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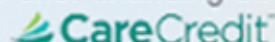
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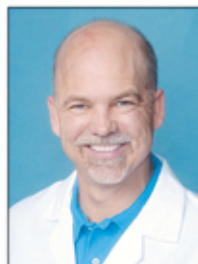
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MORE THAN JUST VARICOSE VEINS!

By Joseph Magnant, MD, FACS, RPVI

When we hear the diagnosis "Varicose veins", most folks dismiss it incorrectly as something that is better off left alone, uninvestigated.

Many patients have been advised to leave their varicose veins alone unless they have pain or complications such as blood clots, inflammation or bleeding. Others may present with leg swelling and pain, without the classic external signs of varicose veins only to be told their swollen painful legs were a result of aging, their body habitus or their weight, with no further consideration of venous pathology entertained. Patients have been told their discolored and thickened skin around their ankles and lower legs was the result of diabetes, medication or some other obscure disease, and often have suffered for years unaware that a cure may have been within easy reach for their venous stasis dermatitis. Bleeding varicose veins may have been cauterized or ligated in the emergency room on multiple occasions without any thought of getting to the bottom of the problem responsible for the varicosities. Mothers of teenagers have been told their daughters painful, tight legs were the result of "growing pains" while the bulging varicose vein below the knee was dismissed as unrelated and cosmetic. I offer this partial list of real life scenarios I have heard from actual patients as food for thought for all who come across this article.

It has been said that the sign of a wise person is one who recognizes their limitations and keeps an open mind, calling on others more learned in other areas to assist in areas foreign to themselves. Venous insufficiency encompasses much more than just spider or minor varicose veins. It is time physicians and patients wake up to the reality that ignoring venous hypertension, which is the result of leaking leg vein valves (venous insufficiency) often leads to avoidable medical complications. Skin infections, cellulitis, bacteremia, blood clots, external hemorrhage, stasis dermatitis, the associated pain of thickened and inflamed skin at the ankle, and lastly, venous ulceration are often the direct result of unrecognized or untreated venous insufficiency. Patients should take an active interest in their health and wellbeing and develop a natural curiosity of what they observe happening to their bodies. Since when is bleeding from a varicose vein normal?

How long should one wait for a leg wound to heal? Why is the eczema affecting only the swollen leg and ankle? If my swollen leg is part of aging then why is only the left leg aging (swollen)? Some things do not take a physician to tell you there is a problem. Sometimes we need to listen to our gut feeling. And if that doesn't work then listen to your wife! Education and empowerment are readily available; one need only have the interest in seeking out the answers through internet resources.

In the year 2000, the treatment of Venous Insufficiency changed dramatically, as if we had been in the dark and had a bright light turned on. Endovenous closure changed the evaluation and treatment paradigm for patients with all of the above noted presenting symptoms and signs as well as others noted below. This minimally invasive technique of sealing the incompetent (leaky) vein from within (rather than stripping the vein out) offers very effective and immediate remedy of the underlying problem of high venous pressure. Presenting symptoms other than varicose veins may include swollen achy legs, leg cramps, thickened and discolored skin, external bleeding from an eroded vein just under the skin to ulceration of the skin in the ankle area. Other, more obscure and less appreciated signs and symptoms include night-time leg cramps, restless legs syndrome, and frequent night-time urination. An estimated 35-40 million adults in the U.S.A. suffer from these more commonly appreciated and recognized presenting symptoms. Countless others may also be affected by this same disease and may be either undiagnosed or misdiagnosed.

The physical, emotional and functional impact of severe venous insufficiency is not quantifiable as the true prevalence of the disease is not known. Persistent misperceptions of the general public regarding the symptoms of the disease, the method of diagnosing the disease and most importantly the available treatment options remain hurdles for today's Vein Specialists. The natural history of untreated severe superficial venous insufficiency has been well documented in the wound care centers around the nation as unchecked venous hypertension progresses from

benign appearing varicose veins to chronically swollen limbs years later, to skin changes which ensue in subsequent years resulting in one or more serious complications such as bleeding, infection and ulceration.

Endovenous closure can be safely performed in a completely outpatient setting under local anesthesia with very little time lost from work or normal activity. Venous insufficiency is accurately and reliably diagnosed with duplex ultrasound in the capable hands of an experienced registered vascular technologist. Duplex ultrasound allows for stratification of the severity of venous insufficiency which is critical to the decision phase and planning of subsequent treatments. Not all insufficient veins need to be sealed. Only those severely leaking veins in the distribution of the patient's symptoms and pathology should be considered for ablation after failure of conservative therapy.

Endovenous closure or ablation has allowed a more proactive approach to patients with this disease. Rather than reacting to the complications of the disease with compression wraps, wound care and submission, we now have a much more definitive, effective and noninvasive therapy to offer patients with appropriate indications for intervention. Minimally invasive endovenous ablation has opened the door to millions of adults who were once thought to be "too sick" for stripping, "too young" for stripping, "too obese" for stripping, "too old" for stripping, "too anti-coagulated" for stripping and now we should be encouraged to reconsider these and many other patients for a more definitive treatment. Our understanding of lower extremity venous pathophysiology has improved over the past 10 years due to the introduction of ultrasound guided, percutaneous endovenous techniques. Endovenous closure is not a license to seal veins at will. Rather, it is a minimally invasive, highly effective method which, in experienced hands and judiciously applied, has changed, for the better, the lives of many patients with symptomatic superficial venous insufficiency. Endovenous closure has indeed changed the treatment paradigm of venous insufficiency as much as any other modern minimally invasive technique in any other disease entity and we will not likely witness as significant a technologic advancement in the treatment of superficial venous insufficiency in the next 20 years.

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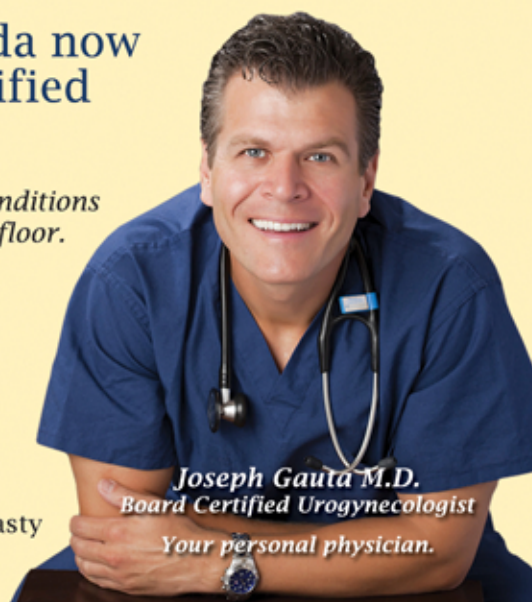
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BPH Affecting Men with Age

By Harry Tsai, M.D.

Unfortunately, aging brings on additional health concerns. One of these is Benign Prostatic Hyperplasia (BPH). BPH is a condition where the prostate gland becomes enlarged. This is extremely common in men.

There are two main stages of a man's life when his prostate undergoes significant growth (U.S. Department of Health and Human Services). The first stage occurs when men are going through early puberty. During this stage, the prostate doubles in size. At the age of 25, the second stage follows. This second stage can often result in BPH years later. Symptoms don't typically show until after the age of forty. Over 50 percent of men in their sixties and 90 percent of men in their seventies have BPH.

What are the symptoms of BPH? Typical symptoms are related to the urethra. The gradual loss of bladder function leaves men with problems urinating (U.S. Department of Health and Services). Having a hesitant, interrupted, weak stream or feeling urgency, leaking or dribbling are symptoms of BPH. Also, the experience of more frequent urination at night is a telltale sign.

Are there non-surgical treatments for BPH? Yes, there are two treatments that are alternatives to surgery. The first is called Cooled Thermotherapy Microwave. The second is Transurethral Needle Ablation (TUNA), often called Prostiva. Both of these procedures have the benefit of taking less than 30 minutes to complete. They are performed in the doctor's office with oral sedation such as Valium, a pain pill, and an antibiotic.

After these procedures are performed, patients go home with a catheter for 24 to 48 hours. The catheter is removed during the patient's follow-up visit. A soft temporary prostatic stent is put in its place; this is called a Spanner. The Spanner eliminates the need for a Foley bag. This stent is left in for 2 to 4 weeks, and is eventually removed by pulling on a string.



How soon will results be noticed? Patients should begin to see results within the first 6 to 8 weeks. They will notice improvement in their urinary symptoms such as frequency, hesitancy, and weak stream. These procedures last between 3 to 7 years and either procedure can be repeated if necessary. For men who have existing medical conditions such as cardiac risks, surgery is not always an option. These procedures often provide a viable alternative to surgery.

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Are there any side effects? Some complications are bleedings, dysuria, infection, and urinary retention. However, all of these are temporary. The long-term benefits of these procedures usually outweigh any of these difficulties.

When undergoing any procedure, it is important to find a doctor who is knowledgeable and experienced in these matters. Dr. Harold Tsai, a Fort Myers urologist, has performed roughly 500 of these procedures over the last eight years. He has also used over 200 prostatic stents in conjunction with his patients. If you think that you might be suffering with BPH, call (239) 985-1900 for a visit with Dr. Harold Tsai today.

Stay in the game

— preventing sports injuries

By John C. Kagan, M.D.

Whether you enjoy golf or tennis on the weekends, play soccer on a recreational sports team or never miss a chance to work out at the gym, a sprain, strain, pop, tear or pull can quickly relegate you to the sidelines.

Unfortunately no one is immune to injuries from participating in athletic activity. Even twisting your ankle while walking on the beach can put you out of commission for days or weeks.

According to the American Academy of Orthopedic Surgeons, sprains and strains are the most common injuries that result from being active. These injuries can include everything from muscle pulls, neck pain and shoulder impingement, to lower back pain, tennis or golf elbow, runner's knee, shin splints, hamstring injuries, groin pull, ankle sprain, Achilles tendinitis, and plantar fasciitis or arch pain in the foot.

Sprain Versus Strain: What's the Difference?

Muscles, ligaments and tendons play an important role in keeping the joints stabilized and the body functioning correctly.

A sprain occurs when there is an injury to a ligament, a band that connects the bones to a joint in the body. Ligaments help stabilize joints in the knees, the elbows, the ankles, wrists and other parts of the body. After a fall, blow to the body, twisting movement, incorrect landing after a jump or other trauma, such as running on an uneven surface, the ligaments can become stretched beyond their limit.

A strain occurs when there is an injury to a muscle or tendon, the fibrous cord of tissue that connects a muscle to the bone. Repetitive, overuse of a muscle, overstretching, excessive muscle contraction, or a blow to the body can result in a strain.

Pain, swelling, inflammation and difficult bearing weight on the injured area are the typical symptoms for both sprains and strains. A severe sprain may tear the ligament, making the joint unstable. A severe strain may tear or rupture the muscle or tendon, pulling it away from the bone.

Treating Common Sports Injuries

Many sports injuries are painful, but mild, and can be treated with what is referred to as RICE, which stands for rest, ice, compression and elevation. After the injury, stop participating in the activity to avoid further damage and to rest the muscle, tendon or ligament. At home, apply an ice pack, or wrap crushed ice or a bag of frozen peas in a towel and place on the injured area for about 15 minutes.

Compression means wrapping a sore elbow, ankle, knee or wrist with an ACE bandage. And when possible, elevate the injured area.

Following these four action steps can reduce swelling and limit blood flow to the area, which can provide short-term relief from pain. Over-the-counter inflammatory medication can also be helpful.

But when should you call the doctor?

The American Academy of Orthopedic Surgeons recommends consulting a physician for all but very mild injuries. The American Orthopaedic Society for Sports Medicine suggests that letting an injury go untreated can worsen the injury or lead to more serious complications.

Severe sprains or strains may require a brace, casting or even surgery. Even a mild injury may benefit from modified activity, immobilization and physical therapy.

The bottom line is early diagnosis, treatment and rehabilitation can allow you to regain full motion and strength.

10 Prevention Tips

Many sports injuries are preventable. The key to reducing the risk of injury or re-injury is to exercise good judgment, listen to your body, never play through the pain and avoid chronic strain from overuse.

Here are 10 tips to help you stay in the game:

1. *Stretch daily to stay flexible*
2. *Wear the right kind of shoes and be sure they fit well*
3. *Gently warm up your muscles and then cool down after the activity*
4. *Use protective equipment where appropriate*
5. *Participate in a regular conditioning program to build core strength and maintain muscle tone*
6. *Don't play through pain or tenderness*
7. *Rest; give yourself time to recover after intensive training or play*
8. *Learn proper techniques for the sport*
9. *Don't push too hard to return to the same level after an injury*
10. *Work up to strenuous play; don't go from sedentary to athlete in one day*

Be safe and be smart. Playing sports or participating in a regular fitness exercise program can go a long way in helping maintain a healthy, active lifestyle at any age. Remember, if your sport or recreational activity of choice is outdoors, be sure to protect yourself from Florida's sunny tropical weather by wearing a visor and applying sunscreen.



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

Seeing Things Differently

Living with Low Vision

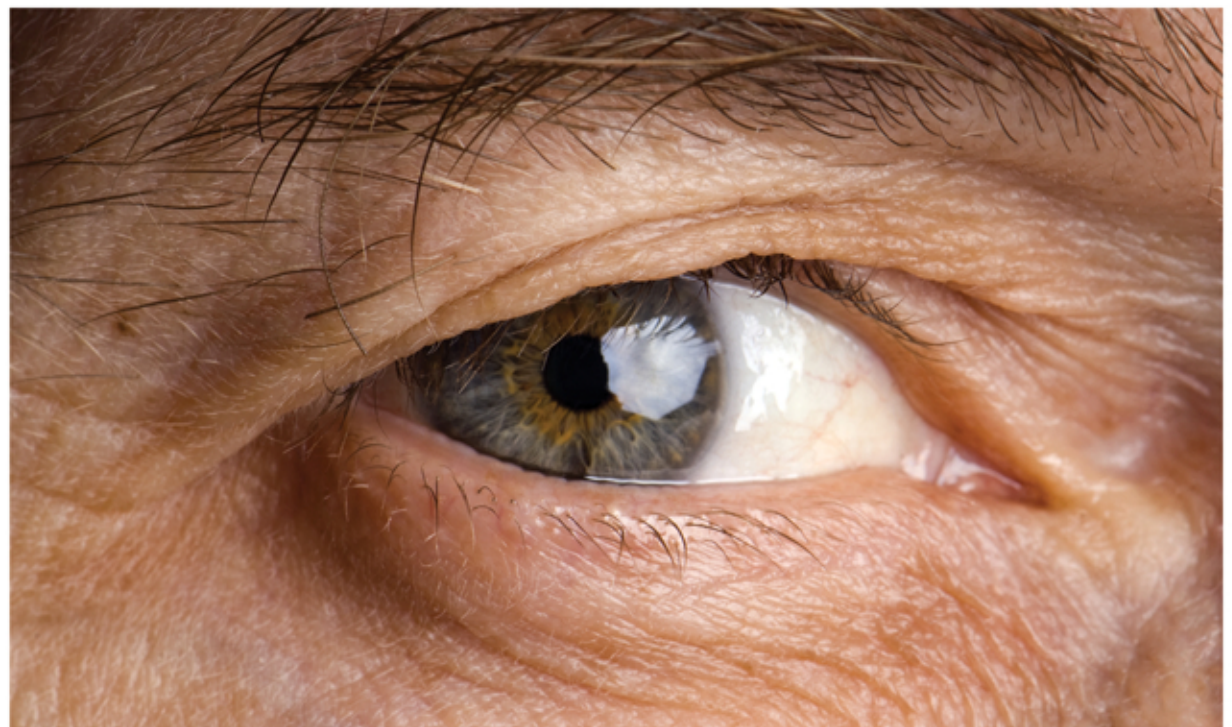
Imagine losing something that you have been dependent on since the day that you were born. Sight is one of the senses that we become the most dependent on, and as we age it's one of the senses that is compromised the most. Many people with low vision have macular degeneration. The disease is common in people over 70 years old. Other leading causes of low vision are glaucoma, cataracts, and diabetic retinopathy. Vision impairment itself isn't the end of the world with the appropriate vision rehabilitation and tools. The largest problem is that people have difficulty admitting their challenges because they are afraid it means they are going to have to move (or go through some dramatic change).

The term vision rehabilitation is replacing low vision services. The focus today is not just on low vision devices but also on training patients to use their remaining sight and other senses so they can function as independently as possible and continue to enjoy things that give them pleasure. Patients who qualify for Medicare home health, can have a certified vision specialist/ occupational therapist come into the home and do a home evaluation and train the patient on techniques and devices that helps one live as independent and safe as possible within their home. The Occupational Therapist, first interviews the patient to see how partial sight has affected their lives and what their goals are for rehabilitation. One person may want to be able to cook and read the newspaper again, while another may want to know what services are available to them to stay social and engage outside the home.



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The Occupational Therapist teaches patients and their families about adaptations they can make at home, the importance of proper lighting and the benefits of contrasting colors for the purpose of improving a home's safety and enhancing independence. Some additional tips and adjustments that can be made for safety purposes are:

1. Pour coffee into a white mug.
2. Avoid glass plates and drinking glasses because they may appear invisible.
3. Wrap colored tape around pot handles.
4. Put safety tape on edges of stairs and paint landings a color that contrasts with the stairs.
5. Set a dark colored chair against a light colored wall.
6. Give away the coffee table or drape it with a brightly colored cloth.
7. Float a bright yellow rubber duck in the bathtub to see when the tub is full.

In addition to occupational therapy, there are licensed social workers that can come to the home to help the patient arrange transportation, resources and support groups for someone newly diagnosed. Physiatric nursing services are also available to someone who needs help emotionally adjusting to living with visual impairment.

Although the loss of vision may be gradual, it can lead to significant changes in daily routine and can become overwhelming and lead to depression, loneliness and a fear of losing independence. Early intervention when it comes to therapy and knowledge is essential in maintaining the highest level of independence as possible. If you or a loved one would like more information on home health, outpatient services, or community resources please call your local Nurse On Call branch at 230-590-3016.

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WOMAN'S OVERACTIVE BLADDER CONTROL

To those who experience it, an overactive bladder can be very frustrating. In fact, it is a disability to feel that you need to find a restroom constantly throughout the day. Frequent and, sometimes, uncontrollable urination is embarrassing and complicates an already complicated world. The impact it can have socially, mentally, and physically can be stressful and exhausting. It is more prevalent in women and affects 15-18% of women. Women who have an overactive bladder can need a restroom eight or more times a day. This also includes waking up several times at night. Luckily, there are ways to help treat the symptoms and keep that uncomfortable feeling at bay.

When the bladder is full, a signal is sent to your brain to inform you that it needs to be emptied. To urinate, you simply contract the bladder and the urine is released. In the overactive bladder, the muscles contract without any warning; even when the bladder isn't full. There are different theories as to the cause of this disorder, but generally its presence seems to increase with age. Parkinson's disease, dementia, and Alzheimer's are also thought to be contributing factors; as well as spinal cord injuries and strokes.

The constant anxiety that comes with having an overactive bladder is caused by the uncertainty of unexpected leakage. This in turn can affect a sufferer's social life, home life, and work options. One of the less talked about complications involves the patient's sex life. Discussing this condition with others can be difficult; let alone, how it may impact intimacy. Incontinence can leave a woman ashamed and worried about sexual encounters. Having an open conversation with your significant other can be difficult at first, but is necessary to maintain a healthy relationship.

Obviously, it is important to look at all of your options and surgery should be the last resort. Bladder exercises can be an effective way to decrease symptoms. Training that helps strengthen your core and pelvic muscles like "kegels" are a great start. Begin slowly and then build up the amount of time devoted to these exercises.



Many find that there are improvements in bladder control after only three to six weeks. Avoiding diuretics like caffeine is imperative; it might be time to start drinking decaf coffee or tea. Try to stay away from spicy foods, alcohol intake, and citric juices.

When it comes to Botox, you might think of the television show *Real Housewives of Atlanta* or Nicole Kidman's forehead; however, one of its lesser known uses is to help control an overactive bladder. It is actually very effective and has been recently approved by the FDA to control urinary incontinence. Botox is injected into the bladder and works by relaxing the limit its ability to contract uncontrollably. One small injection can last up to six months. This new method for controlling Urinary Incontinence is growing in popularity and proving to be quite successful.

Another treatment for an overactive bladder is something called the Solace Bladder Balloon. This is a method of placing a balloon through a catheter into the bladder. This tiny balloon, no larger than a quarter, removes the involuntary leakage by reducing the bladder pressure. The bladder pressure is the root of the problem during urinary leakage. This is a brand new technological breakthrough and has had very high approval ratings from patients.


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*Joseph Gauta M.D.
Board Certified Urogynecologist*

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



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

Lymphedema

By Amy Hartwell, MS OTR/L CLT

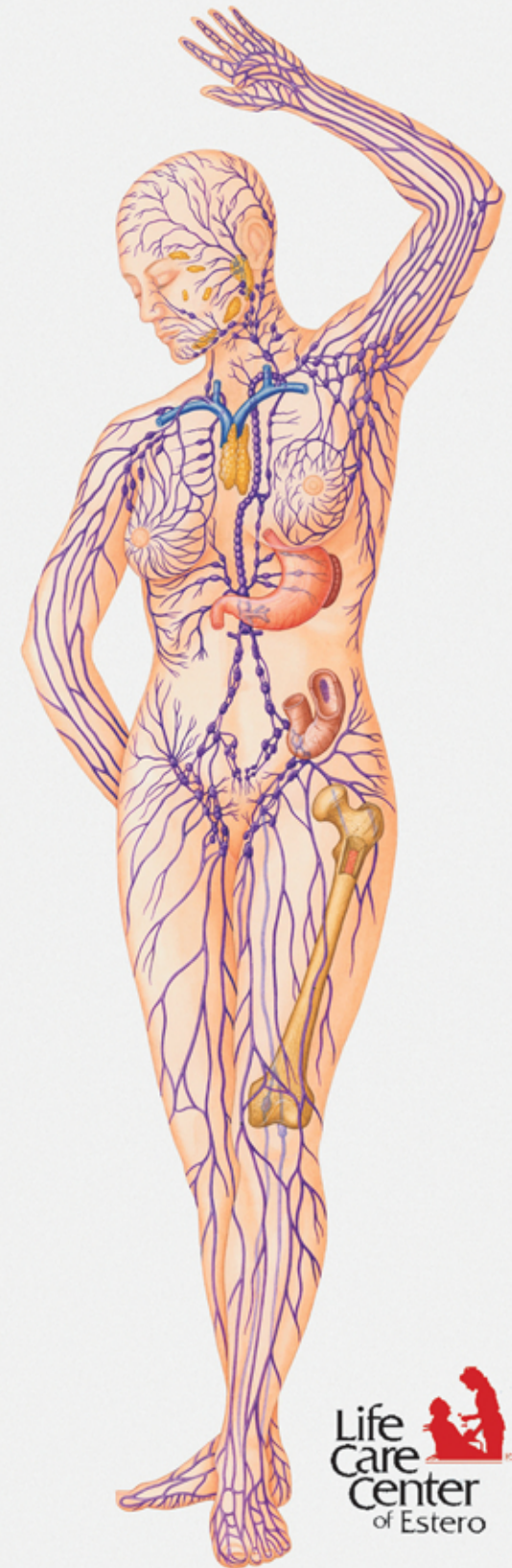
Life-saving breast-cancer treatments including, but not limited to, the various forms of surgical interventions, sentinel lymph node and/or axillary lymph node dissection and other treatments such as radiation treatments may lead to an impaired functioning of the lymphatic system with resultant secondary symptoms including a diagnosis of Lymphedema. When the lymphatic system is not functioning properly, it can lead to significant impairments throughout the upper extremity including: decreased motion of the joints; impaired strength, coordination and sensation; increased pain and impaired skin integrity leading to an increased risk for wounds, all building to decrease the rate of healing and increase the incidence of infections.

Secondary Lymphedema may be defined as an abnormal accumulation of fluid following a traumatic event, due to impaired functioning or destruction of the lymphatic system; a system that works hand in hand with the venous system to remove bacteria, water, minerals, waste products, proteins, etc. from the tissues within our bodies. A diagnosis of Lymphedema requires specialized treatment in order to stimulate the lymphatic system and evacuate the fluid out of the swollen extremity. Lymphedema is a life-long diagnosis requiring education in ways to maintain the reduction gained with participation in Complete Decongestive Therapy, which is the treatment of choice when dealing with a diagnosis of Lymphedema. As a therapist, this is the targeted goal of therapy, to increase our patient's quality of life.

Life Care Center of Estero specializes in inpatient and outpatient Lymphedema treatment services called Complete Decongestive Therapy. Complete Decongestive Therapy consists of several aspects of treatment including: manual lymphatic drainage techniques, the incorporation of gentle therapeutic exercise, compression bandaging, garment fitting and patient and family education for proper skin care as well as a home exercise program for maintaining the gains made while participating in therapy

services. Manual lymphatic drainage consists of stimulating the lymphatic vessels by gently manipulating the skin, allowing for re-routing of the fluid from the tissues thereby creating alternate routes for the fluid to flow out of the extremity. This is especially important due to the risk of scar tissue build-up created from surgical interventions or radiation treatments around the breast or armpit limiting movement of fluid out of the arm. Gentle therapeutic exercise is then incorporated into treatment in order to pump the fluid through the lymphatic vessels and back into the venous system for removal by the body. Compression bandaging is then applied with the use of low stretch bandages in order to create a layering effect with more compression at the hand and decreasing toward the armpit facilitating continued filling of the lymphatic channels with flowing of the fluid using the assistance of muscle pumping or exercise. Skin care is also extremely important as the tissue has been damaged from the excess fluid. Daily hydration and cleansing of the skin is required for maintained health, prevention of infection and skin breakdown. Once the arm has reduced, a garment is fitted and required for maintained compression of the extremity to prevent the swelling from returning with education for applying and maintained use. As you can see, this process takes a combination of the therapist and the patient working together in order to obtain the desired outcomes. Finally, educating the patient to manage their own program through the establishment of a home exercise program will ensure continued wellness with a new lease on life!

As with any new diagnosis, education is key to a maintained healthy and happy lifestyle and the professionals at Life Care Center of Estero are always happy to assist our patient's through their breast cancer recovery and Lymphedema management process. Life Care Center of Estero's motto is and will always be "whatever it takes and then some," as we strive to assist our patients toward regained wellness.



**Life
Care
Center**
of Estero

Lymphedema Treatment Highlights:

- Manual lymphatic drainage
- Therapeutic exercise
- Compression bandaging
- Skin care
- Garment fitting

Cutting Edge Technology and Science Meet to Make You Look Years Younger!

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

SKIN TIGHTENING

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.

SKIN RENEWAL

Swan Ultrasonic™

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.



SNORING OR SLEEP APNEA?

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

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

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



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

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

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

SCHEDULE A COMPLIMENTARY CONSULTATION

WITH DR. RICH GILBERT TO DISCUSS THIS IMPORTANT SUBJECT SO YOU CAN RETURN TO HAVING A RESTFUL NIGHT'S SLEEP. CALL 239-948-2111.



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The "GPS" Knee Is Here

By Peter Curcione, D.O.

Medicine and science are constantly evolving. Technology in all fields of medicine are ever improving. With the growth and advances in computer science the changes happen much more rapidly. In the course of my practice as an Orthopedic Surgeon, I see these advances on a regular basis. Some make no sense, others may improve things very little, still others get over-hyped, only to stay in vogue for a short time and then fail to live up to the promises. This is proven over time with the various implant recalls that we've witnessed over the last several years.

Since March, I've been using a pressure sensing device to assist me in Knee Replacement Surgery at Lehigh Regional Medical Center. It was recently profiled on one of the daytime TV talk shows as the "GPS" Knee. In the past I've tried the various computer assisted technologies. These advances have mostly focused on the alignment of the limb. I found that the extra cost needed for the technology did not provide any significant added benefit. As it turned out, my ability to match the computer readings were about the same. The technology that I write of today uses the computer in a different way. In order to do the "Perfect" Knee Replacement, we must not only re-establish the proper alignment of the limb, but we must establish the proper ligament balance to the joint. We've never been able to actually quantify this balancing until the Orthosensor device has come to market. This tool has a little micro sensor embedded in each trial implant so that before the real final components are implanted we can assess the ligament balance and rotation. The necessary balancing techniques can be made with the sensor in place and real time numbers show up on a screen.

I can then make the incremental adjustments until the proper balance is achieved. Rather than relying on my tactile feel and "guesswork" (albeit educated), I can now be sure that I have optimized the result.



During the course of my career I have had the honor of helping thousands of patients through joint replacement surgery. Before using the Orthosensor I thought I was an accurate technician. My patients were happy for the most part. Yet there still was a small group that although there were no complications they were not entirely happy with their outcome. The company reports a 97% percent patient satisfaction rate in their trials. The majority of historical knee replacement studies show about 85% satisfaction rates. Anecdotally, I have seen a difference in my patients. They are less stiff and recover their range of motion quicker. It was initially amazing to me how such subtle changes in ligament balancing affect the pressure numbers. Our tactile sensation cannot provide us with this kind of precision. I firmly believe that the more accurately we can balance a Total Knee Replacement the better the outcome for the patient. Having real-time data while in the operating room allows us to provide this to the patient. There is really no question that when the patient leaves my operating room, and I've used the Orthosensor, I've optimized the procedure. After all, the numbers don't lie.

When you see on the screen that the pressure numbers are acceptable, you have the concrete evidence of a properly balanced knee. If you have knee pain due to arthritis and have been contemplated a knee replacement, consider this technology, I think its here to stay.



Peter Curcione, D.O.

Board Certified, Orthopedic Surgery
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PROVEN KNEE ARTHRITIS TREATMENT

By Physicians Rehabilitation

Currently, an estimated 27 million people suffer from knee osteoarthritis, making it one of the most common causes of disability in the U.S. It is estimated by the year 2030, 72 million Americans will be at high risk for osteoarthritis. Patients with chronic joint pain often think nothing can be done to help them except surgery.

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 take for granted.

For many, knee pain makes it hurt to walk, stand, stoop, or 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 many ibuprofen you take, don't worry – there is another option.

If you have tried other treatments and have experienced little to no relief, you may still be a candidate for our treatment Program. Call (855) 276-5989 to schedule a no-cost, no-obligation consultation today!

At Physician's Rehabilitation, it's very important to understand 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. We are proud to offer a less invasive approach to relieving knee pain to avoid surgery.

For this reason, we encourage you to schedule an appointment to determine if you are a candidate for this FDA approved 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



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.

replacement surgery is indeed necessary for some people with extreme conditions that our treatment is unable to help, but as we have seen with the great majority 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.

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 was told by my orthopedic surgeon that knee replacement was my only option. I did not want painful surgery, and as a retired physician at age 72, know the recovery period and pain that replacement entails. After completing Physicians Rehabilitation's treatments, I am back to living an active life...chasing my grandchildren; boating; gardening with my

wife-things that were impossible for the last few years with all that pain. And the staff, physicians and therapists were excellent" –Dr. F.M.

So what are you waiting for?

Pick up the phone and call us today at (855) 276-5989 to schedule your NO-COST, NO-OBLIGATION, consultation at one of our three convenient locations (Ft Myers; Naples; Port Charlotte). The demand for this procedure has been almost overwhelming. We've added extra lines to accommodate your calls, so if our line is busy, or you are redirected to voice mail, please leave a message and 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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At Physicians Rehabilitation, you will find a unique and comprehensive approach to healing. We are dedicated to helping our patients identify the cause of pain or discomfort that they are in and then putting together a strategic treatment program that will work successfully. Our team of pain specialists and physical therapists are among the best in their respective fields. We invest and implement the latest techniques and best medical procedures.

Call TODAY to schedule your NO COST consultation! That may be just what you need to change your life for the better.

Our goal is to decrease the inflammation, promote healing, and eliminate your pain.



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Is back or neck pain turning your life upside down?? **STOP THAT PAIN NOW!**

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- NOT a traction device, which has not been shown to reduce disc pressures
- The result is the alleviation of your pain
- Proven safe and effective in numerous clinical studies of major medical journals
- VAX-D with physical or other therapies results in the best outcomes



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Genetic Breast Cancer Risks for those Under 40

By Lea Blackwell, M.D., F.A.C.S

Breast cancer occurs in 5.5% of women under the age of 40 in the United States. Five to 10% of breast cancers are hereditary and associated with abnormal genes passed from parent to child. A mutation in the BRCA1 and BRCA2 genes accounts for 15% to 30% of breast cancers diagnosed before the age of 35.

Genes are segments of DNA, contained in chromosomes, and made of DNA. DNA contains the instructions for building proteins. And proteins control the structure and function of all the cells that make up your body.

Think of your genes as an instruction manual for cell growth and function. Abnormalities in the DNA are like typographical errors. They may provide the wrong set of instructions, leading to faulty cell growth or function. In any one person, if there is an error in a gene, that same mistake will appear in all the cells that contain the same gene. This is like having an instruction manual in which all the copies have the same typographical error.

BRCA1 and BRCA2 genes

Most inherited cases of breast cancer are associated with two abnormal genes: BRCA1 (Breast Cancer gene one) and BRCA2 (Breast Cancer gene two).

Everyone has BRCA1 and BRCA2 genes. The function of the BRCA genes is to repair cell damage and keep breast cells growing normally. But when these genes contain abnormalities or mutations that are passed from generation to generation, the genes don't function normally and breast cancer risk increases. Abnormal BRCA1 and BRCA2 genes may account for up to 10% of all breast cancers, or 1 out of every 10 cases.

Having an abnormal BRCA1 or BRCA2 gene doesn't mean you will be diagnosed with breast cancer. Researchers are learning that other mutations in pieces of chromosomes -- called SNPs (single nucleotide polymorphisms) -- may be linked to higher breast cancer risk in women with an abnormal BRCA1 gene as well as women who didn't inherit an abnormal breast cancer gene.

Women who are diagnosed with breast cancer and have an abnormal BRCA1 or BRCA2 gene often have a family history of breast cancer, ovarian cancer, and other cancers. Still, most people who develop breast cancer did not inherit an abnormal breast cancer gene and have no family history of the disease.

You are substantially more likely to have an abnormal breast cancer gene if:

- You have blood relatives (grandmothers, mother, sisters, aunts) on either your mother's or father's side of the family who had breast cancer diagnosed before age 50.
- There is a history of an ovarian cancer in your family, particularly in a single individual.

- There are other gland-related cancers in your family such as pancreatic, colon, and thyroid cancers.
- Women in your family have had cancer in both breasts.
- You are of Ashkenazi Jewish (Eastern European) heritage.
- You are African American and have been diagnosed with breast cancer at age 35 or younger.
- A man in your family has had breast cancer.

If one family member has an abnormal breast cancer gene, it does not mean that all family members will have it.

The average woman in the United States has about a 1 in 8, or a 12-13%, risk of developing breast cancer in her lifetime. Women who have an abnormal BRCA1 or BRCA2 gene (or both) can have up to an 80% risk of being diagnosed with breast cancer during their lifetimes. Breast cancers associated with an abnormal BRCA1 or BRCA2 gene tend to develop in younger women and occur more often in both breasts than cancers in women without these abnormal genes.

Women with an abnormal BRCA1 or BRCA2 gene also have an increased risk of developing ovarian, colon, pancreatic, and thyroid cancers, as well as melanoma.

Men who have an abnormal BRCA1 gene have a higher risk for breast cancer than men who don't -- about 8% by the time they're 80 years old. This is about 80 times greater than average.

Men with an abnormal BRCA1 gene have a slightly higher risk of prostate cancer. Men with an abnormal BRCA2 gene are 7 times more likely than men without the abnormal gene to develop prostate cancer. Other cancer risks, such as cancer of the skin or digestive tract, also may be slightly higher in men with abnormal BRCA1 or BRCA2 genes.

A study released by 21st Century Oncology evaluated the frequency of breast cancer in the individuals under the age of 40. Over the course of five years, 99 individuals under 40 were diagnosed with breast cancer. In the study 31 of the 99 patients were tested for BRCA mutations. A surprising 26% (8 out of 31) tested positive for either a BRCA1 or BRCA2 mutation. This research confirms that genetic testing is important for young individuals diagnosed with breast cancer. The individuals that are positive for the gene may elect to have a different surgery to treat their breast cancer, electing to have a mastectomy, a prophylactic contralateral mastectomy, as well as ovary removal. Additionally, their family members are also at risk for breast cancer and may be able to have preventative surgery and reduce their risk of a future malignancy.

Lea Blackwell, M.D., F.A.C.S

Dr. Blackwell is a fellowship trained breast surgeon. She is originally from Panama City, FL and attended the University of Florida graduating with a Bachelor of Science degree in Zoology in 1996. In 2002 she graduated from Louisiana State University Medical School in Shreveport, Louisiana. Dr. Blackwell completed her general surgery residency training at Louisiana State University in New Orleans, Louisiana in 2007. She followed her surgery training with a fellowship in breast surgical oncology at Washington Hospital Center in Washington, D.C. Dr. Blackwell joined Associated in General and Vascular Surgery after completing her fellowship in 2008. She is board certified in general surgery, a member of the American College of Surgeons, Society of Surgical Oncology, American Society of Breast Surgeons, American Society of Breast Diseases and the American Society of Clinical Oncology. Dr. Blackwell dedicates her practice to the treatment of breast cancer.

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National Mental Health Week is October 5 through 11

FOCUS ON MENTAL HEALTH

By Lynn Schneider, Director of Community Relations, Park Royal Hospital

Mental health refers to our psychological and emotional well-being; it affects how we think, feel, and how we behave. An individual's mental health can affect his or her daily life, relationships, and even physical health. Just like other disorders, mental health conditions can make it difficult for a person to cope with the demands of everyday life.

Each year, in the United States alone, there are millions of Americans who are trying to cope with a mental health disorder. According to the National Institute of Mental Health (NIMH), approximately 57.7 million Americans suffer from a mental health disorder each year, which is about 26.2% of adults. This comes down to one out of every four adults, and one out of every five children and teens, that will experience a mental health problem each year. More specifically, when thinking about the most common mental health disorders, depression affects 6.7% of the adult population, anxiety affects 18.1%, bipolar disorder affects 2.6%, and schizophrenia affects 1%. There are also a number of other disorders that are not regularly talked about that can have just as much of an impact on an individual as the ones listed above.

October 5 through 11 is National Mental Health Week in recognition of the National Alliance on Mental Illness's (NAMI) determination to raise mental health awareness. Since being established by Congress in 1990, mental health care advocates have come together with other communities in order to sponsor activities that educate individuals about mental illness. During this week, NAMI and other participants nationwide will bring awareness to mental health issues, fight the stigma associated with mental illness, provide support for those who are struggling with mental health conditions, educate the public, and advocate for equal care. By highlighting these issues during this week each year, it provides people with a time to come together and show support of those who are trying to help improve the lives of people affected by mental illness.



When mental illnesses are ignored, or not properly treated, it can have a devastating impact on not only the individuals suffering from them, but on society as a whole. People who are not provided with options for receiving treatment run the risk of becoming homeless, getting into legal and financial troubles, or even facing an early death. Education about mental illness is extremely important because the more people know about these disorders, the better they will be able to help themselves, families, and communities to get the help they need. Early identification and treatment can make a monumental difference.

At Park Royal Hospital and Behavioral Health Services, we acknowledge National Mental Health Week because we recognize the importance of educating the community so they are not only aware of what mental health is, but how they can get help.



This month, or closely thereafter, there are numerous events throughout Southwest Florida to raise awareness and support for National Mental Health Week.

- **Thursday, October 9:** Southwest Florida Coalition for Optimal Behavioral Health & Aging Conference "Putting Theory into Practice" at United Way of Lee County. For health care professionals. RSVP to Kim@UnitedWayLee.org.
- **Saturday, October 11:** Drug Free Coalition of Southwest Florida "Run for Prevention and Walk-athon" at Lakes Park. Open to public. For information contact executivedir@drugfreeswfl.org.
- **Tuesday, October 14:** Hope Clubhouse Mental Health Symposium "Helping Families in Mental Health Crisis" at Broadway Palm Theatre. Tickets may be purchased by calling 239-267-1777.
- **Friday, October 24:** "Unveiling the Mask of Mental Illness" Awareness Event hosted by the Lee County Chapter of NAMI at The Heights Center. For more information about this event, please contact vhoward@namilee.org.
- **Tuesday, October 14:** "Focus on Mental Health" at ABWA Sanibel/Captiva Monthly Meeting. Email cshap00@yahoo.com for details.



Cancer.

By Jessica L. Clark, APR, Public Relations and Marketing Associate
Studio FSW – Florida SouthWestern State College

It is a word that is far too common in our society today. During the month of October, breast cancer awareness is highlighted to remind everyone about the importance of regular check-ups and to be aware of any changes. Those with a family history of breast cancer are reminded to be vigilant with monthly check-ups and annual exams. I am one of those individuals with a strong family history of breast cancer, as well as other types of cancer. I have been very lucky and blessed that I have not personally had to fight this disease, but I have watched as family members have fought it, with some winning and some not.

Because of this, I have regular discussions with my doctor about what to look for, as well as what preventative measures I can take.

On my father's side of the family, my grandmother battled breast cancer twice. The first time she had it she was able to beat it. I remember visiting her in the hospital and at the time I was so young that I didn't know why she could beat it once and not twice.

As I got older I learned that my great-grandmother on my father's side had also fought breast cancer and had ultimately had both breasts removed. Still, it wasn't enough to defeat the disease.

Historically my family history with breast cancer was only on my father's side of the family. In 2011 my aunt

(mother's sister) was diagnosed with breast cancer. She had two surgeries to determine if it had spread. Following the surgery she is pretty much cancer free, but still visits her radiologist and oncologist every six months. This was the first time that breast cancer had made an appearance on my mom's side.



Jessica with mother Deborah Clark

My mother had thyroid cancer and had her thyroid completely removed in 2000. She just noticed that a large lump had formed on her neck, and she made an appointment to have it checked. The doctors needed to do surgery to biopsy the lump. Once they started surgery, they decided it was best to remove the entire thyroid as a precaution, and the results determined it was cancer. Afterwards she underwent radiation therapy, and since then she has been cancer-free for 14 years. Once she was cancer free for five years, she purchased a separate cancer insurance policy because at the time she did not have one in place, and relied on her primary insurance which was still beneficial. But extra coverage never hurts.

But cancer is such a tricky disease, in that you never know if and when it could return. This is why it is critical to have regular exams and doctor appointments to be aware of your health, and discuss your family history if there is one. This can help you determine the best course of action to help prepare and defend against cancer of any kind. Due to my family history it was recommended that in addition to the regular check-ups with my doctor and being aware of any changes, that I start mammograms at age 35. I took this suggestion very seriously and made my appointment. I am happy to report that all is well and with this initial appointment we now have a baseline of what is normal moving forward. I also made sure in my 20s to secure a separate cancer insurance policy so that it allows me to pursue other areas of treatment if I were ever diagnosed with cancer that my primary insurance may not cover.



Jessica with Aunt Sheila Ezell



Jessica as a child with Grandmother Doris and father Ken Clark

Remember, cancer doesn't discriminate. It can strike anyone at any age at any time. We live in a fast paced world with commitments to family, work, and our communities, but we need to stop and make sure that we take care of ourselves and have regular checkups. Be aware of your health, not just in October, but year round and report any changes to your doctor. Have frank discussions with your physician to determine your cancer risk, preventative measures you can take, and what you should look for between doctor appointments. If you have questions or notice a chance, see your doctor as soon as possible.

Be healthy!

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Massage Therapy Offers Benefits to Breast Cancer Patients

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Every year, more than 300,000 women are diagnosed with breast cancer. While treatments and cure rates have improved in recent years, breast cancer and the side effects caused by treatments such as chemotherapy and radiation still cause suffering. Massage therapy through the Massage Envy Wellness Program can offer relief from many of the painful symptoms and side effects of breast cancer treatment, making recovery easier.

A University of Miami study of 58 women with breast cancer showed that women who underwent massage therapy reported reduced feelings of depression and anxiety, as well as an increase in white blood cells, indicating a healthier immune

system. The study also showed an increase in dopamine levels, which are related to a general sense of well-being.

Beyond just symptomatic relief, massage therapy can help relieve everyday stress, encourage relaxation, lower blood pressure, promote better breathing and manage chronic pain. Massage Envy Spa therapists work with patients to provide personalized wellness plans tailored to their specific health and wellness needs.

Cancer patients will also benefit from Massage Envy Healthy Skin facials, which provide limited massage treatment to the face and neck area for relaxation, but can also alleviate the redness, dryness and sensitivity caused by cancer treatments to help improve appearance.

Massage therapy can also assist in draining the lymphatic system. Lymphatic drainage massage helps the immune system by removing waste products and promoting the production of white blood cells, which fight off infection. This can be beneficial not just for cancer patients, but for anyone who wants to promote a healthier immune system and fight off infection. Massage Envy Spa therapists can discuss the benefits of lymphatic drainage massage with patients and include the massage as part of the monthly Wellness Program.

While there is a myth that massage could spread cancer cells throughout the body, there is no scientific evidence whatsoever that massage increases the risk of metastasis. Massage therapy promotes circulation, but it does not increase circulation any more than exercise or hot showers, for example. Massage Envy Spa therapists are trained and prepared to address the needs of breast cancer patients safely.

Patients should check with their health care provider before beginning massage treatment and let their massage therapist know if they have experienced or are undergoing breast surgery, chemotherapy, lymphedema or radiation treatment. The Massage Envy Spa therapist will be able to recommend the best type of treatment based on the patient's needs and experience.

Massage Envy Spa of Southwest Florida clinics are located in Cape Coral, Estero, Fort Myers and Naples. Visit www.massageenvy.com/regions/FL/Southwest-Florida for more information.

A UNIQUE BUSINESS OPPORTUNITY! Available In Your Area As Well As Nationwide.

Read on...this is quite different from anything else!

By Concept 10 10

Imagine this: For just 20 minutes a week, you can get and stay physically fit—without ever breaking a sweat. In the privacy of an exercise room reserved just for you and your dedicated personal trainer, you work out on six, specially-designed machines. Slowly, you lift and lower weights in 10 second intervals until you can't lift anymore, then move on to the next station. Within just a few weeks, you see and feel results.



This is Concept 1010—"the future of exercise" in the words of Danish fitness entrepreneur Jorgen Albrechtsen. It's a novel approach to becoming fit that he developed based on decades of research on lower back pain—and his own experiences working with inventor Arthur Jones, founder of Nautilus equipment and high-intensity exercise. A global company with centers in Denmark, Malaysia, New Zealand, Dubai and Saudi Arabia, Concept 10 10 is just beginning to expand in the U.S.

Albrechtsen runs one flourishing Concept 10 10 center in Naples, Fla., and is now licensing his fitness model to exercise centers in other Florida locations as well as in Milwaukee, and soon several other bigger cities.. "This is revolutionary." Our training has one aim—to give you the best results in the least amount of time," says Albrechtsen, who founded Concept 10 10 a decade ago in Copenhagen. (The 10 10 refers to ten seconds lifting and ten seconds lowering weights.) "It's a very interesting business opportunity," he adds. "You have to do something very wrong not to make money."



In a fitness industry saturated with health clubs, boot camps, and trainers, Concept 10 10 stands out. Apart from its convenience and personal attention to members, the exercise program has been shown to eliminate or greatly reduce lower back pain while strengthening muscles and improving overall fitness. The exercise machines were designed and customized by MedX, an Ocala, Fla.-based company created by Jones.

Just 20 minutes a week of Concept 10 10 is enough because the workout is concentrated and intense, and the body needs time to recover between sessions, Albrechtsen says. It's not necessary to spend hours a week running or doing aerobic exercise in a gym. Muscular strengthening provides the best cardio workout, without straining or damaging joints. The body perceives all forms of exercise as an attack. The body thinks "If I am going to be attacked again, I better prepare and get more strong and fit". To repeat something that is already easy will not make any dramatic changes to your body or fitness level". "Too much of a good thing can kill you," he says. In fact, Albrechtsen contends that the fitness industry has "lied to people" by pushing the idea of exercise as a fun, social activity rather than a necessary task, like showering.

Don't expect to be entertained at Concept 10 10. There's no music or juice bar. The equipment is set up for each member before they arrive and they do the workout with complete supervision from their trainer, from beginning to end, always.

Because fans and air conditioners keep the air cool, members can leave right after they are done, keeping the time spent short, as there is no need to shower etc.

Despite the lack of glitz (or maybe because of it), Concept 10 10 members and licensees applaud Albrechtsen's approach. "I am 56 [years old]. When I started, I wasn't in good shape. I never worked out before—I never did go to a gym," says Ed Vanderploeg, owner of a fire safety business in Naples. In the year since he started at Naples Concept 10 10, he has dropped 30 pounds and now lifts 100 pounds more than he could when he started. "People see me now and say, 'Wow—you look good.' And nobody believes it just takes 20 minutes a week."

Rodd Higgins, a fitness trainer in Milwaukee, Wis., learned about Concept 10 10 from friends of his parents who worked out at the Naples center. After researching the opportunity, he opened his own Concept 10 10 under license in Milwaukee in early October. "The fitness industry has gone so crazy with everyone looking for the magic pill. This is back to basics. It's a very convenient, effective, high-intensity workout," Higgins says. He budgeted \$200,000 for startup costs, including the equipment, licensing fee, and other costs. (A center can open for as little as \$140,000 in investment, Albrechtsen says.)

Higgins broke even with 85 members—mostly baby-boomers, retirees, and young professionals—in a few months. Members spend as little as \$35 a session, depending on how many they pay for in advance. "We can help the 70% of the market place who don't like to go to a huge 10,000-to-15,000-foot gym. They get intimidated and don't get a good workout," he says.

With a handful of centers so far in the U.S. Albrechtsen says there is plenty of room for growth. He has come a long way since he first opened karate schools in Denmark in the 1970s and Nautilus centers in the 1980s. "Our aim is to become the Starbucks of exercise," he says.

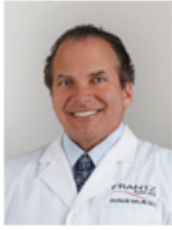
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SEVEN SIGHT-SAVING HABITS for Older Adults to Help Maintain Independence

By Jonathan M. Frantz, MD, FACS

One in six Americans over age 65 has a visual impairment that cannot be corrected with glasses or contact lenses. This is often caused by common eye conditions and diseases. Among older Americans, visual impairment is one of the most significant contributors to loss of independence. It is also associated with a higher prevalence of chronic health conditions, falls, injuries, depression and social isolation.

If you are a senior, here's a list of seven tips to follow to help protect your vision:

1. Get an Eye Exam. If you are age 65 and over, you should get a medical eye exam every one to two years. Regular eye exams are crucial in detecting changes in your vision, which may be a symptom of a treatable eye disease or condition. In fact, the American Academy of Ophthalmology and the American Optometric Association recommend that all adults, even those without signs or risk factors for eye disease, get a baseline eye disease screening at age 40. The earlier eye disease is diagnosed, the better the chance your vision will stay healthy as you age.

2. Know the Symptoms of Vision Loss. Signs of vision loss may become apparent as reading, writing, shopping, watching television, driving a car and/or recognizing faces become more difficult. Vision loss that may be noticed by your friends and family include missing, bumping into or knocking over objects, stepping hesitantly, and squinting or tilting your head when trying to focus.

3. Make Eye-Healthy Food Choices. A diet low in fat and rich in fruits, vegetables and whole grains benefits your entire body, including your eyes. Studies show that foods rich in vitamins C and E, zinc, lutein and zeaxanthin are good for eye health. These nutrients are linked to lower risk for age-related macular degeneration (AMD) and dry eye later in life. Eye-healthy food choices include citrus fruits, vegetable oils, nuts, whole grains, dark green leafy vegetables and cold-water fish.

4. Quit Smoking. Avoiding smoking and second hand smoke – or quitting, for current smokers – are some of the best investments everyone can make for long-term eye health. Smoking increases the risk for eye diseases like cataract and age-related macular degeneration (AMD) and raises the risks for cardiovascular diseases that indirectly influence eyes' health. Tobacco smoke, including second-hand smoke, also worsens dry eye.

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To make an appointment, visit www.bettervision.net or call the main office of Frantz EyeCare at 239.418.0999.



5. Maintain normal blood pressure, cholesterol and glucose levels. High blood pressure, cholesterol and blood glucose (sugar) levels all increase the risk of vision loss from an eye disease. Keeping these under control will not only help your eyes but also your overall health.

6. Get Regular Physical Activity. Not only does 30 minutes of exercise a day benefit your heart, waistline and energy level, it can also do your eyes a world of good! Many eye diseases are linked to other health problems, including high blood pressure, diabetes and high cholesterol levels.

7. Wear Sunglasses. Exposure to ultra violet (UV) light raises the risks of eye diseases, including cataracts, growths on the eye and cancer. Always wear sunglasses with 100 percent UV protection, and a hat while enjoying time outdoors.

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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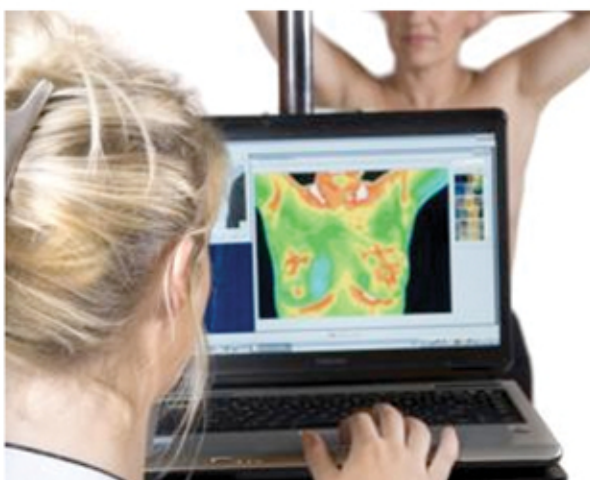
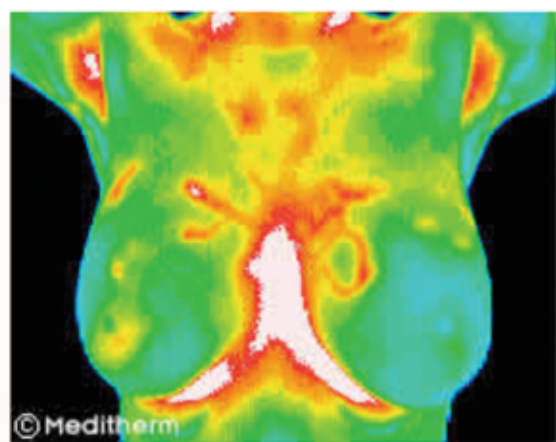
By Yollo Wellness

Medical DITI is a noninvasive adjunctive diagnostic technique that allows the examiner to visualize and quantify changes in skin surface temperature. An infrared scanning device is used to convert infrared radiation emitted from YOUR skin's surface into electrical impulses that are visualized in color on a monitor.

This visual image graphically maps the body temperature and is referred to as a thermo gram. The spectrums of colors indicate an increase or decrease in the amount of infrared radiation being emitted from YOUR body's surface. Since there is a high degree of thermal symmetry in the normal body, subtle abnormal temperature asymmetries can be easily identified.

Medical DITI's major clinical value is in its high sensitivity to pathology in the vascular, muscular, neural and skeletal systems and as such can contribute to the pathogenesis and diagnosis made by the clinician.

Medical DITI has been used extensively in human medicine in the U.S.A., Europe and Asia for the past 30 years.



Clinical uses for DITI

- To define the extent of a lesion of which a diagnosis has previously been made.
- To localize an abnormal area not previously identified, so further diagnostic tests can be performed.
- To detect early lesions before they are clinically evident.
- To monitor the healing process before the patient returns to work or training.
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- To localize an abnormal area not previously identified, so further diagnostic tests can be performed.
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- Full Body Scans - autoimmune, digestion, accidents, CRP, neuropathy, and much more

Skin blood flow is under the control of the sympathetic nervous system. People will show a symmetrical dermal pattern which is consistent and reproducible for any individual. This is recorded in precise detail with a temperature sensitivity of 0.01°C by DITI.

The neuro-thermography application of DITI measures the somatic component of the sympathetic nervous system by assessing dermal blood flow. The sympathetic nervous system is stimulated at the same anatomical location as its sensory counterpart and produces a 'somato sympathetic response'. The soma to sympathetic response appears on DITI as a localized area of altered temperature with specific features for each anatomical lesion.

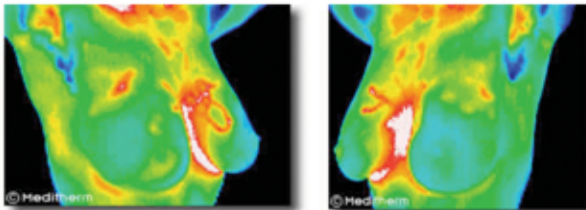
The mean temperature differential in peripheral nerve injury is 1.5°C. In sympathetic dysfunction's (RSD / SMP / CRPS) temperature differentials ranging from 1° C to 10° C depending on severity are not uncommon. Rheumatologic processes generally appear as 'hot areas' with increased temperature patterns. The pathology is generally an inflammatory process, i.e. sinusitis of joints and tendon sheaths, epicondylitis, capsular and muscle injuries, etc.

Both hot and cold responses may co-exist if the pain associated with an inflammatory focus excites an increase in sympathetic activity. Also, vascular conditions are readily demonstrated by DITI including Raynauds, Vasculitis, Limb Ischemia and DVT.

Medical DITI is filling the gap in clinical diagnosis

- X ray, C.T. Ultrasound and M.R.I. etc., are tests of anatomy.
- E.M.G. is a test of motor physiology.
- DITI is unique in its capability to show physiological change and metabolic processes. It has also proven to be a very useful complementary procedure to other diagnostic modalities.

Unlike most diagnostic modalities DITI is noninvasive. It is a very sensitive and reliable means of graphically mapping and displaying skin surface temperature. With DITI you can diagnose, evaluate, monitor and document a large number of injuries and conditions, including soft tissue injuries and sensory/autonomic nerve fiber dysfunction. **Medical DITI** can offer considerable financial savings by avoiding the need for more expensive investigations. It can graphically display the very subjective feeling of pain by objectively displaying the changes in skin surface temperature that accompany pain states. Medical DITI can show a combined effect of the autonomic nervous system and the vascular system, down to capillary dysfunctions. The effects of these changes show as asymmetries in temperature distribution on the surface of the body. It is a monitor of thermal abnormalities present in a number of diseases and physical injuries. It is used as an aid for diagnosis and prognosis, as well as therapy follow up and rehabilitation monitoring, within clinical fields that include Rheumatology, Neurology, Physiotherapy, Sports medicine, Oncology, Pediatrics, Orthopedics and many others. More importantly, results obtained with medical DITI systems are totally objective and show excellent correlation with other diagnostic tests.



Lateral views are taken to compare thermal symmetry

It's that time of year when pink becomes the national color as the country celebrates Breast Cancer Awareness Month. From people participating in walks and runs to the National Football League donning pink gear, it's an annual tradition with a powerful purpose: to heighten awareness of breast cancer, lower risk, increase early detection.

DITI is especially appropriate for younger women between 30 & 50 whose denser breast tissue makes it more difficult for mammography to pick up suspicious lesions. This test can provide a 'clinical marker' to the doctor or mammographer that a specific area of the breast needs particularly close examination.

Thermography can often indicate potential problem areas in the breast tissue years earlier than a mammogram alone. Where mammography is a test of anatomy looking for actual masses, thermography is a test of physiology and looks for functional changes in the breast tissue which may indicate problem areas before a mass begins to form.

Breast cancers tend to grow significantly faster in younger women under 50:

AGE	AVERAGE TUMOR DOUBLING TIME
Under 50	80 days
Age 50 - 70	157 days
Over age 70	188 days

Source: Cancer 71:3547-3551, 1993

You can increase your chances of detecting breast cancer in its earliest stages by understanding the need for, and participating in an early detection program. YOLLO Wellness offers a placement for a support program.

Only about 20 percent of biopsied breast lumps are cancerous. And, if cancer is found early, there are choices for treatment. With prompt treatment, the outlook is good. In fact, most women treated for early breast cancer will be free from breast cancer for the rest of their lives.

SEE YOUR HEALTH IN COLOR!

Go pink for October to show your support during National Breast Cancer awareness month. Come out to FGCU and support Women's soccer games and get your breast DITI for FREE with your donation of \$75.00 or more to the women's soccer team.

FGCU Soccer Complex
October 10, 18, 22, 25 | 7:00 pm |
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Your Stop for Alternative Health Solutions



Talk to anyone trying to change their diet and lifestyle, and you will begin to hear a pattern in their voices. It's too hard, too time consuming, and too expensive. Yet, in an ironic twist, a lack of good health can tear away just as much of your life in the form of emotional struggles, trips to the doctor, and prescription medication purchased to counteract the side effects of the last prescription that was written to you when you had more productive things you needed to do that day.

Good health doesn't just happen. And make no mistake, when it finally does, the journey does not end there. It is a constant daily battle riddled with choices and obstacles. Although it may seem like an overwhelming task, when you learn to make changes in small, consistent steps, it is amazing just how easy living well can become.

Start small. It is common to think that someone preaching good health would tell you to overhaul your life and change everything about yourself overnight. While there are a lucky few who are able to take such drastic measures, more often than not, this type of thinking leads us to frustration and defeat, ultimately sliding back into bad habits. Try this instead: every morning, take a whole-food multivitamin. That's it. That's all it takes to begin to give your body the nutrients it is lacking. A whole-food vitamin is crucial when it comes to optimizing your consumer dollar. Don't think for a minute you are saving money when you purchase a less expensive pill down at your local pharmacy. Lab-created, synthetic vitamins have a poor absorption rate and cheap fillers can cause internal damage, quickly undoing the good you are trying to create. Do this step for about two weeks, until it becomes second nature, then begin to add a little more.

Take your B vitamins. Change is not just about how you look on the outside. Every day we are bombarded with stressful situations and negative connotations that wreak havoc on our nervous system. B vitamins, particularly B9 (Folic Acid) can help to regulate social behavior and support



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healthy serotonin levels. Pair this with B12 for a powerful weapon to fight fatigue and depression. Popping a bottle of liquid B vitamins in your purse or on your desk is a quick and effective way to give your body the energy it needs to manage stress.

Eat raw green leafy vegetables. You knew they were coming. Adding these green super foods seems to be one of the biggest struggles for people trying to make a change. Their bodies are so used to certain processed tastes and flavors, the thought of eating nutrient-dense foods can be the true deal-breaker. The good news is, you can add up to five servings of vegetables a day in one small meal. There are a plethora of reputable vitamin companies that take dried raw vegetables and grind them into a convenient scoop of green powder you can add to a yummy smoothie or glass of your favorite juice. While eating these vegetables in their natural form is always recommended, it is better to consume the powdered form of vegetables than not

to have them at all. Once you add this to your daily routine, you will find yourself with more energy, and fewer sugar cravings. Your body will begin to desire healthier options. How wonderful will it be when you begin to eat healthier, not because you know you need to, but because you WANT to? This is the turning point where good health becomes easier than you ever imagined.

Talk to anyone who has changed their diet and lifestyle, and you will begin to hear a pattern in their voices. It has made them happier, they feel better at 40 than they did at 25, and no, it wasn't easy at first, but they wouldn't take it back for anything. When you begin to take care of yourself, you start to see the time you save when you have the energy to get more done. The money you save on sick days and medication. And most importantly, the positive self image you develop that is worth every struggle, every step, every minute, every penny.



HOW DOES GASTRIC SLEEVE SURGERY WORK?

By Peter Denk, MD, FACS

Gastric sleeve surgery involves permanently removing a large portion of the stomach, anywhere from 60% to 85% of the total stomach. The portion left behind is a slim tube or "sleeve" that will serve as your new stomach. This stomach is already connected naturally to the stomach inlet and outlet which means that no rerouting of the intestines is needed.

What differentiates a gastric sleeve procedure from other weight loss surgeries is the nerves to the stomach and the outlet valve (pylorus) of the stomach remain intact to preserve the functions of the stomach while at the same time, reducing the volume it is able to hold. There is no bypass of the intestines with the gastric sleeve, only stomach capacity reduction. A sleeve gastrectomy also works because it removes the part of the stomach that produces Ghrelin, which is a hormone that stimulates appetite. This helps to noticeably reduce without completely eliminating a person's appetite.

Advantages of the Gastric Sleeve:

The primary features of gastric sleeve surgery are reducing the size of the stomach up to 85%, to restrict food intake while also reducing the hormones that create the craving for food due to the removal of the excess stomach portion. This reduces the production of the Ghrelin hormone which in turn reduces the hunger sensation. The advantages of gastric sleeve surgery include:

- 30 to 60% extra weight loss within the first 12 months of the procedure
- Less invasive than gastric bypass
- No cutting or, disconnection or alteration of the intestines
- No risk of "dumping syndrome" typically associated with gastric bypass
- No need for implementation of foreign devices in to the body such as a gastric band
- Less restrictive post-surgery diet



In addition, sleeve gastrectomy can also help resolve many existing weight-related health complications such as:

- High blood pressure
- Type 2 diabetes
- Sleep apnea
- High cholesterol

Low BMI individuals may also qualify for Gastric Sleeve procedure:

Another key piece of information is that the Gastric Sleeve has been shown to be quite safe and effective for individuals with less weight to lose, meaning safe and effective for individuals with a BMI less than 35-40.



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Those that qualify include:

- Patients who are concerned about the potential long term side effects of gastric bypass.
- Patients who are considering gastric band surgery but are concerned about having an artificial device attached to their stomach, those who do not want band adjustments, or those who live in an area where they may have trouble finding a physician qualified to do the band adjustments.

What Can I Eat After My Surgery?

There will be a drastic change in your diet after your surgery and the amount of food you can physically eat. You will need to ease in to your new diet and retrain your body to the new, smaller amount of food you will be eating from that day on.

How Do I Know if This is the Right Surgery for Me?

The decision to have a gastric sleeve procedure for weight loss is a significant one. You should be fully informed of both the benefits and the risks associated with this surgery before you decide if this is the right weight loss solution for you. Your weight loss surgeon will carefully review any risk or complications associated with the procedure so that you are aware of any potential issues prior to your operation.



Cancer - What No One Wants to Hear

By Tara Moser, LCSW, RPT-S and Reina Lombardi, LMHC, ATR-BC



Cancer-the diagnosis no one wants to hear in regards to their or the health of someone they love. It is impossible to escape being affected by this disease.

The leading cause of death in the United States is related to cancer of all types. It is an equal opportunity illness. It comes in myriad forms. It does not discriminate. We are all susceptible and at risk. Our families and friends as well.

The first step in combating cancer comes in the form of education and prevention. Our best tool is to participate in recommended screenings for early detection, which offer a greater chance for effective treatment. Your primary care physician is your best ally! Keeping him/her up to date on your family history and any change in your health will help with proper screenings and detection.

According to the National Cancer Institute at the National Institutes of Health, breast cancer is among the most common type with an expected 235,000 new cases to be expected in 2014. An estimated 12.4% of American women will develop breast cancer during her lifetime.

There are specific healthy behaviors associated with a decreased risk for breast cancer such as healthy diet, regular exercise and limiting alcohol consumption.

While preventative measures can help decrease risk, the one risk that cannot be controlled is genetic pre-disposition. Women with a history of breast cancer in their family are advised to work with their doctor to create a preventative screening regimen, which may vary from those without a family history, to maximize the chances for early detection.

Terminal and life-threatening illnesses affect both the body and spirit. A diagnosis of cancer can be as terrifying for the patient as it is to his/her family and friends. All involved may experience a broad range and intensity of emotions from diagnosis through treatment through outcomes of remission or death.



The way in which each individual copes and processes this experience will be different and unique to that individual. Life experiences create our coping skills. Some people may shut down and withdraw from social engagement, others may don a mask of bravery and appear unaffected, and others may appear irritable and act out in anger.

Coping while fighting this illness, or witnessing and supporting someone you love battle this disease, can be challenging and feel overwhelming. One of the best life lessons is to create a routine of self-care. This is especially important for care-givers, as their health and well-being are needed to be able to care for the loved one fighting to survive the illness.

Self care comes in the forms of emotional and physical needs. Emotional self-care consists of activities that refill, replenish or recharge your spirit such as attending spiritual or religious services, meditation, reading, coffee with a friend, utilizing your creating through art or play, attending a support group, and/or counseling services. Physical self-care includes working out, ensuring proper nutrition, and routine sleep schedules.

It is common to be at a loss of words when talking about your own situation of cancer, your caretaking of a friend/family member with a cancer diagnosis, or approaching a friend or family member who is helping to care for a family member with such a diagnosis. A good rule of thumb when asking questions and making statements is to avoid those that place blame on the individual with the disease. It is not only unhelpful, it is hurtful.

If a person engaged in behaviors or worked in environments with increased risk for cancer, the individual and their family are aware and are not going to benefit from reminders regarding the link between the two.

Focusing on what one can do to help the individual and their loved ones cope--in the present--will go a long way. Statements that reflect empathy, demonstrate support, and are free from judgments are generally considered to be helpful and appreciated. Questions that seek to find ways one may be of help or assistance in such times are of benefit. For individuals fighting this illness alone, extending an offer to assist with simple routine tasks they may not be physically capable to complete can help alleviate much stress for that individual. Tasks such as walking the dog, taking the garbage can to and from the curb, or picking up groceries can feel overwhelming and to someone undergoing chemo and/or radiation treatment.

Cancer is part of our lives, no matter how hard we try to run from it! Preparing ourselves to be proactive and prepared is critical!

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.

Learn more on our website at
www.deltafamilycounseling.com
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October is Designated as National Breast Cancer Awareness Month

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

When people think of breast cancer, most of us think of it as a disease that only affects women. The fact is, over 2,000 men each year are diagnosed with some form of breast cancer according to the American Cancer Society, resulting in approximately 500 deaths per year. In comparison over 40,000 women die of breast cancer each year. Obesity and being over-weight may contribute to breast cancer in males. Breast cancer is 150 times more common in women than in men. A man's risk of developing breast cancer is about one in 1,000.

There are several medications used to treat breast cancers; including Tamoxifen, and Trexall, which are taken orally. Others such as Doxorubicin, Herceptin and Fluorouracil are injected intravenously.

These treatments have a multitude of possible side effects, including fatigue, hair loss, and cirrhosis, loss of appetite, headache, weakness, itching, skin rash, jaundice, rheumatoid arthritis, birth defects, pneumonia, diarrhea, nausea, mouth sores, stomach pain, sore throat, skin rash, and vision changes. This plethora of side effects can cause not only physical problems, but psychological problems as well; including mood swings, anxiety and depression.

A number of these treatments can also lead to hearing loss. Some hearing may return over time, some will encounter permanent hearing impairment.

The good news is hearing devices may help restore an individual's understanding of speech to normal levels again. Hearing instrument technology has never been better, and continues to improve. Digital hearing instruments can be "re-programmed" as an individual's hearing changes or declines. Due to digital technology, hearing devices can now last up to twice as long as traditional hearing instruments, with a CD type quality sound.

If you or someone you know needs help, call for an appointment for a free hearing examination. The sooner a hearing loss is addressed, the better chance a person has to be successfully fitted with hearing devices. If you don't use it, you lose it!

A new study by the National Institute on Aging and John Hopkins finds that individuals with hearing loss are much more likely to develop dementia and Alzheimer's disease. Those with severe hearing problems, the study reports, were five times more likely to develop dementia than those with normal hearing. This occurs due to lack of "proper" stimulation to the auditory portion of the brain that interprets speech. Even mild hearing loss doubled the risk of dementia. That risk, says Frank Lin, a co-author of the



study, appeared to increase once hearing loss began to interfere with the ability to communicate. A prime example would be a noisy restaurant, or anywhere else ambient noise is present.



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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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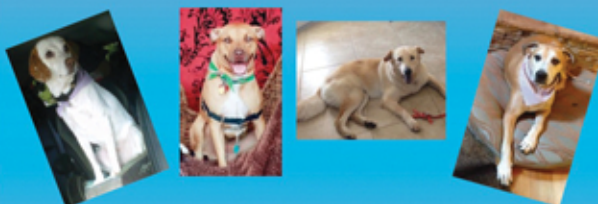
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BODY IMBALANCE EQUALS HEALTH IMBALANCE

Health begins with Nerve System Function & Body Balance

1. Stress and Injuries

Various stresses or injuries throughout our life can overload our system and therefore directly affect the ability of our brain, brain-stem and nerve system to control the body. These events can be big and represent things like slips, falls, & car accidents or they can be small and repetitive like improper sleeping positions, improper lifting or poor posture while sitting at a computer. When these event overload the system it leads to what we call an Upper Cervical Subluxation.

2. Compensation & Decreased Function

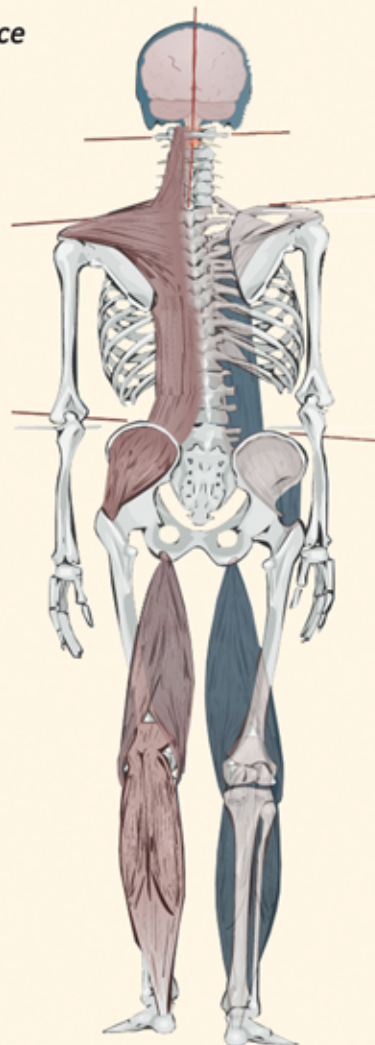
Considering that our nerve system is responsible for regulating everything that happens in our body, subluxation becomes a big thing. When an Upper Cervical Subluxation is present it can disrupt blood flow, cerebrospinal fluid flow & nerve flow which causes the body to grow sick & produce unhealthy cells. Furthermore, since the head rests on top of the first bone, when it misaligns, the head must also follow. This triggers a response known as the writing reflex, which causes the rest of the body to shift or compensate in an attempt to bring the head back level. Shifting of the shoulders, spine and hips can occur resulting in body imbalance.

3. Chronic Health Problems

Over time, if not addressed, improper brain to body communication and body imbalance caused by an Upper Cervical Subluxation can complicate secondary conditions like low immune function, headaches or migraines, chronic asthma, allergies, digestive problems, fatigue, fibromyalgia, seizures, vertigo...etc.

4. Potential Signs of a Subluxation

- Poor Posture
- Head tilt
- High or low shoulder on one side
- Headaches or Migraines
- Previous trauma (slips, falls, car accidents, etc.)
- Tremors or twitches
- Neck or Back pain
- Shorter leg on one side
- Pain or tingling in arms or legs
- Limited or decreased range of motion



Effect #1 Upper Cervical Subluxation

An Upper Cervical Subluxation is a misalignment of the top bone in your neck which disrupts brain to body communication by stressing the neural tissue. Without proper communication your body begins to malfunction and the tension can cause an increase in muscle tone on one side of your body stressing the shoulder, spine, hips and knees abnormally.

Effect #2 Poor Joint Health & Impaired Healing

Gravity is constant stressor to our structure along with things like running, jumping and lifting (weights or a baby). If we add these stressors to an imbalanced structure, it is easy to understand how we can load joints unevenly and abnormally work our postural muscles. This causes our joints to wear prematurely over time (degeneration) and may lead to things like neck pain, back pain, sciatica, vertigo or dizziness and various other body aches & pains. Furthermore, because a subluxation also leads to tension on the nerve system it can severely diminish our ability to heal and recover from day to day which then results in chronic health problems.

Effect #3 Poor Quality of Life

Having an Upper Cervical Subluxation is no way to Live your Life. You may presently have no problems or a combination of symptoms in which you have tried a variety of different approaches for. (drugs, surgeries, general chiropractors, or alternative health therapies). Check out our checklist and if you have signs of a misalignment in the top part of your neck, there is hope!

Can you help me

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



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

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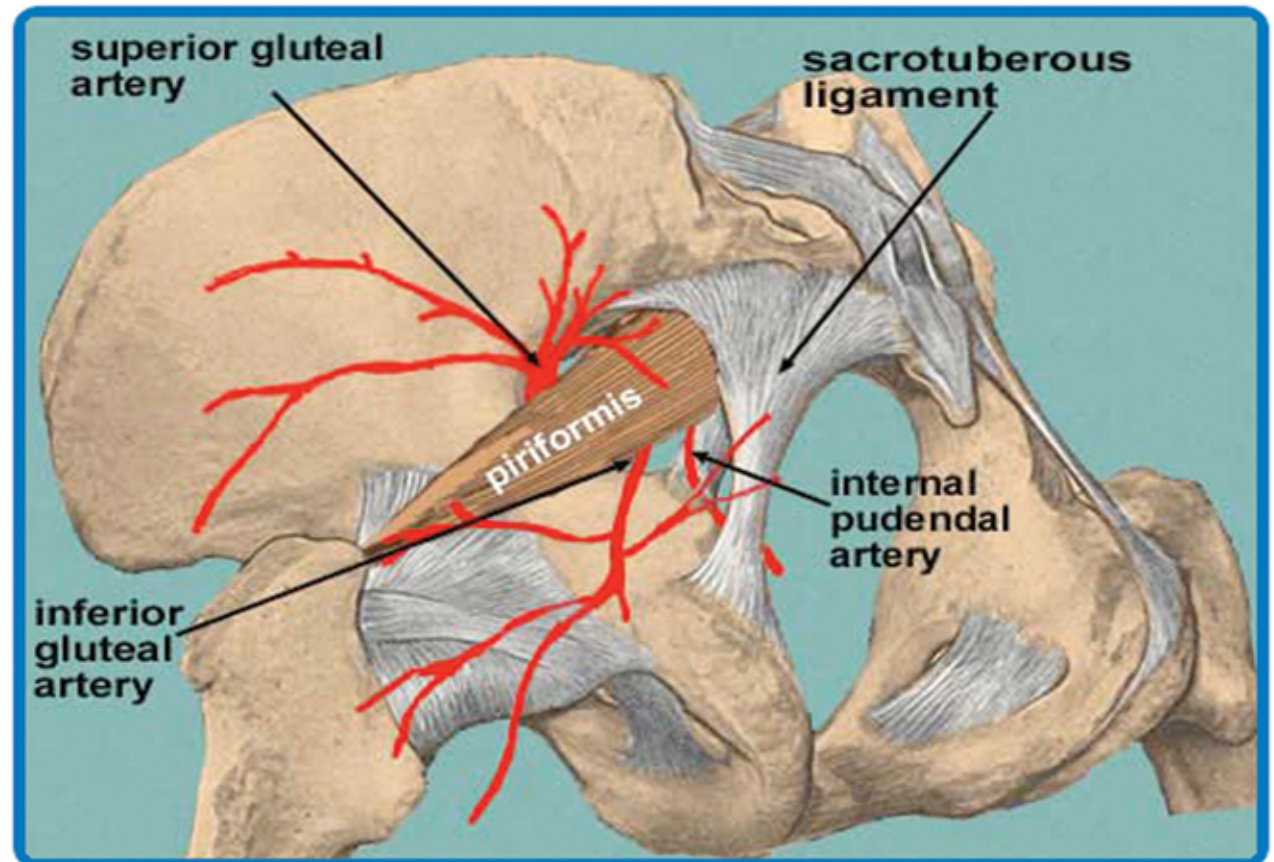
Piriformis Syndrome

By Adam Shuster, DO
Pain Management Consultants of SWFL

Piriformis syndrome is a painful condition affecting 5-6% of patients referred for low back and leg pain. There are many causes of piriformis syndrome. Piriformis syndrome can occur in patients after surgery, trauma to the buttock or pelvis, or in patients with a leg length discrepancy. Trauma to the buttock can lead to inflammation and spasm of the piriformis muscle. Occasionally, an enlarged piriformis muscle can compress or irritate the sciatic nerve.

Patients with piriformis syndrome may have pain in the region of the sacroiliac joint. The pain may radiate from the buttocks to the leg and may cause difficulty in walking. Bending or lifting can also exacerbate the pain. Patients may also have a tender sausage-shaped mass over the piriformis syndrome.

The diagnosis of piriformis syndrome may be aided by obtaining a CT scan, MRI, or electromyography (EMG). Other painful conditions, which may mimic piriformis syndrome, include radiculopathy and other causes of low back pain. However, patients typically do not suffer from weakness or numbness in piriformis syndrome, unless the sciatic nerve is affected or irritated.



Treatment of piriformis syndrome includes physical therapy, muscle relaxants, anti-inflammatory agents, and other analgesics. Physical therapy may focus on correcting any biomechanical abnormalities, such as fixing posture, pelvic tilt, and leg length discrepancies. Patients who fail conservative treatment may benefit from injection with

steroid and local anesthetic. The injection may help decrease irritation of the sciatic nerve and break the pain/spasm cycle of the piriformis muscle.

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Compression Devices: Effective Treatment for Limb Swelling

By Alyssa Parker

Many individuals attempt to manage their limb swelling through various treatments such as compression stockings, exercise, diuretics, and elevation with little or no results. Limb swelling, also known as edema, may be a symptom of an underlying medical condition. Some of the most common conditions where limb swelling is the first symptom include venous insufficiency, post operative trauma, infection, and lymphedema. Clinicians may overlook the cause of your swelling; Lymphedema or venous insufficiency is not always evident in their earliest stages. It's important to seek treatment early on to prevent further complications. 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

After having a surgical procedure cancer or non-cancer related (example hysterectomy or gallbladder removal) it may take months or years

for Lymphedema to manifest because of its slow progression. It is imperative that Lymphedema is treated quick and effectively, regardless of the severity. Complications dramatically decrease when treatment is started in the earliest stage of Lymphedema. 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 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. From poor circulation shallow wounds may develop due to the stagnant blood that would normally return to the heart. Symptoms vary but may include swelling, aching, itching or burning, varicose veins, infection, chronic venous ulcer, and decreased mobility.

Treatment

A widely recognized and highly effective treatment is using a compression pump. This is a safe and effective way to assist your body's circulatory system in moving the excess fluid which has accumulated in the limb and can cause painful swelling, non-healing wounds, heaviness, and discomfort decreasing your mobility. The compression pump is a gentle massaging technique that compresses in a rhythmic cycle, similar to that of a normally functioning lymphatic system that has



not been damaged. This is a great treatment option for patients who have tried compression stocking, elevation, diuretics, or massage with little or no relief. 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.

This is where choosing a physician experienced in recognizing and treating Lymphedema or CVI is critical. Some good questions to ask your physician include:

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

Remember ANY swelling is an indication of an overloaded Lymphatic system.

The compression pump is recognized by Medicare and covered by many commercial insurers; Actual coverage varies with individual plans. 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.

ACUTE WOUND CARE

For more information and articles on this topic, Google "Acute Wound Care" or visit www.AcuteWoundCare.com or call

239-949-4412

and speak with a specialist.

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
or visit www.Logicalinsurance.com.*

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By LaDonna Roye, Hairstylist

Medical hair loss is caused by medical treatments such as chemotherapy and others. Normally its a temporary condition, reversing itself after treatments stop. It can be very disconcerting to the women who experience it.

We specialize in helping women whose hair loss has been induced by medical treatments. We're aware and sympathetic to the challenges you're currently facing.

Though treatments cause a range of side effects that can be very difficult physically, none can be more psychologically and emotionally debilitating than the loss of your hair. In this information we'd like to offer you some advice on how you can minimize the effect of hair loss to boost your self-esteem and confidence on your way to recovery.

A wig is not just a wig

A wig is not just a wig when it comes to the woman with hair loss. It is not worn for fun or fashion. It's not a whim, and certainly not something that you plan to wear for only a few hours while out on the town.

For medical hair loss, a wig serves to replace your hair-as authentically as possible-and restore your self-confidence. You should feel comfortable in it, and about it. Not only should you feel good about wearing your wig, you should look your best, as well. That's why there are many considerations you should take into account when choosing a suitable wig. Here are a few.

Fit and feel

The fit of the wig is vital for reasons of comfort and security. That's why custom fitting by certified "Recovered with Confidence" professionals produces the most desirable results. Why?



The cap of the wig, the part that is directly in contact with your scalp, must conform to your scalp as closely as possible. This prevents the wig from shifting and makes it secure for you to wear in most circumstance.

The feel is also important. A scalp bared by chemotherapy is often tender and sensitive and as the hair grows the scalp can also become itchy. Therefore, it's advisable to choose a wig that's created from only the softest, silky as and lightest materials.

Appearance

In our experience, many women want to keep their hair loss their secret. If so, you'll want to select a hair style and color that closely matches your hair before you begin your treatments. This way we can help by having your wig ready for you when you need it. Therefore, it's very helpful to bring recent photos of yourself when choosing a hair replacement. You might cut a lock of your own hair before you lose it to match its color precisely or your consultant can do this for you prior to treatments.

The most important factors about wearing a wig are feeling comfortable in it and feeling comfortable about it. The closer your wig matches your growing hair, the more comfortable you'll feel wearing it and the more confident you'll feel about yourself. So choose wisely, and carefully.

Regarding choice

When selecting a wig you have many choices including the choice of not wearing a wig at all, instead, using a scarf or hat to cover your hair loss. There's no reason it must be an "either/or" decision. However, the fact remains, in many situations, scarves and hats are not appropriate. That's why the option of having a natural looking wig is so desirable to most women.

How can we help?

Our business is dedicated to helping women experiencing medical induced hair loss; we are committed to doing our small part to help you recover with confidence.

Our certification by "Recover with Confidence" is evidence of our expertise. Our help extends to many areas. For example, we provide all the necessary paperwork to assist you with getting your insurance to offset the cost of your hair replacement

We offer a large, beautiful selection of wigs, both human hair and synthetic. Our medical hair loss specialists will custom fit your wig and alter its design to meet and exceed your every expectation. Most importantly, we provide a private, caring, compassionate environment. We're sensitive to your situation and your unique needs. You have our word we will do everything we possibly can to help you "Recover with Confidence".

Please, free to call us any time to ask questions, or schedule a discrete, confidential consultation with one of our certified professionals.

LaDonna Roye Hairstylist 239-254-9100
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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

Long Term Care? Why Have It?

By George T. Leamon, CLTC - Lutgert Insurance

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

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

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

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

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

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

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

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

- Roslyn Carter



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

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



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Helping Cancer Therapy Succeed with Proper Oral Care

By Dr. Ricardo S. Bocanegra, DDS

As a patient of ours prepares for radiation or chemotherapy, we shoulder a serious responsibility. We understand the urgency for treatment, and how important it is to focus on resolving dental conditions that could compromise overall health down the road.

Cancer therapy is an extreme endeavor to defuse an extreme disease. Your system, depending on your situation, could hit the wall. In the mouth, saliva flow may be diminished, which in turn causes soreness and maybe even tooth loss.

Oftentimes, during cancer treatments when you need the nutrients the most, food doesn't taste so good and/or it is simply a chore to eat. But if you go into treatment healthy, chances are much improved for a graceful recovery. Time is of the essence. Tell your dentist the moment you are schedule for therapy. We will clear the decks and make our services available to you.

Cracked fillings, sharp edges, failed restorations, gum problems- any and all must be disarmed prior to treatments. Extraction should be healed before therapy begins. Dentures need to fit perfectly to provide you with the best tools for consuming an adequate amount of food with fewer complications. And a thorough oral cleaning, at the very least, should be performed prior to beginning cancer therapy. Education is key to any type of recovery, especially when recovering from cancer. With this in mid, Dr. Ricardo Bocanegra and entire staff at Porto Fino Dental will answer any questions you may have concerning the role of oral health in cancer recovery. They will rehearse post therapy care with you, so you can control any side effects of the therapy at home following your procedures.

It is often said that overall health starts with what you put in your mouth and how well your oral health is, this statement is even more important when going through cancer therapy. If you have any questions, please call Dr. Bocanegra's office at 239-482-8806.



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Ricardo S. Bocanegra, D.D.S.

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"Just a Carpenter's Son"

By Alex Anderson, Senior Associate Pastor at Bayside Community Church

Remember the line, "Bueller...(long pause), Bueller...(long pause), Bueller," from the movie "Ferris Bueller's Day Off"? The actor, Ben Stein, made that line infamous as the boring, monotone high school teacher, while he was taking the class role.

However Benjamin Jeremy Stein's real life has been anything but boring. In addition to being an actor, he is a writer, lawyer, economist and commentator on political and economic issues. He also (oddly enough) was a successful speechwriter for former presidents Richard Nixon and Gerald Ford. So Ben Stein's personal life is anything but boring.

However his successful portrayal of a boring high school teacher, along with his non-expressive long face and monotone voice, covers all of his personal and interesting successes.

Don't let this happen to you. As you go through life, let that very special and unique person God made you to be shine through in all you do. Since happiness is an inside job, what we think of ourselves will make us happy or unhappy. We are happy if we have high self-respect and self-esteem.

Apparently Mr. Stein has a lot of self-esteem and respect or he would not have tried to succeed as he has in so many different areas. How about you? What have you always had your jaw set on doing but never took the chance? Yeah, sure there are downers and critics, but don't let them stop you. If it's really in your heart then go for it. Even Jesus had to deal with a few naysayers.



In the Bible, Matthew 13:54-57 NLT,
He returned to Nazareth, his hometown. When he taught there in the synagogue, everyone was amazed and said, "Where does he get this wisdom and the power to do miracles?"

Then they scoffed, "He's just the carpenter's son, and we know Mary, his mother, and his brothers—James, Joseph, Simon, and Judas.

All his sisters live right here among us. Where did he learn all these things?"

And they were deeply offended and refused to believe in him. Then Jesus told them, "A prophet is honored everywhere except in his own hometown and among his own family."

After teaching and performing miracles, there were people even Jesus could not impress. Sometimes you just have to get new friends.

Yes your self-esteem can momentarily be boosted by power, position, money, alcohol, drugs, flattery, or by deceiving yourself. However the right and lasting way to your highest and best self is to find out who God created you to be. It's important to know that a positive, accurate self-image is based on God-given individuality: a sense of who we are and why we live our lives on the principles that mean the most to us.

So what if those you grew up with approve of you or not; why not ask your creator what he thinks? After all He created you. Happiness requires active participation in what we believe. If we know that God created each of us for a unique and special purpose, then we can live our lives out of a place of confidence and self-esteem. We can value ourselves. I love the fact that Jesus Christ came to help us live as our "best self." Take a look at this passage.

"My purpose is to give them a rich and satisfying life." John 10:10 NLT

Since Jesus is the one, according to the first chapter of John, who created all things, I believe he is uniquely qualified to help each of us to be our best self if we ask.

Shakespeare wrote in *Measure for Measure*,

Our doubts are traitors
And make us lose the good we oft might win,
By fearing to attempt.

So here are my closing rants. Love God and love others...as you love yourself. If you don't learn to find that something that God created you to do and celebrate it...you are going to have a tough time loving others. We all love others the way we love ourselves. It's painful to hear but it's the truth. The good news is that you can love yourself and have a huge, celebrated, healthy, self-esteem if you ask Christ to help. That's his specialty.

Here's a crazy idea. If you know of an authentic person who has a good, healthy self-esteem, I bet they have somehow connected with God in a positive and life-giving way. And you just might find one at your local church. Why don't you reach out to them and see what happens!

To your spiritual health,

Pastor Alex Anderson
Author, *Dangerous Prayers*
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