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Health & Wellness[®] MAGAZINE

September 2014

Lee Edition - Monthly

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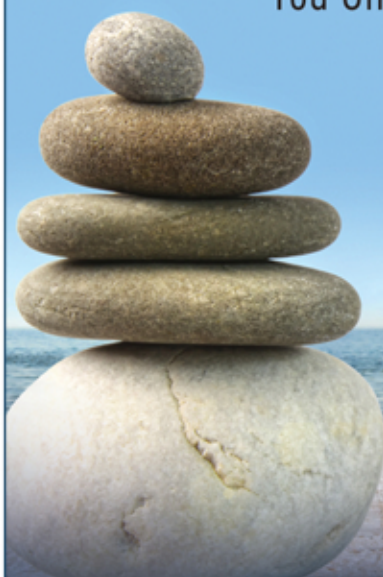
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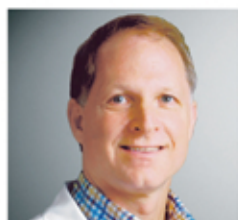
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TOP 7 Reasons to Get Your Leg Vein Evaluation and Treatment this FALL.

By Joseph Magnant, MD, FACS

There are many different presentations of leg vein problems although the most recognizable is that of varicose veins.

Other signs and symptoms of venous reflux disease (also known as venous insufficiency, CVI, venous incompetence or leaky veins) include swollen, achy legs, restless legs, night time leg cramps and urination, diffuse spider veins, skin discoloration in the lower legs, and bleeding or ulcerations in the legs. Venous insufficiency is defined as failure of the valves in the veins to close tightly resulting in the backward flow of blood back down toward the feet. The end result is increased pressure in the veins in the lower legs and feet which causes veins just under the skin to bulge (varicose veins) and water and protein to leak out into the surrounding tissues of the legs.

Over the past decade, our anatomic and physiologic understanding of venous insufficiency has been greatly improved as endovenous ablation (sealing of the veins) has been applied to patients with more obscure signs and advanced stages of venous insufficiency with excellent results. Superficial veins other than the great saphenous vein, such as the small saphenous vein, intersaphenous vein, anterior accessory saphenous vein and perforating veins are now treatable with endovenous ablation. Modern ultrasound evaluation of the lower extremity venous system by experienced vascular technologists can accurately identify which veins are insufficient or leaking as well as the severity of reflux.

Ultrasound directed sealing of the abnormal veins under local anesthesia has yielded far superior results than vein ligation or stripping, which are no longer required nor should ever be considered. With the introduction of minimally invasive treatments for venous insufficiency (leaky veins) in 2000, and the increased acceptance and application of this technology of sealing rather than stripping of the saphenous veins in the treatment of the entire spectrum of symptoms related to venous insufficiency, there is no need for patients to suffer from their venous disease any longer, whether bulging varicose veins, swollen achy legs or advanced skin changes.



Cluster of varicose veins which clotted and resulted in deep vein thrombosis (DVT)

The age old recommendation of waiting for varicose veins to “bother you” or “become painful” should be abandoned, and proactive evaluation and earlier treatment of the underlying venous disorder considered to prevent potential complications of bleeding and thrombosis (clotting) of the varicose veins which may extend to the deep system of veins and in rare cases lead to blood clots traveling to the lungs (pulmonary embolism). Patients are not advised to wait for complications of high blood pressure, high cholesterol or diabetes before initiating therapy, nor should they wait for complications of venous disease before considering minimally invasive evaluation and treatments.

Complications of Untreated Varicose Veins

Clotting, as seen in the photo above of a 55 year old male who was told to leave his varicose veins alone. They clotted off on a long car ride and by the time he was seen by a physician he had a deep vein thrombosis requiring more than 6 months of blood thinners. He eventually underwent endovenous closure of the culprit vein with an excellent result as seen in the photo on the right, but could have been saved the trouble and pain if he had been evaluated and treated earlier, before the complication occurred.

Patients likely to have venous insufficiency are those who have a family history of varicose veins, swollen legs or other obvious signs of vein disease. Other risk factors for developing venous insufficiency are history of pregnancy, obesity, sedentary occupations, advanced age, female gender and history of deep vein thrombosis. Patients may have varicose veins or other signs such as skin changes of color and character, brown, brawny and thickened skin, diffuse spider veins in the distal leg and ankle regions, open or threatened ulcerations, history of bleeding from veins in the lower legs, diffuse swelling in the legs worse at the end of the day and improved with elevation.

The following are the TOP 7 reasons patients should get moving this fall and get their leg vein problems treated.

- 1.** The weather has finally cooled off and compression hose are at least tolerable after their vein treatments.
- 2.** The snow birds have not taken over the roads and doctors' waiting rooms...yet.
- 3.** You vowed that last summer was the LAST summer you were going to wear long pants to the beach to cover your unsightly legs.
- 4.** You want to get your legs ready for that Christmas or New Years cruise (gotta plan ahead!)
- 5.** You have met your deductible for 2013 and have been meaning to make your legs more of a treatment priority.
- 6.** You are uncertain regarding the future of health-care and what conditions may or may not be covered for which diagnoses or symptoms.
- 7.** You understand that varicose veins can clot or bleed and want to prevent these complications from occurring.

*Joseph Magnant,
MD, FACS*



Endovenous ablation or sealing of the leaking veins with catheters (laser or radiofrequency) placed temporarily inside the veins offers a very safe, effective and minimally invasive option for patients once thought to be untreatable for Venous Insufficiency due to age, illness, lack of "illness", absence of ulceration or bleeding. Ultrasound evaluation for venous insufficiency is safe, effective, risk free and offers a tremendous amount of physiologic and anatomic information which is critical in the decision making process. Vein specialists are seeing record numbers of patients with the diagnosis of venous insufficiency, many of whom have obvious signs of venous disease such as leg swelling, skin changes, varicose veins or ulcerations as well as others who may not have very impressive external findings of venous pathology but who have severe venous reflux disease as the root cause of their symptoms. Since venous disease affects one out of five adults in the USA, it makes perfect sense to consider venous disease early in the course of your search of the cause of your leg symptoms and if you have obvious varicose veins, you can be sure you have a problem with the valves in the veins and we encourage you to be proactive in obtaining venous evaluation.

Leaders in Vein Treatment

The modern evaluation and treatment of venous insufficiency is the singular focus of Dr. Magnant and his professional and compassionate staff at Vein Specialists. He can be contacted either by calling **239-694-8346** or through his website, **www.weknowveins.com**, where patients can submit their request for an appointment. He encourages readers to review his website which is specifically written for his patients and also take the time to view his photo gallery. Venous disease is not a laughing matter, but sometimes it is only through humor that some of us are motivated to act.

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Take Steps to Prevent Falls

By John C. Kagan, M.D.

Falls can happen to anyone at any age, but according to the Centers for Disease Control (CDC), falls occur more often in senior adults and are the leading cause of injury deaths in persons over 65 years of age. In addition, patients with orthopedic issues are at an increased risk for falls. Fortunately, by making minor lifestyle changes or taking steps to improve safety in your home, falls can be prevented.

September is falls prevention month, and the CDC recommends taking the following steps to reduce the risk of falls:

Your Home Checklist:

- Move furniture so hallways and pathways are clear
- Remove throw rugs or use double-sided tape or non-stick pads under rugs
- Eliminate clutter in walkways such as cords, wires, shoes, clothes, books, etc.
- Fix loose or uneven steps, tile or carpeting
- Keep items you regularly use within reach and stored safely in cabinets and drawers
- Place a lamp in close reach to the bed
- Have grab bars installed in showers, bathtubs, next to toilets and in hallways
- Use non-slip mats in bathtubs and shower floors
- Have handrails and lights installed on staircases
- Improve lighting
- Add nightlights in bathrooms and hallways
- Wear shoes both inside and outside the house; Avoid going barefoot or wearing slippers
- Keep emergency numbers near each phone
- Put a phone near the floor in case you can't get up
- Consider an alarm device that will trigger for help in the event you fall and can't get up
- Get up slowly after you sit or lie down



Your Health Care Checklist:

- Schedule an appointment annually to have your vision and eyeglasses checked
- Encourage participation in regular exercise to maintain balance, muscle tone, strength and coordination
- Have your health care provider and pharmacist review medications as some can make you dizzy or sleepy

If you should fall, do not panic. Assess the situation to determine if you are hurt. Slide or crawl to the nearest couch or chair to try to get up. If you cannot get up, call for help. If you are alone, crawl slowly to the nearest telephone to call 911 or relatives for help.



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MEN! IS PROSTATE CRYOTHERAPY RIGHT FOR YOU?

By Harry Tsai, M.D.

In the United States, it is estimated that Prostate Cancer will affect 233,000 men in 2014 alone. According to the National Cancer Institute, almost thirty thousand cases will result in death. Ranking as the 2nd leading cause of cancer death in American men, approximately one in every seven men will be diagnosed with the disease in their lifetime. Needless to say, prostate cancer is more prevalent than one would hope.

What is Prostate Cancer? The prostate is a gland located in men below their bladder and in front of their bowel. This organ forms part of the male reproductive system, releasing prostatic fluid. Prostatic fluid protects and enriches sperm. Cancer can form in the tissues of the prostate gland. It is not clear what the exact triggers of prostate cancer are. However, there are risk factors to be aware of. The greatest risk factor is aging. The second is genetics; followed by the man's diet. Thankfully, there are treatments for prostate cancer with high cure rates. One of which is Prostate Cryotherapy.

What is Prostate Cryotherapy? Prostate Cryotherapy is the freezing of the prostate. Initially, this modality was developed to treat patients who had previous radiation therapy and failed. However, decades later it now has progressed to where we can treat men with a small amount of cancer; as well as, those who have failed any type of radiation therapy.

How is Prostate Cryotherapy Performed? This outpatient procedure requires general anesthesia. It is very similar to brachytherapy (radioactive seed implant) for prostate cancer. An ultrasound machine is used to visualize the prostate and aids in the placement of the treatment needles that are known as ice rods. The number of ice rods placed is dependent on the size of the prostate and location of the cancer. Freezing is performed until temperatures reach -40 degrees Celsius. During the procedure we are able to visualize ice formation along the tip of the ice rod. A urethral



warming device is placed in the urethra to prevent any injury to the vessel. Freezing is performed with nitrogen gas, which is followed up with thawing by helium gas. A double freeze-thaw cycle is the standard treatment. Temperature probes are placed in the rectal, urethral, and nerve bundle areas to monitor the freezing and thawing.

The entire procedure takes no more than an hour. Patients are discharged home with an indwelling urethral catheter. Control of the cancer has been excellent and success rates

are comparable to those of radiation. Complications consist of urinary symptoms such as frequency, urgency, burning, and blood in the urine. Incontinence is rare and impotence can sometimes occur depending on the location of the ice ball formation.

Am I a good candidate for Prostate Cryotherapy? This procedure is an excellent alternative for men who have primary prostate cancer, radiation failure after prostate cancer, or those who may have a very small amount of cancer.

For any further questions regarding Prostate Cancer, Prostate Cryotherapy, or Urology overall, you can contact Dr. Harry Tsai at (239) 985-1900. His clinics are located at 13370 Plantation Road - Suite 3 in Fort Myers and 126 N Del Prado - Suite 103 in Cape Coral.

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PREVENTATIVE DENTAL CARE DIRECTLY LINKED TO A HEALTHY HEART

Dr. Rich Gilbert speaks on alternative to CPAP

Paying attention to your oral hygiene, especially your gums, may play a bigger role in your overall health than you may think. Proper oral hygiene also contributes to keeping your heart healthy. Preventative care of your teeth and gums help to fight against various deadly heart diseases. The mouth is a vital health indicator for the rest of the body.

Many Americans keep their hearts healthy by exercising regularly and carefully watching their diet; eating in moderation those foods with sugar, starch, grease or fat. Healthy food choices are great lifestyle habits but to maintain a healthy heart, it is crucial to take the necessary steps towards optimal oral health.

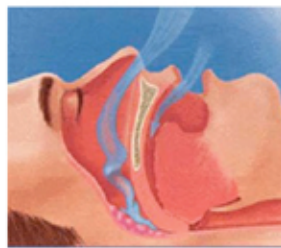
There is a link between inflammation in the oral cavity as well as linking periodontal disease to cardiovascular health. Developing healthy habits at an early age and scheduling regular dental visits, helps children get a head start on achieving -healthy teeth and gums for life!

When you brush or floss your teeth, do your gums bleed? This could be an early indication that your gums are already infected with bacteria from the built up plaque on your teeth. If left untreated, the infection may spread and destroy the bone and gums that support your teeth.

Coronary Heart Disease is described as, a thickening of the walls of the coronary arteries from a buildup of fatty proteins. When oral bacteria enter the bloodstream, they attach to the fatty plaque and contribute to clot formation; which can obstruct the flow of blood to the heart.

It is important to brush and floss daily to remove the built up bacteria from your teeth and gums. If you see signs of blood when you brush or floss, make an appointment with Pelican Landing Dental as soon as possible (239-948-2111). Gum disease can be managed and controlled if it is caught early.

Another health connection between oral health and heart disease is sleep apnea. People with cardiovascular problems such as high blood pressure, heart failure, and stroke have a high prevalence of sleep apnea.



During Sleep apnea, the upper airway collapses and oxygen is cut off from the lungs. The body triggers a fight-or-flight response, which decreases blood flow to the heart.

Together these two actions raise blood pressure and over time wear out the heart. Thereby, increasing excessive and aggressive snoring, as in the case of obstructive sleep apnea, is a serious health threat that puts you at high risk for heart disease and stroke when untreated.

Obstructive sleep apnea is the most common type of sleep apnea. It occurs when the soft tissue in the back of your throat relaxes during sleep and blocks the airway, often causing you to snore loudly.

There are several treatment options for sleep apnea. CPAP (continuous positive airway pressure) is the most common treatment for moderate to severe sleep apnea in adults. A CPAP machine uses a mask that fits over your mouth and nose, or just over your nose.

CPAP machine aggressively blows air down your throat throughout the night. The pressure from the air helps keep your airway open while you sleep. CPAP works great for treating sleep apnea but unfortunately is unfavorable for patients. The main complaints from CPAP users are: claustrophobic, sores and rashes, excessive heat during night, dislodgement and travel inconveniences.

Fortunately, a small custom fabricated dental appliance can be equally as effective as a CPAP and much less intrusive. These FDA-approved devices essentially treat Obstructive Sleep Apnea by preventing

the obstruction and allowing the patient to breathe easily and continuously. Worn in the mouth like an orthodontic appliance during sleep, oral appliances keep the soft tissue from collapsing and interrupting normal breathing patterns! The purpose of the oral appliance is to reposition the lower jaw, tongue or soft palate to keep the airway open.

Dr. Gilbert is well versed in all the different sleep apnea oral appliances available. After a brief consultation, Dr. Gilbert will explain which type of oral appliance will best suit you and why. All of Pelican Landing Dental's oral appliances are completely custom fabricated from molds of your mouth and are thereby effective and easy to wear. Most patients find that it typically only takes a few nights to get used to wearing. Soon, you won't ever want to sleep without it!

Dr. Gilbert will be speaking on "Treatment of Obstructive Sleep Apnea and Snoring" on September 17th, 2014 from 5:30-7:00 pm. Join us for lunch on Wednesday, September 17th from 11:30 a.m. to 1:00 p.m. at *Carrabba's Italian Grill for the 2014 Summer Lunch Networking Series*.

The summer lunch cost is \$30.00 for chamber members and \$45.00 for future members. The deadline to register is Friday, September 12th by 5:00p.m. **Advance registrations are required for this event.**

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Tips for Healthy Aging!

Have you ever met someone and assumed they were 10-20 years younger than their actual age due to their great energy and wit? Sure, there are the “chosen” ones that are blessed with graceful aging genes. But there are also people who decide to make daily lifestyle changes which help to make them healthier and happier, as well. In the past couple of decades, we have come a long way regarding staying in shape. Here are some ways that we can all help ourselves.

Eating Right.

Everyone knows that eating junk food is bad. A healthy immune system will keep our weight in check, along with eliminating unwanted toxins from our body. To keep your body healthy, distance yourself from artificial sweeteners and foods. Chemical preservatives and salt can be avoided by simplifying your diet. According to Dr. William and Martha Sears, foods for ideal health are seafood, dairy, spinach, nuts, olive oil, broccoli, oatmeal, flaxseed meal, avocados, pomegranate juice, tomatoes, tofu, yogurt, red onions, garlic, beans and lentils. People who live long and healthy usually give credit to eating fruits and vegetables. As well as replacing red meat with fish. The omega-3 fatty acids found in seafood can also help keep the body running more efficiently.

The traditional three meals a day is no longer considered the standard in terms of eating healthy. When we eat larger amounts of food with fewer meals, our body does not absorb all of the foods nutrients. Instead, it stores the food in fat cells. The same amount of food spread out over six meals instead of the usual three will achieve a higher absorption rate. Obviously, this is important in maintaining a healthy weight.

Exercise.

Getting in shape does not always mean being able to bench press twice your weight. Just getting up and

moving everyday can be enough to keep the blood flowing. The more often your blood circulates through the body, the more time it has to filter toxins. Blood also disperses natural medicines your body creates to keep everything working properly. Exercising your brain is another important aspect of staying in shape. An article from Huffington Post articulates that regularly practicing recall games, such as word puzzles, will help keep the neurons stimulated in your brain. Dementia, from Alzheimer's disease, is defined as the decreased activity between neurons. Using them more often can help prevent dementia. Routine can also limit your brain stimulation. Driving different routes to places, or something as simple as trying new foods, can help keep your brain active.

Stress Free Living.

Stressors are not healthy on the body, physically or mentally. Whether it is a job, person, or situation, try to limit exposure to anything that stresses you out. Think more on the solution than the problem itself. If it cannot be changed there is no reason to worry about it. A quick fix to anxiety is humor. Being social and hanging around people who make you laugh does a lot more good than you may realize; like meditation, it clears your mind. The largest variable for having a happy and stress-free life is just having fun.

In the end...Healthy Aging is up to you. Watching what you eat is important. The saying, “you are what you eat” is very true. Give your body the nutrients it needs to keep a healthy immune system. Try to eat smaller portions spread out throughout the day for maximum absorption. When in doubt, get up and do something. Sitting or lounging does not do the body any good. Walking or even dancing can be fun.



This encourages the blood flow to increase, which will disperse anti-oxidants and relieve the body of toxins. Do not forget to make small changes in your daily activities to keep the mind from getting complacent. If you want to feel young, act young. Do what you can to have fun with these guidelines and you won't be disappointed with the results.

Visiting Angels homecare family can assist you, or a loved one, in making healthy lifestyle choices. They commit to helping the elderly feel as young on the outside as they do on the inside! Contact them at (239) 561-7600 or visit their website at www.visitingangels.com.

800-365-4189 | www.visitingangels.com

Is it Time to Check Your Cholesterol?

Cholesterol is generally associated with being “too high”. Leaving us to ask ourselves the common question, “How can I lower it?” But do we really understand what “it” is and why we need to lower “it”?

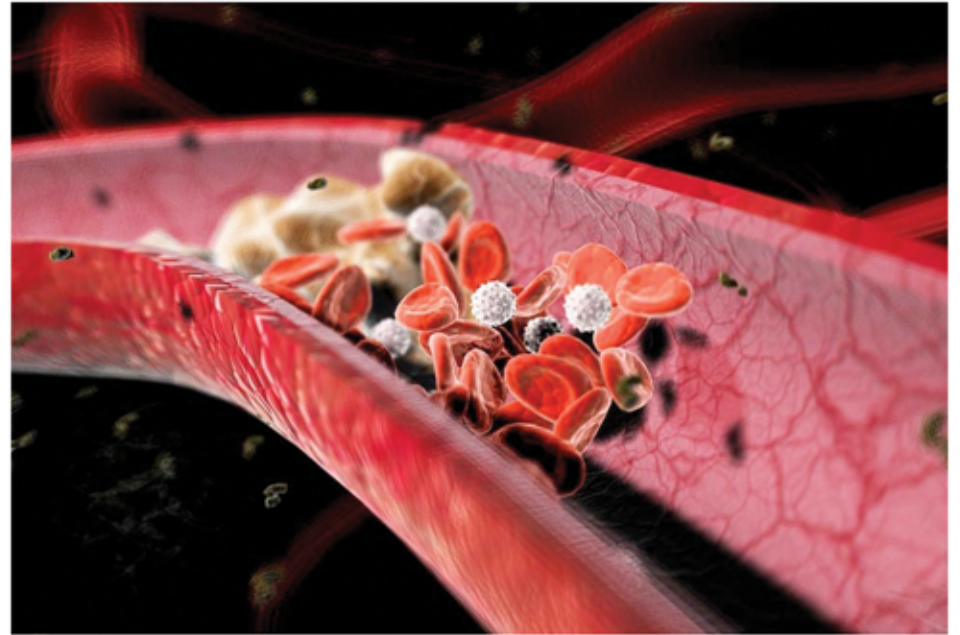
So...What is Cholesterol? Cholesterol is a waxy fat-like substance that is carried throughout your body to every cell. It has many important jobs that keep you alive. Cholesterol is found in the acid that makes up the digestive tract, which breaks down food. Vitamins are known for keeping us healthy, but not many people know that Vitamin D is the only one created by our body. What is needed to synthesize Vitamin D? Good ole’ Cholesterol. Cholesterol also helps make hormones, like Testosterone and Estrogen. The saying “too much of anything isn’t good” applies as much to Cholesterol as it does anything else. Reasons for your Cholesterol being too high can depend on many things. Fortunately, there are ways to keep it in check.

Good vs. Bad. We have two different kinds of Cholesterol in our bodies; the good kind and the bad kind. Cholesterol won’t dissolve in the blood, because blood is water based and Cholesterol is fatty and oily. Cholesterol needs to be carried around the body by lipoproteins. There are two kinds of lipoproteins, low-density lipoproteins (LDL), and high-density lipoproteins (HDL). LDL is the “bad” cholesterol because it creates a thick, hard deposit, called plaque. Plaque clogs the arteries and can contribute to strokes or heart attacks. HDL is considered the “good” cholesterol. It acts as a carrier and takes the LDL (bad cholesterol) to the liver where it gets broken down and passed. People with healthy levels of HDL, 60 mg/dl and above, have a decreased risk of heart attacks and strokes.

Over 35 million Americans are affected by high cholesterol. Many of these people do not know until a major medical problem arises. So, it is important to get checked at least every 5 years. A simple blood test can check the status of your cholesterol. This will tell you how high, or low, your LDL and HDL levels are.

High Cholesterol can often be avoided, or decreased, by everyday lifestyle changes. Some of which are your diet, amount of exercise, and weight. What is taken into our bodies’ impacts how it functions? High Cholesterol levels are caused by foods that are made of saturated fat and trans fat. Saturated fat is primarily found in red meats, deep fried food, and dairy products. Trans fat is found in processed food, as well as most fried foods. Watching what you eat and maintaining a healthy weight can help improve your cholesterol levels.

Unfortunately, high cholesterol can also be inherited by genetics from previous generations. These genetic conditions include familial combined hyperlipidemia, familial hypertriglyceridemia, and dysbetalipoproteinemia. All of which are a mouthful to say, but are important to be aware of. Unlike other causes of high cholesterol, these cannot be fixed with simple daily changes.



There are medications that help lower cholesterol levels. Atorvastatin is a calcium salt that’s trade name is a well-known drug called Lipitor. Lipitor, and others like it, reduce an enzyme in the liver (HMG-CoA reductase) that is important in producing cholesterol. There are less expensive generic options that perform the same as Lipitor. A well-respected dispenser of these medications, PharmiCare, makes it easy to achieve a healthy cholesterol level. In fact, PharmiCare sells 30 tablets of this generic for only \$30; regardless of whether it is 20mg or 40 mg. Of course, other pharmacies may carry the same product, but most will sell it for up to twice the price.

Keep in Mind...High cholesterol is not something that is due to age and anyone can be at risk. Get your cholesterol checked before any major medical problems occur. If you have any questions regarding high cholesterol or which medications are best for you, contact PharmiCare at (239) 690-7700. They are located at 6631 Orion Drive - Suite 112 in Fort Myers. They are a concierge retail pharmacy that provides solutions for both people and their pets.

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Strategies and Techniques for the Alzheimer's Family Caregiver

Caregivers face a variety of challenges when a loved one develops Alzheimer's disease (AD) or a related disorder, including coping with their own emotions and stress. Caring for a memory-impaired person can be overwhelming. While there are many resources in the community and support groups, there has been a neglect of hands on training when it comes to managing a person with memory impairments daily living tasks. Simple things, such as hygiene, meal prep or getting in and out of a car can be overwhelming if a caregiver doesn't have the right tools.

The Dubin Alzheimer's Resource Center and Nurse on Call of Fort Myers, is launching a new family caregiver support service, called "Strategies and Techniques for the Family Caregiver." The emphasis is on Occupational Therapy (OT) as it relates to Alzheimer's disease and related dementias. It will meet the second Thursday of the month and is open to all family caregivers caring for someone with Alzheimer's disease or a related dementia.

This educational series has two parts; they are broken down as follows:

1. First, the "Family Caregiver/OT Brainstorm Session" will be held at the Dubin Center. Following the introduction of the Occupational Therapist, the caregivers will be encouraged to express what they are having trouble with at home, e.g., bathing, shadowing, apathy, etc. With this information in hand, the OT can then develop a plan on how to address the caregiver's concerns when they next meet.

2. Second, the next session will involve the caregivers and OT meeting at a designated facility (out in the field). This will be an assisted living, adult day stay or home health facility (the Dubin Center's Health Educator will be there as well). While in the field, the OT will demonstrate ideas, strategies or activities that may help reduce challenging behaviors the caregivers



may be experiencing at home. The caregivers will learn about setting up correct "structure and support" based on the remaining skills set of their loved one. Hopefully, this session will also encourage the caregivers to explore ways of keeping their loved one involved and content, thereby reducing caregiver stress.

Each month the cycle will repeat so that we will end up having six "Brainstorming Sessions" at the Dubin Center and six "Strategies and Techniques" sessions in the field. The "Strategies and Techniques" sessions will take place in alternating facilities that have a kitchen, activities room and bedroom. This session last for approximately an

hour to an hour and a half, this will allow the OT the opportunity to teach the caregivers in the appropriate setting.

To find out more about locations or times contact Mary C. Freyre, Health Education Specialist at Alvin A Dubin Alzheimer's Resource Center at (239) 437-3007



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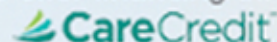
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KNEE PAIN DOES NOT MEAN YOU NEED KNEE REPLACEMENT SURGERY

By Physicians Rehabilitation

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

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

If you have been suffering from constant or intermittent knee pain that just won't go away no matter how much ibuprofen you take, don't worry – there is another option.

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

At Physicians Rehabilitation, it's very important to understand that we are not just addressing knee pain. Our goal is to give you the best chance we possibly can of Preventing Knee Replacement Surgery in the future, which is what knee arthritis frequently evolves into if left undetected and unaddressed.

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

What are Hyalgan Injections?

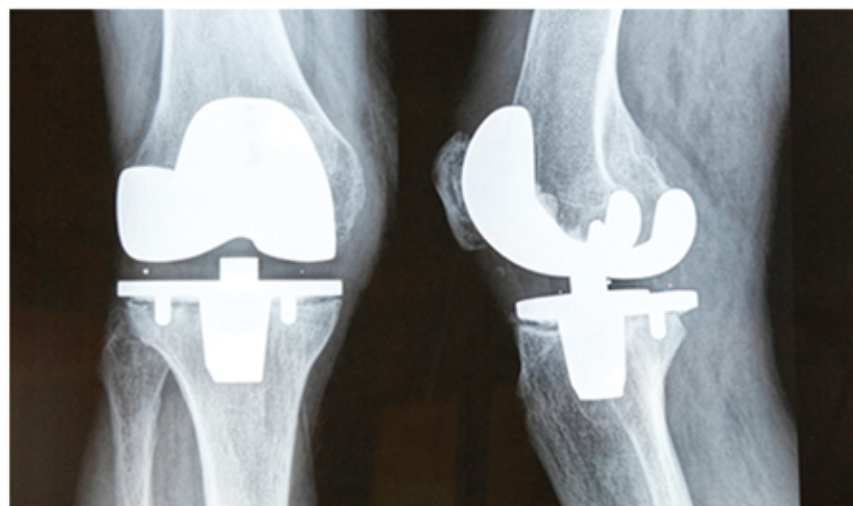
Hyalgan injections treat knee osteoarthritis. Hyaluronic Acid (Hyalgan) is a natural substance extracted from rooster combs and purified to mimic the lubricating substances that occur naturally in the joint called synovial fluid. When Hyalgan is injected into the knee, it provides replacement for diseased synovial fluid, which is the cause of your pain. Hyalgan specifically targets the osteoarthritis in your knee, unlike over the counter oral medications or non-steroidal inflammatory drugs (NSAIDs) that affect all parts of your body.

What's the process?

It's a very easy and quick process. Our Doctors will inject Hyalgan directing into your knee joint using a high tech medical device called a Fluoroscope to pinpoint the exact location intended with extreme accuracy, which provides the best possible outcome from each injection. Then, an injection of dye confirms needle placement to ensure that the pain relieving drug Hyalgan reaches the knee capsule where it bonds with the naturally occurring joint fluid to create a lubricating and cushioning layer. That's why if you have tried any type of pain reduction injection elsewhere without success, we may still be able to assist you as your original injection may have never would up in just the right place. Most patients compare the treatment to getting a flu shot and report little pain or discomfort.

When will I feel results?

Most feel an immediate reduction in pain and return to normal activities in weeks.



Avoid Unnecessary Surgery! This FDA-approved treatment is proven to relieve knee pain, while eliminating the need for surgery. Treatment is safe, easy and covered by most insurance companies, including Medicare.

Will my insurance cover this treatment?

Yes, most major insurances and Medicare will pay for this treatment.

What are other people saying about it?

"My knee feels great. I had already had a total knee replacement and wanted to try something rather than go through another painful surgery. After completing the program, I can now dance again which I have not done in years, and my lifestyle is on its way back to normal!" - Elizabeth B.

So what are you waiting for?

Pick up the phone and call us today to schedule your NO-COST, NO-OBLIGATION consultation. The demand for this procedure has been overwhelming. We've added extra lines to accommodate your calls, so if our line is busy, or you are re-directed to voice mail, please leave a message or call back. Living pain free and getting your life back is well worth the phone call. So keep calling – help is only a phone call away...



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A Healthy Mouth Means Healthy Aging

By Dr. Ricardo S. Bocanegra, DDS

As you age, your dental hygiene habits become more important than ever for your teeth and gums. Taking care of your teeth — and your dental health overall — is essential for maintaining your health as a senior. A healthy mouth not only makes it easier for you to eat nutritious foods, but it can also give you the confidence to smile, talk, and laugh with ease. Research shows that people with good dental health are less likely to develop diabetes and heart disease or have strokes.

Teeth Change With Age

With proper care, your teeth can last a lifetime. But certain dental health problems are more common in older people, including:

- **Tooth decay.** Your teeth are coated with enamel, the hard covering that protects them. Bacteria-filled plaque can build up quickly on your tooth enamel, especially when you are older. This can, over time, lead to tooth decay — when the holes called cavities develop in your teeth. In older adults, tooth decay is more likely to develop around old fillings.
- **Gum disease.** Older people are at higher risk of gum disease, which is also called periodontal disease. Gum disease occurs when plaque builds up beneath your gum line. If you have gum disease, your gums may feel tender and will bleed easily. Left untreated, gum disease can lead to tooth loss.
- **Root caries.** Root caries occur when the roots of your teeth become decayed, usually after gums recede and the soft root surface of your tooth is exposed. This root surface is more susceptible to decay than tooth enamel.
- **Dry mouth.** Dry mouth, which is also called xerostomia, often occurs in older people who have health problems, as a side effect of medication or from a cancer treatment like radiation therapy. When you have a reduced supply of saliva, plaque tends to build up, putting you at increased risk of tooth decay.
- **Denture problems.** Many older people wear dentures. If they are not properly cared for, they can cause dental health problems. Dentures can also become loose or damaged, which can cause them to fall out or irritate your gums.



Tips for Taking Care of Your Dental Health

To help keep your mouth healthy and strong as you get older:

- **Brush.** Brushing your teeth can help to remove the thin film of bacteria that builds up on your teeth each day. So brush at least twice a day with a soft bristle toothbrush and fluoride toothpaste.
- **Floss.** Flossing your teeth can help keep your gums strong and prevent plaque from building up between teeth. Floss at least once a day.
- **Keep up with dentist appointments.** Your dentist can diagnose and treat dental health problems before they become serious. Regular dental check-ups and cleanings are an important part of maintaining good dental health.
- **If you smoke, quit.** In addition to increasing your risk of many health conditions, smoking can increase your risk of tooth decay and gum disease. If you smoke, talk with your doctor about strategies for quitting.
- **Take care of dentures.** If you have dentures, see your dentist regularly to make sure they are fitting properly. Keep your dentures clean by brushing them daily and soaking them at night in a denture cleansing liquid.

You may face dental health challenges as you get older, but practicing good oral hygiene and attending to your dental health can keep you smiling for many years to come.

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At Porto Fino Dental, we provide quality dentistry for people of all ages, offering a wide ranges of services, including: preventive dentistry, cosmetic and restorative dentistry and implant and reconstructive dentistry. We take pride in being a patient-centered practice, doing everything possible to make your visit a fun, educational and fruitful experience.

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Ricardo S. Bocanegra, D.D.S.

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Life Care Center Estero

The city of Estero is a quiet city located between the popular destinations of Fort Myers and Naples. It is the perfect site for a Life Care Center of America facility. From nursing care, inpatient therapy and outpatient therapy services; Life Care has many great in-house care options. Their personnel truly understand the difficult decisions family members make in supporting their loved ones. One of the benefits of this facility is having a full time physician on staff.

This benefit improves the quality of care, because the residents are able to build a rapport with a doctor that knows their families and their lifestyle. When medical problems arise, it is always better to be seen immediately rather than having to wait or to be transported to the emergency room. The nurses and CNAs also enjoy the comfort of working side by side with a qualified physician on premise. Most physicians will tell you that having the chance to work intimately with patients and their families is a dream

job. Welcoming a new physician into this environment is always exciting for Life Care Center of Estero. They are pleased to bring a highly respected member of his field. His name is Dr. Bianca and his credentials are ideally suited to his new position at the center.

Dr. Bianca earned his medical degree from the Autonomous University of Guadalajara, Mexico, in 1978. He completed his internal medicine residency in the United States at the College of Medicine and Dentistry of New Jersey-Rutgers Medical School in 1982. Certified by the American Medical Association, Dr. Bianca has experience as a hospitalist, medical director, medical advisor, emergency room physician, wound care physician and clinical instructor. He is also board certified in anti-aging and regenerative medicine. We are sure he will have some great insight for any residents that are especially interested in those last two fields.

When he is not taking care of patients, Dr. Bianca enjoys swimming, reading and traveling. In June 2014, Dr. Bianca accepted this position with Life Care Physician Services, LLC. This organization is dedicated to serving the medical needs of individuals living in health care facilities. As part of the Life Care Physician Services team, Dr. Bianca works alongside the nurses, dietitians, therapists and the executive director to provide professional care to each of his patients.

While a resident at this facility, you may select the physician of your choice. Of course, Dr. Bianca would be pleased to serve as your attending physician. If you have any specific comments or questions, feel free to contact Dr. Bianca directly at (239) 495-4000. Life Care Center of Estero is located at 3850 Williams Road. You may also visit their website at www.lcca.com/estero.

"HEALTHY AGING"

THE SUBJECT OF "HEALTHY AGING" ENCOMPASSES A MULTITUDE OF TOPICS.

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

Healthy brain function is not usually the first subject that comes to mind. However, keeping your brain "properly" stimulated is one way to ward off maladies such as dementia and Alzheimers disease. Our brain is the most complicated and delicate organ of the body. Therefore, it needs constant stimulation. Crossword puzzles, reading, number calculations, and other forms of "mental" gymnastics are all forms of brain exercises.

However, the most important part of our brain for speech interpretation is completely different. Our brains need constant "proper" stimulation to stay sharp. Like our muscles, lack of exercise leads to atrophy!

The only way to keep our brains "properly" stimulated for individuals with hearing loss is to wear hearing instruments.

When worn consistently, hearing devices stimulate and keep our brain sharp. Hearing instrument wearers will also experience an overall since of well-being and confidence; more than individuals that do not seek hearing solutions.

Those who wear hearing instruments also tend to be more active socially, report to be more intimate with loved ones, and have greater earning potential on average. This is sometimes due to a perceived indifference to directions from co-workers or supervisors to perform certain tasks, or perhaps not hearing the instructions or directions at all! In the long run hearing impairments cost workers millions of dollars per year across the country. Over the course of a lifetime hearing loss if not addressed could change a family's lifestyle drastically.

Men are more likely to suffer from hearing loss for a number of reasons; including industrial noise, military service, power tools, airplane, car, and boat engines. Lawnmowers, leaf blowers, chainsaws, firearms, and loud music are also devastating to the nerves of the inner ear.

Generally, we tend to lose hearing in the higher frequencies (consonants) first; where clarification of speech occurs. When the higher frequencies deteriorate, a person can still hear, but clarifying what is said becomes a problem. Many individuals with high frequency loss do not even realize a problem exists, because they still hear low frequency sounds (vowels) normally, but don't understand what is being said.

Modern hearing devices are light years ahead of the older technology even from a few years ago. Digital technology now allows the hearing impaired individual's hearing instruments to be prescription fitted with computer chips; similar to eyeglasses. However, unlike your vision when a person's



hearing loss diminishes over time, the current digital devices can be re-programmed to compensate for additional hearing loss without the necessity of purchasing newer hearing devices.

Johns Hopkins Medical University in conjunction with the National Institute on Aging recently completed studies of individuals who have hearing loss, but do not wear hearing instruments. The study concluded the people with even mild hearing loss were twice as likely to contract dementia and Alzheimers disease. Those with severe hearing impairment are five times as likely to suffer from dementia and Alzheimers disease. This occurs because the portion of the brain (auditory cortex) that interprets speech is not "properly" stimulated, causing atrophy and loss of function. We hear with our brain!

The National Speech and Hearing Institute recommends annual hearing exams for individuals fifty five years of age or older, or if you suspect there might be a deterioration in hearing overall. Just like annual exams for vision, hearing exams should be included in our desire to maintain the best health possible.

Early detection is the key to overcoming any health issues. For a FREE HEARING EXAM: Call 997-8288 to set up an appointment.



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

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DEATH OF ROBIN WILLIAMS GETS NATION TALKING ABOUT SUICIDE, DEPRESSION, AND ALCOHOLISM

By Lynn Schneider, Park Royal Behavioral Health Services

The shocking death of comedian/actor Robin Williams has focused the nation's attention on the topic of mental health and substance abuse creating the opportunity for a teachable moment here in Southwest Florida for individuals dealing with these issues on a personal level.

"Far too often the ones we love most do not seek help for depression or thoughts of suicide," said Dr. Ivan Mazzorana, chief medical officer at Park Royal Hospital in Fort Myers. Family and friends should be aware of the subtle signs to look for and call to seek help for a friend or loved one before it is too late."



As we remember the many amazing ways in which Williams enriched media and culture through his comedy and acting, we should also take a serious look at what drove his actions to his untimely death.

Williams identified as an alcoholic early in life, all the way back to his days in his hometown. As he gained celebrity status, he also came to battle with cocaine addiction. His drug and alcohol abuse ran rampant until the death of John Belushi – also from drug addiction – in 1982, after which Robin said he remained sober for 20 years. In 2006, Robin entered rehab for drinking, and sought treatment again as recently as June of this year.



239-985-2760

www.parkroyalhospital.com

MANY QUESTIONS COME TO MIND:

Why did this happen, especially to someone who seemed to have everything? Alcoholism and drug addiction, as well as mood issues such as depression have genetic, physical, and environmental triggers. There is no one single cause. A core precept of alcohol recovery is that alcoholism is a disease; the individual is always in recovery, never cured.

How Prevalent Is Suicide? Suicide is a potentially preventable public health problem. In 2009, the last year for which statistics are available, suicide was the 10th leading cause of death in the U.S. That year, there were nearly 37,000 suicides, and 1 million people attempted suicide, according to the Centers for Disease Control. Men take their lives nearly four times the rate of women, accounting for 79% of suicides in the U.S.

Did no one see the warning signs? Williams sought treatment multiple times. This highlights the importance not only of communicating regularly and deeply with our loved ones, but being able to identify signs and symptoms that indicate the need for care. Warning signs that someone may be thinking about or planning to commit suicide may include:

- Always talking or thinking about death
- Clinical depression -- deep sadness, loss of interest, trouble sleeping and eating -- that gets worse
- Having a "death wish," tempting fate by taking risks that could lead to death, such as driving fast or running red lights
- Losing interest in things one used to care about
- Making comments about being hopeless, helpless, or worthless
- Putting affairs in order, tying up loose ends, changing a will
- Saying things like "it would be better if I wasn't here" or "I want out"
- Sudden, unexpected switch from being very sad to being very calm or appearing to be happy
- Talking about suicide or killing one's self
- Visiting or calling people to say goodbye

How do the addiction and depression issues interrelate? Over 90% of people who die by suicide have clinical depression or another diagnosable mental disorder. Many times, people who die by suicide have a substance abuse problem. Often they have that problem in combination with other mental disorders.

There is a concept in mental health treatment of "co-occurring disorders." A person can have depression or anxiety issues from a young age, or develop them later in life as a result of a traumatic event. Some men and women then turn to drug or alcohol abuse as a coping mechanism. That is why modern treatment focuses on addressing all elements of a person's mental health, to get at the root of the original issues. Treating only the addiction without the mental health component leads to higher rates of relapse. Williams himself, in a 2009 interview, said he had previously failed to confront the core issues at the root of his addictions, contributing to his own return to rehab.

Most mental health and addiction treatment programs, including Park Royal Hospital, offer free, confidential screenings to help individuals find the most appropriate care for themselves or a loved one. Inpatient programs also offer immediate services for those battling with suicidal ideations. Related to this, it is critical to have a full continuum of care which may include 24/7 inpatient or residential treatment environments for crises and acute situations to aftercare programs that offer ongoing support for sustainable recovery.

"Robin Williams death is a tragic loss that possibly could have been prevented," said Dr. Mazzorana. "This is a reminder to all of us to remember to communicate with our loved ones regularly, and seek professional care and support when it may be needed."

Park Royal Behavioral Health Services is a leader in mental health and addiction treatment located in Fort Myers, Florida. The inpatient and outpatient programs for adults and seniors offers individualized treatment plans, group therapy, and many other specialty services. Park Royal's mission is to provide life-changing treatment for all patients in need, while setting the standard for excellent service in the Southwest, Florida region. To learn more about Park Royal Behavioral Health Services call **239-985-2760** or visit **www.parkroyalhospital.com**.

Stressed Tired Anxious
Overwhelmed Depressed



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Swan Age Reversal Centers specializes in aesthetic procedures that help their clients look younger, thinner, and more vibrant. Due to huge year round demand for their services, a new Naples office is opening August 2014 and a Sanibel location is opening October 2014. Swan Centers services hundreds of clients and does thousands of procedures annually and have a 98% approval rate. They offer non-invasive, safe, pain-free treatments utilizing State of the Art Devices found exclusively only at Swan Centers. Whether you are interested in anti-aging skin treatments, skin tightening, wrinkle reduction, cellulite smoothing, or fat reduction, Swan Age Reversal Centers offers a unique and pleasant experience that delivers results.

They offer body contouring treatments that stimulates weight loss and fat reduction with most clients seeing instant results. They also offer skin rejuvenation and anti-aging treatments to help restore your natural glow and slow the aging process. Swan Centers offer a wide range of customized services to help our clients look younger, thinner and more vibrant. Many of the services that they offer can only be found only at Swan Age Reversal Centers because they use custom manufactured devices, proprietary serums and exclusive products.

Swan Age Reversal Centers takes body enhancement where it was meant to be, combining health and beauty with cutting-edge science and impeccable service. They're driven by innovation in aesthetic beauty and are able to deliver an intimate and relaxing experience, complete with all the perks that only a premium establishment can offer. They specialize in laser, radio frequency, ultrasonic anti-aging and fat reduction technologies, and offer a complementary assessment to all first-time customers.



SWAN TREATMENT OPTIONS

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Swan-Freeze™

Swan-Freeze™ is a state-of-the art, Skin Tightening, Wrinkle Reduction, Cellulite Smoothing device that is exclusive to only Swan Age Reversal Centers. Swan-Freeze™ creates radio frequency waves to penetrate and tighten your skin, reduce wrinkles, and has numerous anti-aging benefits. This non-invasive, pain free technology offers

impressive results in as little as 6-10 treatments, however, many clients notice a difference after the first treatment.

Swan-Freeze™ treatments use radio frequency to consistently and uniformly heat the skin from the inside out. The collagen fibers heat up resulting in skin tightening to attain exceptional results.

Swan-Freeze™ treatments are non-invasive and painless, with many clients comparing the treatment to a hot-stone massage! Swan-Freeze™ treatments are effective in circumference reduction, improving the appearance of cellulite, skin tightening and reducing the appearance of wrinkles. They deliver a safe, pleasant, pain-free experience in treatments for the body including arms, belly, hands, thighs, buttocks, neck and face.



FAT REDUCTION

Let's face it. Most of us wouldn't mind losing a few inches around the belly, love handles, buttocks or arms. Swan Age Reversal Centers has the answer! They are excited to offer 2 Exclusive fat reduction options only found at Swan Centers. Swan-Lipo™ utilizes state of the art laser technology and Swan-Cavi™ is fat reduction with the use of ultrasound. They can use one or both of these exclusive devices to treat you, based on what your specific fat reduction needs are.

Swan-Lipo™ and Swan-Cavi™

Swan-Lipo™ and Swan-Cavi™ are used to reduce fat to specific targeted body parts and transforms bodies with remarkable results, with clients seeing incredible results



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with inches lost off their waist, belly, back, arms, hips and thighs. Swan-Lipo™ and Swan-Cavi™ are safe and effective way to lose inches of fat without surgery, no pain, no bruising or recovery time! Swan-Lipo™ and Swan-Cavi™ help to contour your body, lose inches and reduce stubborn body fat without having painful plastic surgery procedures! Swan-Lipo™ and Swan-Cavi™ works by painlessly creating a small pore in the wall of the fat cells to start the inch loss process. While the cells remain healthy and alive, the fat is emptied out of the cells through the open pore. Our bodies then safely and naturally eliminate the fat using the lymphatic system which causes you to lose inches in the waist, hips, arms, back and thighs.

Swan-Lipo™ and Swan-Cavi™ treatments are quick and painless. Treatments generally take 45 minutes or less and unlike other plastic surgery procedures, Swan-Lipo™ and Swan-Cavi™ allows you to continue your daily activities without any interruption.

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Swan Ultrasonic™ is an exclusive and unique state-of-the-art treatment system that produces amazing results on all skin types. Swan Ultrasonic™ utilizes low frequency sound waves in a two-stage process to repair skin at a cellular level regardless of skin concerns such as acne, rosacea, wrinkles, hyper pigmentation, dry skin or blemishes. Swan Ultrasonic™ can be done as a stand-alone treatment option or to achieve more dramatic results, Swan Ultrasonic™ can be combined with other treatments.

Swan Ultrasonic™ offers an easy 20 minute two step application.

1. Deep Exfoliation – Removes dead skin cells and impurities by cavitating pores with a gentle sound wave. The skin is cleaned deeply and exfoliated allowing it to receive nourishment at a cellular level.

2. Antioxidant & Serum Infusion – With the proper frequency and consistent potency density, antioxidants and proprietary topical collagen products deeply penetrate, instead of simply lying on top of the skin where they provide little to no benefit. This treatment will penetrate the skin to boost collagen, giving your clients a fuller and more youthful appearance.

Swan Ultrasonic™ helps to reverse the signs of aging on the face, neck, décolleté and hands with no pain or downtime!

Swan Ultrasonic™ treatment systems provide superior deep pore cleansing, gentle exfoliation, cellular Rejuvenation and deeper penetration of Serums than other skin renewal products. The benefits of Swan Ultrasonic are clear and immediate improved skin appearance that will be noticed after the first treatment.

Health 101: Where Do I Begin?

By Yollo Wellness

We want you to achieve your optimal health by focusing on prevention. Taking proactive approaches to wellness, utilizing FDA approved therapeutic equipment, devices, products and professional services is most beneficial. The team at YOLLO Wellness is helping people be well in a natural, non-invasive way. Come in today to start feeling better.



Live Blood Cell & Supplement Analysis:

Live blood cell analysis is a powerful tool to visually see the microbial activity in blood and to learn firsthand how aging and disease are affecting your body. You will see your live blood projected onto a large screen. This is an invaluable tool that offers a visual confirmation that changes made in nutrition, hydration, stress and lifestyle impact the body. This blood analysis will detect nutritional deficiencies, digestive disorders, parasites, bacteria, free radicals, uric acid crystal, plaque, yeast and fungus. This test will also help determine if supplements you are currently taking are working or not. Depending on the irregularities found in the blood, there are a wide variety of different conditions that can be examined. This test cost \$75.00 and takes 30 minutes, or FREE with the purchase of 3 or more supplements.

ALCAT

Available for over 25 years, the ALCAT test identifies cellular reactions to over 350 foods, chemicals and herbs. ALCAT testing is a blood test that measures food sensitivities as well as chemical sensitivities. These inflammatory reactions are linked to chronic health problems like obesity, and diabetes as well as skin, heart, joint and digestive disorders. The ALCAT test measures personalized nutrition at cellular level. The ALCAT is a blood test that measures the body's cellular response



to challenges from a wide array of substances including foods, additives and colorings, mold and environmental chemicals. Based on the results of this test you can change your eating habits and eliminate anything that is causing stress throughout your body and preventing it from achieving optimal health. This allows you to assess the overall inflammation potential of foods you consume and offers an elimination diet to reduce or eliminate the inflammatory agents. Prices for panels start as low as \$200.00. Come in for your free DVD and book valued at 25.00 to learn how you can start feeling better today!

Mild Hyperbaric Oxygen Chamber:

Oxygen is the element that is most vital to sustaining human life. More essential than food and water, oxygen feeds the body and provides protection against a variety of harmful agents. Every cell in the body needs oxygen to complete the metabolic process that gives life and energy to every one of us. Oxygen provides the fuel needed by the brain to function properly, and it helps the body fight off infection by boosting our immune systems. This essential element gives the athletes stamina, helps the injured heal, and protects everyone from environmental toxins.

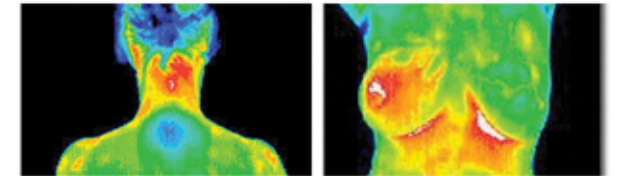


The Mild Hyperbaric Chamber is highly effective at increasing the volume of oxygen in the blood, which then heightens the many beneficial effects the oxygen has on the body.

How The Chamber Works:

The Mild Hyperbaric Chamber is filled with compressed ambient air. The increased pressure allows the blood plasma and other liquids of the body to absorb additional oxygen, thus greatly increasing oxygen up take by the cells, tissues, glands, organs, brain and fluids of the body. This allows for increased circulation to areas with swelling or inflammation, relieving these symptoms.

Hyperbaric oxygen therapy is being used to improve brain injuries, autism, ADD, Multiple Sclerosis, chronic pain and autoimmune diseases, sports performance / recovery and so much more. Sessions cost \$125.00 for up to 90 minutes.



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Did you ever wonder what pain feels like? Would you like an earlier detection for cells that cause breast cancer without the pain and radiation? DITI is the most advanced technology available. It is a non-invasive clinical imaging procedure for detecting and monitoring a number of diseases and physical injuries by showing thermal abnormalities present in the body. Prices start at \$150.00. Schedule your full body scan for \$399.00 and get a complimentary follow up for one region in 90 days.

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STRUGGLING WITH HEARTBURN? FIND YOUR TRIGGER FOODS

By Peter Denk, MD, FACS

Most of my Fort Myers and Naples patients with acid reflux disease (GERD) simply want their painful symptoms to stop. There are several treatment options to accomplish that goal: anti-reflux medications, repair of the damaged lower esophageal sphincter (the muscle that keeps stomach contents where they belong, in the stomach), and lifestyle/diet changes. As a GERD specialist, I believe that my patients should understand every option and actively partner with me to develop a personal plan for relief and good health.

Almost without exception, my patients ask for more information about the dietary and lifestyle changes they can make to control their symptoms. I am delighted to counsel my patients on these things because they are critical to managing GERD over time. While the powerful anti-reflux medications available today effectively control symptoms, they do nothing to stop reflux from happening. Since GERD is progressive, this continued reflux may further damage the lower esophageal sphincter. In addition, these medications have the potential to cause serious side effects if taken daily over the long term. Therefore, I always encourage a modified diet as the first line of defense against GERD. The very best place to start this treatment model is to identify the foods, beverages, and behaviors that trigger episodes of acid reflux.

I recently read an article on RefluxMD.com titled *Five GERD Diet Rules for a Healthier Life*, and I was surprised to learn that 75% of those trying to control their reflux with changes to their diet either failed or, even worse, never started to begin with because they weren't sure how to design a GERD-friendly diet. In the article, the first two rules were to "manage your portion size" and "avoid your trigger foods." Those two rules are at the top of my list for my patients as well, and I'd like to address the importance of identifying and avoiding your trigger foods here.

First, it is important to note that everyone is different. Foods that trigger heartburn and other GERD symptoms for one person may not have the same effect on someone else. Trial and error is a quick and simple means to determine your trigger foods - your symptoms won't hesitate to provide you with the answers you need.

What you eat and drink might not be the only factors contributing to your symptoms. How you consume your meals and what you do immediately after eating can also play an important role. For example, eating large meals forces your digestive system to work harder and lying down shortly after eating makes it easier for the contents of the stomach to rise up into the esophagus.

Unfortunately, there's no real way to predict what will cause symptoms until they develop. During meal times, make a note of what you're consuming, including the quantities and the time of day. Maintaining a diet log is an easy way to do this, allowing you to easily reference what and how you ate prior to an episode of reflux. Also note your symptoms and when they develop. You will quickly begin to discover what causes your heartburn, so you can then make the necessary changes to your diet.

With that in mind, I put together the following list of suggestions to help you get started managing your acid reflux through healthy diet and lifestyle changes:

Avoid eating large meals

Stomach distention puts undo pressure on the lower esophageal sphincter, and over time this will damage the muscle.

Do not recline after a meal

We all love that lounge chair after dinner, but it is not your friend. Gravity is very effective at keeping that dinner in your stomach, so sit up straight for several hours after dinner.

Try not to exercise after a meal

Work schedules are difficult, so it can be a challenge to exercise before dinner. However, strenuous workouts after a meal will put pressure on your abdomen that can trigger regurgitation.



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Wait at least three hours after dinner to go to bed

When you lay down to sleep, the prone position allows the contents of your stomach to flow easily up into your esophagus causing heartburn. You will have a much better chance of getting a good night's sleep if your dinner has digested before going to bed.

Identify your trigger foods

The following list includes the most common foods that trigger heartburn symptoms. However, as I noted above, only trial and error will allow you to determine if they are trigger foods for you.

- Carbonated beverages
- Chocolate
- Citrus fruits
- Drinks with caffeine
- Garlic and onions
- Mint
- Spicy foods
- Fatty or fried foods
- Tomato-based foods

There is one more item that I must add to this list, and it needs a special comment - alcohol. Alcoholic beverages are enjoyable and help many adults to relax. Unfortunately, those that suffer from acid reflux disease should limit or avoid alcohol all together since it is known to trigger heartburn and other GERD symptoms. It is also believed that alcohol weakens the lower esophageal sphincter, creating a double-whammy effect, so be prudent in your choices.

I hope this list helps you start down the path to better health. If you're like many who suffer from reflux disease, the long-term management of your symptoms may be within your control. Your self-treatment begins with identifying the foods and behaviors that contribute to your acid reflux. Then, make the necessary changes to eliminate your symptoms. If you are still not satisfied with your results, see a GERD specialist. There are many alternatives to manage these symptoms, so don't let them control the quality of your life.



Frantz EyeCare Invites Local Residents To Enter iLASIK Video Contest

One Lucky Person Will Win a FREE iLASIK™ Procedure

By Jonathan M. Frantz, MD, FACS

Frantz EyeCare is inviting local residents who are at least 18 years of age to submit a 15-second video on the practice's Facebook page from September 1 - 30 about why they feel they deserve to win a free LASIK surgery and how they think it will change their life. Fans of the page will submit their videos via the Facebook app. The winning video will be chosen by the fans of the Frantz EyeCare Facebook page and based upon the number of votes received during the voting period from October 1 - 15. The author of the winning video will win the free LASIK surgery.

The contest is limited to only one entry per person. Those entering this Contest are required to have a complimentary LASIK screening at Frantz EyeCare to determine candidacy for the LASIK surgery procedure. This screening may be scheduled by calling (239) 791-2020 or online at www.BetterVision.net. Only qualified candidates for the LASIK surgery procedure, as determined by Dr. Jeffrey B. Robin, LASIK & Cornea specialist for Frantz EyeCare, will be eligible to win the Contest. The complete official terms and conditions of the contest can be found on the Frantz EyeCare Facebook page at facebook.com/FrantzEyeCare and on the practice's website, bettervision.net starting September 1.

LASIK is a procedure that improves vision by permanently changing the shape of the cornea (the clear covering of the front of the eye) with a laser. The 100% blade-free iLASIK procedure, offered exclusively in our area by Frantz EyeCare, combines the most innovative technologies to bring you better vision, superior safety and ultra precision. The iLASIK procedure includes the Advanced CustomVue laser vision correction procedure with the IntraLase FS (femtosecond) laser, and WaveScan three-dimensional mapping, which offers precise measurement and state-of-the-art technologies that differentiate the iLASIK procedure from other technologies. In fact, all branches of the U.S. Military and NASA have approved LASIK for their servicemen and women, thanks to studies using iLASIK technology.

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For more information about the contest or the iLASIK procedure, visit www.bettervision.net or call Frantz EyeCare at 791-2020.



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

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Causes For Limb Swelling

By Alyssa Parker

Finding the source of your edema is vital to getting the proper medical care. Chronic edema left untreated without a clinical diagnosis may lead to a variety of problems. Patients with chronic edema may start the day out with painless swelling in their limbs that progress's throughout the day leading to a sensation of heaviness in the limb by the evening. Common condition's where edema may be a symptom is venous insufficiency, post-operative trauma, infection, and lymphedema. These conditions can be easily misdiagnosed as acute and minor swelling followed with minimal treatment. Pneumatic compression devices are one of the most highly recommended treatments for these conditions and are recognized by Medicare.

Lymphedema and Chronic Venous Insufficiency

Lymphedema is the body's inability to transport lymph fluid through the lymphatic system resulting in chronic swelling. Lymphedema may manifest after a surgical procedure cancer or non-cancer related (example hysterectomy or gallbladder removal) ; due to its slow progression it may take years or months to recognize. When left untreated common complications include cellulitis or lymphangitis, skin changes such as skin thickening, restricted movement of a limb, or chronic wounds. Aside from surgical procedures and radiotherapy for cancer other known triggers for lymphedema include vein stripping, peripheral vascular surgery, trauma, inflammation, infection, and insect bites.

Chronic venous insufficiency is another condition that causes swelling in the legs along with open wounds. CVI occurs when the valves in the veins that normally channel the blood to the heart become damaged which then leads to pooling of the blood in the lower extremities. Discoloration of the skin, referred to as hemosiderin staining, is identified by a reddish staining of the lower limb is outcome of venous insufficiency as well as other cardiovascular diseases. Venous insufficiency may cause secondary lymphedema when the lower region of the leg becomes permanently swollen



from the trapped protein rich fluid which may then begin to harden. Patient's with Venous Insufficiency who experience severe and persistent edema overtime can lead to trapped protein rich fluid. The lower region of the leg may then become permanently swollen and may start to harden.

It is imperative that any type of limb edema is treated quick and effectively, regardless of the severity. Individuals have shown the best results when treatment is started when the first sign of a edema is present . Many patients use diuretics or compression stockings receiving temporary reduction in swelling. If your compression stockings get worn out over time many patients aren't receiving the needed compression. Diuretics may be harmful over time if your edema is a symptom of chronic venous insufficiency or lymphedema.



Treatment

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

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Remember, ANY swelling is an indication of an overloaded Lymphatic system. Acute Wound Care, LLC is a highly focused local provider of wound products and compression pumps working with select area physicians highly versed in this condition. For more information and articles on this topic, Google "Acute Wound Care," visit www.AcuteWoundCare.com, or call 239-949-4412 and speak with a specialist. Remember, nothing heals faster than an educated patient.

Nipple-Sparing Mastectomies: *Keep the real you!*

October is Breast Cancer Awareness Month, providing a great opportunity to learn about a new technique for surgical removal of one or both breasts, a procedure known as a nipple-sparing mastectomy. Breast cancer is the most commonly diagnosed cancer among women. According to the American Cancer Society, one in eight women in the U.S. will develop invasive breast cancer in their lifetime. The risk of developing breast cancer is higher when an immediate female relative has been diagnosed; however, 85% of breast cancer victims are the first in their family to develop cancer.

Mastectomies have gained popularity as a treatment for breast cancer, and even as a preventive measure. For the few women with a very high risk of developing breast cancer, a prophylactic mastectomy lowers the risk of the disease significantly; however, someone with low risk for breast cancer may not benefit from this procedure.

Undergoing a mastectomy can be a difficult emotional journey, especially because breasts are associated with female gender identity. For that reason, many women elect to undergo breast reconstruction after a mastectomy to improve their body image and self-esteem. For the newly constructed breasts to look more natural, surgeons perform a procedure called a nipple-sparing mastectomy. Women who have small, early stage cancer near the outer part of the breast, with no signs of cancer in the skin or near the nipple, may be eligible for nipple-sparing surgery. During the procedure, the nipple and/or areola are left in place while the breast tissue under them is removed.



Nipple-sparing mastectomies have become a popular option to reconstruct breasts using the patient's own nipples. Studies have proven that women who have a nipple-sparing mastectomy have improved self-esteem and body image. Depending on the study, 30-60% of women are able to feel sensation in their nipple again over time.

For any questions regarding breast health or traditional mastectomies, or nipple-sparing mastectomies, please contact Associates in General and Vascular Surgery at (239) 939-2616. You can also visit their website at www.agvs21c.com.

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Meet Your Professional Cancer Coach: Building A Battle Plan With Someone Who Beat It!

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

Cancer is quickly becoming the # 1 killer in the world today and the latest projections are alarming. The statistics for breast cancer are currently sitting at 1 in every 7 women will receive a breast cancer diagnosis during their lifetime. About six years ago, I was one of those women.

Those of you who have been diagnosed with cancer know exactly what I mean when I tell you that it felt like a 9.5 earthquake shook my world the day I was told I had cancer. Back then, I knew more about what cancer could do than what it couldn't, like...it could kill me, and that was a terrifying thought. Well, I asked myself, "What do warriors do when preparing for a big fight?" Answer: Study their opponent's weaknesses. And that's exactly what I've done for the past six years. I have spent countless hours researching every aspect of what I affectionately call cancer's "wimpy side", and I can tell you with great confidence that there are many more items on the list of things that cancer CAN'T handle than on the list of things it can. In fact, I have just completed my first book titled "The Cancer Can't List™...Exposing Cancer's Wimpy Side", outlining each and every Achilles heel that cancer has. Let's go over a few of the items on that list right now so you can get acquainted with cancer's wimpy side too:

1. CANCER CAN'T... DEAL WITH ALKALINITY

Cancer hates an Alkaline environment. Since everything we eat leaves either an acid or Alkaline residue in our body, it's vitally important to monitor what you're putting in your mouth when you are fighting cancer. There is a great deal of research showing the link between an overly acidic pH and cancer. Cancer thrives in an acidic environment and cannot survive in an Alkaline environment. Taking swift action to make your body more Alkaline is crucial in the battle against



cancer. The majority of food and drinks in a typical American diet are acidic, such as meats, grains and refined sugars, with colas and other soft drinks being highly acidic. To become more Alkaline and stay that way, we MUST start with dietary changes. It's also been proven that severe stress and chronic emotional trauma can also lead to an acidic state in the body, therefore, addressing any emotional issues is always a part of the process when fighting cancer.

2. CANCER CAN'T... DEAL WITH OXYGEN

Cancer also hates Oxygen! The link between oxygen and cancer is clear and well documented. One of the primary underlying causes of cancer is low cellular oxygenation levels. In 1931, Dr. Warburg won his first Nobel Prize for proving that cancer is caused by a lack of oxygen respiration in cells. He stated in an article titled The Prime Cause and Prevention of Cancer that "the cause of cancer is no longer a mystery, we know it occurs whenever any cell is denied 60% of its oxygen requirements."

One great way to infuse large amounts of oxygen into your system is regular use of oxygen therapy, such as a hyperbaric oxygen machine. Recent research studies have shown that hyperbaric oxygen therapy can reduce cancer growth in some cancer types, like breast cancer. Another great way to oxygenate your system is through daily Aerobic exercise. This will help your body utilize oxygen and remove waste through the lymphatic system. The circulatory system has the heart to pump blood throughout the body, but the lymphatic system has no pump. Lymph gets circulated and flushed primarily through movement. If you are unable to exercise then try Infra-Red saunas and/or body wraps to mimic the effects of exercise and stimulate your metabolic function and blood oxygenation. Dr. Warburg also discovered that an alkaline pH in the body meant higher levels of oxygen uptake.

3. CANCER CAN'T...

DEAL WITH VITAMIN D

Research published in the Journal of Cell Biology has shown that Vitamin D can adjust almost everything in the cancer cell, from its genetic messaging to its cytoskeleton. It can switch genes on and off, and it can reduce cell division, and it can calm the cancer cells so that they settle rather than spread. Basically, Vitamin D targets a protein that cancer depends upon for cell division. Saint Georges Hospital in London calculated from their studies that women with low levels of vitamin D in their breast tissue have a 354 per cent greater risk of breast cancer. New research suggests that having an optimal blood level of Vitamin D could cut your risk of getting ALL types of cancers by as much as 60%! Vitamin D can help suppress tumor growth and development. Vitamin D increases the self-destruction of mutated cells, reduces the spread and reproduction of cancer cells, and reduces the growth of new blood vessels from pre-existing ones. Research shows 40-70% of Americans are deficient in Vitamin D. When was the last time you had your Vitamin D level checked? And do you know what your level should be at when you're fighting cancer?

4. CANCER CAN'T...

DEAL WITH CURCUMIN

Curcumin is a derivative of the spice Turmeric. Among all of the available nutrients, Curcumin has the most evidence-based studies which support its use against cancer. Curcumin has the ability to affect genetic activity and expression—both by destroying cancer cells and by promoting healthy cell function. It can also prevent the development of additional blood supply needed for cancer cells to grow. Curcumin also works by

reducing internal inflammation and by helping your body destroy mutated cancer cells, therefore, slowing or completely halting the cancer cell's ability to spread throughout your body. This little spice has some big cancer fighting muscle behind it! But remember that relatively high doses are required and Curcumin is not absorbed that well, so you need to make sure you are choosing one of the few brands (only 2 that I trust) that can prove its potency and bio-availability.

5. CANCER CAN'T...

DEAL WITH INFRA-RED HYPERTHERMIA

In a recent article at Cancer Defeated, they noted that cancer clinics in Germany and Mexico routinely treat patients with hyperthermia, where the body is exposed to Infra-red heat. Often, these clinics are using Infra-red saunas and/or body wraps for their patients. In a clinical study published in the Journal of Cancer Science and Therapy in which scientists studied far Infra-red's effects on human cancer cells in vitro and on cancer cells in mice, Infra-red therapy reduced tumor volumes 86% in 30 days. The tumor-suppressing effects were even seen without high temperatures, even as low as 77 degrees Fahrenheit. In another study cited by Cancer Defeated, researchers in Japan discovered that whole-body hyperthermia with far Infra-red strongly inhibited the growth of breast cancer tumors in mice without harmful side effects. Researchers believe this therapy is promising for long-term studies of a noninvasive treatment of breast cancer.

As a Professional Cancer Coach AND a Cancer survivor, I have built a battle plan that puts you in the driver's seat on the road to your recovery. I am a member of The National Association of Pro-

fessional Cancer Coaches, which is a qualified group of professionals providing comprehensive, evidence-based strategies for cancer patients and those interested in cancer prevention. Certified Cancer Coaches are the new weapons in the war against cancer. We are registered and licensed health care professionals and Nutritionists who are trained and Certified in both conventional and holistic cancer therapies, otherwise known as "Integrative Cancer Therapy", offering Customization of specific Supplement/Vitamin programs for your individual health issues and/or type of cancer, as well as Alkaline pH testing and monitoring, full body Detoxification Programs, using such therapies as Infra-Red Therapy, Red Light Therapy, Detox foot baths, Herbal supplements and specific nutritional protocols such as Macro Juice nutrient smoothies and recipes, as well as referrals for adjunct therapies.

Let me help you find your inner WARRIOR!



Beth Marlow

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By LaDonna Roye, Hairstylist

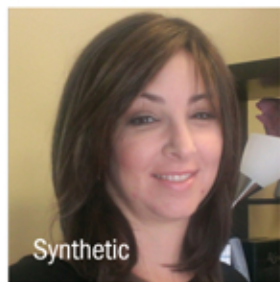
Each week our Recover with Confidence Salon sees several women seeking options to camouflage medically related hair loss. The reasons for their loss include chemotherapy, radiation, alopecia, thyroid issues, medications, hormonal imbalances, vitamin deficiencies, stress and trichotillomania a hair pulling disorder.

Many of these women are young, others... young at heart. Although there are several options for short, trendy styles, they want to continue wearing long hair in a style they're accustomed to.

Here we'll consider pros and cons of human hair vs. synthetic wigs for shoulder length or longer styles.

Synthetic wigs are easily cared for, generally less expensive and come in an array of colors. They won't kink or lose their style in the humidity like human hair may, but they do have a down side. Long synthetic wigs that rub the shoulders will eventually get frizzy ends from the friction.

A knowledgeable wig stylist can smooth this frizz a few times but eventually they may require trimming. There is now a heat-friendly synthetic fiber that gets friction damage but is easier smoothed with a flat iron or curling iron.



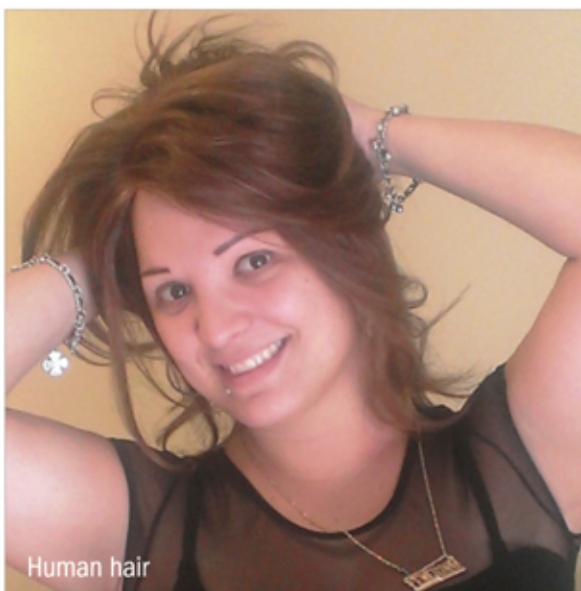
Synthetic



Synthetic

A **Synthetic/Human hair blend** is a good option for hair that touches the shoulders. It offers versatile styling with low heat and won't damage as quickly as synthetic fiber alone. However, friction damage will affect blended hair eventually.

Human Hair is the third option for a long wig. It is my personal favorite for shoulder length and longer hair due to its versatility and it isn't damaged from rubbing the shoulders. These wigs



Human hair

may be custom colored to match your original hair color. They are typically more expensive but last longer synthetic wigs.

Different grades of Human hair are reflected in the price. Some human hair is processed in a way that removes the cuticle layer resulting in a wig that will not tangle. This hair is the least expensive of the human hair options, may be colored or low lighted, but bleaching or lightening is not recommended.

Remy Human hair, also called European hair, is hair collected from a single donor with its cuticle going in the same direction to prevent tangling. Remy hair retains more shine and looks good longer because more cuticle remains after processing. Remy hair can be colored, permed or highlighted.

Human hair wigs come with various amounts of curl. For a smooth, straight look, buy a straight wig or one with a loose body wave. For curl, be sure the wig is not pin straight.

Human hair wigs can be set on rollers, styled with a curling or flat iron. The fact human hair wigs require styling is a down-side for some, an advantage for others depending on whether you enjoy and have a talent for styling hair. You can always bring your wig to us for professional styling.

The secret to wearing a wig and having it look natural is to do the same things with the wig you would do with your own hair:

- Pin it up, leaving a few strands out at the nape and in front of the ears.
- Put it into a ponytail or loose braid.
- Pull it away from your face with a barrette.
- Tuck it behind your ear, leaving just a few strands out in front to hide the edge of the wig.
- Have a qualified wig stylist customize the perimeter of the wig so it looks like your own "baby hairs" are softly falling around the edges.

Check with your health insurance policy, does it provide for a "cranial prosthesis" (wig) for your medical condition? A cranial prosthesis is considered "durable medical equipment" like a wheelchair or a prosthetic limb and is often covered for conditions such as cancer or Alopecia. A prescription is required.

The choice is yours. Human, synthetic or both, you can have beautiful long hair that looks completely natural.

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Recover with Confidence, a nationwide group of dedicated hair loss professionals, provides products and services to women who have been afflicted with hair loss due to cancer. **LaDonna Roye Hairstylist** is proud to be its local partner and provider in offering patients individualized products and support to aid in their recovery process



Hand and Paw: Healthy Aging with a Friend

By Tara Moser, LCSW, RPT-S

Everywhere you look there are articles to read and products to purchase to help us slow down the effects of aging, yet there is also something so simple that can help. Your pets!

The saying "Who Rescued Who?" is so appropriate when it comes to the benefits of pets on our health and wellness. Whether you buy, or hopefully adopt, our furry family members can reduce stress levels, increase our social interactions, motivate our exercise routines, encourage playfulness, ease feelings of loneliness, provide affection, and yield unconditional love for us.

Structure to your life comes from having a pet. They depend fully on us for all of their basic needs. By having regular feeding and exercise routines, we get ourselves on a pattern for sleeping, eating, and getting our heart rate up! Sunshine or rain, illness or busy schedules, they need us to get them outside and fed.

Have you tried to be around a pet without laughing? It's hard! No matter what they are doing, there is often a smile or laugh to be had. The look they give you, the funny way they learn to play ball by themselves, or their relentless nudging to pet them. All the signs are there to say, I am here for you! Let's grow old together!



For those who are feeling lonely, a pet can provide companionship in the home, as well as out and about. Socializing becomes easier when you are taking your dog out to play or for a walk. Dogs can help break the ice to create conversations with those you may not ordinarily talk to. Dog parks, dog beaches, or just walking through the neighborhood can open doors for new relationships! You may become known as "Buddy's mom" or "Fido's dad", but you will be improving your social and emotional wellness by expanding your circle!

Your medical doctors will see the benefits when your blood pressure lowers, your daily activities increase, your anxiety and/or depression symptoms are reduced, and your feelings of loneliness are less frequent.

Your mind stays sharp by keeping up with the needs of your dog or cat, researching their needs, and maintaining their schedule. Your loveable companion provides head to toe healthy aging!

If owning a pet isn't something you are able to commit to, many of the benefits found in this article can still be yours! Animal assisted play therapy, animal assisted therapy, or volunteering with local animal rescues can provide you the contact with dogs and cats that will improve your health and wellness while making a difference in the lives of those animals!

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

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

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

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SW Florida Now Has a Urogynecologist, Ladies, Learn What This Means to You!



Incontinence and pelvic floor problems are remarkably common but many women are reluctant to receive help because of the embarrassment associated with these conditions. Until recently, when women would seek help for these conditions there were few good options to treat them. Due to the tremendous advancements made in the last decade in the diagnosis and treatment of these conditions a new subspecialty of OB/Gyn was created called Female Pelvic Medicine and Reconstructive Surgery (A.K.A. Urogynecology).

What is Urogynecology?

Many women experience problems that overlap between the fields of gynecology and urology and they often bounce back and forth between the two specialties. Urogynecology bridges that gap and allows for both of these issues to be addressed by one physician. The field of Urogynecology is a subspecialty within Obstetrics and Gynecology and is dedicated to the study and treatment of pelvic floor disorders in women. If you suffer from any of the following symptoms, you may benefit from a consultation with a Urogynecologist.

Expert Treatment for the Following Symptoms:

- **Incontinence:** Loss of bladder or bowel control.
- **Prolapse:** Displacement of the pelvic organs (uterus, bladder and rectum) beyond the normal position of the vaginal walls. Symptoms include a visible bulge and pelvic pressure. This condition is sometimes referred to as a "dropped bladder."
- **Overactive bladder symptoms:** Frequent need to urinate, urgency, incontinence and nighttime frequency.
- **Emptying Disorders:** Difficulty urinating or moving bowels.
- **Pelvic (or bladder) Pain:** Discomfort, burning or spasm within the bladder, urethra or vagina. May also manifest as pain with sexual intercourse.
- **Bowel Control Conditions:** Constipation and bowel control issues/incontinence.

Board certification means that a Urogynecologist has obtained training and experience beyond that of a general OB/Gyn or Urologist. The comprehensive board certification exam in Female Pelvic Medicine and Reconstructive Surgery was offered for the first time last year.

Joseph Gauta M.D. Board Certified Urogynecologist

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





These doctors deal only with the evaluation and treatment of conditions that affect the female pelvic organs, muscles and connective tissue that support these organs. The additional training focuses on the surgical and non-surgical treatment of non-cancerous gynecologic problems.

When Should I See a Urogynecologist?

If you're struggling with pelvic floor dysfunction, pain, or incontinence, you should seek treatment immediately. Consulting with a Urogynecologist can help to achieve an accurate diagnosis of your condition and provide information on the full spectrum of treatment options available. Specialized training enables a Urogynecologist to blend elements of gynecology, urology and gastroenterology to treat the entire pelvic floor.

Treatments may include conservative (non-surgical) or outpatient surgical therapy to cure or relieve your symptoms. While your primary care physician, Urologist or OB/Gyn may have knowledge about these problems, a Urogynecologist can manage all these pelvic floor conditions comprehensively.

Urogynecology Treatment Options

A Urogynecologist can recommend a variety of therapies to cure or relieve symptoms of prolapse, urinary, gas or fecal incontinence, or other pelvic floor dysfunction symptoms. He may advise conservative (non-surgical) or surgical therapy depending on your wishes, the severity of your condition and your general health. Conservative options include medications, pelvic exercises, behavioral and/or dietary modifications and vaginal devices (also called pessaries).

Biofeedback and Electric Stimulation are two newer treatment modalities that your Urogynecologist may recommend. Safe and effective outpatient surgical procedures are also utilized by the Urogynecologist to treat incontinence and prolapse. A Urogynecologist will discuss all of the options that are available to treat your specific problem(s) before you are asked to make any treatment decisions.

It's easy to become embarrassed by pelvic and bladder disorders, but you do not have to suffer with these problems or associated pain. Florida Bladder Institute provides compassionate, thorough urogynecological care for all women. Whether you face pelvic issues as a result of aging, delivering babies, illness, or trauma, we can provide proper treatment and counseling so you can enjoy an active, healthy lifestyle.

Call **239-449-7979** today to schedule an appointment with Joseph Gault M.D. to learn how proper urogynecological care can benefit you. Don't suffer in silence any longer; there is help available.



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Benefiting From a College Degree

By Kevin Kennedy, Ed.D., Coordinator, Career Services
Florida SouthWestern State College

For much of the 20th century, a high school diploma was enough to assure employers that job applicants could handle and complete the most basic tasks. In fact, many large companies provided internal training and developmental programs for recent high school graduates. Americans were able to enjoy a long and successful career, working for the same company and getting the “gold watch” at their retirement party.

Times have changed and continue to change with the global shifts in the employment market, and have ended many of the former traditions. Now, very few employees experience the longevity of working for only one or two employers throughout their career. Today, the trend is that most job seekers will change their career path at least seven times before they reach their retirement age.

Employees pursue specific career opportunities; the requirements for entry-level positions have become more complex. More and more employers rely on employees to develop their own skills before joining the company. The demand for a college degree has increased significantly to meet these new requirements.

As career seekers pursue more specific career opportunities, the entry-level requirements become more complex. Trade and technical fields require new workers to earn a two-year degree before joining the company.

Today, more jobs expect greater interaction with clients or customers and are requiring a bachelor’s degree. Many human resource agencies are seeking employees who have completed their four-year degrees, since they possess specific skills to complete detailed tasks as well as the broad cultural knowledge relating to colleagues and clients.

Many are not able to afford a college degree right after high school without financial assistance. When it comes to college costs, there are several options to help finance their education. Students can apply for FAFSA, which is the Free Application for Federal Student Aid and it can be found online at www.fafsa.ed.gov. This site also offers good information about grants, loans and work-study funds. Also, students should review the college website to learn about possible scholarship opportunities, and contact a representative in Admissions or Financial Aid for additional options.

College degree programs provide critical skills needed for today’s workforce.

In some cases, those who don’t do well in high school can find satisfaction in the work force. Without the classroom environment,

these individuals can find opportunities that challenge and inspire them to succeed on their own. Not having a college degree does not have to restrict a career choice. Many seasoned professionals begin their careers in customer service, retail sales or other positions affording on-the-job training.

Colleges and universities have begun to emphasize work experience as an important component of their degree requirements. Depending on the college major, one might find the requirement of obtaining a professional work experience while attending classes. These opportunities can consist of internships, study programs, co-operative work placements and apprenticeships. Each opportunity of placement offers different benefits and these benefits afford the student with strong reputations early in their careers.

New educational technology has revolutionized the way a student gets his or her college degree. Now, instead of choosing to pursue school or work, a growing number of adult professionals can more easily balance the demands of both.



The job market today rewards workers who can demonstrate the ability to work independently and manage their own time.

What will the future hold for the workforce? The answer lies in the future of our educational institutions and work related endeavors. With the ever changing global challenges that workers are faced with today, it’s imperative that workers are ready to meet the demands so they too can earn that “gold watch” at the end of their careers.

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Health Insurance – 2015 Open Enrollment and Annual Election Periods can be very confusing this fall.

By Dee Merritt

Medicare enrollment period is now called **Annual Election Period** which runs **October 15th to December 7th 2014** for **January 1st 2015 effective date**. Medicare is for adults that are 65 or older, or others that are on Medicare due to disability. In September each year Medicare Advantage Plan Member's and Medicare Part "D" Prescription Drug Plan member's receive a copy of their upcoming year summary of benefits and any changes that are being made to their current plan. During this time you should review the new plan and make sure it still suits your needs. You can compare plans, if you make changes your last selection you made by the end of the day on December 7th, this will be your new plan for the following year. Some agents represent multiple insurance carriers and will reduce the amount of time you will need to compare 2015 plans. If you miss this window you can dis-enroll from a Medicare Advantage Plan and go back to regular Medicare and a Prescription drug plan Jan. 1st – Feb. 15th 2015, then you are in a lock-in period until next year unless you have a special election period (i.e. loss of group coverage, move out of service area, carrier plan cancels, Low Income Subsidy, Dual Eligible, etc.) please visit www.Medicare.gov for more information.

For others that are not on their employers group plan or mediocre there is now also an enrollment period. The law under the **Patients Protection and Affordable Care Act (PPACA)** - (Obama Care) the Open Enrollment Period is **November 15th to February 15th**, those that enroll between **November 15th to December 15th** will have a **January 1, 2015 effective date**; **Dec. 16th – Jan. 15th eff. Feb. 1, 2015**; **Jan. 16th – Feb. 15th Mar. 1st 2015**. After that you will not be permitted to purchase health insurance that meets the government standards that avoids the tax penalty unless you have a special election period, please visit. <https://www.healthcare.gov> for more information. The PPACA plans have no medical under writing; short term policies are still available but currently still require medical underwriting which means you might be turned down if you have pre-existing conditions.

I am finding that many people think that the Affordable Care Act is only for people that are seeking government subsidy and that is not correct. The law affects just about every type of health insurance in the USA. In order to qualify for government subsidy you need to go through the Market Place or if the insurance carrier offers seamless applications through their platform it can be done that way as well.



To see if you qualify for tax credit you can check the IRS website at www.irs.gov/uac/The-Premium-Tax-Credit. If you do not qualify for subsidy you can still purchase your plan through the Market Place or the Insurance Company. If you have an insurance policy for many years and drop that plan you will not be able to get it back as the plan will no longer exist to be re-purchased. Many insurance carriers are allowing their policy holders to keep their current plan. Before you cancel what you have make sure that you check your doctors and totally understand the plans summary of benefits. Cost is important but not only the cost of the plan you choose but also make sure you can afford the out of pocket cost when you need to use the plan, sometimes raising the premium a little it may make it easier to visit the doctor more often as needed. There is a lot to know and I would recommend that you work with a licensed insurance professional that is Market Place Certified that can help you through the enrollment process and explain the different insurance policies available to you in your area.

*To learn more about Health Care Reform or schedule an appointment contact:
Dee Merritt - Logical Insurance Solutions at 239-362-0855
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Reasons to Buy Long Term Care Ins.

By George T. Leamon, CLTC - Lutgert Insurance

I hear people say, "My children will take care of me". What does that mean in your family? Does that mean that they will move in with you or have you move in with them and their family? Does that mean that they will provide hands-on care such as bathing you? Or does it mean that they will provide for you financially?

As part of your planning, it's important first of all to acknowledge that living a long life is a near certainty, that the longer we live the more likely we are to need some type of day to day assistance; that Medicare, Medicaid, and the Veteran's Administration do not provide for the type of care that we are most likely to need. The care most likely to be needed is having someone come into our own home to provide assistance.

It's then important to acknowledge that an extended care situation will have a tremendous impact on your family. What would the impact be on your child's life if they become responsible for your care twenty-four hours a day? Think about the impact even if they provide care only eight hours a day. What does that do to their family time? To their career? To their other responsibilities and commitments? What would it mean to them financially?

I firmly believe that spouses and children will do all they can to provide care but it can be very difficult. They will do the right thing. But having a plan in place can help them in this new role as caregiver.

So, for your planning, make your loved ones aware of your care preferences. Do you want to stay in this area if you need care or would you prefer move to another part of the country where you have family or friends? Would you want to move in with your children or, like many, do you not want to be a burden to your family members? Do you want to receive care at home for as long as possible or would you prefer to be in a setting such as an assisted living facility where there are other people around, there is help as needed, and there are a variety of social activities planned?

If care is needed, how will you pay for it? Have you considered investigating long-term care insurance as an option to provide the financing for extended care services? Many people are unaware that long term care policies will pay for a caregiver to come into your home to provide care there. Many people are also unaware that they can insure for a portion of the cost if they feel that they can afford to pay the remaining portion of the cost of care.

Do a favor for yourself and for your loved ones. Have a plan for the eventuality of needing care. Let people know your desires. Set up the financial resources. Let your family know what resources are available either in the form of assets or insurance to pay for your care. Then, enjoy the peace of mind that comes from good planning and get out there and enjoy the years that you've been given!

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.

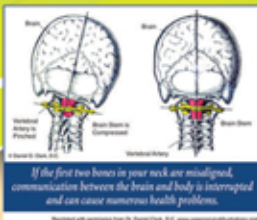
- Roslyn Carter



George T. Leamon, CLTC | 239.280.3246
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George Leamon, Life and Long Term Care Specialist with Lutgert Insurance, has been in Naples for over 35 years helping seniors with their Life Insurance. Long-Term Care, Annuities and the rapidly changing Medicare arena. When was the last time you had your insurance reviewed?

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Sky Zone Healthy is about being active because you are burning calories with every jump. It's about experiencing the freedom of jumping, which actually helps get your body in better shape. Sky Zone Healthy is also that exhilarating feeling of accomplishment you get from just an hour of wall-to-wall fun. Burn up to 1,000 calories an hour just by jumping with us! Healthy and happy go together, and Sky Zone is here to keep you active, athletic and fit.

Skip The Gym

Getting to the gym can be a challenge, but Sky Zone makes exercise a joy! Bouncing uses almost every muscle and focuses specifically on the stomach, arms and legs. Start toning your muscles, burning fat and increasing your metabolism by having fun!

To promote cardiovascular health, young people need at least one and a half hours of intense physical activity per day. (School of Sports Science; Oslo, Norway)

Regular bouncing helps tone the body, especially the stomach, back, and legs. Core stability muscles are consistently engaged to help enhance balance. This type of training helps boost your metabolic rate and the ability to burn fat and calories.

How Does Sky Zone Keep Me Healthy

Improves Circulation and Cardiovascular Health

Jumping against gravity strengthens all body systems and is considered one of the most beneficial aerobic exercises. Cardiovascular activity increases heart rate and pulse rate. In other words, jumping works the heart muscle! Jumping also strengthens major muscle groups that contribute to a healthy cardiovascular system.

As you come down on the trampoline, you put greater gravitational pull (G force) on your muscles. Heart muscle fibers get stronger as a result. That means all of your muscles and muscle layers will grow stronger, too. With each bounce, sixty trillion cells in your body are continuously being strengthened.

Because your heart is being strengthened, your blood circulation improves. Good circulation ensures that oxygen is pumped through your body more efficiently.

Low Impact WORKOUT FOR Bones and Joints

Jumping at Sky Zone is a low-impact workout. This means the equipment (the spring) absorbs about 80% of the shock from the rebound. This absorption reduces the stress on bones and joints (like the knees and spine) and minimizes the chance of injury. Repeated low-impact exercise builds and strengthens the bones and muscles. Over time, this can result in improved balance, co-ordination and posture. Jumping can even increase the strength in your joints, which can decrease or prevent arthritis pain. Muscles are also strengthened and lengthened, which increases flexibility.

Jumping on a trampoline can increase bone density as well. According to research by NASA, bouncing can help reduce the risk of bone conditions such as fractures and osteoporosis. The light impact when landing on the trampoline helps strengthen bones and improve bone density. NASA found that bouncing was able to help rebuild astronauts' bone mass after returning from space, where they lose almost 15% muscle and bone mass.

Balance and Coordination

Bouncing forces you to become more aware of your center of gravity. This constant strengthening of balance is perfect for cross-training athletes. The need to coordinate your arms and legs can lead to increased hand-eye coordination as well.

Trampoline exercise is a great way to develop the skills that allow you to undertake a number of items requiring simultaneous concentration: bouncing, balancing, maintaining the body's position and anticipating the next action. This is proven to have a positive impact on bilateral motor skills, as well as allowing jumpers to control different muscles and limbs at one time.

SKYROBICS & SKYFIT BOOT CAMP

Did you ever think it was possible to burn up to 1,000 calories per hour, and still have FUN doing it? With SkyRobics, that possibility is now a reality!

SkyRobics is low impact and combines advanced calisthenics, core exercises and strength building aerobics, all done on our patented, all-trampoline, walled playing courts. SkyRobics is one of the most dynamic, effective and intense workouts you can have, while being fun and easy on your joints. Those at any level of physical fitness will reap the physical and mental benefits of this revolutionary workout.

Class size is limited on Monday and Thursday and we often fill up quickly. Call the park to check space availability.

- Classes are offered Monday at 5:45 and 6:45, Thursday at 6 p.m. and Saturday morning at 9 a.m.
- Pay by the class - individual classes are \$13

Check the 'Calendar' section of our site for the most up-to-date SkyRobics class schedule.

Are you ready to take your Skyrobics to the next level? Sign up for Sky FIT today and get an unbelievable Early Registration Special Pricing of \$59 for a 31 Day Membership.

31 Calendar Day Membership Includes:

- All Monday, Wednesday and Friday 9:30 am classes as Well as Saturday Mornings 9 am Sky Robics' Class,
- That is up to 18 classes (~\$3 per class)
- Customized Diet and Nutrition Planning
- 6 Week Body Transformation and Weight Loss Challenge Entry with Great Prizes for First and Second Place

There are a limited number of Early Registration Memberships available before the membership increases. It also locks in your membership pricing at the Early Registration Pricing of \$59 per monthly membership!

Call Tom today to Reserve Your Sky FIT
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How Do I Forgive Them?

By Alex Anderson, Senior Associate Pastor at Bayside Community Church

I've gotten this call many times over the last 20 years, "Pastor, my spouse is having an affair, what do I do?" This question eventually leads to another question, "How do I forgive?" I usually start with this story.

While I was a volunteer pastor, many years ago, I worked for a short time as a junior partner to a very successful businessman. After a time I realized why so many before me had been unsuccessful in this position. This man was a challenge to work for, even for a minister. So I decided to end the relationship. As I sat in our last meeting to dissolve our partnership, this person went into a rage. He began making threats and was trying to renege on what he owed, which involved many thousands of dollars.

After the meeting I got into my car and while driving, anger, resentment and un-forgiveness began to fill my heart. I was enraged that we could not settle this like grown adults and that now this person, whom I trusted and even admired, was trying to steal from me. My family was young and growing and the money at the time was very important. But even beyond the money, I was hurt.

As I continued to drive I prayed and asked God to help me with how I was feeling. Although my feelings and immediate response were completely healthy and accurate based on the meeting, I also knew I did not want to stay in that emotional state. As I prayed I began to think of a triangle. God was at the top, this businessman was at the right bottom corner and I was as the left bottom corner. I saw God's forgiveness going down from God to the businessman. I saw forgiveness and peace coming down to me on my side of the triangle. But something was missing at the bottom of the triangle between the businessman, and me. It seemed to hold back love and forgiveness not only to the businessman, but to me as well.



The triangle was completely connected on these two sides but was not between us. And there was no energy or love flowing. Then it hit me.

I was the one who could throw the switch to receive peace and wholeness in this situation. I had to forgive him. This would complete the circuit for the power of God's grace and love to flow to both of us. It was all or nothing. But there was only one problem: I did not want to close the circuit so that God's love could flow uninhibited. I was hurt and mad. I did not feel like it. So I did nothing...for a while.

I knew that I had the key to at least my restoration and peace, but I did not want to forgive him. I wanted to hurt him back. I wanted to be as mean and nasty as he had been to me. And I wanted him to pay out the nose for his actions. I was ready to sue him.

As I drove to various meetings that day, my mind was cloudy. I could not think straight. All I could think about was all the money this guy owed me and how mean and nasty he was. It was after getting back in my car following a very unproductive meeting that I realized I could not go on like this. I felt cold and numb inside and I did not like it. So I pulled my car over to the side of the road and prayed. I said, "God I'm angry and hurt at this

guy and I have a right to be. However, I do not want to go on feeling like this. It is getting in the way of life. So I decide to forgive this guy right now. I give up my right to hurt him back. It's not worth it. I ask you to forgive me for judging his motives and holding hatred in my heart for him. I also ask you to forgive him for being a horse's ass. I ask you to bless and take care of him. In Jesus Name."

My peace was restored and I have never missed the money. Oh, yeah! I also saw him 2 years later and gave him the friendliest greeting ever without any malice in my heart. You cannot control what others do, but you can decide to forgive them or not. It is your choice. One way leads to peace, the other to more pain.

If you are dealing with hatred towards someone right now, you hold the switch in your hand to freedom and peace. Just tell God, "I give up my right to hurt them back."

To your spiritual health,

Pastor Alex Anderson
Author, Dangerous Prayers
alex.anderson@alexanderson.org
www.dangerous-prayers.com



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