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June 2014

Lee Edition - Monthly

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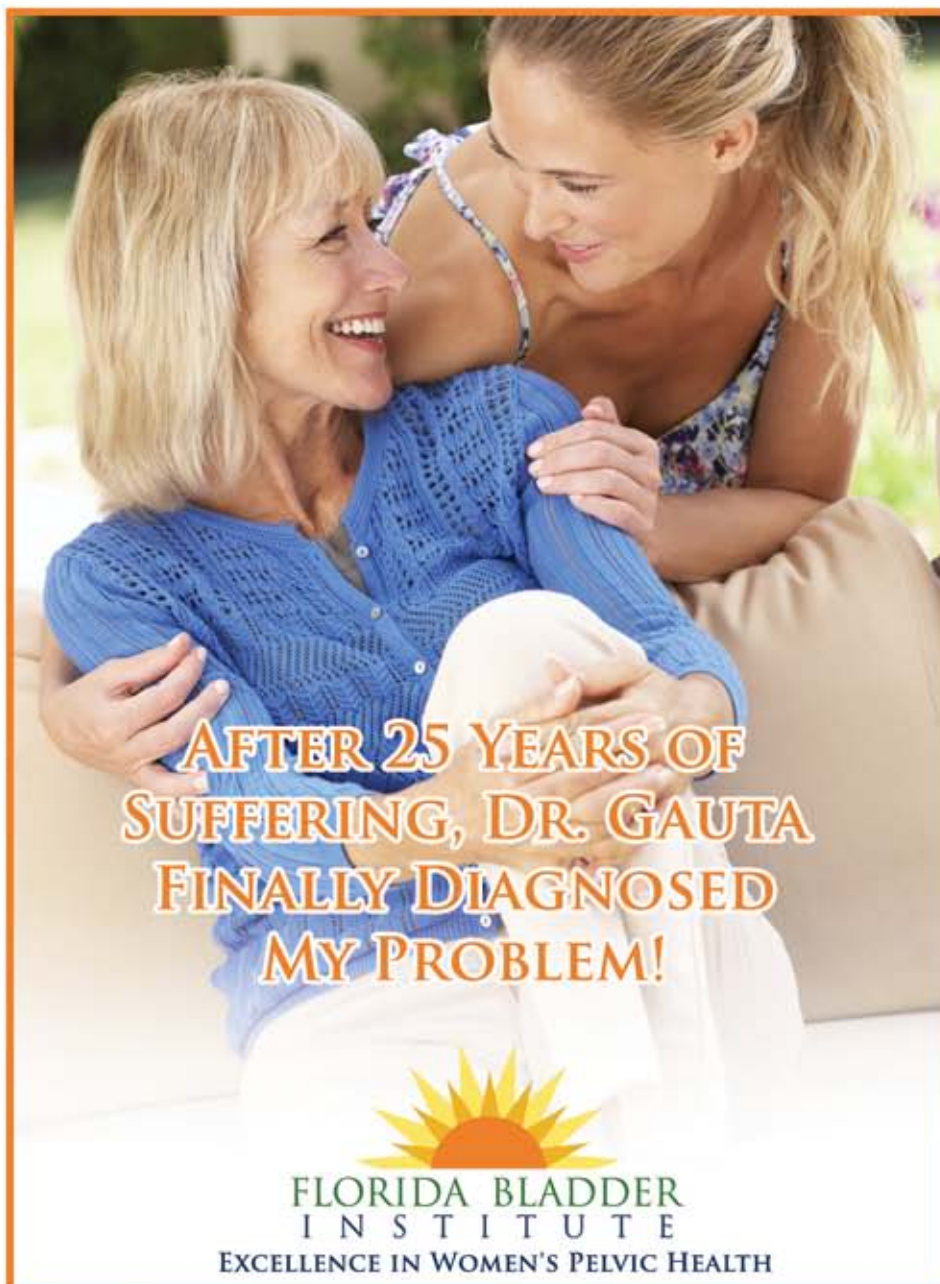
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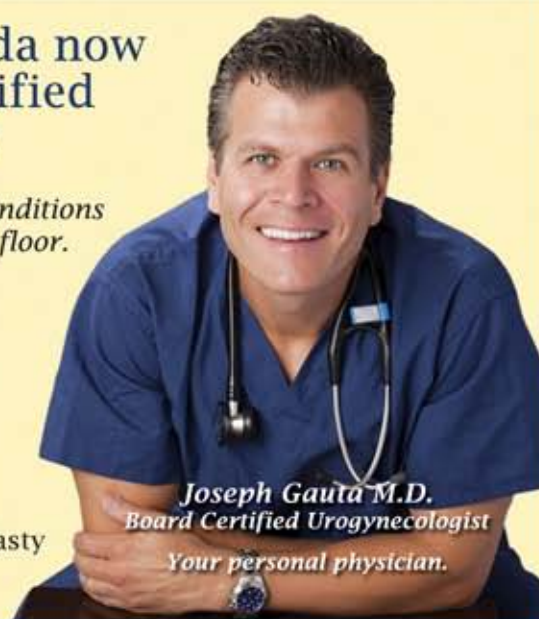
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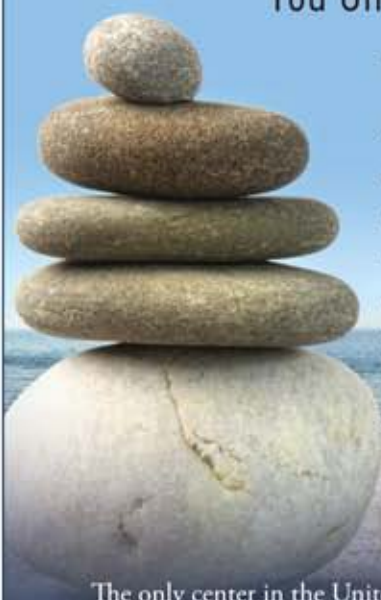
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Men's Health Month

Erectile Dysfunction

By Harry Tsai, M.D.

Normal erectile functions depends on multiple factors such as blood flow, normal signals from the brain to the nerves and muscles in the penis, and testosterone levels. Men who have difficulty obtaining, keeping an erection are considered to have erectile dysfunction.

Cause

- Lifestyle choices: being overweight, smoking, excessive alcohol, drug abuse
- Health conditions: diabetes, heart disease, high blood pressure, high cholesterol, low testosterone, neurologic diseases such as Alzheimer's, Parkinson's, multiple sclerosis
- Medicines: high blood pressure drugs, antidepressants, antihistamines
- Mental or emotional concerns: Stress, depression, anxiety (performance anxiety)

Symptoms

- Trouble getting an erection
- Trouble getting a firm or rigid erection for intercourse
- Trouble keeping an erection

Detection

There are not many invasive tests that are required to make a diagnosis. Urinalysis is needed to rule out infection and blood in the urine. A thorough history and physical can reveal potential medical causes. Physical exam can reveal curvature or plaques in the penis (Peyronie's disease). A testosterone level is required to evaluate potential hormonal cause of ED.



Treatment

- Treat the underlying cause such as adjusting the medicine that is triggering ED
- Stop smoking and drinking
- Oral medications are known as 5-phosphodiesterase inhibitors : Cialis, Levitra, Viagra; this class of medications work by boosting the effect of nitric oxide which in turn relaxes the muscles to the blood vessels of the penis. As a result, there is increased blood flow to the penis.

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- Intraurethral suppository: MUSE can be deposited inside the urethra
- Injection therapy: medications can be mixed and injected into the soft tissue of the penis
- Vacuum device: this is a pump which is placed over the penis and draws blood into the penis
- Surgery: An implant can be placed surgically into the penis to obtain an erection

Prevention

Maintaining a healthy diet, regular exercise, monitoring medical conditions can lead to better erections. Avoid drinking, smoking, losing weight and decreasing stress are also vital.

Chronic Wound? Got Vein Problems?

By Joseph Magnant, MD, FACS

If you have an ulcer on your leg which has not healed for more than 3 months despite a variety of wound care regimens, it might be time to consider a thorough venous evaluation. On a number of recent occasions I have encountered patients of varying ages who presented with the chief complaint of non-healing wounds and this reminded me of the importance of educating the public about the relationship between non healing wounds and venous insufficiency. A recent case was that of a 50 year old woman who had suffered for more than 6 months with a large wound on the left leg. She had been seen by a dermatologist and a wound center out of town where she had undergone debridement (scraping of the wound with a scalpel) weekly over the course of 2-3 months. She did not have improvement of her pain or any significant progress in the healing of the wound. She had noted a long history of darkened and thickened skin involving the left calf although had never

thought of having it evaluated. She did not have "varicose veins" and thus did not suspect her problem to be venous in origin. Ultrasound evaluation was performed and confirmed severe insufficiency (leakiness) in the left great saphenous vein directly feeding the ulcerated area. She underwent endovenous ablation (sealing) of the leaky vein (great saphenous vein) within one week of her original visit and she noted relief of the pain and pressure immediately after the procedure. She healed the ulcer completely in 8 weeks without further debridement and without skin grafting.

(see before and after photos)

Venous ulcers usually result from a trauma of some sort (bug bite, blister, skin biopsy), and once the skin barrier is violated the pressure of the underlying fluid accumulated as a result of leaky veins forces the defect in the skin to progressively open. Over the course of a few weeks ulcers may enlarge as the accumulation of fluid in the tissues causes more tension in the over-stretched skin.

The swelling caused by venous insufficiency slows the healing of ulcers by impairing oxygen and nutrient transport to the ulcer bed. The two phases of wound healing are granulation and contraction and both are adversely affected by venous insufficiency. Granulation is the process where necrotic tissue (white or yellow in color) is replaced by healthy tissue (pink or red in color) and usually has to take place before the wound can start the second phase of wound healing, contraction (shrinking or closing in). When venous insufficiency is untreated, simple ulcers

may take extended periods of time to heal and the longer wounds are left open, the greater the risk of blood-borne infections occurring. Unfortunately, patients and physicians may become complacent and "learn to live" with their open venous wounds rather than taking the initiative to fully investigate all potential underlying causes, including the most common cause of lower extremity ulcers, venous insufficiency. In 2013, more than 13 years since the introduction of endovenous ablation as the preferred treatment of venous insufficiency, there should be no lower extremity wound left uninvestigated for venous insufficiency. Since venous insufficiency affects 20% (40 Million) of the adult population in America, and endovenous ablation is still a relatively "new" procedure, there are still many patients out there with untreated and undiagnosed venous insufficiency today who are suffering needlessly.

The role of the modern, educated and dedicated Vein Specialist is to educate both patients and physicians of all specialties regarding routine as well as the more obscure presentations of venous insufficiency. Equally as important as the training, skill and dedication of the Vein Specialist are the same three qualities of the Vascular Technologist. The most critical goal in the evaluation of patients with suspected Venous Insufficiency is the identification of the specific insufficient veins as well as the stratification of severity of the insufficiency. Many patients have more than one of the potential 5 superficial leg veins identified as insufficient and 5-10% of our patients have combined superficial and deep vein insufficiency. If one suspects they may have venous insufficiency, it is our recommendation to seek a comprehensive evaluation by a qualified Vein Specialist with a background in Vascular Surgery.

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

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

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



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Don't Let Sports-Related Injuries Sideline You This Summer

By John C. Kagan, M.D.

No matter how much you love your favorite sport, there are many reasons you might decide to take a break. A heavy work schedule, travel, sickness and weather are just a few of the temporary setbacks that could put a damper on your active lifestyle.

When you're ready to get back in the game, whether that's golf, tennis, swimming or bicycling, it's important to proceed with caution. Here are a few tips from the American Academy of Orthopedic Surgeons to prevent sports-related injuries when resuming a more active lifestyle.

1. Increase your activity level gradually. Unless you've been physically active year-round, start slow to rebuild muscle strength and stamina. Don't forget to warm up and cool down before and after each exercise session and to gently stretch. It helps keep muscles and joints flexible.

2. Avoid too much repetition. Cross training is the ideal way to approach getting in shape. It simply means varying your routine. Don't book a tee-time on the golf course or play tennis every day of the week. Instead, mix it up to avoid stressing the same muscles and joints over and over again.

3. Give your body time to rest and recover. Don't expect to be at the same peak level of performance if you've been inactive for a while. It's also critical not to work through pain. Minor muscle pain and soreness is to be expected, but sharp pain is a warning sign of a more serious injury.

4. Schedule a physical. If you haven't exercised in a while, are over age 50 or have had major health problems in the past, schedule an appointment with your physician before you take on too much physical exertion.



5. Use common sense. The sun is still strong in Southwest Florida. Stay hydrated by drinking plenty of water and wear sunblock to reduce the sun's harmful UVA and UVB rays.

Finally, pay attention to the warning signs. The most frequent sports-related injuries include tendonitis, which presents in various forms such as golfer's and tennis elbow and swimmer's shoulder. Stress fractures and shin splints are among the most common complaints in runners. All of these are frequently evaluated and treated by orthopedic surgeons. Quite frequently, they are related to repetitive, overuse trauma to the body.

Swelling, reduced range of motion, numbness and tingling, muscle tenderness and joint pain are common symptoms of sports-related trauma to the body. Most of the time, conservative treatment, such as rest, application of hot or cold and over-the-counter medication, can help.

But if the pain is sharp, persists, wakes you up at night or prevents you from enjoying your favorite athletic activity, call an orthopedic specialist for a medical consultation. Anti-inflammatory medications and injections may be prescribed. Physical therapy can often provide some relief. But more serious issues may require arthroscopic diagnosis and treatment by an experienced orthopedic surgeon.



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

Orthopedic surgeons are doctors who specialize in treating musculoskeletal injuries that affect the bones, muscles, ligaments and tendons, joints and cartilage. Dr. John Kagan has more than 30 years of experience treating patients of all ages with orthopedic-related conditions. Learn more about his expertise at www.kaganortho.com or call 239-936-6778.

Post-Op Wound Healing

By Maria E. Alvarez-Krizan, MD, FAPWCA

Surgery is not usually considered a “warm and fuzzy” experience. There is the preparation, the surgery itself, and equally important the aftercare. Surgical wounds can range from small incisions to very extensive lacerations, depending on what needs to be done. Whether a hernia repair or a back procedure, the healing should be treated with care and caution. Negative factors, like scarring, infections, and the risk of further injury can be prevented with proper information. Once the surgery is completed, there are still important steps that need to be followed. These include bandage changes, cleansing of the wound, and resting the affected area. Knowing what to do and how to do it will limit the negative side effects and ensure a quick healing process.

Our skin’s density can range from one millimeter, on our eyelids, to nearly half an inch on the bottom of our hands and feet. Skin is not only a fascinating and complex organ, but also the largest organ of all; it covers our entire body. When our skin is cut or injured, an incredible process begins. Vasoconstriction occurs to stop the bleeding to the specific area; blood vessels constrict and tighten around the incision. Coagulation (clotting) and the clumping of platelets follow suit, and make somewhat of a plug that reduces the blood flow to the injured area. Our bodies’ little soldiers, or white blood cells, rid the area of germs in the wound fending off infections. Fibroblasts, cells that are responsible for forming new skin, collect around the wound and create collagen, in turn mending it together and producing a scab.

Disruptions in the healing process will not only prolong the amount of time it takes, but it can increase the scarring. Scars are a natural part of healing, though they have only 80% of the strength that our original skin has. It is important that an incision does not open back up. The size and depth of a scar is directly related to the size and depth of the wound. However, taking proper care of the wound will greatly reduce any long-term scarring.



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The doctor will most likely change the first bandage. They do this to inspect the wound and to show you how to do correctly perform the task. When the bandage is wet or stained, it is usually time to change it. Make sure this is done with clean hands to avoid getting any unwanted particles to the area. Wearing gloves is always preferred, but not always possible. Wash your hands before you pull off the soiled bandage, and before you put the new one on. Never attempt to remove stitches or staples on your own; unless advised to do so by your doctor. Sometimes scabs will fall off when cleaning the area, but never purposely remove scabs. They are meant to come off when the cut is healed and ready.

Limit your activity after a surgery to let the healing take place. Pressure on the area must be restricted, go easy on your body and give it time. Once the surgery is complete and you have left the hospital, it falls on you to take care of your incision. A soon-to-be healthy, clean, and well-rested body will thank you later.

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

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



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Adults with Disabilities: Physical Activity is for Everybody

Physical activity is important for all people but essential for people with disabilities. Life Care Center of Estero wants to help. We offer physical therapy, occupational therapy and speech therapy services along with state of the art facilities. These therapies can help people with disabilities improve function and overall health through education and exercise programs. We would love to consult with anyone who has the desire to stay active and healthy. For more information you can contact our outpatient department at 239-495-4046. The following article is reprinted with permission from the May 2014 publication Vital Signs from the Center for Disease Control.



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.

Vital^{CDC}signs™



3x

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>





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.


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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.

Lymphedema

By Ellen Poage, MSN, MPH, FNP-C, CLT-LANA

Do you have tightness, heaviness or fullness in an arm or leg? Then you may have lymphedema. Lymphedema is a chronic, progressive disease caused by a failure in the lymph transport system resulting in swelling, usually in a limb or limbs but it can occur in the face and neck, and trunk or genitals.

Lymph system failure can occur in children either at birth or in adolescence because of a genetic predisposition to a weak or insufficient lymph system.

A type of parasitic infection can also block the lymph system resulting in 3rd stage lymphedema, or elephantiasis. This is common in countries like Haiti and India.

Here in the United States lymphedema is commonly related to venous insufficiency or else is triggered by lymph node dissection as a result of cancer surgery and radiation. The lymph system transports protein rich fluid from the tissues back to the heart where it returns to the blood circulation. The lymph system's main function is not to return fluid but particles, proteins and debris that are essential for healthy circulation and immune function.

On the other hand, the venous system's main function is to return fluid back to the heart but it cannot reabsorb the proteins or larger particles.

If the veins wear out, due to age, inactivity, prolonged standing or sitting, the legs will swell because the fluid is not returning to the heart. In the case of venous insufficiency the lymph system can help temporarily when the veins start to fail by increasing their workload. This is not meant to be permanent so eventually this added workload causes a lymph transport failure. You will see pitting edema in the leg, meaning a dent forms when you press your finger in the tissues.

At this point your physician may prescribe a diuretic. The diuretic can remove the fluid from the tissues by increasing reabsorption of fluid into the veins but the protein particles remain. Often



the diuretic makes the situation worse because it pulls the water leaving condensed proteins in your tissues.

If you have ever wondered why the benefits of a diuretic are temporary it's because water loves protein so where protein goes water follows. Think of dry beans in a pot. When you put water in the pot, the beans swell.

You may have noticed elevating the limb helps early in the disease process but after a while this no longer works because as lymphedema progresses, the stagnant fluid and proteins eventually become fibrotic, otherwise known as scar tissue. Fibrosis is an inflammatory process that causes the skin to thicken, fatten and harden. This interferes with joint mobility making it difficult to walk or in upper extremity lymphedema, difficult to bathe, groom or dress.

In addition to disease progression with fibrosis, bacteria love proteins. A small break in the skin can lead to infection or cellulitis resulting in hospitalization if not treated early.

Therapy Options

If lymphedema develops, it is essential to seek the help of a certified lymphedema therapist without delay. Timely referral can help prevent infections, fibrosis, loss of function and quality of life. The importance of early detection and treatment cannot be overemphasized. Lymphedema is a disease treated with physical therapy called Complete Decongestive Therapy (CDT). Lymphedema is not always reversible but it can be managed. Often people are given an intermittent pneumatic compression device as first line of therapy. Although there is a place for the use of pumps for lymphedema, they should not be the first intervention.

Complete Decongestive Therapy:

Therapy begins with a comprehensive assessment that includes measuring the area of swelling. CDT is an intensive four-step process that takes about 2 to 3 weeks. Each visit consists of manual lymphatic drainage (MLD), compression bandaging, skin care and exercise. MLD is a form of manual therapy that stimulates the lymphatic system to move lymph fluid. Compression bandaging encourages the continued flow of lymph and decreases the return of lymph. These are worn daily. While highly effective, bandaging is challenging because wraps are worn daily and it requires learning the technique and is time consuming. All four steps are continued in self-care. Self-care is ongoing.

Self-care is essential to managing lymphedema. During self-care the all day bandages are replaced with a fitted compression garment and if needed nighttime wraps are used.

While lymphedema therapy is more available today, there are few trained and skilled therapists. Be prepared to inform your health care provider of your symptoms and if you are not getting results from therapy, be prepared to find a new therapist. One thing is certain, though: if you manage lymphedema it will not manage you.

Lymphedema Therapy is available locally at 8660 College Pkwy., Ste. 60, Ft Myers. For more information, you may contact Associates in General & Vascular Surgery, a division of 21st Century Oncology, at (239) 939-2616.



Ellen Poage, MSN, MPH, FNP-C, CLT-LANA is a family nurse practitioner with Associates in General and Vascular Surgery. She is a Certified Lymphedema Therapist with the Lymphedema Association of North America. She lives in Fort Myers and has been treating lymphedema since May 1995.

 **21st Century Oncology**

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) 768-6396 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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By Joshua Lee Jr., M.D.

Is your Gallbladder trying to tell you Something?



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The gallbladder; everyone has one, but that's not to say everyone needs one. The gallbladder is a hollow organ that is located under the liver. It is hollow, because it works as a storage unit for bile. This bile is received from the liver when is not yet ready to be digested. Then, the bile moves from the gallbladder to the small intestine for the next stage of digestion. This sac shaped organ is about three inches long and two inches wide.

Most people will not have to worry about any issues pertaining to the gallbladder. However, gallbladder diseases and gallstones can be very painful and severe for those who do. Gallstones affect over 25 million Americans. This number has been rising slightly each year. Before having an actual gallbladder attack, it can be difficult to recognize that there is a problem occurring. Generally, a gallbladder attack emerges with sudden chronic pain under the right side of the rib cage or upper abdomen. This pain can flow and radiate to the shoulder, possibly even down the neck. The signs and symptoms are important to identify, so there can be an accurate diagnosis.

Besides the pain, there are a few indicators that may hint at some sort of problem with the organ. The symptoms can disguise themselves as common illness. A frequent sign is prolonged nausea or loss of balance. An initial clue may be excessive burping or gas after eating; this may include actual fluid rising in the esophagus. Having a bitter taste in your mouth, regardless what you have eaten, could mean a blockage in the gallbladder. The fluids would then have nowhere else to go. Abnormalities, such as having pain radiate in the feet or having a sore tongue, can also be telltale signs of gallbladder issues.



Gallstones can be the size of a grain of salt, or as large as a Ping-Pong ball. The larger the stones are, the worse the blockage. Approximately 80% of gallstones are made up of cholesterol. When the organ is filled with more cholesterol than it can dissolve, the excess forms into stones. The other 20% of stones are comprised of calcium salts. These can be the result of liver disease or infections in the organ's ducts.

There are two ways to treat gallstones; the first is to take medication called Ursodiol. Ursodiol breaks down the gallstone, but can take years of continued use to be effective. This is why it tends to be the less popular option. The second treatment is to undergo surgery. This is accomplished by making small incisions into the abdomen and usually requires only one or two days in the hospital to recover. The surgery has a very high success rate and food can still be effectively digested without the gallbladder. The gallbladder is not vital and many people are living perfectly normal lives without it.

After it has been surgically removed, it is advised that patients keep away from fatty foods that are high in cholesterol. Since the food will not be stored before moving into the small intestine, it can result in more frequent bowel movements. While many people go back to the way they ate before the surgery, their bodies will let them know when they are eating too many fatty foods. Without a gallbladder, it is recommended to eat smaller and smarter portions. Consuming vegetables, fruit, and poultry (which is high in lean protein) is advised. Gradually introducing more fiber into your diet will help reduce bouts of constipation and diarrhea. Living without a gallbladder can require some slight changes in lifestyle, but most people are able to maintain the same quality of life as before the removal.

Lehigh Regional Medical Center is experienced and knowledgeable regarding gallstones and gallbladder surgery. If you have any questions, you can contact them at (239) 369-2101 or visit them at 1500 Lee Blvd. in Lehigh Acres.



Help with your Medication Regime

Are medications a part of your daily life? For many, the answer to this is "Yes". People take medications for many different reasons, no matter what their age. However, when we get older it can become more difficult to keep track of all the pills we take. Dangerous drug interactions, forgetting when to take your pills, or overdosing are just some of the concerns for our senior citizens.

In fact, 58% of seniors make errors taking their medications. 26% of these make mistakes large enough to have serious consequences. The main reason has been shown to be simply forgetting to take their medications properly. It would be unfair to scold anyone for this, because the average number of meds that a senior takes is seven. When you are taking seven or more different medications a day, it is easy to overlook.

Unfortunately, repercussions of these mistakes aren't as forgiving. Both your health and your money can be at risk. At least 10% of hospital visits are related to the improper medicating. Seniors are more apt to be affected by this experience. 23% of the nursing home admissions are due to the inability to self-manage medications. Another startling statistic is that over 21%

of all drug-related health problems are caused by the failure to follow correct medication procedures.

Where does the cost come in? Well, if you fail to take your prescriptions correctly you will more than likely end up with a visit to your doctor's office or even the hospital. A few mishaps per year can really add up. Each year in the United States, \$100 billion in health care costs is due to preventable hospitalizations, emergency room visits, or repeat trips to the physician; all related to medication complications.

Though nursing homes have their place, they are not always the best solution for seniors. Using the services of a homecare professional may fit you, or a loved one's needs better. Caregivers can be there to help oversee your daily regimen of medications. During your doctor's visits, they can accompany you during important conversations. Keeping complete documentation of your medications and making sure your physicians are fully informed of any changes can be difficult.

800-365-4189 | www.visitingangels.com

When it comes to safely taking your medications, here are some steps to remember:

- Be aware that some medications cannot be taken with each other.
- Prepare for your doctor's visit by:
 - Bringing an up-to-date list of all the medications you take.
 - Making a list of questions to ask about your medications & health.
- What are the medications prescribed intended to do?
- How long will I need to take the prescribed medications?
- What are possible side effects the medications may have?
- Confirm the directions for your medication with your pharmacist.
- Give a copy of your list of medications to a family member or close friend.
- Use a pill organizer to track whether you have taken your pills.

Professional Caregivers are fully aware of these important points regarding your medications. Reaching out is the first step. It may seem like you are giving up control, but the exact opposite is true. Realizing that you may need some assistance and then finding the appropriate resource is the epitome of taking control.

If you have any questions regarding professional homecare services, you can contact Visiting Angels at 239-226-1620. They understand that seniors want to stay as independent as possible. Their caregivers are there to allow you to continue living the lifestyle that you are accustomed to.



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.

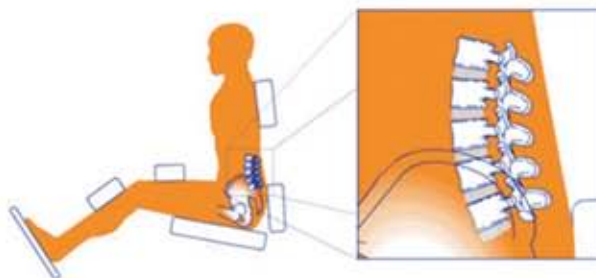
Improving the strength of the lumbar muscles and connective soft tissues has long been recognized by orthopedists, chiropractors, and physical therapists as the cornerstone of low back rehabilitation. There is no doubt that regular strength training of the lumbar spine will both prevent and resolve lower 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 after Imperial Gulf Course Blvd. going South, on the left 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.

Can you spare 20 minutes?

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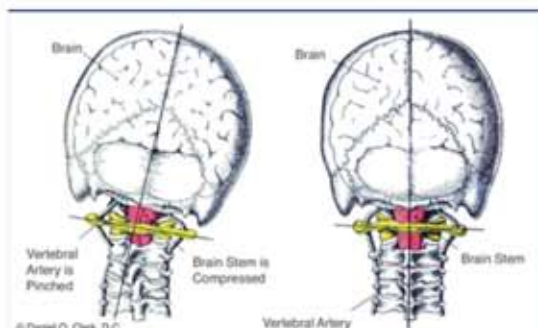
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If the first two bones in your neck are misaligned, communication between the brain and body is interrupted and can cause numerous health problems.

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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.



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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 (LLLT) meets every international standard for safety and efficacy, and is classified as a class 3A cosmetic device.



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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.



SNORING OR SLEEP APNEA?

We probably all know someone who snores. Who can forget the rumbling, tumbling, and even gasping sounds in the middle of the night? Snoring is something that can contribute to many problems for sufferers, the effects can even last into the next day. There are various reasons why we snore, and why it is more common among men. There is also a more dangerous type of snoring that is called sleep apnea. The sound that we hear originates from the vibration of the soft tissues in our throat. The uvula is a bag shaped object in the back of our throat that vibrates when we take a breath.

There are certain contributing factors that can increase the likelihood of snoring. We all have different body types; some, unfortunately, can make us more susceptible to snoring. If you happen to have a thicker neck, your airways have a greater chance of becoming constricted. This is one of the reasons that men are more likely to snore; they are usually more muscular and therefore have more mass surrounding their airways. Another thing to think about is our eating habits. Poor eating habits can lead to weight gain; which will also increase the size of one's neck. Excessive drinking of alcohol is one more. Alcohol use will relax the muscles in your body, including the ones around your mouth, nose, and throat. So, yes, drinking at bedtime can help you fall asleep faster, but not without a price. The problem is that the price is usually paid for by your spouse!

Many times, snoring can be so problematic that eight hours of rest can end up feeling like four. When someone wakes up numerous times a night and does not remember it, it may be accredited to sleep apnea. Sleep apnea is when there are actual pauses in one's breathing during sleep. These pauses might be only a few seconds long, but have the ability to stretch on for longer periods of time. Once breathing is "restarted", it usually begins with a loud choke or gasp. It can be very unsettling to hear. These pauses can occur dozens of times every hour. With sleep apnea, it can be



challenging getting a good night's rest, because you drift in and out of deep sleep. Having headaches and being groggy for an extended period of time is not uncommon for those with these nightly breathing complications.

For the basic light snorer, there are a few remedies that can be implemented at night. Taking a hot shower to clear the sinuses, drinking enough fluids to stay hydrated, and using "over-the-counter" nose strips can help. To someone who snores heavily or experiences sleep apnea, these simple solutions probably won't offer much assistance. For these sufferers, advanced treatment may be in order. Continuous positive airway pressure (CPAP) therapy involves using a positive air pressure mask that covers the nose. It maintains a constant air flow into the nasal passageways, ensuring no disruptions in breathing. When used properly, they are very efficient and effective. Specially formatted dental appliances are another option. These devices, which are FDA-approved, are simple to use. They are custom fit and reposition your lower jaw. Adjusting the placement of the jaw relieves any potential blockage. Many sufferers prefer this device, because it is less invasive.

If you or a loved one suffers from snoring or sleep apnea, call Pelican Landing Dental at (239) 948-2111. They are located in Bonita Springs at 23451 Walden Center Dr #100 and have been helping many patients with these conditions.

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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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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.

Digital Dental X-ray Exams Lower Radiation Exposure

Computers are a part of daily life. They also play an important role in our dental office. We use computers to track your appointments, treatment details and insurance records. We also use them to capture, store and transmit your dental x-ray images.

Many diseases of the oral cavity (which includes the teeth and surrounding tissues and bone) cannot be seen by the eye alone when the dentist visually examines your mouth. An x-ray exam may help the dentist see what is happening in areas that the eye can't see, such as:

- small areas of decay between the teeth or below fillings
- bone damage from a tooth infection (such as an abscess) or a cyst
- bone loss due to periodontal (gum) disease
- developmental defects
- some types of tumors
- the effects of trauma
- the position of unerupted teeth in children and adults

Finding and treating dental problems at an early stage can save time, money and unneeded discomfort and help prevent more serious health problems. X-ray images may be able to help the dentist detect damage and disease not visible during a regular dental exam.

Our practice uses digital x-rays because they have many benefits over film x-rays. Digital x-ray images can be simpler to make, provide enhanced pictures and can save time for the dental team. They also make it easier for us to show these images to you, our patient.

Digital imaging uses an x-ray machine like that used for traditional dental x-ray images made with film. But instead of using film in a plastic holder, digital images are made using a small electronic sensor that is placed in your mouth to capture the x-ray image.



There are many benefits to using digital dental x-ray images.

- Digital x-ray images may require less radiation. Even though conventional dental x-rays required a small amount of radiation, digital x-rays use even smaller amounts making them safer and more appealing to those patients concerned with radiation exposure.
- When the digital x-ray image is exposed, it can be sent directly to a computer and viewed right away. For x-ray film to be exposed, a staff member must process it in special chemicals. This takes longer than simply viewing the x-ray on a computer screen.
- Digital x-ray images can be enlarged on the computer screen. This makes it much easier for you and the dentist to see the pictures. Traditional x-ray films are viewed actual size.
- Digital x-ray images can often be corrected without having to make another x-ray exposure.
- The dental office can print or copy your digital x-ray images. They can also be sent electronically to insurance companies, which may help claims get processed faster.
- Digital x-rays are environmentally friendly. They eliminate the need for film and film processing chemicals.

Dental X-rays and Safety Concerns

The main concern about being exposed to radiation is the risk of getting cancer years later. Dental x-ray exams require very low levels of radiation exposure, which makes the risk of potentially harmful effects very small. Dental X-ray exams have radiation levels equal to 2 to 3 days of naturally occurring background radiation. For example, a set of bitewing x-ray images creates only a small fraction of the radiation you are exposed to when flying on an airplane. Chest and spine x-rays and CT scans have much higher levels of radiation.

Digital dental x-ray tools and techniques are designed to limit the body's exposure to radiation. Dental practices limit the area exposed during a dental x-ray exam by limiting the size of the x-ray beam to the size of the film or sensor being used and by using a leaded apron and thyroid shield that x-rays cannot pass through.

Our office is committed to the safety of our patients and their oral health. We invest in the latest digital x-ray technology to minimize the exposure of radiation to our patients. Dental x-ray exams are an important part of your oral health care, don't put them off because of unwarranted safety concerns. If you have any questions concerning how often dental x-rays exams should be performed or would like more information regarding the safety and benefits of digital x-rays please contact our office at 239-482-8806.

*source: American Dental Association



Ricardo S. Bocanegra, D.D.S.

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Can You Hear Me Now?

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

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

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

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

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

We Hear with Our Brains, Not Our Ears

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

Advanced Digital Hearing Technology

Almost all hearing impairments can be overcome with the use of hearing instruments.

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

Other options like directional microphones are extremely beneficial, especially in ambient noise. When directional microphones are active, they only pick up voices coming from in front of the hearing device user, not from behind. This helps substantially in the presence of background noise. Multi-memory is another option hearing instrument users can take advantage of depending on their type of listening environment. A push button allows the wearer to increase or decrease the volume of the instruments to ensure sounds remain at a comfortable level.

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

"Hearing Devices are a Sign of Intelligence"

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

Free Hearing Evaluation

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



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

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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!

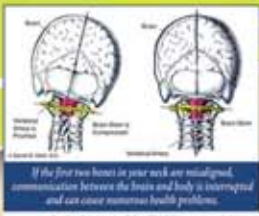
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Your Check Engine Light is On: Let's Talk Men's Health

By Tara Moser, LCSW, RPT-S and Heather Payne, LMHC

When it comes to health, especially mental health, men are more likely to avoid taking care of themselves. Men are less likely to visit a doctor for well checks, injuries, and illness. Many women will agree that trying to get a man to go to the doctor for a checkup is a more difficult task than herding a room full of cats. Women, usually significant others or mothers, are left with the unpleasant task of nagging the men they love to pay more attention to their health and wellness.

Why are men so obstinate when it comes to taking care of themselves? Part of the reason may be related to cultural. For generations, men have been raised to avoid showing weakness or vulnerability. For many men, embarrassment also plays a role, especially if symptoms involve more intimate problems such as those sexual, prostate or bowel related.

Research shows that men are four times more likely to complete suicide than women. This is partially related to the missed diagnosis of depression in men. Men tend to hide, both consciously and unconsciously, their signs of depression. The more common signs of depression, such as sadness, do not show as clearly in men; rather symptoms such as anger, aggression, burnout, risk taking behavior, and alcohol and substance abuse. Loved ones close to the man may see these symptoms as "just being a guy" or going through a hard time. To help men with depression, family, friends, physicians and men themselves need to recognize that society's definition of a man as stoic and unemotional can work against them.

Drinking over the equivalent of one pint of beer a day is linked to multiple health problems. Short term intoxication can cause out of character behavior, aggression, impotence, getting sick and or passing out. Long term effects include addiction, heart disease, liver damage, pancreatitis, mouth and esophageal cancer and fertility problems. It is important to have an honest conversation with the man when he is sober about his drinking habits and help him identify ways to moderate his alcohol intake.

Many diseases that men suffer from as they age stem from lack of health care earlier in life. Cardiovascular disease is a good example. If a man has not had his cholesterol and blood pressure monitored through his life, he may be seen to "suddenly" develop heart



disease or stroke, when in reality symptoms were present much earlier. With regular monitoring and preventative health care, the event might have been prevented. Other top killers include cancer, chronic obstructive lung disease, accidents, pneumonia, diabetes, suicide, kidney disease, and liver disease.

As a man, taking time to put yourself first, even if you do it under the guise of getting check ups for your wife, children, mother, partner, or whoever else is most important in your life, will create a more healthy society. By setting examples for our younger generation, we can show that unhealthy habits prevent us from successful priorities of health and wellness.

We are given a new start to each day, but we are also placed with choices in every moment of life. By choosing better food options, exercise (in whatever form works best into ones daily routine), making smart choices related to alcohol, seeing the doctor regularly and when something doesn't seem right, and so much more we can become a healthier society. Some risk factors, such as age, sex, and family history cannot be changed. Adopting a healthy diet and regular moderate exercise, along with reducing alcohol intake and quitting smoking may reduce the risk of an untimely death. The good news is that things are gradually changing. Men's health issues are being brought out into the open, and men are becoming more comfortable talking with their partners about their health concerns. Younger generations of men are starting to reach out for medical and mental health needs for their families and the trend lends itself to acceptance of help being heroic and no longer shameful. If men could respond to health issues the way they respond to the "check engine" light on their cars, symptoms would be evaluated in a much timelier manner!



Heather Payne, LMHC received a Master's degree in Mental Health Counseling from Argosy University, Sarasota. She works with children, adults, couples, and families, and has received extra training in crisis intervention, grief and loss. She is a member of the American Counseling Association, the Association for Death Educators and Counselors, and the Association for Play Therapy. She is also a Registered Nurse, and a Nationally Certified Counselor through the NBCC.

Heather is working toward becoming a registered play therapist, and has two therapy dogs in training who she may use in sessions with clients who request animal assisted therapy. She uses a person centered approach combined with cognitive behavior techniques to provide individualized service for each client. She is a trained Prepare Enrich facilitator and offers premarital counseling for interested couples.

Heather is also the Coordinator for the Lee Memorial Health System's Pediatric and Pregnancy Bereavement Program.

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



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

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

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June Cataract Awareness Month

Cataracts: Third Leading Cause of Blindness in the United States

By Jonathan M. Frantz, MD, FACS

Studies suggest that everyone who lives long enough will get cataracts, although there may be some reduced risk for individuals who eat properly, avoid sun exposure and do not smoke.

A cataract is not a disease but an aging process similar to graying hair. As the eye ages, the normal lens inside the eye becomes cloudy. The lens focuses light rays on the retina at the back of the eye to produce a sharp image of what we see. When the lens becomes cloudy, the light rays cannot pass easily through it, and the image becomes blurry. It can be compared to a window that is frosted or "fogged" with steam.

What causes a cataract? Cataracts usually develop as part of the aging process. Other causes include:

- Family history
- Medical problems, such as diabetes
- Injury to the eye
- Medications, such as steroids
- Long-term, unprotected exposure to sunlight
- Previous eye surgery

The amount and pattern of cloudiness within the lens can vary. If the cloudiness is not near the center of the lens, you may not be aware that a cataract is present. However, many people experience common symptoms, which include:

- A painless blurring of vision
- Glare or light sensitivity
- Frequent eyeglass prescription changes
- Double vision in one eye
- Needing brighter light to read
- Fading or yellowing of colors

Dr. Frantz is among the top five laser cataract surgeons in the country. He introduced Bladeless Laser Cataract Surgery to southwest Florida in May 2012 and continues to embrace the latest technology for his patients by being the first surgeon in the state of Florida to offer the VERION Image Guided System, which tracks your eye from the planning stages to your actual cataract procedure. He also offers the area's only ORA with VeriEye, which provides an in-depth analysis of the eye during surgery. The combination of the most advanced technology,

a wide choice of intraocular lenses, and Dr. Frantz's vast surgical experience offers area residents the opportunity to experience unparalleled cataract surgery.

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

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

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FINDING YOUR ANSWER TO CANCER...

By Beth Marlow, Certified Professional Cancer Coach, Certified Holistic Nutritional Counselor & Herbalist & Certified Infra-Red Therapy Specialist in Ft. Myers, FL. Contact her at www.OrganicAngelNutrition.com.

It's time to get serious in our war against cancer. Most of us have been touched by cancer in some way, with statistics indicating that 1 in 3 of us will be diagnosed with cancer during our lifetime. However, that doesn't mean we should sit back and allow ourselves to become a "statistic". For the human body to allow cancer cells to take root and multiply, there first must be a weak link in the Immune system, some degree of toxic overload and nutritional deficiencies. Now is the time to turn the tables on cancer by utilizing the powerful natural therapies we have available... and you may be surprised to learn what they are! Cancer has enemies, and some of the heaviest hitters we have now discovered are:

ALKALINITY, INFRA-RED Therapy and VITAMIN D3.

In America, the mainstream views on cancer treatment are undergoing a change due to enhanced education of the public. Consequently, thousands of people are now choosing natural non-toxic protocols, with an emphasis on an organic whole foods ALKALINE DIET, deep detoxification & oxygenation using INFRA-RED Therapy and good ole VITAMIN D3.

First, in order to powerfully boost the Immune system while increasing cell oxygenation, blood flow and killer T-cell function -- all of which directly combat cancer cells-- regular use of INFRA-RED Therapy has now been recommended as a non-toxic cancer therapy. This was recently recognized at the Cancer Conference in London, UK by eminent International cancer specialists. It has been determined that INFRA-RED detoxifies cells poisoned with heavy metals (aluminum, mercury, cadmium), environmental chemicals and toxic drugs. We are continuously exposed to toxins such as those found in carpets, paint, plastic bottles, flame retardants, as well as our food, air and water supplies. These toxins should not be inside your body...yet many of them are! No wonder cancer has become an epidemic in our world today. Scientific evidence shows that toxic substances like preservatives, pesticides and other pollutants remain stored in the body long after exposure.



NUTRITIONAL THERAPY WHAT'S IT ALL ABOUT?



According to the U.S. Environmental Protection Agency over 400 chemicals have been detected in human tissue - 48 were found in adipose tissue, 40 in breastmilk, 73 in the liver and over 250 in the blood. The predominate storage site for toxins in the body is the fatty tissue. The human body has no previous experience with these chemicals and it is not designed to break them down, much less eliminate them. The only way to remove toxins from the fat storage sites is to mobilize the toxic fat. INFRA-RED is one of the most effective methods of removing fat-stored toxins from the body! INFRA-RED Therapy will also prompt your body's anti-inflammatory response, causing an increase in production of white blood cells which attack anything that does not belong in our bodies, especially (& most importantly) cancer cells.

INFRA-RED Body wraps have a direct effect on capillaries, causing them to expand, which significantly improves the circulation and oxygenation on a cellular level, thus creating a very hostile environment for cancer cells and making it much more difficult for them to proliferate. In a clinical study published in the *Journal of Cancer Science and Therapy*, scientists studied INFRA-RED's effects on human cancer cells in vitro and on cancer cells in mice. INFRA-RED Therapy reduced tumor volumes 86% in 30 days. The tumor-suppressing effects were even seen without high temperatures. In another study, researchers in Japan discovered that whole-body hyperthermia with INFRA-RED Therapy strongly inhibited the growth of breast cancer tumors in mice without deleterious side effects. Researchers believe this therapy is promising for long-term studies of a noninvasive adjunct treatment of breast cancer.

Next up in our arsenal of natural cancer therapies is the ALKALINE DIET. There is truly no way to overemphasize the importance of nutrition in fighting cancer and achieving long term health. What you eat each day is much more than the source of your energy, it is also the basis for longevity. Following an ALKALINE DIET will make an enormous difference in how strong your Immune system response is, which ultimately determines your vulnerability to disease.

There is a great deal of research showing the link between an acidic pH and cancer. Cancer thrives in an acidic environment, but does not survive in an ALKALINE environment. Cancer cells make your body even more acidic as they produce lactic acid. So if you have cancer, your pH levels are low and your body is going to be too acidic. Taking action to make your body more Alkaline is vital in the battle against cancer. Unfortunately, the majority of the foods and drinks we consume in the modern Western diet are acidic, such as meat, grains and sugar, with processed foods, colas and other soft drinks being highly acidic. Actually, too much acidity is an underlying factor in many degenerative diseases -- diabetes, arthritis, fibromyalgia and more. Taking medicines or supplements for cancer while your pH is highly acidic is a lot like taking a bath in a tub full of dirty water. . even when you use plenty of soap, you can't truly get clean. By eating a predominance of foods that make the body's pH more Alkaline, along with the use of targeted detoxification such as INFRA-RED Therapy, we can shift the body into an ALKALINE state, making it a "hostile" environment for cancer cells... and that is the goal.

Last, we need to take a look at the latest research on Vitamin D3 and its effect on cancer. Vitamin D3 is known as the "sunshine vitamin", because we can readily absorb it through exposure to sunlight. In fact, an ever growing number of studies show that vitamin D3 has tremendous protective effects against a variety of different cancers, including pancreatic, lung, ovarian, breast, prostate, and skin cancers. Theories linking vitamin D3 deficiency to cancer have been tested and confirmed in more than 200 epidemiological studies, and validation of its Immune boosting effects stems from more than 2,500 laboratory trials. According to Carole Baggerly, founder of Grass Roots Health, as much as 90% of ordinary breast cancer may in fact be related to Vitamin D3 deficiency. Breast cancer has even been described as a "Vitamin D deficiency syndrome". A recent research study found patients with high levels of Vitamin D were more likely to survive cancer and remained in remission longer than patients with Vitamin D deficiencies. The link was especially strong for breast cancer, lymphoma and colorectal cancer. The body makes Vitamin D after sun exposure, but it can also be found in leafy green vegetables and fatty fish. Most of us will need to supplement our Vitamin D3 in order to get an adequate amount daily.

Two studies from 2007 used meta-analysis, which combines data from multiple reports, and found that therapeutic doses of vitamin D3 could prevent up to half of all cases of breast cancer, and two-thirds of all cases of colorectal cancer in the United States. The studies showed a direct correlation between low blood levels of vitamin D3 and cancer. Those with the highest blood levels were

found to be at the lowest risk, and the lowest blood levels at the highest risk. Even the National Cancer Institute estimates that 80 percent of cancer cases could be prevented. The current recommended doses are generally not enough to address health problems, so be sure to consult with your health care professional to find out what your optimal dosage should be. Be sure your supplements come from whole food vitamins so that higher doses won't be detrimental to your health, as they might from synthetic vitamin sources.

If you have had cancer, are battling cancer or want to prevent cancer, then these natural therapies can give you the edge you need to win your battle and achieve your health goals. Eating an ALKALINE DIET, detoxifying and oxygenating your system with INFRA-RED Therapy and getting adequate amounts of VITAMIN D3 are proven natural therapies to support your cancer care and put you on the road to lasting health and wellness.

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Beth Marlow, Certified Professional Cancer Coach, Certified Holistic Nutritional Counselor & Herbalist & Certified Infra-Red Therapy Specialist in Ft. Myers, Florida. Contact her at www.OrganicAngelNutrition.com



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LAP-BAND® Surgery for Patients with a Lower BMI

By Peter M. Denk, MD, FACS

The importance of a healthy weight is all over the media these days. An appropriate Body Mass Index or BMI plays a significant role in reaching that healthy lifestyle, as recently seen on multiple Dr Oz episodes. The episodes featured earlier this year discussed the benefits of LAP-BAND® surgery for patients with a lower BMI and the benefits of disease prevention. Bariatric surgery has historically been utilized as a weight loss solution for patients with a BMI of 35 or greater. More recent evidence strongly suggests that weight loss surgery is an effective option for those people who are overweight but have not yet reached a BMI above 35. Individuals with a BMI of 30 - 35 suffer a disproportionately high incidence of hypertension, diabetes, hyperlipidemia, heart disease, obstructive sleep apnea and degenerative joint disease, and they will experience a shortened lifespan if a healthier, lower weight is not achieved.

The U.S. Food and Drug Administration has expanded the use of the LAP-BAND® Adjustable Gastric Banding System, a device implanted around the upper part of the stomach to limit the amount of food that can be eaten at one time. The science indicates that a person with a BMI of 30 or greater will enjoy a significant health improvement as a result of LAP-BAND® surgery and even moderate weight loss.

Benefits of LAP-BAND® Surgery Include:

- It's reversible
- No cutting or stapling of the stomach
- Less pain and discomfort than other weight loss surgeries
- Less invasive than traditional weight loss surgeries
- Quicker recovery period

With more than 600,000 procedures preformed worldwide, the LAP-BAND® system is one of the most popular laparoscopic gastric band surgeries.

What does LAP-BAND® Surgery entail?

LAP-BAND® surgery at GI Surgical Specialists involves the implantation of a fully adjustable medical device known as a "gastric band" around the upper portion of the stomach during a minimally invasive laparoscopic operation.

During laparoscopic gastric band surgery, your surgeon will use a laparoscope, a thin, flexible tube equipped with a light, camera and other surgical tools to guide the gastric band into place. This camera transmits information to a video screen so the surgeon can view the surgical area and perform the procedure. At this time, your surgeon can adjust and tighten the band to reduce the amount of food you can eat by injecting sterile saline (salt water) into the fill port.

The objective of the LAP-BAND® procedure is to create a stomach pouch that can only hold a small amount of food, thereby reducing the stomach's food storage capacity. Your gastric band will also control the stoma or stomach outlet between the newly created smaller pouch and the lower part of the stomach. The smaller your stomach pouch the faster you will feel full and the longer food will take to move between the upper and lower portions of the stomach during digestion. Thanks to your LAP-BAND®, you will feel full, eat less and finally lose weight.

What to expect from LAP-BAND® surgery?

Ninety-four percent of LAP-BAND® patients are satisfied with their weight loss results after one year.



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LAP-BAND® patients lose one to two pounds per week on average, though some patients report losing at a faster rate. Factors like your starting weight, your ability to adjust to the dietary and lifestyle changes and your health will impact the rate at which you lose weight. Most LAP-BAND® patients lose 50-100 pounds in their first year following surgery.

Lower BMI Insurance Coverage:

Individual policies vary, but typically Insurance companies are less likely to cover weight loss surgery for patients with a lower Body Mass Index. As a result, most people with a BMI under 35 who are looking for weight loss surgery must find a way to cover the cost on their own. GI Surgical Specialists is pleased to work with Sprinestone patient financing. Through their services patients are able to make monthly payments that fit within their budget. In addition, individuals undergoing the procedure with GI Surgical Specialists will also have coverage for most of the potential complications that could occur after surgery. This is extremely important because it allows a person to have a clear expectation of what the costs are and not run into unexpected financial expenses after surgery. This type of insurance coverage is provided through the BLIS Corporation and covers a vast majority of potential problems or complications at no additional cost to the patient. If you are comparing prices at different centers, make sure you factor in this complications protection benefit. Also make sure you factor in the experience and success of your surgeon!

Opioids and Constipation

Florida Pain Centers

Opioids, or narcotics, are commonly used medications and are a cornerstone treatment for acute, as well as, chronic pain. While there are benefits to using an opioid, such as vicodin, they are often responsible for many undesirable effects. One of the more common side effects of narcotic pain medications is constipation.

Patients can become tolerant to some side effects of narcotics; however, constipation can remain problematic in a patient engaged in chronic, or even short-term, narcotic therapy. Narcotics exact their constipating effect by slowing normal gastrointestinal function. Opioid-induced constipation can be a significant problem resulting in a decreased quality of life and needs to be treated aggressively to prevent bowel obstruction.

There are many ways to treat opioid-induced constipation. Initial treatments include increasing intake of dietary fiber. However, it is important to also increase intake of fluids. An increase in dietary fiber without an increase in fluids can perpetuate constipation. Other important treatments include stool softeners and laxatives.

Stool softeners such as colace work by reducing the surface tension and help create softened, more lubricated stools. While stool softeners are useful in com-



bating constipation, they are often not sufficient and laxatives are usually combined with stool softeners to produce a greater effect. Commonly used laxatives include Milk of Magnesia (MOM), Miralax, Dulcolax, and Senna.

Patients with constipation refractory to oral agents may need an enema or a suppository. If you are suffering from opioid-induced constipation, it is important to discuss the appropriate treatment with your physician.

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REVERSE exfoliates, visibly brightens and lightens sun damage, and reduces the appearance of fine lines and wrinkles.

UNBLEMISH unclogs pores, clears break-outs, and calms your complexion to keep pimples, blackheads, and post-acne marks from appearing.

SOOTHE reduces redness, irritation, inflammation, and help's fortify skin's natural moisture barrier.

It's all about getting the right regimen for the best results and you too can be on your journey to the best skin of your life.



What at-home skincare tools does Rodan + Fields offer?

The REDEFINE MACRO Exfoliator personal use exfoliation tool sweeps away five million dead skin cells leaving a smoother, more luminous complexion.

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ABOUT

Danielle Baldwin, Independent Consultant, Rodan + Fields, delivers personalized care to her clients helping each one love the skin they are in. She also empowers entrepreneurs to build a work-life they love, building their

own rewarding turnkey, low cost of entry, high profit potential skincare business. Contact Danielle Baldwin to redefine your skin and your future!

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

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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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Spiritual Wellness

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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