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August 2014

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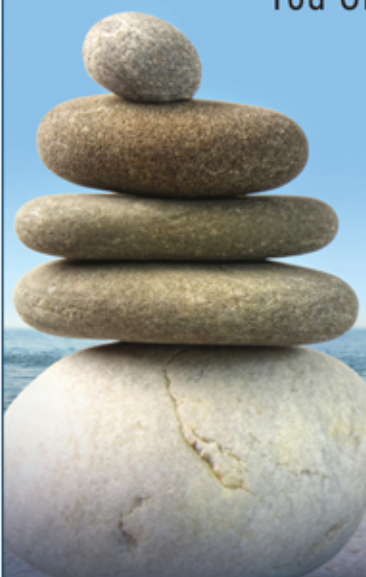
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Heart Attack Symptoms

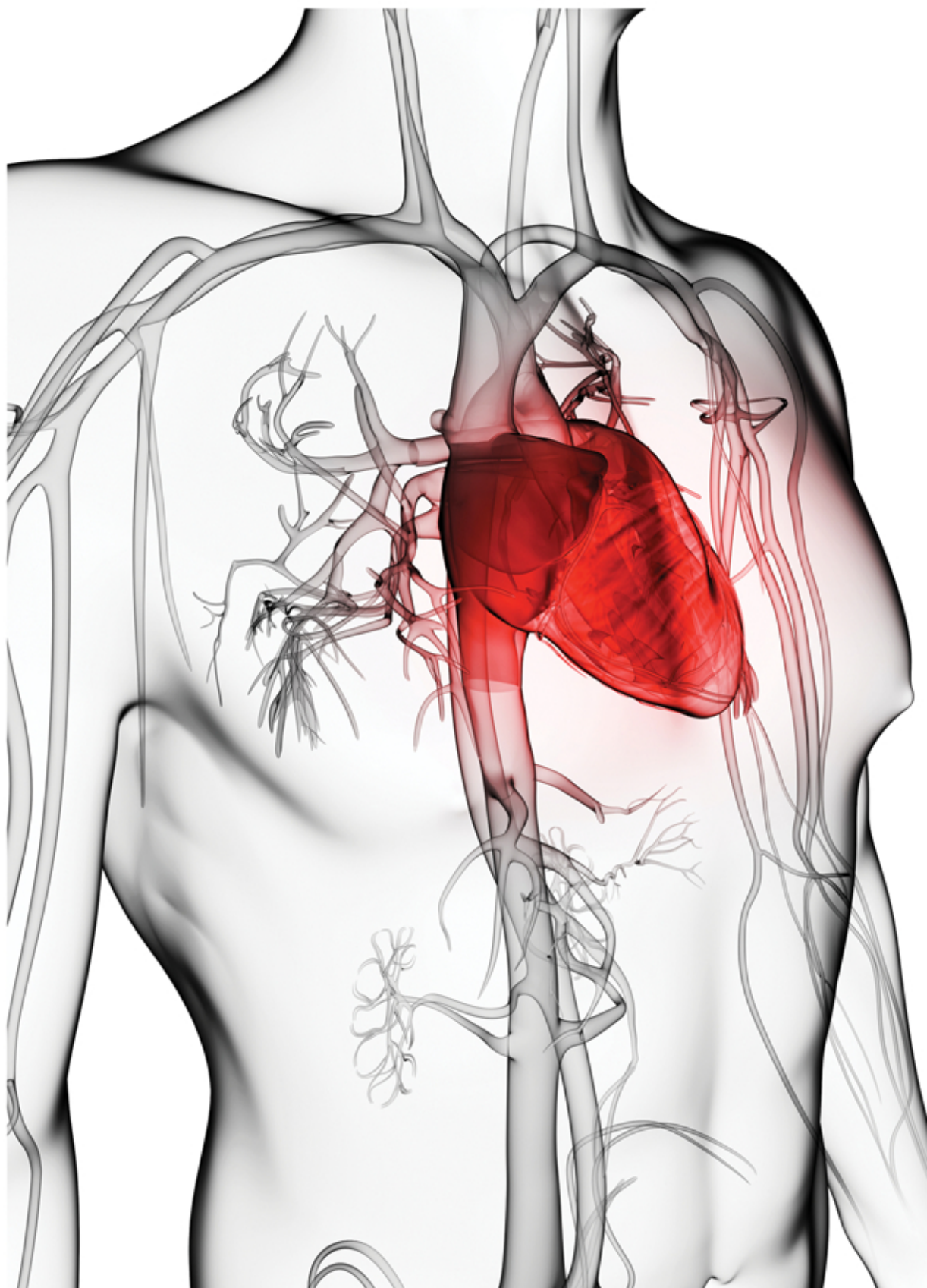
By Jessica Babare D.O.
CardioVascular Solutions Institute

This year close to one million Americans will have a heart attack and one million more will die of heart related illnesses. Heart attacks and heart related diseases are the leading cause of death in our country, and cause more deaths than AIDS and all forms of cancers combined. Heart disease affects people from all races, all walks of life, both women and men. Chances are very good that you or someone you love will be faced with a heart attack or a heart related illness. Will you be able to recognize the signs of a heart attack or heart related problem should the need arise?

Heart attacks occur when the heart muscle is unable to receive adequate blood flow, depriving the muscle of needed oxygen and nutrients. This causes the heart muscle to be damaged and scarred, possibly leading to serious harm to the heart. This can cause death or serious disability, depending on the seriousness of the damage caused.

Most people who have a heart attack or heart related pain, called angina, will feel a discomfort in their chest area. Some people describe the feeling as a "pain," but others describe it as a pressure or a heavy feeling. Some people feel the pain only in their chests, but others feel the pain elsewhere such as in their neck, jaw, shoulders, or arms. These other areas of pain may occur in addition to the chest discomfort or alone. Heart related symptoms often occur while a person is active, and get worse as the level of activity increases. If the symptoms occur at rest, they are most likely to worsen with activity.

Other common symptoms of heart attacks include difficulty breathing, especially with activity. Decreased energy, fatigue, and loss of stamina are also signs that the heart may not be getting good blood flow. Often, more vague symptoms go unrecognized, but are very serious, especially when accompanied by any other of the symptoms such as chest pain or shortness of breath. These symptoms include diaphoresis, which is a cold and clammy sweat, often occurring while a person is very ashy and pale. Some people may experience dizziness or nausea.





If you or someone you know ever experience these symptoms, you should take it very seriously. If the symptoms are mild and if they occur only briefly before going away, contact your doctor so that you can get proper medical attention and guidance. This could be a warning of more serious events to come. If the symptoms come on suddenly, are severe, and prevent you from doing your normal activity such as walking, you should stop what you are doing immediately and call 911. You may not have any time to lose.

If you are alone when the symptoms occur, get to a phone and rest, call 911 and follow the instructions of the 911 operator. They may instruct you to take an aspirin, but, if your symptoms are too severe, you should stay still and wait for EMS to arrive. The emergency personnel will be able to give you the aspirin when they get to you. If you are with someone, have them go get you an aspirin and help by calling the ambulance for you. Never drive yourself while having chest pains. This would not only put you at significant risk of danger, but would also endanger those sharing the road with you.

Many people can be successfully treated and survive their heart attack, but this very much depends on their ability to recognize the symptoms and to call for help as soon as possible. Unfortunately, many people never survive their first heart

attack, dying before reaching the hospital, but by becoming aware of the signs and symptoms, you can recognize them and act quickly, saving your life or that of someone you love.

Symptoms of a Heart Attack


- Chest discomfort such as pain or pressure
- Difficulty breathing
- Pain in the jaw or neck
- Pain in the shoulders or arms
- Breaking out into a cold, clammy sweat
- Profound fatigue
- Nausea and/or vomiting
- Dizziness
- Passing out
- Any symptoms made worse by increased activity or movement



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Jessica Babare, DO



Jessica Babare, DO, is board certified cardiologist who recently completed her training as an Interventional Cardiologist. In looking for a post-fellowship cardiology position, Jessica had a specific idea of the type of cardiology practice and colleagues she wanted to join, and has happily found that match with Dr. Gino Sedillo, Stacey Royce, PA-C, and the rest of the CardioVascular Solutions Institute team members.

Dr. Babare planned to attend the University of Illinois Medical School with an emphasis on training rural family practitioners. However, during the application and interview processes something drew her interest and attention to Nova Southeastern College of Osteopathic Medicine in Fort Lauderdale, a place where she could train to be an osteopathic physician. Osteopathic Medicine is a medical approach which emphasizes treating the "whole patient," an approach to health care that Dr. Babare has found key to her success as a physician. She holds board certifications in Internal Medicine, General Cardiology, Integrative and Holistic Medicine, and is board eligible in Interventional Cardiology.

Becoming a highly skilled Interventional Cardiologist has long been one of Dr. Babare's goals, and she is thrilled to have crossed this recent milestone. Dr. Babare believes the ability to adequately diagnose and treat patients with cardiovascular diseases begins with her own personal wellness. She uses meditation, voracious reading, a plant-based diet, yoga, and exercise to help accomplish this. She is a doctor whose truest desire is for every patient to be restored to his or her fullest potential for wellbeing.



Testosterone and Heart Disease

By Dr. Mitch Yadven

You may have seen recent television ads by law firms fishing for patients that received testosterone replacement therapy, who then developed heart disease or heart problems and even death. The trigger for these television ads is two recent trials, which suggest that testosterone replacement therapy may increase the risk of heart disease and/or stroke.

These were poorly designed studies, which conflict with numerous previous medical trials that show the beneficial effects of testosterone on the heart and that low testosterone levels in males are associated with an increased risk in the development of heart disease. So why did the two recent studies

show that there was an increased risk of developing heart disease in male patients that were prescribed testosterone replacement therapy? There are serious flaws associated with the two recent trials.

Firstly, estrogen levels were not measured in the subjects in the studies. High estrogen levels in males have been found to be associated with an increase risk in the development of heart disease and stroke. Estrogen levels may elevate after testosterone administration in patients with high levels of the enzyme aromatase found in belly fat. This can easily be controlled, but it must be checked for.

Secondly, having erythrocytosis, which is an elevated red blood cell count (elevated hematocrit), is associated with an increased risk in the development of heart disease and possible stroke. A major study on the risk and benefits of testosterone replacement suggests that a baseline hematocrit should be checked at three and six months, and then every six to twelve months. If the hematocrit is too high, then testosterone therapy should be stopped until the hematocrit is at a safe level. Hematocrit levels were not measure in these two trials.

Thirdly, in both studies, not all patients had follow-up testing of testosterone levels. Therefore, dosages of testosterone may have been higher than needed. Supraphysiological levels of testosterone can cause vascular disease.

Lastly, testosterone can convert to dihydrotestosterone (DHT), which has been shown to enhance early atherosclerosis. The higher the dose of testosterone that is prescribed, the more it is converted by 5 alpha-reductase into DHT. In these two recent trials that suggest that testosterone replacement increases the risk of heart disease in men, DHT levels were not measured.

Conclusion

Given the plethora of medical studies indicating the beneficial effects of properly prescribed testosterone, one would have to conclude that these two recent medical trials are poorly designed and their conclusion is flawed. Some of the patients did not have repeat testosterone levels measured. Consequently, the patients may have had supraphysiological levels of testosterone. In addition DRT, estrone, estradiol, and RCT levels were not addressed.

Considering the numerous studies that show cardio-protective effects of testosterone replacement, it makes good sense to check levels and replace, if needed, under the controlled supervision by a knowledgeable health care professional.



Dr. Mitchell Yadven

Dr. Yadven was born and raised in the Bronx, New York. He received his undergraduate degree from Emory University in Atlanta, Georgia and a Masters degree in Molecular Biology from George Washington University in Washington D.C. After college, Dr. Yadven worked as a marine biologist for the Smithsonian Institute in both Washington, D.C. and the Caribbean. He then received his Medical Degree and General Surgery training at George Washington University. Wanting to return to the South, Dr. Yadven completed his Urology Residency at Tulane University in New Orleans, Louisiana. He is

Board Certified by the American Board of Urology. Dr. Yadven has been in private practice in Bradenton, Florida since 1997 and is happy to call Florida his home.

Dr. Yadven practices all aspects of general Urology with particular interest in hormonal replacement and metabolism, prostate disease, urinary stone management and minimally invasive therapies. He has developed products for the management of urinary retention resulting in a U.S. patent.

In his free time, Dr. Yadven enjoys photography and digital art, NFL football (he is a huge New York Giants and New Orleans Saints fan), computers, water sports and fun at home with his wife Sharon, his two children Sarah and Maxwell and his family's animal menagerie.



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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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Progressive Technology Helps Seniors Ambulate Again

Individuals have found new hope when it comes to ambulating and performing assisted daily living tasks independently. A new progressive technology is on the market called the Alter G Bionic Leg which is a battery-powered, wearable robotic training device activated by a patient's initiated movement. It is a modality used by physical therapists for patients with impaired walking and functional mobility. The Alter G Bionic Leg strengthens muscles, improves gait, and facilitates active motor learning while promoting improved ambulation and transfer skills. Currently, it is a crucial component for stroke rehabilitation and physical therapy for patients with chronic, degenerative neurological gait impairments including Parkinson's disease and Multiple Sclerosis (MS).

Nurse On Call a Medicare Certified Home Health Agency is the first and only home care company to launch the bionic leg. It will be used by physical therapy staff to improve participation in sit-to-stand activities, walking and stair climbing exercises that are critical to the recovery of gait and balance. When a patient begins to stand up, step forward or ascend a step, the bionic leg's footpad sensors calculate the shifting weight and the position of the lower leg, and then calculate how much assistive force is needed for knee movement to move the foot and leg in a coordinated pattern, one normal to transfers, gait and stair stepping.

"Alter G Bionic technology can be life changing for someone. We've seen stroke and post-polio patients, people who haven't been able to walk in years who had lost all hope, walk again." exclaimed Colleen Ferren, OT, and Regional Therapy Director



for Nurse On Call. "We are excited to be bringing this progressive technology to the communities we serve. We will be tracking and measuring long term patient outcomes and participating in research studies with our PT staff." Ferren said, "This cutting edge, state-of-the-art rehabilitation therapy and we're thrilled to be the providing it!"

The Bionic leg has been used on numerous patients with very successful outcomes. A patient's mother wrote a letter of appreciation stating, "He started walking at 9 months of age and by the age of 2 started deteriorating and diagnosed with CP at the age of 4. For the past 3 years he has been wheelchair bound and only able to transfer from chair with assist. We brought him to many neurologists who didn't want to work with him.

Finally someone recommended the Alter G Bionic Leg. I can't describe to you what a blessing this has been for my son. It's made such a difference. The look on his face was amazement on his first treatment. After 6-7 visits he came walking out from his bedroom to the living room, by himself. This is a miracle and I'm so grateful." ~ Mrs. Damato



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Hernia Repair

Minimally Invasive Technology Transforms the Way Doctors Perform This Surgery

By Gary M. Bunch, M.D., F.A.C.S.

What is a Hernia?

The word Hernia means 'something coming through.' A hernia is simply a hole through which something can protrude, usually intestine or the fat around the intestine. It is the swelling or lump that is there when you stand or cough which goes away when you lie down. This is the most common and obvious sign of a hernia.

The most common location for a hernia is the abdomen. The abdominal wall holds in the abdominal contents, primarily the intestines. If a weakness should open up in that wall, then what pushes against it from the inside (the intestines) simply pushes through the window. The ensuing bulge, often visible against the skin, is the hernia and is a potentially serious problem.

Both men and woman can get hernias and they can develop at any age. Hernias may result from birth defects, previous incisions, heavy lifting, obesity, pregnancy, persistent coughing, or straining with bowel movements.

How Do You Know if You Have a Hernia?

If you have pain directly in the muscle of the stomach, feeling sore to the touch when you press on it, then it is more likely you have sprained or strained this muscle. This commonly occurs because of vigorous exercise or vigorous physical activity, such as lifting heavy objects.

Intestinal or abdominal pain is deeper and more aching in character, whereas muscle pain is more superficial. A hernia generally presents as soreness in the groin. There may also be a bulge or a swelling in the groin or, if you are male, in the scrotum. Often the bulge can be made larger by straining the abdominal muscles.

Hernias in adults do not get better or simply go away. The hernia will almost certainly enlarge with time, becoming more of a problem. Any symptoms, such as discomfort and pain will also

worsen, affecting your quality of life and ability to work. Delaying surgical repair and allowing the hernia to enlarge could make the later operation more complicated when you do eventually have surgery. There is always the possibility of strangulation (approximately 5%), where the bowel becomes trapped in the hernia and loses its blood supply, requiring emergency surgery.

Types of Hernia

The most common hernia is the Inguinal or Groin hernia and can occur on the left, right or both sides of the lower abdomen. Surgical repair of the Inguinal hernia is extremely common with over 600,000 cases being performed in the United States.

A Hiatal or Diaphragmatic hernia develops in a small opening in the diaphragm where the esophagus or food pipe joins to the stomach. A Hiatal hernia allows part of the stomach to move up into the chest and stomach acid can flow back into the esophagus causing heartburn.

Umbilical hernias occur in and around the belly button or naval. They are usually present from birth but may not be noticed until later in childhood or even into adulthood. While Umbilical hernias in infants usually close without any intervention, this is not the case in adults. Over time they tend to enlarge and become more problematic.

Minimally Invasive Repair of Hernias

Minimally invasive technology and techniques are transforming the way many doctors perform surgery. In the past, open surgery was the only option available when doctors needed to see inside a

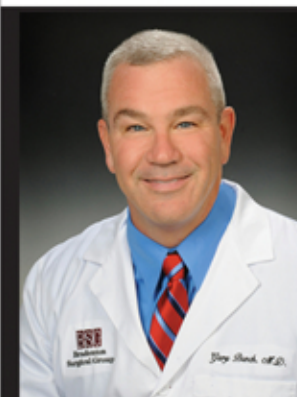
patient's body or remove or repair organs or tissue. Patients who have conventional open surgery typically face large incisions, significant hospital stays, lengthy recoveries and the risk of complications. That's no longer the case. Today, surgeons make small incisions or "ports" and perform minimally invasive procedures whenever possible. These procedures can accomplish the same results as traditional surgery but can be much less traumatic to patients.

At Bradenton Surgical Group, we use minimally invasive surgery to repair most hernias. In a laparoscopic hernia repair procedure, our surgeons will make several tiny incisions (each about the size of a pencil eraser) through which they insert surgical instruments and a small video camera. Our surgeons are then able to locate the hernia and surgically close the weak area using a prosthetic mesh. The mesh reinforces the area of weakness and reduces the tension on the repair. A tension free repair is less likely to allow the hernia to reoccur.

The advantage of this laparoscopic approach over more traditional open methods is that because the incisions are much smaller than traditional methods, there is less discomfort and faster recuperation. Also, it is often possible to repair bilateral hernias (those on the left and the right of the abdomen) during a single procedure using laparoscopic methods.

A Full Range of Minimally Invasive Procedures

We offer a full range of minimally invasive procedures that address problems in nearly every part of the body. In addition to Hernia surgery, some of the most common procedures we perform are: Abdominal, Colorectal, Hemorrhoid, Adrenal and Parathyroid Surgery. To learn more about Hernia or any of the procedures we provide, please call Bradenton Surgical Group at 941-744-2700 or visit us online at www.bradentonsurgicalgroup.com.



Dr. Gary M. Bunch, M.D., F.A.C.S.

Dr. Bunch is a board certified general and vascular surgeon specializing in advanced minimally invasive surgery with over 10 years of experience. He is board certified by the American Board of Surgery and is a Fellow of the American

College of Surgeons. Dr. Bunch served as an associate professor of surgery at East Tennessee State University and is a graduate of the University of Kentucky College of Medicine. He completed his surgical residency at the University of Tennessee Health Sciences Center in Memphis.

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Back to the Basics

Featuring Dr Jeremiah Joseph
Board Certified Chiropractic Neurologist

The human body is a complex system that is made up of many checks and balances. The human species, in particular, has a much longer lifespan compared to most other mammals. It needs a sophisticated internal system to keep our bodies in tip-top shape. However, sudden movements, injuries, or years of strain can throw it out of sync.

Within our core, the lower back is usually the area that experiences the most wear and tear. It supports the entire weight of our upper body when we stand, bend, or lift. Its soft tissues include tendons and muscles that surround and protect the spinal discs that keep highly sensitive nerve or nerve roots in place. There are two main problems that can affect these discs, causing accompanying pain. Degenerative disc disease is a condition in which the disc's cartilage wears away and shrinks over time. This reduces the amount of cushion that is required for fluid movement and the protection of spinal nerves. The other common problem is a herniated disc. Imagine a water hose with a weakened area. Eventually, the area will bulge causing potential rupture. That is what the cartilage in a herniated disc looks like if not treated properly.

According to Dr. Joseph, of Pivotal Health Physical Medicine, Chiropractic BioPhysics is a highly-advanced, scientific, and proven chiropractic technique which corrects and restores your spine back to alignment. Unlike regular chiropractic therapy that mainly focus on immediate pain relief, Chiropractic BioPhysics goes one step further to also correct the source of the problem. It combines biology, physiology, physics, geometry, and anatomy to identify the causes of your pain, discomfort, loss of mobility, and altered health.

Under the appropriate care, there are various ways to achieve a pain-free life. To improve overall cardiovascular function and the strengthening of weakened muscle

groups, it is beneficial to stretch tight muscles and provide gentle manipulation to a patient's spinal joints. By decreasing any restrictions and inflammation, the nerve function and spinal motion is restored. Another proven method that Dr. Joseph recommends is the use of Sarapin, an aqueous solution of soluble salts from the plant *Sarracenia Acaea* (Pitcher Plant). It is commonly used for the treatment of many painful syndromes including but not limited to Sciatic Leg Pain, Back pain, Occipital Headaches, numbness and/or tingling into arms and legs and even Fibromyalgia. As with all treatments that affect your back, it is advised to consult a licensed Chiropractic Neurologist.

It may seem obvious, but the number one prevention is good posture. Always sit and stand straight with your shoulders back. Proper posture can decrease the amount of stress placed on the lower back. Another important rule to remember is to always lift with your legs and not your back. Instead of bending over to pick something up, squat low and lift while keeping your back perpendicular to the ground. Following these basic rules will help evade unnecessary stress and injuries to your back.

If you have any questions regarding the health of your back, you can contact Dr. Jeremiah Joseph at (941) 697-3001 or visit his website at www.pivotalhealth4you.com. He can also be heard on his radio program every other Tuesday at 11AM on 1580 WCCF. Pivotal Health Physical Medicine is located at 12479 S. Access Rd in Port Charlotte.



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Fall Prevention

By Justin Lee

Everyone has fallen at some point in their life. Perhaps it was the dreaded "toe stub" on a wall corner, or the missed step on a children's toy that was left on the floor. When we are young, falling usually ends with a bump, bruise, and embarrassment of someone having witnessed our plunge. As we age, we lose bone density and our sense of balance; falling can lead to fractures. Many seniors who fall do not have the strength to get back up and may remain in that spot for hours. There are signs that can indicate if you are at risk of falling. Prevention includes improving our balance and having a safety net.

Senior citizens are not the only ones that can be susceptible to falls. However, their injuries are usually more severe because of their fragility and low body weight. Muscle mass and extra fat can help cushion the blow. Having a history of broken bones from previous falls puts you at a greater risk for future accidents. People with this history typically lose their confidence, making future falls more of a possibility. Weak bones can be a result of bone disorders such as Osteoporosis.

One out of every three seniors will be treated for a fall in the United States each year. Unfortunately, traumatic injuries to the hip or brain can result from these falls. Around half of all fall related injuries happen in our own homes due to potential hazards around the house. These hazards include poor lighting, disorganized objects on the floor, and overall clutter. Poor exercise leads to lack of strength, mobility, and balance. Poor vision, or glasses and contacts with the wrong prescription strength, can make judging the distance of hazards difficult.

A few changes in our households, and everyday lives, can help reduce falling risks:

1. Install lights on staircases and dimly lit areas of the house.
2. Place handrails anywhere there are stairs, as well as in the bathtub and shower walls.
3. Get into the habit of keeping everything in its designated place, boxes and shoes especially.
4. All rugs throughout the house should have either double stick tape or a non-slip backing.
5. Exercise to strengthen your muscles and bones.
6. Stay a phone call away from help by keeping a cell phone on you at all times.
7. Get routine checkups for your eyesight to make sure your vision is clear.



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BIODEX is a system that trains the body to improve agility and balance through step-by-step training methods. The machine is able to diagnose your balance abilities within only a few minutes. BIODEX is a versatile system that not only provides a fast but accurate Fall Risk Screening Program. The program enhances confidence and mobility. This is a new and exciting advancement that can be found at the Rehabilitation Center of Pines of Sarasota. Experienced therapists will assist you in the process of reclaiming your balance.



As we age, it seems that everyday life becomes filled with more hazards. Falling, which once seemed inconsequential, may now lead to life threatening injuries. For more questions regarding Fall Prevention, contact Joel Amistoso, Director of Rehabilitation, at (941) 552-1882. They are located at 1501 N. Orange Avenue in Sarasota. Also, feel free to visit their website at www.pinesofsarasota.org/rehab.html.





The True Cost of Alzheimer's Disease

It is difficult to ignore certain struggles that our nation is facing today; one of which happens to be Alzheimer's disease. This disease causes dementia over an extended period of time due to damage and shrinkage of the brain. The exact cause of this expensive health issue is still unknown. An estimated 5.1 million Americans are currently living with Alzheimer's disease.[1] The patient's neurons begin to stop working and ultimately die. This is why the brain cells decrease. A potential telltale sign of Alzheimer's disease (AD) is that sometimes people lose their sense of smell long before the actual dementia sets in. Of course, it may just be a harmless sinus infection, so it is important to see a doctor for a complete diagnosis.

According to the Mature MetLife Market Study, it costs an average of \$57,000 annually to care for an Alzheimer's patient at an assisted living facility.[2] That is more than some people make in a year, which explains the financial burden that this can cause families. It is important to consider long term health insurance while you are still healthy, one in three Americans die with some form of dementia. Proactive planning is vital to making a possible difficult time down the road a little easier. The loss of self-awareness in a loved one can be disheartening and traumatic for all parties involved. Living expenses when caring for such a patient can be a large shock.

Besides an assisted living facility, there are other care options to choose from. One such choice is a care home; this is usually a facility that offers services to a small number of residents. Residential care centers can cost hundreds of dollars less per month than a regular facility. With certified caregivers and customized living spaces, these offer a great alternative to those with a smaller budget. Another option is to utilize home healthcare services. Visiting Angels is a well-respected service that allows the person with Alzheimer's disease to stay in a familiar environment and still get the daily assistance they need.



Guilt is very common among friends and family; especially, when it comes to deciding whether or not to place a loved one in the care of someone outside the immediate family. As the disease progresses, the patient's own home can be a dangerous and scary place for this individual. People caring for an Alzheimer's patient know that it is a 24/7 job. Just know that it is okay to share the responsibility of caring for a loved one. Sometimes, it is easier to maintain the emotional bond without struggling with the day-to-day stresses that come with caregiving.

Alzheimer's may appear suddenly and can put a lot of strain on the individual's family and friends. Just know that there are millions of other people going through a similar situation. If you have any questions regarding Alzheimer's or the assistance that you can receive from an agency like Visiting Angels, you can contact them at (941) 952-5800. Their commitment to caregiving is unparalleled and they will come into your home to evaluate your specific needs.

800-365-4189 | www.visitingangels.com

[1] <http://www.nia.nih.gov/alzheimers/publication/alzheimers-disease-fact-sheet>

[2] <http://www.seniorhomes.com/p/alzheimers-care-costs/>



Arts and Education: a way to a happy, healthy heART!

**Dr. Emery E. Alford, Dean, School of Arts, Humanities and Social Sciences
Florida SouthWestern State College**

All I ever wanted to do was play the drums. I still vividly remember sitting on the floor of my mother's kitchen at a very young age with pots and pans of many shapes and sizes arranged in a circle as I flailed about with wooden spoons in hand striking my batteria in reckless abandon. As I grew older, I would setup my mélange of assorted items and rock out in front of the RCA Victrola, blasting away the Top 40 tunes of the day. I reached decibels well below what I would later experience performing as a percussionist in marching and concert bands, symphony orchestras, jazz ensembles and mega-watt rock bands of the late 60's, 70's and 80's. *(My ears are still ringing from a series of concerts I performed with The Moody Blues about 20 years ago.)*

I share this knowing without a doubt that my introduction to music in junior high school shaped my life. I grew up in a small south Texas town where life did not offer many opportunities for one to experience or appreciate the arts. Like most boys, I ran track, played basketball, and was pretty good at baseball. However, joining the school band at the start of my 8th grade - *while my parents were divorcing* - gave me an opportunity to channel my energies and love of playing the drums into a focused pursuit that gave me the greatest sense of achievement and happiness. As my musical skills increased, I dreamed of going "out west" with the hopes of becoming a studio musician performing music for the movies. Instead, I wound up performing professionally in symphony orchestras, Broadway touring shows, opera and ballet companies, and assorted rock,

pop, and jazz groups while also spending 35+ years in higher education as a teacher and administrator. (I've also had several stints in the corporate world.) In retrospect, I now realize my ability to think, to question, to formulate an opinion, and to accept and embrace challenges as opportunities was an outgrowth of the knowledge, skills and abilities learned and developed through my background and experiences in the arts. While pounding away during my "drumming" years, I never imagined then how my exposure to the arts would enable me later to be a productive citizen beyond the concert stage.

Much has been written and argued as to the role and relationship of the arts and education. Countless studies and reports have been presented that affirm the achievement of higher test scores of students who have studied within the arts (i.e., SAT scores are often 40-50 points higher). In the Federal No Child Left Behind (NCLB) Act of 2001, the arts share equal billing with reading, math, science, and other disciplines as "core academic studies" (*Critical Evidence*, Ruppert, 2006). In the research compendium *Critical Links* (Deasy, editor 2002), summaries of studies conducted in dance, drama, visual arts, music and multi-arts provide critical evidence linking the study of the arts with student achievement and success - particularly in reading and language, mathematics, thinking and social skills, and motivation to learn. The ability to work "solo" or as part of a team is managed easily by musicians, actors, and dancers, much like those



personified and sometimes glorified by students participating in athletic team sports. Critical thinking and interpretative skills, creativity, and higher-level problem solving traits are especially exhibited by students of the arts.

Critical Evidence concludes that "Learning in the arts is *comprehensive*, benefits associated with the student of the arts are inclusive to all students, and an arts-rich learning environment can have *far-reaching effects*. Starting to trickle in are the first round of required State reports assessing NCLB goals. I can only hope the evidence will show that in those programs where the arts were integrated and embraced, the value of arts in education is realized.

Finally, I have worked with literally thousands of music students and watched them attain success in a variety of occupations (most were *not*

music majors). Like the ideal Renaissance man who should be able to sing, dance, play a musical instrument, understand the arts, and be a kind and charitable person, I encourage you to embrace arts in education and pursue your passion. Sing (*like no one is listening --in the shower is a good place to start*), dance (*like no one is watching*), and draw, finger-paint or color using every crayon in the box. Take your place on the stage of life and act out your fantasies (*to the delight of your inner child*). Try any of these, and you will live a way to a happy, healthy heART!

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Back to School

CHECKLIST

1-2 weeks before school

- ✓ Sort through kids' fall clothing; donate or hand down what doesn't fit. Purchase basic wardrobe necessities for each child as needed
- ✓ Sit down with your planner and write in the entire school calendar for all schools attended by your children.
- ✓ Research and evaluate extracurricular activities for the school year.
- ✓ Purchase backpacks and water bottles as needed.
- ✓ Set up an "Organization Station" in a convenient location near the door in your house. Get one basket or crate for each child; use these baskets for your kids' belongings, e.g. books, hats, gloves, sports equipment.
- ✓ Start getting your kids back on their school year bedtime routine.
- ✓ Schedule haircuts as needed.
- ✓ Bulk shopping: visit your local big box retailer and stock up on non-perishable basics like juice/milk boxes, napkins, sandwich bags, and snack foods like pretzels. While you're there, stock up on supplies like permanent markers, pencils, pens, tissues, and loose leaf paper.

3 days before school starts

- ✓ Plan meals for the first week of school.
- ✓ Make sure your camera is charged and ready for the first day of school!

1 day before school

- ✓ Prepare lunches and snacks for first day of school.
- ✓ Pack supplies in back packs.
- ✓ Lay out clothes for first day of school.
- ✓ Set alarm clocks.

First day of school

- ✓ Take a picture of your kids in the same spot every year. This is a great way to see how they have grown.
- ✓ Celebrate by stopping at your favorite ice cream shop after school.

Source: imom.com



Give Your Child a Fighting Chance

Help your child achieve greater health for a brighter future!

Written by, Carolyn Waygood, Certified Natural Health Professional & Plexus Ambassador

Most people are familiar with the quote “Health is the greatest gift”, but statistics have shown that America’s health is declining. This begs me to ask the question “Why are people who reside in one of the most socially and economically developed countries in the world not giving themselves ‘the greatest gift?’” According to a recent report published jointly between the United Health Foundation and the Partnership for Prevention, “the prevalence of obesity in the United States has climbed 132% over the past decade” which has contributed to an epidemic of diabetes in America. Type 2 diabetes used to be called adult-onset diabetes. But now it is becoming more common in children and teens, due in part by escalating rates of obesity in this age group.



Facts and statistics are alarming. The Center for Disease Control (CDC) reports that **overweight teens have an 80% chance of becoming overweight adults.** Obesity is now the 2nd most common cause of preventable death in the U.S., with

deaths linked to being overweight exceeding those from alcohol, drugs, firearms, and motor vehicles.... combined! As children grow fatter, their chance of developing heart disease, diabetes (and associated complications, like blindness, kidney failure, neuropathy, etc.), arthritis, gallstones, high blood pressure, stroke, and certain cancers (including breast and prostate cancer) also increases. Excess fat in children not only creates a self-esteem issue (*if that isn't enough reason to help your child make a change*), it often leads to a life of challenging, and possibly deadly, health issues.

Your choice here, as a parent, is to either shake your head and blame the growing waistline of our children on video games, TV, school lunches, or the internet, or you can realize **obesity is completely preventable** and help your child improve their health



by reaching healthy weight levels. If you’re relying on your pediatrician to solve your child’s weight problem, good luck. Most doctors only have time to record your child’s growing height and weight, chart it on a BMI graph, and caution you that the curve is going in the wrong direction. When you realize optimal health isn’t given to you by your doctor – but rather a choice you and your child make – you’ve made the first big step toward a healthier and happier future. *What a wonderful gift to give your child! The gift of a healthy future!*

When it comes to excess weight, we have to understand the cause before we can define our “personal cure”. Any weight loss program that addresses only the obvious, such as reducing caloric intake (“diet”) and increasing caloric output (“exercise”), will never truly solve the problem today. “Focusing on what your child eats or doesn’t eat, and becoming a drill sergeant emphasizing exercise may create an unhealthy aversion to food and fitness”, cautions Ms. Waygood, also a Certified Pilates Instructor. “America’s growing weight issue is no longer just linked to oversized food portions and under-activity, although they indeed play a role. Excess weight can be caused by a variety of different issues, such as a developing resistance to insulin.” America’s weight problem is not just about calories, carbs, or cholesterol. You or your child’s “personal cure” might also need to address a slow metabolism, insulin resistance, inadequate digestion, nutritional deficiencies, poor elimination, an imbalance of intestinal flora, an acidic body pH, or any combination of these. Believe it or not, when considered individually, each cause can be clearly and easily understood (even by children!), and may be resolved fairly quickly.

Is Your Child Insulin Resistant?

We can no longer assume, for example, that insulin resistance is an issue seen only in adults. We know years of elevated sugar levels triggering high insulin production lead to insulin resistance (when the body’s cells don’t respond as well to the hormone insulin and glucose is less able to enter the cells and be used for energy), and thus the body’s inability to adequately utilize blood sugar and, instead, store it as fat. Previously diagnosed only in adults, most people mistakenly think children’s bodies can adequately process all the sugar it consumes and, therefore, a decrease in insulin sensitivity can’t be the issue behind their child’s weight challenges. According to a scientific statement issued by the American Heart Association (AHA) entitled *Obesity, Insulin Resistance, Diabetes, and Cardiovascular Risk in Children*, “There is an increasing amount of data showing that being overweight during childhood and adolescence is significantly associated with insulin resistance”. This same report cites recent studies in children clearly associating insulin resistance with obesity, hypertension (high blood pressure), and elevated triglycerides and LDL cholesterol in children as young as 5 years of age.



A Natural & Easy Weight Loss Solution

While most weight loss programs involve complicated activities, such as counting points or measuring food portions, that are difficult for children and adolescents to integrate into their lives, the Plexus approach to healthy weight management is easy-to-do, and effective. “I consider the Plexus approach to weight management

the most complete approach to weight loss on the market today”, explains Ms. Waygood, “because it addresses the faulty body processes that contribute to excess weight such as metabolism, nutrition, insulin sensitivity, body pH, appetite control, and more!” Plexus Slim is a tasty powdered drink mix originally formulated to help Type 2 diabetics better manage blood sugar. Now available to the public, and still safe for diabetics, hundreds of thousands of people all over the world are not only balancing blood glucose and insulin levels naturally, but also losing weight and reducing their risk of weight-related diseases.

“Plexus Slim is a wonderful weight-loss solution for children because they love the taste”, explains Ms. Waygood, “and it’s easy! All you do is mix a powder packet into a bottle of water and drink it each morning, and take an optional daily vitamin.” Plexus Accelerator or Boost, a daily supplement that can be taken with Plexus Slim, contains important B-vitamins (a catalyst for energy metabolism in your body), calcium (proven to help the body’s cells burn fat), chromium (a trace mineral that enhances insulin’s action in the body), and a proprietary blend of phytonutrients, which all work together to improve energy and metabolism, and burn fat and calories to yield weight loss. While this powerful weight-loss product set is safe and effective for children, it’s also popular among adults and seniors. “Whether you are 10 years old or 80”, notes Ms. Waygood, “Plexus Slim may help you rebalance your body, and help it shed the excess fat it’s accumulated.”

Is Your Body pH Too Acidic?

Dr. Robert Young, author of *The pH Miracle for Weight Loss*, associates much of America’s excess weight problems to excess acid in the body. “The body retains fat as a protection against the overproduction of acids produced by the typical American diet”, writes Dr. Young. “Fat is actually saving your



life. Without fat protecting the cells, tissues, and organs of your body from acids, you would be dead.” Acidity and alkalinity are measured using a 14-point pH scale, with zero (0) being most acidic, 7 being neutral, and 14 being most basic (alkaline). Children eating the Standard American Diet (SAD) most likely have a body pH that’s too acidic (consistent pH readings below 7.0).

“In the same way body temperature is meant to be maintained at 98.6 degrees”, explains Dr. Young, “your body is programmed to maintain a pH balance within very narrow parameters. Just as with temperature, your pH can vary slightly without causing much concern, but a range too far away from ideal can result in serious consequences.”

The human body will do whatever it has to in order to maintain pH balance, including building cholesterol plaques, storing fat, and leaching calcium out of bones and/or magnesium out of the heart and other muscles to act as buffers. In an attempt to protect itself from high acid levels, a child’s body may start storing fat at a very young age. “People can’t avoid acid production in the body because acids are naturally formed as by-products of digestion, respiration, normal metabolism, and cellular breakdown”, explains Ms. Waygood. “However, there are ways we can reduce the intake of acids into our bodies, neutralize internal acid levels, as well as better eliminate acids in order to maintain healthy pH levels. A healthy body - at healthy pH levels - naturally maintains its own ideal weight.” Plexus addresses healthy pH levels naturally by addressing intestinal balance, regular elimination, and restoring alkalizing mineral reserves. “The pH levels of the fluid in our bodies is directly linked to our current state of health”, explains Ms. Waygood, “just as pH determines the health of a swimming pool. You wouldn’t want to go swimming in a pool filled with green, algae-ridden water, would you?” Rebalancing the body’s pH may be the first important step in healthy weight management.



Preventing Disease & Providing a Brighter Future

There’s no better time to teach your child about health, encourage them to take responsibility, and guide them to make healthy lifestyle choices than now, when they’re living at home and parents have some level of influence on daily routines and meals. However, most parents don’t have the health knowledge necessary to adequately address children’s weight issues alone. Because type 2 diabetes is a relatively recent problem in adolescents, society doesn’t have a well-known plan to address this growing threat. This is where medical professionals, as well as natural health and fitness professionals, can make a lasting impact. “Establishing optimal health at a young age”, notes Ms. Waygood, “is truly a gift that can last a child their lifetime.”

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- € Excess Weight & Your pH
- € Excess Weight & Poor Digestion
- € Blood Sugar, Insulin, and Your Weight

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For more information about the health benefits associated with the Plexus products, visit www.WAYGOOD.MyPlexusProducts.com. Ms. Waygood provides FREE health education seminars to groups of all sizes. Contact her today to schedule a health seminar for your organization, church, or office!

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

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

By Physicians Rehabilitation

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

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

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

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

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

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

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



What Is Knee Replacement Surgery?

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

How Long Is Recovery From Surgery?

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

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

How Much Does Surgery Cost?

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

What Are The Long Term Effects, Years After Surgery?

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

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

What Are The Disadvantages Of Surgery?

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

It's about MORE than JUST Knee Pain.

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

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

If you or a loved one are considering or scheduled for knee replacement surgery, all you have to do is call (239) 768-6396 right now and ask for your "NO-COST, NO-OBLIGATION Knee Pain Screening." During this consultation you can get all of your questions answered in a warm and friendly environment. Once complete, you will know exactly what your treatment options are and if Hyalgan therapy and our specialized rehab program is right for you.



239-768-6396 | www.PhysiciansRehabilitation.com

Children's Eye Health and Safety Month

Back-to-School Eye Exams for Children

August is Children's Eye Health and Safety Month—a great signal for you to get your child's eyes checked before school starts.

It's almost back-to-school time and you're prepared with your child's enrollment forms, orientation schedules, and immunizations—but what about their eyes?

Join us as we observe Children's Eye Health and Safety Month in partnership with Prevent Blindness America and the American Academy of Ophthalmologists.

Most children have healthy eyes. But there are conditions that can threaten good vision. Because you can't always "look" into your child's eyes to tell if they have eye health problems, set up some time today for an eye exam. Your child's eyes should be examined during regular pediatric appointments and vision testing should be conducted around age three.

Possible Signs of Vision Problems:

Parents should be aware of signs that may indicate their child has vision problems, including:

- Wandering or crossed eyes
- A family history of childhood vision problems
- Disinterest in reading or viewing distant objects
- Squinting or turning the head in an unusual manner while watching television

Talk to your child's pediatrician if you suspect your child has any of the eye diseases below:

- Amblyopia (lazy eye)
- Strabismus (crossed eyes)
- Ptosis (drooping of the eyelid)
- Color deficiency (color blindness)
- Refractive errors (nearsightedness, farsightedness and astigmatism)

Let's Talk Eye Safety:

Use this month to discuss the importance of eye safety with your children. More than 12 million children suffer from vision impairment, and eye injuries are one of the leading causes of vision loss in children.* There are an estimated 42,000 sports-related eye injuries each year and the majority of them happen to children. Children should:

- Wear protective eyewear while participating in sports or recreational activities.
- Play with age-appropriate toys. Avoid toys with sharp or protruding parts.
- One of the best ways to ensure your child keeps his/her good vision throughout life is to set a good health example.



To find more information about Children's Eye Health and Safety, visit: www.preventblindness.org and www.aao.org.

*Nearly 25 percent of school-aged children have vision problems. Of children ages 3 to 5, close to one in 20 has a problem that could result in permanent vision loss if left untreated. The American Academy of Ophthalmology estimates that 80 percent of preschoolers do not receive vision screenings.

Source: <http://www.hap.org/>

Incredible Facts About Babies, Breast Milk, and Breastfeeding

Like pregnancy and childbirth, you should learn about breastfeeding before becoming a new mom. Test your breastfeeding knowledge by reading these facts to better understand how amazing women's bodies truly are.

- **Breastfed babies typically get sick less.** Breastfeeding reduces the risk of ear infections, diarrhea, and stomach problems.

- **Children who are breastfed have a lower rate of certain illnesses as they grow up.** Babies who are not breastfed have a higher risk of asthma, diabetes, and childhood obesity. Since African-Americans are at an increased risk for these conditions, it's important to understand the long-term benefits of breastfeeding.

- **Your baby can smell you.** Newborns have a strong sense of smell and know the unique scent of your breast milk. That is why your baby will turn his or her head to you when he or she is hungry.

- **Your baby can see you up close and personal.** Babies are born extremely nearsighted, which means they can only see things about 8 to 15 inches away. That also happens to be the distance between your face and your baby's face when breastfeeding. So when your baby locks eyes with you, it's a true bonding moment.

- **Breastfeeding allows your body to recover from pregnancy and childbirth more quickly.** The hormones released when you breastfeed make your uterus contract back to its pre-pregnancy size.

- **Breastfeeding exposes your baby to many different tastes.** Formula has one taste. But through your breast milk, your baby eventually gets a slight taste of whatever you eat, although not directly. This will later make introducing solid foods easier.

- **Breastfeeding may help you to lose weight.** Mothers who exclusively breastfeed can burn as many as 600 calories a day, which may help you get back to your pre-pregnancy weight.

- **Breastfeeding reduces the risk of breast cancer and ovarian cancer in moms.**

- **Breastfeeding can save a family more than \$1,200 to \$1,500 in formula-related expenses in a baby's first year alone.**

- **Your body starts getting ready to breast-feed during pregnancy.** After you give birth, your body gets the final signal to make milk, which is usually more than one newborn can handle. Why? Your body doesn't know whether you have one, two, three, four, or more babies to feed. Your supply then regulates to meet your baby's (or babies') needs.

- **Before your milk comes in, in the first few days after birth, your breasts make a thick, sticky, yellowish fluid sometimes referred to as "liquid gold."** Called colostrum, this liquid has the calcium, potassium, proteins, minerals, and antibodies your baby needs. Your baby needs only a few teaspoons to feel full and stay healthy until your milk flow increases, about two to five days after birth.

- **Your breast milk changes during a feeding session.** When your baby first starts to nurse, your milk is a watery bluish color. Toward the end of the feeding session, your baby gets to thicker, fattier milk, which gives your baby the calories needed to grow healthy and strong.

- **Breast milk heals.** Breast milk is filled with special components that are designed to help fight infection and cut down on swelling in the breast. So, if your breasts are sore those first few days, gently massaging some of your milk into your nipples and breasts can soothe the soreness and speed up recovery.



Did You Know?

Moms can still breastfeed while sick. In fact, it's good for your baby. When you get sick, your body starts fighting the illness by making antibodies, which then get passed on to your baby. By the time you show symptoms of illness, guess what? Your baby has already been exposed to the virus or bacteria, which boosts your baby's immune system. By continuing to breastfeed, you're not just keeping your milk supply up, but you're further protecting your baby from getting sick in the future.

Source: Women'sHealth.gov

THE WORLDS STAGE: AN INNOVATIVE PARTICIPATORY MEDIA PROJECT FOR A BRIGHTER FUTURE

By Steven Jay

Welcome to the (r)Evolution.

There's a revolution going on right now. But not a revolution of conflict, but instead a revolutionary revolution that is sparked by people from all around the world who have grown tired of business as usual and looking to create a way out. People on all continents, in all nations have become aware of the sleight of hand they've been dealt and they want Da Vinci quantum changes in our systems that fairly represent the needs of ALL OF US. A way out to efficiency, productivity—and exciting time for those who can grasp that our little, tiny devices that we hold in our hands and our portable devices just might help us to connect with other like-minded architects of a better future and enable a way out of this Industrial Age mess which keeps most of us enslaved by systems that serve only the few corporations whose money tries to keep us controlled and powerless.

The Worlds Stage International Arts and Media Festivals, Open Knowledge Cafe's and Concerts for our Future: November 1-2, 7-9 and 14-16. Please join us and our global partners as we empower positive solutions for a brighter future and better public health.

Global Integrated Collaboration: Unify and Prosper!

Not just talk:

Imagine collaboratively modeling an ideal integrated social or business structure, a cooperative and complimentary series of social enterprises showcasing the most ethical policies, initiatives and advanced technologies within its very DNA. This includes focus on equality, quality of life, personal growth, individuality, unconditional love, human rights, civil rights, transparency, privacy, accountability and open collaboration.

Yes, that's right. An (r)evolution not just of technology, but of body, mind and spirit—a revolution that, in the hands of those who know how to create solutions, can transform everything that's rotten to the core about our public health systems, our energy systems, overpriced education that keeps us enslaved and burdened by massive debt.



We've awoken to the cry of newborn baby who needs more than a chance to make it through this world—and thanks to those that we call the architects of the future, or quite simply "entrepreneurs of the future" these new systems are being created in the coffee shops, cafes, dorm rooms and offices of the compassionately excited and discontented entrepreneurs who see a better way. For if we keep on going the way we are going we're bound to add more debt, more uneducated people and a bigger divide between the haves and the have not's.



The Future is in your hands..... Not just the future of a few—but of us all..... And here's why.

Somewhere in some town or city in any part of the world is someone so discontented with a system that appears so bureaucratic potential 5that they've formed an alliance with others who feel the same way. And united in spirit, they're creating a new business model that's better and more efficient than those who preceded it. They're creating the future Google, Amazons, the connected mobile health company, a new way to distribute art, some sort of media network dedicated to advancing human potential. And they're not just doing it for the money. They're doing it because they see its very need, that the public will be touched and inspired by its outcome—an outcome of efficiency over bureaucracy, an outcome that enables the experience to be enjoyable and productive.

What's your solution? What's your big idea? And how can these ideas take shape and prosper without big investment? Where are these ideas coming from and how are they being made?

We are the future.

Just imagine a group of people committed to a better way of doing something. They could be anywhere—and they are everywhere. You just might not see them until one day—VOILA! There they are! People are talking about them. People are utilizing their knowledge, their ideas, and their applications. And many of their inventions are already in your hands, in your cell phone and mobile devices.

Now that you know that the future is in your hands? What are you doing with it?

Join us at the Worlds Stage when these pioneers and architects of a brighter tomorrow showcase their amazing projects!

We spoke with one of the Coordinators of The Worlds Stage, Galvani

The Worlds Stage is a fascinating project. How did it come about?

***Galvani:** We discovered several problems in the functionality of most conferences, seminars, expos and trade shows. Many were geared up to be yearly events that in some cases, forced companies to time their product releases and announcements around the show dates. I felt this was unfair to the companies as the companies felt the need to release their new products on their own time table. It was one of the reasons that the largest trade show in the world—Comdex, was forced to close. They lost touch with their audience.*

So I kept asking myself "What would make the conference experience more productive?" and I came up with the answers. First, to create an ongoing experience that didn't stop when the show dates were over.....Secondly, making it participatory so people could be involved on their own schedule, Third, by keeping the costs of production down and then passing it on to participants, free to attend with low costs for sponsors and virtual exhibitors and fifth, make it exciting by bringing in people with various perspectives from multiple sectors so people can find out about other areas and thought process. And of course, giving everyone tremendous value. I thought customer service was if key importance.

Why a Virtual Media Experience?

***Galvani:** Simply, why not? After all, it was Leonardo Da Vinci who stated:"Simplicity is the Ultimate Sophistication." Times have changed but the event experience stayed stagnant! By bringing the very best people who were qualified to present a solution and engage people with ideas into action and turning it into a media experience, we transformed the event experience tremendously.*

What are the benefits to those participants?

***Galvani:** Most events are uncomfortable to attend and in many cases, the thought of traveling by airplane is very uncomfortable for most people as the headaches of air travel have become overwhelming, not to mention the aggravation of traveling, hotels, the quality of food out of town, and the loss of momentum for current projects while a participant leaves town to attend a conference. By making it a virtual media experience, and keeping the quality control in place, we satisfy the needs of the presenters as well as those participating in the audience.....and all of the presentations are archived for a continual experience of play back anytime they want to hear it. And to the exhibiting companies and sponsors?*

Oh, it's the same as for those sitting at home or in their offices participating. Companies can showcase their products and services on an ongoing basis, update their virtual exhibit booth in the Pavilion of Companies and stay involved with the experience. For those looking for a regional audience, we have regional media partnerships that enable a regional audience. And for those wanting an International audience—our International partnerships enable a well-targeted attendee profile, perfect for their promotional needs.

Why multiple sectors?

***Galvani:** Because most people are so fragmented in what they understand....they study reports and information about the sector they are in, but know literally nothing about the other sectors---and all sectors work with one another....so we felt it essential to bring them all together. For example, education enables consciousness, sustainable development helps communities, arts and media work well with culture, consciousness effects human rights and peace---they are all interconnected and work together. But few people understand this in their approach, and through this understanding, many of our existing problems can be solved---not by creating a short fix by putting a band aid over the wound, but instead, by preventing the wound from happening.*

You talk about Evidence-Informed Open Knowledge. Could you expand on that?

***Galvani:** Evidence or scientific proof is required to understand the root cause of a problem or issue. By understanding the Evidence, the root cause, one can enable the solution. And in some cases, the solutions are much simpler than we think. As for Open Knowledge, the concept is based on so much knowledge that has been held back or repressed for various reasons, some of the knowledge is held back for fear of an organizations losing their grip on a market, some of it is held back for other reasons. We have transformed to a sharing economy and many organizations that understand how the sharing ecosystem works will benefit, not just for themselves, but for us all. The Worlds Stage platform and network is dedicated to that belief, and that Saving the World from Failed Sharing can actually transform our communities, cultures and societies as well as the world into a more peaceful, harmonious place.*

When you look at nature, you realize it just works, it is total perfection. We can learn a lot from the natural world....especially by learning to be in balance with it.

**Details can be found at
www.theworldsstage.com
Interested parties please contact:
theworldsstage2@gmail.com**

THE WORLD'S STAGE
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Ex-Punk Rocker Transforms His Life to Enable Healthier Lives through Solutions and Open Knowledge

By Steven Jay

One of the special guests appearing at The Worlds Stage is Dave Street, who in his earlier days was a well-known New York City punk comedian, hanging out with members of The Misfits, Ramones and others, whose life had taken a few career transformations as he's discovered his true calling, an empowering enabler of the positive human spirit and our collective abilities to enable a better world. As an educator of sustainable futures and understanding the Earth's biodiversity, he performs and teaches young students about the Earth, the Environment and our need to be in balance.

However, one day, he came to the realization of the importance of taking notes of what was transpiring during his mother's illness, how she was being mis-treated by the current systems, and created a solutions-based Preparation Guide filled with Knowledge and Action Steps so that others around the world didn't have to have a repeat performance of what Dave's mother endured.

What emerged was a wonderful and empowering manuscript, "What the Health, Mommie?" written at the bedside of his Mother as she was living the last weeks and days of her life... with the hope that others can learn from the ordeal and be prepared to create necessary solutions.

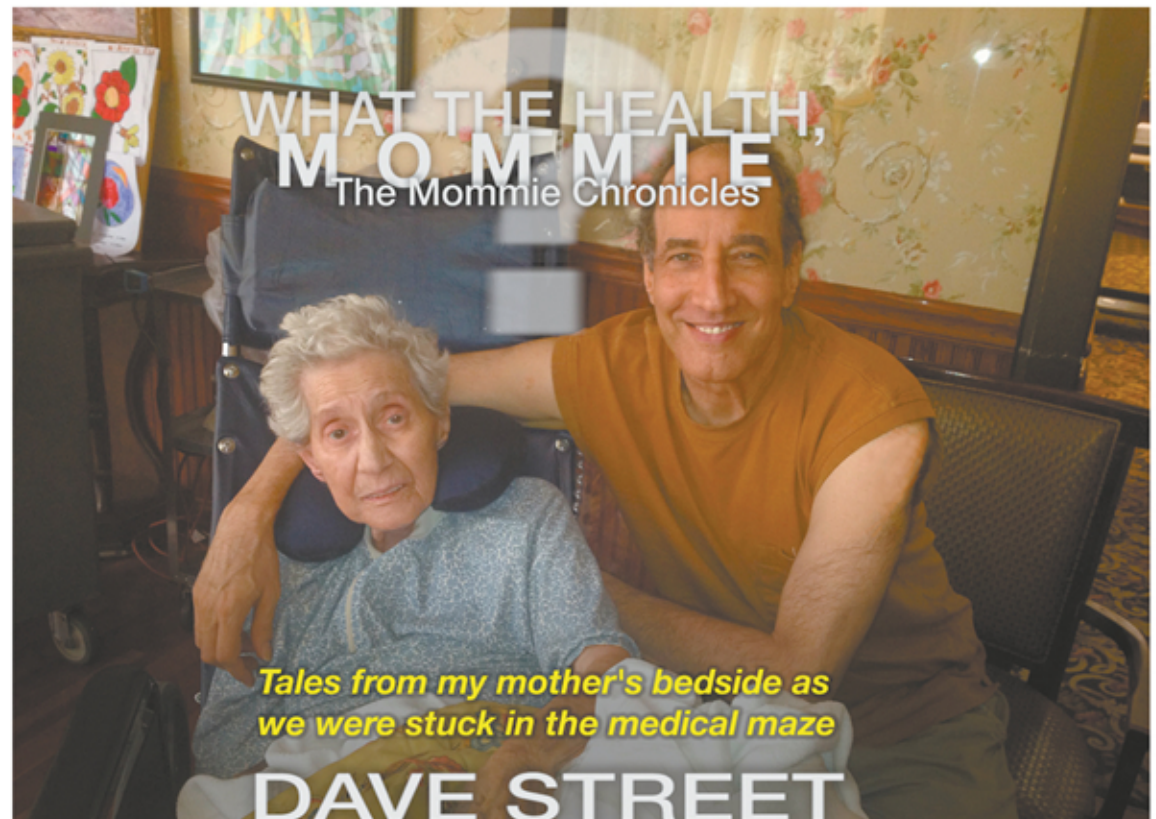
Steven: What led you to write this?

Dave: *This book came about as a result of staying with my beautiful mother, Adele, as she went back and forth through a medical maze of emergency rooms, hospital stays, a rehab facility, nursing home and finally hospice.*

I started noticing things that seemed wrong with the system and began writing things down. It became obvious to me, based on what I saw my mother going through, that changes were badly needed in the system.

Steve: Now that you've gone through this, what are the benefits of this project for others?

Dave: *It offers practical ideas and suggestions that can help to empower people to make good, educated choices to help them get healthier and get better if they-or a loved one- ever ends up in a hospital or nursing home.*



Plus, based on research and conversations I've had with caregivers and health professionals around the planet, it even offers practical suggestions for hospitals, nursing homes- and even the government- on how to improve their own systems.

Steve: What will the readers and their loved ones get from this knowledge?

Dave: *I'm hoping they will get the ability to have some control over what can sometimes seem like a cruel and overwhelming system.*

Additionally, this book is meant to be helpful for anyone on the planet, regardless of where they are. Although it is written based on my mother's experience in our health care system in America, the information is valid throughout the world. Regardless of where people are- even if they are in an isolated village or desert where there are no hospitals or nursing homes-it is still important for their health that they stay hydrated and that they practice cleanliness to help prevent infections. The information in the book can be useful to them as well.

Steve: What was going on in your life and in the life of your mom during this time?

Dave: *My mother's life had become a nightmare- a broken roller coaster ride of intravenous lines, constant dehydration, x-rays, MRIs and in the hospital pict lines and drainage incisions among other procedures.*

I often felt like crying or screaming when I saw what she was going through. I felt helpless, traumatized. One thing that kept me going was Facebook. I think the book kind of grew out of there. I started posting updates about mom's condition and what we were experiencing. My Facebook friends gave me constant support and unconditional love. I think I somewhat owe my sanity to them.

By the end of the journey, I definitely got closer to my mother than I ever had been. When I was younger, I used to pretend I didn't have parents. Now I realized all the things mom had done for me in life that I never before really appreciated and never acknowledged to her.

There was one 'highlight' of our time together. Something that seemed to give her comfort is that I brought in an iPad and would give her a You Tube 'concert' of her favorite musical acts from when she was younger- Frank Sinatra, Louis Armstrong, etc. She would open her eyes and seemed to enjoy it, even occasionally commenting on the music. I think it calmed both of us down. We did it almost every day for her last month of life. Since then, I have learned much about the use of music as an effective tool for improving health.

Steve: What did you see occurring that empowered you to do this?

Dave: *It seemed like the system itself was helpless at times to help mommie. For instance, one thing that I really believe took a toll on mom was constant dehydration. From what I could see, it seemed like the facilities didn't have the staff or resources to keep mom hydrated. Or else, the system's 'solution' was to continuously stick intravenous lines into her- and I don't consider that any real solution.*

I also saw my mom almost continuously stricken by infections that left her weak. Seeing her laying weak in bed with infections in her body also motivated me to do this project.

Steve: What were the big problems that held back the system?

Dave: *From what I could tell, not enough staff. And the staff that was there seemed generally overworked. Also, the need for better communication among everyone in the system, and even among the facilities. I always felt that the hospital never adequately communicated to rehab the severity of mom's condition. And not enough money- at least that's what the doctors and administrators at the hospital usually seemed to complain about.*

Steve: What are the biggest changes you'd like to see?

Dave: *At the hospital, a more innovative, high tech plan of action to eradicate infections. Maybe tiny drones to chase out bad bacteria. At the nursing home, a better way to prevention dehydration. More money for the hiring of more staff. More sensitivity to the unique needs of individuals. In the book, there is a whole chapter on suggestions and possible solutions for changing and improving the system.*

Excerpts from "What the Health Mommie"
© 2013 By Dave Street

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FROM THE INTRODUCTION:

"What is a human life worth? How about the life of a senior citizen who has a life threatening infection and needs to be moved out of the hospital and into therapy because Medicare will no longer pay for the stay? What if that senior citizen was your mother or father? What if it was your grandmother or grandfather? What if it was you?"

FROM THE SURVIVAL GUIDE:

"Stay Hydrated:

-Drink plenty of liquids. Make sure that you continuously drink fluids throughout the day. Make sure that enough fluids are available to you. If you need special drinks- like nectar thick drinks- make sure that enough are available- and accessible to you- throughout the day. Make sure the facility is adequately stocked with them.

- Try to keep track of how many drinks you've had each day and make sure you've had enough- at least seven or eight cups a day."

EXCERPT FROM CHAPTER FOUR:

"My mother's favorite performer of all time was Frank Sinatra. She had told me stories how as a girl she would go see him with her girlfriends at the Paramount Theater in New York City- and the cost was a mere twenty five cents per ticket!

I asked her if she would like me to try and find some videos of Frank Sinatra singing. She immediately said 'Yes'.

The first Sinatra video that I played for mom was "Fly Me to The Moon".

Mom noted how young he looked and clearly enjoyed watching him and listening to the music. While she was watching him, one of the aides came into the room and pointed at mom's hand and said; "Look, she's moving her hand to the music."

At that point, it was one of the first things she had physically reacted to."

Dave Street will be a featured guest at The Worlds Stage
www.theworldsstage.com

For more information about the book project, please go to:
www.whatthehealthmommie.com

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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.

WWW.PIZZOLATOLAW.COM

239-225-7911

Long Term Care? Why have it?

By George T. Leamon, CLTC - Lutgert Insurance

The baby boomer generation is becoming more aware that insurance plays a very important role in their lives. This could be one of the reasons why we are seeing an increase in the number of insurance agencies that are playing for our attention. Assisted living, rehabilitation, and life-altering illnesses are costly and can last for long periods of time. That is why it is just as important to plan for future health needs as it is for present ones.

We have all experienced the relief of using an automotive policy to repair a car. It seems that we only think of insurance as an asset when we need it. We live in a society that embraces the here and now! However, a future "here and now" can better be prepared for in advance. The main issue we have with spending money for something that hasn't happened yet is that it isn't tangible. We feel fine now, so why "waste" the money. It isn't happening now, so I would rather spend my money for an immediate gain. It is this thinking that gets so many of us into trouble. If we thought it through, paying for something in advance is the smartest thing we could do. The cost of an item in the future will undoubtedly cost much more than now. Think of inflation, alone.

Insurance makes even more sense. Take long term care, for example. Do you know what the true costs of an assisted living facility are for an extended period of time? Probably not. It is actually one of the top expenses that citizens face in their senior

years. Being unprepared for that can be crippling. Assisted living centers are commonplace today, but that wasn't always the case. In the early days of our republic, asylums began to make an appearance. These institutions held people who were mentally incompetent or deemed "too old" to take care of themselves. In those days, the life expectancy of our nation's population was much lower than it is today. People in their forties or fifties were considered "senior citizens". Society has definitely evolved.

Accident insurance was first offered in the United States by the Franklin Health Assurance Company of Massachusetts in 1850. This was to protect workers on the railroad, but it slowly grew to include a variety of coverages. One of the coverages offered today is Long Term Care. This refers to the ongoing medical and social services that support the needs of people living with chronic health problems. Chronic health problems are a great financial burden on families, but Long Term Care insurance can relieve the stress that accompanies these situations. It is good to know that we have options that assist us through our senior years. Long term care insurance is one of those cushions for us to utilize.

Preparing for the future will only ensure that it is better.

For more information on long term care, please contact Lutgert Insurance at 239-280-3246. Or you can visit their website at www.lutgertinsurance.com.

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



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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"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

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Write it Off or Take it Off?

By Dr. Debbie Marks

Dogs, cats, rabbits, ferrets, birds, and lizards all show up to the clinic with various sized and shaped lumps and bumps. Most lumps may never seem to be of any bother to the animal, but many, astute pet owners are rightfully concerned and want to know what their options are.

Unfortunately, nothing about the size, shape, color, consistency, location, or growth rate is definitively diagnostic for what a lump might be. Yes, benign, fatty tumors (lipomas) and some "cysts" are very common, but some very malignant tumors will look, grow, and feel identically, and are just as common. Far too frequently will I sample a mass that was previously presumed (based either on feel or how long it had been present) to be a lipoma or other innocuous mass to find that it is, indeed, a malignant tumor, slowly spreading for months or years.

Essentially NEVER will I tell an owner that I know what a lump is without some sample of the mass.

Two general options exist to collect a sample for diagnosis; a fine needle aspirate or a tissue biopsy.

Fine needle aspirates use a tiny needle to collect a small sample of cells from the mass. This process is quick, inexpensive, non-invasive, and can usually yield a definitive diagnosis of the mass in question. At the very least, the results of the aspirate should be able to dictate the general course of action insofar as whether to leave the mass alone, to remove the mass surgically, how aggressive to be with surgery (how much tissue surrounding the mass should be removed), and whether to be concerned with nearby or distant spread.

Tissue biopsy, that is, removing all or some of the lump surgically, is more invasive and more expensive, but will nearly always be diagnostic. Removing a benign mass, though, may not be necessary, putting your pet through an avoidable procedure. Furthermore, removing malignant tumors without a pre-operative diagnosis may predispose us to inadvertently leaving microscopic bits of tumor behind, thereby missing a chance for a curative surgery, and also complicating future attempts at therapy. For these reasons I will usually recommend a fine needle aspirate prior to any mass removal, and certainly prior assuming any mass to be benign.



The sooner you know what a mass is, the sooner you can know whether to write it off or take it off.

Disclaimer: No article, journal, webpage, breeder, or friend of a friend can take the place of personalized, veterinary medical advice. If you have any questions, always consult with your veterinarian.



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If My Life Was But A Single Day

By Alex Anderson

Mayflies

I had this crazy thought. See if you can follow me on this. I'm 53 years old. If I live to be 86 years old (a very real possibility given my genes) then I have 33 years left. At first this sounds like a lot of time, and it is, unless the perspective is changed to but one single day. Like the Mayfly, which lives from maybe a few minutes to only a day or two, and then is gone. What if my life was, but a single day?

Here are my assumptions. Live until 86 years old. If my useable day is 16 hours (24 hours less 8 hours of sleep) and I divide the 86-year life span by 16 useable hours per day then I get a factor of 5.375. This means that each hour of my useable day is equal to 5.375 years of my life. Humm...one hour equals 5.375 years of my life. Wow!

Then, if I take my current age of 53 and divide it by 5.375 it equals 9.86 hours. So if my waking useable hours start at 7:00 am and end at 11:00 pm (for a 16 hour useable day) then it is 4:52 pm in the afternoon for me, if my life was but a single day. Now I know what the Mayfly must feel. Which means I have 6 hours and 8 minutes left in my day, or in this case...my life.

My Perfect Day

Apparently in the Old Testament King David had a similar thought.

"Show me, Lord, my life's end and the number of my days; let me know how fleeting my life is. You have made my days a mere handbreadth; the span of my years is as nothing before You. Everyone is but a breath, even those who seem secure" Psalms 39: 4,5 NLT

This kind of makes one feel very small, especially in the face of eternity. Unless the real lesson here, besides the fact that we all will die (or rather our bodies will), is to decide how we spend the rest of



our day. If in reality it was 4:52 pm in the afternoon, how would I spend the last remaining 6 hours and 8 minutes of my life? Would I act like it was any given day? Or would I live it like the last day of my life?

Or, maybe my "perfect day?"

If you were designing a day that you would live over and over again for the rest of your life: meaning each day would be exactly the same, what would it look like? Something like the movie Groundhog Day? Each and every day would be the same...your perfect day.

When would you wake up? What would you do when your feet hit the floor? What would you eat for breakfast? Where would you go that day? What would you do? Would you workout? Would you go to work? Would you go see friends or family? What would you do after lunch? Take a nap maybe or create some art? Where would you eat dinner? And who with? What time would you go to bed?

My Hallucination

The only rule is...this is your perfect day and you would have to live it the same way each and every day for the rest of your life. Would you decide not to design it and just live with whatever comes? I know living every day the same way seems...well boring and pointless. But, what if it wasn't? What if, it was exciting? You might be thinking, "How in the world could I design a day that is the same every day for the rest of my life? How could it be anything other than boring after a year or even the first few months?"

The difference between boring and exciting is only one word: perspective. And the deciding perspective is: "who have you designed your perfect day for?" Your own needs, desires, and wants; or the aid, benefit, and wellbeing of others? This one slight adjustment can make all the difference.

If your perfect day is designed to do the exact same thing every day, to help and improve the lives of others ever so slightly, then how could that possible be boring?

Here is my hallucination: you really do not want to live a boring day in your life, much less a life of boring days. So get out a sheet of paper and start at 7:00 am in the morning. Design a day that you could live for the rest of your life. A day that when bed time comes at night, you can say to yourself, "That was perfect."

Then with everything with in you...go live it. Oh, yeah! And email to me a copy of your perfect day. If you actually do this you will be in the top 3 percent of the world, or at least pretty darn close to it, and one of the most happy and fulfilled people on the planet.

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