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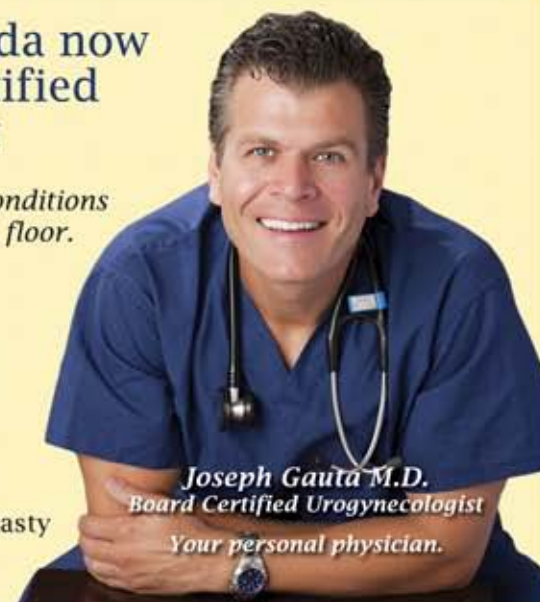
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# Leg Cramps Can Mean Venous Disease

By Joseph Magnant, MD, FACS

**V**enous insufficiency, or leaky veins, is often the underlying cause of many seemingly unrelated symptoms such as night time leg cramps, Charley horses, restless legs syndrome and night time urination.

Manuel Avalos, Jr. confided that his nighttime leg cramping had become very severe.

"Years ago, I noticed that I was developing varicose veins in my right leg," admits the 61 year old farmer. "My mother had varicose veins and throughout the years, she had numerous operations to try and resolve them."

Historically, until the year 2000, the only treatment available to offer patients with venous insufficiency was surgical vein excisions, or vein stripping, which often required hospitalization and general anesthesia along with an extended recovery period.

"However," continued Manuel, "I normally don't like to go to doctors, so I just let it go."

He says that his most recent job required extensive, long-distance driving: "As time went on, the veins in my leg were getting very big, very bulgy. My right ankle began swelling up. It looked black, red, and dark purple from my ankle up my leg for about six inches. Then I developed nighttime leg cramping. Friends recommended I try drinking a bit of vinegar, but it didn't cure anything. I continued with my normal activities, but the cramping got worse. It was very painful. I would get out of bed and try to walk and stretch my leg, and eventually the pain would diminish, but the following day my muscles would be aching. I was having cramps at least twice a week and because of it I was in a lot of pain and couldn't sleep. I finally said to my wife, I need to take care of this."



Before



After

Manuel says his daughter accompanied him to see Joseph G. Magnant, MD, FACS, a board-certified vascular surgeon who specializes in vein treatment. His practice, Vein Specialists at Royal Palm Square in Fort Myers, is 100% dedicated to the modern evaluation and treatment of leg vein disorders.

"Manuel presented with extensive problems in his right leg," remembers Dr. Magnant. "In his case, his venous insufficiency was visually obvious, with bulging veins and his swollen, discolored ankle. However, patients with venous insufficiency don't always have external signs. They may present with night time leg cramps or heavy, tired, or fatigued legs, but no obvious visual signs of venous disease like varicose veins."

## What is Venous Insufficiency?

Healthy leg veins typically have a series of valves that open in one direction, allowing for flow in a segmental fashion from the feet up toward the heart. When the valves no longer close tightly, venous blood refluxes back down toward the feet, resulting in increased pressure in the leg veins, which can lead to many symptoms including leg swelling and aching, skin discoloration, leg ulcerations, and excessive nighttime urination. If not treated, the skin can become so thinned out, or effaced, over time that even exposure to hot water may cause the skin to begin bleeding. Venous insufficiency can also lead to thrombosis, or clotting of the veins, which can progress to potentially life-threatening DVT and pulmonary embolism."



The doctor explains that diagnostic ultrasound is a very accurate, conservative, and noninvasive diagnostic tool that is the gold standard in making the diagnosis of venous insufficiency: "We rely heavily on ultrasound evaluation of our patients' veins."

"With ultrasound, which is usually covered by patients' health insurance, we can determine the exact source of the problem," assures the doctor. "We can see exactly which veins are leaking, and then design a game plan to solve the problem."

Manuel's ultrasound confirmed that he had venous insufficiency in his right leg.

"Unlike in the past, today, leaky superficial veins can be treated with a choice of minimally invasive, in-office procedures," assures Dr. Magnant. "In 1999, the first FDA-approved system was the radiofrequency-based closure system designed by VNUS Medical Technologies."

"It was really a game changer in terms of treating patients with venous disease."

Inserting a small caliber, sophisticated catheter into the vein through a small IV, Radiofrequency or LASER energy is transmitted through the device, heating the vein to seal the vein walls with little discomfort to the patient, informs Dr. Magnant: "Once the ablation takes place, which, on average, takes approximately fifteen to twenty minutes, the catheter is removed. Subsequently, the body re-routes blood through healthier leg veins, restoring normal circulation."

"We offer both the Venefit™ procedure [formerly called the VNUS Closure procedure using radiofrequency energy] and the Cooltouch LASER for our patients because each system has its place in the treatment of patients with venous disease. Both the Venefit and LASER systems allow us to treat patients in the office without anesthesia risks, and patients can return to normal activities almost immediately."

For Manuel, Dr. Magnant performed laser endovenous ablation of the right great saphenous vein on December 12, 2012.



### Successful Outcome

According to Manuel, he has not had any leg cramps since his procedure.

The doctor explains that when veins are leaking significantly, the normal pressure in the veins around the ankles can escalate from a normal 10 to 15 mmHg to as high as 80 mmHg: "Once the pressure is relieved, the cramping stops."

"I love Dr. Magnant," states Manuel. "I feel very good now. I went bicycling this morning wearing shorts. There is a huge comparison between how my leg looked before and after the procedure. I don't see any varicose veins."

### Don't Wait if You Have These Symptoms

Patients with any of the following symptoms might benefit from a thorough venous insufficiency evaluation, including a diagnostic ultrasound. Go to [www.eveinscreening.com](http://www.eveinscreening.com) and take your confidential vein screening NOW!

- Swollen, achy legs
- Restless Leg Syndrome
- Bulging varicose veins
- Bleeding from spider or varicose veins
- Urination frequency at night
- Impending or open leg ulcers
- Nighttime leg cramps
- Thickening and discoloration of skin of the ankles or legs

### Risk Factors for Venous Insufficiency

- **Heredity** – Risks for venous insufficiency are higher if other family members have venous insufficiency or varicose veins. Genetics is the primary cause.
- **Gender** – Women are more likely to have venous insufficiency than men. Female hormones tend to relax vein walls, and hormonal changes during pregnancy, premenstruation, or menopause may be a significant factor.
- **Occupation** – Standing or sitting continuously for long periods of time, such as careers in hair-dressing or computer programming may require, can have an adverse effect on venous circulation.
- **Obesity** – Extra weight places more pressure on veins.
- **Age** – Aging places more wear and tear on vein valves, increasing the probability of leaky veins.

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# BPH Affecting Men with Age

By Harry Tsai, M.D.

Unfortunately, aging brings on additional health concerns. One of these is Benign Prostatic Hyperplasia (BPH). BPH is a condition where the prostate gland becomes enlarged. This is extremely common in men.

There are two main stages of a man's life when his prostate undergoes significant growth (U.S. Department of Health and Human Services). The first stage occurs when men are going through early puberty. During this stage, the prostate doubles in size. At the age of 25, the second stage follows. This second stage can often result in BPH years later. Symptoms don't typically show until after the age of forty. Over 50 percent of men in their sixties and 90 percent of men in their seventies have BPH.

What are the symptoms of BPH? Typical symptoms are related to the urethra. The gradual loss of bladder function leaves men with problems urinating (U.S. Department of Health and Services). Having a hesitant, interrupted, weak stream or feeling urgency, leaking or dribbling are symptoms of BPH. Also, the experience of more frequent urination at night is a telltale sign.

Are there non-surgical treatments for BPH? Yes, there are two treatments that are alternatives to surgery. The first is called Cooled Thermotherapy Microwave. The second is Transurethral Needle Ablation (TUNA), often called Prostiva. Both of these procedures have the benefit of taking less than 30 minutes to complete. They are performed in the doctor's office with oral sedation such as Valium, a pain pill, and an antibiotic.

After these procedures are performed, patients go home with a catheter for 24 to 48 hours. The catheter is removed during the patient's follow-up visit. A soft temporary prostatic stent is put in its place; this is called a Spanner. The Spanner eliminates the need for a Foley bag. This stent is left in for 2 to 4 weeks, and is eventually removed by pulling on a string.



How soon will results be noticed? Patients should begin to see results within the first 6 to 8 weeks. They will notice improvement in their urinary symptoms such as frequency, hesitancy, and weak stream. These procedures last between 3 to 7 years and either procedure can be repeated if necessary. For men who have existing medical conditions such as cardiac risks, surgery is not always an option. These procedures often provide a viable alternative to surgery.

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Are there any side effects? Some complications are bleedings, dysuria, infection, and urinary retention. However, all of these are temporary. The long-term benefits of these procedures usually outweigh any of these difficulties.

When undergoing any procedure, it is important to find a doctor who is knowledgeable and experienced in these matters. Dr. Harold Tsai, a Fort Myers urologist, has performed roughly 500 of these procedures over the last eight years. He has also used over 200 prostatic stents in conjunction with his patients. If you think that you might be suffering with BPH, call (239) 985-1900 for a visit with Dr. Harold Tsai today.





# A DENTIST'S HELP WITH SLEEP DEPRIVATION

By Dr. Gilbert

**D**o you have trouble sleeping at night? Have you caught yourself dozing off while driving? Have you fallen asleep while sitting at a red light? Sleep Apnea may be the reason for this. This common disorder causes you to have one or more pauses in breathing, or shallow breaths, while sleeping (National Institutes of Health).

## How does Sleep Apnea occur?

This depends on which type you have. The two types of Sleep Apnea are Obstructive and Central. Obstructive Sleep Apnea involves the airway collapsing or becoming blocked during sleep. A side effect of this may be loud snoring. Central Sleep Apnea happens when the area of your brain that controls your breathing does not send the correct signals to your breathing muscles (National Institutes of Health). Although both types have different causes, they have the same end result. Typically, Obstructive Sleep Apnea is more common than Central Sleep Apnea. In some circumstances, both types can occur within the same patient. This is called Complex Sleep Apnea.

## What are the symptoms of Sleep Apnea?

Sleep Apnea often goes undetected. A family member or bed partner usually discovers it. Loud snoring is a major sign of Sleep Apnea. This is caused during breathing, when air squeezes past the blockage. Other symptoms are morning headaches, memory problems, feeling irritable or depressed, waking up frequently to urinate, and having a dry mouth or sore throat after waking up (Harvard Health Publications).

## How do you find out if you have Sleep Apnea?

As previously mentioned, Sleep Apnea usually cannot be identified during routine doctors' visits. Unlike many other disorders, blood tests cannot diagnose Sleep Apnea. However, a dentist can detect less obvious symptoms through a casual conversation with their patients.



## What can I use to treat Sleep Apnea?

Treatments vary depending on the disorder's severity. Generally, patients are given retainers or other removable dental appliances. Extreme cases of Sleep Apnea require more management. An example of this is the Continuous Positive Airway Pressure (CPAP) System. This device gives its patients air through a small mask, applying a constant positive pressure that helps keep their airway open.

It is important to find a dentist that is specially trained to diagnose and treat Sleep Apnea. Pelican Landing Dental is located in Bonita Springs and its dentists, Drs. Rich and Lacy Gilbert, are constantly attending the most advanced continuing education courses available. Their office provides you with a relaxed environment and friendly service. If you have any concerns about Sleep Apnea, please contact Pelican Landing Dental at (239) 948-2111 to schedule an appointment.

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For more information checkout our website at [www.pelicanlandingdental.com](http://www.pelicanlandingdental.com)



# Keep Your Swing Strong in Spring

By John C. Kagan, M.D.

**A**ccording to the US Consumer Product Safety Commission (CPSC), there were more than 11,000 visits to hospital emergency rooms for golf-related injuries in people over the age of 65 in 2011. While golf has often been considered a lower level physical activity without a whole lot of risk for injury, many injuries can be caused by playing golf. Injuries to the ankle, knee, hip and wrist are common and could cause limitations in a golfer's ability to enjoy the sport. To keep your swing strong this spring, a number of exercise techniques are available to help build your muscles and help avoid common golf injuries.

Leading the list of injuries in golfers is the "golfer's elbow." Technically known as medical epicondylitis and sometimes also referred to as tendinitis, golfer's elbow consists of an inflammation of the tendons that attach your forearm muscles to the end of the arm bone in the elbow area. A tight grip on the golf club and frequent repetitive motions over time can cause the forearm muscles and tendons to become damaged from overuse. The result is pain and tenderness on the inside of the elbow.

One of the most successful ways to avoid golfer's elbow is to strengthen the muscles in your forearm

and slow your golf swing so that the arm will absorb less shock when the ball is hit. Try the following exercises from the American Academy of Orthopaedic Surgeons for best results:

- **Squeeze a tennis ball.** Squeezing an old tennis ball for 5 minutes at a time is a simple, effective exercise that will strengthen your forearm muscles.
- **Wrist curls.** Use a lightweight dumbbell. Lower the weight to the end of your fingers, and then curl the weight back into your palm, followed by curling up your wrist to lift the weight an inch or two higher. Perform 10 repetitions with one arm, and then repeat with the other arm.
- **Reverse wrist curls.** Use a lightweight dumbbell. Place your hands in front of you, palm side down. Using your wrist, lift the weight up and down. Hold the arm that you are exercising above your elbow with your other hand in order to limit the motion to your forearm. Perform 10 repetitions with one arm, and then repeat with the other arm.

In addition, it is essential to do some simple stretching exercises before your golf game is played. Focus on your shoulders, back and legs. Stretching before your golf game will help to best promote a fluid and full golf swing. Once you have warmed up and stretched, practice hitting a few golf balls on the driving range to not only help your game, but it will help you stay healthy and hopefully injury-free in the long run.



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

Dr. John Kagan has more than 30 years of experience as an orthopedic surgeon treating patients in Southwest Florida. He specializes in treating patients with knee, shoulder and hip pain, as well as general orthopedics and hand surgery. For more information go to [www.kaganortho.com](http://www.kaganortho.com) or call 239-936-6778.



# PharmiCare

**A** compounding pharmacy can offer unique services that a traditional pharmacy cannot. Traditional pharmacies like Walgreens or CVS receive their drugs, creams, and ointments already mixed and prepackaged. Whereas, compounding pharmacies create unique recipes right at the store that are personalized for each individual. Once a physician determines the exact mix of medications or hormones that are required, the prescription is given to the compound pharmacy for mixing. This isn't really a new phenomenon; in fact, until the late 20th century most drugs were compounded right at the neighborhood pharmacy. It wasn't until the last several decades that national chains began to operate with a "one size fits all" mentality.

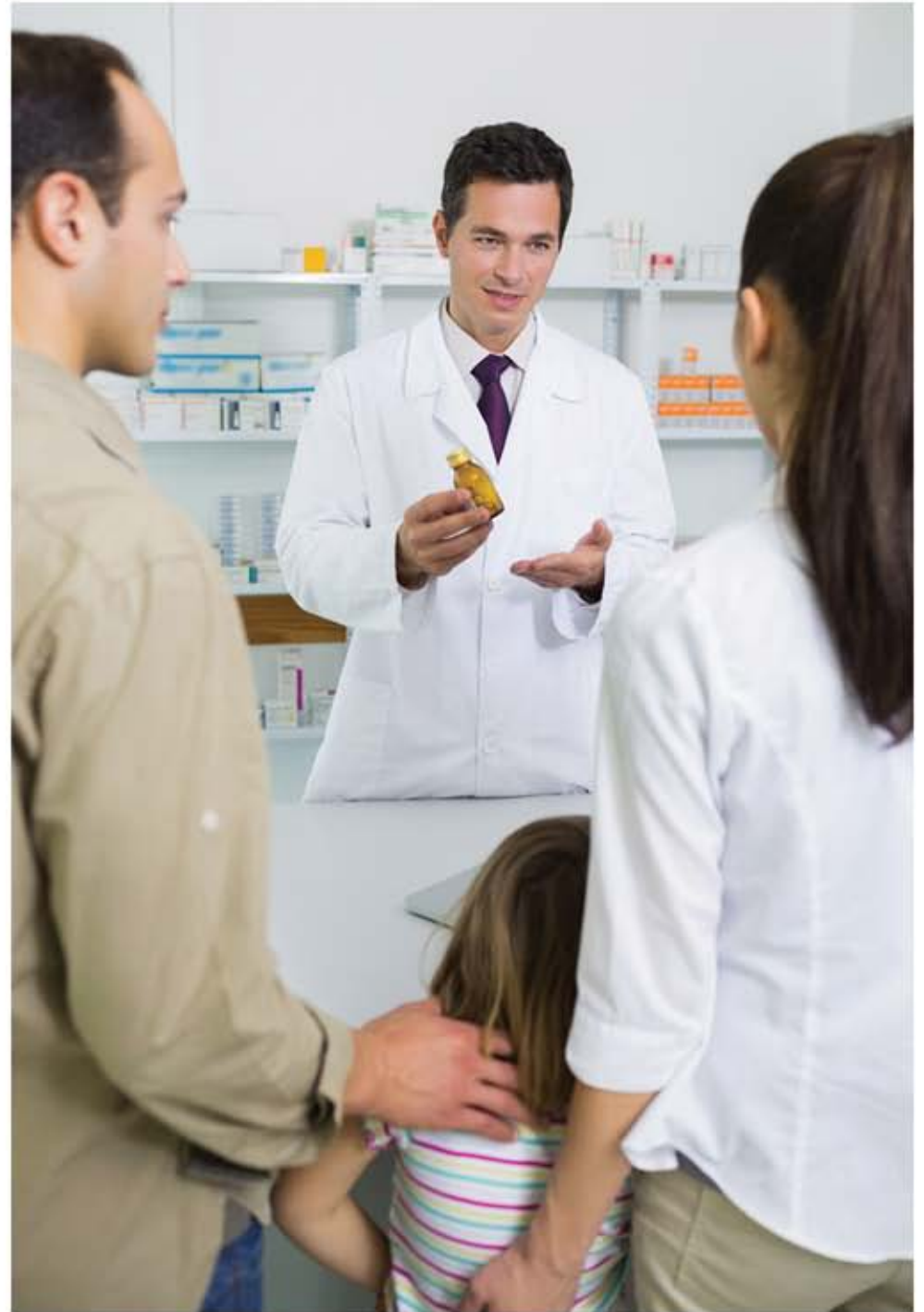
There are many advantages of onsite compounding. If a person has difficulty swallowing pills for example, making a liquid form of the medication can be a great benefit to them. Dyes or additives may be found in a pill that is prepackaged. With the ability to use the raw ingredients and bypass the prepackaged form, pharmacists can avoid possible allergic reactions for their patients. In some cases, a particular medication may have been taken off the market due to declining sales. With a compounding pharmacy, you might have the ability to still receive treatment; even if it is not in the prepackaged form.

In Oklahoma, a case was reported of a child with chronic diarrhea and diaper rash. The infant's parents followed their doctor's instructions and administered the recommended drug in the baby's formula, but the child wasn't able to tolerate it. After weeks of severe diaper rash and the resulting frustration of the parents, a pediatrician recommended using it as an ointment instead. The results were amazing, as the infant could tolerate the cream and the diaper rash disappeared. This is a perfect example of why the use of compounding pharmacies is a growing trend.

One of the greatest needs for compounding pharmacies relates to the practice of hormone replacement therapy. Many women across the country find relief from menopausal symptoms with the use of bio-identical hormones. Since every woman is unique, the doctor and pharmacist can create a personalized mixture of the hormones that she may be lacking. This usually entails a combination of estrogen and progesterone. Without these pharmacies, many women would have to endure unnecessary suffering.

PharmiCare, a compounding pharmacy in Fort Myers, has found that many of its patients have benefited greatly from the use of Cholestyramine. It was first used to treat patients with chronic bile acid diarrhea that resulted from Crohn's disease. It has since been used to treat pruritus, or itching that forms during liver failure, and even persistent diaper rash in infants.

PharmiCare is located at 6631 Orion Drive, Suite 112 in Fort Myers. If you have any questions regarding compounding, you may contact Dr. John Dobbs at 239-690-7700 or go to [www.mypharmacare.com](http://www.mypharmacare.com).



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# Professional Cancer Coaching... Build A Winning Team to Beat Cancer & Live Your Best Life NOW!

By Beth Marlow, Certified Professional Cancer Coach & Holistic Nutritional Counselor in Ft. Myers, FL

**C**ancer is quickly becoming the #1 killer in the world today and the latest statistics are alarming. It has been projected that 1 out of every 7 women in America will develop breast cancer, and another recent projection states that 3 out of every 4 Americans will develop some form of cancer in their lifetime. You've heard the saying "Knowledge is Power", well, now is the time to empower yourself with information about the latest innovative cancer therapy aid called "Cancer Coaching". The National Association of Professional Cancer Coaches is a qualified group of professionally trained Cancer Coaches who provide comprehensive, evidence-based strategies for cancer patients and those interested in cancer prevention. Certified Cancer Coaches are the new weapons in the war against cancer. They are registered and licensed health care professionals and Nutritionists who are trained and Certified in both conventional and holistic cancer therapies, otherwise known as "Integrative Cancer Therapy" techniques.

Integrating Natural and Holistic healing therapies helps patients experience a higher quality of life and recovery, as well as teaching health minded individuals lifestyle habits for enhanced cancer prevention. The NCI reports that 75 % of U.S. cancer deaths are caused by poor diet and lifestyle habits. And roughly 42% of chemotherapy patients die from malnutrition, not the cancer. Based on these statistics, the importance of professional nutrition & lifestyle guidance from a qualified Cancer Coach is vitally important! As you deal with cancer, you face numerous and difficult challenges, so having a Cancer Coach to help guide, support and assist you can be a valuable tool in your fight against cancer.

## NUTRITIONAL THERAPY WHAT'S IT ALL ABOUT?



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The focus of Cancer Coaching will be completely on YOU and what your specific health needs are at any given moment. Your Cancer Coach will be your personal support, advocate, mentor, strategist, sounding board, Nutritionist and cancer educator, preparing a specific *customized therapy plan* to strengthen you during and after your recovery. Some of the natural healing therapies your Cancer Coach can provide are:

- **A full Nutritional Assessment & Lifestyle assessment.** Your assessments are followed up with a full Nutritional program tailored to your specific health issues.
- **One-on-One instruction** on how to follow the Anti-Cancer Alkaline Diet, complete with grocery lists, sample meal plans and recipes.
- **Customization of a specific Supplement/Vitamin program** for your individual health issues and/or type of cancer.

- **Full body Detoxification Programs**, using such therapies as Infra-Red Therapy, Red Light Therapy, Detox foot baths, Herbal supplements and specific nutritional protocols such as macro juice smoothies.

- **Improved Nutritional health** and an active strategy to encourage remission and reduce the side effects from your cancer and any treatment you elect to have. Cancer Coaches can include in-home prep for food and juicing instruction if needed. Also, your emotional health will be paramount in your coaching care.

- **Cancer Education.** You can ask anything about your cancer and its options. The answers are taken from current scientific and evidence based findings for your particular diagnosis, pathology report and blood work that you have had done by your doctor. You will be educated on what you can do to encourage recovery, discourage secondary cancers and recurrent cancers post-remission. Cancer Coaches can also recommend adjunct therapies & schedule therapy referrals.





• Helping you discover your personal strengths and find your inner WARRIOR! Sometimes it takes a crisis before we learn the truth about our capabilities. Your Cancer Coach can help you reap the rewards of your unexpected power as you become aware that you are stronger, more courageous and more capable than you ever imagined. They will help you look inward to determine your life goals and dare to live your dreams!

**Here are 3 steps your Cancer Coach can assist you with on the road to finding your "Inner Warrior":**

**1. GET FOCUSED** - Make a decision...then let NOTHING distract you from the mission of achieving the health and happiness you deserve.

**2. GET A GAME PLAN** - Lay out the strategies you will use to win the battle. Your Cancer Coach will help you construct a plan that increases your strength, boosts your Immune System and turns on your body's own healing mechanisms every single day.



**3. MOVE INTO ACTION** - Everything comes down to action. Your Cancer Coach will help you create an action plan and mindset by scheduling the activities and therapies that continuously propel you in the direction of achieving your goal of total wellness.

Dealing with cancer can be difficult, but your Cancer Coach can help you learn how to use Integrated & Natural Healing Therapies to become a SURVIVOR ... a VICTOR, not a victim - courageous, strong and capable. As you work together in partnership with your Cancer Coach as a unified team, you will regain a sense of control and take the first step toward launching the life you've always dreamed of! Cancer Coaching is available in both short-term or long-term packages for a range of fees for single sessions up to a 6-week course and beyond, with house calls and/or hospital visits available. If you've been diagnosed with cancer, or have recently recovered from cancer, or are interested in preventing cancer, then consider getting a Professional Cancer Coach to help you navigate through your health crisis and achieve the lasting health and wellness you deserve.

*Beth Marlow is a Certified Professional Cancer Coach practicing in Ft. Myers, FL at Spa USA and [www.OrganicAngelNutrition.com](http://www.OrganicAngelNutrition.com).*

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# HYPERBARIC OXYGEN TREATMENTS ASSIST WITH THE HEALING OF CHRONIC WOUNDS

By Maria E. Alvarez-Krisan, MD, FAPWCA

In the United States, the incidence of diabetes in the population is rapidly increasing. There are several factors which can explain this, but the main one is an epidemic of obesity, which frequently leads to type 2 diabetes. Other conditions that can lead to diabetes are sedentary life and medications such as steroids, which are used for inflammatory conditions and COPD. A family history of diabetes is also frequently present with diabetics.

Diabetes is a disease that impairs the metabolism of glucose in our bodies. Glucose is the essential source of energy for our bodies. With this defective metabolism, gradual but grave consequences occur. Multiple organs are affected: nerve damage, circulation problems and cells that are sluggish to heal after injury. Thus diabetes provides the perfect scenario for a problem wound.

A diabetic patient may suffer from neuropathy, thus have poor or no sensation. He/she may step on a small object without being aware of it, and develop a wound. The patient may also have poor circulation, which will not allow blood flow for healing. Moreover, patients with elevated blood sugar will have a poor cell response for healing at the wound site. This all leads to a chronic wound.

Understanding the medical condition that has caused this chronic wound helps us to design a plan of therapy tailored for each patient. Diabetics need to be closely monitored and controlled. We do thorough evaluations to determine any underlying medical condition that needs to be corrected, including anemia, malnutrition, arterial circulation blockages, venous hypertension, and infections.



Our center uses evidence based methods for wound healing, including physician weekly visits with debridement of chronic wounds, which have been shown to accelerate the healing process. During their visits patients receive education and wounds are treated with appropriate dressings and bandages. Appropriate referrals will take place such as for vascular procedures.

In some instances advanced therapies for more complex problems such as the use of negative pressure devices and biologic cell therapy is required. The Wound Care Center at Lehigh Regional offers hyperbaric oxygen treatments for a variety of serious medical problems which include complicated diabetic foot infections, chronic refractory osteomyelitis and radiation injury to soft tissues, most commonly bladder and rectal. A series of hyperbaric oxygen treatments is required to achieve the desired outcome.

**Maria E. Alvarez-Krisan  
MD, FAPWCA**

Physician Certified in Wound Care-CMET, Fellow of American Professional Wound Care Association, and Diplomate American Board of Internal Medicine, Infectious Disease.



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# A New Solution to an Old Problem

By Joseph Gauta, MD, FACOG

**M**any people suffer from an Overactive Bladder (OAB) and are desperate to find a solution. No one should have to experience the annoying and embarrassing problem of a constant need to use the toilet. While an Overactive Bladder can occur in both men and women, it generally affects women more often. The symptoms include urinary urgency, frequency, and even incontinence.

While all of the causes are not known, we do know that certain activities can make the situation worse. For example, drinking excessive amounts of caffeine, soft drinks, and alcohol can have an unwanted diuretic effect. Sometimes, simple lifestyle changes may help alleviate symptoms. Also, physical regimens such as bladder training and pelvic exercises may be beneficial.

The use of medications has been proven to be effective, as well. Other options may include surgical procedures that include Augmentation Cystoplasty, Urinary Diversion, or a Urethral Sling. While these have been shown to work in some case, they are still surgical procedures that carry their own risk. A new and very promising form of treatment is called Percutaneous Tibial Nerve Stimulation (PTNS). This involves the insertion of neurostimulator electrodes into the lower leg. The goal is to send stimulation through the tibial nerve. A surface pad is placed on the outside of the leg and an external pulse generator then delivers a mild electrical signal that travels



to the sacral nerve plexus. The sacral nerve plexus, among other functions, regulates bladder and pelvic floor function.

PTNS is a low-risk procedure and no major safety concerns have surfaced. This makes it a viable alternative for many who suffer with OAB. In separate studies, the success rate has been shown to be over 75%. Locally, Joseph Gauta MD, a renowned Urogynecologist has seen success with this procedure first hand. With PTNS, there is great news for anyone suffering from an overactive bladder.

While this option may not be for everyone, its very promising to those who suffer from OAB. If you have any questions regarding Overactive Bladder (OAB), please contact the Florida Bladder Institute at (239) 449-7979. It is one of the leading women's surgical facilities in Southwest Florida. They specialize in both Gynecology and Urogynecology. The Florida Bladder Institute is located at 1890 SW Health Parkway - Suite 205, Naples, Florida 34109. You can also visit their website at: [www.floridabladderinstitute.com](http://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."





# Proven Knee Arthritis Treatment

By Physicians Rehabilitation

## *FDA Approved Treatment for Knee Arthritis Offered Locally*

**C**urrently, an estimated 27 million people suffer from knee osteoarthritis making it one of the most common causes of disability in the U.S. It is estimated by the year 2030, 72 million Americans will be at high risk for osteoarthritis. Patients with chronic joint pain often think nothing can be done to help them except surgery.

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

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

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

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

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

### **Will 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 and difficult recovery. 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 at (239) 768-6396 to schedule your No-Cost, No-Obligation, consultation at one of our three convenient locations. 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 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.



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# Lehigh Regional Medical Center (Single Site Surgery)



239-368-0241  
LehighMedicalGroup.com

1530 Lee Boulevard • Suite 1100 • Lehigh Acres

By Joshua Lee Jr., M.D.

**A**dvances in medicine have given us many benefits. When it comes to surgery, one of the greatest advancements has been the use of laparoscopic surgery.

Due to the smaller incisions compared to open surgeries, laparoscopic surgery offers less pain, faster recovery time, and better cosmetic results. Single Port Laparoscopy, sometimes referred to as Single Site Surgery, takes these benefits one-step further by allowing surgeons to operate exclusively through one entry point. The single entry point used is generally the umbilicus (belly button). While traditional laparoscopic surgery limits scarring to several small locations for the patient, Single Site Surgery leaves patients with only an "invisible scar".

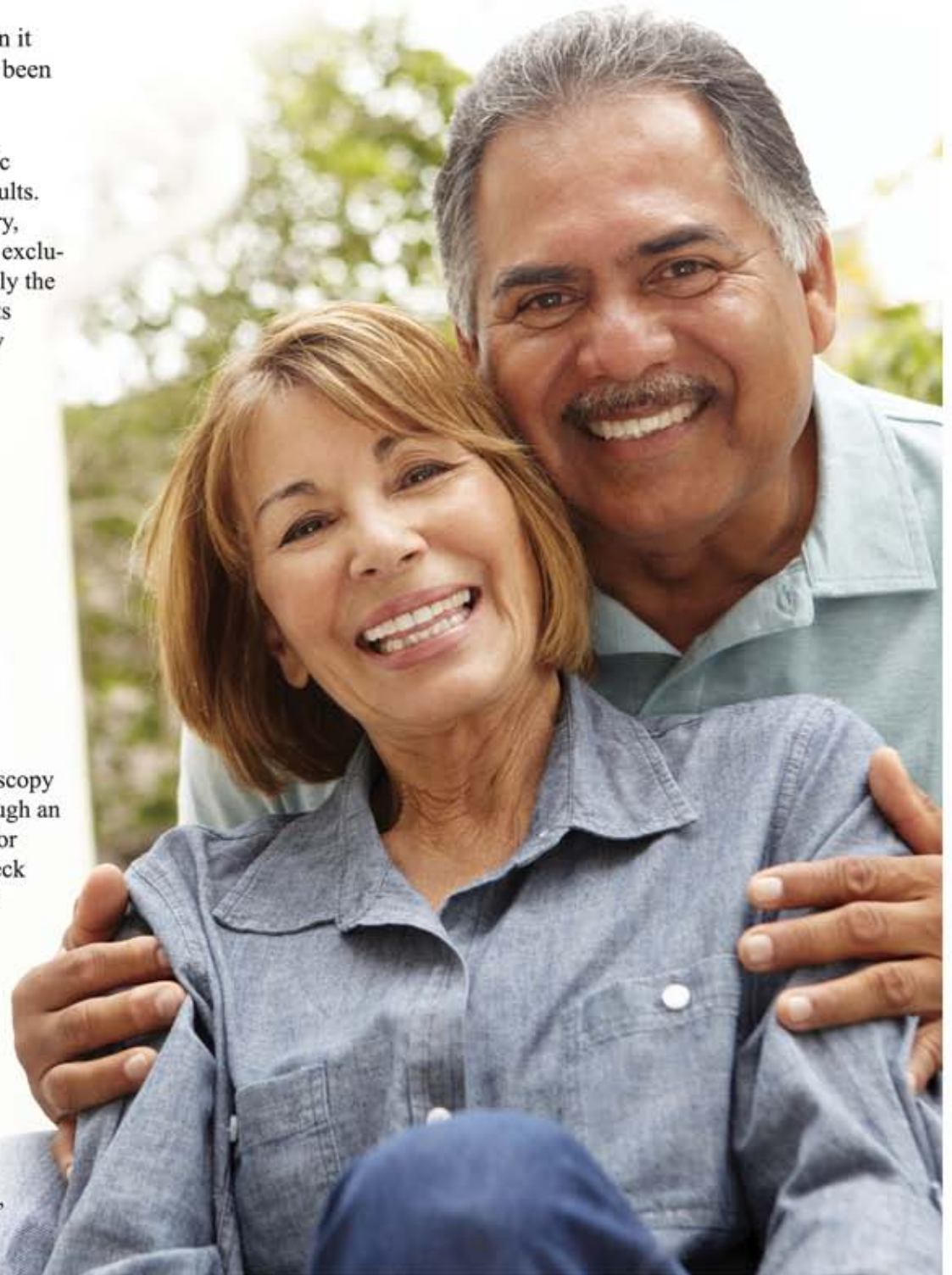
This form of surgery can be used for many procedures; including:

- **Herniorrhaphy:** Hernia Repairs
- **Appendectomy:** Removal of Appendix
- **Cholecystectomy:** Removal of Gallbladder
- **Nephrectomy:** Removal of a Kidney
- **Hysterectomy:** Removal of the Uterus
- **Colectomy:** Resection of any part of Large Intestine
- **Adjustable Gastric Banding:** Slow consumption of food
- **Sleeve Gastrectomy:** Weight-loss procedure

To understand Single Site Surgery, you must first understand Laparoscopy in general. Laparoscopy uses a thin, lighted tube that is inserted through an incision. This is usually done to do a biopsy, a tubal ligation, check for tumors in the belly, check whether cancer has spread to the belly, check for damage to internal organs, take out tumors and organs, and more (Healthwise, 2012). As stated earlier, Single Site Surgery achieves these same results with only one incision.

Dr. Joshua Lee, a general surgeon at Lehigh Regional states, "Advantages of single-port procedures extend beyond the purely cosmetic. Patients benefit from less postoperative pain, reduced blood loss, faster recovery time, and fewer postoperative complications."

If you have any questions regarding any of the surgeries listed above, you may contact Dr. Lee via Lehigh Regional Medical Center at (239) 368-0241.





# C-reactive Protein (CRP) and Inflammation

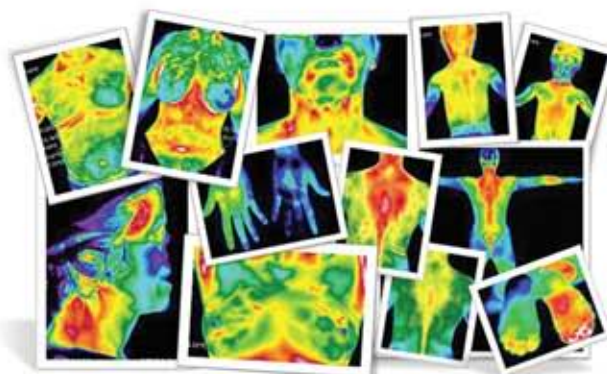
By Yollo Wellness

Inflammation is part of the complex biological response of vascular tissues to harmful stimuli, such as pathogens, damaged cells, or irritants. Inflammation is the way your body responds to a problem. Whether battling an infection or cancer, or healing from a bone fracture, your body needs to deliver powerful immune and repair cells to the impaired location through your bloodstream in order to fight and fix the problem. Inflammation is really designed to be an acute process that gets in and out quickly.

The longer the immune and repair cells stay in a location, the greater the chance they'll cause damage to surrounding healthy cells and tissues. Inflammation is part of a healthy immune response. The process becomes an orchestrated push of cells and chemicals that are on a mission to heal injuries, fight infection, redness, pain and swelling.

## What is C-reactive protein?

Most people do not even know they have inflammation. A blood test that is available and measures an inflammatory marker called C-reactive protein is currently recommended because elevated levels of CRP signals increased risk for many chronic inflammation-related disorders, including cardiovascular diseases, cancer, diabetes, obesity, and more.



Research shows that people who attained the lowest levels of C-reactive protein had significantly reduced rates of heart attack.

The studies also showed that reducing C-reactive protein (CRP) levels alone cuts heart attack risk and slows the progression of atherosclerosis. For this reason, the researchers recommend testing CRP and lowering it. As coronary arteries narrow, there is an increase of CRP in your blood.

A CRP test is not able to tell your doctor exactly where the inflammation is but can alert the doctor that inflammation is present. It is possible that a high CRP level could mean there is inflammation somewhere in your body other than your heart.

## What You Eat Influences Chronic Inflammation:

One of the best ways to control inflammation is to know what you can digest. Some foods can actually cause inflammation even though they may seem "healthy and clean".

The ALCAT Test offered at YOLLO Wellness identifies foods that trigger Non-Allergic mechanisms to activate and induce the release of inflammatory mediators common in many chronic conditions where the symptom onset is not immediate. This delayed food sensitivity and or intolerance is an activation of our immune system.

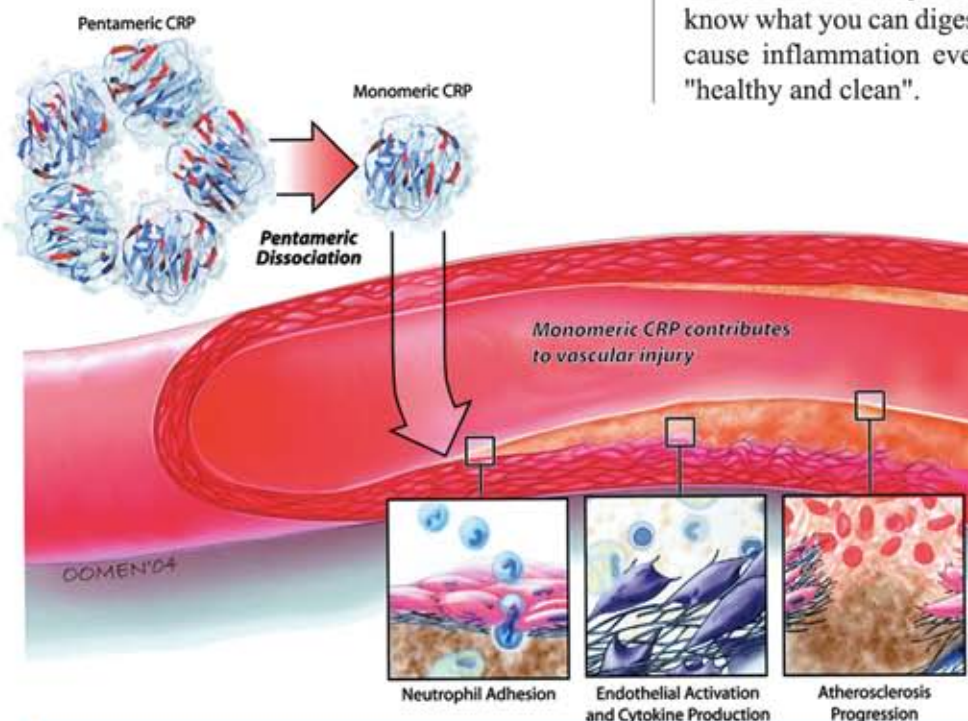
*These immune reactions can be caused by food particles that are small, undigested and then absorbed into the body which is what causes inflammation and awful food allergy/intolerance symptoms. Some of these symptoms are weight gain, skin problems, hormone imbalance and stomach pain.*

YOLLO Wellness also offers **Digital Infrared Thermo graphic Imaging (DITI)** to monitor CRP

DITI can also detect inflammatory thermal patterns along the carotid arteries, which alongside elevated C – Reactive Protein levels in the blood confirms the presence of an internal inflammatory process. It is the only diagnostic tool that can show a visual of C-reactive proteins.

DITI is a non-invasive thermal imaging system which is a test of physiology that relies on the sympathetic nerve control of skin blood flow and the ability of the sympathetic system to respond and react to pathology anywhere in the body. Inflammation hidden deep in the body is a common trigger of heart attacks. Early detection is important to lower internal inflammation by changes in life-style which includes diets and supplements.

At YOLLO Wellness the certified specialist utilize the highest quality of FDA approved equipment for the most precise results. Their protocols treat the whole person, not just the illness. Call today to schedule your consultation and learn more about how you can control your inflammation and monitor your C-reactive protein levels using DITI and ALCAT inflammation testing. Lowering CRP levels is a vital part of a healthy lifestyle and a host of safe, affordable nutritional supplements may offer immediate help. Dr. Gary Pynckel, located on site also offers chelation, vitamin IV bags and CRP blood test to help lower C-reactive protein levels.



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# May is Better Speech and Hearing Month



**O**ur Speech Language Pathologists (SLP's) love to celebrate Speech Therapy month by spreading the word about how WE can benefit YOU or your loved one. Speech Language Pathologists diagnose and treat a multitude of issues including swallowing difficulties, voice disorders, lip and facial weakness, clarity of speech, and cognition (including memory, logical thinking/reasoning, and problem solving).

Here at Life Care Center of Estero, we typically treat patients with Swallowing disorders, also called *dysphagia* (dis-FAY-juh), occurring in one or all of the following stages: **Oral phase** which includes chewing and moving food or liquid into the throat,

**Pharyngeal phase** which starts the swallow squeezing food/drinks down the throat and closing the airway preventing choking or any food/drink from entering the airway (called **aspiration**) and the **Esophageal phase** which relaxes and tightens at the top and bottom and squeezes food/drinks into the stomach.

We are proud to say that we now offer a **NEW**, fundamentally different approach for the treatment of dysphagia with true Neuro-muscular Electrical Stimulation (NMES) using The **Guardian Way Stimulator** can yield positive outcomes for patients to swallow with less difficulty and decrease risk of aspiration. Guardian therapy is painless and non-invasive and provides

the brain with cortical re-organization and muscle re-education in a swallowing sequence pattern that makes sense. To speak to one of our SLP's or to make an appointment, please call our outpatient therapy department (239) 495-4046.





# Concept 10 10

## The Future of Exercise and Rehabilitation

By Jorgen Albrechtsen

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

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

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



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

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

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

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

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

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

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

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

Read more on [www.naples.concept1010.com](http://www.naples.concept1010.com)  
Cost to start up is normally under \$180,000.

### 2 locations in Naples.

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If you would like more information on the requirements and opportunities involved in starting your own licensed Concept 10 10 business, we kindly ask you to email us a few lines about yourself, your location etc. or call us at 239-777-6448.

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## May is Better Hearing & Speech Month

# Use It Or Lose It for Mental Health

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

Every year, since 1927, the Better Hearing Institute designates the month of May as National Better Hearing month. This designation is to raise awareness of one of our nations leading handicapping disabilities: hearing loss. The Better Hearing Institute strongly encourages everyone to have their annual hearing check this month (especially individuals 55 years of age and older) to ensure you are hearing the best you possibly can. Estimates in the U.S. alone indicate there are more than 35 million people with some form of hearing impairment. A quick and simple hearing screening will let you know if your hearing is up to par.

Hearing loss usually happens very gradually, sometimes going unnoticed. Often times others will become aware of a family members hearing deficit before the individual with the impairment. Look for these warning signs: asking statements, questions, directions to be repeated; turning up the television volume louder than normal; hearing people speaking, but difficulty understanding the words; difficulty understanding on the phone, just to name a few. Also, hearing loss may be an indicator for the onset of other maladies; including diabetes, heart disease, and stroke.

Neglecting a hearing problem will cause irreversible damage over time, so it is vital to seek help as soon as possible. Johns Hopkins Medical University and The National Institute on Aging recently conducted studies on individuals with hearing loss, but did not wear hearing instruments.

The study concludes that people with even mild hearing problems were twice as likely to develop dementia and Alzheimers. Those with severe hearing impairments were five times as likely to develop dementia and Alzheimers. This is due to the auditory cortex of the brain (designed for speech interpretation) lacking proper stimulation, causing the brain to atrophy and lose function.

Although the brain becomes smaller with age, the shrinkage seems to be fast-tracked in older adults with hearing loss, according to the results of a study by researchers from Johns Hopkins and The National Institute on Aging. The findings add to a growing list of health consequences associated with hearing loss, including increased risk of dementia, falls, hospitalizations, and diminished overall physical and mental health.

Dr. Frank Lin, M.D., Ph.D.'s study which appeared online in the journal Neuroimage in January says, "Our results suggest that hearing loss could be another 'hit' on the brain in many ways". This latest study adds urgency to treating hearing loss rather than ignoring it. "If you want to address hearing loss well, you want to do it sooner rather than later," Lin says. If hearing loss is potentially contributing to these differences we're seeing on MRI's, you want to treat it before these brain structural changes take place." Also, Lins's research has found that people with hearing loss are more likely to fall and have problems walking.



Case studies also show that hearing impaired individuals still in the workforce make less money (on average) than those that seek hearing solutions with hearing devices. This may be because those with hearing loss are perceived to be less efficient doing tasks required on the job; either because they did not understand the directions or requests by superiors completely, or orders were not heard at all. This sometimes creates adverse feelings among co-workers, due to lack of perception by the hearing impaired person to be a "team player". Over the course of a career, this could conceivably cost hearing impaired workers to be passed over for raises, promotions, bonuses, or even be grounds for dismissal. These are factors that can be controlled with the proper hearing solutions; and can have a major impact on career earnings and lifestyle.



### LEONARDI HEARING CENTER, INC.

**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.

Leonardi Hearing Center, Inc.

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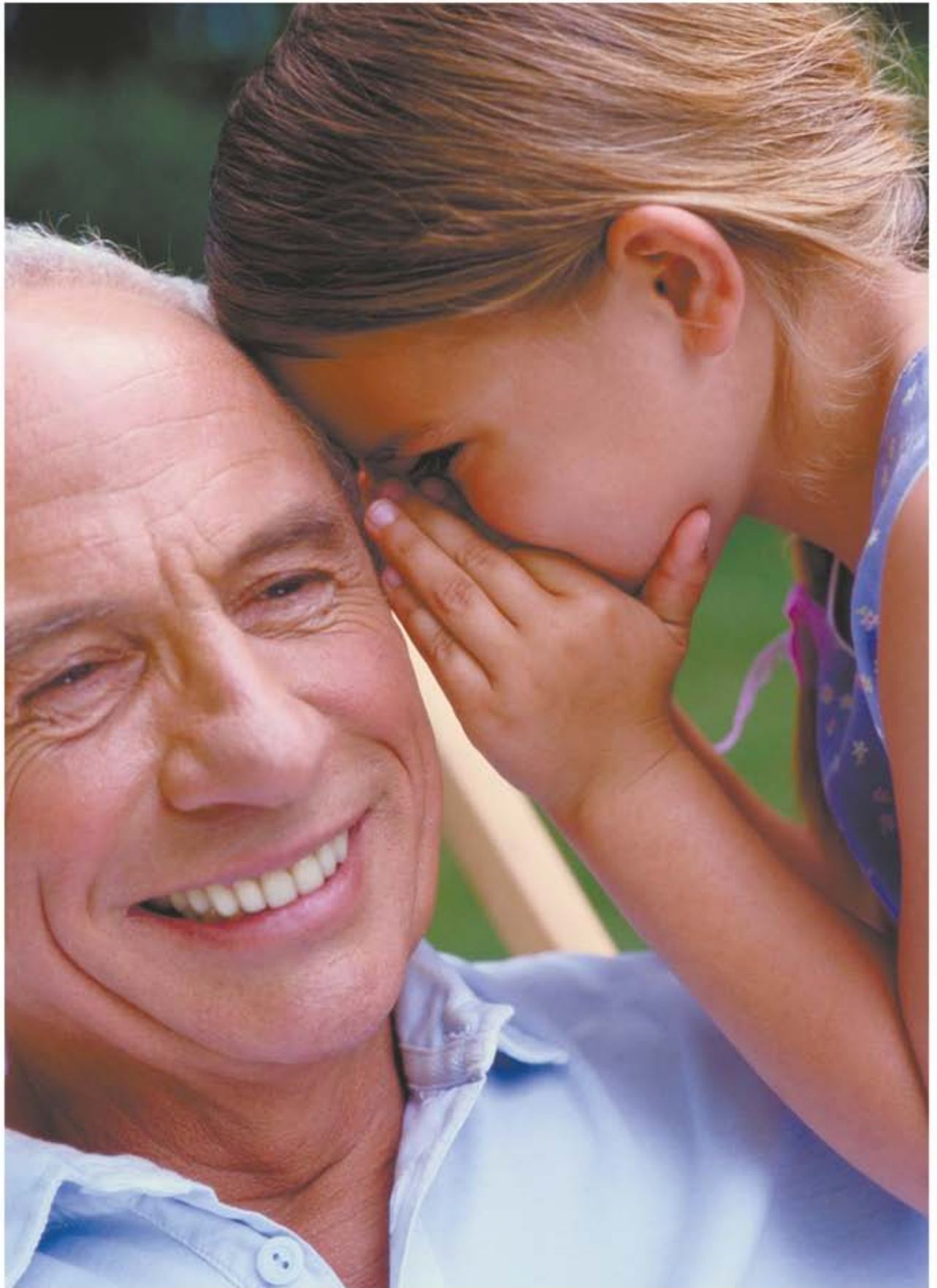
There are a multitude of reasons why hearing problems may occur. Sometimes problems stem from some type of birth defect. If the mother is ill or taking certain types of medicine during pregnancy it may lead to hearing problems at birth. Also, if the pregnant mother has a difficult delivery, lack of oxygen to the infant at birth may cause a multitude of problems, including hearing deficiency. In addition, it is not uncommon for mothers who have given birth to several children to suffer from hearing loss due to a pregnant woman's production of milk. This has a correlation with above normal levels of calcium, which can build up in the middle ear, causing calcification to the 3 bones in the ossicular chain, when this occurs it restricts the normal movement of the ossicular chain (AKA otosclerosis), resulting in hearing loss.

There are two ways to overcome this malady. The first is surgical procedure which involves the actual scraping of the calcification off the bones, which restores normal movement. Secondly, hearing instruments are usually the most preferred option, avoiding any type of invasive surgery. Usually, some form of hearing device will do the job.

Certain pharmaceuticals are called ototoxic. Which are basically "toxic" to the hearing system, damaging an individual's overall ability to hear and understand speech. There are a plethora of possibilities that can adversely alter a person's ability to hear normally other than birth defects: including heredity, infections, high fevers, blows to the head, heart disease, diabetes, stroke, noise exposure and the natural aging process.

The key to overcoming these various forms of hearing loss is addressing the issue as soon as possible. Early detection is important to solving many medical issues, especially hearing loss.

Also, hearing instrument wearers report to be more self confident, out going, and active socially. Improved intimacy with loved ones is also found to be noted by those who obtain hearing solutions versus those people that don't. This is most likely because there is better communication between spouses; and less stress.



**If you or a family member experiences any of these difficulties, please contact our facility 239-997-8288 for a FREE hearing screening during the month of May. Appointments are preferred, but walk ins are also welcome, and will be taken as time permits.**





# May is Mental Health Awareness Month

## YOUR HEALTH. YOUR LIFE.

*Stacey Brown is Program Director of the Human Services Program at Edison State College School of Health Professions. She is also a Licensed Mental Health Therapist.*

**W**e know that it is important to take care of ourselves in order to feel good, be healthy and function well as workers, parents, partners and contributing members of society. We know that we are expected to accomplish the required tasks of daily living, find work/personal life balance, be nurturing parents and caretakers, community contributors, good role models for the youth and feel happy and joyous most of the time. We know we "should" eat balanced meals, exercise, wash our hands to prevent the spread of germs and go to the doctor if we get really sick. Handling all of this can be a gargantuan task.

The reality is that many of us tend to neglect one or more of these important areas because it is hard to find that balance to do it all. As a result, stress, anxiety, depression, frustration, strained relationships, inattention, sleeplessness and irritability can result. In extreme cases, some of us experience more severe symptoms of mental illness that may have been genetically inherited or triggered by all of these unmet needs and responsibilities.

May is Mental Health Awareness Month. Learning about early warning signs and what to do if the symptoms are present can get you and your loved ones on the road to recovery quickly. The stigma of mental illness in America has prevented education and awareness of these very treatable issues. These conversations can be uncomfortable. Just as we have been educated about the early warning signs to look for regarding bronchitis or heart disease and about the importance of sneezing into our tissues and using

condoms rather than spreading contagious diseases, there are strategies to help prevent, cope with and treat mental health issues.

According to the National Alliance for Mental Illness, 1 in every 4 adults experiences some sort of mental illness issue in their lifetime. All of us will likely be touched by mental illness in some way. Knowing the early warning signs and knowing prevention and treatment strategies can strengthen your ability to cope with everyday problems and struggles more effectively to, hopefully, prevent a more serious health issue or crisis.

If you or someone you know is experiencing one or more of the following feelings or behaviors, it's worth checking out:

- Eating or sleeping too much or too little
- Pulling away from people and usual activities
- Having low or no energy
- Feeling numb or like nothing matters
- Having unexplained aches and pains
- Feeling helpless or hopeless
- Frequent headaches
- Chronic complaining
- High blood pressure and/or rapid heart-rate
- Smoking, drinking, or using drugs more than usual
- Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared
- Yelling or fighting with family and friends
- Experiencing severe mood swings that cause problems in relationships



- Having persistent thoughts and memories you can't get out of your head
- Hearing voices or believing things that are not true
- Thinking of harming yourself or others
- Inability to perform daily tasks like taking care of your kids or getting to work or school

Becoming aware of your symptoms, staying honest with yourself and taking a realistic account of your experiences will be life changing. Listen to family or friends who may offer concern. Obtaining a comprehensive assessment by a licensed mental health professional is the next step to recovery. After the assessment, treatment options can be reviewed.

There's a lot of science behind the treatment of mental health issues. Take advantage of the treatment options available to you.

Research consistently shows that attitude, gratitude, willingness to seek help and guidance and self-esteem play a huge part in the success or failure of treatment, and thus, life satisfaction. Learning strategies to help you deal with stress and interpersonal

conflict, parenting strategies, or old lingering issues of trauma or abuse will help you to feel stronger, more confident, more hopeful and more capable so you can build a happy and rewarding life.

Learning how to think positively and reframe problems in a solution oriented way, learning how to let go and be mindful and present rather than worrying or getting anxious are a few ways counseling can help. Staying connected to others, involved in groups, helping others, getting enough sleep, eating a healthy diet, exercising, taking care of your spirit, enjoying a hobby and spending time with quiet reflection are things that you can do to help yourself with stress.

Take some time to learn about mental health. Take responsibility for yourself and your wellness. Your mental health is one of your greatest assets.



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# Frantz EyeCare Now Offers Testing for Ocular Allergies

**S**ixty million Americans have allergies and 24 million have ocular allergies. It is the fifth leading chronic disease in the US and \$1.3 billion per year is spent on allergy-related physician visits. "Many patients with ocular allergies may not even be aware that allergies are causing their symptoms," said Dr. Jonathan Frantz, medical director of Frantz EyeCare. "When they come in to our office, they are simply looking to us as their eye doctor to diagnose and treat their eye condition," said Frantz.

With an estimated 25 to 40 percent of its patients having symptoms of ocular surface disease, Dr. Frantz recently implemented a diagnostic test for ocular allergies called Doctor's Allergy Formula, which lessens the confusion around the patient's allergies. The test is covered by major medical insurance. Many people suffer for years before being tested or even realizing that ocular allergies are the issue. Allergies interfere with their day-to-day life and can result in loss of productivity, missed work or school, and an overall poor quality of life.

Adding allergy testing to the services provided at Frantz EyeCare just makes sense. The practice already treats other ocular surface diseases such as blepharitis, contact lens over-wear syndrome, and dry eyes. Frantz EyeCare is certified by TearLab as an Accredited Dry Eye Center.

The eyes are particularly sensitive to airborne allergies, which cause irritation and discomfort. Medications, like antihistamines, mask the symptoms but do not identify the underlying problem. "The allergy testing will help us rule out whether a patient's 'itchy red eye' is due to ocular allergies or some other disorder of the ocular surface," explained Frantz. "If a patient has itchy, dry irritated eyes that are not relieved by initial forms of therapy, allergy testing will be recommended."

The allergy test is designed to test for 60 of the most prevalent ocular-specific allergens that are specific to our geographic location. The test itself uses non-invasive skin surface testing, which tests for allergic antibodies and consists of introducing small amounts of the suspected substance, or allergen, into the skin and noting the development of a positive reaction. The results are read at 15 to 20 minutes after the application of the allergen. If you are allergic to an allergen, a small mosquito bite-like bump will appear. Because everyone is unique in what their specific allergic triggers are, knowing what you are allergic to is important for the effective treatment of allergies. Once the doctor knows the allergens that are causing your symptoms, an effective treatment plan can be recommended.



***"The patient is totally comfortable throughout the testing,"*** said Frantz.

*"It's non-invasive and gives us so much information."* Some common positive results include allergies to pet dander, cockroaches, dust mites, mold, certain tree spores and fungi. Once the technician performs the test, which is doctor-monitored, the ophthalmologist can then discuss a regimen with the patient. Based on the findings, the doctor discusses possible medical regimens or behavioral and environmental modifications patients can make.

Dr. Frantz said that patients who want to have allergy testing need to stop using their antihistamines or any other allergy medications before testing because they may alter the findings.

**For more information on allergy testing or other services provided at Frantz EyeCare, call the main office at 239.418.0999 or visit [BetterVision.net](http://BetterVision.net).**

**FRANTZ**  
EyeCare  
(239) 418-0999  
[www.BetterVision.net](http://www.BetterVision.net)

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



# Got love handles or unwanted belly bulge? Have wrinkles or cellulite? Could your skin use a little bit of tightening?

If you answered yes to any of these questions, Swan Age Reversal Centers uses state-of-the-art technologies to help rid you of these troublesome areas.

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!

**Venus Freeze** Venus Freeze is a non-invasive treatment that combines Radio Frequency (RF) and Magnetic Pulses into a technology called (MP)<sup>2</sup>. 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!

## SWAN-LIPO™ (Targeted Fat Reduction)

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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Swan Ultrasonic™ is like no other system currently offered in the United States and offers cutting edge technology that produces amazing results on all skin types and delivers deep exfoliation without irritation or inflammation. Swan Ultrasonic™ utilizes low frequency sound waves in a three stage process to repair skin at a cellular level. No matter what skin concerns you may have, acne, rosacea, wrinkles, dry skin hyperpigmentation or blemishes.

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**Step 2:** Antioxidant Application.

**Step 3:** Proprietary Anti-Aging Serum Infusion.

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# Putting Your Best Foot Forward to Improve Your Sex Life!

By Christopher M. Cole, L.Ped



**W**ant a better sex life? Well, start by taking a long look down... at your feet. Feet? Yes, and we are not talking about fetishes. Our feet are more important to a healthy lifestyle than most people realize; and that includes a healthy sex life. The human foot is a great barometer of our overall health and can even alert us to health problems. From bothersome foot pain to more serious symptoms like numbness, your feet often show symptoms of disease before any other part of your body. For example, joint stiffness could mean arthritis. Tingling or numbness could be a sign of diabetes. Swelling might indicate kidney disease, heart disease, or high blood pressure.

There are actually two main connections between healthy feet and a healthy sex life. The first is actually pretty simple; the better your feet feel, the more likely it is that you will be active. In fact, Foot Solutions in Estero has found that foot and joint pain from improper footwear is one of the

leading causes of inactivity. Once steps are taken to improve a person's gait by wearing properly designed and fitted shoes, they are able to resume or increase their physical activity. "What about a better sex life?" you ask. Here it is; active people tend to be more energetic, happier, and confident. See where we are going here? Exactly!

The second reason is actually more scientific. You see, it's just the way that our brains are wired. According to neurologist, Vilayanur S. Ramachandran, even though your feet are physically distant from your sexual organs, their receptors are found right next to each other in our brain! If you stimulate a specific area of your somatosensory cortex, it will affect the neighboring areas, as

well. So, if your feet are in poor health, it is likely to negatively impact your sex drive. The good news is that the opposite is also true. Healthy feet will enhance the stimulation to the correlating receptors in our brain.

They say that cold feet mean a warm heart... that may be true, but healthy feet could mean so much more...

If you are experiencing any foot problems and have questions, please contact the staff at Foot Solutions in Estero. They are located at 21301 S. Tamiami Trail – Ste 300, Estero FL 33928 and can be reached at (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.

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# Are Proton Pump Inhibitors the Right Solution for Your Heartburn?

By Peter M. Denk, MD

**A**s a physician serving residents in the Fort Myers and Naples area, I was very skeptical when pharmaceutical manufacturers began to promote prescription medications on TV. The reason these medications are controlled and require approval is that they are powerful and often can have serious side effects. As an expert on gastroesophageal reflux disease, GERD for short, I am shocked at the frequency of the Proton Pump Inhibitor (PPIs) commercials – even Larry the Cable Guy is now an expert on how to manage your heartburn. But are PPIs right for you? There are important things you should know before you start down that treatment program.

For many, PPI medications are very effective for the treatment of GERD. What I, and most GERD experts believe, is that in order to make an informed decision regarding taking PPIs, or any drug for that matter, one must understand the drug, exactly what it does, why it was prescribed, potential side effects, and other options for treatment. At \$14 billion in US sales annually and growing, it is fair to say that PPIs are used indiscriminately in the United States without the above criteria being satisfied.



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PPIs are effective in decreasing the production of acid in the stomach, making its contents less irritating when they reflux into the esophagus. However, they do absolutely nothing to decrease the frequency or volume of your reflux. In effect, they make you feel better without addressing the disease itself. That comes at a price:

1. Once you begin, PPIs are likely to be required for life.
2. PPIs have immediate possible side effects of headache, diarrhea, and abdominal pain.
3. Long-term side effects are now becoming well recognized, including increased risk of hip fractures, an increased risk of a serious colon infection called C. Difficile colitis, low magnesium levels which can lead to heart rhythm problems, pneumonias, and interaction with other drugs.
4. We also now know that almost 40% of people on PPIs continue to have symptoms.
5. Finally, research has proven that over 30% of PPI users do not have reflux disease.

Given those issues, what else can you do? First, confirm that you have reflux disease. Diagnosing via symptoms or reduced improvement on PPIs is not a good means to diagnose GERD. See a physician that can perform the necessary diagnostics to validate a GERD diagnosis. If you are found to have reflux disease, there are many other things you can do to reduce your GERD symptoms:

**Lifestyle** - With proper education, lifestyle changes can reduce or eliminate the need for such potent medications in many patients.

**Diet** - Knowing your "trigger" foods and avoiding them can result in significant symptoms reduction.

**BMI** - Those extra pounds put pressure on your diaphragm causing an increase in GERD symptoms. Target a BMI of 25 or lower not only to manage your heartburn, but for your general health as well.

**Medications** - If you need medication to control your symptoms, there are several other drug categories that are available with much fewer side effects, such as H2 blockers (including Zantac, Tagamet, and others), and antacids like Tums and Mylanta. Unfortunately, these preferred options have been "forgotten" with the promotion of PPIs. It is also important to point out that if any of these medications are needed, they do not necessarily need to be taken daily. Remember, they act to control symptoms, so taking the least potent medication only as needed to control symptoms is recommended.

**Surgery** - Surgical and procedural alternatives directly address the underlining cause of GERD by restoring the barrier between the esophagus and the stomach. When performed by an experienced surgeon, these procedures can be highly effective at stopping reflux and reducing/eliminating the need for medications.

Finally, the most important thing you can do is to learn more about your heartburn. Reflux disease is a long-term chronic condition that can progress, leading to many complications including Barrett's esophagus and adenocarcinoma, esophageal cancer. I recommend our patient with reflux disease to learn as much as they can at [www.refluxmd.com](http://www.refluxmd.com), an Internet healthcare community dedicated to GERD. I also suggest that you visit my website to learn more about my practice, and if surgery is the right option for you, at [www.GISurgical.com](http://www.GISurgical.com). Educate yourself, know all your treatment options, build your support team including a GERD expert, and build your plan to symptom relief and good health.

**Peter M. Denk, MD** is a board-certified, fellowship trained surgeon specializing in minimally invasive and noninvasive Bariatric, Endoscopic GI and General Surgery. Offering two convenient locations in Ft. Myers and Naples, Dr. Denk is dedicated to providing a modern, friendly approach to complex surgical problems.





## RECOVER with Confidence™

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

By LaDonna Roye, Hairstylist

**H**air loss in any form is not easy to deal with, and people struggling with Trichotillomania (TTM) experience a unique form of hair loss. They pull out their own hair themselves. This behavior can create much shame, self directed anger and feelings of being out of control.

Compulsive hair pulling is a medical condition that affects one in 50 people. That is 3-9 million Americans and women are four times more likely to be affected than men. It's a type of impulse control disorder, often influenced by emotional stress, environmental factors, hormones, diet and extra sensory needs.

Trichotillomania is treatable. We encourage you to discuss your condition with a medical professional or a cognitive behavioral therapist who may help you get it under control.

Many who suffer with Trichotillomania have never been to a professional hair salon because they fear sharing this secret aspect of themselves.

**For more information on Trichotillomania go to Trichotillomania Learning Center (TLC) at [www.trich.com](http://www.trich.com)**



Before

As experienced professionals we at LaDonna Roye Hairstylist understand and encourage you to contact us. Simply advise us of the level of privacy you require. We have a private room and will be happy to give you an appointment when we can assure your utmost privacy.

A hair loss specialist can offer solutions to help cope with Trichotillomania. We have found that often the area that the patient is compelled to pull out can be covered with a hairpiece or wig helping patients to not pull out their own hair.

Have you considered a totally natural looking human hair wig or women's hair replacement system? The highly experienced professionals at LaDonna Roye Hairstylist will help you find the solution that's best for you.



After

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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

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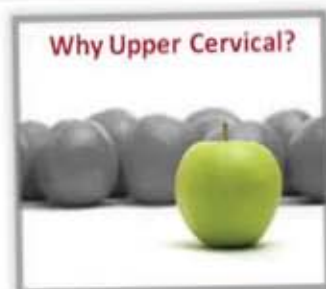


# Is Your Head on Straight?

By Drs. Drew and Kanema Clark

*Upper Cervical Care helps local woman that has been suffering with chronic neck pain, back pain, knee pain & extreme vertigo*

“I am an athlete, constantly working out and playing tennis with a bad left knee and a bad back,” says Nancy. Although annoyed, she continued to press on despite her bad back and left knee. However that all changed the moment Nancy began experiencing bouts of extreme vertigo. At that point a family member introduced her to Upper Cervical Care and after about 2 weeks of conversation, she decided to come in and see what the noise was all about. “I am a huge skeptic, but when the vertigo hit, I felt that I needed to do something.” On Nancy’s first visit to our office we were able to determine that the top bone (atlas) in her neck was misaligned, greatly contributing to the symptoms that she was experiencing. We took specific three dimensional upper cervical specific films to determine the nature of her unique misalignment and invited Nancy back for another appointment to discuss our findings. After showing her the exact measurements of her misalignment and explaining that our procedure required no twisting of her neck, she decided to receive her first Upper Cervical Adjustment.

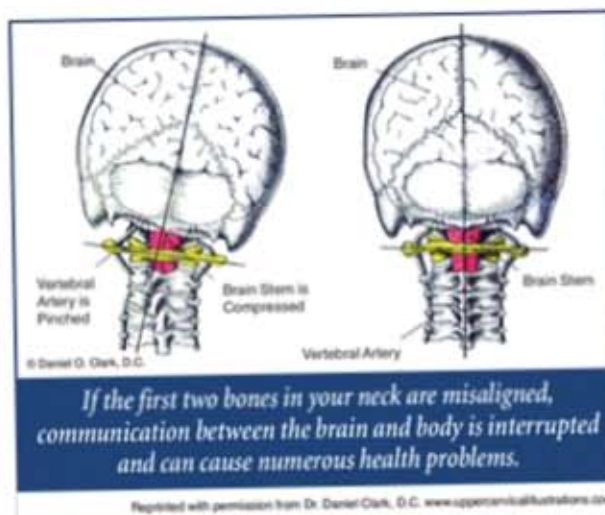


Why Upper Cervical?

## Upper Cervical Care

Chiropractic is a philosophy, science and art as it pertains to healing and nerve system function. Upper Cervical Chiropractors focus on the intimate relationship between the first two bones in the neck and a vital portion of the nerve system called the brain-stem.

The interrelationship between these structures is absolutely essential to the body’s ability to promote and restore health. Science tells us that the brainstem acts as a switchboard operator between the brain and body, relaying nerve signals to every cell, tissue and organ system via the spinal cord and nerves. A misalignment here will disrupt brain to body communication and if not corrected lead to the loss of body function and healing potential! Upper Cervical misalignments are caused by stress to the body, which includes but is not limited



to car accidents, falls, sports, poor posture, excessive emotional or chemical stress, or even birth traumas. Upper Cervical Chiropractors take great care in determining where a misalignment is in the spine and then corrects the misalignment with a precise adjustment. This serves to remove nerve system interference and allows the body to return to a state of health.

## Relief from a Simple Concept

For Nancy, she began to experience relief almost immediately, however this was not because we were treating her Vertigo or any of her other symptoms. She began experiencing relief because her head was now on straight and her body was beginning to function better. “I instantly felt better, my left knee pain was gone, my vertigo was gone and my neck problems had been eased. For all the skeptics out there give it a shot. I never thought that I would be doing this but here I am and I feel great.” Everything that happens in our body, from heart rate to the immune system, is dependent on how well our nerve system is functioning. The nerve system, comprised of the brain, brain-stem, spinal cord, and nerves is collectively coined the master control network in the body. It is directly responsible for how well our bodies function, adapt to its environment and heal. This makes the nerve system or master control network the foundational component to achieving true health.

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

~ Dr. Richard Cabot, Harvard Medical School

## Can you help me

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

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

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# Associates in General & Vascular Surgery

**A** hernia is a condition in which fatty tissue or an organ protrudes through the surrounding connective tissue, called fascia. Hernias can affect about 5% of the population. They can be found in both genders, but mainly happen in males. Women's abdominal regions are meant to carry children, so they are much stronger than their male counterparts. In a man's lifetime, there is more than a 25% chance of getting a hernia.

Hernias can occur without warning and can even be painless. While there are many types of hernias, the most common is the inguinal hernia. The Mayo Clinic defines an inguinal hernia as soft tissue, usually part of the membrane lining the abdominal cavity or part of the intestine, protruding through a weak point in the abdominal muscles. Inguinal hernias make up approximately 75% of all abdominal hernias.

It is important to know the signs and symptoms, along with what you can do to reduce your chances of experiencing one. An early sign to look for is a small lump in your lower abdomen that won't go away; this can come with or without pain. Sometimes the only pain is during strenuous exercise, like lifting an object or from straining during physical activity. You should always use proper technique when lifting anything heavy. Not only will your abdominal walls thank you, but your back will as well. When lifting, always make sure to keep your back straight, knees bent, and avoid any twisting or jerking. Maintaining a strong core, your abdomen and back, is one of the best things you can do to avoid the likelihood of a hernia. You don't have to be a bodybuilder to create a hernia-resistant core, either. Exercises that work out the abdomen, like Pilates and Yoga, are an excellent way to strengthen your connective tissues.



Another way to reduce your risk is to avoid smoking. Cancer and emphysema are not the only afflictions caused by smoking. Long-term smoking usually leads to a chronic "smoker's cough". This happens because of the increased mucous that smoking creates in the lungs. The strain of constantly coughing weakens the connective tissue, which increases the likelihood of a hernia.

What if you have been diagnosed with a hernia? First of all, it is important to know that it won't heal by itself. Surgery is an effective treatment to fix an inguinal hernia and repair the torn abdominal wall (fascia). If untreated, the hernia can cut off blood to part of the bowel, which can lead to tissue necrosis.

With the advancement of surgical techniques today, treatment can be performed in an outpatient setting. Shorter and less invasive surgery also leads to a much faster recovery. For more information, you may contact Associates in General & Vascular Surgery, a division of 21st Century Oncology, at (239) 939-2616.

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# PRADER-WILLI SYNDROME AWARENESS

## Still hungry for a cure.

### WHAT is Prader-Willi syndrome (PWS)?

PWS is a complex genetic disorder affecting appetite, growth, metabolism, cognitive function and behavior. It is typically characterized by low muscle tone, short stature, incomplete sexual development, cognitive disabilities, problem behaviors, and the hallmark characteristics—involuntary and uncontrollable chronic feelings of hunger and a slowed metabolism that can lead to excessive eating and life-threatening obesity. Those who have PWS need intervention and strict external controls, including padlocking access to food, to maintain normal weight and to help save their lives. PWS is a lifelong condition in which there is no known cure....YET!

### WHO has Prader-Willi syndrome?

It is estimated that one in 12,000 to 15,000 people has PWS. Prader-Willi syndrome does not discriminate; anyone can be born with PWS, it affects both males and females of all ethnic backgrounds. Although considered a “rare” disorder, PWS is one of the most common conditions seen in genetics clinics and is the most common genetic cause of obesity that has been identified.

### WHY does Prader-Willi syndrome occur?

Most cases of PWS are attributed to a spontaneous genetic error that occurs at or near the time of conception for unknown reasons. In a very small percentage of cases (2% or less), a genetic mutation that does not affect the parent is passed on to the child, and in these families more than one child may be affected. A PWS-like disorder can also be acquired after birth if the hypothalamus portion of the brain is damaged through injury or surgery.

### WHAT is known about the genetic abnormality?

Basically, the occurrence of PWS is due to lack of several genes on one of an individual’s two chromosome 15s—the one normally contributed by the father. In the majority of cases, there is a deletion—the critical genes are somehow lost from the chromosome. In most of the remaining cases,

the entire chromosome from the father is missing and there are instead two chromosome 15s from the mother (uniparental disomy). The critical paternal genes lacking in people with PWS have a role in the regulation of appetite. This is an area of active research in a number of laboratories around the world, since understanding this defect may be very helpful not only to those with PWS but to understanding obesity in otherwise normal people.

### WHAT are the appetite and obesity problems associated with PWS?

People with PWS have a flaw in the hypothalamus part of their brain, which normally registers feelings of hunger and satiety. While the problem is not yet fully understood, it is apparent that people with this flaw never feel full; they have a continuous urge to eat that they cannot learn to control. To compound this problem, people with PWS need less food than their peers without the syndrome because their bodies have less muscle and tend to burn fewer calories.

Newborns with PWS often cannot get enough nourishment because low muscle tone impairs their sucking ability. Many require special feeding techniques or tube feeding for several months after birth until muscle control improves. Sometimes in the following years, usually before school age, children with PWS develop an intense interest in food and can quickly gain weight if calories are not restricted.

Unfortunately, appetite suppressants haven’t worked consistently for people with PWS. Instead, an extremely low-calorie diet is required, as well as an environment designed to limit access to food. For example, many families have to lock their kitchen cabinets and refrigerators.

As adults, some individuals find controlling their weight is more easily managed in a PWS group home setting, as food access can be monitored without interfering with those who don’t require such restriction.

### WHAT kinds of behavioral issue do people with PWS have?

In addition to their involuntary focus on food, people with PWS tend to have obsessive/compulsive behaviors that are not related to food. Some are repetitive thoughts and verbalizations, collecting and hoarding of possessions, picking at skin irritations, and a strong need for routine and predictability. Frustration or changes in plans can easily set off a loss of emotional control in someone with PWS, ranging from tears and temper tantrums to physical aggression. While psychotropic medications can help some individuals, the essential strategies for minimizing difficult behaviors in PWS are careful structuring of the person’s behavior management and supports.

### WHO to contact for more information:

Contact the Prader-Willi Syndrome Association at (800) 926-4797 toll-free in the US or (941) 312-0400 or visit their website at [www.pwsausa.org](http://www.pwsausa.org). PWSA is the only national membership organization that is dedicated to improving the lives of all persons afflicted with Prader-Willi syndrome and supporting them at every stage of life through research, education, support and advocacy. Headquartered in Sarasota, FL, it was formed in 1975 to provide a vehicle of communication for parents, professionals, and other interested citizens. Hospitals, physicians, and parents from all over the world consult with PWSA about medical emergencies and questions daily.

*\*Source: Prader-Willi Syndrome Association*



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# Mental Health: Getting Through It

By Tara Moser, LCSW, RPT-S

**Y**ou wouldn't say "It's just cancer" and expect someone to get over it, would you? A friend shared with us a sign that says just that in an airport and it has stuck. Why do we expect friends and family to "get over" what life brings them if it relates to an emotion or a mental health situation, yet with medical conditions we are accepting, compassionate, and eager to help?

Mental health is alive and impacts everything we do. More people lack self care with their mental health needs than their physical needs. Every aspect of life relates back to mental health, yet we chose to ignore it and identify a huge fault in those that seek help or dwell on it. We tell them to move on and get over it. What if we could change our view of getting over it to getting through it?

When asked who would benefit from mental health services, my answer is always "who wouldn't?" Who among us doesn't have a bad day, bad relationship, trouble communicating, difficulty accepting life or a diagnosis, and even more so, those who are diagnosed (and those who love them) accepting a mental health diagnosis.

Our society is quick to say someone is "suffering" from a traumatic situation, yet judgment comes when that person seeks help. There are mental health professionals for every walk of life and every situation that arises. What is mental health? By dictionary definition, it reads something like: a psychological state of meeting life's demands. What is it to you? It could be the loss of a relationship or the loss of a loved one to death. It could be a life changing event such as loss of your job, your house,



or empty nesting. It could be surviving a trauma—something you define as a trauma, even if others were not impacted. It could be realizing you don't think or process the same way as others. There are so many ways to define mental health because for each of us, it is our own.

Finding coping strategies, improving communication, defining relationships, or having a safe person to share with can all improve our mental health. Laying on a couch talking to a doctor is not the only way to make this happen. Many mental health professionals have a variety of degrees and experiences.

At our practice we believe in expressive modalities of processing. Sometimes we need to go back to our original language of play and symbolically work through a struggle we are experiencing. Art supplies may give an outlet of creating the picture of a dichotomy of what is and what is desired. The safety and security of animals in therapy often gives confidence, self awareness, and empathetic listening.

There are many times when life brings us situations where words are hard to come by. Expressive means of processing give our brain a safe outlet. Writing a list or a letter, drawing pictures, going to the beach and getting our feet and hands in the sand, and so much more can help us refocus on self care and bring awareness back to our mental health needs.

When you start to feel physical symptoms, be sure to rule out that a mental health need isn't the underlying cause. Headaches, fatigue, stomach aches, and so much more can be attributed to unaddressed mental health needs.

Being the seed of hope for yourself and those around you to take care of their mental health needs makes you an advocate for change and awareness.

***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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# Underlying Causes for Limb Swelling

By Alyssa Parker

**T**here 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 it may take months or years for Lymphedema to manifest because of its slow progression. It is imperative that Lymphedema is treated quickly 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. Sometimes a discoloration of the skin occurs, referred to as hemosiderin staining, identified by a reddish staining of the lower limb. At times poor circulation results in shallow wounds due to the stagnant blood that would normally return to the heart.



Symptoms vary but may include swelling, aching, sharp pains, itching or burning, varicose veins, infection, chronic venous ulcer, and decreased mobility.

## Treatment

Pneumatic compression devices are one of the most highly recommended treatments for limb swelling and are a Medicare approved treatment option. 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.

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# The Secret to Healing Wounds Fast

As we age our body's ability to heal itself becomes less efficient. This is natural. Many people attempt to treat their own wounds with home remedies and end up with a bigger problem than what they started with.

## How do I heal my wound?

Collagen is a key component of a healing wound. It is unique in the wound healing process because it acts as a structural support in the connective tissues. A chronic wound burden among elderly has shown elevated levels of MMPs and TIMP levels in the skin leading to imbalances in collagen turnover. Collagen binds to and neutralizes the destructive proteases in the wound fluid. This eliminates the destructive process that occurs in the tissue. This results in the protection of growth factors and an overall increase in wound granulation and repair. In wound management collagen dressings are ideal to heal out the wound in thirty days.

## Are Collagen dressings covered by my insurance?

Medicare and many commercial insurers cover all or some portion of collagen dressings along with wound care supplies for qualifying wounds with the prescription of a doctor. Getting the proper treatment for a chronic wound can eliminate out of pocket expenses towards future medical expenses. Acute wound care is a leading provider of high end wound products as well as insurance reimbursement. Call Acute wound care today to find out more information on available wound care supplies covered by Medicare and other commercial insurers.





# Acupuncture Relieves Pain

By Adam Shuster, DO  
Pain Management Consultants of SWFL

**A**cupuncture is a complementary medical technique used for a variety of ailments, including pain. It is based on Eastern Chinese medicine and philosophy. There are more than 365 acupuncture points in the body. Energy pathways called meridians connect the acupuncture points. Qi (pronounced chee) is the energy that flows through the meridians. The aim of acupuncture is to restore deficiencies or correct excesses in Qi, thus restoring health.

## Acupuncture Has Promising Results

Acupuncture enjoys widespread use in the United States. It was recognized as having promising results by the National Institute of Health in 1997. Acupuncture has been used for postoperative pain, nausea and vomiting, and also for low back pain. Acupuncture is also used for neck pain, headaches, myofascial pain, and carpal tunnel syndrome.

## Studies Show Decrease in Pain

There have been many studies which show a decrease in pain, for a variety of pain complaints. Acupuncture is steadily being integrated in to modern medicine and may be helpful in increasing functioning and decreasing pain in a variety of painful conditions. Acupuncture is generally safe.



Patients may have bruising. It is possible to have bleeding, pain at the needle insertion site, and even pneumothorax (punctured lung); though these complications are not very common, and tend to be mild.

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## Lawyer For *Life*

### When Is It Time to “Service” Your Estate Plan?

Many people, with or without family, will have executed a Will or a Revocable Trust at some point in their lives as part of their “estate plan”. After executing those documents, they check that task off their “to-do” list and move on with “more important” things in their lives – often not revisiting those documents for years.

However, if you own a car, then you know it requires regular servicing in order to perform well and be reliable. More than likely, your car came with a recommended maintenance schedule based on how many miles it has been driven. After a certain number of miles, you need to change the oil, rotate the tires, install new brake pads and so on.

If you have a newer model car, one of those reminder lights might pop on to tell you when to get to the service station. Whether you have a reminder light or a service manual to remind you, generally, there is a way for you to know when it is time for you to bring your car in for routine maintenance so you can be sure that your car won’t break down when you need it most.

Like your car, your estate plan needs “servicing” if it is going to perform the way you want it to when you need it most. Your estate plan is a snapshot of you, your family, your assets and the tax laws in effect at the time it was created. All of these change over time, and so should your estate plan. It is simply unreasonable to expect that the simple will written when you were a newlywed can equally address your needs now that you have a growing family, or now that you are divorced from your spouse, or now that you are retired and have a number of grandchildren needing financial help with a higher education! Over the course of your lifetime, your estate plan will need check-ups, maintenance, tweaking, maybe even replacing more than once.

So, how do you know when it’s time to give your estate plan a check-up? Well, instead of having mileage checkpoints as your car would, your estate plan has event checkpoints.

Generally, any change in your personal, family, financial or health situation, or a change in the tax laws, could prompt a change in your estate plan.

It’s a good idea to review your estate plan at least every two years. You would be amazed how much in life can change in two-year’s time.

Set aside a specific triggering event (your birthday, anniversary, family gathering – Christmas, Thanksgiving) to review it. Keep these events in mind each time you read through your documents. If you think a change may be in order, don’t write on your original document; contact your attorney.

It is likely that most changes can be handled by a simple amendment that is attached to your current will or trust.

#### What Do You Do with Your Estate Plan once you have One?

Think for a few moments about what would happen if you became incapacitated or died today.

- Would your spouse, family and successor trustees know what to do?
- Would they know where to find your estate planning and health care documents?
- Do they know who should be notified?
- Do they know what insurance you have and the benefits they can apply for?
- Do they know what assets you own and where they are located?
- Do they know who your attorney and accountant are?
- If you own a business, do they know what to do to keep it operating?
- Do they know who to call if they need help?



*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.*

You don’t have to tell your family everything about your assets right now. But it is very important that they *know where to find this information when they need it*. So, organize it and let someone know where to find it. The point is to try and make things as easy as you can for your loved ones.

Give copies of your signed health care documents to your physician and designated agent. Keep the originals (titles, estate plan, health care documents) in one safe place like a fireproof safe in your home. You may also want to give a copy to your successor trustee; at the least, go over the main provisions with him or her.

ATTORNEY AT LAW  
**BARBARA M. PIZZOLATO, PA**  
ESTATE PLANNING  
TRUST ADMINISTRATION  
PROBATE  
BUSINESS PLANNING



#### 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.





# 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

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

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

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



*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.

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



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# Visiting Angels

**T**here are some things in life that are completely out of our control. The most obvious is the passage of time. As much as we try to fight it, the aging process catches up to all of us. At some point, it begins to affect our health. Conditions such as high blood pressure, heart disease, and loss of bone density can all occur in our later years. Our mental well-being can also become affected. Dementia and depression can be common among the elderly. There is no way to reverse the aging process, but there are many ways to improve our physical and mental health as we grow older.

Throughout the country, fitness clubs and programs are catering more and more to seniors. Regular exercise has been shown to increase bone density, which helps protect against fractures. If a bone fracture does occur, higher bone density speeds up the healing process to ensure continued independence. Of course, you want to make sure that any exercise program is approved by your physician.

Activities and exercises that focus on balance are particularly important. Falling for the elderly can be particularly life altering. According to the Nation Institutes of Health, over 300,000 people were hospitalized for broken hips last year; the majority of which were seniors. Many weight bearing exercises and aerobics can be performed from the comfort of our own homes. Visiting Angels, a home care organization, has seen a rise in seniors performing endurance, balance, and strength exercises.



Endurance training can be a walk around the block or using a treadmill at a low and comfortable pace. An excellent way to improve balance is by standing behind a chair and lifting each leg to your side while keeping your back straight. Remember that having someone spot you while performing these routines will always be a good idea.

Core muscles include the abdomen, lower back, and thighs. With a few minor changes to our sitting habits, for example, our core will benefit

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greatly. The average adult will spend anywhere from four to eight hours a day sitting in front of a television. During this time, we should be sitting completely straight with our feet flat on the floor. The stability of our lower and middle vertebrae can improve by just using correct posture.

By staying healthy and avoiding injuries, we will be able to maintain our independence for years to come. As people live longer, it is more important than ever to make exercise a part of our daily lives. Keep a positive attitude and if you need assistance, reach out to the various professionals that cater to older Americans.



# Spiritual Wellness

## Don't Give Up!

By Brent Myers, Pastor of Community Life

OK. So here we are... five months into a new year. How are things working out for you? Did you set goals for making this year the best year ever? Did you have dreams and ambitions to make this year different? Did you plan on making things better? Well... how are you doing?

Too often we wait until it's too late to ask these types of questions. But let me encourage you with this today: Don't Give Up!

Maybe you're well on your way to accomplishing your goals. To you I say: Press On! Keep pushing on! Perhaps you've had a rough go of it and you've been derailed or don't think you could ever reach the sights you set for this year. To you I say: Press On! Keep pushing on!

Now you may be thinking, "that's the same advice for both groups." You're right. The reason is because I believe this to be a fundamental principle we all need to learn: perseverance.

The apostle Paul penned these words nearly 2,000 years ago: *"So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up."* (Galatians 6:9, NLT)

Think about that for a moment. Let that settle in. "let's not get tired of doing what is good," "we will reap a... blessing," but here is the kicker: "IF we don't give up."

Wow! That's an awfully big "IF"...

### Perseverance reveals a lot about ourselves.

Perseverance reveals our conviction. Do I really believe in what I'm pursuing? Do I really feel deep down in my gut that what I'm going after is right and true? If I don't believe in it, then I'll give up quickly. But if I do believe, then how can I possibly give up?

**Perseverance reveals our commitment.** In his pursuit of creating a sustainable light bulb, Thomas Edison never gave up because he was committed. Edison is quoted as saying, "I have not failed, I've just found 10,000 ways that won't work." If I'm really committed to it, then it's not just a matter of "I won't give up" but really a matter of "I *can't* give up."

**Perseverance reveals our character.** Who are you when no one else is watching? What do you do when you're alone in your pursuit of your dreams and goals? If we persevere, we show our character.



Winston Churchill once said: "Never, never, in nothing great or small, large or petty, never give in except to convictions of honor and good sense. Never yield to the apparently overwhelming might of the enemy."

The writer of Hebrews put it this way: *"So don't throw it all away now. You were sure of yourselves then. It's still a sure thing! But you need to stick it out, staying with God's plan so you'll be there for the promised completion."* (Hebrews 10:35-36, The Message)

Stick with it. Press on. Reach your goals. Go for it! I used to work for a gentleman who would say this: "We do not determine a man's greatness by his talent or worth, as the world does, but rather by what it takes to discourage him." (JF)

So be great... and Don't Give Up!

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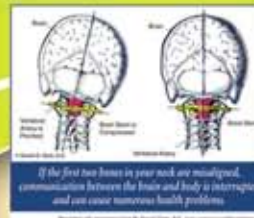
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