeling yourself by your sleep patterns, take a minute to reflect and find what you need. When self processing and journaling your thoughts prevent you from getting the amount of sleep that creates a refreshed feeling each morning, consider looking to talk to a neutral party, such as a mental health professional, who can help you uncover. Make the choice today to put your sleep first and rest easy!

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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Flip-Flop Fridays?

By Christopher M. Cole, L.Ped

In Southwest Florida, flip-flops are not just reserved for the Summertime or trips to the beach, they're practically a year round wardrobe staple.

Residents and visitors alike can be seen donning flip-flops in shopping malls, supermarkets, night clubs, restaurants and schools. The ever growing popularity of "Flip-Flop Fridays" has even made them acceptable in the workplace! Many think that they are doing their feet a favor by taking a break from stiletto heels or uncomfortable dress shoes, and sliding into flip-flops. However, podiatrists warn that this highly popular form of footwear may be causing some serious problems.

Many people wear flip-flops as replacement for their normal shoe gear because they are simple to wear, especially in Southwest Florida, where most are wearing more relaxed clothing. That's where we find the problems.

Here's why...

In a normal flip-flop, the front of your foot has to work harder to keep the flip-flop on and there is minimal support and shock absorption. That can lead to and exacerbate tendonitis, arch pain, hammer toes and many other issues.

Podiatrists we work with say they see about ten people a week with flip-flop related issues. Here at Foot Solutions, we see an increasing number of customers with conditions such as Plantar Fasciitis, an inflammation of the tissue on the bottom of the foot. This can certainly be a result of wearing flip-flops frequently.

Flip-flops have virtually no support, they don't absorb shock, and people typically wear them for far too long. In addition, they're unstable, making it easier to turn an ankle. Even with many styles seductive "sponginess", 99 percent of flip-flops still provide no support. So, they can stress other joints, causing pain in the knees and back.

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Don't want to stop the flop?

For those flip-flop lovers who don't want to give up freedom of your toes, we have good news. There are some alternate styles of flip-flops that are not as damaging to your feet. There are specialty lines of flip-flops that provide arch support, absorb shock, and provide stability.

At Foot Solutions of Estero, we carry several lines of sandals and flip-flops that are actually good for your feet. For example, try brands such as:

- NAOT
- Orthoheel
- Finn Comfort
- Aetrex
- Aravon

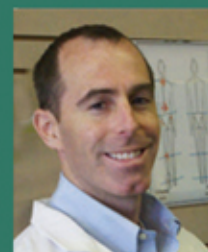
These are all very fashionable, while still easy on the feet.

For casual flip-flops, try "Oofos". These are some of the most comfortable, "squishy" sandals you will ever experience, and have great arch support. They come in fun colors, are very durable, and can simply be thrown in the washing machine to clean.

These types of flip-flops are really the best option out there, as the sole and arch support are similar to a good athletic shoe. Many of the brands can accommodate an orthotic and are even adjustable at the toe area so the straps don't cut into the front of your foot.

For a free foot scan and Pedorthic analysis, or to browse shoes and sandals, stop into Foot Solutions Estero (U.S. 41 and Corkscrew Rd.) or call (239) 495-8911.

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.

Traveling Safely

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

Traveling "safely" is usually not what most individuals think of before embarking on a trip away from home. However, when people travel there is always a certain amount of anxiety encountering the unknown. Even travelers with the most savvy can encounter the unexpected.

One thing most people don't think about is hearing properly. Whether you're going across town or across the country, even the most cosmopolitan traveler should be aware of their surroundings. This is vital not only for a journey without complications, but for safety as well.

Airline travel has never been more complicated. Arriving two hours before takeoff is now required due to extra security procedures. Luggage now cost extra, especially if it is over the designated weight limit. No more complimentary food and beverages. Pillows and blankets are a thing of the past. Even headsets to watch in-flight movies are extra!

Departing times, gate changes, and arrival times can change in a moments notice, making hearing properly more crucial than ever. Missing a flight can not only cause anxiety, but can be costly as well. Another flight to your original destination may not even exist.

Hearing devices can make the difference between a stress free experience; or a trip filled with anxiety, turmoil and a lighter wallet.



Hearing instrument wearers are more confident, have less stress, and tend to be more socially active than people who have hearing loss, but do not address the issue with hearing solutions.

Johns Hopkins Medical University has conducted case studies on individuals who have hearing problems, but do not seek any form of help. The studies concluded that people who had even a mild hearing loss were twice as likely to develop dementia and Alzheimers disease. Those with severe impairment were five times as likely to suffer from dementia and Alzheimers. This is due to the auditory cortex of

the brain lacking "proper" stimulation, resulting in the part of the brain responsible for speech interpretation atrophying and losing function. Once you lose it, it doesn't come back! As with any medical condition, early detection is imperative for successful treatment.

Signs of Developing a Hearing Loss

If you or anyone you know shows signs of developing hearing issues: such as asking for words or directions to be repeated, turning up the television or radio louder than normal, accusing others of mumbling, missing the sound of turn indicators while driving, have difficulty understanding conversations in the car, experience problems talking on the phone, struggle to hear in noisy environments or background noise, must have others raise their voice or move closer to hear them, have difficulty understanding conversations in the car, or avoid certain situations due to difficulty understanding conversations.

Please contact our office for a FREE, no obligation hearing exam as soon as possible. The longer you wait, the worse it will get.

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

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Traveling: Don't Forget Your Documents!

April is a wonderful month of renewal and joy. Just by resetting our clocks, we gain an hour of daylight and an opportunity to do more!

We get ready for holiday celebrations and throw open our windows to drink in the new Spring air.

Newscasters attempt to keep us grounded by advising that it is National Distracted Driving Awareness Month, Alcohol Awareness Month, Better Sleep Month... among the several.

But, for almost all of us, April and Spring means some sort of travel.

Certainly, for our snowbirds, it means planning a return to their secondary abode.

The most common question our office receives from clients with more than one residential property they visit for more than a short time is whether their Florida health care documents (health care power of attorney/living will) are "good" in the state to which the snowbird is returning.

Many times that client will be in the other state for upwards of six months. What if something terrible happens to them while they are in that other state and all they have are Florida documents? Will their family member have any trouble using those documents and stepping in for them?

Many states will recognize and enforce another state's health care documents as long as the document has been executed the way that state requires execution. A number of states, however, will not enforce a living will if the person is pregnant.

In general, our clients' experience has been hit or miss as to whether a particular institution under particular circumstances in a non-Florida state will accept a Florida document without question and with ease. More often than not, the Florida document is referred to the legal department and there is additional stress and delay on the family rather than a seamless use of the document.

Now, what do I mean? Let's take New Jersey, for instance. There is a software provider called All-State Legal used by many New Jersey practitioners to prepare the advance directive for health care – living will document, for instance. All-State Legal puts their logo on the bottom of the document. Consequently, health care professionals in New Jersey recognize this document as a "familiar" document and the health care professional will not feel the need to have their legal department review the document before being bound by its terms. However, a document presented by a client to the New Jersey health care professional that does not bear the All-State Legal logo and states that its provisions are to be interpreted according to Florida, rather than New Jersey law, will likely compel the health care professional to seek guidance from the health care institution's legal department.

We see this happen routinely with health care powers of attorney and general durable powers of attorney as well. In the meantime, the family member seeking to gain access to information to assist their loved one or make decisions on behalf of their loved one has no authority and is very upset.

The solution, while not necessarily inexpensive, may simply acknowledge your success – you would not need to have two sets of health care documents if you could not afford a vacation home and a primary residence...

So, before everyone's Season schedule is completely booked, engage counsel licensed in the other state to prepare a set of health care documents for you making sure that they do not inadvertently revoke your Florida health care documents. We routinely do this for my New York and New Jersey client since I actively practice in those states as well as Florida.

For those clients needing document preparation assistance in other states, through our relationships with attorneys in other states, we are often able to assist our clients in locating counsel acceptable to them and licensed in the other state to prepare health care documents for them if they do not already have a relationship.



When you undertake your Spring travels, make sure your non-Florida set of health care documents is with you or electronically available to you – in that way, should you or your family be faced with a terrible situation during which one of those documents is needed, you have a document familiar to that state's health care professional and your document will NOT prevent your loved ones from helping you in your time of need.



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?

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

By George Leamon, CLTC

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

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

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



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

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.

George T. Leamon, CLTC - Lutkert Insurance

239.280.3246

Blog: GeorgeTLeamon.com

George Leamon, Life and Long Term Care Specialist with Lutkert 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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Home Health Care Safety First

For elders who want to continue living independently, home safety is essential. Among the home modifications that will help keep them safe, be sure to focus on those that help to prevent falls. As people age, their chance of falling increases significantly, and combined with medical conditions and medications, falls are even more likely.

A thorough home evaluation is a great way to prevent senior falls and serious injuries. It is never easy to make the decision to invite home health care into your home. No two people are the same. Therefore their elderly care is going to be very different.

Accidental falls are one of the leading causes of fatal injuries among Americans aged 65 and older.. Unsafe household conditions could adversely affect safety and quality in home health care while caring for your loved ones.

Home health workers themselves face an array of safety risks including overexertion, falls, car accidents and hostile pets that make their jobs more treacherous than those of their hospital counterparts. Working in a patients home is unpredictable, so you must stay aware of your surroundings at all times.

Be mindful of household hazards like slippery bathroom floors or open cupboards, which can also cause injury when you're engrossed in assisting patients. Bathroom safety is probably the most important issue you can address when looking at home safety. Falls are the leading cause of death in seniors.

Hundreds of thousands of people are injured in the bathroom each year, most often due to falls. Remove clutter and keep floors clean and clear of anything that would obstruct pathways.

Bathroom Safety

Leave bathroom light on at night. Use bath aids and make sure they are securely installed on the walls of the bath/shower and the side of the toilet. Make sure the bath mat has a non-slip bottom. Mark "cold" and "hot" clearly on faucets. Use door locks that can be opened on both sides.

Kitchen Safety

Keep floors clean and uncluttered. Store sharp knives in a rack. Make sure food is rotated regularly. Illuminate work area.

Drug Safety

Review medications with doctor or pharmacist frequently. Clearly label medications. Read labels in good light to make sure it's the right medicine and the correct dose. Dispose of any old or used medication. Check with doctor or pharmacist before mixing any medication with alcohol.

When beginning to accident-proof the home, remember these general tips to ensure your loved one will be safe at all times: Consider using a medical alert or buddy system. Remove or tack down rugs. Avoid slippery or waxy floors. Have sturdy rails for all stairs, purchase a stair lift if needed.

Keeping seniors safe with home health care is exactly what the Visiting Angels do best. This is why they are "America's choice in homecare". They have been providing elder care services across the United States and Canada since the late 1990's.

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Assisted living facilities and nursing homes are not the only choices for elder care services. With Visiting Angels as your elder care services provider, your loved ones can continue living at home. give your loved one the gift of quality care in their own surroundings where they feel most comfortable and most happy. Visiting angels SW Gulf Coast Service area: Fort Myers, Estero, Bonita Springs, and Collier County.

Spiritual Wellness

I Have A Wait Problem

By Brent Myers, Pastor of Community Life

You're reading a health and wellness magazine and you're thinking: that guy can't spell. But the truth is that you read it correctly: I have a wait problem: I don't like to wait. But who does?

Think about it... do you like to wait? Do you love sitting in the waiting room at the doctor's office? Do you look for the longest line at the grocery store so you can spend more time waiting? When the light turns green, does it make you happy when the car in front of you just sits there? Do you keep your fingers crossed that wait times are an hour at the amusement park? If you answered "no" to the questions above, then you have a wait problem too.

It's been estimated that we spend ten percent of our lives waiting. That comes out to be over two hours of everyday. I have a wait problem: I'm not very good at it. But I don't have a choice. Waiting is a part of our lives.

And waiting isn't just a part of everyday menial tasks, but big things in life too. Things like waiting for Mr. Right or Miss Perfect; waiting for your first grandchild; waiting for retirement; waiting on test results; waiting to hear back about the interview; waiting...

From a spiritual perspective, waiting is very important. So important, in fact, that God talks about it including these words: *"Even youths shall faint and be weary, and young men shall fall exhausted; but they who wait for the LORD shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint."* (Isaiah 40:30-31, ESV)

Waiting is expected by God.

Notice what he says... "...they who wait for the LORD..." Isaiah doesn't single out an individual or use the word "if". God – the creator and controller of time and all circumstances – knows we will have seasons of waiting. And He expects us to wait on Him.

God uses waiting to build our character.

Look at the different stages of development: flying high (wings), running, and walking. Waiting gets us to a place where we learn to take in the highest highs, but at the same time realize that slow and steady gets us where we need to go. Waiting helps us grow into constant and consistent forward movement in our lives... even when we are waiting.

Palm Beach Community Church
Brent Myers @brentdrewmyers
www.pbcc.org



Waiting is rewarded by God.

Isaiah shows us that waiting has its rewards. Tired of being tired? Close to giving up? Don't want to wait anymore? Read the passage again: "...and not be weary..." "...and not faint..." God honors us when we wait. God rewards our faithfulness in the midst of our waiting.

Waiting is the fruit of our faith.

Finally look at this: "...but they who wait for the LORD..." When we learn to trust our circumstances to God, we show that we really believe that He is in control. We demonstrate that we actually believe that He knows best and that He works all things together for good. When we wait on the LORD, we show the depth of our faith. So... how do I get better at waiting? The ability to wait on the Lord stems from being confident and focused on who God is and in what God is doing. It sounds simple – and it is – but simple is not the same as easy (because it's not).

But look at it like this... I heard the other day, "there are no problems, only opportunities". So at least now I know I don't have a wait problem after all – just a wait opportunity (and lots of them)!

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