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Health & Wellness[®] MAGAZINE

June 2014

Collier Edition - Monthly

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Medical Director*



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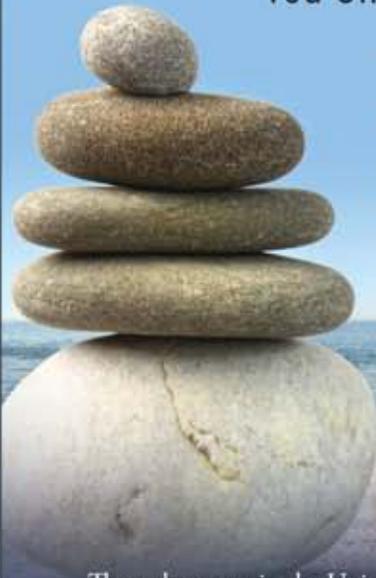
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Internal Medicine

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Naples, Florida 34109

239-594-5456



Michael Wang, M.D.
Family Medicine

1735 SW Health Parkway
Naples, Florida 34109

239-249-7830



Luis Pozniak, M.D.
Internal Medicine

1735 SW Health Parkway
Naples, Florida 34109

239-249-7800



Fritz Lemoine, Jr., M.D.
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CONTACT US

OWNER / ACCOUNT EXECUTIVE

Cristan Gensing
cristan@gwhizmarketing.com

OWNER / CREATIVE DIRECTOR

Sonny Gensing
sonny@gwhizmarketing.com

EDITOR

Lisa Minic

EDITOR

Lorrie Ritchie



Publishing • Advertising • Web Design • Graphic Design

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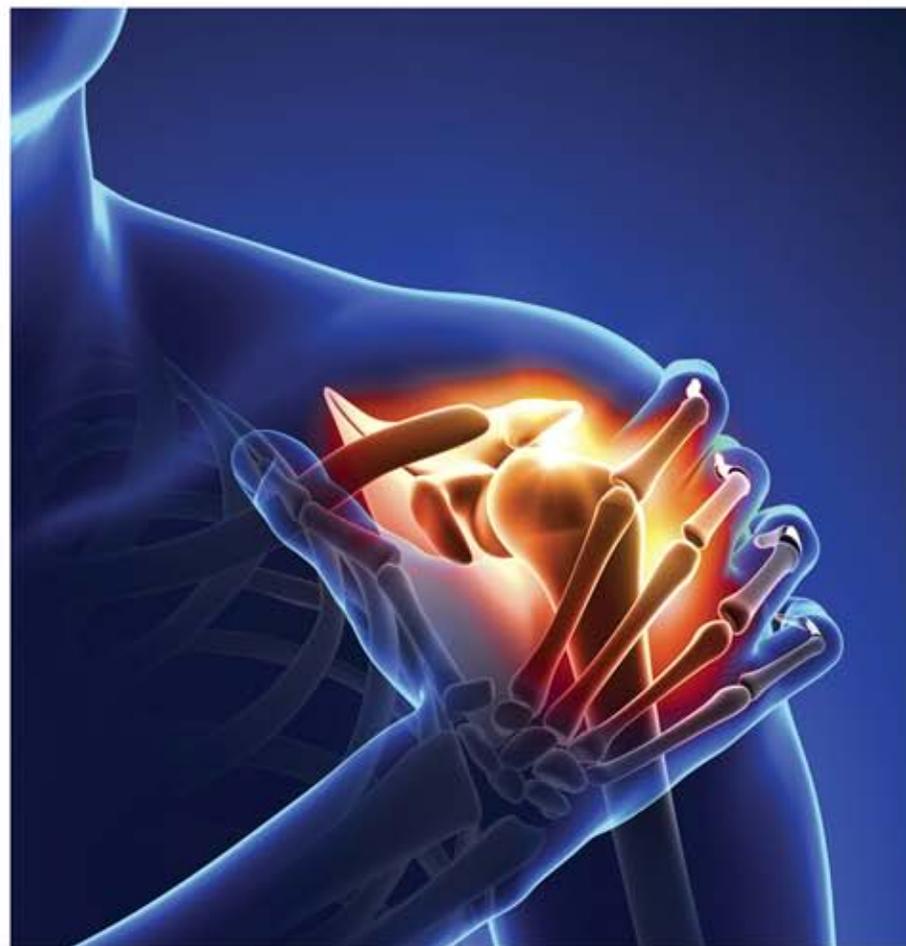


Did You Know: Eighty Percent of Shoulder Problems Do Not Require Surgery!

I have been in practice for seventeen years as a general orthopaedic surgeon with a sub-specialty in foot and ankle. As a general orthopaedic surgeon, I take care of all types of injuries ranging from fractures to degenerative joint disease, acute traumatic injuries sustained in accidents from slips and falls to car crashes, chronic problems in feet, ankles, knees, knee replacements, hips, hip replacements, elbows, wrists, hands, shoulders, crush injuries, sports injuries, and nerve damage in extremities just to name a few. In the last several years as my practice has continued to diversify I have been taking care of a greater number of people who have shoulder problems. I have had literally hundreds of patients come to me with surgical recommendations. I have treated most of these people conservatively back to great shoulder health without surgery.

Often I am scratching my head trying to figure out why surgery was recommended in the first place because these people have minor problems that 80% of the time could get better with a cortisone shot, physical therapy, and activity modification. In fact over the years I have kept a log of these patients who were strongly recommended for surgery who were very intrigued to hear there were conservative measures that could work. With the list several hundred patients and growing; simple conservative remedies have gotten them completely better. No surgery had to be entertained and no surgeries were performed.

I can only remember the teachings of Dr. Hubert Pearlman my mentor and the chairman of my orthopaedic surgery residency. He was a guru of all things orthopaedic in Brooklyn, NY. In fact he was the doctor that brought joint replacements to Brooklyn, NY. He always lectured us that sleazy, shady, unnecessary selling is something that fits in very well with owning a used car lot. If that's what you want to do when you grow up, it's your right to do it, but then you should work or own a used car lot. He always told us as physicians and surgeons to do the right thing. We did take a Hippocratic Oath to attempt never to do harm, to always be on the right side of medical treatment, to do your best. Even in spite of your best, sometimes bad things happen to people. And at least if you tried to do your best you can feel good about your treatment. He warned us that even in a busy practice there could be weeks or months where our offices could be near empty and we would be wondering if we would ever get a new patient again. With a reputation for doing the right thing, trying your hardest and best for patients, patients will continue to come.



To err is human. But, I have always tried to live by those words of wisdom from my old chairman, may he rest in peace, and those words have never failed me. Do the right thing, do only the treatments that are necessary. There will always be enough people with real medical problems that you don't have to make them up and do unnecessary things. Treat each patient the same way you would treat a family member. These are words to live by and I try my best.

Myles Rubin Samotin M.D.
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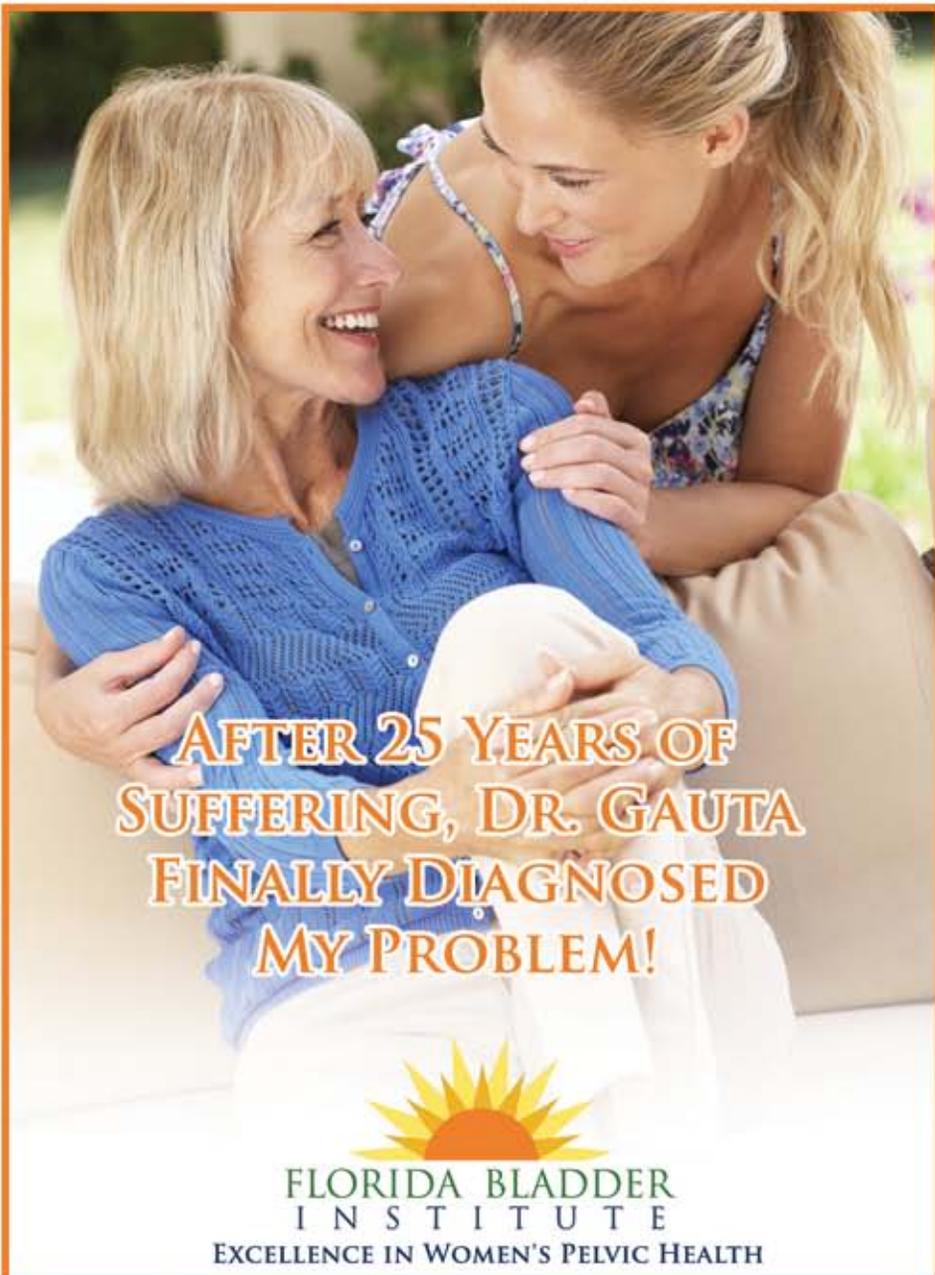
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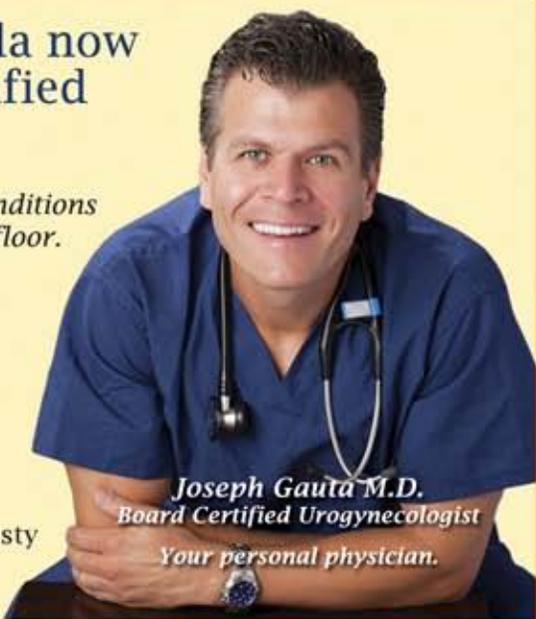
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Men's Health:

Hormones don't just affect Women

By Dr. Gopinath S. Sunil

As men age, we tend to experience a series of common issues. The "spare tire" around our mid-section, hair loss, and a decrease in sex drive to name a few. What is the common thread in all of these little presents that Father Time has given us? Hormones.

First, our thyroid is probably one of the most important pieces to our hormonal puzzle. What is the thyroid? The thyroid is a gland that is found below our Adam's apple at the base of the neck. It is butterfly-shaped with the two "wings" hugging the sides of one's windpipe and, not surprisingly, it can actually affect the quality of your voice. Its hormonal secretions also influence growth, body temperature, and metabolism. A slower metabolism is one of the leading causes of that extra weight that seems so hard to lose. As our thyroid produces less of these hormones, our bodies can't seem to keep up with our caloric intake.

Obesity, Diabetes, and even high blood pressure have all been linked to low testosterone. There are still varying opinions on why the link exists, but the connections are undeniable. Recently, research has uncovered something fascinating when it comes to

the relationship between low testosterone and these conditions. One group studied over two thousand men over the age of 45 and determined that certain associations appeared to exist. They discovered that if their subjects suffered from obesity or diabetes, their chances of having low testosterone increased more than 200%.

The fact is that growing older can be challenging. However, once it has been determined that a hormonal imbalance exists and is treated, it becomes more likely that we can halt or at least slow the progression of these disorders. Many researchers have ascertained that, by taking testosterone supplements, the subjects' libidos improved significantly. Thyroid treatments have also been shown to help with some of these conditions; such as, weight management.

If you have any questions regarding the role of hormones and their connection to Diabetes, weight gain, or any of the other challenges related to aging males, you can contact Dr Gopinath Sunil at (321) 325-1111. He is the medical director for The Gland Center located at 11181 Health Park Blvd, Suite 3050 in Naples.



Gopinath Sunil, M.D.

Graduated in medicine from India (University of Kerala) 1987

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

Research Associate in Reproductive Endocrinology, Stanford University, CA

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

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

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

Chief of Endocrinology, Physicians Regional Medical Center 2003-2007

Medical Director, Arizona Endocrinology & Diabetes, Scottsdale, AZ

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

Research: Obesity, Diabetes, thyroid disorders.



Dr. Cheryl Robinson

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

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

Residency at Mercy Hospital in Oklahoma City, Oklahoma

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

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

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

Active Member with the American Dietetic Association (ADA)

American Diabetes Association (ADA)

American Association of Diabetes Educators (AADE)

National Kidney Foundation (NKF)

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

Beta Cell transplant in the Type 1 Diabetic Diabetes, Obesity, Renal Disease



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A New Solution to an Old Problem

By Joseph Gauta, MD, FACOG

Many 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. Sacral nerve stimulation (pudendal nerve stimulation) has been proven effective in combating these annoying bladder and fecal issues. 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 tiny wire the size of a hair is placed just under the skin 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.



Q&A

with
Joseph Gauta M.D.

Board Certified Urogynecologist

Why did you seek treatment?

I was in a car accident and suffered some muscle and nerve damage. Since the car accident I've experienced incontinence and my toes curl under rather than go straight. My friend told me about the percutaneous tibial nerve stimulation and how it worked great to treat her incontinence so I decided to give it a try.

What does the treatment entail?

I went to the doctors office once a week for 12 weeks to have the percutaneous tibial nerve stimulation done. After 6 visits the doctor interviewed me to see how it was working. I told him after one treatment I noticed improvement. A small needle that resembles an acupuncture needle was placed into my ankle. This needle pulses and sends an electric current up the tibial nerve. It doesn't hurt at all. The electric current reawakens the nerve that wasn't working. The treatment lasts about 45 minutes. As a bonus, my toe that was curled under on that foot is now straight!

Would you recommend this treatment to a friend?

Oh yes, that's how I found out about it. I tell all my friends about it and hopefully it can help them too.

--- M.S.

Early Detection of Heart Disease!

Hung cancer is the #1 cancer killer in the United States. 222,520 people are expected to die from lung cancer. Heart Disease is a well-known topic. However, when most people hear about it they assume it will never happen to them. They brush off the idea as someone else's problem. The fact of the matter, however, is that heart disease is the number one cause of death in the United States and it will affect more and more of us. Another assumption is that heart disease mostly affects the older generation. Statistically it is actually evenly split; one half of heart disease victims are under the age of 65, while the other half is over. Still unconvinced that you may need to take precautions regarding heart disease? 80 million Americans have one or more types of heart disease. That's right, 80 million! It is time to shine some light on this topic.

First, here are some initial symptoms to look for:

- Shortness of breath
- Sweating
- Weakness or Dizziness
- Nausea
- Palpitations
- Faster Heartbeat

If you don't have any of these symptoms, are you in the clear? Not necessarily. Many times, people can have heart disease without experiencing symptoms until it is too late. Being aware of your own body is important, but there are technologies that can also help you see if you are at risk. Calcium Scoring is one; it can determine if there are any fragments of calcium in your coronary (heart) arteries walls. Our coronary arteries are in charge of supplying oxygen-containing blood to the heart muscle. It is vital for this passage to the heart to be clear. When there is a buildup of plaque in our coronary arteries it can cause serious problems. The plaque can disrupt and narrow the flow of blood and increase the risk of a heart attack. Statistically speaking, 8.9 million Americans have chest pains per year from reduced blood flow to their heart muscles.



How do I find my Calcium Score? Computed Tomography (CT) Scans are used to produce images that show what is happening inside our bodies, similar to x-rays. However, there have been studies that show CT scanning to be more accurate than standard x-rays. Ct Scans can help determine the presence of atherosclerosis, a disease of the vessel wall, often called Coronary Artery Disease. Not only can they cast images of your blood vessels, but of internal organs, bones, and soft tissues as well.

CT Scans are also used to help diagnosing other problems; such as, abdominal pain, hernias, infections, kidney stones, appendicitis, and many more. These tests are fast, simple, and painless. The key to avoiding any medical issue, such as heart disease, is awareness. Identifying our body's current state, what complications our body may be experiencing, and finding out the relevant treatments are the first steps. When it comes to heart disease, there are some simple behaviors that reduce our risk:

- Do not Smoke
- Eat Healthy (Fruits & Vegetables)
- Exercise Regularly
- Keep a Healthy Weight
- Maintain your Blood Pressure & Cholesterol



By 2020, heart disease has been estimated to be the leading cause of death throughout the world. If you are concerned that you may be at risk, take advantage of Calcium Scoring to help determine the health of your heart. You can contact Naples Diagnostic Imaging Center at (239) 593-4222 or visit them at 40 S Heathwood Dr on Marco Island.

Pam Caslowitz, MD

B.A., Brown University-1983

M.D., Johns Hopkins University School of Medicine-1987

Certified-American Board of Radiology-1993
Residency-Diagnostic Radiology, Tufts, New England Medical Center, Boston, MA-1989-1993
Clinical Fellowship- Johns Hopkins 1988-1989
MRI Fellowship-Mass General 1993-1994
Areas of Special Interest-MRI and Body Imaging



Commonly Asked Vein Questions

By John P. Landi, MD, FACS, RPVI, RPhS, Diplomate of The American Board of Phlebology

Varicose and Spider Veins affect millions of people throughout the world. Over the last ten years the treatment of both Varicose and Spider Veins has changed drastically. Initially, the only available treatment for Varicose Veins was a radical surgical procedure called "Ligation and Stripping" which required multiple incisions and multiple stitches. This has now been replaced by techniques to close the leaking valves of the veins with either a Laser or Radio Frequency instrument. Spider Veins which were initially treated only with an irritating saline solution with multiple potential side effects has largely been replaced by Foamed Sclerotherapy which has excellent results and very few side effects.

In my vein practice there are a multitude of commonly asked questions concerning veins and these will be addressed in the next few paragraphs.

The most common question that is proposed to me concerning Varicose Veins is "What Causes Varicose Veins". Varicose Veins have many factors that can lead to their formation. The most common reason for Varicose Veins to form is strictly a heredity component. If one's mom or dad has Varicose Veins then there is a strong propensity for this to be passed on to their children. The second common cause of Varicose Veins in women are pregnancies. This is due to the uterus putting pressure on the pelvic veins resulting in weakening of the valves leading ultimately to Varicose Veins. Other common causes of Varicose Veins are trauma, prolonged standing, aging and prolonged inactivity.

The second common question is what are the complications of Varicose Veins. Varicose Veins can lead to many potential complications. These can include clots in the veins which is called "Superficial Phlebitis" or "Superficial Thrombophlebitis". In addition to that, Varicose Veins can bleed. They can lead to "Ulcerations" and they can lead to a condition called "Chronic Venous Insufficiency" which is a discoloration and swelling of the leg from backup of blood over a long period of time.

The third question often asked of veins is, are the treatments of Varicose Veins and Spider Veins considered "Cosmetic". The answer to this question can be both Yes and No. Varicose Veins are almost always a non cosmetic issue when it can be proven that they are due to Valvular Insufficiency. Valvular

Insufficiency is proven by an extensive Venous Ultrasound. Spider Veins on the other hand can be due to Valvular Insufficiency in approximately a third of instances. However, if there is no Valvular Insufficiency demonstrated then Spider Veins would be considered strictly cosmetic.

The fourth question is "What is Phlebitis". Phlebitis is essentially an inflammation of the veins and there are two kinds of Phlebitis. One is called Superficial Phlebitis or Superficial Thrombophlebitis which is due to a clot in a Varicose Vein. This is usually treated with warm compresses and anti-inflammatory medication and usually resolves within ten days to two weeks. There is a very low threat of this progressing to a Deep Thrombophlebitis and Pulmonary Embolism. On the other hand, Deep Venous Thrombophlebitis is a clot of the deeper veins, namely the Femoral and Popliteal Veins and also the Iliac Veins. These are veins located deep in the body. Clots that develop in these areas are serious and must be treated with anticoagulation consisting usually with Heparin and Coumadin. They also have a risk of breaking off and going to the lungs to cause Pulmonary Embolisms.

Do Varicose Veins recur after treatment?

The recurrence rate of Varicose Veins after Vein Closure Treatment is approximately five percent within five years. If veins do occur then a source for the recurrence must be established. This could be other valves that have reopened or Accessory Veins that have formed or even missed or duplicated veins. Again, this can be ascertained by a Duplex Ultrasound.

How do you treat Varicose Veins?

The treatment of Varicose Veins as mentioned in the first paragraph, is to close the leaking valves with either a Laser or Radio Frequency device. This is done in an office environment under a local anesthesia with mild sedation and carries an excellent cosmetic result. There is no longer any need for extensive incisions or any prolonged surgery.

How do you treat Spider Veins?

Spider Veins are treated by Sclerotherapy which is the injection of a solution to eradicate the vein. There are many forms of Sclerotherapy including, Liquid Sclerotherapy, Ultrasonic Guided Sclerotherapy and Foamed Sclerotherapy. There are also many kinds of Sclerotherapy agents including, the

detergent agent sodium tetradecyl and the irritant glycerin. The old Sclerotherapy of Hypertonic Saline is rarely used.

What happens to blood in the leg after Varicose Veins are treated?

This is one of my most commonly asked questions in patients who undergo Laser Vein Ablation. One must remember that the Saphenous Vein is a Superficial Vein. So, in treating this vein we are only treating veins in the Superficial System. There are actually three levels of veins in the body. A Superficial System, a Deep System and a Connecting System. The Deep and Connecting Systems are not touched, therefore, once the Superficial System is closed, blood will flow normally through the Connecting System to the Deep System without any change in the function of the leg.

Another commonly asked question is, for how long do I wear Compression Hose following Vein Treatment?

As a rule of thumb, following Laser Vein Ablation or Radio Frequency Ablation, two weeks of Compression Therapy is recommended. This usually consists of a graduated Compression Stocking and or Support Bandages. In reference to Spider Vein Treatment usually forty eight hours of Compression Therapy is all that is necessary.

How is the diagnosis of Valvular Insufficiency made?

The answer to this question is that an extensive Duplex Ultrasound of the Venous System will make the diagnosis of Valvular Insufficiency. This should be done by a Certified Technician and interpreted by a Physician Certified to read Duplex Ultrasounds.



Pre-Treatment



Post-Treatment

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

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By Mariana Vergarara

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Look 10 Years Younger



Safety at Home and Work

Richard Parfitt, Director of Public Safety

Who has not heard the adages 'watch where you step', 'don't talk to strangers' and 'don't run with scissors'. Though sometimes funny, they have been passed down for generations to keep us and our children safe, but sometimes we forget or ignore these common sense warnings and others like them. In a similar way we block-out our internal monologue, that inner voice that tells us we shouldn't do certain careless or reckless things in life.

The two safety mechanisms mentioned above are easy to use and cost nothing, except maybe a little more thought and possibly some time.

Because *danger never takes a vacation, safety must never take a holiday*. Some of the best advice for protecting yourself is not about training in martial arts, the latest weapons on the market, or the latest technology, but from your awareness of your surroundings. This is not intended to have you become paranoid, or become a student of actuarial science, but to be more aware. Always evaluate what you are doing and where you are. Have you been out walking and the shortcut to your destination is a darkened street and your 'gut feeling' tells you not to go that way...do you continue on that path or go a different route? Many times we ignore those 'gut' instincts or intuition and go into potentially dangerous situations we could have avoided. Maybe not always accurate, but those instincts are hard-wired into us from the days of the caveman when man had to protect himself from animal predators. Unfortunately today we must protect ourselves from human predators.

You can train yourself, your loved-ones, and especially your children the importance of the responsibility of protecting themselves. We don't want to give our children the belief, or maintain the notion ourselves, that our safety is someone else's responsibility. There have been various campaigns over the years that help us remember that we are ultimately responsible for our safety: don't drink and drive; wear seatbelts and more recently, don't text and drive. These marketing campaigns and messages stress the need to protect yourself and others.

Gavin de Becker, an expert on the prediction and management of violence and author of a number of books on protecting ourselves wrote in his book, *The Gift of Fear*, "whether it is learned the easy way or hard way, the truth remains that your safety is yours. It is not the responsibility of the police, the government, industry, the apartment building manager, or the security company" (p.12).

To take safety seriously means accepting responsibility for our own protection. Become aware of your surroundings; take notice of people or circumstances that seem out of the ordinary and trust your instincts. If that inner voice says, 'don't walk down that dark street' or 'don't take a ride from that person', trust those instincts. Weapons may protect you from violence, but the best solution, according to de Becker is not from technology, but intuition.

You have to know when your intuition is sending you messages and



trust them. Animals have natural instincts, but de Becker says that we sometimes do not explore those messages and even ignore those 'survival signals' (p.31). The messengers of intuition can include the following:

- Nagging feelings
- Persistent thoughts
- Humor
- Wonder
- Anxiety
- Curiosity
- Hunches
- Gut feelings
- Doubt
- Hesitation
- Suspicion
- Apprehension
- Fear

De Becker says that intuition might send one or more of these messages to get your attention, and you must recognize them for what they are. Because they differ according to urgency, you must also understand they are not all equal and the ranking goes from the more simple of nagging feelings to the messenger of highest order, fear (p.73).

Train yourself in a simple way and apply those concepts to your safety at home and work and remember with any training you are going to react to

situations based on how you've trained. Trust your intuition while using what-if scenarios, where you can mentally plan for what you would do in a particular situation. What-if scenarios can be done any time; while driving, walking or just relaxing. It doesn't require a classroom setting. Being aware of your surroundings can help you avoid becoming a victim of an accident or a crime.

As an example, if you're walking to your car at night in a dark parking lot, be aware of people around while thinking: "What would I do if I'm confronted? Where would I go?" Basically, have a plan in mind and if the situation changes, for example if you see someone sitting on your car's hood, what would you do? This is not about becoming paranoid, but aware. Being aware of your surroundings and listening to your inner voice are two ways that you can increase your safety as well as those around you.



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More than 21 million US adults 18–64 years of age have a disability. These are adults with serious difficulty walking or climbing stairs; hearing; seeing; or concentrating, remembering, or making decisions. Most adults with disabilities are able to participate in physical activity, yet nearly half of them get no aerobic physical activity. Physical activity benefits all adults, whether or not they have a disability, by reducing their risk of serious chronic diseases, such as heart disease, stroke, diabetes and some cancers. Only 44% of adults with disabilities who visited a doctor in the past year were told by a doctor to get physical activity. Yet adults with disabilities were 82% more likely to be physically active if their doctor recommended it.

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Adults with disabilities are 3 times more likely to have heart disease, stroke, diabetes, or cancer than adults without disabilities.



1 in 2

Nearly half of all adults with disabilities get no aerobic physical activity, an important health behavior to help avoid these chronic diseases.



82%

Adults with disabilities were 82% more likely to be physically active if their doctor recommended it.



Doctors and other health professionals can:

- Ask adults with disabilities how much physical activity they get each week.
- Remind adults with disabilities to get regular physical activity consistent with their abilities. They should try to get at least 2 1/2 hours a week of moderate-intensity physical activity. If this is not possible, some activity is better than none.
- Recommend physical activity options that match the specific abilities of each person and connect them to resources that can help each person be physically active.

Adults with disabilities can:

- Talk to your doctor about how much and what kind of physical activity is right for you.
- Find opportunities to increase physical activity regularly in ways that meet your needs and abilities.
 - Regular aerobic physical activity increases heart and lung function; improves daily living activities and independence; decreases chances of developing chronic diseases; and improves mental health.
- Start slowly based on your abilities and fitness level (e.g. be active for at least 10 minutes at a time, slowly increase activity over several weeks, if necessary).

For more information please go to:
<http://www.cdc.gov/vitalsigns/disabilities/index.html>



Living with Diabetes?

Understanding the Disease from a Diabetologist's Perspective

By Kara Jacobs

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

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

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

A Passion for Diabetes Education

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

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

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

Understanding Diabetic Terms

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

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

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

Diagnosing Diabetes

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

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

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



Charles Kilo, M.D.

Charles Kilo, M.D.C.C.D., A.M.E.
Internal Medicine, Diabetology

Taking Control of Diabetes

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

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

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Dentophobia... What's That?

By Justin Lee

There are many reasons that people use to avoid the dentist; busy schedule, previous "bad" experience, and outright fear...

Yes, let's be honest, studies show that around 75% of us have some sort of apprehension regarding a trip to see our friendly smile experts. This probably is not too shocking; considering that most people are not thrilled with the idea of needles, drills, and the like. However, there is a segment of the population that encounters a more severe reaction to dentists. They have dentophobia, the heightened fear of going to the dentist. This is when people are absolutely terrified of anything and everything having to do with dental care. For this group, there are steps that be taken to overcome their fear.

First of all, there is much to fear from NOT going to a dentist. Without proper treatment and prevention, various conditions can become quite serious; ranging from gum disease, tooth decay, and even mouth cancers. Avoiding care will only ensure that more extensive treatment will be required down the road.

What can you do if you experience this phobia? Well, certain techniques can help. The "fear of the unknown" allows our imagination to fill in the gaps with scary images, or the "friend of a friend" horror story that has made its way around the office. Take some time to learn more about the procedures before your visit. This will reduce the amount of unknowns and, thus, the amount of fear you will have. Also,



let your dentist know about your apprehensions. According to local expert, Dr. Sonia Rocha, explaining the procedure thoroughly to her clients gives them peace of mind and helps minimize their concerns. Another thing to ask your dentist is the chance to hold some of the equipment before they start using it. Getting a chance to handle the tools can take away more of the mysteries surrounding your experience, as well.

Take this a step further and bring a few of your own tools to the visit. What? What tools do I have? Well, one of the reasons people cite for their fear is the difficulty of breathing through their nose. If you are one of the many people that are mouth-breathers, try bringing a nasal strip that is designed for snoring. It can open your nostrils and help you breathe more freely during the procedure. Also, if the sound of drilling makes you "uncomfortable", earplugs can work wonders. Or better yet, ask your dentist if you can bring in headphones. A little dose of your favorite music should set you at ease.



Dr. Sonia Rocha

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In many cases, people who are afraid of the dentist just choose not to go. Again, this only makes matters worse. Not receiving appropriate and timely dental care can result in serious conditions that require more invasive procedures. It ends up being a self-fulfilling prophecy. Choose a dentist that is understanding of your anxiety and willing to ease your fears.

Tower Dental is located at 27400 Riverview Center Blvd. Bonita Springs, FL and 11121 Health Park Blvd., Suite 200, Naples, FL. Dr. Sonia Rocha has made it a priority to offer a comfortable and relaxed office experience. She graduated from New York University and has over 20 years of experience. Dr. Rocha is also a proud veteran of the United States Air Force. She can be reached at (239) 495-7400.

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NATIONAL MEN'S HEALTH MONTH

June is the month all about the men in our lives! Not only do we celebrate Father's Day in June, but June is also National Men's Health Month. It is a time when each man should take time to invest in their health.

Each October there is always a push for breast cancer awareness and it seems as though everyone is wearing their pink in support of breast health. It will be a great day when we get to the point where we celebrate men's health as much as we do women's health. There are a few key factors that men need to consider to keep themselves healthy. As with any average healthy person, we need to make sure we're exercising most if not all days of the week. The Surgeon General would like every American to achieve 150 minutes of activity a week. Those 150 minutes can be broken up in 10 minute bouts if the entire 30 minutes a day comes off as too daunting. Along with exercise is eating a diet rich in fruits and vegetables. Choose lean cuts of meat, eliminate as much processed food as you can, and eat closer to nature. Living in south-west Florida we are already keenly aware of the importance of hydration. Keep drinking water to maintain healthy cells and metabolism. Those are healthy tips anyone can follow whether male or female, and at any age.

For men specifically, what do they have to pay attention to? Heart disease is the number one killer in America. While we can exercise and eat a healthy diet, it is also important to have a few minor tests done to make sure you're functioning on all of your cylinders. First, have your blood pressure checked. While most will agree that it fluctuates throughout the day, and depending on who is taking it, having a base line of blood pressure is a great start. Your blood pressure should be around 120/80. Do not take your blood pressure right after a stressful event, after exercise, etc. If the first number rises above 140 or the second number rises above 90 it would be a good idea to sit and talk to your physician about why your blood pressure is elevated. Although having your blood pressure alleviated through a healthy lifestyle is ideal, sometimes medication is the best solution.

In addition to controlling your blood pressure, having your blood cholesterol within normal limits is also important. A total cholesterol score below 180 mg/dL is an optimal number to be at. Your total cholesterol score is based on the formula of your HDL level (your "good" cholesterol) + your LDL level (your "bad" cholesterol) + 20% of your triglyceride level. A seemingly healthy person on the outside may have cholesterol that is not within optimal limits.



Do not let looks fool you! Blood pressure and cholesterol levels cannot be determined by looking at how "fit" or "healthy" a person looks.

Another tool used to help determine someone's health is their waist to hip ratio. This measurement, which can be done by anyone, is a quick way to determine if your body shape may be putting you at risk for diseases such as heart disease. To take this measurement, first take a measuring tape around the smallest part of your waist. Most times it is below your rib cage but above your navel. Next take the same tape and put it at the largest part of your hips. This should be the widest point that you have. Take the first number (your waist) and divide that by the second number (your hip). If the number you come up with is higher than 0.9, it is another warning factor for heart disease.

With all of these simple and quick tests, a man can quickly determine if he needs to see his doctor for further assistance. Blood pressure tests can be performed at most drug stores for free, the waist to hip ratio can be completed at home. Many local health fairs will offer complimentary, or a greatly reduced cost, for blood cholesterol monitoring. While working with a physician they can also address other pertinent issues such as prostate health to ensure your at your optimal health.

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WHAT YOUR ORTHOPEDIC SURGEON DOES NOT WANT YOU TO KNOW...

An FDA Approved Treatment For Osteoarthritis That May Eliminate The Need For Total Knee Replacement Surgery

By Physicians Rehabilitation

Osteoarthritis is one of the ten most disabling diseases in developed countries (WHO, 2012). Worldwide estimates are that 10% of men and 18% of women aged over 60 years have symptomatic osteoarthritis, including moderate and severe forms. It is estimated by the year 2030, 72 million Americans will be at high risk for osteoarthritis.

As the general population ages, more and more baby boomers are opting for knee replacement surgery earlier in life. The reason being that boomers are more active than any previous generation. They want to continue playing their favorite sports, run and dance with the same level of intensity as they are used to.

Previously, knee replacement surgeries were only performed on very old patients who were crippled with osteoarthritis and severely hindering their daily activities. "Now patients in their 40s and 50s are experiencing an earlier onset of osteoarthritis that affects their daily lives," says J. David Blaha, M.D., an orthopedic surgeon at the University of Michigan Health System. In fact, the number of boomers opting to go under the knife for early knee replacement is growing at an alarming rate.

One major concern for orthopedic surgeons is the longevity of the knee implant. Due to the fact that most joint replacements have been performed primarily on older patients, there isn't a lot of data to show how these implants hold up in younger people, who will engage in more activities and have them over longer periods of time.

Even though orthopedic surgeons are using newer and better materials and techniques, they remain dubious about their improvement in durability. They are uncertain how the knee replacements will hold up over time, especially since some plastics used have only been out there for several years.

*"It appears that surgeons are more satisfied than patients after total knee replacements."
In a United States study, a third of patients were dissatisfied with their operation 6 to 12 months later.*

Younger knee replacement patients may need to get a new replacement in as little as 5 to 10 years, which is a concern. "It gets more complicated with each revision," says Michael R. Baumgaertner, M.D., professor of orthopedic surgery at Yale University School of Medicine. "Every time it has to be redone, there is more bone loss."



What Is Knee Replacement Surgery?

A total knee replacement surgery is a medical procedure designed to replace weight-bearing surfaces of a knee joint. The surgeon cuts away bone, cartilage and ligaments of a diseased knee-joint, and replaces them with an artificial joint made of an alloy of cobalt, chrome or titanium, and a plastic compound called polyethylene. The entire surgery typically takes 2 to 3 hours without any complications. However, recovery from total knee replacement surgery is bound to take much longer.

How Long Is Recovery From Surgery?

There are several factors that influence your recovery, such as, your age, medical history, level of fitness and the severity of the problem. Once the surgery is complete, your doctor will keep you under observation in the hospital for around 3 days.

Most patients experience severe pain after knee replacement surgery. In fact, for the next two weeks or so, you'll need to use a cane or a walker in order to move about. Your activities will be kept to a minimum during this time since you cannot exert too much force on your knee. Many still experience pain during this time, and must resort to using painkillers in order to find relief. The duration of pain differs for each person but doctors claim you will find natural relief within 3 months of surgery with ongoing physical therapy.

How Much Does Surgery Cost?

The United States has among the highest costs in the world for knee replacement surgery. An American with no health insurance can expect to pay \$45,000 - \$70,000 at a typical hospital. Even with insurance, there are still costly deductible and co-pays that must be paid.

What Are The Long Term Effects, Years After Surgery?

The following are some facts that you should consider before undergoing knee replacement surgery:

- Kneeling may be problematic. It can hurt to put weight on metal knees, even on a cushion, making activities like gardening a challenge.
- Falling or banging an artificial knee can hurt a lot more and last far longer than you might expect.
- Going down steep steps can be difficult and may require using a sideways, one-foot approach. This is because a normal knee bends at an angle of 145 degrees, but replaced knees often achieve only 120 degrees, if that. Sitting on the floor cross-legged may be impossible.
- Despite months of physical therapy and the passage of time, residual discomfort may still be experienced.
- Since most artificial knees are metal, they may set off the security alarm at airports, requiring a personal scan with a wand.
- Some patients require a surgical revision within two years of a replacement because of technical problems like instability or poor alignment of the new joint.

What Are The Disadvantages Of Surgery?

- **Infection:** An infection can occur a few weeks after the surgery or even a few years later. Infections are serious complications that may require the implants to be removed followed by weeks of antibiotic treatment.
- **Stiffness:** After surgery, your body naturally produces a scar. When the ligaments around the knee contract, the tissues around the knee joint begin to tighten up. This makes it extremely difficult for you to do things that requires you to bend your knee, such as, sitting down and using stairs. If the stiffness continues for prolonged periods of time, your doctor may have to place you under anesthesia again to break up the scar tissue.
- **Blood Clots:** Blood clots are the most common complication of this type of surgery. The clots can form in the veins in your leg and pelvis after surgery. If they remain there, it is usually not much of a problem, but it is possible for them to travel through the heart and to the lungs. This leads to a condition known as pulmonary embolism, which is potentially fatal if not treated promptly.
- **Loosening:** Some implants last longer than others, but all of them eventually wear out and loosen. This is a common problem experienced by younger patients because they live longer and usually stress the implanted joints more. The follow-up surgery to repair the implant is more complicated and will further decrease the lifespan of the implant.

It's about MORE than JUST Knee Pain.

"I have had two knee replacements with no results! I still have pain on the knee and it is always swollen. It is difficult to even go down a stair because I can't bend my knee properly. It's been almost 5 years since my last surgery, and I am still having problems with my knee to the point that I went back to my orthopedic surgeon and he said there was nothing he could do. I don't think any one should live with pain! I am 52 years old and am disabled due to the horrible knee pain." - Nora B.

Knee replacement surgery is not a quick fix, and it is not without risks. Serious complications such as blood clots and infections can occur. In addition, the road to recovery can be difficult and time consuming, particularly with joint replacement surgery.

If you or a loved one are considering or scheduled for knee replacement surgery, all you have to do is call (239) 687-2165 right now and ask for your "NO-COST, NO-OBLIGATION Knee Pain Screening." During this consultation you can get all of your questions answered in a warm and friendly environment. Once complete, you will know exactly what your treatment options are and if Hyalgan therapy and our specialized rehab program is right for you.



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

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

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

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

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



The first *non-invasive* body contouring procedure to effectively remove excess fat.



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VENUSFREEZE

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.



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Eliminate Back Pain and Increase Strength in Only 20 Minutes a Week

By Concept 10 10

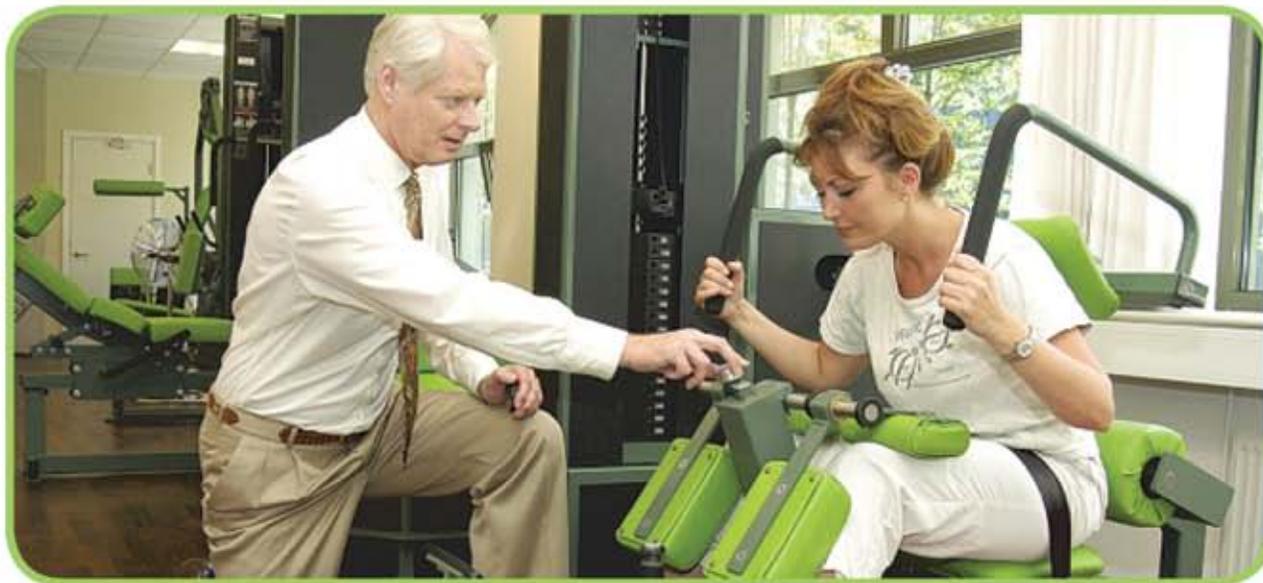
Astartling, 80 percent of adults will fall victim to low back pain at some point in their lives. It is the most common cause of disability for people before the age of forty-five, and second only to the common cold as a cause for a visit to the doctor.

We must have a strong and stable lower back to walk, stand, sit, stoop, squat, or lift; in short, a healthy and strong lower back is critical for virtually every activity of normal daily living.

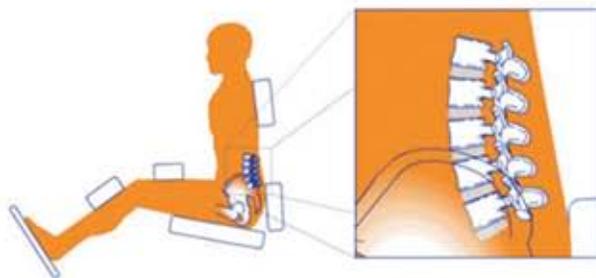
Improving the strength of the lumbar muscles and connective soft tissues has long been recognized by orthopedists, chiropractors, and physical therapists as the cornerstone of low back rehabilitation. There is no doubt that regular strength training of the lumbar spine will both prevent and resolve lower back pain. The challenge is how to accomplish this goal.

The lumbar muscles can only be effectively isolated using a lumbar extension machine. Lumbar extension machines are designed with a series of restraints that prevent tilting of the pelvis, rotation around the hip joints, or contribution from the big and strong muscles of the buttocks and thighs that would interfere with the work of the low back muscles.

Fortunately, this unique piece of equipment is part of the Concept 10 10 workout. This workout includes six exercises on six pieces of equipment with one trainer and one client at a time. The scientific research on which Concept 10 10 is based has clearly shown that the training is uniquely beneficial to most forms of back pain. The equipment, which is the only one of its kind, isolates and directly works the lumbar muscles. It is exactly the weakness in these muscles which is the cause of most lower back pain.



Reducing and ultimately eliminating back pain is only one benefit of the Concept 10 10 workout. Loss of muscle tissue is one of the most important reasons for the increase of body fat, because muscles burn calories 24 hours a day, even when they are resting. Concept 10 10 training combined with a balanced caloric intake is a sure way to permanent fat loss and a slimmer and better functioning body.



Concept 10 10 training is also highly beneficial to athletes and those individuals seeking increased tone and strength. Completing the Concept 10 10 workout generally improves body strength and results in greater performance in any sports activity. At the same time, it will minimize the risk of injuries as you strengthen the bones, joints and surrounding muscles.

The entire workout can actually be done in less than 20 minutes, with each exercise taking about two minutes as the client does each movement in slow repetitions of 10 seconds forward and 10 seconds back. The machines are adjusted to work the body to the person's individual level of muscular exhaustion. Each session or couple of sessions, depending on development, more weight is added to reach that level of fatigue.

We are located in North Naples just before Imperial Gulf Course Blvd. going North, on the right side. Expect more facilities to be popping up across the country. We are currently in 6 different countries and licensing agreements are available in the US.

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Your hair loss shouldn't be one of them.

The Discovery of Low-Level Laser Therapy

By LaDonna Roye, Hairstylist

In 1967 a Hungarian scientist studying the use of lasers discovered that visible red light may stimulate hair growth. The hair on the backs of the mice was shaved in the area that was to receive treatment. One group of mice received laser treatments while the others did not. The hair within the shaven area grew back more quickly in the mice treated with laser.

Used for many years in Europe, Low-Level Laser Therapy or LLLT, made its way to the US but until recently it was available only in hair replacement centers. Because it requires multiple weekly visits and appointments, it was not only expensive but also inconvenient.

Today effective, FDA approved, over-the-counter laser devices that do not require medical supervision are available for home use. The first device to be approved by the FDA was a hand held laser comb, more recently a completely "hands free" device has also been approved.

Get Thicker, Fuller, Healthier Looking Hair.

Laser hair therapy is the latest proven approach for treating a range of hair loss symptoms. If you are experiencing thinning hair, male or female pattern baldness, androgenetic alopecia, or problems associated with the scalp, you may be a candidate for laser hair therapy. Laser hair therapy is a non-invasive, proven and effective approach to treating the appearance of hair loss in men and women.

The type of laser light used to treat the appearance of hair loss is a low level or cold laser. "Cold laser" because it does not have the thermal component found in other types of lasers. Low-level laser therapy (AKA photo biotherapy) relies on soft low level light lasers. Low-level lasers are a preferred method for addressing androgenetic alopecia, the most common form of



hair loss. Low-level laser treatment offers both men and women improved hair quality and density. By penetrating the scalp, low level lasers stimulate hair growth and improve the integrity of the hair itself.

Low-level Laser Treatment:

- Has been shown to increase blood supply to the scalp by over 50% after one session.
- Stimulates hair follicles.
- Stops the progression of hair loss in over 84% of patients.
- Increased hair strength and elasticity.
- Fuller, shinier, softer, thicker hair.
- Has been shown to be beneficial for hair transplant patients for the healing process for newly transplanted hair.
- Repairs damage caused by chemical hair treatments.

Who May Benefit from LLLT?

Medical experts and hair loss specialists agree that treatment should be based on the correct diagnosis of its cause. These physicians and medical experts agree that LLLT is a highly viable option for growing hair in people afflicted with androgenetic alopecia-inherited male and female pattern hair loss. It is not intended to treat hair loss due to other factors such as people undergoing Chemotherapy.

In treating androgenetic alopecia physicians have found that LLLT is most effective in persons with minimal to moderate hair loss. Individual responses to LLLT differ, and results vary from person to person.

What is the Duration of Time for LLLT Treatment to be Effective?

Hair growth using LLLT is not a one-time 'fix' for hair loss. It must be repeated at intervals to maintain results. Typically 3 to 4 sessions per week for 15 to 25 minutes is the suggested treatment frequency, and results usually take about 4 to 6 months. Once hair growth is achieved, an ongoing 'maintenance' schedule of 1 to 2 sessions per week is strongly recommended to maintain new growth and keep the hair looking healthier, fuller, and more vibrant.

Is Low Level Laser Therapy Safe?

Yes. Low level laser therapy (LLL) meets every international standard for safety and efficacy, and is classified as a class 3A cosmetic device.



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LaDonna Roye Hairstylist

Each of our hair replacement and hair loss treatment procedures is custom designed for every individual client's needs, expectations and type of hair loss.

If you are experiencing the devastating effects of hair loss for any reason and would like to learn more about the latest treatment options that are available to you, please request a private, confidential consultation with a trained professional specialist.

Flip-Flop Fridays?

By Christopher M. Cole, L.Ped

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

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

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

Here's why...

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

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

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

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Don't want to stop the flop?

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

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

- NAOT
- Orthoheel
- Finn Comfort
- Aetrex
- Aravon

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

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

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

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

Christopher M. Cole, L.Ped



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

Anxiety Disorders Effectively Treated Using Acupuncture

By Toni Eatros, MS, Dipl Ac, AP

Q: I have anxiety most of the time and I think it is getting worse. When I am under more stress than usual, my feelings can escalate into panic attacks. I have even had to go to the emergency room in the past during one of these episodes because I couldn't breathe and my heart was beating very hard and fast. Can acupuncture help me?

A: Great question. The persistent feelings of anxiety you are experiencing are more common than you think. Anxiety disorders are the most common mental health disorder in the U.S, affecting 40 million adults and costing more than \$42 billion per year, according to the Anxiety Disorders Association of America. These disorders include generalized anxiety disorder (GAD), social anxiety disorder, panic disorder, and post-traumatic stress disorder (PTSD), phobias and obsessive-compulsive disorder (OCD).

Anxiety is a normal feeling that most of us experience when unexpected life events occur. The anxiety should disappear, once you have moved through the event. Unfortunately, for many, there is a chronic low level anxiety always present, regardless of the current situation. This may manifest as a constant uneasiness accompanied by feelings of nervousness, worry, and fear that something unexpected or bad may happen. For some, the anxiety can build into a full blown panic attack with feelings of intense fear that may lead to shaking, sweating, dizziness, shortness of breath, heart palpitations, and/or nausea. The wonderful thing is that, YES, acupuncture can be extremely helpful in managing anxiety.

Q: Has there been any research studies that prove acupuncture is useful in treating anxiety?

A: A clinical study conducted in China in 2010, has concluded that acupuncture is a "safe and effective" treatment for mood disorders, including anxiety, making it a great alternative for people that have intolerable side effects to medication or choose not to take medication.



Q: I take medication prescribed by my doctor to help with the anxiety, can I still get acupuncture treatment?

A: The answer is ABSOLUTELY. Acupuncture will not interfere with any medications you may be taking. In fact, my patients that have wanted to discontinue their medication for anxiety have been able to slowly taper the dosage down and eventually discontinue the medication entirely. Our ability to use Chinese herbs may be limited depending on your current medications.

Q: How many treatments will I need?

A: The number of treatments you will need depends on how long you have had the anxiety disorder and how severe it is. If you have a mild case of uneasiness, it is likely that one to three treatments will be plenty. If you are having daily panic attacks, you may need to come six to twelve times to stop the panic attacks entirely.

Q: Once I complete my six visits will I be cured?

A: The majority of patients feel considerably better after their very first visit. If you complete a course of six treatments, you will be much better able to cope with stressful situations. I will give you tools to manage your stress at home, however, it will ultimately depend on how you implement these tools as to whether you will need to come back for maintenance treatments or not.

I find the majority of my patients benefit the most from three to six treatments within a two to three week period of time, then coming in for maintenance treatments when they start to feel the anxiety returning. This is usually averages one treatment every one to two months.

I now offer a \$20 mini stress-reducing treatment that takes only 20 minutes and can be helpful on particularly stressful days. We use just a few acupuncture points in the ear that work like magic to wipe away stress, alleviate anxiety and put you on cloud nine.

Anxiety disorders are highly treatable, yet only about one-third of those suffering receive treatment. Do not be one of the two-thirds of people that suffer with anxiety disorders. Take action now. You will be amazed at how much better you feel after just a few acupuncture treatments. Your unique treatment plan will restore balance, uplift mood, alleviate your physical symptoms and assist you in handling stress more effectively.

Q: How do I schedule an appointment?

A: You can go to my website, www.AcupunctureSolutionsOnline.com, and push the "Schedule Now" button to schedule an appointment any time, day or night. If you don't see a time that works for you, please call the office to see how we can accommodate your schedule. The website is full of useful information and answers to frequently asked questions. Of course, you are always welcome to call the office at 239-260-4566.

Get relief from anxiety today, call (239) 260-4566 to schedule an appointment. For more information and answers to frequently asked questions, please visit www.AcupunctureSolutionsOnline.com.

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Turning Back The Hands Of Time

By Yollo Wellness

Today we are well aware that the key to a long and healthy life is good nutrition and an active lifestyle. The majority of people have been active throughout their lives, so they are not newcomers to the gym, the golf course, or physical activity.

It's natural that people would want to continue to be active into retirement and beyond. And, with fewer demands on their time, many are able to put more attention on their health and wellness while fighting off the effects old age can have on their bodies.

Bill and Betty Mosgrove recently did just that. Both are 83 years old and each suffering with different health issues of their own which changed what they could and could not do on a daily basis. So they decided to do something about it.

Betty suffers with Fibromyalgia which causes long term pain and tenderness in the joints, muscles, tendons, and other soft tissues. Her Orthopedic Surgeon referred Betty to YOLLO Wellness Center to take advantage of the variety of services YOLLO offers for natural, non-invasive healing.

Betty and Bill have a lot of life left in them which was very evident when they sat down for their interview. They both decided they wanted to work on living a healthier life and set out to achieve just that. Aging is not lost youth but a new stage of opportunity and strength. The longer we are able to live the more beautiful life can become.



Once Betty and Bill arrived at YOLLO Wellness they met with their highly trained staff and learned what it will take to begin the proper steps to feeling healthy and staying healthy.

The **Alcat** blood test was given to both of them to learn what food intolerances they each have. The results from this test provided Bill and Betty guidance when choosing what to eat and what not to eat according to their sensitivity food panel tests.

"I had less energy and would notice the simple little chores I used to do in the garage would cause me to be out of breath" Bill said. Once Bill and Betty began their journey to better health they are both feeling more energized. They have each lost 15 pounds. Although they both admitted changing their eating habits was not easy they were able to do it and are feeling better due to their new food choices. *Bill said "It was not easy packing up my favorite flavor of ice cream out of the freezer to give to my friend"* but he knew it was going to help him feel better if he eliminated dairy products from his diet according to his test results. *Betty said "bread was a challenge to give up"* as well as eggplant and coffee which she loved but according to her test results those needed to be eliminated from her daily diet to help her become healthier.

Micronutrient Testing was another test taken at YOLLO to help Betty and Bill know what vitamin deficiencies they might have. Micronutrient testing is a state of the art blood evaluation that detects low levels of specific micronutrients. This test measures

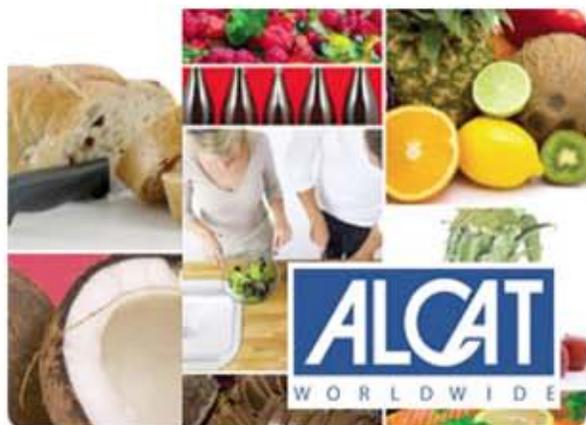
specific nutrients to determine whether you are absorbing and utilizing the nutrients you need and which nutrients you are missing. This reduces inflammation within the body as well.

DITI Digital infrared thermal imaging is for detecting and monitoring a number of diseases and injuries by showing thermal abnormalities in the body. It is used both able to benefit from the results of their DITI imaging. Areas in their bodies that showed inflammation were addressed as well as the neuropathy Betty suffered with in her feet.

Live Cell Blood Analysis is a nutritional blood analysis that detects nutritional deficiencies, digestive disorders, parasites, bacteria, free radicals, uric acid crystals, plaque, yeast and fungus. Dry Blood Cells shows different health related issues. This test helps to determine specific nutritional or naturopathic steps to support your overall health, and is a valuable addition to the health assessment process. *"Being able to see our blood live on a monitor and being told what we needed to address was very pivotal in our understanding and planning of our health planning process at YOLLO Wellness"* Betty said.

Mild Hyperbaric Oxygen Therapy also become a regular treatment program at YOLLO for Bill and Betty. These treatments allow a patient to breathe higher concentrations of oxygen while placing them in a chamber and increasing the pressure around them. By increasing the pressure around oxygen is absorbed into all the fluids in the body, reaching oxygen deprived tissue. The goal is to increase the amount of oxygen delivered to the tissue to help it to heal and remove the inflammation.

"We enjoy the oxygen chamber treatments most" said Bill. Being able to do more things and having increased energy has been wonderful. *"It has helped my back issues as well as my restless leg syndrome" said Betty.* *"There are some days we are literally here at YOLLO for 3 or 4 hours making sure we get all our treatments in for the day" Betty said.* *"When Bill and Betty leave YOLLO after their treatments are completed they both said."* *"We feel energized and ready to tackle the world."* They have found their "fountain of youth" at YOLLO Wellness and as each day passes they feel better as their youth is being restored.





Betty also has bladder issues. Her back issues stem from a prior surgery. Her balance is off due to the neuropathy in her feet. She had a knee replacement in 2009 and has restless leg syndrome. Bill is a diabetic and he had bypass surgery in 2011. He had a partial knee replacement in 2000. All of their health issues have improved drastically after their decision to visit YOLLO and taking advantage of their personalized programs to assist them in becoming healthier in all aspects of their lives.

They have become "family" at YOLLO they look forward to coming and enhancing their quality of life by using the state of the art equipment and research based testing methods offered at YOLLO. Owner Wendy Law and her associate Deb Re bring an abundance of energy and many laughs to make the experience memorable.

As with anything we face in life that we are not familiar with we sometimes are reserved when making the decision to try something new. Bill and

Betty can now speak from personal experience and let others know there are options available to help others who are possibly feeling the effects of similar health issues as they age. **"We would never have found YOLLO without our Doctor's referral" Bill said.**



He is very thankful they followed his advice and can't express enough how YOLLO has helped both he and Betty become healthier. Bill and Betty are walking examples of the health benefits they have received and will continue to receive at YOLLO Wellness. **"I have my energy levels back that I once had many years ago" Bill said,** Bill is doing more cooking himself now for both he and Betty and making healthier food choices. He is also thinking his "honey do" list around the house will be expanding soon due to his high energy levels. You cannot put a price tag on life itself. Having good health is like winning your very own lottery it will give you the keys to a long happy life, after all that is what we all hope for. Remember the greatest wealth is our health!

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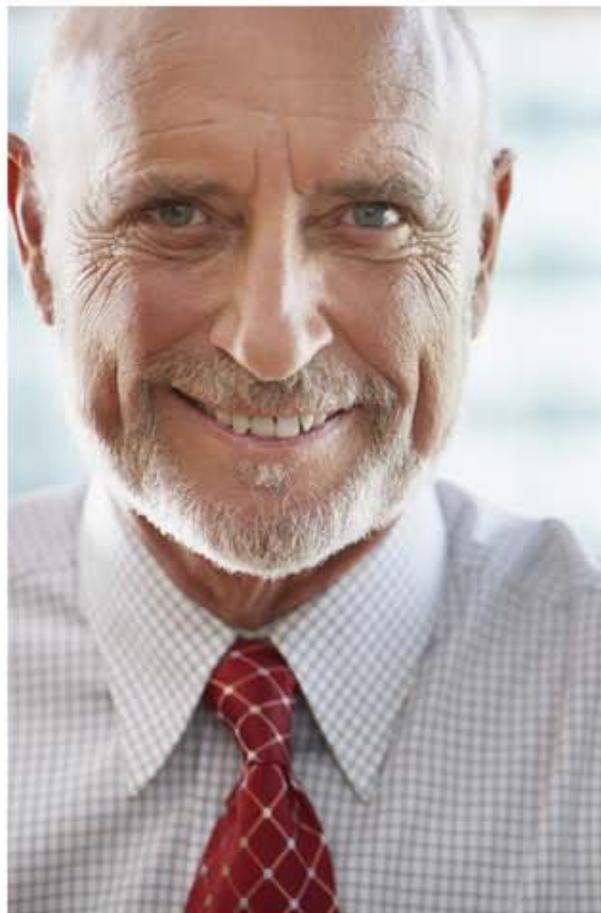
A CLOSER LOOK AT EYELID SURGERY

With Nadia A. Kazim, M.D., F.A.C.S.

Your eyes are usually one of the first things that people notice about you, as they are an extremely important aspect of your overall appearance. Young eyelid skin is smooth, but over time, many people develop excess eyelid skin. This usually occurs as the eyelid skin stretches and the surrounding fat bulges forward. Eyelid skin is the thinnest skin of the body, so it tends to stretch easily. Sun exposure, heredity, as well as age can all contribute to this degenerative process that occurs in both men and women. This can happen to the upper eyelids as well as the lower eyelids, which can cause the eyelids to look loose or baggy, sometimes to the point of changing your appearance, making you look older, tired or even angry.

Do you ever find yourself raising your eyebrows up in order to see more? The extra weight pushing down on the eyelids may sometimes lead to fatigue, eyestrain or headaches. In severe cases, the excess upper eyelid skin may hang over the eyelashes and limit peripheral vision. A visual field test is often performed in the office in order to determine the extent of the peripheral vision impairment caused by the drooping eyelids. Drooping lower lids can expose the lower surface of the eye which can cause irritation, dry eyes and may even prevent proper closing of the eyelids.

The surgical removal of excess eyelid skin and surrounding fat is known as *blepharoplasty*. The goal of a blepharoplasty is to give the eyes a more youthful appearance. In addition, it may eliminate visual obstruction of the sagging skin and expand the field of view, so that patients can see more up above and out to their sides. This can help patients with many of their activities of daily living, such as driving, shopping, reading or housework. You might consider blepharoplasty surgery if you have baggy or puffy upper eyelids, excess skin of the upper eyelid that interferes with their vision, droopy lower eyelids which may cause white to show below the iris (colored part of the eye), excess skin of the lower eyelids or bags under the eyes. If the upper eyelid droops close to the pupil - a condition called ptosis, blepharoplasty is done in conjunction with another procedure to tighten the muscle that raises the lid.



Blepharoplasty of the upper eyelid is typically performed through an incision hidden in the natural eyelid crease, resulting in an almost invisible scar. Lower eyelid blepharoplasty can be performed either through an incision on the inner surface of the lid (transconjunctival) or through an incision just below the eyelashes (external). The benefit of a transconjunctival blepharoplasty is that it allows removal of lower eyelid fat without an externally visible scar. However, it does not allow excess skin to be removed. External skin resurfacing with a chemical peel or carbon dioxide laser may be performed simultaneously, to smooth and tighten the lower eyelid skin. If there is excessive skin of the lower eyelid, then an external approach is preferred. The incision is closed with fine sutures.



Before

After



Before

After



Before

After

Blepharoplasty surgery usually takes less than one hour, depending on the amount and location of tissue being removed and can be often performed as an outpatient procedure. Local anesthesia is used to numb the area around the eyes, which will also minimize bleeding and discomfort. This may be combined with intravenous sedation in order to relax the patient during the procedure. Blepharoplasty surgery may be covered by insurance if it helps to improve a patient's vision.

Discomfort after blepharoplasty surgery is generally mild. Pain relievers may be taken for mild discomfort. Overall, blepharoplasty surgery can provide a more youthful appearance and functional improvement with minimal risk. For more information on blepharoplasty or to schedule a consultation with Dr. Nadia Kazim, please call (239) 494-4900 today.



Dr. Nadia Kazim is an ophthalmic plastic surgeon and a proud member of the American Society of Ophthalmic Plastic and Reconstructive Surgery. She is board certified and fellowship trained. Her office is located in the Bonita Community Health Center in Bonita Springs, FL. Call or visit www.KazimEyelidSurgery.com for more information.

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Gum Lift Surgery for Gingival Recession Treatment

By Juan Teodoro, D.M.D.

Exposed tooth roots are the result of gum recession. Gum recession is a common dental problem found in nearly 15% of the adult population. There are many causes of gum recession, including periodontal disease, aggressive tooth brushing, anatomic susceptibility and tooth position. Other factors such as genetics and teeth grinding have been identified as contributors to gum recession. Untreated gum recession leads to esthetic compromises. If recession progresses without treatment; it ultimately leads to root sensitivity, loss of supporting bone, tooth decay and tooth loss.

Two Types of Gum Tissue

In the mouth, there are two types of gum tissue. The first is a dense, bright pink gum collar found around the neck of the tooth (the keratinized or firm gum). This gum tissue is similar in consistency to the skin on the palms of ones hands. The purpose of this tissue is to protect the teeth and to keep the gum tissue from receding. The second layer is a loose, movable type tissue that has no protective properties at all (loose gum or mucosa).



Before

After



Before

After

When the firm gum layer is damaged, the underlying bone will dissolve away exposing the root surface of the teeth. This will commence the cascade for susceptibility to root decay, tooth sensitivity, bone erosion and tooth loss.

Gum Grafting: An Excellent Treatment Option

Gum grafting is aimed at covering the exposed tooth root surface. It is an excellent way to restore natural symmetry to the gum and make the smile look more aesthetically pleasing along with strengthening the tooth for long term retention and health.

Traditionally, a gum graft required removing gum tissue from the roof of the mouth (palate) and repositioning to the areas of recession. Now, instead of using the patient's own gum tissue, a tissue bank allograft uses tissue from a cadaver for the graft. By using a donor's tissue, the patient does not have to go through the pain and recovery of the palate healing post-surgery. Tissue from donors is safe and effective.

Other gum grafting alternatives offered by Dr. Teodoro's Team are the successful use of synthetic grafting engineered regeneration proteins and growth factors. These proteins mimic the biological

processes of natural tooth development. They are engineered to stimulate wound healing and regeneration and do not require the use of the patient's own gum tissue or an allograft in many cases. This procedure can be done for one tooth or several teeth to restore or even out the gum line in a single visit.



Dr. Teodoro is a Board Certified Periodontist. He holds both Diplomate status in the American Academy of Periodontology and the International Congress of Oral Implantologists.

Dr. Teodoro is an Adjunct Professor to the University of Pittsburgh School of Dental Medicine. He is also a Clinical Assistant Professor at the Naples Dental Residency Program for the University of Florida. Dr Teodoro served as a Major in the United States Air Force practicing Periodontics. Throughout his Air Force career he served as the Chief of Periodontics, Director of the Implant Board & Clinical Instructor. Dr. Teodoro is one of the local leading authorities in Laser Periodontal Therapy and in the Brånemark method of Implantology. He was the first Periodontist in both Lee and Collier county to bring Periodontal Laser technology with the PerioLase Laser for the treatment of Periodontal Disease.

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Limb Swelling: A Search for New Treatments

By Alyssa Parker

Finding an effective treatment of leg edema is a challenge many physicians face. Chronic leg swelling that builds up overtime, is often indicative of a serious disorder, and may become disabling if left untreated. There are two types of leg edema venous insufficiency and lymphedema. Unfortunately, Lymphedema is under-recognized in most instances. For years lymphedema has remained a mystery. "Approximately 10 million Americans have lymphedema, following cancer therapy, recurrent infections, injuries or vascular surgery." Due to the lack of significant research done on the lymphatic system up until recently, medical education has largely ignored it in its curriculum. Consequently, many patients have been misdiagnosed, treated to late, or not treated at all.

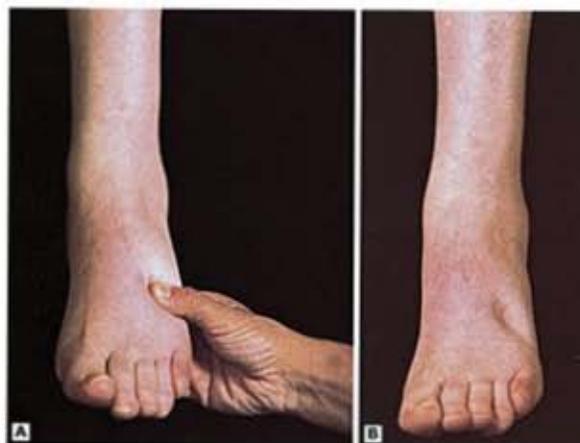
Is your edema symptomatic of poor lymphatic circulation or CVI?

The lymphatic system is one of several parts of your circulatory system. Its role is to work as a filtration system draining fluid that enters the blood stream. Through your kidneys, skin, lungs, or intestines the waste is filtered out of your lymph vessels. Your Lymphatic system plays a huge role in assisting your immune system, before any lymph gets recycled into the blood stream; lymphocytes identify and destroy any harmful microbes trying to invade the body. Once lymphedema has set in, fluid will begin to accumulate due to the body's inability to properly filtrate the lymph fluid. When the lymph fluid becomes trapped your body begins to store it in the interstitial tissue. This is when swelling and inflammation begin to occur. Damage to the lymphatic system through medical procedures, injuries, or infection is irreversible. Lymphedema may also be inherited in which case you are born with a compromised lymphatic system.

Chronic venous insufficiency is another condition that causes swelling in the legs along with open wounds. CVI occurs when the valves in the veins that normally channel the blood to the heart become damaged which then leads to pooling of the blood in the lower extremities. Discoloration of the skin, referred to as hemosiderin staining, is identified by a reddish staining of the lower limb.



From poor circulation shallow wounds may develop due to the stagnant blood that would normally return to the heart. Symptoms vary but may include swelling, aching, itching or burning, varicose veins, infection, chronic venous ulcer, and decreased mobility.



The Search For New Treatments

There is no cure for Lymphedema or Chronic Venous Insufficiency. When your circulatory system has been damaged leading to one of these conditions, you must seek treatment to prevent further complications. Lymphedema is a degenerative condition which means it will only get worse over time without treatment. A widely recognized and highly effective treatment is using a

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



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The compression pump is covered by Medicare and many commercial insurers. Acute Wound Care is a highly focused local provider of wound products and compression pumps working with select area physicians highly versed in this condition.

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HAIR TODAY, GONE TOMORROW

By Kriston J. Kent, M.D., MPH

One of the most troubling signs of premature aging can be hair loss. To make matters worse, thinning of the remaining hair on the top of the head worsens the problem. June is Men's Health Month and loss of hair/thinning hair is at the top of the list regarding men's aesthetic concerns. Thinning hair eventually affects most men and, surprisingly, is a major problem in most women after menopause. However, all is not lost, because a new treatment, using your PRP/CRP (your own growth factors and stem cells) is showing fantastic results in reactivating dormant follicles (new hair shafts), and in re-thickening the wispy hair shafts.

How does it work?

The new technology does not require surgery or medications and therefore provides a natural, non-surgical solution to a very troublesome problem. The procedure involves removal of a small amount of your blood, which contains peripheral blood stem cells and growth factors from your platelets. Once the blood is drawn, a special process is used to remove the unnecessary red blood cells and white blood cells. This leaves Platelet Rich Plasma (PRP) or Cytokine Rich Plasma (CRP) which is very important for hair nutrition, hair regeneration, and hair growth cycling. Once the powerful PRP/CRP is prepared, then it is placed into



the thinning/balding scalp to bathe the dormant and struggling hair follicles and invigorate them. This process has been used successfully over the past 5 years treating thousands of patients. The largest studies have revealed significant improvement in over 70% of the patients treated.

What about female thinning and hair loss?

Independent scientific studies have proven that improvement occurs equally as well for women with thinning hair as it does for men. In fact, the

largest study so far has included over 4000 treatments and 60% of those treated were women. The combination of microchanneling their own growth factors and stimulation of the scalp with micro-needling has helped large numbers of women improve the appearance of their hair.

How long does it take to see results and how long does it last?

After a treatment with your own growth factors, most patients notice the beginning of hair growth/thickening within 2 months. Maximum improvement usually takes 6-9 months. Though some studies have used one treatment every 6 months, most studies find that the best results occur with 2-3 sessions over the first 6 months. Once maximum benefit has been accomplished, over time, the benefits will begin to fade. Eventually, booster treatments with CRP will be necessary to maintain maximum improvement.

So, if your scalp is exposed due to thinning hair and hair loss, then you should investigate the cutting edge, natural, nonsurgical, safe and convenient way to reactivate dormant follicles and thicken existing follicles using your own growth factors.

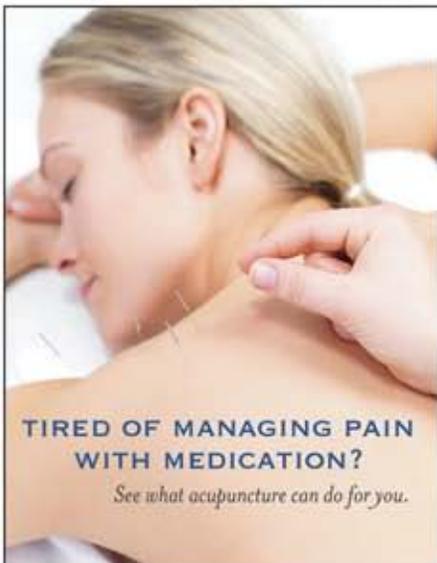


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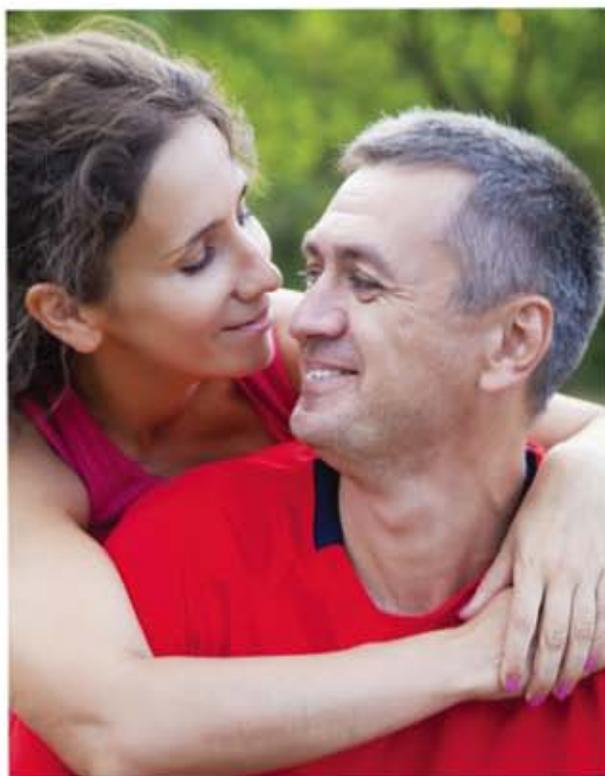
NON-GMO VITAMINS AND MORE!

GMO's and Our Health

We have been hearing a lot about GMO's in the media lately, and for good reason. More and more people are becoming aware of the dangers to consuming foods containing these substances. But what exactly are they?

GMO stands for Genetically Modified Organism. These substances are also sometimes referred to Genetically Engineered, or GE products. They are plants or animals that are created through gene splicing, an experimental technology that combines DNA from multiple species. This creates a plant or animal that would never be found in nature, as usually plants, animals, and bacteria DNA is merged together to create patentable " Frankenfood".

So why create a GE product? This experimental science is being conducted in order to create plants that are resistant to many pesticides and insecticides, so they can be heavily sprayed without dying. Some of these plants are even bred to have pesticides built into them, so when insects eat them, their stomachs explode and they die. There has not been any other proven "benefit" (if you can call it that) of GMO products other than these. As a result, we now have plants that produce sterile seeds, and get sprayed with 15x the amount of toxic chemicals, pesticides and insecticides. Some are even being sprayed with the chemical 2,4-D, which is a major ingredient of Agent Orange. These fruits and vegetables are then brought to your local grocery store for consumption.



Most developed nations do not consider GMO's to be safe. There are currently 55 countries that have completely ban GMO's or require their labeling. These countries include Japan, the European Union, and Australia. Here in the US, there is only one state, Vermont, who has just recently passed a bill stating all products containing GMO's must be labeled in order to be sold in that state. While the FDA deems them as safe, if you research, these "safety studies" have been conducted by the same corporations that that created them and profit from their sales!

In the US, as much as 80% of conventional processed foods are contaminated with GMO's. The main foods that are now genetically modified are Alfalfa, Corn, Flax Seeds, Rice, Sugar Beets, Summer Squash, Zucchini, Soy, Cotton, Papaya, and Canola. Milk, Eggs, Meat, and honey are often highly contaminated with these organisms due to the diet they are fed. There are also ingredients found in processed foods and vitamins that are derived from these corrupted foods such as Amino Acids, Aspartame, Ascorbic Acid, Citric Acid, Sodium Ascorbate and Citrate, Ethanol, Artificial Flavor, Natural Flavor, High Fructose Corn Syrup, Hydrolyzed Vegetable Protein, Lactic Acid, Maltodextrin, Molasses, MSG, Sucrose, Textured Vegetable Protein, Xanthan Gum, Yeast Extract, Yeast Products, and flavorings, just to name a few!

While it is becoming increasingly harder to avoid these products, there is a huge movement going on in our country right now that cannot be ignored. We are DEMANDING that these products be labeled. WE HAVE THE RIGHT TO KNOW!

The Non-GMO Project (nongmoproject.org) is a great place to look for companies and products that have GMO free foods and supplements! Look for their verification stamp on products when your shopping. Every time you make a purchase you are voting if a company continue to purchase that product or not.

When I opened my store, I decided I would not allow any vitamins that were contaminated. If you are taking something daily to better your health, you won't be doing that if the products are unsafe. I did a lot of research and brought in the best. While I was surprised at what I found, there are many companies making the right choice and going non-GMO. This movement is just beginning, and if we all come together and speak up for our rights, we can diminish the tampering of nature.

June 11th at 6pm Dr. Gary Gendron will be holding a free nutrition seminar in our store on the health risks of GMO's. All attendees will receive 10% off their purchases the night of the event! Please RSVP (239) 596-9017 as spaces are limited.

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In order to survive, people require a few key items; food, water, and of course oxygen. The atmosphere contains approximately 21% oxygen; which is an amount that sustains life. Did you realize that oxygen has been shown to have further benefits when we increase its intake? After learning this, you may be wondering, "How in the world do I increase my oxygen intake?" An Oxygen Bar is a convenient and comfortable solution. It is the breath of fresh air that you may be looking for.

According to LeMasque Facial Bar, a local spa, when increasing oxygen you also experience increased energy, better mental clarity, an uplift of emotions, and even relief from headaches. In fact, some studies have shown that increasing your oxygen intake can help headaches by increasing the O² saturation of constricted arteries. Headaches can be caused by lack of sleep, elevated stress levels, and even "overindulgence" the night before. The effected blood vessels push against cranial nerves creating painful throbbing. In simple terms, this means that the increased oxygen in your blood may help alleviate the pain caused by your headaches.

Oxygen Bars were first introduced into Canada and the US in the late 1990's. They actually started out as air stations in polluted Tokyo, but progressively worked their way into spas, salons, health clubs,

and chiropractic clinics. The many positive effects that have been reported have propelled their popularity. There is even evidence that shows oxygen therapy helps flush unwanted toxins out of our system; which may enhance our immune systems.

How does an Oxygen Bar work? You inhale pure oxygen through a single-use nasal cannula. Breathing normally allows the oxygen to enter your bloodstream through your lungs and continue on throughout your arteries. LeMasque's Oxygen Bar offers you pure non-medical oxygen with assorted scents. The therapeutic aromas offered are mandarin orange, lavender, eucalyptus, or rosemary mint.

Along with its Oxygen Bar, LeMasque Facial Bar in Naples offers a variety of other products and services that can help your body, mind, and spirit. Boost your body with a healthy wellness drink, renew your spirit at their scented oxygen bar, and then unwind with a facial while wearing state-of-the-art glasses that use light therapy to further smooth lines.

If you are interested in discovering what Oxygen therapy can do for you, contact LeMasque at (239) 234-6473. They are located at 2126 Tamiami Trail N, Naples, FL 34103.



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Promoting Positive Brain Health

By David B. Rawlings, PhD
www.drrawlings.com

In this article, I would like to share with you some information in the literature that has been discussed in promoting good health, but also positive brain health maintenance.

It has been suggested that we **eat a low-fat diet**. Since excess fat in the diet can play a key role in chronic inflammation and atherosclerosis, one should consider limiting foods that are high in saturated fat and/or cholesterol. Try to choose foods that are low in saturated fat or trans fats. Eat a variety of fruits and vegetables (the more colorful, the better). Blueberries, for example, help protect the brain from oxidative stress and may reduce the effects of age-related conditions. Eat a variety of whole grain products; oatmeal and brown rice can reduce the risk for heart disease. Eat fish at least twice a week such as salmon which are rich in omega-3 essential fatty acids which are essential for brain function. Omega-3's contain anti-inflammatory substances. Sardines and herring also contain omega-3's. Include fat-free/low-fat milk products, legumes (beans) and skinless poultry/lean meat. Use fats and oils with 2g or less of saturated fat per teaspoon (canola, corn, safflower, soybean, olive oils), and reduce your high blood cholesterol (see your M.D. for possible medications if needed: e.g., Lipitor, Crestor, etc.).

Try to **lose weight**. A clear relationship exists between obesity and dementia. Your body mass index should be less than 25. Waist measurements should be less than 40 for men and less than 35 for women. Obesity reduces life expectancy by causing medical conditions such as coronary artery disease, type 2 diabetes, hypertension, obstructive sleep apnea, and stroke. The FDA has suggested that we exercise 30 to 40 min. a day, three days a week. Dietary restrictions and fasting (intermittently) can stimulate the production of new neurons from stem cells and enhance synaptic plasticity which may increase the ability of the brain to resist aging. This is due to a stress response which stimulates the production of certain proteins. (See your physician before you fast or engage in dietary restrictions).



With your physician's permission, try to **exercise**. The brain begins to atrophy or lose tissue beginning in the third decade of life. One intervention which may help is exercise. Cardiovascular fitness is associated with the sparing of brain tissue, and maintaining and enhancing central nervous system health. Aerobic fitness training, in particular, improves cognitive function in older adults. Walking briskly (regularly) three times per week can lead to a 15% boost in mental functioning.

Eat brain food. Try to consume antioxidant-rich foods such as broccoli, cauliflower, onions, garlic, tomatoes, melons, potatoes, oranges, blue and red fruits such as blueberries and red grapes. Avocados are a fatty fruit, a mono unsaturated fat, which contributes to healthy blood flow and lowers blood pressure. Foods containing B vitamins can be found in beans, peas, in rich breads, dark leafy vegetables (spinach or kale) and other fruits such as bananas. Vitamin E is a nutrient that can help reduce oxidative damage to cells, but consult your physician as vitamin E can thin out your blood. Persons who use Curry/Curcumin have been found to do better at mental status testing than those that did not. There is speculation that this spice may help promote microphage development that helps dissolve/digest Beta-amyloids.

Try to **get a good nights sleep**. Sleep deprivation contributes to the disruption of memory and brain plasticity, as well as mood and motor functioning. Sleep deprivation also affects the prefrontal cortex, which is responsible for effective executive functioning. Follow good sleep hygiene techniques (see my prior article). Avoid alcohol as it tends to prevent deep sleep. Finish exercise at least three hours before bedtime. Avoid caffeine 3 to 4 hours before bedtime. Try to go to bed feeling warm and cool down under the sheets rather than doing the opposite. Avoid Benadryl and the other "p.m." over-the-counter medications

Engage in sexual activity. Studies have shown that sexual activity slows age-related decline. Sex seems to counter the memory-sapping impact of chronic stress.

Vanderbilt University scientists found **changing your newspaper** once a month adds three points to your IQ. Also spend 5 min. **chatting with your brightest colleague**. A positive chat enhances your decision-making in the workplace. **Cross-train your brain**. If you're used to dressing by putting your pants, shoes and socks on the right foot first, try doing it with the left foot first.

A study at Johns Hopkins University found that taking a 200 mg **caffeine** tablet, equivalent to a double espresso, provided a memory boost for up to 24 hours. Caffeine has also been found associated with healthy longevity and may have some protective effects from cognitive decline like Alzheimer's disease.

If you feel you are depressed, **get your depression effectively treated.** Depression accounts for 15% of office visits to primary care physicians in America. 10 million Americans suffer from depression each year. Depression affects the limbic system of the brain which regulates emotions, physical and sexual drives, and the stress response. Untreated depression has long been linked to cognitive decline. Depression can be associated with elevated levels of cortisol which causes atrophy of the hippocampus in the medial temporal lobes. This correlation is strong enough that untreated depressive symptoms can actually predict cognitive decline in old age and an increased risk of mild cognitive impairment (MCI)

Reduce your stress levels. Stress can impair your immunity. The main cells of the immune system within the brain are the glial cells or microglia. These cells play vital roles in maintaining neuronal function, health, and survival in the central nervous system. Increased stress increases cortisol production which has been shown to damage and kill cells in the hippocampus, and there is strong evidence that chronic stress causes premature aging. You can reduce stress through counseling and psychoeducation, meditation, guided imagery, deep breathing exercises, massage therapy, prayer, and progressive muscular relaxation.

Get out and socialize. People with a variety of social contacts such as belonging to a church, or having a host of family and friends might also protect against developing cognitive impairments. This also tends to ward off depression. Research has shown that even short-term exposure to social and physical activity helps improve cognitive performance.

Listen to music. Music tends to have a positive effect on pain management. It serves as a distractor and gives patients a sense of control. Music causes the body to release endorphins to counteract pain. Music also tends to relax the person by slowing their breathing and heartbeat. By playing recordings of relaxing music, people with high blood pressure can train themselves to lower their blood pressure and keep it low. Researchers also confirmed that listening to music or playing an instrument can actually make you learn better. Musical tempo has also been shown to reduce heart and breathing rates. It can also make exercise feel more like recreation and less like work. Furthermore, music enhances athletic performance.

Increase water intake. Given that your brain is about 80% water, the first rule of brain nutrition is adequate water to hydrate your brain. Even slight dehydration can raise stress hormones which can damage your brain over time. Try to drink at least 84 ounces of water a day. Green tea is also good for brain function as it contains chemicals that enhance mental relaxation and alertness.

Keep yourself active. Perform games that require mental manipulation. Online brain training exercises such as Lumosity or Cognifit may be quite helpful. Travel someplace new with a friend or family member.



Enroll in a course, and give your brain a workout by learning something new such as a new language. Browse the hobby section at a bookstore and find something new that might interest you. Start corresponding with friends and family through mail or e-mail. If you're retired, consider part-time work..... many seniors stay sharp by working at a job they enjoy. Also consider volunteering; such work may provide an opportunity to learn new skills. Also consider starting a journal; record your thoughts, dreams, or ideas you'd like to explore. Also consider writing a memoir or trace your family history, check census records, and other genealogical sources.

And reduce your risk factors for stroke. If you're smoking, try to stop. Your PCP can prescribe medications that may assist you in stopping. Control your blood pressure. Also control your consumption of foods containing salt, and limit your alcohol consumption.

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Health Tip of the Month...

Men, Get the Preventive Medical Tests You Need

Ocreening tests can find diseases early, when they're easiest to treat. Talk to your doctor about which preventive medical tests you need to stay healthy.

Body Mass Index - Your body mass index, or BMI, is a measure of your body fat based on your height and weight. It is used to screen for obesity. You can find your BMI by visiting <http://www.nhlbisupport.com/bmi>.

Cholesterol - Once you turn 35 (or once you turn 20 if you have risk factors like diabetes, history of heart disease, tobacco use, high blood pressure, or BMI of 30 or over), have your cholesterol checked regularly. High blood cholesterol is one of the major risk factors for heart disease.

Blood Pressure - Have your blood pressure checked every 2 years. High blood pressure increases your chance of getting heart or kidney disease and for having a stroke. If you have high blood pressure, you may need medication to control it.

Cardiovascular Disease - Beginning at age 45 and through age 79, ask your doctor if you should take aspirin every day to help lower your risk of a heart attack. How much aspirin you should take depends on your age, your health, and your lifestyle.

Colorectal Cancer - Beginning at age 50 and through age 75, get tested for colorectal cancer. You and your doctor can decide which test is best. How often you'll have the test depends on which test you choose. If you have a family history of colorectal cancer, you may need to be tested before you turn 50.

Other Cancers - Ask your doctor if you should be tested for prostate, lung, oral, skin, or other cancers.

Sexually Transmitted Diseases - Talk to your doctor to see whether you should be tested for gonorrhea, syphilis, chlamydia, or other sexually transmitted diseases.

HIV - Your doctor may recommend screening for HIV if you:

- Have sex with men.
- Had unprotected sex with multiple partners.
- Have used injected drugs.
- Pay for sex or have sex partners who do.
- Have past or current sex partners who are infected with HIV.
- Are being treated for sexually transmitted diseases.
- Had a blood transfusion between 1978 and 1985.



Depression - If you have felt "down" or hopeless during the past 2 weeks or you have had little interest in doing things you usually enjoy, talk to your doctor about depression. Depression is a treatable illness.

Abdominal Aortic Aneurysm - If you are between the ages of 65 and 75 and have smoked 100 or more cigarettes in your lifetime, ask your doctor to screen you for an abdominal aortic aneurysm. This is an abnormally large or swollen blood vessel in your stomach that can burst without warning.

Diabetes - If your blood pressure is higher than 135/80, ask your doctor to test you for diabetes. Diabetes, or high blood sugar, can cause problems with your heart, eyes, feet, kidneys, nerves, and other body parts.

Tobacco Use - If you smoke or use tobacco, talk to your doctor about quitting. For tips on how to quit, go to <http://www.smokefree.gov> or call the National Quitline at 1-800-QUITNOW.

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Men! Looking for a new work out?

By Justin Lee

Some recent hot trends for losing weight and staying in shape are Zumba, Yoga, and Pilates. While these are all great workouts, they are mainly catered to a female demographic. Men are generally apprehensive about putting on a pair of yoga pants and contorting their body to the new Justin Timberlake song. Women tend to be more inclined to show up for a dance class or yoga session. If you ask a man about working out, he will probably talk to you about "hitting the gym" to lift weights. After a while, though, the thought of going to the gym can become a bit routine and boring. Gentlemen everywhere might want to take a look at Indoor Cycling as an alternative exercise.

Why Indoor Cycling? This workout will transform you into a fat burning machine, that's why! It is effective for both sexes no matter your body shape or size. Cycling has recently become more popular, because of its amazing before and after results. This exercise brings us back to the basics, proving that "a body in motion tends to stay in motion".

Riding a bike will build up and strengthen the largest, most important muscles in your body. When riding the indoor bike, you will be working out your hamstrings, quads, and even gluts (providing you with a "behind" you'll be proud of). Building all of this lean muscle tissue helps increase your body's fat-burning capability. Cycling does not only help muscles burn fat, but it trains them to continue to do so even after you have

finished riding. Biking with long continuous strides feeds more oxygen infused blood to your muscles. The more training that is done on the bike, the more drastic increase in the amount of your fat-carrying enzymes. With more of these enzymes working in your body, the better equipped it is to place fatty acids into your muscles; where they are burned away.



Most are surprised to hear that there are calories still being burned even after a workout has been completed. This is called the basal metabolic rate. This can be a mouthful to say, which is why most refer to it as your BMR. BMR is the rate of energy that is spent when resting; in simple terms, it determines the amount of calories that are burned while sitting down or even sleeping. There have been studies that show cycling for just 30 minutes every other day will enhance your BMR enough to keep the calories burning throughout the day.

For many, running comes to mind when they think about serious fat burning. Running does burn calories; however, it is also notorious for causing damage to your joints. What is generally not known is that cycling burns between 500 to 600 calories per hour compared with 300 to 500 calories from running. Want to help your joints, strengthen your muscles, and burn away that unwanted fat? Cycling may be the solution you've been searching for.

If you have any questions about cycling, you can call Time Trial Cycle at (239) 249-6765. They are located at 3080 Tamiami Trail N, Naples, FL 34103. Or simply go to their website, www.timetrialcycle.com, to learn more.

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IT'S TIME TO GRAB LIFE BY THE BARS

The Use of an Automated External Defibrillator: Is Your Community Association Immune From Civil Liability?

By Lauren S. Josephson, Esq.

A vast majority of community associations around the nation offer the use of certain health club facilities to their members unaware of the fact that people are 15 to 20 times more likely to die of sudden cardiac arrest during vigorous exercise, or within 30 minutes following it.¹ Therefore, a community association offering the use of such facilities must take into consideration the following:

(1) Whether the association has a duty to provide certain remedial measures? and;

(2) If an association were to acquire a cardiac survival device a/k/a an automated external defibrillator (AED), would the association be subject to civil liability for any harm resulting from the use or attempted use of such device?

In short, the answer to both questions is No. Florida's Good Samaritan Statute, s. 768.13, Fla. Stat., and the Federal Cardiac Arrest Survival Act of 2000 as codified under, s. 768.1325, Fla. Stat. (collectively, the "Acts") provide that any person (in which the term "person" includes an association), is immune from civil liability for any harm resulting from the use or attempted use of such device; and in addition, any person and/or association who acquired the device is immune from such liability.

The association must be wary of the fact that the immunity provided by the Acts would not extend to an association if the victim succumbed to further injuries from the use of an AED that was not (1) properly maintained and tested in accordance with the information provided, or (2) sustained avoidable injuries as a result of the association's failure to properly train an employee of the association who was reasonably expected to use the device. The latter would not apply if the AED were to be equipped with audible, visual, or written instructions on its use, including any such visual or written instructions posted on or adjacent to the device. In order to ensure the association is fully protected and granted immunity under the foregoing Acts, the following must be considered and acted upon:

1. Determine whether the AED device is equipped with audible, visual or written instructions on its use; if not, the association must provide appropriate training in the use of the device to an employee or agent of the association expected to use the device in the event of a presumed cardiac emergency. See, Fla. Stat. s. 1006.165.

2. Ensure that the device is properly maintained and tested in accordance with the manufacturer's recommendations. According to one of the leading manu-

facturers of AED devices – Philips HeartStart AED – a monthly inspection of an AED device is recommended to make sure that:

- a.) The green light is still flashing on the front of the device.
- b.) No damage has been done to the device.
- c.) None of the parts need to be replaced, etc.

Currently, most AED devices are equipped with audible, visual, and written instructions. This would negate an association's duty to provide proper training to its Association employees expected to use the AED device in the event of an emergency.

All in all, an association, including its developer, directors, officers and their agents and/or employees of the association, along with any persons outside the umbrella of the association's corporate structure who may use the AED device, will be immune from civil liability, so long as the foregoing considerations are analyzed and certain actions are taken to ensure the AED device remains in good working order.

¹ Howard L. Pomerantz, When Exercise Turns Deadly, 40-JUN Trial 24, 25 (2004). Citing, James Rippe & Howard Pomerantz, Saving Lives in the Fitness World, IHRSA 21ST ANNUAL INTERNATIONAL CONVENTION (Mar. 8, 2002).

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.

Lauren S. Josephson, Associate
Salvatori, Wood, Buckel, Carmichael & Lottes



Lauren Josephson's practice focuses on real estate, real estate development and business law. Mrs. Josephson is licensed to practice law in the State of Florida.

Bar Admissions:
2012, Florida

Education:
Ave Maria School of Law (J.D., 2012)
Florida Gulf Coast University (B.A., 2007, magna cum laude)

Professional Activities and Experience:
Member: Florida Bar Association; Collier County Bar Association; Florida Council Against Sexual Violence

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A Closer Look at the Advantages of a Deferred Fixed Annuity

By George T. Leamon, CLTC - Lutgert Insurance

Individuals throughout the nation have billions of dollars invested in deferred annuities. And while these contracts offer countless advantages, including a guaranteed stream of income after retirement, most people simply aren't aware of the many benefits deferred annuities have to offer.

1. Keeping it safe - Unlike a bank CD, deferred annuities are not FDIC insured. However, these accounts are usually backed by billions of dollars in the insurance company's assets. Therefore, deferred annuities are considered safe, low-risk investments.

2. Triple the interest - Deferred annuities offer tax deferred earnings and "triple compound interest." In other words, these accounts earn interest on principal, interest on interest and interest on the taxes you would normally have to pay each year on a CD. What does this mean for you? Basically because of the tax deferral and triple compounding effect deferred annuities offer, you'll have more money to spend after retirement.

3. Guaranteed minimum interest rate - Because insurance companies offer minimum guaranteed interest rates on deferred annuities, you can rest assured knowing that you'll never lose money regardless of what's going on around the world.

4. Competitive interest rates - Not only are you guaranteed a minimum interest rate for deferred annuities, but you may be able to receive a higher rate than on a comparable CD. Plus, with some annuities, you can lock in your current interest rate for a certain amount of time if you think rates may decrease in coming years.

5. No pesky sales charges - Unlike some other investments, deferred annuities do not tack on a sales charge when you deposit money. Every last red cent of your initial deposit stays in your account.

6. No "administration" fees - With some investments, such as mutual funds, you are charged asset management and administrative fees. You won't have to pay any such fees with a deferred fixed annuity.

7. Withdrawal advantages - Withdrawals seems to be the most confusing and misunderstood aspect of deferred annuities. Contrary to popular belief, there are quite a few ways to access money in deferred annuities without paying a penalty, such as the following:

- You can withdraw up to 10% from your account each year without a penalty.
- If you are diagnosed with a terminal illness or need to go live in a nursing home, you can usually withdraw as much as you want without a penalty.
- You can convert some or all of your account to guaranteed income for a certain number of years.
- Some new deferred annuity products allow you to receive a payout at a guaranteed interest rate for the remainder of your life while you retain control of the principal.

8. Protected from creditors - Depending on the state where you live, the money in your deferred annuity may be protected from creditors if you file bankruptcy.

9. Sheltered from probate - In some states, your annuity is not considered a probate asset. Therefore, your deferred annuity beneficiaries will not be subject to probate fees or delays.

10. Early withdrawal charges - Although there are some charges associated with withdrawing money from deferred annuities, these charges are typically decreased over time. After a certain amount of time, charges will no longer apply. For example, once you've held a deferred annuity for five years, you can typically withdraw all of your money over the next five or ten years with no charges.

11. Distribution options at maturity - When a CD reaches maturity, you can either cash out or renew it for the same or different maturity period at current market rates.

With a deferred fixed annuity, you may elect to withdraw your money in a lump sum or elect a lifetime income option, which provides an income stream that you cannot outlive. Or you could also let your funds continue to accumulate until a need arises.

*Annuity withdrawals are generally taxed as ordinary income and may be subject to surrender charges, in addition to a 10% federal income tax penalty if made prior to age 59 ½. The guarantees and payments of income are contingent on the claims paying ability of the issuing insurance carrier.

George T. Leamon, CLTC | 239.280.3246
Blog: GeorgeTLeamon.com
www.lutgertinsurance.com

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



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AGE IS JUST A STATE OF MIND FOR MEN AT THE CARLISLE

By Thom Braun

Research indicates that the aging process is different for men and women. Not only are the responses from the body different but so is the male/female psychology on getting older.

According to a study, older men cited the following concerns about aging:

Loss of Independence—The Boomer Project, a leading authority on insights about the 50+ market, revealed that 90 percent of seniors reported their greatest fear is the loss of independence.

For men, especially, limited driving or the inability to drive their cars greatly contributed to this feeling. The Center for Disease Control's recent study on older drivers showed that 57 percent of men reported they avoided driving under certain conditions (weather, heavy traffic and time of day, etc.) contributing to their feeling of a loss of independence. Taking this into account, many senior living communities offer transportation services.

At The Carlisle, a luxury retirement community in North Naples, curbside transportation services are offered. Director of Sales & Marketing Thom Braun has found that although many residents who move to the community still drive, once they realize the convenience provided by The Carlisle's transportation services and the wealth of destinations served, they soon opt for the community to handle the driving.

Carlisle residents never have to miss out on activities and special events taking place in Naples and throughout Southwest Florida. In fact, there isn't even a need to worry about event parking or coordinating tickets. The full-time Director of Programs works closely with the community's transportation department to ensure residents have curbside access to every exciting event offered in the area.

A move to a senior living community often gives residents more options as to how they choose to spend their day which in turn heightens their sense of independence.



Irrelevance in Retirement—Geriatrician Laurie Jacobs, director of the Jack and Pearl Resnick Gerontology Center at the Albert Einstein College of Medicine in New York City, points out that men fear retirement because it's how they define themselves and how they fill their time.

Senior living communities offer a variety of lifestyle options, affording residents the ability to reinvent themselves. "The men at The Carlisle enjoy great camaraderie and can often be found exchanging stories and sharing a laugh," added Braun. "Here, age is just a state of mind; you're as young as you feel. Plus, they're surrounded by others who are sharing the experience. This is especially meaningful."

The Carlisle's maintenance-free lifestyle is perfect for those looking to start a fresh chapter post-retirement. There are numerous opportunities to remain vibrant, active and engaged. Interested in learning a new hobby? Want to volunteer with a local charity? The choice is yours.

"Several Carlisle residents have now found time to serve as board members to organizations; author novels and memoirs; and become award-winning athletes through our annual Summer Senior Olympic Challenge," said Braun.



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Loss of Strength/Weakness—Nearly 9 in 10 people surveyed by the American Geriatrics Society Foundation for Health in Aging stated that feeling weaker was the most dreaded part of aging.

Strength training is key to helping older adults maintain their sense of balance and ability to perform activities such as climbing stairs or carrying groceries.

The Carlisle offers a variety of fitness and wellness programs designed to help residents lead healthier lives. Our weekly aquacise class, for example, provides a well-balanced workout that delivers aerobic training, builds muscular strength and endurance, increases flexibility and helps maintain a healthy body composition.

The community also has a state-of-the-art fitness center with equipment specially designed for older adults. The machines provide both strength and cardio benefits and is well suited for residents looking to maintain or begin a fitness regimen.

For more information about retirement living at The Carlisle Naples, located at 6945 Carlisle Court in Naples (off Airport-Pulling Road and across from Collier County's Headquarters Regional Library), please call 239-221-0017 or visit www.TheCarlisleNaples.com.

The Carlisle, a luxury, resort-style senior living community in North Naples, offers both Independent and Assisted Living lifestyles. Available on a monthly fee basis, the ECC-licensed and CARF-accredited community boasts a full range of services and amenities including 12-hour restaurant dining, housekeeping, transportation and activities. Located on Airport-Pulling Road, between Pine Ridge and Immokalee Roads, the award-winning community's lush tropical environment is highlighted with meandering walking paths around three lakes and tranquility gardens. For more information or to schedule a tour, please call Director of Marketing Thom Braun at 239-221-0017.



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You Deserve A Break Today...

By Brent Myers, Pastor of Community Life

know it's ironic to quote a famous fast-food chain advertisement in a health and wellness magazine, but on this one – they got it right!

They understood one of the most overlooked principles of our health: the need for rest. (How they recommend fulfilling that need, and what many others think is where we differ...)

Most studies indicate that we operate at our best when we have sufficient rest. Our bodies were not created to be able to go without stopping and taking a break. We were designed to wear down, be refreshed, and go again. Rest is important for all areas of our lives...

Physically. Sleep and metabolism are controlled by the same area of the brain. Sleep releases hormones that control appetite. Researchers at the University of Chicago found that dieters who were well rested lost more fat. And a 2010 study found that C-reactive protein, which is associated with heart attack risk, was higher in people who got six or fewer hours of sleep a night.

Emotionally. Sleep and stress have similar affects on your cardiovascular stress. Being well rested can reduce stress levels and improve your overall health.

Mentally. Lack of sleep can make it difficult for you to concentrate and retain information. When

you sleep, your brain goes through all the activities and impressions of the day which is important for memory formation.

But what's most interesting about rest, is that God knew the importance of rest long before the golden arches recommended it. God created us with the need for rest; He modeled it and even commanded it.

His Model

“By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.” (Genesis 2:2-3, NIV)

God didn't NEED rest. But he CHOSE to rest – giving us an example to follow. Think about this: if the Creator of the heavens and earth and the Sustainer of all living things was able to rest, then I think I could carve out some time to make sure I'm resting, too.

His Command

“Remember the Sabbath day by keeping it holy. 9 Six days you shall labor and do all your work, 10 but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you,



nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. 11 For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.” (Exodus 20:8-11)

This, by the way, is in the Ten Commandments. Consider this: of all the possible things God could tell us to do – if you pared them down to the “top ten”, most of us would start with the Ten Commandments. And one of the top ten things God tells us to do is: REST.

As God's creation, He knows us better than we know ourselves. He designed us and put us together so He knows exactly what we need. And with all that knowledge and wisdom, what does He tell us to do? Rest.

We should be working hard to make sure that we rest daily (getting a good night's sleep); rest weekly (taking at least one day off from work); and rest annually (retreating for an extended time of refreshment).



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