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November 2014

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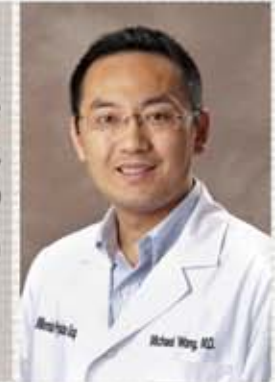
Maria Julia del-Rio Giles, M.D.
Internal Medicine
1735 SW Health Parkway
Naples, Florida 34109
239-249-7800



Charles Kilo, M.D.
Internal Medicine
1495 Pine Ridge Rd., Suite 4
Naples, Florida 34109
239-594-5456



Michael Wang, M.D.
Family Medicine
1735 SW Health Parkway
Naples, Florida 34109
239-249-7800



Mala Singh, M.D.
Internal Medicine
1735 SW Health Parkway
Naples, Florida 34109
239-249-7800



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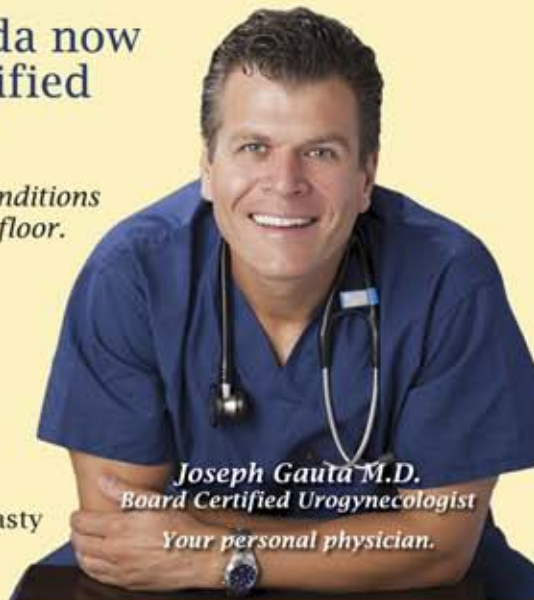
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CONTACT US

OWNER / ACCOUNT EXECUTIVE

Cristan Gensing
cristan@gwhizmarketing.com

OWNER / CREATIVE DIRECTOR

Sonny Gensing
sonny@gwhizmarketing.com

EDITOR

Lisa Minic

EDITOR

Lorrie Ritchie



Publishing • Advertising • Web Design • Graphic Design

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An Orthopaedic Surgeon Can Make a Tremendous Difference in the Quality of Your Foot and Ankle Care!

An orthopedic surgeon specializing in foot and ankle problems can make a huge difference. I am Dr. Myles Rubin Samotin, M.D., an orthopedic surgeon fully trained in taking care of all extremities from the shoulders to the fingers, from the hips down to the toes.

In addition to a very lengthy training and specialization in orthopedics, I am subspecialty and fellowship trained in foot and ankle problems, and for the past 17 years in Southwest Florida, I have taken care of everything from the simplest to the most complex foot and ankle problems. I am originally from New York City, trained at some of the best orthopedic institutions in the world including Columbia, SUNY Downstate in Brooklyn, Maimonides Medical Center, and the Hospital for Joint Diseases, a world-renown orthopedic institution located in New York City. I am currently Board Certified, and I recently passed my recertification examination with flying colors.

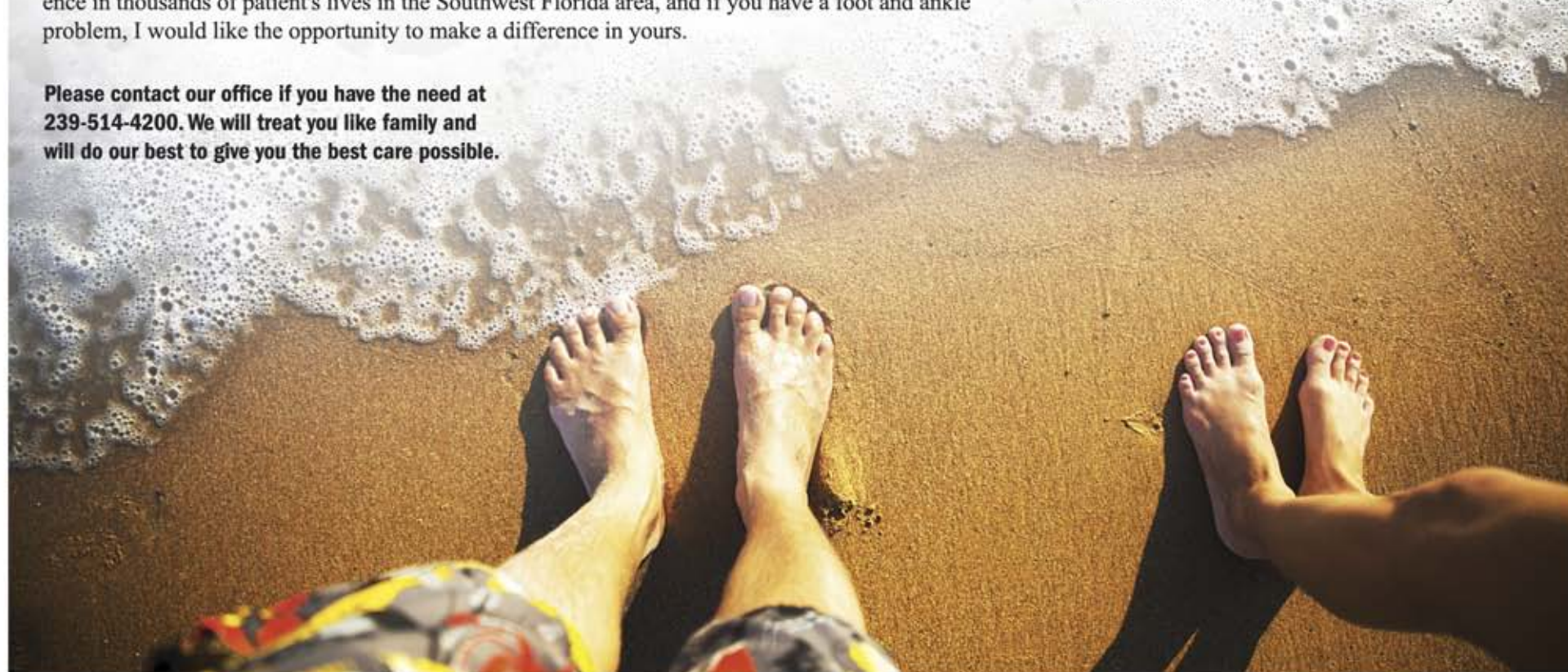
I am a member of the American Academy of Orthopedic Surgeons and I am in excellent standing. In my younger years, I attended the Julliard School of Music and have been a serious pianist for many years. Today I mostly play the piano for my private fun and relaxation, but every year I participate in the physician's talent show in Collier County and not only donate my time but also a lot of money to helping the underinsured get the health care that they need. I grew up seeing my grandmother lose both of her legs as a result of rotten care given to her by a podiatrist. This was the kernel that inspired me to specialize in foot and ankle problems, and through my orthopedic training, I have shown that there is an alternative that can do very well for patients.

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Prevent Surgery with Knee Injections

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

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

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

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

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

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

Knee injections are typically extremely effective. Specifically, hyaluronic acid injections have shown over 80% satisfactory results as well which was maintained for over a six-month time period. These results are often good enough to delay the need for a knee replacement surgery or avoid it altogether.

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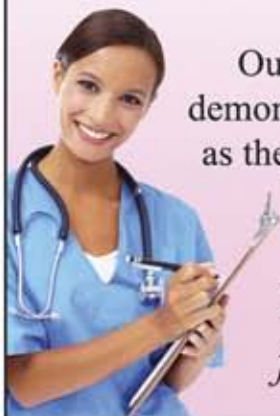
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What's New In The World Of Venous Therapy

By Dr. John P. Landi, MD, FACS, RPVI, RPhS, Diplomate of The American Board of Phlebology

Varicose veins, spider veins, leg swelling, venous ulcerations and phlebitis or clots in the veins are common conditions that affect over 30 million Americans and countless other millions worldwide. Up until recently venous disease was not recognized as a separate specialty and, in fact, many aspects of these diseases especially varicose and spider veins were considered to be strictly cosmetic. With the advent of Laser and Radio Frequency Closure techniques approximately ten years ago, not only the treatment of venous disease, but also its recognition as a separate specialty has been revolutionized. The new aspects of venous disease can be divided into three categories: Varicose Veins, Spider Veins and Venous Specialty Recognition.

Varicose veins are the large ropey veins that can occur almost anywhere in the leg. For many years the only treatment of varicose veins was a very extensive procedure involving multiple incisions and multiple sutures called ligation and stripping. The end result of this surgery was the replacement of the veins with multiple scars and there was a high recurrence rate. Approximately ten years ago it was recognized that the main cause of varicose veins were valves in the veins that did not close properly. Think of this like a dam that is leaking. In order to treat the problem, the leak in the dam needs to be sealed. The procedure to seal the leak is called "Closure" which involves using either a Laser Filament or a Radio Frequency Catheter. The beauty of this procedure is that it could be done in the office under local anesthesia with either none or very light sedation and very little downtime. The advent of these Closure procedures was the initiating step in the formation of the new field of Phlebology.

For years the only treatment for spider veins was a saline solution which was not only irritating to the vein resulting in potential for discoloration of the skin and ulcerations of the skin, but was also extremely painful on injecting. Over the last ten years many new techniques for spider vein injection called "Sclerotherapy" have evolved. There are many solutions used for Sclerotherapy, but there are three that are commonly used - Polidocanol, Tetracycline Sulfate and Glycerin. In addition to those three, originally beginning in Europe and now available in the United States, is Foam Sclerotherapy. Foam is formed by mixing either



Tetracycline Sulfate or Polidocanol with either an air or CO2 combination resulting in a Foamed Solution that sort of looks like a shaving cream. By injecting this into the spider veins it is possible to cover a greater area and better dissolve spider veins.

Beginning in 2008 Phlebology has become a designated separate specialty with a recognized board called "The American Board of Phlebology". Certification is obtained by passing a comprehensive written exam and demonstrating knowledge in Venous Closure techniques and ultrasonic performance and interpretation. Certification by The American Board of Phlebology gives one the title of Diplomate of The American Board of Phlebology. At the time of this writing there are currently less than 2,000 physicians worldwide certified as Diplomates of The American Board of Phlebology.

In addition to board certification, since the treatment of venous disease relies on and is intimately involved with ultrasonic evaluation, ultrasonic proficiency has become a prerequisite for the treatment of venous disease. It is currently considered inappropriate to make an assessment of varicose and spider veins without an adequate venous ultrasound. Almost all patients with varicose veins have valvular insufficiency and at least thirty percent of patients with spider veins alone have significant valvular insufficiency. Unless the valvular insufficiency is treated primarily then the varicose and spider veins will not improve. Because of the emphasis on venous ultrasound,

multiple certifying boards have been established to grant qualification in both ultrasonic interpretation and performance. Three common ultrasound credentials

recognized by The American Board of Phlebology are the RVT, RPVI & RPhS. The RVT (Registered Vascular Technician) has been in existence for many years. Passing this exam certifies either the physician or non physician in all types of vascular ultrasound including arterial, venous, carotid and abdominal. The RPVI (Registered Physician Vascular Interpretation) has been

in existence for about five years, and again, this requires an intense certifying exam. Once this is passed one then has the credentials to interpret any type of vascular ultrasound be it venous, arterial, renal or abdominal. This certification is available only to a physician. The RVT can be obtained by both physicians and non physicians. Both of these exams are offered by the ARDMS which is the American Registry for Diagnostic Medical Sonography. The third exam is the RPhS (Registered Phlebology Sonographer). This is offered by the Cardiovascular Credentialing International Committee and has only recently been made available to those physicians and non physicians qualified to take it. This exam give certification to do venous ultrasounds.

About Dr. Landi

Dr. Landi is medical director of Vanish Vein and Laser Center, a state of the art, dedicated vein treatment center. He is one of less than 2,000 physicians worldwide to achieve the designation of Diplomate of the American Board of Venous and Lymphatic Medicine. He is a fellow of the American College of Surgeons, a fellowship trained vascular surgeon, Board Certified in General Surgery and has achieved both the RPVI and RPhS certifications in vascular ultrasound.

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Living with Diabetes?

Understanding the Disease from a Diabetologist's Perspective

By Kara Jacobs

Diabetes is a term most Americans are becoming too comfortable with in their daily life. Recent studies show that more and more of our local population are being diagnosed with diabetes--a disease that is largely preventable.

Charles Kilo, M.D., of Millennium Physician Group in Naples, remembers growing up when the diabetes rates were significantly lower. "When I was growing up 1 in every 30 Americans were diabetic," he says. "Currently 1 in every 16 Americans are now a diabetic."

And, that's why some local physicians are taking a stronger stance in the fight against diabetes. And the first step in the fight? Providing better education to patient's when they first learn they may be heading towards a diabetes diagnosis. "I work with patient's every day in regards to their diabetes management," says Dr. Kilo. "Making sure they have the right answers to their questions is key."

A Passion for Diabetes Education

Dr. Kilo grew up with his mind on diabetes. "My dad was endocrinologist so I went on to follow in his footsteps, not as an endocrinologist but as a diabetologist." Not only did his father's profession impact him, but he remembers a particular study growing up that changed his view of diabetes.

"I remember when the University Group Diabetes Program (UGDP Study) concluded that glycemic (sugar) control didn't matter. My father was one of the first endocrinologists to state the study was flawed, as we all know today that sugar control is one of the most important aspects of controlling diabetes. That study changed my life growing up and I still have the original article hanging in my office today."

There are many benefits to seeing a primary care physician who is also a diabetologist. A diabetologist solely specializes in diabetes. "Any doctor that is up-to-date on diabetes care is important," he says. "A diabetologist, however, can see the patient's needs and goals as a diabetic."

Understanding Diabetic Terms

The key question that Dr. Kilo is often asked is to explain the difference between Type 1 and Type 2 diabetes. "Type 1 diabetes is the auto-immune process that destroys insulin producing cells in the pancreas that usually occurs under the age of 18," he says. "Type 2 diabetes differs because it is usually age, genetically, and lifestyle related."

It's with Type 2 diabetes where local physicians are seeing an epidemic among children. "It used to be that we would never see Type 2 diabetes until later in life, but now children under the age of 18 are being diagnosed with Type 2."

The biggest impact on the fight against diabetes in children is making sure they get enough exercise and a healthy diet. "Encouraging your child to exercise in the afternoon after school---even playing in the backyard---is extremely helpful to their health," says Kilo. "We also want to assist them in choosing healthier food options."

Diagnosing Diabetes

So how does diagnosis of diabetes work? "Testing a patient's fasting blood sugar, a random blood sugar test, or an old fashioned glucose tolerance test that measures the body's response to sugar can all diagnose diabetes," says Kilo. "Knowing your numbers is essential in taking control of the condition."

Knowing your "number" relates to your blood glucose number. "If a patient's blood glucose reading is over 100 then that patient is in the pre-diabetes range," says Kilo. "Anything 126 or greater is Diabetic."

If your blood glucose reading is just a little over 100, then patients should take the term "pre-diabetes" seriously. It's the perfect time to sit down with your physician and plan lifestyle choices that will lead to a healthier future.



Charles Kilo, M.D.

Charles Kilo, M.D.C.C.D., A.M.E.
Internal Medicine, Diabetology

Taking Control of Diabetes

Understanding what your body needs is essential in keeping your diabetes in control and not in control of you. Additionally, diabetes affects many organs in the body and it is necessary that a diabetic coordinate their care between many physicians. Between Ophthalmologists and Podiatrists many diabetics become overwhelmed by the amount of care needed. "You need a quarterback to help call all of the shots in your diabetic care and your primary care physician should be the one calling the plays."

"Patients have to understand their diabetes to achieve a healthy life with diabetes. If you ignore it you are ignoring your future. Don't wait for diabetes to take control over you. Take the initiative to take control over diabetes," says Dr. Kilo.

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Life Care Center of Estero Wellness Tip of the month: Get off the couch this football season!

LET THE HEALING BEGIN.

A recent study in the August 2014 issue of Medicine and Science in Sports and Exercise looked cardiovascular disease risk factors in two groups. The first group sat for 3 hours straight with no standing compared the second group, which sat for the same 3 hours but with 3 short walks throughout this period. The results showed significant higher cardiovascular disease risk factors in the group who sat for 3 hours straight. Another study from the University of Texas Southwestern Medical Center in Dallas found that sitting for 2 hours negated the effects of 20 minutes of exercise. Take home message: don't sit for prolonged periods, it's bad for your health! Try to take walking breaks with prolonged sitting activities like:

- Doing office work
- Taking long car rides
- Reading
- At the movies
- Air travel
- Watching the Big Game!

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7. Education that empowers patient by informing them about their specific surgeries along with educational packets which include handouts, anatomy diagrams and home exercise programs



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Diabetes and Healing Naturally

By Yollo Wellness

Food intolerance induces inflammation, the excessive generation of toxic free radicals increases the occurrence of metabolic, chronic and degenerative diseases such as diabetes. In contrast, a "True" allergy may induce anaphylaxis, whereas the magnitude of exposures to intolerable foods, despite its less dramatic flair, causes greater morbidity and mortality.

IgE allergy to food has been recognized for centuries. IgE-mediated food allergies are true food allergies involving an abnormal response of the immune system to one or more specific foods. These reactions are associated with the rapid onset of symptoms usually within a few minutes to a few hours after the ingestion of the offending food.

The first recorded anaphylactic reaction to egg occurred in the sixteenth century and fish induced allergy was reported in the seventeenth century. However, the more recent development of other non-allergic adverse reactions to foods, including food intolerance, only began receiving recognition following the work of Chicago-based allergist Theron Randolph in the 1950's.

The link between food intolerance, chemical sensitivity and the dramatic increase in degenerative diseases is clear, with consumption of foods with no nutritional value, grown with pesticides and stuffed with dyes, additives and colorings. When avoided, inflammation resolves, weight normalizes, and a number of other inflammatory based health problems subside.

Food reactions may cause *toxic* or *nontoxic* reactions. Toxic reactions occur in anyone, given sufficient exposure. Nontoxic reactions occur in susceptible



individuals and may result from chemicals occurring in aged cheese, chocolate, and may involve either immune mechanisms (*allergy or hypersensitivity*) or non-immune mechanisms. The former are referred to as, "hypersensitivities;" the latter, "intolerances." **Food intolerance** reactions are exacerbated by poor digestion. Addressing these underlying issues can result in tolerance of moderate quantities of the food.

Various serum tests exist, but are of questionable value. Whereas testing serum levels of allergen specific IgE is useful for classical allergy, it is of limited value for identification of foods and chemicals associated with intolerance that are not IgE mediated.

Previously, childhood diabetes was exclusively of the Type 1, auto-immune based type. The consequence: high blood sugar levels and tissue degeneration. Perhaps this is just the tip of the iceberg. Now, due to over activation of the innate immune system due to food intolerance, so called, "adult onset" diabetes occurs even in children.

Adult onset diabetes is not auto-immune per se, but occurs when insulin receptors on muscle, liver and brain, lose effectiveness. Insulin resistance is the hallmark of metabolic syndrome. Initially, insulin is produced, but it cannot sufficiently facilitate the uptake of glucose because of the insensitivity of the insulin receptors. The pancreas then produces increasing quantities of insulin, but of lower quality. Hence, blood sugar levels increase.

The most probable link between food intolerance and metabolic syndrome is that Interleukin 6 and tumor necrosis factor alpha block insulin receptors. Glucose is stored in adipocytes which, in turn, produce these very same mediators and perpetuate-obesity, inflammation, and degeneration.

Solutions

The frontline treatment for Type 2 diabetes in overweight children and adults should be dietary, rather than pharmacological, emphasizing healthy natural, nutritious food along with exercise, stress management, and intestinal health. Foods that act as triggers

require proper identification and avoidance. Testing of white blood cell reactions, particularly the neutrophils, following in vitro challenge of whole blood, is independent of any single or limited number of mechanisms. It, thus, reflects pathological responses to foods that are mediated by immunologic, non-immunologic, pharmacologic, as well as toxic pathways. Whole blood analysis offers the additional advantage of reflecting in vivo response more accurately. The ALCAT Test exhibits the highest degree of correlation with blinded challenges and is the most accurate. Symptom resolution, normalization of weight, and broad clinical correlation affirm this as a useful tool to be added to the arsenal of integrative approaches at YOLLO Wellness.

What food WAS is not what food IS.

Wellness Consultants and certified Nutritionist have formulated a protocol for several food causing diseases such as diabetes. With the dietary changes based on your ALCAT results, proper digestive aids, supplementation recommendations for specified diseases such as diabetes, mild Hyperbaric Oxygen treatments along with live blood cell analysis to monitor progression our clients have greatly improved and have cleansed their body of the disease. Protocols are for those who are ready to make changes and want to put their health first. It's a 30 day commitment at YOLLO Wellness and a lifetime commitment on your own. Other testing which is available is a timed test panel using Thermographic Imaging. This test will indicate specific digestive issues as well as micronutrient panels to indicate exact levels of vitamins and minerals and how much you should be supplementing on a daily basis. Live Cell analysis is a great way to monitor how healthy your blood looks.

Get ready to feel good- You Only Live Life Once!

30 day program for diabetes and digestive health \$2,500.00

- ALCAT testing
- ALCAT testing analysis
- Weekly consultations
- Blood lab fees
- Food plans for daily meals
- DVD on the science behind food intolerances,
- Book about food healing the body and how it may harm us
- 30 mild hyperbaric oxygen treatments
- (package value \$5,000.00) - **%50 SAVINGS!**
ALCAT panels prices start at \$99.00.

YOLLO Wellness

3840 Colonial Blvd, Suite 2, Ft. Myers, FL 33966

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www.YOLLOWELLNESS.com



TIPS FOR TALKING TO YOUR DOCTOR ABOUT PELVIC FLOOR DISORDERS

It can be difficult to talk about problems such as incontinence or vaginal bulges, even with a doctor. But doctors are used to talking about these problems, and it's worth asking about your symptoms because they can be treated. Your doctor may refer you to a urogynecologist – an expert in treating these problems – if your doctor thinks a specialist can help. Here are some tips to get the conversation started.



WHAT SHOULD I TELL MY DOCTOR?

1. My last pelvic exam was _____ (days, weeks, months, years) ago.
2. I have _____ child(ren) and delivered _____ (vaginally/by cesarean section).
3. I'm having some or all of the following symptoms:
 - Pain, pressure or a bulge "down there"
 - Trouble urinating or passing a bowel movement
 - "Leaking" or needing to use the bathroom often
 - Pain during urination
4. My symptoms started _____ (days, weeks, months, years) ago.
5. I have these symptoms _____ (daily, a few times a week, sometimes, etc.).
6. I want to find ways to treat or cure these symptoms.

Also, be sure to tell your doctor about any medicines you are taking and any allergies you may have.

WHAT SHOULD I ASK MY DOCTOR?

1. Do you think I have symptoms of a pelvic floor disorder?
 - If so, what kind of pelvic floor disorder(s) do I have?
2. What is causing my symptoms?
3. Will my symptoms get better?
4. What can I do to lessen or end these symptoms?
5. Do you see a lot of other patients like me?
6. Do you know of any doctors who specialize in treating my symptoms, such as urogynecologists?
7. If so, can you refer me to someone you would recommend?
8. Will you work with the specialist to make sure he or she knows about my medical history?
9. Can I contact you again to ask your advice after seeing a specialist?
10. What should I do next?
11. If I think of more questions later, can I call or e-mail you?

*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.

IMPORTANCE OF MEDICAL IMAGING

Each November, healthcare providers dedicate time to educate patients and the community at large about Diabetes, COPD and lung cancer. Naples Radiologists, LLC, is proud to be an essential component of the local Naples healthcare scene. We focus on every patient as we diagnose disease, helping you and your primary physician to identify the source of what ails you and get you on the road to health. At Naples Diagnostic Imaging Center, in addition to the full gamut of radiology, we perform screening chest CT scans to evaluate high-risk individuals and even individuals simply seeking peace of mind.

Physicians use medical diagnostic imaging to examine the human body in ways that they cannot from the outside. Diagnostic imaging uses electronic technology and medical equipment to create pictures that reveal what is going on inside the human body. Although a few types of diagnostic imaging tests can be uncomfortable, the majority of them are noninvasive and painless. The type of medical equipment a physician will choose to conduct the test depends on a patient's symptoms and the area of the body that needs to be examined. A few of the most popular types of tests include x-rays, CT scans, MRI, scans, digital mammography, and ultrasounds. They are conducted by radiologists or radiologic technologists who are professionally trained to operate specialized equipment to properly and safely examine patients.

One of the most important things about diagnostic imaging is its use in the early detection of diseases. Through molecular imaging, physicians are able to look at the human body on a cellular level and detect disease before symptoms become apparent. These comprehensive tests show the structure and functions of organs, such as the heart, thyroid, lungs, and liver, allowing for abnormalities or problems with these organs to be examined further so that a diagnosis can be reached. When it comes to a disease like cancer, early detection generally equals higher survival rates. MRIs are a type of molecular imaging test that enables physicians to find hidden cancer cells within the body so that they can correctly diagnose early stages of cancer. Other imaging tests like CT scans are particularly able to detect cancers of the lung at the most treatable stages.



Being able to detect stages of any disease early, helps physicians recommend the most effective treatment plans for their patients and increases their chances of surviving the disease.

With improved health care policy and increasing number of available medical equipment, the number of radiological medical procedures are increasing considerably. Effective and of good quality imaging is important for further medical decision making and can reduce unnecessary procedures.

Radiology is a complex specialty. Since the beginning of the 19th century, with the discovery of the x-ray in 1895 by Dr. Wilhelm Conrad Roentgen, technology has expanded remarkably, resulting in astounding health care advances such as CT, MRI, Ultrasound, and angiography, all of which enable radiologists to care for you to the best of our abilities. Couple those advancements with high-level education and years of expertise and you can see why Naples Radiologists are your preferred imaging team.

The interventional radiologists at NDIC are specialists who treat many ailments using tiny needles and catheters, without making a surgical incision to do so. Such minimally invasive tools of therapy and diagnosis have rapidly become standards of care in many cases. With more than forty years of combined experience diagnosing and treating cancer, among other ailments, our interventionalists are among the most trusted and experienced in the area.

Starting with CT- or ultrasound-guided biopsy, cancers are rapidly diagnosed with minimal risk to the patient. Then the interventionalists use techniques such as cryoablation, or freezing using a thin metal probe, or chemoembolization, cutting off blood supply to the cancers, to treat cancers without surgery. These forms of diagnosis and treatment are truly revolutionary and are available right here in Naples.

Regardless of where you currently reside, you may need the services of dedicated physicians. The excellent physicians in Naples and the Southwest Florida region are here to help should the need arise.

Stop by Naples Diagnostic Imaging Centers, Like us on Facebook, or visit naplesimaging.com to see how we are improving health and saving lives every day. We are here for your health.



By 2020, heart disease has been estimated to be the leading cause of death throughout the world. If you are concerned that you may be at risk, take advantage of Calcium Scoring to help determine the health of your heart. You can contact Naples Diagnostic Imaging Center at (239) 593-4222 or visit them at 40 S Heathwood Dr on Marco Island.



Dr. Paul Dorio

Certified: American Board of Radiology - 2001

Added Qualification in Vascular/Interventional Radiology - 2004

Residency:

Diagnostic Radiology, University of Wisconsin Hospital & Clinics, Madison, WI - 1997 to 2001

Fellowship:

Vascular & Interventional Radiology, University of Maryland Medical System, Baltimore, MD - 2001 to 2002

Area of Special Interest:

Interventional Radiology



Ultrasound – A New Era for Non-Surgical Face Lift

By Michael J. Rodriguez, MD

If you are one of the 72 million plus Baby Boomers out there, you are beginning to experience some new challenges in the quest to remain youthful. Baby Boomers are the first generation to focus on and understand the value of exercise and diet to keep our bodies healthy for the upcoming golden years. We have exercised and dieted ourselves into exhaustion to avoid the aging process.

Throughout this process as we try to tighten and tone our bodies time and gravity work against us. Regardless of how much time and energy we put into being fit, we just can't avoid the changes that come with aging.

One of our first and most noticeable sign of aging is that sagging skin on our face and neck. As we age, we all experience a natural loss of our skins elasticity.

Although we have maintained a healthy lifestyle we are all subject to this process. We may feel thirty, our bodies may still look thirty, but our faces look worn and tired. This process happens regardless of how healthy or fit we may be. Our generation is living significantly longer and remaining very active well beyond that of previous generations.

The stress of our fast paced daily life, gravity and the sun exposure we experience from our active lifestyles all contribute to make us look old and tired, long before we are ready to. Unfortunately, there aren't any exercises that can remedy this aging process. Some say that the sagging skin can add ten to fifteen years to our looks.



Before

After 100 Days



Before

After 400 Days

As a cosmetic surgeon, specializing in the face, I have used a variety of non-surgical or non-invasive technologies for the tightening and lifting of the skin on the neck and face. Until now, the results of existing treatments have not been able to meet my patients expectations.

Fortunately, a new unique technology developed using ultrasound may be the answer we have been looking for. The treatment is called Ultherapy and it has provided a tool to achieve the outcomes that have not yet been available non-invasively. This recently FDA Cleared device, in my opinion, may certainly be a first option for individuals, prior to having a surgical face lift. Many individuals choose not have surgery, either due to a concern for the risks involved or due to health reasons.

ULTHERA GROUP
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The Ulthera device, works by the means of ultrasound (sound waves) to safely penetrate the skin and treat the foundation layer of muscle and tissue that holds your face up. The machine is unique (only manufacturer currently with this technology) in its ability to reach this foundation layer without creating any heat or feeling on your skin. The ultrasound used is unique in its ability to focus its energy to treat the same foundation layer of the face (called the SMAS), that a face lift surgery does without the risk, recovery or downtime. Patients can have this done in the office in about an hour and return to work the same day. There is no recovery period, so individuals do not need to miss work or avoid the sun after the procedure is finished. The primary reason for this, is that the ultrasound is working from the inside out, versus the other technologies that work from the outside of the skin. While the treatment is performed an ultrasound screen shows the operator, exactly where they are delivering the energy, so they are able to focus energy exactly where it is needed. The ultrasound can produce much stronger energy below the surface of the skin, which creates a significant production of collagen and elastin. The result of this is a lifting, tightening and also a change in the skins external texture, leaving a refreshed and more youthful look.

I believe that this technology is the best available option other than surgical intervention. Our patients have been overwhelmingly satisfied and surprised at what this safe alternative can provide for the lifting of the neck, jowls and eyebrows. As one of the early adopters of this technology, we have performed the treatment on over one thousand patients and are a Ultra Premiere Partner for Ulthera. We offer a free consultation, to determine if you are a good candidate for this treatment. Call today at **239-444-3786**.



Look 10 Years Younger

Living with COPD

You may live with it, and not even know it!

Nurse On Call, joins the National Heart, Lung, and Blood Institute's COPD Learn More Breathe Better® campaign in observance of National COPD Awareness Month, this November, by hosting a series of educational workshops and screening. COPD (chronic obstructive pulmonary disease) is a serious lung disease that over time makes it difficult to breathe. Also known as emphysema and chronic bronchitis, the disease develops slowly and worsens over time — causing many to dismiss symptoms and delay seeking diagnosis and treatment until COPD is in its late stages. According to the Centers for Disease Control and Prevention, COPD is now the 3rd leading cause of death in the United States, COPD is estimated to affect 24 million people nationwide, yet as many as half remain undiagnosed.

"We often see symptoms of COPD, such as a chronic cough or shortness of breath, mistaken as a normal sign of aging or being out of shape. That is why this November, during National COPD Awareness Month, Nurse On Call is providing community seminars and screenings to raise awareness of COPD and encourage individuals who may be at risk to talk to their health care provider," said Denise Handlin, Respiratory Therapist for Nurse On Call.

Many people who suffer from COPD may visit their doctor regularly but not mention the symptoms — either because they don't think it matters or they forget they even have the symptoms. Raising awareness of the signs and symptoms of COPD is critical to getting patients and providers talking in the exam room — and ultimately to facilitating earlier diagnosis and treatment.

Symptoms of COPD include shortness of breath, chronic coughing or wheezing, producing excess sputum, or feeling unable to take a deep breath. COPD most often occurs in people age 40 and over with a history of smoking (either current or former



smokers). However, as many as one in six people with COPD have never smoked. Long-term environmental exposure to things that can irritate your lungs as well as certain genetic conditions can also play a role.

Nurse On Call is so committed to COPD and other respiratory ailments that they added a Respiratory Therapy Team. This is a non billable service designed to improve the quality of life and patient outcomes. Nurse On Call is one of the very few Home Health agencies in the country who has a full time RT to assess and individualize patients needs based on diagnosis and disease process. The therapist helps patient with breathing techniques, medication management, educating caregivers, teaching caregivers on trach patients and troubleshooting bipap/cpap patients. Therapist can even perform pulmonary rehab in the home for the COPD patient.

The Pulmonary Rehab and education management process may include a variety of different disciplines along with the Respiratory Therapist such as, Home Nursing, Psych Nursing, Physical and/or Occupational Therapy visits and Social Services. For more information about Nurse On Call's COPD specialty services please contact your local branch at:



(239) 643-9940

HHA: 299993629



The Facts About **Blade-Free LASIK**

By Dr. Alexandra Konowal

Are You Looking For Added Customization For Your LASIK Procedure? Blade-Free LASIK Might Be Your Best Surgery Option.

Blade-free LASIK, an all-laser vision correction using IntraLase technology, is the latest advancement in laser vision correction. With it, patients now have the option to choose an all-laser approach to their LASIK procedure without the use of a traditional blade. This advanced level of precision can lead to safer and superior outcomes and may allow those with thin corneas to move forward with the LASIK procedure. To date, over 1,000,000 patients have chosen IntraLase for their LASIK procedures.

About Blade-free LASIK

Blade-free LASIK is an all-laser vision correction treatment, which uses an IntraLase laser beam to create the corneal flap necessary for the LASIK procedure to begin. The creation of this flap allows the surgeon to reshape the cornea and give you the best vision possible. In a clinical survey of LASIK patients who had their corneal flaps created using a blade in one eye and IntraLase in the other, the vision in the IntraLase-treated eye was preferred 3-to-1.

During The Procedure

Prior to creating the flap, your surgeon applies drops to numb the eye, and then applies a special ring and an instrument that gently flattens your cornea in preparation for the IntraLase treatment. This part of the process is not painful - patients report feeling only slight pressure. The creation of the flap takes about 15-30 seconds per eye. The entire LASIK procedure takes about 10 minutes.

After The Procedure

Typical recovery time for Blade-free LASIK is one or two days. However, your experience may be dependent on the underlying health of your eye and the ease of surgery.

Studies have shown:

- The incidence of dry eye symptoms may be reduced with Blade-free LASIK
- More patients achieve 20/20 vision with Blade-free LASIK
- The incidence of flap complications were reduced with Blade-free LASIK
- Patients experience faster visual recovery and improved contrast sensitivity with Blade-free LASIK



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An Evolving Future of Disease

By Patrick R. Handley, EMS Clinical Coordinator,
Florida SouthWestern State College, Charlotte Campus

Ebola has been an extremely hot topic in the news during the last month. The media loves to sensationalize just about every hot topic that enters the forefront of our minds. Is Ebola another over-sensationalized topic? Or is there merit to the perceived concerns to this "emerging" disease? What is the chance that outbreaks will emerge in our country? What is the fatality rate of this "deadly" disease? There seems to be more questions than answers -- especially one that has been around since the 1970s, but has not really "knocked on our door" until now. Let's examine some of the facts.

The first case of Ebola occurred in 1976 in what is called the Democratic Republic of Congo, near the Ebola River, hence its name. It is currently unknown as to what the source host was, but based on current research, it is believed to have come from fruit bats in the area. There are five different strains of the virus. Four of the five strains currently exist in primate hosts, including humans, apes and monkeys. Since its emergence, there have been many outbreaks in different countries, including Gabon, South Sudan, Ivory Coast, Uganda, South Africa and Liberia.

How do we identify this disease in others? Initial symptoms of this disease present with fever, weakness,

muscle pains and aches, headache, and sore throat. These symptoms are not much different from any influenza contracted currently and generally occur within eight to 10 days following exposure. The next symptoms to develop include abdominal pain, vomiting and diarrhea. Then the late signs of coughing up blood, bloody diarrhea, blood oozing from the gums, eyes, nose and ears occur late in the disease process.

Laboratory findings in blood work generally discover a low white blood cell count, a low platelet count and an increased liver enzyme count.

Transmission of Ebola occurs through direct contact with broken skin or mucosal membranes by the infected patient's blood or body fluids (i.e. - urine, saliva, sweat, feces, vomit, breast milk and semen). Contaminated needles can also be the vehicle of transmission. Given these routes of transmission, healthcare workers can best protect themselves by utilizing medical masks, goggles, gloves, gowns, safe injection practices, thorough hand washing and good general hygiene.

There is no current vaccine or medication that has been FDA-approved for the treatment of Ebola. With a



fatality rate of approximately 50 percent of all cases, it is imperative that we find a treatment. There are currently, however, two potential vaccines being worked on that are currently in the human safety testing phase. For now, treatment that produces the best survival rates are early re-hydration of fluids, electrolytes and general symptomatic treatment.

Hopefully you can derive a sound judgment on this disease based on the facts presented in this article. Despite the sensationalistic personality of our media, it would appear there is sound evidence to be concerned about this disease. High fatality rates, no medication, no vaccine and flu-like symptoms early in the disease process all add up potentially devastating results. Our best defense for now may be accurate information about the disease and keeping abreast of movements and outbreaks of Ebola. Stay informed.

Florida SouthWestern State College (FSW) **OPEN HOUSE** week from 3-6 p.m. on November 3, 5 and 6.

All events are free to attend and will be held at FSW's four locations. Attendees are encouraged to register online at www.FSW.edu/openhouse to ensure a quick check-in process. The dates and locations are:

November 3 – Hendry/Glades Center, 1092 E Cowboy Way, LaBelle, Building A

November 3 – Charlotte Campus, 26300 Airport Rd., Punta Gorda, Bell Tower

November 5 – Collier Campus, 7505 Grand Lely Dr., Naples, Building M

November 6 – Thomas Edison (Lee) Campus, 8099 College Pkwy., Fort Myers, Building U

Biography
Center for Disease Control website,
www.cdc.gov/vhf/ebola

WebMD website, www.webmd.com/a-to-z-guides/evola-fever-virus-infection

World Health Organization website,
www.who.int/mediacentre/factsheets/fs103/en/

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SNORING OR SLEEP APNEA?

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

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

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



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

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

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

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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 potheyr 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.

The Problem with Self Diagnoses; Bipolar, or just ticked off?

Guest Editorial Submitted By: *Scott Haltzman, M.D.*
David Lawrence Center Senior Psychiatrist, Adult Outpatient Services

A client, we will call her Sara for the purposes of this article, had a specific concern when she came into my psychiatric office. She was certain she had identified her diagnosis: "Doctor, I know I'm bipolar...my brothers and mother tell me that's the case because I can snap at any second."

It is not uncommon for people who experience emotional turmoil to question whether they have bipolar disorder and there are great misperceptions about what bipolar disorder is, and what it is not. In general, we know that bipolar disorder is a psychiatric condition where people have rapid shifts in mood – alternating between periods of highs and lows. While that is one of the features of bipolar disorder, making an accurate diagnosis is more complicated.

We all experience changes in our mood. Virtually anyone who feels any emotions at all, knows what it's like to occasionally feel down and alternately feel up. The student who stays up extra hours pushing him/herself through exam-week; the business man who excitedly overspends his tax rebate or people like Sara, who just "snap" are all experiencing shifts in mood. But, are these examples of being bipolar?

Bipolar Disorder consists of two "poles" of emotion. The "South Pole" is depression, in which the persistent symptoms of feeling low and down continue for two or more weeks. During a depressive episode people may lose appetite, interest, energy, or hope. This depressive syndrome is quite common, affecting, at least for a time, about 25% of women and 15% of men. It is not uncommon for difficult life events, such as the loss of a loved one, unemployment, financial problems or divorce to trigger depression. Feeling low or sad, losing sleep, appetite, energy and interest may qualify as having a major depressive disorder.

The "North Pole" consists of mania. While depressive symptoms are common, true manic expressions are relatively rare. Despite beliefs that manic episodes consists of rage attacks or sudden shifts in mood, mania is more like the opposite of depression— with features of elevated mood and a natural "high." Almost everyone, occasionally, feels good and has periods of racing thoughts, insomnia, or irritability. This is why it is so easy to read a description of bipolar disorder and question whether it applies to you.

The most important consideration differentiating mania, from ordinary changes in mood, is that during a manic episode, this feeling of supreme positivity or high energy consistently persists for at least one week.

Additionally, a number of behaviors must also co-occur, including high levels of energy, racy feelings, and increased levels of productivity or talkativeness. The intensity of this high is similar to being on drugs, often to the point where people begin to lose contact with reality; so strong are their emotions, that they often believe they have special powers or abilities. When someone has a manic episode, the behavior is not just a matter of spending money, (which everyone does from time to time), but a matter of spending thousands of dollars for useless items, or having grandiose plans to change the world despite not having any expertise or resources to do so. When people become manic, they often believe they are on a special mission from God.

Sara's story is similar to that of many individuals whom I have treated over the years. Their relationships are tumultuous, their moods are constantly changing, and they often have great difficulties coping with work or marriage. Sara struggles considerably with all of these issues, but after careful analysis, Sarah does not have bipolar disorder.

Sometimes the inability to control anger and aggression is based in early life experiences, including childhood neglect or abuse. This can lead to a lifetime of poor ability to regulate emotions. Sometimes inborn personality traits can cause people to be more impulsive throughout their lifetime. Sometimes the explanation is Attention Deficit-Hyperactivity Disorder (ADHD). While this disorder begins in childhood, adults with ADHD may be hyperactive, over talkative, distracted, and impulsive—symptoms that can easily be confused with mania.



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But, the most common bipolar-like psychiatric problem is substance abuse. Intoxication and craving related to drugs and alcohol – or even withdrawal from these chemicals – often leads to dramatic changes in mental attitude, sleep, and decision-making. Certain personality disorders, particularly borderline personality disorder, can mimic bipolar's mood shifts. The difference is that borderline mood changes are quite rapid and often triggered by life stresses; the periods of irritability and aggression do not persist as long as they would in bipolar disorder.

These days, with access to the internet, and one Hollywood star after another allowing us a glimpse into their psychiatric conditions, it's tempting to join the bandwagon of self-diagnosis.

However, careful attention is necessary so the correct diagnosis is made, and the right treatment is found. Those are skills of the psychiatric experts in your community, including those at David Lawrence Center. Doctors and nurse practitioners who are trained in diagnostic assessment identify the correct diagnosis, help individuals understand why their lives feels out of control, and organize optimal treatment plans for healthier and more productive lives.

Scott Haltzman, M.D.

Scott Haltzman, M.D. is a board certified adult and geriatric psychiatrist at the David Lawrence Center, the Southwest Florida-based, not-for-profit leading provider of behavioral health solutions including inpatient, outpatient, residential and community based prevention and treatment services. Haltzman earned his bachelor's degree in Biology and English from Brown University and his medical degree from Brown University Medical School. He completed his residency in psychiatry at Yale University School of Medicine. He is the author of The Secrets of Happily Married Men, The Secrets of Happily Married Women, The Secrets of Happy Families and The Secrets of Surviving Infidelity. For more information about David Lawrence Center call 239-455-8500 or visit DavidLawrenceCenter.org.





Despite being a good student, Ron developed an intense fear of school and refused to go. Depressed and directionless, he abused alcohol and bounced between jobs, homes and towns. By the time he was 23, he had experienced the desperation of homelessness more than once, and had been in several Crisis Units. He was finally diagnosed with bipolar disorder, but without a job or housing, he had no plans. Then he made his way to DLC.

DLC referred him to a shelter and into the Project for Assistance in Transition from Homelessness Program. They helped Ron enroll at FGCU for a degree in software engineering and secured financial aid and campus housing.

In just eight months, Ron is stable, sober and armed with the skills he needs to manage his illness. He now has a support system and plans for a bright future.

His Mind is *Our* Concern.

Mental health is a community issue.
Fortunately, there's a community solution.

Ron is among one in four in Collier County who suffer from a mental illness. One in nine of us will experience some form of substance abuse. When a family member, friend or coworker battles a mental health or substance abuse problem, we suffer with them. Thankfully, David Lawrence Center is here for our community.

A not-for-profit organization founded and still governed by community leaders, the David Lawrence Center is the behavioral health component of our community's healthcare network. A true local resource, it relies on donations, fees and grants to invest in the health, safety and wellbeing of our community.

When you or someone you love needs help, call on the highly compassionate, committed and competent professionals of the David Lawrence Center to inspire you to move beyond the crisis towards life-changing wellness.



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CONCEPT 10 10

Scientifically Based and All About Results

By Jorgen Albrechtsen

Muscle: The Real Key to Burning Calories

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

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

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

Concept 10 10: An Effective Way of Training

Several factors combine to make Concept 10 10 such an effective way of training. We move very slowly during the exercises, 10 seconds each way, hence the name "Concept 10 10." This means that your muscles work to the maximum during the entire movement and a maximum number of muscle fibers are involved.



That yields much better results without any risk of injuries. Additionally, you will be supervised and coached by a personal instructor every time you train, from beginning till end, which ensures correct execution of exercises and maximum intensity, and all equipment will be adjusted individually for you before you arrive. There will be no disturbing elements: no waiting, no onlookers, no music or phones ringing or any other distractions.

Training Once a Week

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

When your body is intensely stimulated, a number of processes are triggered, and also, your body is so strongly affected that it needs a pause of about one week before a similar intensive training session should be performed. Your body needs time for recovery after training. However, it is quite possible to train twice a week for the first 3-4 weeks because, at this stage, you are not yet strong enough to train quite as intensively as later on. Some members decide on a training schedule with one session a week right from the beginning, but it will be beneficial to train twice a week for the first 3-4 weeks to faster get familiarized with everything and achieve maximum effect.

Other Activities

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

Good-Bye Back Pain

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

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

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

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

A Revolutionary Form of Exercise!

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

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SALADS: Tasty Options for Diabetics

Whether it's a business meeting over lunch, dinner from a neighborhood carry out, or a fast-food meal with the kids, eating out is a part of our lives. We eat out because it's easy, it's quick, and it's fun. But is it healthy?

Currently doctors know that high blood glucose levels accelerate aging thus damage to the eyes, kidneys and heart, leading up to complications with kidney's, blindness and heart disease. Type 2 diabetics are especially prone to these complications with their elevated sugar levels. Prescribing insulin therapy to get a persons blood glucose levels down is the common practice. Problems occur when the extra insulin accelerates atherosclerosis, leading to heart attacks or weight gain. The weight gain then accelerates the diabetes even further.

The American Diabetes Association, nutritionist and physicians give scary advice to the diabetic patient. They speak of weight loss and lowering cholesterol levels. Diets they recommend are less than effective at accomplishing significant weight loss or sustaining an ideal weight, all in all these recommendations don't work over the long run. Diabetes care should focus on blood glucose control, monitoring blood glucose levels to determine when a change in insulin level dosages are needed and when a glucose lowering med may be warranted.



The best diet for your health and long life oddly enough is the best diet for diabetics. A diet that has lots of nutrients per calorie is recommended as well as nutritional supplements. Eat a diet consisting of natural foods like green vegetables, onions, beans of any type, eggplant, mushrooms, garlic from cloves not in a jar, tomatoes (not canned), raw nuts preferably unsalted and seeds (sunflower, pumpkin, sesame. etc.) and small amounts of fruit that's fresh, you can eat almost as much as you want with still losing excess weight. According to most doctors their diabetes patients find the pounds melt away and symptoms of their diabetes are reduced.

Salads are a good option for diabetics.

Diabetics may eat a wide variety of salads that provide essential nutrients and do not increase blood sugar levels. The American Diabetic Association says you should make healthy choices each time you eat, including fruits, vegetables and healthy fats. Some foods may help you to reduce the risk of complications from diabetes, which include heart disease and stroke.

Fruit Salad

Fruit salads are refreshing and nutritious. Fresh, raw fruits are rich sources of vitamins, minerals, antioxidants and fructose, a type of sugar your body converts to energy. The Centers for Disease Control and Prevention recommends you eat a colorful variety of fruits every day. As a diabetic,

it is important you choose fruits that have a low glycemic index, since this score indicates that sugar from the fruit will be absorbed slowly into your bloodstream and prevent high blood sugar, rapid secretion of insulin and metabolic complications from diabetes.

Foods with a glycemic index score below 50 are considered to be low glycemic. Low glycemic fruits you may add to your fruit salads include grapefruit, peaches, apples, pears and oranges. You may choose from a variety of types of apples that include Golden Delicious, Red Delicious, Rome and Granny Smith and pears, such as Bartlett, Anjou and Bosc.

Vegetable Salad

Vegetable salads are nutritious meals, appetizers and side dishes diabetics can include in the daily diet. Fresh raw vegetables, such as green leafy vegetables, carrots, celery, cucumbers and tomatoes contain vitamins, minerals and antioxidants. It is recommended that you eat plenty of vegetables every day, and that vegetables may reduce your risk of cardiovascular disease, cancer and loss of vision. Add low glycemic nuts and legumes, such as lentils, peanuts, almonds and cashews, to your salad for protein and healthy fat. People who eat raw vegetable salads tend to have higher dietary intakes of vitamins C and E and folic acid and carotenoids compared with people who do not eat salads. Furthermore, each serving of salad consumed is associated with a 165 percent higher likelihood to meet the recommended Dietary Allowance for vitamin C in women and 119 percent greater likelihood in men.

Fish Salad

Fish salad made from cold-water, fatty fish, such as salmon, halibut, mackerel, tuna or sardines, is a delicious and nutritious meal that may provide you with protein, vitamin B-12, minerals and healthy fats that include omega-3 fatty acids, such as eicosapentaenoic acid and hexaenoic acid. Diets higher in fish and omega-3 fatty acids may reduce cardiovascular risk in diabetes, and that fish and omega-3 fatty acids may be included into a diabetes management program.

Eating out should not be a chore, you should be able to enjoy yourself. Salads are more than just lettuce, tomatoes and dressings. Try something new, the next time you meet a friend for lunch or dinner, visit Saladworks and discover the joy of eating nutrient dense health benefiting foods. Eating healthy never tasted so good!

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New Advances in Compression Therapy for Limb Swelling

By Alyssa Parker

A common challenge faced in the medical field is finding the cause of an individual's limb swelling. Any limb swelling may be your body's way of letting you know there is a potential underlying condition that can cause even more damage if left untreated. When swelling in a limb becomes chronic, pinpointing the origin is vital to getting proper treatment. Some of the most common diagnosis are venous insufficiency and lymphedema.



Fluid accumulation can cause painful swelling, non-healing wounds, heaviness, and discomfort decreasing your mobility. Recent studies show that nearly 7 million people in the United States suffer from venous disease. While 2 to 3 Americans suffer from secondary lymphedema.

Chronic venous insufficiency (CVI) is when blood is unable to circulate from the lower limbs back to the heart. CVI is caused by incompetent valves and venous hypertension, in both parts of your venous system. The venous system is comprised of two parts, deep circulation and superficial circulation which are interconnected by perforating veins. Your venous system is an important component to delivering blood to the heart, then passing it through the lungs to obtain oxygen. The oxygenated blood is then delivered to the lower limbs.

Venous hypertension leads to secondary Lymphedema from the lymphatic system's inability to keep up with an abnormally high demand of protein rich fluid. Lymphedema is chronic swelling from protein-rich fluid accumulation in the tissue. Lymphedema occurs secondary to CVI when the lymphatic system is obstructed causing damage, blockage, or abnormal development. Primary Lymphedema can be hereditary or congenital, where an individual is born with a compromised lymphatic system.

Risk Factors

Once your circulatory system has been obstructed leading to venous insufficiency or lymphedema this may lead to an interruption in the venous and lymphatic flow. Both diseases are manageable and treatable however there is no cure for either one.

Risk factors may include:

- Unknown swelling of a limb
- Family history
- Invasive surgical procedure i.e. radical cancer surgery
- Chronic open wounds
- Decreased mobility
- Infections such as cellulitis/ lymphangitis
- Skin changes such as discoloration or hardening



Management: Compression Pump

Understanding the ongoing management of both venous insufficiency and lymphedema are important in preventing irreversible damage to the body. Compression therapy along with proper nutrition a healthy diet and exercise are the foundation of a treatment plan. Compression stockings are often difficult to get on with little results for chronic swelling. Diuretics may be harmful for long-term treatment. Compression devices are widely recognized and highly effective treatment. 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.

A pneumatic compression device mimics the muscle contraction that naturally occurs when performing a cardiovascular activity. A compression device is used for both acute care (short term in the hospital) as well as chronic care (long term in the home). The compression pump increases blood flow and lymphatic flow. By increasing the circulation in the affected limb many painful symptoms will be alleviated. When compression treatment is used on a limb the excess fluid is removed and worked back into the lymphatic system the natural way. For patients with chronic ulcers using a compression device will help heal the wound from the inside out, by increasing the circulation in the return of the blood from the heart. The heart delivers oxygen rich blood back to the legs and the tissue speeding the recovery time.

For patients who many have Chronic venous insufficiency a test called a vascular or duplex ultrasound may be used to examine the blood circulation in your legs.

The compression pump is approved by Medicare and covered by many commercial insurers; Actual coverage varies with individual commercial insurance policies. Acute Wound Care, LLC is a highly focused local provider of wound products and compression pumps working with select area physicians highly versed in treating swollen limbs and chronic wounds.

Contact Acute Wound Care today by calling 239-949-4412 to learn more about the benefits of compression devices and the other in-home services available.



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.

November is American Diabetes Month



TYPE 2 DIABETES EPIDEMIC:

SHOULD WE TREAT THE SYMPTOMS, OR SHOULD WE TREAT THE CAUSE?

By Kriston J. Kent, M.D., MPH

Type 2 Diabetes, formerly known as the Adult Onset Diabetes (because it almost never occurred before adulthood), is now occurring in epidemic proportions in the US, and in many areas throughout the world. Genes almost certainly play a role in the predisposition to type 2 Diabetes. However, it is equally clear that those who are predisposed to diabetes are not destined to develop it unless they also develop poor lifestyle/health habits. Furthermore, it is refreshing to note that, even in those who have developed type 2 Diabetes, it can be reversed with significant changes in lifestyle habits.

Study after study has confirmed, and I have witnessed, multiple patients who have reversed all of their signs, symptoms, and lab values of type 2 Diabetes using simple lifestyle modification. With the reversal of certain biometrics and lab values, it has been proven that severe problems, like blindness, kidney failure, and heart disease can be completely avoided in these patients.

On the other hand, using standard medical therapy of oral medications and/or insulin typically leads to weight gain, and a myriad of other health problems. Simply treating high blood sugar levels (a symptom of diabetes) with medications which lower blood sugar levels does not, in any way, treat the cause of



diabetes. Ironically, though medications may be necessary at first, if appropriate lifestyle changes are made, then there will be no need for diabetes medications in most cases. Therefore, for patients with metabolic syndrome, prediabetes, and mild type 2 diabetes, lifestyle modification alone will likely completely reverse the disease. In patients

who are diagnosed at a more advanced stage, it is often necessary to use both lifestyle modification and medication initially. However, it is rare that the patient will need medications long-term unless they refuse to make the necessary lifestyle modifications.

Making significant changes in one's diet, stress, and physical activity level (the real causes of the disease) are not always easy. In fact, though the changes may be simple, adoption of these changes can be quite difficult. Therefore, the use of a lifestyle medicine physician, a health and wellness coach, a nutritionist, and/or a physical activity trainer greatly enhances the likelihood that the patient will be successful with a lifestyle change to reverse/prevent Type 2 diabetes.

In conclusion, patients with prediabetes and Type 2 Diabetes, certainly have a genetic predisposition for the debilitating disease. However, current mainstream treatment places emphasis on the results of the problem (high blood sugar, and insulin resistance) instead of the cause of the problem (poor lifestyle habits). I respectfully submit that most, if not all, Type 2 Diabetes could be reversed with the adoption of the appropriate lifestyle habits and when a patient finds difficulty changing their habits, professional help is available to coach them back to good health and well-being!!



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SEMINAR BACK BY POPULAR DEMAND!

The latest findings on the connection between Hearing Loss and Cognitive Function will be discussed in Bonita Springs, Fort Myers and Naples: **"Is it my MEMORY...or is it my HEARING?"**

Does your loved one constantly forget items that you know you've discussed with them, or is it possible that they didn't actually hear the message correctly? This question has been a concern for many families who suspect that a family member is showing signs of cognitive decline. Now, new research shows that hearing loss may not only be mistaken for signs of MEMORY LOSS or Dementia but that hearing loss may actually contribute to these cognitive problems! Local residents are invited to learn more about these research findings by attending one of the popular "LUNCH & LEARN" lectures later this month!



John and Patricia Hoglund
LHAS, BC-HIS, ACA

"We've always known that there are similarities between untreated hearing loss and Alzheimer / Dementia symptoms" states John Hoglund BC-HIS, ACA of Hoglund Family Hearing and Audiology Services. "There are times when you may ask Mom a question about a specific topic, and she may give you an answer about a completely different subject that sounds absurd. You may be inclined to think she is showing signs of serious mental processing issues...but she was actually answering ...what she heard!" "Similarly it is impossible to correctly remember what you don't hear properly, so when Dad says that you never told him something that you KNOW that you discussed with him...he may not of understood what you said, but didn't bother asking you to repeat it." Episodes like these can give a false impression of cognitive decline where it is in fact simply due to their hearing loss. If the hearing problems are correctly addressed, these types of mistakes tend to go away.

There have been many recent headlines that now show a strong body of evidence that untreated hearing loss can significantly increase the risk of developing Memory related conditions including Alzheimer's Disease and Dementia! CNN reports that "The risk of Dementia appears to RISE as hearing ability DECLINES!" AARP quotes a study from Johns Hopkins and the National Institute on Aging that finds that "Men and Women with Hearing Loss are much more likely to develop Memory Loss, Dementia and Alzheimer's Disease!" They further state that "Even mild Hearing Loss DOUBLED the risk of Memory problems" and the University of Pennsylvania School of Medicine links even EARLY STAGE Hearing Loss to accelerated BRAIN ATROPHY!

"We listen with our ears but hear with our brains," says George Gates, M.D., a hearing expert at the University of Washington in Seattle "It is simply not possible to separate audition and cognition" People with moderate hearing loss generally struggle to communicate in noisy settings, and those with severe hearing loss are near deaf. People with severe hearing loss, the study reports, were five times more likely to develop dementia than those with normal hearing.

Frank R. Lin, M.D., an ear surgeon at Johns Hopkins Hospital in Baltimore, says that hearing loss has an enormous impact on the lives of his patients and their family members. "Yet because it is such a slow and insidious process, it is often left ignored and untreated." It is therefore recommended that regularly scheduled Hearing Tests should be a part of Senior's routine medical testing, and that hearing loss should be addressed as early as possible before these negative consequences begin to develop.



Dr. Fred Schaerf of the Neuropsychiatric Research Center of Southwest Florida is the former Chief Resident Psychiatrist of Johns Hopkins and he is currently involved in the testing of drugs that may give hope for Dementia Patients in the future. He has taken a strong interest in the Hopkins' Research findings including the latest findings that clearly show "brain shrinkage" in the auditory cortex of those with untreated hearing loss! He stresses having BASELINE MEMORY SCREENINGS and offers them as a FREE service to Southwest Florida residents. It has also become standard practice to stress BASELINE HEARING TESTS to anyone who is concerned about their memory. This month's LUNCH AND LEARN Seminar will feature these finding as both Dr. Schaerf and Angel Duncan will be presenting UPDATES ON MEMORY ISSUES for area residents. All attendees will also be given the opportunity to receive these informative Baseline Screenings at no charge!

"The intent of lecturing about these research articles is not to create "panic" among the Senior population that they are going to lose their faculties if they have hearing loss", states Mr. Hoglund. "It is, however, information that people should learn about in greater detail, since regular hearing tests are often not included as part of an annual physical." "If you are over the age of fifty and have not had a Baseline Hearing Test, I would encourage

you to begin monitoring your hearing acuity the way you monitor other aspects of your health. These tests are provided as a FREE public service by our Practice as a way of increasing knowledge and awareness of hearing related issues. Adding a Baseline Memory Screening BEFORE issues arise is also strongly recommended by Mr. Hoglund as well. "We have sent a significant number of our Patients to Dr. Schaerf's facility for screenings and EVERY ONE OF THEM has reported that it was a wonderful experience. They were treated with the highest level of respect and professionalism and came away with dramatically improved understanding of what is "NORMAL memory decline" as we age versus more serious issues that can develop. We are truly HONORED to have both Dr. Schaerf and his assistant Angel Duncan as our Speakers at this month's seminars!

Hoglund Family Hearing and Audiology Services offer FREE Hearing Screenings at our Bonita Springs and Estero Clinics, and you will receive a dated copy for your personal Medical records. At the time of your appointment, you will also receive a copy of six different reports about the research mentioned in this article, and we can also make arrangements for your FREE Memory Screenings! Please Call (239) 498-7142 to schedule an appointment or to RSVP for one of the Seminars!. All it will cost is a little of your time... but the knowledge you receive may be priceless!

**"LUNCH AND LEARN" SEMINAR SERIES TO FEATURE:
"UPDATES ON MEMORY AND HEARING!"**

Hoglund Family Hearing and Audiology Center is pleased to announce that Dr. Fred Schaerf of the Neuropsychiatric Research Center will be this month's Special Guest Speaker at Perkins Restaurants throughout Southwest Florida! Learn all there is to know about the latest research into all MEMORY issues including facts about latest data about Dementia, Alzheimer's Disease, and other Cognitive research from the former Chief Resident Psychiatrist at Johns Hopkins!

Dr. Schaerf will explain the latest research findings into the effects of aging as it relates to your memory, and what steps you should be taking to monitor your Cognitive Functioning!

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Fort Myers: NOVEMBER 21st @ 12:00 PM

Naples: NOVEMBER 23rd @ 3:00 PM

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A huge advantage of this state of the art stress test is the fact that it administers as low as 1/7 the radiation dose compared to a conventional nuclear stress test, coronary CT angiography and cardiac catheterization. It takes only 30 minutes to complete from start to finish, and does not use iodine based contrast agents (such as CT scans and cardiac catheterizations).

A cardiac PET scan can also predict who will improve from coronary stenting or coronary artery bypass grafting before the procedure has been done. The test is reimbursable by Medicare and private insurances based on appropriate diagnosis. These include a patient having chest pain, abnormal electrocardiogram, certain types of arrhythmia, a patient with heart failure, as well as a patient with multiple cardiac risk factors who might be at high risk for developing a heart attack in the future. It can also be used to evaluate your heart status prior to undergoing surgery to make sure you are not at high risk from the surgery.

A cardiac PET scan (positron emission tomography) is the most accurate noninvasive nuclear stress test available. It is a technology that can put your mind at ease by determining that you will not have a life-threatening heart attack with an accuracy of 99.6% within 1 year of taking the test. It is able to detect significant coronary artery disease(blockages of the arteries surrounding the heart that restrict blood flow to the heart muscle) with a 95% sensitivity, and some studies have shown that is up to 100% specific in excluding nonsignificant coronary artery blockages that are not reducing blood flow to the heart muscle.

OPEN HOUSES TO THE PUBLIC will take place on November 12, 2014 from 5:30 to 8:00 PM as well as January 14, 2015 from 5:30 to 8:00 PM. You must register online at www.naplescadiacpet.com. You will find additional valuable information regarding cardiac PET at the website.



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**first cardiologist who performed echocardiograms in the operating room in Collier County. This assisted cardiac surgeons performing cardiac valve replacements*

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FLORIDA SOUTHWESTERN STATE COLLEGE

ABC's of MEDICARE!

Answers to help you make the right decisions.

The annual election period runs from October 15 through December 7. During this time, those on Medicare have to make decisions and select options that will affect their health and financial wellbeing.

In the weeks leading up to October, Medicare beneficiaries will receive between five and ten pounds of printed materials, all containing information about Medicare benefits and options. Most of this unsolicited mail is required by the Center on Medicare and Medicaid Services (CMS), to inform beneficiaries of any changes to the plans they currently have and to reinforce the basic benefits of original, or standard, Medicare.

Medicare does not lend itself to simple explanation. With the influx of information pouring in, many people become overwhelmed and can get easily confused when it comes to making decisions about Medicare and supplement coverage.

Medicare does not lend itself to simple explanation. Like all health insurance coverage, little appears to be in black or white, with gray areas dominating specific landscape. Sifting and sorting through all of the Medicare paperwork is a daunting task, most people simply want to know where they can easily find answers to their specific questions and concerns about their coverage.

The best place to start is at the beginning, which is original Medicare, often referred to as standard Medicare. Original Medicare consists of two parts, A and B, both of which carry annual deductible amounts that the patient must meet before Medicare coverage begins.

Part A covers services of medical entities: hospitals, skilled nursing care facilities, home health care and hospice care treatment. Part A does not have a cost for those that have worked over 40 quarters and contributed into the fund.

Part B is optional but it non-institution expenses, like doctor office visits, inoculations, medical tests and other outpatient services. This optional coverage currently

costs \$104.90 per month, unless your income exceeds \$85,000. For those receiving monthly Social Security payments, the government will deduct this premium for you.

Generally, original Medicare will pay 80% of the approved medical bills, leaving the beneficiary to pay the balance out of pocket. This is where the need to make informed decisions begins. And this is where the typical beneficiary needs assistance to sort through the stack of printed material on the kitchen table.

There are currently three different choices for Medicare recipients:

1. A popular choice is to do nothing or add an Rx plan, called Part D, to reduce the cost of prescription drugs. Part D coverage can be a wonderful benefit for seniors who must continue a regimen of expensive medications on a regular basis.

2. Another is to enroll in a supplement plan. Supplement plans are offered by independent insurance companies and regulated by CMS. Supplements are identified by alphabet codes (A, B, C, H, K, L, N, etc., etc.) adding to the confusion. Each letter defines what the plan pays for and how much the beneficiary is responsible for. For example, all Plan F supplements cover the balance that original parts A & B do not cover, no matter which insurance company offers it. However, regardless of which insurer offers a supplement, all plans with the same alphabetic designation are the same in benefits although they may not be priced the same. This is an area where a trusted, unbiased advisor can offer great assistance.

3. A third choice, rapidly gaining in popularity is Part C, or Medicare Advantage Plan. These plans, offered by independent insurers under CMS regulation, most times offer a combination of Parts A, B and D. The advantage plans offer a lower cost of reducing the medical expenses because CMS pays a major part of the premium to the private insurer. Part C enrollment is increasing because it effectively replaces Parts A and B and it contains additional services like dental and vision as well.

Here is just one example of how a Part C plan helped a particular client save substantial out of pocket expenses. This person was hospitalized for over 30 days, the bill was over \$600,000 but after his Advantage Plan benefits, he was personally responsible for less than \$3,000 and he has no monthly premium.

If you or a loved one have any questions about the different parts of Medicare and their costs, please don't hesitate to speak up and ask questions. As you can see, from the above example, the right decision can affect both health and wellbeing for years to come.

Overwhelmed by your MEDICARE OPTIONS?



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Learn What **Hospice Care** Really Means to Patients and their Families

Submitted by Avow

What makes a good death? This is a question that many people prefer not to think about in their day-to-day lives. However, for patients facing an uncertain future, it is an extremely relevant reality. The answer can vary from person to person, depending on individual personalities, interests and desires. However, for most people, a good death is quite simple. It means being physically comfortable, at peace in your own home, surrounded by your loved ones doing the things you love to do up until the very end. These essential details are made possible by hospice care.

Hospice, by definition, is a team-oriented approach to providing specialized care for people facing a life-limiting illness or injury. It includes expert medical care, pain management and emotional support for patients and their families. But more simply, hospice care supports living one's life to the fullest with dignity regardless of how much time remains.

Seven in 10 Americans said they would prefer to die at home according to a Time/CNN Poll. Statistics show that 25 percent actually do according to the Centers for Disease Control and Prevention. In a recent national survey, the overwhelming majority of respondents agreed that expertise in keeping a terminally-ill patient as comfortable and as pain-free as possible is the single most important service




to consider when caring for a loved one and the end-of-life experience. This is the essence of hospice care.

One of the great myths of hospice, for many who have not experienced it, is that hospice patients are merely lying in a bed, barely conscious. This is not the case. When a patient is admitted at an appropriate time, hospice care can improve his or her quality of life. Research shows that health care providers feel responsible to discuss hospice with their patients when the time is right, as it provides a kind of care that they are unable to give. Nearly three-fourths of family caregivers agree that hospice care is a better choice for a terminally ill patient. Of this group, 69 percent believe that involvement in hospice makes a better impact on the patient's family as well.

Another hospice myth is that families lose control over what happens to their loved ones. The facts are that a family is generally able to choose their preferred hospice provider for a loved one, and can be trained to serve as a primary caregiver, with a specialist to provide support when needed. It is the unique nature of hospice that allows for the feeling of family and comfort to become embedded and vital in the patient's care. This concept of more family interaction explains the overall goal of hospice - creating more moments of life before a life is over.

Hospice enables moments and memories that would otherwise not occur. It is the quality of these final moments, after all, that can define a "good death."


It's never too soon to explore your end-of-life options. For more information about hospice care in Collier County, call Avow at 239-261-4404 or visit www.avowcares.org for more information.



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National Hospice Palliative Care Month

November 2014

Turns out even when you're dying, there can be a lot of living to do.

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See stories from around the country at momentsoflife.org or visit avowcares.org to see local stories and to learn more about services available in Collier County.



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Beauty is Ageless

With Nadia A. Kazim, MD, FACS

Aristotle once said, "Personal beauty is a greater recommendation than any letter reference." Our appearance affects our self-confidence. This, in turn, determines how we carry ourselves in our personal relationships, workplace settings, and all of our everyday situations. Unfortunately, aging is inevitable. However, with the help of an Ophthalmic Plastic Surgeon, its consequences can be minimized and even reversed.

Our eyes are one of the first features that people notice about us. As time goes on, however, they can become one of our biggest insecurities. Blepharoplasty is a procedure that can rid the excess eyelid skin and its surrounding fat. Having too much skin develop around your upper eyelids can cause the adjacent fat to bulge forward; even leaving you with the possibility of limited peripheral vision. These conditions can happen to the lower eyelids as well; causing redness, irritation, and dryness. Another unwelcomed sign of aging is the drooping of the eyelids. When the muscle of the upper eyelid is stretched or damaged, eye drooping is the end result. The medical term for this is Ptosis. Surgery can correct this by elevating the upper eyelid, restoring your full field vision and facial symmetry.

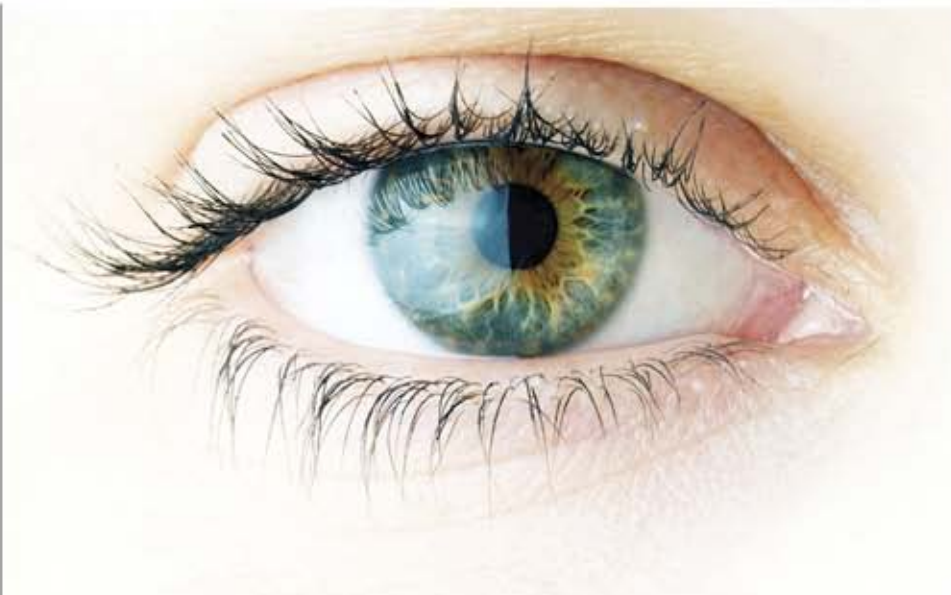
What about additional wrinkles? Facial fillers are used to restore volume under the skin. They

instantly smooth away unwanted creases and folds. Juverderm® or Restylane®, two popular facial fillers, are non-surgical treatments that rejuvenate your skin. Both contain a hydrating substance called hyaluronic acid. By filling in deep scars, wrinkles, smile lines, and by replacing volume loss in the soft tissue of your lips, you leave this procedure looking more youthful.

Ophthalmic Plastic Surgeons also treat skin cancer. Between 700,000 to 1,000,000 Americans are diagnosed with this form of cancer each year (Florida Society of Dermatology & Dermatological Surgery). As Floridians, we are constantly in the sun; whether we try to be or not. More than 90 percent of all skin cancer is due to sun overexposure. A local board certified ophthalmologist, Dr. Nadia Kazim, is able to surgically remove skin cancer after performing a biopsy to confirm the diagnosis. Her goal is to reduce the chance of any recurrence and to prevent it from spreading to other areas of the body. Many times, surgical reconstruction surgery follows the growth's removal to preserve function, and restore your natural appearance.

Other procedures performed to enhance your facial beauty are as follows:

- **Botox.** Botox® is a popular, non-surgical in-office cosmetic



treatment for facial rejuvenation. It is used to relax these muscles and give a more youthful, natural appearance.

- **Eyelash Lengthening.** Latisse® is the first and only FDA approved prescription treatment for thin or sparse eyelashes. It is used to grow eyelashes making them longer, thicker and darker.

Whether for appearance or health and wellness benefits, Dr. Nadia Kazim is a leading specialist located in Southwest Florida. Specializing in eyelid and facial plastic surgery, she understands this unique area of concern. Dr. Kazim has performed more than 5,000 eyelid and orbital surgeries. With her vast experience and knowledge, you can be assured that Dr. Kazim will leave you looking beautiful.

One of her patients explains, "My experience with Dr. Kazim at the Bonita Health Center was very positive. Dr. Kazim has a gracious manner that made me feel like a personal friend. She carefully explained all aspects of the eyelid surgery, answering all questions. Dr. Kazim was attentive to all details of my eye health. She made certain that I understood the procedure and the expected results."

Call Dr. Nadia Kazim's office located in the Bonita Community Health Center at (239) 494-4900 to schedule a consultation today. To see her amazing before and after results, visit www.KazimEyelidSurgery.com; the photos are undeniable.

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By LaDonna Roye, Hairstylist

Diabetes and Hair Loss

Do you know that hair loss can be a consequence of Diabetes? Most people know that people with diabetes, either type 1 or type 2, are more likely to have damage of the nerves, kidney, eyes, heart and blood vessels, but another result of diabetes may be hair loss.

Diabetes can cause a hormonal imbalance in the body. Just like the hormonal changes during pregnancy and menopause, this imbalance may result in hair loss.

The circulatory system can be affected by diabetes causing less blood to circulate to the extremities, for example, the feet and the scalp. If the scalp is not receiving nutrients and oxygen from the blood, the result will be hair loss. In addition, this lack of circulation will prevent new hair growth.

Diabetes can weaken the immune system leading to susceptibility to conditions such as ringworm or fungal disease. These disorders can cause hair to fall out.

Skin rashes and thyroid dysfunction may result in massive hair loss as diabetes sufferers often experience autoimmune disease.



Healing and rejuvenation time is usually slower in people with diabetes. This may manifest in hair loss as diabetics cannot maintain a normal growth cycle of hair.

The growth phase of hair is called the anagen phase. The resting phase of hair is termed the telogen phase. In normal people only 5-15% of the hair is in the telogen phase at one time. Diabetes related hair loss is often attributed to telogen effluvium. Telogen effluvium is a disorder resulting when a physiologic stress or hormonal change like diabetes causes a large number of hairs to enter telogen at one time leading to diffused hair shedding.

Some drugs used to treat diabetes lead to hair loss. Talk to your doctor to see if your prescription can be modified. Do not discontinue your medicine without discussing it with your medical professional.

It is important to seek medical advice if you are experiencing unusual or extensive hair loss. For many people, hair loss begins before the actual diagnosis of diabetes. If your hair loss comes with other signs and symptoms, such as frequent urination, dry mouth, excessive thirst, low energy, or sudden eyesight issues, then the primary reason could be high blood sugar.

After you find out what is causing your hair loss you may want to consult a hair loss professional about the options available to camouflage your thinning hair.

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WHAT WOULD RISING INTEREST RATES MEAN TO YOU?

Provided by RBC Wealth Management and John Barnes

Following the financial crisis of 2008, many investors rushed to the investment “side-lines” in order to avoid risk of any kind. While understandable given the market environment those that chose to remain invested in the markets have been well rewarded as both bonds and stocks have posted strong performance numbers since then. Bonds, given their perceived level of safety and backstopped by the Federal Reserve’s long-term commitment to low rates, benefitted the most with investors pouring billions into bonds and bond-based mutual funds.

Unfortunately however, investors may have “over-concentrated” their portfolios with bonds and bond funds. Additionally “the search for yield” within the bond asset class led many to take on too much credit risk or lengthen maturities exposing them to interest rate (or duration) risk. As a result, they may not be in quite the safe position they had envisioned. The reason? Bonds, like all investments, do carry some risk — in particular, *interest-rate risk*. And with the recent talk of the Federal Reserve considering lessening their monetary policy stimulus, the time may be near when that risk becomes apparent.

As you may already know, especially if you own bonds, interest rates and bond prices typically move in opposite directions. Consequently, if interest rates were to rise, the value of your bonds would fall, because no one would be willing to pay you the full face amount of your bonds when newer ones are being issued at higher rates.

You have likely seen the value of your bond portfolio change recently as market conditions have become more volatile due to the growing debate over the Fed’s next course of action. The Federal Reserve is actively working to keep short-term rates low, probably until 2015, at least. But the Fed has much less control over long-term rates — and these rates have far more room to move *up* than *down*. With the U.S. economy showing signs of recovery and the Fed beginning to discuss a “tapering” or reduction in their monthly stimulus efforts expectations are high that rates could begin to rise in coming months.

While we don’t feel rates are poised to move sharply higher imminently, we do believe investors need to take a proactive stance with regard to their bond portfolios. So, what should you do?

HERE ARE A FEW SUGGESTIONS:

- **Review your portfolio.** If you have taken on too much credit risk or interest rate risk, you may want to consider making some adjustments as these bonds are likely to be much more subject to volatile price swings from changes in interest rates. You could decide to sell some of these long-term or lower-rated bonds and put the proceeds into investments that will help diversify your portfolio — because diversification is still essential to a successful investment strategy. Make sure to include the composition of your bond funds in the review.

Keep in mind, though, that everyone’s situation is different. Your investment mix should be based on a variety of factors — your age, risk tolerance, long-term goals, and so on. If you are considering selling some of your long-term bonds, you may want to consult with a financial professional for guidance on how to properly diversify your holdings.

- **Build a bond ladder, or restructure an existing ladder.** A bond ladder may prove beneficial to you in all interest-rate environments. To construct this ladder, you need to own bonds and other fixed-rate vehicles, such as Treasury securities and certificates of deposit (CDs) of varying maturities. Thus, when market interest rates are low, you’ll still have your longer-term bonds, which typically pay higher rates than short-term bonds, working for you. And when interest rates rise, as may be the case soon, you can reinvest your maturing, short-term bonds and CDs at the higher rates.

It can be unsettling to look at your investment statement and discover that the value of your bonds has fallen. But, as we’ve seen, you do have methods of coping with rising rates and falling bond prices — we encourage



you to be proactive, consider your options carefully and make those moves that can help you continue making progress toward your financial goals.

This article is provided by John Barnes, a Financial Advisor at RBC Wealth Management. The information included in this article is not intended to be used as the primary basis for making investment decisions. RBC Wealth Management does not endorse this organization or publication. Consult your investment professional for additional information and guidance.

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JOHN BARNES

Senior Vice President – Financial Advisor

4851 Tamiami Trail North, Suite 301

Naples, FL 34103-2120

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RBC Wealth Management

Diabetes and Gum Diseases - It's a Two-way Street

By Juan Teodoro, D.M.D.

Most diagnosed Diabetic patients are aware of the importance of regulating their blood sugar levels for the well-being of their body - from head to toe. Few Diabetic patients however, are aware of the oral complications associated with Diabetes. Diabetic patients are at a greater risk of developing periodontal disease and thus losing teeth. In fact, periodontal disease is often considered the sixth complication of diabetes.

Periodontal disease is a chronic bacterial gum infection that destroys the attachment fibers and supporting bone that holds the teeth in place. If left untreated, the teeth fall out or need to be removed due to serious abscesses. Studies show that diabetic patients are up to 4.2 times more likely to develop periodontal disease than those without diabetes. This is probably because diabetic patients are more susceptible to contracting infections. Research suggests that the relationship between periodontal disease and diabetes goes both ways. Periodontal disease makes more difficult for people who have diabetes to control their blood sugar. Periodontal disease in most instances, increases blood sugar, contributing to increased periods of time when the body functions with a high blood sugar. This puts diabetic patients at an increased risk for diabetic complications. Diabetes slows circulation. Therefore, diabetic patients who have periodontal disease should be treated to eliminate the periodontal infection. This recommendation is supported by a study reported in the Journal

of Periodontology in 1997 involving 113 Pima Indians with both diabetes and periodontal disease. The study found that when their periodontal infections were treated, the management of their diabetes markedly improved. In fact, periodontal treatment combined with antibiotics has been shown to improve blood sugar levels and thus decreasing insulin requirements.

The good news is that if your diabetes is under control, you are less likely to develop periodontal disease than someone whose diabetes is poorly controlled. Another study published in the Journal of Periodontology concluded that poorly controlled diabetic patients respond differently to bacterial tartar at the gum line than well-controlled diabetic patients. Poorly controlled patients with diabetes also have more harmful proteins in their gum tissue causing destructive inflammation of the gums.

If you have been diagnosed with Diabetes and have been treated by your general dentist for gum pockets, or received a deep cleaning



or antibiotic gum therapy more than once it is likely that you already have periodontal disease. Keep in mind, that once bone support is lost it cannot be restored, however, there are many ways to arrest periodontal disease. A Periodontist, the dental specialist who diagnoses and treats periodontal disease is the most qualified dentist than can discuss and provide the different Periodontal treatment options for the Diabetic patients particular needs.

To learn more about Periodontal Treatment Options and Periodontal / Oral Health visit: www.bonitaimplants.com or call 239-333-4343.



Dr. Teodoro is a Board Certified Periodontist. He holds both Diplomate status in the American Academy of Periodontology and the International Congress of Oral Implantologists. Dr. Teodoro is an Adjunct Professor to the University of Pittsburgh School of Dental Medicine. He is also a Clinical Assistant Professor at the Naples Dental Residency Program for the University of Florida. Dr Teodoro served as a Major in the United States Air Force practicing Periodontics. Throughout his Air Force career he served as the Chief of Periodontics, Director of the Implant Board & Clinical Instructor. Dr. Teodoro is one of the local leading authorities in Laser Periodontal Therapy and in the Brånemark method of Implantology. He was the first Periodontist in both Lee and Collier county to bring Periodontal Laser technology with the PerioLase Laser for the treatment of Periodontal Disease.

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UNDER THE TABLE

By Blake W. Kirkpatrick

Dogs must be a gift from God. Generally speaking, they love you unconditionally. They are loyal and always seem happy to greet you. In many cases, they will protect you from harm. They seem to have incredibly short term memories. They are often ignored until we need them or desire their companionship. They also seem to make good gift planning analogies too.

The phrase "under the table" invokes thoughts of something hidden, done in secret or, perhaps even dishonesty. From an opportunistic dog's perspective, it probably invokes thoughts of a free meal.

At my house, the general rule is: Don't feed the dog from the dinner table. However, you can probably guess that this rule leads to little gifts "under the table" to the dog. Here are a few plausible reasons why this happens:

- 1) *No one really likes the rule as much as they really love the dog*
- 2) *Puppy dog eyes (i.e., "just look at him, he's starving")*
- 3) *We probably feel a little bit guilty about ignoring the dog throughout the day*
- 4) *You mean I have to get up from the dinner table and put the food in his dinner bowl instead? That just seems ridiculous.*
- 5) *What harm is it really if we give a little "under the table" when no one is looking?*

So what does the above have to do with gift planning or gift tax? Well, humans seem to have become pretty good at making gifts "under the table" to other humans as well (typically children and grandchildren). In short, most gifts go unreported. In fact, even Congress and the IRS have conceded a little on this point.

Currently, the Internal Revenue Code grants an annual exclusion for gifts of \$14,000 per person, per donee. That amount is indexed to inflation each year. Generally, gifts totaling less than this amount to an individual do not have to be reported.

If you make gifts (cumulative) in excess of \$14,000 during the calendar year to a particular person (or \$28,000 assuming you and your spouse have joined in the gift), the gifts are required to be reported on a gift tax return. If the gift is of something that requires an appraisal to determine value (like real estate or a closely held stock) then a return should



also be filed (even if the amount is less than the threshold because value can be challenged). However, most people would prefer not to go through the hassle of keeping track of and reporting such transfers. Further, under the current law, unless one has used his or her entire lifetime exemption from gift tax (\$5,340,000 as of 2014), he or she probably will never write a check to the IRS to pay gift tax anyway.

So, what's the harm and why should someone plan? First, a rule is being broken for failure to report (e.g., don't feed the dog from the dinner table). While that should be the primary focus of the discussion, let's look at the other ramifications of making "under the table" gifts.

Gift of a remainder interest in property while retaining a life estate

Giving away a remainder interest while retaining a life estate in property is still a gift and the transaction is reportable for gift tax purposes even though the property will be included in your estate for estate tax purposes at your death because you retained the life estate. Further, should you desire to transfer the property in the future, it will require the approval of the remainder interest holders. One might get around the "approval issue" by making sure that the life estate deed is structured in a way to retain such control (known as a "Lady Bird deed"). However, the estate and gift tax issues are still present.

Taking title with (or transferring title to) someone as joint tenants with right of survivorship

Transfers by gift to create joint tenants with right of survivorship in a child or other person may seem like a good idea at the time (i.e., property will simply transfer at death to the survivor without probate). However, by doing so you have made an irrevocable gift of at least 50% of the property (reportable on a gift tax return, depending upon the value of the property/gift) and again, because there is still the retention of an interest in the property, the property would be includable in the donor's estate, irrespective of the gift. Further, the creditors of either joint owner may be able to obtain an interest or force the sale/partition of the property in order to have their judgment satisfied. "If you lie down with a dog, you may get up with fleas."

"Loans"

A "loan" to someone with no real expectation of repayment or consummated with little or no documentation or security, may very well be treated as a gift. There can be other negative income tax consequences as well. In some cases, such loans can be treated as gifts (for transfer tax

purposes), while income can be imputed to the lender (i.e. parent). It is generally in the latter context where penalty and interest for failure to pay tax can arise.

Down Payments for Businesses/Residences

Large unreported gifts given to individuals for down payments on residences and/or businesses for the most part seem innocuous on the surface. Nevertheless, the donor tends to regret making the gift once the donee goes through a divorce or the business fails. Since there is no documentation other than a gratuitous check or deposit into the donee's bank account, the donor has little remedy available to get the money back. There can be negative tax consequences to each type of transaction as well. Carefully structuring such transactions, can lead to better tax results, better protection and general accountability.

Cash Gifts vs. Payments for Medical/Educational Expenses

A little-known fact is that gifts of cash given directly to an individual count towards the annual exclusion and/or lifetime exemption amounts expressed above (even if the recipient turns around and pays a tuition or medical bill). However, if such payments made are directly to educational institutions, medical facilities, etc., they do not count towards the amounts that you can give to a person based on annual exclusion or lifetime exemption. A little planning goes a long way.

Detrimental Reliance

Last, and probably the most common, is the enabling behavior that under the table gifts tend to create. As soon as the gift is made, it can be forgotten. This may be especially true for dogs with big appetites or children with large spending budgets. I happen to think my wife is great cook, so the dog doesn't receive too many under the table treats. My dog doesn't appreciate the food anyway, because whatever he does eat is gone in a matter of milliseconds. Nevertheless, you can find him under the table at every meal.

In summary, as we approach the season for making gifts, you should carefully consider seeking advice from a tax and/or legal advisor prior to making any significant gift, loan or transfer. In short, engaging in such transactions above board is not only the right thing to do, but in the long-run is likely in your best interest as well. Plus, the dog (and hopefully your children) will love you anyway.



Blake W. Kirkpatrick

Blake W. Kirkpatrick is a Florida Bar Board Certified Wills, Trust & Estates attorney with the law firm of Salvatori, Wood, Buckel, Carmichael and Lottes. Blake's practice is concentrated in the areas of estate and tax planning, charitable planning, business succession planning, and estate and trust administration.

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Staying Healthy During Flu Season with Acupuncture & Traditional Chinese Medicine

By Toni Eatros, MS, Dipl Ac, AP

It is that time of year again, flu season. Our news is inundated with talk about virulent strains of viruses and bacteria. Many people get the annual flu shot, and then cross their fingers and hope they do not catch the flu. The good news is, you do not need to just leave getting sick to fate. Acupuncture and Traditional Chinese Medicine offer a variety of treatment strategies to build your immune system so you are not susceptible to these pathogens.

The theories of Chinese medicine suggest that each season relates to a different organ system. Fall, is the season of the Lungs. It's the time of year when people are easily affected by environmental influences, such as cold, windy, and damp conditions. This is a time of transition in the plants and the weather. Many refer to this time as the "flu season."

The lungs are called the "delicate protective organ" because they are the only organ that comes into direct contact with the external environment. This makes the lungs more vulnerable than other organs to environmental influences leading to catching colds, the flu, and/or developing allergies.

According to Chinese Medicine, the lungs are involved in the production of Wei Qi. Wei Qi is a similar concept to what Western medicine refers to as the immune system. Wei Qi provides the body with an "immune system-like" barrier that protects the body from harmful viruses and bacteria, and which may eventually lead to illness and/or disease.



Healthy and strong lungs can enhance the proper functions of the entire body. The Lungs extract "pure essence" from the air we breathe, and combines it with the food we eat to produce the Wei Qi. This intricate, immunity-like system is then circulated throughout the entire body, providing it with a first line of defense against pathogens.

When the lungs are functioning correctly, we remain healthy, and potentially free from illness. But when our lungs become weakened or imbalanced, our body may not have the capacity to produce the correct amount of Wei Qi. When this occurs, the stage for "catching" a cold, the flu or developing allergies is set. Weak lungs and weak Wei Qi can also lead to asthma, eczema, chronic or frequent illness, dry skin and other problems.

The lungs are negatively affected by many factors, such as an improper diet, digestive dysfunction, emotional stress, unexpressed or long-held grief or sadness, environmental exposure, inherited constitution, smoking, bad air or pollution.

To help boost your Wei Qi, consume dark green and golden-orange vegetables. They are high in beta carotene and appear to protect the lungs against illness. Carrots, winter squash, pumpkin, broccoli, parsley, kale, turnip, mustard greens, and blue green algae are foods to consume this time of year. Adding the above foods to your daily diet may help bolster your immunity and support the health of your lungs. In general, cook with less water, and at lower heat, for longer periods of time.

The ancient classic text, Zhen Jing, states, "If the lungs function well, it can activate the flow of Qi, and nourish the whole body with Wei Qi, as rain nourishes young crops." Proper lung function is necessary to keep us healthy and to help ward off illness and disease.

If you suffer from any kind of chronic lung issues, acupuncture and TCM have a variety of therapeutic modalities that can strengthen your lungs, help you to breathe better, reduce the number and severity of upper respiratory infections contracted, and reduce the use of pharmaceuticals by treating the root cause of the imbalance.

A comprehensive treatment plan including acupuncture, vitamins, herbs, home treatments including dietary modifications, hydrotherapy, acupressure, and essential oils will be discussed. It is best to start to build the immune system before you catch an acute upper respiratory infection. Prevention is always easier, and less expensive, than treatment of a severe illness.

Make the decision to get stronger this cold and flu season instead of spending weeks ill. We can get started on an individualized treatment plan based on your individual diagnosis. Visit my website, www.AcupunctureSolutionsOnline.com, for answers to frequently asked questions, and to schedule an appointment online, or you can call, 239-260-4566, and start on your road to building a strong and healthy immune system and body.



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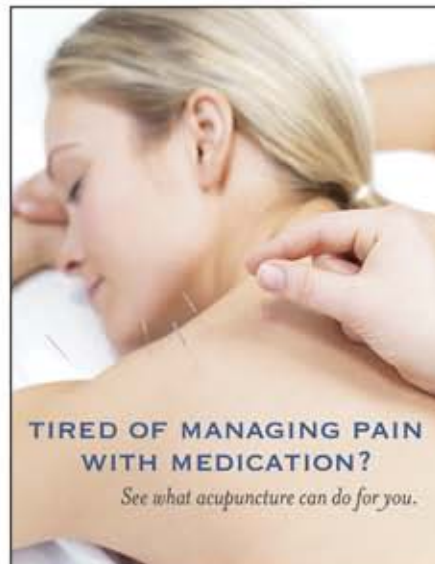
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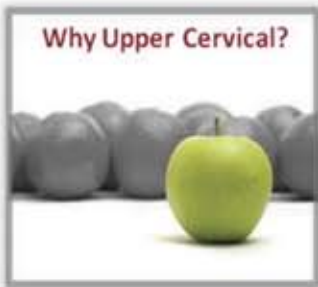


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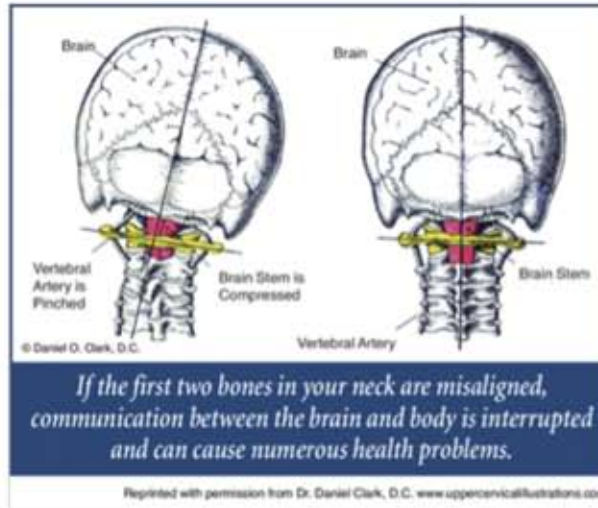
By Drs. Drew and Kanema Clark

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

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



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



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

Relief from a Simple Concept

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

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

~ Dr. Richard Cabot, Harvard Medical School

Can you help me

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

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

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

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



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5 Tips on Cleaning Your Home for Cold and Flu Season

Here are five tips you may not have heard before about cleaning your home for cold and flu season:

Clean before disinfecting.

Dirt and grime prevent disinfectants from doing their work by shielding microorganisms from contact with active disinfecting agents. Some types of dirt actually consume or impair the active ingredients in disinfectants and – because no germ kill is 100% – dirt can also help germs to regenerate after disinfecting is complete. To ensure dirt and oily soils are removed completely before disinfecting, be sure to choose a cleaning solution that is designed to bond with dirt and oils and suspend them in water. Also, be sure your cleaning rags have the absorbency needed to remove dirty water from the surface you are cleaning.

Understand that there is a huge difference between sanitizing and disinfecting.

Sanitizing implies 99.9% germ kill during hard surface cleaning while disinfecting implies germ kill of 99.999%. The difference: proper sanitizing results in a 1,000-fold reduction in human exposure to germs while disinfecting results in a 100,000-fold reduction. While disinfecting all the time in your home would be far too extreme, you should try to use a disinfectant on commonly touch surfaces – such as door handles, faucets, and light switches – during local flu outbreaks or when someone in your family is actively suffering from the flu in order to kill living germs that may be lurking on hard surfaces. Outside of cold and flu season, sanitizing should suffice.



Pay close attention to the language in cleaning solutions' claims.

For example, “prevents or eliminates mold and mildew” is very different from “kills viruses that cause common colds and flu.” The EPA registers and tests products sold as disinfectants and sanitizers, so if a cleaning solution claims to be a disinfectant, it **MUST** kill cold and flu viruses.

Read and follow instructions.

Cleaning solutions sold for use in homes often double as sanitizers and disinfectants. The difference comes in the way that you use them. Instructions on a canister of common disinfecting wipes state that to sanitize a hard surface, you need to ensure the surface

stays wet with cleaning solution for a minimum of 10 seconds. To disinfect the surface, it has to stay wet with cleaning solution for a full 10 minutes and be allowed to air dry (rather than being wiped).

Choose the right tools.

Pre-moistened disinfecting wipes may not be the most economical or effective choice as they don't necessarily deliver enough cleaning solution to ensure sanitizing or disinfecting levels of germ kill on hard surfaces. (Again, the fine-print instructions actually state that multiple wipes are needed to deliver sufficient quantities of solution for disinfecting). Meanwhile, if you opt to use disinfecting sprays or liquids with reusable rags, be sure to avoid cross contaminating your surfaces by using one colored rag exclusively in your bathroom, another exclusively in your kitchen, and so forth.

Bottom line:


Clean first, disinfect second – and only at times and in places where it is really necessary. When you do decide to disinfect, follow procedural instructions exactly.

Otherwise, you will just be wasting your time and money without reaping the intended health benefits.




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Popularity of TV Dance Shows Inspires New Interest in **Ballroom Dancing**

Ballroom and other dance styles have sashayed their way into living rooms across America with shows like ABC's "Dancing with the Stars" inspiring many to put down the remote control and put on their dancing shoes.

The popularity of ballroom and Latin dance has been growing since about 2000, and television dance shows have boosted – not created – this popularity.

Age is no longer a factor when it comes to ballroom dancing. Once thought of as a venue for grandparents, ballrooms across America have seen a significant increase in participation among younger dancers and people from all walks of life. People from all different backgrounds -- professional, blue collar, white collar, widows, widowers, married couples are waltzing their way across the dance floor.

Learning to dance has both physical and mental benefits. In addition, it is a skill you can showcase on many occasions, especially during the upcoming holiday season when your calendar is full of social gatherings.

Learn to dance to impress your life partner, prepare for a special event, or to get in shape. Whatever your motivation is, the friendly instructors at Enchanted Ballroom are eager to help you achieve your dancing goals.

Those looking to learn a few moves are turning to dance studios like Enchanted Ballroom.

It doesn't matter if you are a beginning or advanced dancer. Maybe you are preparing for a wedding or special event, or want to lose those extra pounds and have some fun? Have you dreamed of dancing like the stars on TV and in competitions? Whatever your dance goals may be, Enchanted Ballroom instructors make achieving them easy and fun.

Enchanted Ballroom offers private lessons, group classes, workshops and dance parties.

If you have a partner in mind, dance classes are a fun way to add a little spark and romance to your relationship. Don't have a partner? Don't worry. You can dance with one of our instructors or another class participant. What better way to make new friends than in a steamy salsa class with a great Latin beat!

Dancing slims and tones the body and increases self-confidence among participants. Instead of going out and having a big dinner with your friends, attend an Enchanted Ballroom dance party. Everyone will have more fun, burn calories, and get to meet and mingle with new and interesting people.

With the holidays right around the corner, what better way to surprise your partner than a great deal on dance classes? Or indulge in some classes for yourself so that you can knock everyone's socks off the next time you're at a social gathering. If those aren't reason enough to dust off your dancing shoes, the health and fitness benefits alone are well worth the cost of class, and the friendships you'll make are priceless.

For more information about lessons, classes, workshops and dance parties call 239-908-9492 today! What are you waiting for?



26821 S Bay Drive, Unit 110 | Bonita Springs, FL 34134
(at the Promenade)
www.TheEnchantedBallroom.com

Enchanted Ballroom Bonita Springs is a proud member of the Bonita Springs Community. We are located in the beautiful Promenade at Bonita Bay, in the heart of Bonita Springs, Florida. Enchanted Ballroom Bonita Springs is tailored to fit everyone from beginners to advanced dancers. People come for all kinds of reasons – preparing for a special event, rehabbing an injury, looking for a fun exercise, get in shape, or seeking new friendships. We teach American Smooth and Rhythm as well as International Standard and Latin dancing, social dance, line dance, including Argentine Tango.

Has the dancing bug bitten you? Would you like to learn how to dance like the contestants on "Dancing With the Stars" and be able to use those skills when you attend social events? If so, look no further than Enchanted Ballroom Bonita Springs. Stop in any time by yourself or with friends to give dancing a try or to spruce up your moves.



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For more information, please visit our website at www.BrainBalanceNaples.com, or contact us at (239) 451 – 9167.

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EARLY PLANNING KEY TO SELECTING THE RIGHT RETIREMENT COMMUNITY

By Thom Braun

Selecting the right senior living community is an important housing decision that involves more than simply choosing an apartment. It's also about the community's ability to provide a vibrant, active and engaging lifestyle, a key to successful aging.

While you may not yet be certain when a move will be right for you, being proactive and beginning the process of discovery early will make the transition much easier. Inevitably, seniors living at a retirement community will often say they wish they had moved sooner now that they have realized all the benefits.

Finding the right community can open the door to exciting new experiences, a reinvigorated social life and a healthy lifestyle. Searching for your new home doesn't have to be difficult as long as you know what to look for.

Below are a few tips for choosing a retirement community:

Begin researching in advance – before the need arises

A good place to start is to ask family, friends and valued referral sources, such as a trust officer or estate attorney, for recommendations and their help with researching retirement communities. The Internet, professional resources, senior directories, local newspapers and social circles may also provide helpful information. Word-of-mouth advertising—the first-hand advice and feedback from people who are already familiar with a senior living community—is also invaluable.

Determine which type of community will best fit your needs

It's important to understand the different types of senior living options that are available and the types of services and care they offer. From continuing care retirement communities (CCRCs) which require upfront entrance fees, to rental communities like The Carlisle Naples, which offer the flexibility of an all-inclusive monthly fee, there's a community to fit every budget and lifestyle.

You can begin to narrow the list of potential communities to fewer possibilities by taking into account the location, the services you require and activities you enjoy. Working from a checklist—matching your preferences and needs to what is being offered—can be very helpful in the selection process.

Visit the community

If you're hesitant about where to start, don't worry. There are numerous low-key opportunities to visit the communities and get a feel for their culture and lifestyle. Most communities often host a variety of events which provide fun-filled, no-pressure invitations to mingle with current residents and tour the community.

Take your time

It will most likely take more than one visit to make a decision as to whether or not a community is right for you. Ask to experience dining and attend resident events. Make an appointment with a sales representative to go over any additional questions you may have. Remember, they have a wealth of knowledge and are there to help you to determine the perfect mix of services and amenities to meet your needs. Bring family members and friends to the community and solicit their opinions as well.

Choosing a retirement community will not be a decision that is made overnight; however, it is important to have a plan in place should your needs suddenly change. It's never too early to start planning for your future housing needs. Then, when you decide to move, you'll be glad you took the time to find the community that is just right for you.

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Developing Discipline

By Dr. Ray Underwood

Here's a question for you: What is one thing in your life that you are not doing, that if you started doing on a regular basis would make a tremendous positive difference in your life?

Here's a follow-up question: why are you not doing it?

Answer: most of us are not doing it because we lack discipline.

In ancient times there was once a king named Solomon. The Bible says that he was the wisest man who ever lived. People would come from miles to hear his wisdom and we are fortunate because many of his wisdom is collected in the book of Proverbs in the Old Testament.

In Proverbs 28:25 Solomon says, "A person without self-control is like a house with its doors and windows knocked out." Discipline is pretty important, huh?

You see this virtue of discipline touches every fiber of our lives. Discipline is the indispensable tool to making your life work: our life, our health, our happiness, our wealth, our family life, our success is all rooted in our discipline. Discipline helps us to get to where we want to go.

You ask any great athlete and they will tell you about the importance of discipline. You ask any successful business man or woman and they will tell you about the importance of discipline. You ask any accomplished musician, actor, writer, salesperson or leader and they will tell you about the importance of discipline.

Spiritually speaking, the same is true: our relationship with God is largely determined by our discipline. You ask any godly man or godly woman and they will tell you about the importance of discipline. Spiritual discipline is the habit of making wise decisions and then living in alignment with them. Our behavior needs to be in alignment with our thinking and that takes discipline.

Prov. 10:17 says, "People who accept discipline are on the pathway to life, but those who ignore correction will go astray." NLT

Here are three "Disciplines of Being Disciplined".

1. Persistence - "Never Give Up"

Prov. 12:24 "Work hard and become a leader; be lazy and become a slave." Discipline always starts from within; we grow and develop our self-discipline by growing and changing our attitude towards it.



2. Advance Decision Making - "Say No Now"

Prov. 13:16 says, "A wise man thinks ahead, a fool doesn't and even brags about it." Be prepared in advance to make the right choices. Don't wait until it's too late.

3. Delayed Gratification - "Putting Pain before Pleasure"

You do the difficult now in order to enjoy the benefits later. The Apostle Paul reminds us that, "No discipline is enjoyable while it is happening--it is painful! But afterward there will be a quiet harvest of right living for those who are trained in this way." Heb. 12:11 NLT

So... let me ask you: What is one thing in your life that you are not doing, that if you started doing on a regular basis would make a tremendous positive difference in your life? And why are you not doing it?

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