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July 2014

Lee Edition - Monthly

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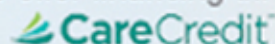
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Southwest Florida's Health&Wellness Magazine can be found in over 600 Southwest Florida medical facilities including, hospitals', doctors', chiropractors' and dentist offices. Find a copy of your FREE Southwest Florida's Health&Wellness Magazine in most grocery and convenience stores as well.

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Problem Veins: More Than a Cosmetic Concern

By Joseph Magnant, MD, FACS

Venous insufficiency, or leaky veins, is a medical disease that, if left untreated, can lead to long-term health problems. Yet, it can be easily evaluated and often remedied permanently through a minimally invasive procedure.

Lesley Colantonio says she had significant varicose veins.

"I thought they looked really nasty," remembers the 41-year-old senior special events coordinator for Make-A-Wish Foundation of Southern Florida and mother of three. "I just had a little spot on the back of my left leg, but I had more on my right leg and a giant one on the inside of my right knee. I'm extremely fair skinned, so they stuck out like a sore thumb. I asked my primary health provider about them, but she advised me that it was a cosmetic issue and that treatment would cost me a fortune."

Disappointed, but not ready to give up, Lesley says she took advantage of an opportunity that presented itself: "I was covering a booth at a senior expo and happened to notice the display of a vascular surgeon. Just for my own piece of mind, I approached the surgeon's representative."

That encounter led Lesley to schedule an appointment with Joseph G. Magnant, MD, FACS, a board-certified vascular surgeon who specializes in vein treatment. His practice, Vein Specialists, with offices in Fort Myers and Bonita Springs, is 100% dedicated to the modern evaluation and treatment of leg vein disorders.

"We rely heavily on ultrasound evaluation of our patients' veins," explains Dr. Magnant.

A diagnostic ultrasound is a very conservative, non-invasive, accurate, diagnostic tool that can be used to identify any leaking veins.



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

Dr. Magnant had his vascular technologist J.T. Jarrard perform a full ultrasound on each of Lesley's legs. The ultrasound revealed that both of her legs had severe superficial venous insufficiency, which is a condition in which the valves of the superficial veins of the lower extremities no longer function properly in a one-way manner. These valves are floppy and continue to open, or prolapse, beyond the closed position. This results in



reflux, or backward blood flow in the veins, which produces increased hydrostatic pressure in the venous system leading to bulging or varicose veins, swollen legs and other signs or symptoms of vein disease.

Superficial venous insufficiency affects between 35 and 40 million adults in the US, says Dr. Magnant: "It is a correctable medical disease. There are modern techniques to both diagnose and treat it, but if left untreated, it can lead to many unhealthy symptoms. Venous insufficiency should be treated more as a medical condition than a cosmetic condition since leaving it alone often results in more serious conditions."

A reasonable answer for patients suffering with any of these symptoms is to have a complete evaluation by a board-certified vein specialist which will usually include a diagnostic leg ultrasound.

Radiofrequency and EVLT endovenous closure

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

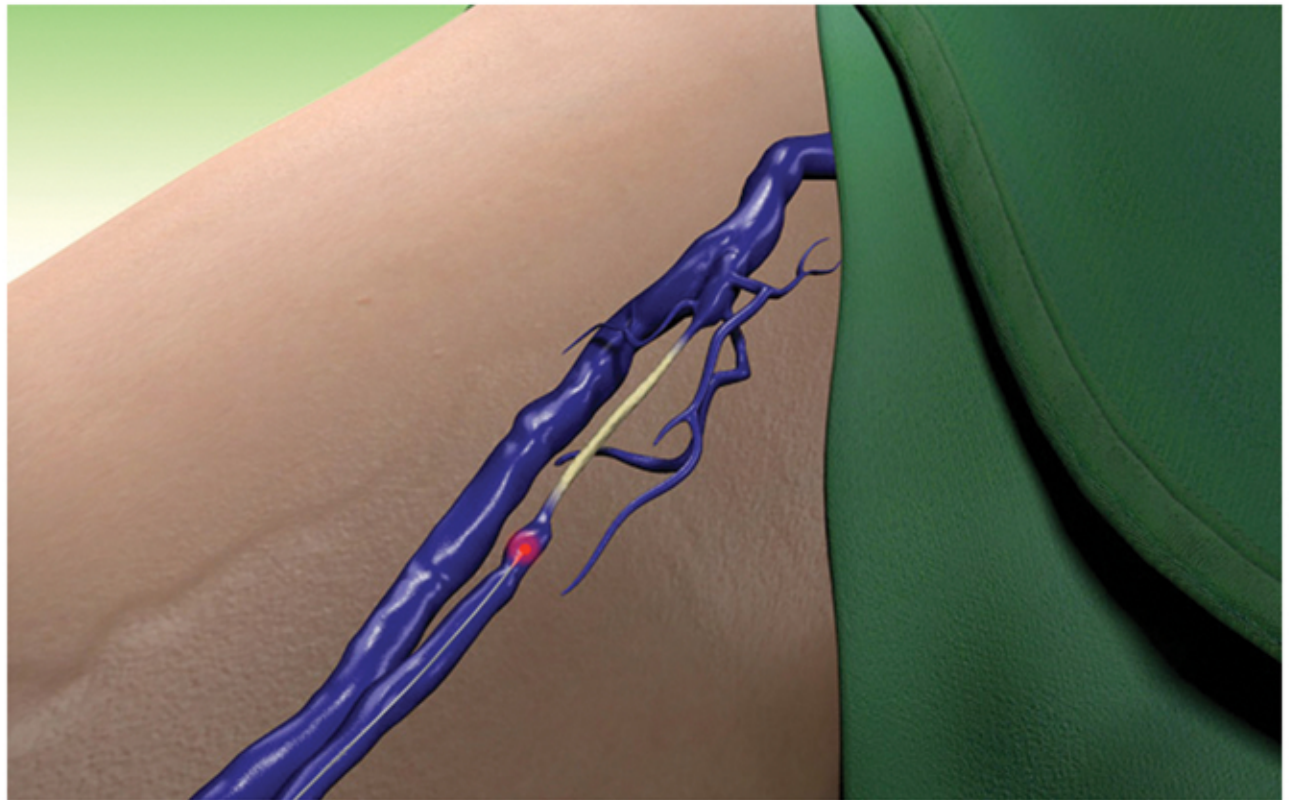
"Because the surgery was so invasive, unless the patient had bleeding or ulcers, patient management usually meant compression stockings," remembers Dr. Magnant.

"Fortunately, leaky superficial veins can be treated today with a choice of minimally invasive, in-office procedures. In 1999, the first FDA-approved system was the radiofrequency-based closure system designed by VNUS Medical Technologies, now called the Closure-FAST or Venefit. Using a catheter-based system, the vein is heated, under local anesthesia, in the sterile office setting and closed segmentally from the inside.

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

Then, in 2001, the first laser-based system was approved, and other laser companies followed suit with various wavelengths, says Dr. Magnant: "This procedure is often referred to as endovenous laser treatment, or EVLT, and is slightly different in technique from radiofrequency in that it is a LASER catheter which is used which heats at the very tip and is retracted continuously rather than segmentally.

"Vein Specialists offer both the newer VNUS ClosureFAST system and Cooltouch LASER for EVLT, because each system has its place in the treatment of patients with venous disease. In fact, for Lesley we used the ClosureFAST on her right leg where the veins were long, straight, and deep, and we used the laser on her left leg where the veins were smaller and shorter in length.



"Both the VNUS and laser systems allow us to treat patients in the office without anesthesia risks, and patients can return to normal activities almost immediately."

Lesley was pleased to learn that her insurance company would cover the cost of both treatments.

"My legs look fantastic," says Lesley, "and the restlessness I was experiencing in my legs stopped entirely.

"Dr. Magnant and his staff are true professionals, and terrific to work with; they're great people. In fact, the doctor was kind enough to buy a table at one of our biggest fundraisers: the Wishmaker's Ball, and he and some of his guests adopted wishes for a child."

Dr. Magnant continues to support Make a Wish Foundation and recently he nominated one of his patient's children and both were recipients of a wish this year!

Consider Venous Insufficiency earlier in the course of the disease

Not everyone with venous insufficiency has obvious varicose veins sticking out, stresses Dr. Magnant: "Approximately half of our patients

have bulging veins, but the other half present with less obvious external signs and more obscure symptoms.

"Venous insufficiency is a medical disease and, like for any disease, early diagnosis is beneficial. We don't advise waiting for a heart attack or stroke to treat high cholesterol, nor do we suggest waiting for vision problems or circulation problems to treat diabetes. It makes no more sense to wait for a deep vein clot, skin changes, bleeding or ulceration to treat venous insufficiency."

"I've recommended Dr. Magnant to several people, including my own mom," reflects Lesley. "He's fabulous."

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Can Alzheimer's and Independence Go Hand in Hand?

While some treatments are being introduced to combat the effects of Alzheimer's, currently there is no cure. About 5 million Americans are living with Alzheimer's. This number is expected to rise dramatically over the next few decades. No one wants to hear they have this debilitating disease; it can be frightening and full of unknowns. For family members, the news usually invokes the same response.

The first question... What is Alzheimer's?

Alzheimer's is the most common form of dementia. It makes up approximately three quarters of all dementia cases. It is commonly found in the elderly, but a small percentage of people are diagnosed as young as 40. One of the misconceptions about this disease is that it is a normal part of the aging process. The notion that everyone will eventually get dementia as we get older is wrong. Many believe that Alzheimer's is something mild, like forgetting where your car keys are, or forgetting someone's name from time to time. The fact is that Alzheimer's symptoms do gradually get worse with time and eventually lead to death. By the time symptoms present themselves, the average life expectancy is approximately ten years. Though, there have been cases of people living more than 20 years after diagnosis.

Being aware of the signs early can help give you a head start on what to expect. A disruption in daily life due to memory loss is easily one of the first and most common symptoms of Alzheimer's. Short term memory is affected more than long term; anything that has just been learned, such as someone's name can be immediately forgotten. Having more trouble than usual working basic objects around the house like the radio or television can be a telltale sign of the disease. Post-It notes and reminders can be crucial to help remember dates, names, or phone numbers.



One of the most difficult symptoms of Alzheimer's for the patient and their loved ones is difficulty with conversation. During a simple encounter, an afflicted person may stop speaking midway through because they don't know how to continue their thought. They may begin to speak differently, forgetting certain words and repeating what they had just said. Mood swings, anxiety, and fear of their surroundings can lead its victims becoming more and more reclusive. Many times, they do not want to go out into public and avoid social settings.

Treatment is available to help reduce the symptoms of Alzheimer's like memory loss, behavioral problems, and sleep changes. Medications can help,

but they will not reverse or stop the process. For spouses and other loved ones, watching over them can be a full-time job. Visiting Angels sees the frustration and feeling of hopelessness first hand. They are an in-home care agency that helps with daily chores, hygiene, running errands, and medical reminders.

If you have any question regarding Alzheimer's or the assistance that you can receive from an agency like Visiting Angels, you can contact them at (239) 226-1620. Their commitment to caregiving is unparalleled and they will come into your home to evaluate your specific needs.

Patient safety. It takes a team.

By John C. Kagan, M.D.

Patient safety is a top priority and everyone, including patients, has a role in ensuring that a patient's medical care is safe and effective.

That's why the American Academy of Orthopaedic Surgeons (AAOS) has launched a new public service campaign, "Patient Safety: It Takes a Team," that highlights the important role patients and their loved ones have in ensuring safe surgeries.

"*Patient Safety: It Takes a Team*" promotes the cooperation between doctor, patient, nurses, and hospital staff that is necessary for safe, successful surgeries. There are many things patients can do to become active members of their healthcare teams, like:

- **Ask questions** — Be sure to speak up when you need more information from your doctor.
- **Involve a friend or family member** in your care.
- **Be able to discuss your medical history** — such as past surgeries, major illnesses, and family history of medical problems.
- **Keep a complete, accurate list** of all your medications, including over-the-counter medications, vitamins, and nutritional supplements.
- **Tell your healthcare team** about your allergies and any past reactions to anesthesia or medications.
- **Ask your doctor** for educational resources to help you better understand your condition and treatment options.

Dr. Kagan and his team encourage open, honest communication to help patients become better informed about their diagnosis, treatment and the expected results.

The more information you have about your health care, the better equipped you are to make decisions that are best for you.

- **Always be honest** and complete when talking with your doctor. Information that seems incidental to you may be important to your doctor and medical team.

- **Ask questions.** It is common to forget some things we want to talk about with our doctors. The best thing to do is make a list.

- **Speak up** when you do not understand. If there is a language difference, or if you cannot hear or see very well, make sure you tell your doctor and medical team.

- **Know the best way to reach your doctor** after hours, such as by phone or e-mail.

Involve a trusted family member or friend in your care. Health care is complicated, particularly if your doctor recommends surgery. A friend or family member can:

- Come with you to doctor appointments
- Stay with you in the hospital
- Help you to remember healthcare instructions
- Ask additional questions

Your visit with an orthopaedic surgeon is an important meeting that can be most effective if you plan ahead. It is important that you give your doctor the information he or she needs and that you understand what your doctor is recommending.

- **Come prepared.** Write down your concerns about your condition, such as pain or loss of mobility. Make accurate written lists, including:

- o All your medications, including all prescriptions, over-the-counter medications, and nutritional herbal and vitamin supplements
- o Any surgeries you have had and when they occurred
- o Any family medical problems
- o All of your allergies (rash, hives, swelling) or unexpected reactions (nausea, drowsiness) to medications



- Take notes during your appointment and ask questions if you do not understand something, such as the reason for your doctor's recommendations, or the instructions for taking medication.

- Ask your doctor for handouts or brochures so that you can learn about your condition and treatment options. Your doctor may also refer you to a website for more information.

You are the center of your healthcare team. Work with your doctor and other healthcare professionals, and participate in all decisions about your treatment. This includes understanding your diagnosis, surgical and non-surgical treatment options and if surgery is planned, how long the surgery will last as well as recovery.



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

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

Bio-identical Hormone Therapy Can Help You

In the age of modern medicine, it is easy to assume that there is a cure for every human illness. Fortunately, most of the time that assumption is correct. We have made great strides and discoveries that have led us to this belief. Diseases like Polio, Smallpox, and the Plague have become distant worries. This goes to show how far we have come as a species; we have been able to lengthen our lifespans while staying happy and healthy. Sometimes, however, this presents some complications. As we age, more and more health challenges rear their ugly heads. Many of these obstacles have no connection to an illness or disease, but rather are just a result of the natural aging process. Our genetics can play a huge role in how our bodies age. This often makes us innocent bystanders in the ebb and flow of these changes. Some of the greatest changes involve our hormones. In fact, our bodies can start to “run out of gas”; hormonally speaking, that is.

Hormone levels can decrease over time leaving us to seek solutions for our lost balance. Ask any woman over the age of fifty about menopause. You will probably get quite an education regarding hormonal imbalance. This group of sufferers is one of the reasons that the use of bio-identical hormones has been on the rise. PharmiCare is a local pharmacy located in Fort Myers and is an expert in the practice of compounding. Compounding is a technique that allows pharmacies to create the exact ratio of hormonal replacement prescribed by a patient’s physician. Bio-identical Hormone Therapy (BHRT) is the process of restoring and maintaining hormonal balance with formulations that are biologically identical to hormones produced by the body. Since everyone’s needs are different, it is important to be able to match the appropriate treatment to the each patient.

When women go through menopause, it can turn their worlds upside down. Symptoms of this bodily transition include irregular periods, vaginal dryness, night sweats, sleep problems, hot flashes, mood changes, and weight gain. What is not as well-known as menopause is a similar condition that men go through; it is called andropause. This is when testosterone levels drop in a man due to aging. It can cause irritability, insomnia, depression, social withdrawal, lack of libido, hot flashes, and anxiety. By using bio-identical therapy, every individual receives a treatment that is specifically catered to them.

Chances are that we will all experience hormonal issues at some point in our lives. Bio-identical Hormone Therapy (BHRT) is an option worth exploring. If you would like more information regarding compounding pharmacies or Bio-identical Hormone Therapy (BHRT), you can contact PharmiCare at 239-690-7700. They are located at 6631 Orion Drive - Suite 112 in Fort Myers. They are a concierge retail pharmacy that provides solutions for both people and pets.





DISCOVER YOUR BEST SMILE WITH INVISALIGN!

Dr. Lacy Gilbert is an Invisalign Preferred Provider

One of the first things that someone notices about you when they meet you is your smile. Does your smile brighten a room? Or do you shyly cover it up? When you are apprehensive about showing your teeth, it can cause you to lose confidence in social settings, at work, or just in general. Having an imperfect smile can be corrected in multiple ways. For years, the only method of improving your smile was with the use of traditional braces. These metallic appliances have haunted the childhoods of many people. Do the terms “brace-face” or “metal-mouth” ring a bell? Thankfully, advances in technology have given us alternatives. Clear aligners, or Invisalign, have replaced the use of metal for many patients. It is a great opportunity for people of all ages who are anxious about being seen with braces at an older age. It also helps school-age children who might feel insecure with the standard metallic route.

In the late 1990's, Invisalign was introduced to the world of Dentistry. A couple of students from Stanford University, Zia Chishti and Kelsey Wirth, invented this alternative technique in 1997. After wearing braces, like most people, Chishti had a plastic retainer he would often forget to wear. Without wearing his retainer his teeth would start shifting back to their original position. He noticed that when he started wearing the retainer again that his teeth would, once again, begin to realign. The two students ran with the notion that simply wearing plastic aligners to achieve a more perfect smile was an incredible leap in the industry. Invisalign has been welcomed with open arms ever since. Jump to 2014 and Invisalign has sold more than a million sets through over 70,000 worldwide providers. It is now a required dentistry program in schools across the world.

The list of advantages from utilizing Invisalign over traditional wire braces is large. The computer-generated trays are worn 24 hours a day with change-outs every two weeks, though there are certain trays that can be used for months. Being able to see your teeth straighten right before your



eyes as the process is taking place gives you immediate confidence. They are relatively unnoticeable and they do not affect your speech like traditional braces. Additionally, with Invisalign there are no worries of metal allergies or gum irritation because the aligners are smooth to the touch. Due to the permanence of traditional braces, inadequate brushing, flossing, and plaque buildup are always a concern. With Invisalign, you simply remove them when brushing and replace them when done. One last significant advantage is that you are able to eat your favorite foods like popcorn. When wearing Invisalign, you can eat all the foods you love; but be careful, cavities can still occur.

Pelican Landing Dental of Bonita Springs reminds us that using Invisalign comes with greater responsibility than traditional braces. However, that responsibility is a small price to pay for a “picture perfect” smile. Invisalign must be worn at least 22 hours a day and you cannot skip days, because shortcuts will just prolong the process. Unlike wire braces, the extent of Invisalign's benefits are solely up to the person wearing them. It is very important to learn the proper care and cleaning of the appliance by following the instructions given by your dentist.

Fortunately, Dr. Lacy Gilbert is an Invisalign Preferred Provider for Invisalign, placing her in elite status. If you are interested in learning more about Invisalign or any other dental procedures, please contact Pelican Landing Dental at (239) 948-2111 for a free consultation. To receive \$1,000 OFF of Invisalign, call to RSVP. Space is limited to 15 people.

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Preparing for Disasters...Are You Ready?

Disasters can happen anytime, anyplace to anyone, but as a resident of Florida it is important to approach hurricane season fully prepared with a plan especially for those caring for someone with Alzheimer's Disease or other memory impairments. Disasters can be particularly disruptive to the daily living of older adults and their caregivers. An emergency can exacerbate the effects of damage or loss. An interruption of services or treatments can dramatically effect the behavior of one suffering from any form of dementia. While there is nothing that can be done to prevent a disaster, a well thought out proactive emergency disaster/evacuation plan can help minimize the stress to both the person with memory impairment and the caregiver.

Take Specific Needs Into Account or Make a Specific Plan

For example, if the person with Alzheimer's or other dementia uses a walker or portable oxygen, be sure your emergency evacuation plans accommodate these needs. If the person receives routine health procedures at a clinic or with home health, request a copy of their emergency plan. Have all clinical contact information easily accessible.

Supplies

Caregivers should pack a bag with something comforting to the person with memory impairments, incontinence undergarments, wipes, lotions, favorite snacks and high-nutrient drinks, physician's name, address, and phone number, copies of legal, medical, insurance, and Social Security information. Include a zip lock bag to hold medications, personal health records, documents and recent photos of the person.

Enroll Person with Memory Impairment in Safety Program

Contact your local Alzheimer's Support Network and find out what wandering programs they offer. Some examples include: MedicAlert, Safe Return, and Comfort Zone, all designed to manage flight risk persons with dementia. A caregiver may want to also have a bag of recently worn clothing on hand for the search dogs to be able to track a scent.

For more information about Hurricane Shelters in your area or to get a complimentary Alzheimer's disaster preparedness starter kit, contact your local Nurse On Call Branch at: (239) 590-3016.



Urinary Incontinence

By Harry Tsai, M.D.

Having an overactive bladder is nothing to be ashamed of. In fact, nearly 15 percent of women are dealing with it on a chronic basis. As you may suspect, it is more prominent in women due to pregnancies, menopause, and the unique structure of the female urinary tract.

Stress Urinary Incontinence (SUI) is a specific type of problem that is caused by movement or exertion. Certain movements can result in excess pressure on the bladder; which results in unintentional urine loss. In a healthy individual, the muscle surrounding the urethra, called a sphincter, is responsible for containing urine within the bladder. Our bladder walls are made up of muscles that must be relaxed for the bladder to expand. When incontinence occurs, it is because the muscles have been weakened and cannot maintain their normal function. Various events can lead to this condition; childbirth, trauma to the pelvic region, and even chronic coughing from smoking. Knowing the mechanics of urinary incontinence helps us to find a proper treatment.

The most troubling part of having an uncontrollable bladder is that it can happen at virtually any time, day or night. It can occur during laughing, sneezing, or working out. Anytime we experience strenuous physical activity could be the next embarrassing accident. As with most medical problems, being healthy can drastically reduce our risks. Being overweight can increase abdominal pressure making matters worse. A bad habit like smoking can induce coughing; which can weaken the abdominal muscles. There are different treatments available for this condition; ranging from Kegel exercises to surgery.

Kegel exercises are the clenching and unclenching of the pelvic muscles. It is accomplished by "bearing down" and releasing. Also, the use of Botox is an option. When we hear the word "Botox", it is generally attributed to the removal of wrinkles. However, in this case Botox is used to treat and reduce daily bladder leakage.

Botox has been FDA approved for incontinence sufferers and has shown great success. It works by injecting the Botox into the bladder muscles; this allows them to relax and store more urine with less stress. Botox is not a permanent solution and needs to be re-injected every 9 to 12 months.

Durasphere injections are another option; they are bulking agents that consist of non-migratory and non-absorbable prolytic-coated graphite beads in a gel. A mouthful to say, but it's actually a quite simple procedure to help control uncontrollable bladder leakage. The bulking agents are injected straight into the urethra to fill up the space that permits urine leakage. The injection actually thickens the bladder making it more easily retain a healthy



amount of urine. The pyrolytic carbon has been used in the medical field for over 30 years in implantable medical devices and it is non-reactive to tissue. This treatment is a safe and effective, minimally invasive, outpatient procedure option for urinary incontinence.

When it comes to treating urinary incontinence, the InterStim device is the most technologically advanced. This product has been used for over 15 years with over 100,000 individuals undergoing the procedure. The small device is surgically placed underneath the skin to stimulate the sacral nerves, the nerves that control the bladder. It blocks communication between the brain and the bladder. About the size of a pacemaker, this device sends electrical pulses down to the nerves of the pelvic floor. This is a method to reduce the contractions of an overactive bladder.

Urinary incontinence is not something that will go away on its own. Proper treatment is the only way to alleviate the symptoms. If you have any questions regarding incontinence, you can contact Dr. Tsai at (239) 985-1900.

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The Alkaline Way to Achieve An Unstoppable Immune System

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

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

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

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

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

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

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

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

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

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

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

Top 10 ALKALINE Body Benefits:

1. Increased Energy & Vitality
2. Healthy Weight Loss
3. Mental Clarity
4. Improved Immune Function
5. Improved digestive function
6. Loss of simple carbohydrate cravings
7. Reduction of infections, colds & flu.
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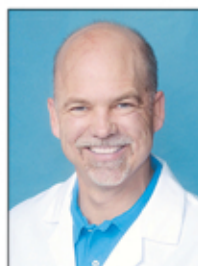
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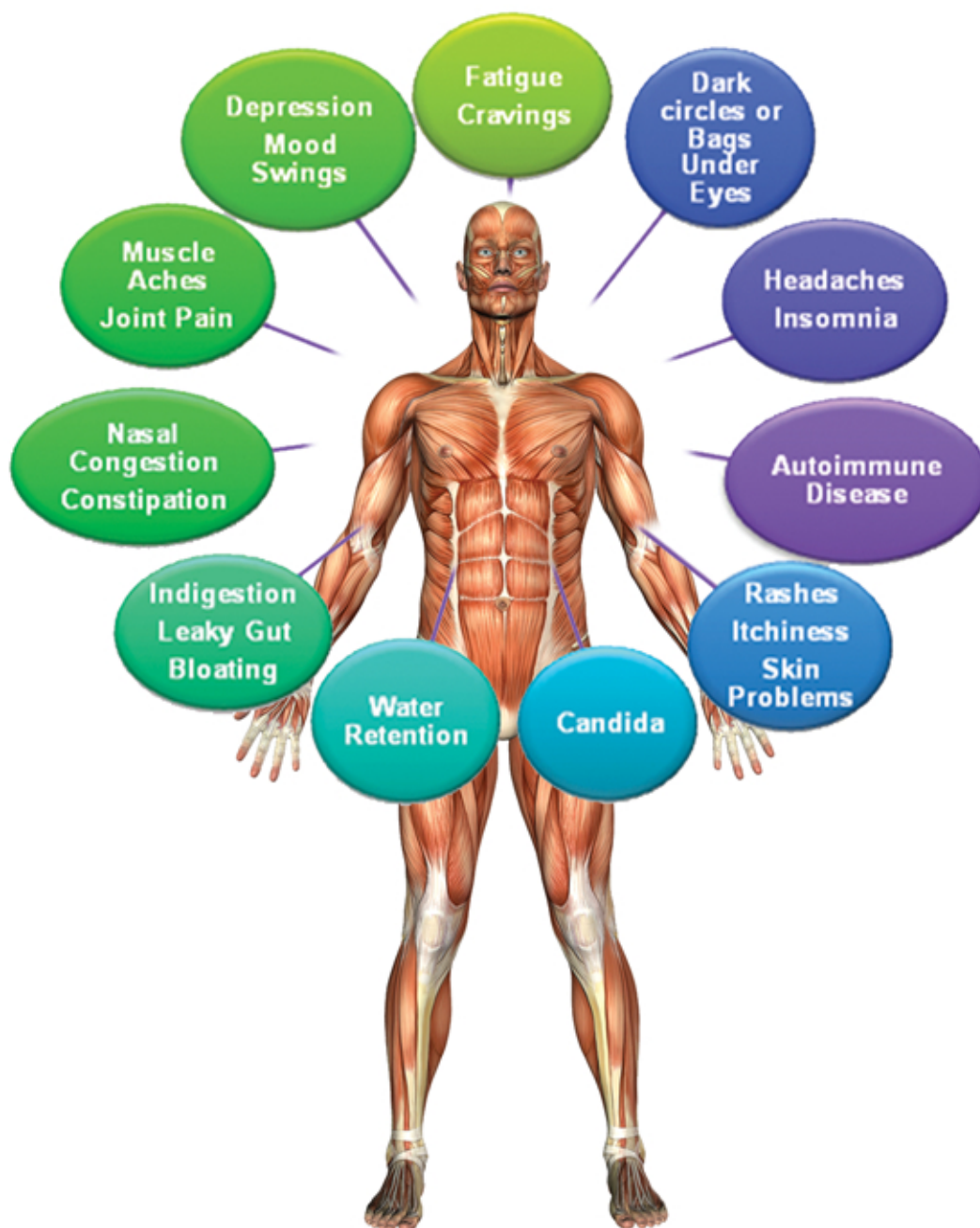
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Are Hidden Food Allergies Making You **FAT?**

By Yollo Wellness

300,000 people die annually from health problems related to obesity. Is your food worth dying for? There are many reasons why we are fatter than ever. The modern diet consists of over processed, fatty foods. They are called "skeletal" foods because they contain very little nutrients with a lot of calories. All structure and functions of the human body are built from and run on nutrients. ALL of them. Certified nutritionists Deb and Wendy at YOLLO Wellness want to educate you on how to take your vitamins and nutrients and shed the unwanted body fat for good.

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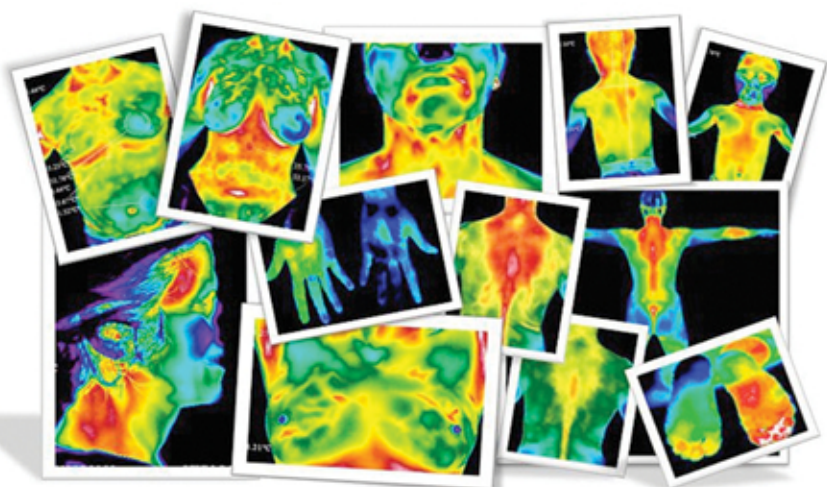


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Prevent Surgery with Knee Injections

The knee is notorious for pain and injury. Knee pain can occur from an injury or a condition like osteoarthritis, and can impact activities of everyday life. There are many remedies for this condition, including rest, anti-inflammatory medications and using knee braces. For individuals whose knee pain progresses or does not respond to other types of treatment, injections may be an option to help relieve pain and discomfort without requiring surgery.

When regular treatments are not working well enough such as medication management with nonsteroidal anti-inflammatories along with physical therapy, intra-articular injections can be a great option.

There is a substance known as hyaluronic and that is naturally found in the synovial fluid of human knee joints. It works to lubricate and cushion the knee joint, being the human equivalent of "motor oil". In 1997 the FDA approved the first hyaluronic acid preparation made from rooster combs for usage in knee injections for osteoarthritis.

Currently there are multiple FDA approved hyaluronic acid preparations, which are all extracted from rooster combs. They have trade names such as Hyalgan, Synvisc and Orthovisc. While each company counts the benefits of their individual product, research studies have shown that all of them work consistently well while no one particular brand has shown superiority.

These injections are also called viscosupplementation as they restore the normal viscoelastic properties to synovial fluid. This can help protect cartilage, lubricate the joint and improve the shock absorbing effect of the knee. It is also suspected that hyaluronic acid injections may protect cartilage cells and actually promote the formation of more cartilage. This is the subject of a lot of speculation and has not been definitively proven.



Numerous clinical studies have been performed regarding the effectiveness of hyaluronic acid formulations. One of the largest studies in the US showed beneficial effects in 80% of patients for over six months it appears that the combination of joint lubrication along with the anti-inflammatory effects that both come from hyaluronic acid work together to create such effective results.

Knee injections are typically extremely effective. Specifically, hyaluronic acid injections have shown over 80% satisfactory results as well which was maintained for over a six-month time period. These results are often good enough to delay the need for a knee replacement surgery or avoid it altogether. If you suffer from the pain due to osteoarthritis, rheumatoid arthritis or post traumatic arthritis, Physicians Rehabilitation can help.



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STRESS URINARY INCONTINENCE

What is it?

By Joseph Gauta, MD, FACOG

Stress Urinary Incontinence (SUI) can be stressful and embarrassing. This condition affects women in greater numbers than men. Stress Incontinence is a condition when physical movement increases pressure on the bladder prompting the unintentional loss of urine. Those who suffer from this disorder have difficulty leading normal lives and can experience frustration and depression as a result.

In a normal situation, the muscle surrounding the urethra known as a sphincter constricts to contain the urine within the bladder. At the same time, the muscle that makes up the bladder wall relaxes to allow the bladder to expand. When the sphincter is weakened, the ability to control the bladder is impaired. There are many conditions that can lead to the weakening of the sphincter; these include injuries, surgery, childbirth, or even certain medications. Even smoking has been linked to the increased probability of Stress Urinary Incontinence. Along with respiratory issues like asthma and bronchitis, the chronic coughing caused by smoking often leads to the weakening of the pelvic area and the sphincter. For sufferers, this uncontrollable urine loss can occur at any time of day. It can happen when you sneeze, laugh too hard, or during a vigorous workout. Unfortunately, even doing activities that seem harmless can cause this incontinence.

What can be done? Well, there is a proven procedure that can drastically reduce the threat of incontinence. It involves the surgical placement of a mid-urethral sling, which is a mesh strip that supports the urethra. Once a urethra has "fallen" out of place, it needs to be lifted back to its original position to relieve any extra pressure. The surgical incision is small and, therefore, reduces the occurrence of unwanted complications. This polypropylene mesh is not only supported and

approved by the US Food and Drug Administration (FDA), but has been the focus of multiple government funded studies. These studies have shown the use of these slings to be efficient, safe, and highly successful. The mid-urethral slings have been used in US for more than 18 years. Dr Gauta has successfully placed nearly 1000 slings in happy patients. Recent attorney TV commercials mistakenly mention slings as a cause of concern, though the success of slings has been proven in long-term studies.

The vast majority of these procedures are able to be done on an outpatient basis. With any surgical procedure, there should not be any vigorous physical activities until the area has had enough time to heal. Some additional suggestions to increase its chances of success include weight loss, pelvic exercises, and the cessation of smoking. SUI can be an embarrassing problem, but with proper treatment there is hope. As always, if you have any questions or concerns about incontinence, speak to a medical professional.

Locally, the founder of The Florida Bladder Institute, Dr. Joseph Gauta, is the region's premier Urogynecologist and can be reached at (239) 449-7979. The Florida Bladder Institute is located at 1890 SW Health Pkwy, Ste 205 in Naples or you can visit them online at www.floridabladderinstitute.com.


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Joseph Gauta M.D.
Board Certified Urogynecologist

Dr. Gauta is now the first physician in S.W. Florida dual board certified in Urogynecology and Obstetrics and Gynecology. Dr. Gauta's practice, The Florida Bladder Institute, is solely dedicated to Urogynecology.



One out of every six women suffers from overactive bladder and half of all women will suffer from pelvic organ prolapse. A challenge for women seeking treatment is that they would go to a urologist for one problem, a gynecologist for another and a gastroenterologist for another. Dr. Gauta explains "A Urogynecologist has the skill and experience to assess the entire pelvic region including the uterus, bladder, vagina, rectum as well as the muscles, ligaments, connective tissue and nerves that support those systems. Evaluating your pelvic system as a whole ensures the best treatment and outcome". Some of the newer treatment options include biofeedback, electrical stimulation, Botox, and minimally invasive outpatient surgery. In addition to providing the most advanced medical care for his patients, Dr. Gauta is a preceptor for Boston Scientific, Medtronic and Olympus and trains other physicians from around the world on how to do the most advanced Urogynecology procedures. He is the recipient of the prestigious Castle Connolly's Top Doctors award, and is amongst the top 1% of physicians in the country who are honored with the Patient's Choice Award for 5 years in a row. Dr. Gauta received his training at Tulane University in New Orleans mentored by world renowned Urogynecologists David Herbert M.D. and Thomas Elkins M.D.

Parkinson's Disease and The Importance of Exercise



By Todd D. Smith, MPT

Every year many Americans make New Year's resolutions for an increased commitment to exercise. We do this because we understand the importance of exercise to maintain a healthy lifestyle. For those diagnosed with Parkinson's Disease, the importance of exercise is even more crucial because regular exercise with an exercise program designed to target symptoms of Parkinson's disease can decrease postural impairments, improve flexibility, improve gait (walking pattern), decrease fall risk, and overall improve functional mobility and independence.

Parkinson's disease symptoms are caused by the loss of dopamine producing cells in the brain which result in an inability to control normal movement. The cause of this cell death is yet unknown. The primary treatment is pharmacological intervention with medications to replace the lost dopamine and maintain existing levels of dopamine. Other treatments include Physical therapy, Occupational Therapy, Speech Therapy, proper diet, and home exercise and walking programs.

Strengthening and stretching are an important component of an exercise program to help correct postural instability, decrease shuffling gait, and improve overall mobility.

One of the symptoms of Parkinson's is postural instability, which presents as a stooped over posture, with forward flexed head, shoulders and trunk, flexed hips and knees, all pulling the body's center of mass forward in front of the feet. This leads to a shuffling gait pattern known as festination, which increases risk of falls. By stretching the shortened tight muscles and strengthening the elongated weak muscles of the body we can help correct the muscle imbalances which cause these postural impairments.



These exercises accompanied with a walking program with emphasis on compensatory strategies specific to parkinsonian gait, can help decrease risk of falls, improve functional mobility, and even slow the progression of the symptoms of Parkinson's disease.

Here at LifeCare Center of Estero, we offer skilled therapeutic intervention with physical, occupational, and speech therapies and a variety of modalities including electrical stimulation called PENS (Patterned Electrical Nerve Stimulation) to re-educate the muscles on how to contract/relax appropriately followed with stretching and strengthening exercises of the appropriate muscle groups to correct postural instability. We also have the Alter G anti-gravity treadmill for decreasing gait impairments (shuffling walking pattern) in a safer environment.

Todd D. Smith, MPT is a licensed Physical Therapist and Assistant Director of Rehabilitation with LifeCare Center of Estero. He has trained with the Allied Health Training / National Parkinson's Foundation and lectured for The American Parkinson's Disease Association in Las Vegas, Nevada. He lives in Lehigh Acres and has been specializing in Physical Therapy with Parkinson's since 2004.

Free monthly Pro-Active Parkinson's Exercise classes begin on Saturday July 19th from 1:00 – 2:00 PM at LifeCare Center of Estero Outpatient Department, 3850 Williams Rd. Estero Fl. Call 239-495-4046 to sign up.

There is No Substitute for Oxygen

By Axel Ruiz-Tellez, MD

Professor Philip James, a leading expert on hyperbaric medicine, said it best, "Giving more oxygen is sound science and common sense. There is no substitute for oxygen." Hyperbaric Oxygen Therapy (HBOT) has been used to treat the following:

- Burns
- Diabetes
- Cancer
- Cardiovascular Disease
- Liver Disease
- Brain Injury
- Cerebral Palsy
- Alcohol & Drug Addiction

This treatment takes place in a special chamber, often called a pressure chamber. The goal is to increase the amount of oxygen in your blood. Patients breathe in 100% oxygen while under increased atmospheric pressure. The chamber is 2-3 times the normal atmospheric pressure; which helps saturate their hemoglobin. Oxygen plays a huge role in the healing and repairing of our bodies' damaged cells.

Think about it. When you fall and get a cut on your knee, it heals more rapidly when air is allowed to reach the wound. This is no different than most other health-related cases.

Two different types of pressure chambers are used for Hyperbaric Oxygen Therapy: Multi-place and Mono-place. What is the difference? Multi-place chambers are used to treat multiple patients at the same time, while Mono-place chambers treat only one person at a time. Mono-place chambers are recommended for the elderly, disabled, and small children. A Mono-place chamber consists of a clear plastic tube that is roughly 7-8 feet long. The patient is asked to lie on a padded table that will eventually slide into the tube. During this procedure, all patients are asked



to relax and breathe as normal as possible. Meanwhile, a Multi-place chamber involves the patients sitting up, having the oxygen delivered by mask. This chamber is pressurized with room air.

How did Hyperbaric Oxygen Therapy evolve?

The idea first came about in the early 1900's. Orville Cunningham noticed that people who had heart disease were healthier when living closer to sea level, rather than at high altitudes. He began to treat a colleague of his with his newfound realization. He went on to develop the hypobaric chamber. Unfortunately, numerous failed attempts led to the approach being abandoned. Hyperbaric Oxygen Therapy was picked back up in the 1950's. It was redeveloped by the military to treat deep-sea divers who suffered from decompression sickness. This evolved into usage of Hyperbaric Oxygen Therapy for heart and lung patients. By the 1960's, the method was included for carbon monoxide poisoning. Over time, it has been discovered that many other illnesses can benefit from HBOT.

Where can I find Hyperbaric Oxygen Therapy?

Southwest Florida is fortunate to have a facility that offers this treatment. A Hyperbaric Chamber can be found at Lehigh Regional's Wound Care Center. If you have any questions regarding this treatment, you can contact them at (239) 369-6115. The center is located at 1530 Lee Blvd Ste. 1300 in Lehigh Acres.



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Axel Ruiz-Tellez,
MD

Specialty Interests:

Clinical, Surgical and Cosmetic Dermatology,
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Santo Domingo, Dominican Republic 1980

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Fellowship in Dermatology

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San Pablo Medical Center,
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Centro de Cirugia Menor y Medicina Ambulatoria,
Caguas, Puerto Rico 1989-1995
Signature Physician Network, Colona, IL 1995 - 2000
Lehigh Medical Group, Lehigh Acres FL 2000 - present
(Medical Director - Medical Group and Wound Care)

Certification:

Board Certified 1995 - present
Family Practice, Wound Care Specialist
Diplomat of the American Board of Family Practice

Licensure:

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Minimally Invasive Surgical Options for Gallbladder Disease

By Peter M. Denk, MD, FACS

Advancements in technology have made gallbladder removal possible with multiple small incisions or Single-Site™ removal, rather than “open surgery” which requires a long incision across the upper abdomen. Advantages of Minimally Invasive Surgery include:

- Reduced pain at incision site(s)
- Reduced hospital stay
- Reduced recovery period
- Enhanced cosmetic healing

What is the Gallbladder?

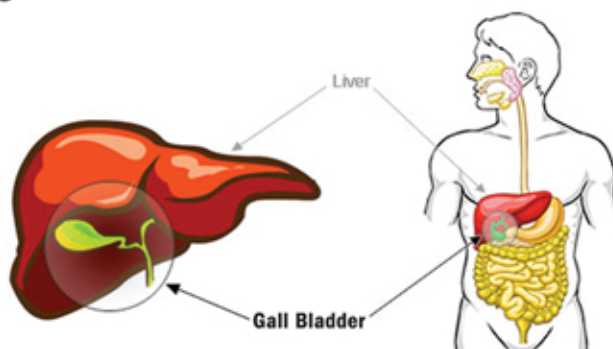
The gallbladder is a sac located under the liver. It stores and concentrates bile produced in the liver. Bile aids in the digestion of fats, and is released from the gallbladder into the upper small intestine (duodenum) in response to food, especially fats. Over time the gallbladder may become diseased and it may be necessary to remove. Once the gallbladder is removed the bile will find other ways to reach the intestine.

Types of Gallbladder Disease Include:

Gallstones (Cholelithiasis) - Is the most common of all diseases with nearly 1 million new cases diagnosed each year. Gallstones are a stone-like substance. They can be as small as a grain of sand or as big as a golf ball. The bile contains water, cholesterol, fats, bile salt, proteins, and bilirubin. If the bile contains too much of some of these components, it can harden into gallstones. Symptoms of gallstones include:

- Pain, mostly in the upper right side of the abdomen
- Pain following meals, intolerance of fatty foods
- Nausea, vomiting
- Loss of appetite

An attack usually happens when a stone is blocking the passageway in the gallbladder. Women are at a higher risk of developing gallstones than men.



Inflammation of the Gallbladder (Cholecystitis) -

Inflammation is most commonly due to obstruction of the cystic duct with gallstone(s). This blockage, also known as Choledocholithiasis, causes accumulation of bile in the gallbladder and increased pressure within the gallbladder. Concentrated bile, pressure, and sometimes bacterial infection irritate and damage the gallbladder wall, causing inflammation and swelling. Symptoms of an inflamed gallbladder include:

- Pain in the upper right abdomen
- Nausea, vomiting
- Fever
- Pain that gets worse during a deep breath
- Pain that lasts more than 6 hours, particularly after meals

Gallbladder dysfunction without gallstones:

Biliary dyskinesia is when the gallbladder is unable to contract properly or when the biliary ducts associated with the gallbladder are malfunctioning, thus preventing the gallbladder from emptying itself of bile. Symptoms can mimic other gallbladder disorders, especially upper right quadrant pain. This is just one of the things that can go wrong with the gallbladder where stones are not present.



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Other possible symptoms of a gallbladder disease, in addition to those listed above, include:

- Indigestion
- Dizziness
- A feeling of fullness
- Diarrhea or soft stools
- Constipation
- Frequent headaches

What to do if you suspect a gallbladder problem?

The first thing you should do is to get a proper diagnosis. If your physician confirms your suspicion, there are ways to manage gallbladder disease without surgery as long as you don't have an obstruction or infection caused by a gallstone. If surgery is necessary, there are many options available for patients.

Laparoscopic Surgery

GI Surgical Specialists is pleased to offer laparoscopic gallbladder removal, also known as laparoscopic Cholecystectomy. During surgery a thin, flexible tube known as a laparoscope is inserted through small incisions in the abdomen. Using a small camera and light in the laparoscope along with additional surgical tools, I perform the surgery while viewing the operation on a monitor in the operating room. Laparoscopic gallbladder removal surgery typically requires general anesthesia and usually lasts less than an hour.

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GI Surgical Specialists also offers the Single-Site™ daVinci® surgery for gallbladder removal. I am currently the only general surgeon in Lee County trained to offer this procedure. Many patients are candidates for this procedure, which eliminates the need for the several small incisions required by the laparoscopic technique. Single-Site™ surgery uses the belly button as the only access site into the abdomen to perform the operation. By using only one incision site, you can further reduce your risk of surgical complications and recovery time while enjoying the benefits of no visible external scarring.

I invite you to visit our website today to learn more about my advanced training in Minimally Invasive Surgery and how GI Surgical Specialists can resolve your gallbladder disease.

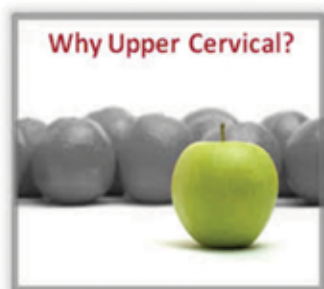


Is Your Head on Straight?

By Drs. Drew and Kanema Clark

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

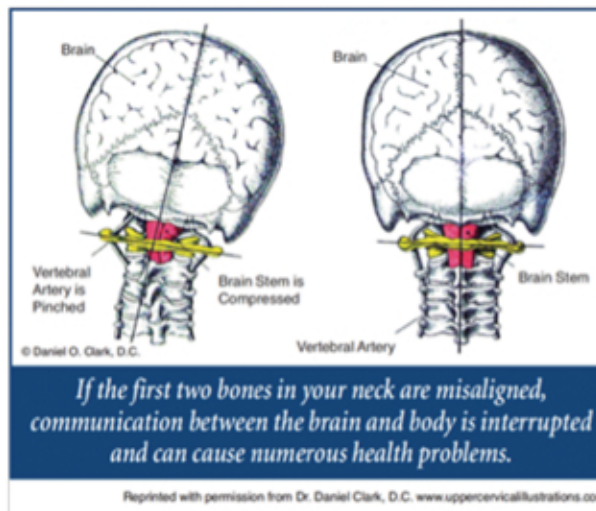
“I am an athlete, constantly working out and playing tennis with a bad left knee and a bad back,” says Nancy. Although annoyed, she continued to press on despite her bad back and left knee. However that all changed the moment Nancy began experiencing bouts of extreme vertigo. At that point a family member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



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

Upper Cervical Care

Chiropractic is a philosophy, science and art as it pertains to healing and nerve system function. Upper Cervical Chiropractors focus on the intimate



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

Relief from a Simple Concept

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

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

~ Dr. Richard Cabot, Harvard Medical School

Can you help me

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

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

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

- Back & Neck Pain
- Numbness & Tingling
- Fibromyalgia
- Migraines
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- Multiple Sclerosis (MS)
- Reproductive Issues
- Seizure Disorders
- Trigeminal Neuralgia
- TMJ problems
- And many more...



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"The Long Goodbye"

By Vicki Polce, Studio FSW
Florida SouthWestern State College

As a child, I thought there was nobody like my dad. The strong, silent type – but when he had something to say, you had better listen! A wounded World War II veteran, he came back home to start a business and take care of his family.

As he approached his middle 70s, my mom, my brother, and I noticed a difference. He became forgetful (more so than you would consider normal) and would ask mom the same question several times in a short period of time. But yet he could talk about things from his childhood as if they happened yesterday.

Mom took him to several doctors and specialists and he was diagnosed with Parkinson's disease and the onset of Alzheimer's. Keep in mind that this was 25-plus years ago and not a lot of information was readily available for us to research so we could prepare for what was to come. He was given a litany of medications in hope that it would slow the progress of both maladies.

For the next five to seven years, his deterioration was slow, but then as if someone turned on a switch, the Parkinson's riddled his body, the Alzheimer's consumed his mind, and it became harder and harder for my mom to care for him at home.

He had "Sundowner's Syndrome" meaning as soon as evening came, his mind would ramp up. He would wander the house looking for people who were not there. He would constantly ask my mom who was sitting on the couch next to her. He would try to turn the television around to see

'how those people got in there'. He thought they were talking directly to him and he would answer them. One night he called 911 and told them that his two-year-old grandson was wondering around outside and that his parents (my brother and his wife) would not let him in. This was when we decided he needed to be in a nursing facility.

Here's the sad part; there were occasions that he was aware of what was happening to him and he would beg us not to put him in a nursing facility and he promised to be better. It broke our hearts but we knew that he was making promises that his mind could not keep.

We did decide on a facility and for the next months we would visit him there. He forgot who everyone was, with the exception of me. Every time I visited, he would cry and hold my hand and ask me why he was there. He felt as if he was being punished for some crime he did not commit. It was a very hard time for all of us.

About nine months later, he contracted pneumonia and was taken to a hospital where we all watched him slip off in to a coma. Laboring to breathe, we all held his hand, talked to him, and kept cold compresses on his forehead to try to bring his temperature down. Finally late one Sunday evening, after a valiant fight and over a week in the hospital, he passed on to be with his parents whom he loved and missed so much.



I know you have heard of Alzheimer's as 'The Long Goodbye' and it truly is. You're watching your loved one slip away daily into a world that is only about the size of your hand. My advice to anyone out there who thinks they or someone they love may have the start of Alzheimer's, please, please, please go or get them to a doctor. There are some new advances that were not around 25 years ago that may be able to help. Also, if you know of a loved one who is caring for an Alzheimer's patient, call them, go see them, offer to sit with the patient so the loved one can get out of the house and get a break, hold their hand and let them cry or talk. I saw what a

toll my dad's care took on my mom even though we did everything possible to give her a break.

Alzheimer's Awareness is everyone's responsibility – especially now with all the wonderful resources that anyone can research.....and don't forget about the caregivers, they are the unsung heroes in all of this.



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

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

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

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

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

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

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



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



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



One of **Top 1% of LASIK Surgeons** in US Joins Dr. Jonathan Frantz at Frantz EyeCare

I am pleased to announce that Jeffrey B. Robin, MD, has joined my medical team at Frantz EyeCare as a LASIK surgeon, laser eye specialist and comprehensive ophthalmologist.

Dr. Robin has performed over 65,000 laser vision correction procedures during more than 20 years in practice. He has traveled to more than 30 countries to perform and teach vision correction surgery and has been designated by Best Doctors of America as a Top Doctor for several consecutive years. Additionally, his extensive qualifications and experience place him among the top one percent of LASIK laser eye surgery and refractive surgeons in the United States.

An extensively trained and experienced ophthalmologist, Dr. Robin specializes in corneal diseases and surgery and refractive surgery. He has worked successfully in many ophthalmology scenarios, including academic, VA, private practice, and corporate. He has authored more than 100 peer-reviewed articles and has delivered thousands of lectures and seminars at ophthalmology meetings around the world. He is an internationally recognized refractive surgeon and was extensively involved in the development, growth and leadership of the International Society of Refractive Surgery, of which he is past president.

In addition to performing LASIK surgery at Frantz EyeCare, Dr. Robin will also see patients for eye conditions such as glaucoma, diabetic eye disease, dry eyes and pterygiums.

Dr. Robin received his Bachelor of Science from Pennsylvania State University and Medical Degree from Jefferson Medical College in Philadelphia. After completing an internship at Harbor-UCLA Medical Center and ophthalmology residency at Georgetown University Medical Center in Washington, DC, Dr. Robin completed Fellowships in Cornea and External Diseases at Estelle Doheny Eye Foundation at the University of Southern California and LSU Eye Center at Louisiana State University School of Medicine, where he also did a Fellowship in Ocular Virology and Immunology.

Among his numerous professional societies, Dr. Robin is a member of the American Academy of Ophthalmology, the American Society of Cataract and Refractive Surgery, and the International Society of Refractive Surgery.

Frantz EyeCare and area residents are extremely fortunate to have a surgeon of such high caliber in the field of LASIK and refractive surgery right here in southwest Florida. Together with our team of ophthalmologists and optometrists, Frantz EyeCare has a medical team that is second to none in our area.

Dr. Robin will see patients at all five locations of Frantz EyeCare.

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

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

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ALZHEIMER'S LINKED TO HEARING LOSS

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

The month of June is recognized as National Alzheimer's Awareness month. However, most people would not associate this with hearing loss. The facts associating Alzheimer's disease and hearing impairment is startling, to say the least!

Studies done by John's Hopkins Medical University in association with The National Institution on Aging, determined that Alzheimer's and dementia are linked to hearing loss. In fact people with only a mild impairment were twice as likely to develop dementia and Alzheimer's. Those with severe hearing problems were five times as likely to contract the aforementioned maladies than those with normal hearing.

This is due to the auditory cortex of the brain lacking proper stimulation, resulting in atrophy and loss of function.

Neurological stress is the primary link between Alzheimer's and hearing loss, and can expedite the process. Hearing Loss may also cause some individuals experiencing hearing problems to avoid social situations they once enjoyed so they don't have to strain. This often leads to social isolation and depression.

Frank Lin, assistant professor in the division of Otology at Johns Hopkins University School of Medicine; Noted: "If you are out to dinner with friends in a busy restaurant and it's very loud, by the

time you get home you are exhausted, because you spend so much time trying to think about the words people are saying to decipher everything."

One of the reasons people with hearing loss experience memory loss is because they may do not take the appropriate actions to treat the issue.



According to Sergei Kochin, the executive director of the Better Hearing Institute, hearing aids can help manage symptoms of Alzheimers because the brain isn't required to work as hard to understand speech on a daily basis.

A leading author, Jonathon Peelle, PHD, and research associate in the Department of Neurology from the Perelman School of Medicine at the University of Pennsylvania stated "As hearing declines with age, interventions such as hearing aids should be considered, not only to improve hearing, but to preserve the brain."

Although the research was conducted on older adults, the findings also have implications for younger adults including those concerned about listening to music at loud volumes. "Your hearing ability directly affects how the brain processes sounds, including speech", stated Dr. Peelle. "Preserving your hearing doesn't only protect your ears, but also helps your brain perform at its best."

If your or a loved one are experiencing hearing loss, there is no better time to have it checked than now! Call 997-8288 to set-up a **FREE hearing checkup**.



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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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Your hair loss shouldn't be one of them.

Hair Loss Caused by Thyroid Issues

By LaDonna Roye, Hairstylist

At LaDonna Roye Hairstylists, one type of hair loss we frequently see is a result of thyroid issues.

Thyroid related hair loss includes general thinning of the hair, especially noticeable on top of the head, and texture change, from soft and shiny to coarse, dull and brittle.

In its early stages many clients believe it is simply a problem with their hair condition and assume conditioners will improve it. However, no topical treatment will improve this issue. ***The only solution for this type of hair loss is to see a qualified medical professional and get to the bottom of this serious medical issue.***

The butterfly-shaped thyroid gland is located in front of the neck where it produces hormones to control the body's metabolism. When not functioning properly it can speed up or slow down the body's metabolic processes, leading to a wide range of symptoms.

It is not always easy to tell if you are experiencing abnormal thyroid symptoms. You may gain weight, feel run down, experience "brain fog" and hair loss. Others may sweat lots more than usual and feel anxious or hyper. Some may confuse menopause symptoms with abnormal thyroid symptoms. It is possible to have a combination of two causes. ***The only way to tell for sure is to have a blood test.***

If the thyroid gland is producing lower than normal levels of thyroid hormones it is called *hypothyroidism*.

Symptoms of hypothyroidism include:

- Weight gain • Hair loss • Low energy
- Slow heartbeat • Feeling cold
- Feeling depressed • Constipation
- Changes in the menstrual cycle • Dry skin
- Brittle nails • Tingling and numbness in the hands or fingers • Goiter



Hashimoto's Disease is the most common cause of hypothyroidism. The immune system mistakenly targets and damages the thyroid gland so not enough hormones are produced.

A problem with the pituitary gland may cause of hypothyroidism. The pituitary, located at the base of the brain, controls the function of many other glands, including the thyroid. The pituitary gland produces TSH, which signals the thyroid gland to produce thyroid hormones. If there is a problem with the pituitary gland resulting in insufficient TSH production, it may result in hypothyroidism.

Low thyroid hormone levels can also be caused by inflammation of the thyroid or certain medications.

Untreated hypothyroidism can raise cholesterol levels and increase the risk of heart attack or stroke. Other complications can include loss of bone density and heart problems. In extreme cases, coma and a life-threatening lowering of body temperature can occur.

Treatment for hypothyroidism usually involves taking thyroid hormones in pill form.

When too many thyroid hormones are being produced it is called *hyperthyroidism*.

Symptoms of hyperthyroidism include:

- Unexpected weight loss • Hair Loss
- Rapid heartbeat • Sweating and feeling hot
- Sleep disturbances • Anxiety and restlessness
- Problems with vision • Diarrhea
- Irregularities in the menstrual cycle
- Trembling hands • Muscle weakness • Goiter



Graves' disease is an autoimmune condition that causes the immune system to target the thyroid gland. In this case, the immune system attack triggers the release of high levels of thyroid hormones causing hyperthyroidism. A swelling behind the eyes causing them to bulge is one of the signs of Graves' disease.

Goiter, an enlargement of the thyroid gland, can often be seen as a swelling in the front of the neck. A goiter can occur both as a result of either hypothyroidism or hyperthyroidism. It can also be caused by tumors or nodules that develop within the thyroid gland.

The most common treatment for hyperthyroidism includes taking anti-thyroid medication which lowers the amount of thyroid hormone produced. Radioactive iodine is a treatment option that destroys the thyroid gland over a period of weeks. After the gland is destroyed it is necessary to take thyroid hormones in a pill form.

Thyroid cancer is **not** common and is among the least deadly types of cancer. Only about 5% of thyroid nodules are cancerous. A lump or swelling in the thyroid gland is the most common sign. Thyroid cancer is typically treated by surgery, followed by radioactive iodine or radiation therapy.

Thyroid disease is most common in women over the age of 60. Family history of thyroid disease increases your chances of developing thyroid conditions. The American Thyroid Association recommends that everyone, starting at age 35, be screened annually for thyroid disease.

The good news about thyroid-related hair loss is that when thyroid hormone levels are returned to normal, the hair usually grows back. For many people with thyroid issues, hair loss and texture change are a sign that they should see their doctor and have their thyroid levels rechecked.

While waiting for their hair to return to normal people often choose to use a hairpiece or wig. Call us at LaDonna Roye Hairstylist for your confidential consultation and let us show you the many natural-looking solutions we offer.

Recover with Confidence, a nationwide group of dedicated hair loss professionals provides products and services to women who have been afflicted with hair loss due to cancer. LaDonna Roye Hairstylist is proud to be its local partner and provider in offering patients individualized products and support to aid in their recovery process. LaDonna Roye Hairstylist is also a member of the American Hair Loss Council and was recently designated an "American Hair Loss Council Accredited Facility".

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Does Peripheral Vascular Disease Affect You?

Are you over the age of 50? Do you have a history of diabetes or smoking? Have you felt numbness in your legs recently? When you walk or climb stairs, do you get painful cramping in your hip, thigh, or calf muscles? Answering yes to the majority of these questions may indicate that you have Peripheral Vascular Disease refers to any disorder or disease of the circulatory system, not including your brain or heart.

In order to understand the details of Peripheral Vascular Disease, you need to know about the circulatory system. The system consists of two types of blood vessels: arteries and veins. Both of which are tubular structures that carry blood throughout your entire body. What is the difference between the two? Arteries carry oxygen and nutrient rich blood from your heart to your other organs and cells. Meanwhile, veins carry oxygen depleted blood and waste through your kidneys, liver, and lungs. The waste is filtered out and removed from your body. On the trip back to your heart, the venous blood is filled with oxygen in the lungs. Arteries and veins are connected by capillaries; small weblike vessels.

When discussing Peripheral Vascular Disease, Peripheral Artery Disease is important to mention. This is a subset of Peripheral Vascular Disease. Peripheral Artery Disease is triggered by Atherosclerosis, or "hardening of the arteries". Atherosclerosis is the build-up of fatty material within the vessels that stiffen your arteries. This fatty material mixes with your calcium and scar tissues. Gradually over time your arteries become blocked, narrowed, or weakened. When your arteries become blocked or narrowed, they are not receiving enough blood and oxygen; which is referred to as Ischemia. Peripheral Artery Disease can cause severe damage, and even death. It is not to be taken lightly.



In the United States, Peripheral Vascular Disease as a whole is very common. Many times it is assumed that this disease is just a part of aging. Luckily, modern medicine has made surgery and other effective treatments available for Peripheral Vascular Disease. Getting treated medically for this disease is the best way to prevent it from worsening. However, only half of the people who have Peripheral Vascular Disease show symptoms. If you have diabetes, smoke, are overweight, and over 50 years old getting checked for PVD will greatly benefit you. It is smart to be proactive in your body's well-being before it is too late.

Associates in General & Vascular Surgery can help determine if Peripheral Vascular Disease affects you. As well, they can help find the best procedure and/or treatment option for you. If you have any questions regarding Peripheral Vascular Disease, you can contact them at (239) 939-2616. Or you can visit their website at www.agvs21c.com.

Associates in General and Vascular Surgery is a Division of 21st Century Oncology.

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We have three offices conveniently located in Fort Myers, Cape Coral, and Bonita Springs. For over two decades we have been committed to serving the people of Southwest Florida.

Oral Health: A window to your overall health

Your oral health is more important than you may realize. Get the facts about how the health of your mouth, teeth and gums may affect your general health.

Did you know that your oral health can offer clues about your overall health? Or that problems in your mouth can affect the rest of your body? Understand the intimate connection between oral health and overall health and what you can do to protect yourself.

What's the connection between oral health and overall health?

Your mouth is teeming with bacteria — most of them harmless. Normally the body's natural defenses and good oral health care, such as daily brushing and flossing, can keep these bacteria under control. However, harmful bacteria can sometimes grow out of control and cause oral infections, such as tooth decay and gum disease. In addition, dental procedures, medications, or treatments that reduce saliva flow, disrupt the normal balance of bacteria in your mouth or breach the mouth's normal protective barriers may make it easier for bacteria to enter your bloodstream.

What conditions may be linked to oral health?

Your oral health may affect, be affected by or contribute to various diseases and conditions, including:

- **Endocarditis.** Gum disease and dental procedures that cut your gums may allow bacteria to enter your bloodstream. If you have a weak immune system or a damaged heart valve, this can cause infection in other parts of the body — such as an infection of the inner lining of the heart (endocarditis).
- **Cardiovascular disease.** Some research suggests that heart disease, clogged arteries and stroke may be linked to oral bacteria, possibly due to chronic inflammation from periodontitis — a severe form of gum disease.
- **Pregnancy and birth.** Gum disease has been linked to premature birth and low birth weight.

- **Diabetes.** Diabetes reduces the body's resistance to infection — putting the gums at risk. In addition, people who have inadequate blood sugar control may develop more-frequent and severe infections of the gums and the bone that holds teeth in place, and they may lose more teeth than do people who have good blood sugar control.
- **HIV/AIDS.** Oral problems, such as painful mucosal lesions, are common in people who have HIV/AIDS.
- **Osteoporosis.** Osteoporosis — which causes bones to become weak and brittle — may be associated with periodontal bone loss and tooth loss.
- **Alzheimer's disease.** Tooth loss before age 35 may be a risk factor for Alzheimer's disease.
- **Other conditions.** Other conditions that may be linked to oral health include Sjogren's syndrome — an immune system disorder — and eating disorders.

Be sure to tell your dentist if you're taking any medications or have had any changes in your overall health — especially if you've had any recent illnesses or you have a chronic condition.

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How can I protect my oral health?

To protect your oral health, resolve to practice good oral hygiene every day. For example:

- Brush your teeth at least twice a day.
- Replace your toothbrush every three to four months.
- Floss daily.
- Eat a healthy diet and limit between-meal snacks.
- Schedule regular dental checkups.

Also, watch for signs and symptoms of oral disease and contact your dentist as soon as a problem arises. Remember, taking care of your oral health is an investment in your overall health.



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Let's Move: The Link Between Childhood Obesity and Mental Health

By Tara Moser, LCSW, RPT-S

Obesity in childhood has been discussed through and through. The lack of physical education and recess in schools plays a part. Television, internet, and driving down the road all put unhealthy food choices into our line of site. Options to play hard outside are met up against video games, television, texting, and the latest electronics. The cost of healthy foods is significantly higher than quick and easy choices.

When you ask many children what they want to eat, a fast food restaurant or unhealthy snack is usually first on the list. It is not often you hear a child ask for vegetables or hummus. According to the Center for Disease Control, the rate of childhood obesity has more than doubled in the past thirty years.

With the reduction of activity and poor food choices, parents will see signs of lowered self esteem, signs of depression, and often the lack of behavioral regulation by their children. Food and exercise are a large piece of mental health needs.

As a parent, setting an example and being a healthy role model is the first key component to overcoming childhood obesity. Modeling positive food choices, prioritizing exercise, sleep, and turning off electronics shows children where to put their focus.

A priority also needs to be for parents to be their child's cheerleader. Supporting and encouraging your children in making healthy food and exercise choices that become part of their daily routine shows the children



that you are their ally in life. The whole family should be involved in healthy eating together. Normalizing choices and finding ways to enjoy adding more vegetables and less carbs and sugars is critical. There are many recipes that include vegetables into food items such as pancakes and breads.

Eating out and on the go is unavoidable in today's society. Setting the example by choosing food options carefully and providing a variety of fruits, vegetables, low-fat snacks that are easily accessible is important. Many restaurants now post in store or, at a minimum, on their website, calorie counts for their menu. The quickest and cheapest isn't the best.

Recognizing when your child is an emotional eater is critical. Many individuals, including children, turn to food when under stress. School exams, parental separation, death, or other life changing events cause many to turn to eating when they are not hungry.

When you recognize the symptoms of unhealthy eating and the signs of obesity in children, a more active, energetic family can become reborn! The US government has launched a campaign called "Let's Move: America's Move to Raise a Healthier Generation of Kids." It can be found at: <http://www.letsmove.gov/> The website shows that the role of preventing childhood obesity

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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Concept 10 10

Scientifically Based and All About Results

By Jorgen Albrechtsen

Muscle: The Real Key to Burning Calories

Most people believe that the key to lose body fat is to engage in physical activity as much as possible. Actually, this is far from true. You can jog for 3 hours and all you burn caloriewise equals a bite of a chocolate bar. Losing significant fat by exercising is a losing battle.

Remember when you were a teenager and could eat everything in sight and not get fat? Somewhere in your 30's things changed. Now it seems like just looking at food can make you fat. What happened?

The main difference for most people is that they have less muscle in adulthood than they had in their late teens and early twenties. This loss of muscle tissue results in a decreasing metabolic rate. Lose 5 pounds of muscle and your calories burned per 24 hours decreases by about 250 calories. While this may not sound like much, it adds up. If you continue to eat like you did when you were younger, you will gain a pound of fat in about 14 days. Over a 20 week period, you will gain 10 pounds.

Muscle Has Memory

The key to getting rid of accumulated body fat is to get back your youthful metabolism by getting back your muscle. You have probably heard people say that "muscle has memory." Well, this is one popular saying that is actually true. With a proper exercise stimulus, that dormant muscle can be reclaimed. When you get back the muscle that requires 250 calories a day to keep alive, what used to be an insidious weight-gain problem will become an insidious weight-loss technique. As you become stronger, you will have a natural tendency to partake of more vigorous activities. This situation will allow you to lose weight with less attention paid to calorie counting and food selection. The more reasonable your diet can be, the greater your chance to stick with it. As you ride this spiral of success, you may be able to eat more like you did as a teenager. Putting just 5 pounds of calorie burning muscle on your body can really turn things around for you.

Intensity

Ideally, every exercise should be repeated until it is impossible to continue movement in a technically correct manner, that is, until the involved muscles fail. At this point, a number of chemical processes are triggered

in your body, and with a sufficient break before your next training, your body will produce improvements such as increased strength and better function.

Concept 10 10 An Effective Way of Training

Several factors combine to make Concept 10 10 such an effective way of training. We move very slowly during the exercises, 10 seconds each way, hence the name "Concept 10 10." This means that your muscles work to the maximum during the entire movement and a maximum number of muscle fibers are involved. That yields much better results without any risk of injuries. Additionally, you will be supervised and coached by a personal instructor every time you train, from beginning till end, which ensures correct execution of exercises and maximum intensity, and all equipment will be adjusted individually for you before you arrive. There will be no disturbing elements: no waiting, no onlookers, no music or phones ringing or any other distractions.

Training Once a Week

Many are surprised that one training session per week should be enough to produce optimum results. The high training intensity is the reason why once a week is not only enough, but also the best option.

When your body is intensely stimulated, a number of processes are triggered, and also, your body is so strongly affected that it needs a pause of about one week before a similar intensive training session should be performed. Your body needs time for recovery after training. However, it is quite possible to train twice a week for the first 3-4 weeks because, at this stage, you are not yet strong enough to train quite as intensively as later on. Some members decide on a training schedule with one session a week right from the beginning, but it will be beneficial to train twice a week for the first 3-4 weeks to faster get familiarized with everything and achieve maximum effect. Recovery time after intensive Concept 10 10 training varies individually but is usually between 5-8 days. For instance, if you want to train every five days and feel comfortable doing so, that is just fine. Some members do not reach a very high intensity, and they can train twice a week. In general, you could say that it is better to train twice a week than once a week if you train with lower intensity, but that will never be as good as training once a week with high intensity.



Other Activities

If you play a sport or participate in a similar activity that you enjoy, it is no problem to continue with this between Concept 10 10 training sessions, because such activities are not as intensive as Concept 10 10 training. Concept 10 10 training will improve your performance in any sports activity because you will gain greater strength and endurance. However, if you engage in other sports activities, you should do so only because you enjoy it, and not because you feel that you need to do it for the sake of your body or physical fitness. Concept 10 10 training once a week is all you need to keep your body in good shape.

Good-Bye Back Pain

Concept 10 10 is a unique concept that provides scientifically based Preventive and Medical Strength Training. We concentrate purely on the therapy and prevention of the musculoskeletal system, with a special emphasis on back problems. This concentration on the essential gives our concept a very competitive edge, and we attract a market segment that is not being catered to.

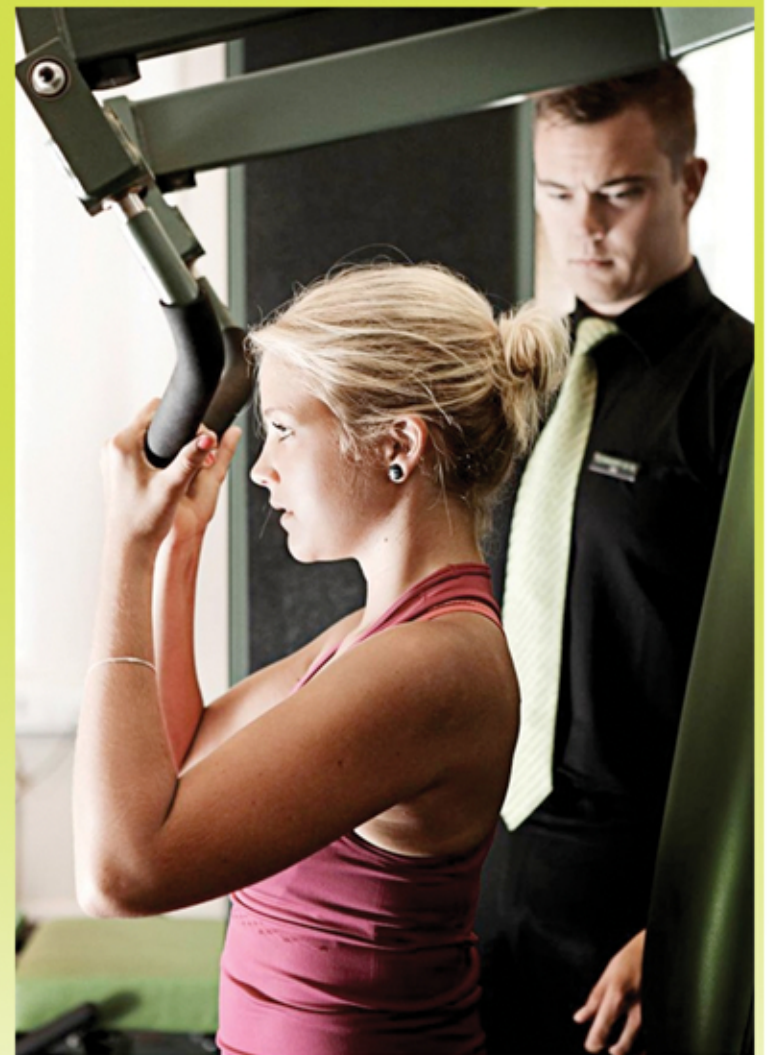
It was only recently that scientists have been able to conclude that the condition of a person's back muscles play a major role in low back pain. Earlier the spine was regarded as an example of a "poor biological design." and chronic back pain a matter of fate. That has changed totally with the form of exercise that Concept 10 10 provides.

Concept 10 10 has done away with all the trappings of the modern fitness industry and concentrates fully on giving the body what it needs most: overall strength. It is a "no-nonsense" concept that delivers fast and measurable results and literally changes the lives and well-beings for most people that get involved.

The results form the basis of our one on one supervised sessions, and in 12 sessions this will make most patient's back problem a thing of the past. As soon as the back muscles have recovered their normal strength levels, they will be more than able to cope with the strains and stresses of normal life. Large scale research in the United States and Europe, involving thousands of patients, found that in 80% of cases, an exercise program as provided by Concept 10 10 drastically improved the condition, or even eliminated chronic, long-term back and neck pain, in contrast to most traditional treatments.

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Concept 10 10 is a revolutionary form of exercise that far exceeds the benefits of almost any other kind of exercise you can think of. It has been shown to provide all the benefits you seek from an exercise program in 20 minutes a week, with negligible risk of injury.



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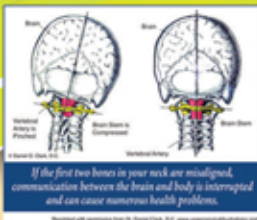
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THINK YOU CAN'T EXECUTE A WILL BECAUSE YOU KEEP LOSING THE REMOTE? MAYBE YOU CAN...

Keeping estate planning documents up to date not just with the tax laws but with events that occur in your life makes sense to most people.

For instance, you would not want to be in your car at the top of a steep hill wondering whether your brakes were in good shape as you headed down that hill, right?

Your estate documents are just like those brakes – you want to keep them in good shape.

But, just like brake pads, our bodies wear out over time – and, sometimes, a doctor tells us something surprising, like: you have been covering well for a long time but ... you are suffering from dementia or Alzheimer's.

Suddenly, you may feel you need to make sure your estate documents are up to date, if you have some, or, if you do not, you need to get estate document into place. But, can you? After all, the doctor just said you have dementia or Alzheimer's?



While every diagnosis is certainly different, diminished capacity from person to person and situation to situation differs.

It may surprise you to know that the capacity you need to execute a will or trust under Florida law is simply your ability to understand (i) the nature and extent of the property you wish to dispose of; (ii) your relationship to the people who are the natural objects of your bounty; and (iii) the practical effect of the will or trust.

So, you may still be able to put your estate documents in order.

You will want to know that the documents you execute today will be enforced after you are gone.

Because, beneficiaries sometimes attempt to set aside a will or a trust they believe treats them unfairly claiming that the person who executed it had diminished capacity and was unduly influenced, it is important to assure that the execution of the document has not occurred because of undue influence by someone else over you.

Involving counsel in the execution process to conduct various legal capacity and testamentary capacity tests prior to the execution of your documents, which tests will also address the extent of a person's susceptibility to undue influence, will go a long way to establishing for a court after you are gone that you had the legal capacity and testamentary capacity to execute the documents and that you were not unduly influenced by someone else when you executed those documents.

In that way, the documents you execute, although you may have diminished capacity, should be enforced after you are gone, even if those documents do not seem to treat your family members fairly.

Clearly, once a diminished capacity diagnosis is made, the sooner estate documents are reviewed and addressed, if necessary, the better.



Barbara M. Pizzolato, Esq.

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

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

Ms. Pizzolato is a member of:

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

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



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

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Shingles and Postherpetic Neuralgia

By Adam Shuster, DO
Pain Management Consultants of SWFL

Shingles is one of the most common neuropathic pain syndromes affecting adults in the United States. Roughly 20% of the population will experience shingles in their lifetime. Shingles is caused by a viral infection (Herpes Zoster). Usually, pain may start five to seven days prior to eruption of a rash. The typical pain produced by shingles is neuropathic in nature. That means the pain involves the nervous system, usually the dorsal root ganglion, but may also affect other nerves as well.

Shingles pain is usually described as burning, lancinating, itching, and can be accompanied by numbness or a tingling sensation. The most commonly affected area involves the thoracic dermatomes, but can also affect the 5th cranial nerve, also known as the trigeminal nerve. The rash and painful symptoms tend to occur in the distribution of the affected spinal nerve. Herpes is hallmarked by its unilateral presentation, rash, and painful symptoms.

The acute herpes infection is a result of an inflammatory reaction at the dorsal root ganglia and peripheral nerves. Early treatment (within 72 hrs) with an antiviral medication such as Acyclovir, can not only shorten the course of shingles and decrease painful episodes during the acute infection, but it also decreases the chances of developing postherpetic neuralgia.



Postherpetic neuralgia is classified as a patient having herpetic pain which continues 3-4 months after the rash has disappeared. It is more common in the elderly and approximately 50% of adults aged over 70 are at risk for developing postherpetic neuralgia.

There are many treatments for postherpetic neuralgia. Injections such as a thoracic or lumbar epidural steroid injection can be helpful. There are a variety of medications which can be used as well. Narcotics may be helpful in the acute setting, but are often paired with antidepressants or anticonvulsants, as narcotics alone may be inadequate to control

pain. Antidepressants and anticonvulsants are used to decrease symptoms involving pain, burning, numbness, or tingling. Lidocaine ointment, or a lidocaine patch (Lidoderm) may be applied to the affected area. This is a very safe and often helpful treatment. For postherpetic neuralgia, a newer medication called Qutenza can be topically applied and can offer pain relief for months at a time.

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HOT WEATHER RUNNING TIPS

The Road Runners Club of America wants to remind the running community about the importance of following our hot weather running tips. Running in the heat of summer can be dangerous if proper precautions and preparations are not followed.

- Avoid dehydration! You can lose between 6 and 12 oz. of fluid for every 20 minutes of running. Therefore it is important to pre-hydrate (10–15 oz. of fluid 10 to 15 minutes prior to running) and drink fluids every 20–30 minutes along your running route. To determine if you are hydrating properly, weigh yourself before and after running. You should have drunk one pint of fluid for every pound you're missing. Indications that you are running while dehydrated are a persistent elevated pulse after finishing your run and dark yellow urine. Keep in mind that thirst is not an adequate indicator of dehydration.

- Avoid running outside if the heat is above 98.6 degrees and the humidity is above 70-80%. While running, the body temperature is regulated by the process of sweat evaporating off of the skin. If the humidity in the air is so high that it prevents the process of evaporation of sweat from the skin, you can quickly overheat and literally cook your insides from an elevated body temperature. Check your local weather and humidity level.

- When running, if you become dizzy, nauseated, have the chills, or cease to sweat... STOP RUNNING, find shade, and drink water or a fluid replacement drink. If you do not feel better, get help. Heatstroke occurs when the body fails to regulate its own temperature, and the body temperature continues to rise. Symptoms of heatstroke include mental



changes (such as confusion, delirium, or unconsciousness) and skin that is red, hot, and dry, even under the armpits. Heatstroke is a life-threatening medical emergency, requiring emergency medical treatment.

- Run in the shade whenever possible and avoid direct sunlight and blacktop. When you are going to be exposed to the intense summer rays of the sun, apply at least 15 SPF sunscreen and wear protective eyewear that filters out UVA and UVB rays. Consider wearing a visor that will shade your eyes and skin but will allow heat to transfer off the top of your head.

- If you have heart or respiratory problems or you are on any medications, consult your doctor about running in the heat. In some cases it may be in your best interests to run indoors. If you have a history of heatstroke/illness, run with extreme caution.

- Children should run in the morning or late afternoon hours but should avoid the peak heat of the day to prevent heat related illnesses. It is especially important to keep children hydrated while running and playing outdoors in the heat.

- Do wear light colored breathable clothing. Do not wear long sleeves or long pants or sweat suits. Purposefully running in sweat suits on hot days to lose water weight is dangerous!

- Plan your route so you can refill water bottles or find drinking fountains. City parks, local merchants, and restaurants are all good points to incorporate on your route during hot weather running. Be sure to tell someone where you are running, how long you think you will gone, and carry identification.

- Stay hydrated, cool, and safe this summer!

Source: www.rrca.org

TAKE (LONG-TERM) CARE - Don't overlook this essential part of retirement planning.

By George T. Leamon, CLTC - Lutgert Insurance

Most retirement planning is about means, not ends. It's about making sure you have as many options as possible, not telling you how to spend your money. This month, however, I want to suggest that you set aside a significant amount of your monthly budget for a purchase that is often considered somewhat controversial: long-term care insurance.

Long-term care includes medical and nursing services beyond your typical visits to the doctor, treatment for illnesses and short hospital stays. It's the kind of ongoing help you need when you can't handle activities of daily living, such as bathing, eating, or dressing. It can take place in your home, assisted living facilities (residences with services that monitor your health and provide your meals), or nursing homes.

The case for insuring yourself and your family against the costs of long-term care is straightforward and essentially statistical. First, however healthy and hearty you may be today, you might need help tomorrow. Americans age 65 and over have a 40 percent chance of entering a nursing home at some point during their lives, according to the Department of Health and Human Services. Meanwhile, today 55 percent of Americans age 85 and over are impaired seriously enough to require long-term care,

There are four types of People in this world. Those who have been caregivers. Those who are caregivers. Those who will need a caregiver. Those who will be a caregiver.

- Roslyn Carter

according to America's Health Insurance Plans, a trade group. Many of these seniors will get help at home, but a good portion of them will have to move into a facility.

Second, this kind of care is extremely expensive and getting more so every year. The annual cost of private nursing-home rooms averages a whopping \$75,190 in 2006, up 7.3 percent since 2004, according to the Met Life Mature Market Insurance. The average cost of 12 months in an assisted-living facility was \$35,616 in 2006, up 17.6 percent since 2004-and that doesn't include extra charges that some impose for dementia care.

Third, for most Americans, long-term care isn't covered by other types of insurance. Don't be confused by the fact that Medicare pays for "skilled nursing care." This refers to short-term help you may require to get over an injury or acute illness. If you break your leg, for instance, Medicare will cover the cost of "medically necessary" care, like physical therapy, for 20 days. (It will then cover part of your costs for another 80 days, after that you're on your own.) But, if you are chronically sick or permanently incapacitated, Medicare will NOT help. Neither will Medigap or Medicare Advantage policies.

The question people ask most often is "What is MY risk?"

It's a valid question, but the fact is your real risk of needing long-term care at some point in your life is

either going to be 0% or 100%. Either you will need long-term care or you won't. Averages merely show how many people out of every 100 have a need. Nice information to know, but no prediction of your individual real risk and need. Everyone is at risk.

Once you understand that a risk exists, your two big decisions are: 1) how do you handle the risk....and 2) if long-term care insurance is an option, how much protection is appropriate. The more protection you want, the more coverage costs. **IMPORTANT NOTE:** An experienced long-term care insurance professional can help you take advantage of discounts and show you ways to maximize your coverage even when budgets are limited.

Since no one can predict your true risk, the best we can do is provide information on what happens when someone with long-term care insurance has a claim.

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

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

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Underlying Reasons for Limb Swelling

By Alyssa Parker

Many people may experience complications after an operation due to the significant amount of trauma your body endures. Whether it's cancer related, non-cancer related, or a minor surgery, patients may develop post-operative symptoms such as swelling in a limb or a particular area of the body. Swelling in the limb which may appear to be temporary can later lead to chronic swelling known as lymphedema.

How the Lymphatic System Works

What does edema have to do with your lymphatic system? The lymphatic system serves as one of the body's main highways. Through its network of vessels and ducts, it works as a filtration system for body fluid entering into the blood stream. This fluid is referred to as "lymph" fluid, which is the interstitial fluid consisting of proteins, wastes, and a collection of white blood cells. The kidneys, skin, lungs, or intestines then eliminate the wastes that have been filtered out of the lymphatic vessels.

What is Lymphedema?

Lymphedema is a degenerative condition which means it will only get worse over time without treatment. There is no cure for Lymphedema. Once a lymph node has been damaged, your lymphatic can become compromised. Over the years, as you get older, you may incur irreversible damage to the lymphatic system through medical procedures, injuries, or infection. Examples include cancer radiation, surgical lymph node removal, joint replacements, scarring of the lymphatic vessels through reoccurring infections i.e. cellulitis, or other health problems relating to gall bladder, kidneys, intestines, or reproductive organs. When an obstruction has occurred, a blockage in the lymph nodes can occur. The limb begins to swell with fluid because the lymphatic system is blocked/impaired, unable to move the fluid back into the circulatory system.

Compression Pump Treatment

One recognized treatment is using a compression pump. This is a safe and effective way to assist your body's lymphatic system in moving the lymph 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.

Possible Symptoms of Lymphedema

- Swelling in your legs or arms
- A feeling of heaviness or tightness
- A restricted range of motion
- Aching or discomfort
- Recurring infection/cellulitis
- Hardening or thickening of the skin on your arms or legs

It is important to rule out other causes of edema including nutritional issues, allergies and reactions to medication you may be on. True Lymphedema should not be treated with Diuretics as they draw from the Venus system not the Lymphatic system. Removing fluid from the body in this fashion takes away the wastes' only means of transport and can lead to serious recurrent infections or cellulitis since the lymph waste is now trapped in the limb and has no place to go. If symptoms return when you cease Diuretics, you should be asking questions and seeing a specialist immediately. This is where choosing a physician experienced in recognizing and treating Lymphedema is critical.

Some Good Questions to Ask Your Physician Include:

- Does my family have a history of swelling (Hereditary Lymphedema)?
- Stemmer's sign present?
- Pitting (push your finger into your skin and count how long it takes to return) or skin hardening?
- Hemosiderin staining (port wine skin stains or "red socks") appear from the ankles down?
- Traumatic injury or surgery potentially damaging Lymph nodes (Hip replacements, etc)?
- Radiation to Lymph areas?



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Spiritual Wellness

It's Hot Everywhere In July

By Brent Myers

Have you noticed that Summer has arrived? If you haven't, just wait, you will. This is how I can usually tell that our wonderful south Florida Summer has come: when I bathe, get dressed, walk outside the house thirty feet to my car and when I get in – I feel like someone has rubbed a glazed doughnut all over my face.

Is it just me? I doubt it.

But don't misunderstand my description for complaining. Several years ago I learned a very valuable lesson that has had a profound spiritual impact on my life. There was a July Summer day that I was grumbling about how hot and humid it was and wondering aloud how nice it must be in another part of the country. At that moment, a wise man looked at me and said, "Brent... it's hot everywhere in July."

Wow!! Simple, but so true!

He wasn't providing a meteorological analysis of the climate zones of the United States, but instead he was telling me: "Be content."

Too many times in our lives we look at our circumstances and wish things were better – or at least different. But spiritually speaking, we need to learn to be content with the life that God has given us – even if it stinks (for right now.)

St. Paul wrote these words: *"I am not saying this because I am in need, for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want."* (Philippians 4:11-12)

Paul was sharing the reality of his life – that he had learned to be content. Whether he was poor or rich – regardless of the circumstances of his life – he was content. Oh, and just for a frame of reference... Paul wrote these words while in prison in ancient Rome!

But before we say to ourselves, "Well, that was the great St. Paul and I could never do that." Let's read a bit further: *"I can do all this through him who gives me strength."* (Philippians 4:13) Do you see that?! Paul couldn't do it on his own either!! He understood that his contentment in life – even in prison – came because Jesus Christ enabled him to deal with it.



So the next time life gives you a bad turn or the next time you find yourself complaining... seek to be content. Try to find the reality of the situation you are in – that God is doing something for a bigger purpose than yourself and He will get you through it. Learn to be content.

Socrates is credited with saying: "He who is not contented with what he has, would not be contented with what he would like to have."

Why? Because it's hot everywhere in July.

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