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Health & Wellness[®] MAGAZINE

December 2014

Lee Edition - Monthly

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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**



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What will you *RESOLVE* to do in 2015?

By Joseph Magnant, MD, FACS

As each New Year dawns, many of us spend the weeks or months preceding the turning of the calendar contemplating potential New Year resolutions. Most resolutions can be categorized into discrete compartments. Spiritual/religious, professional development, strengthening and renewing family and other relationships, and improving our health are the top ones I generally consider. From a professional and educational perspective I have resolved to renew and further my commitment to the education of the general public and physician community regarding the wide variety of presentations of correctable superficial venous insufficiency. We have extended the opportunity for patients to be screened for venous disease by offering an online interactive vein screening questionnaire, e-vein screening, accessible to the public from the home page of our website, weknowveins.com.

It is estimated that 35-40 million adult Americans suffer from significant superficial venous insufficiency, or venous reflux disease, the majority of whom do not present with ulceration or external bleeding as their initial complaint. In addition to these more urgent presentations, many patients present with other symptoms such as painful varicose veins, skin discoloration, and a host of other symptoms related to and caused by leaky veins including swollen legs, restless legs syndrome, nocturnal leg cramps and frequent nighttime urination. Until the year 2000, the only treatments for venous insufficiency (manifest as large varicose veins, skin ulcerations or bleeding varicose veins) were compression hose or vein stripping. Due to the invasive and painful nature of vein stripping, surgical treatment for venous insufficiency was limited to patients with recurrent ulcerations around the ankles or varicose vein related bleeding episodes.

Endovenous closure, which was introduced in 2000, has significantly changed the landscape for patients with venous insufficiency. Since introduced, endovenous closure (sealing of the leaky veins with a small catheter) has been used successfully to treat hundreds of thousands of patients, relieving their disabling symptoms prior to developing venous ulcers or bleeding. The availability of this minimally invasive and very effective procedure for patients with symptomatic venous insufficiency has resulted in a surge in the number of patients being referred to Vein Specialists for venous insufficiency evaluation. Sources of referrals include primary care physicians, specialists in orthopedics, cardiology, podiatry, dermatology, neurology, urology and others, as well as direct referrals from satisfied patients who have had the procedure. Since the superficial venous system (rather than the deep system) is responsible for the majority of patients' problems with advanced signs and symptoms of venous insufficiency, it seems only appropriate to offer patients thorough venous evaluation and definitive therapy earlier in the course of the disease process rather than making them suffer the pain and discomfort of untreated venous insufficiency. Complications such as bleeding, ulceration and cellulitis require frequent emergency room visits and hospitalizations. The goal should be the avoidance of these serious complications. I would like to highlight a number of interesting patients that made a resolution to make their leg vein problems a priority and who were treated in the past year.

K.S. is a 66 year old female who was referred for evaluation of a non-healing and painful left lateral ankle ulcer which had been present for 12 (yes... twelve) **YEARS**. Previous evaluation

had included compression hose, elevation, extensive wound care center treatments and previous vein evaluation. She and her husband made a **RESOLUTION** to obtain a second opinion to see if anything else could be done for her as she had failed to make significant progress. Ultrasound revealed severe superficial insufficiency of the great saphenous vein, a few connecting (perforating) veins as well as a cluster of varicose veins in the margin of the ulceration. She underwent staged treatment with endovenous ablation (sealing) of the main superficial veins and the connecting veins followed by ultrasound directed foam injection sclerotherapy of the marginal veins. Her ulcer is now well healed and her pain resolved and she has a beaming smile on her face as she can go about her days without pain and without the burden of caring for an open wound

and without the additional infection risk an open skin wound poses.

C. D. is a 58 year old female who presented through a podiatrist (the 8th physician she had seen for her legs) for evaluation of venous insufficiency. She had been told by a number of physicians that she had "fat and swollen legs" but that since she did not have any visible varicose veins bulging out of the skin, **Venous Insufficiency** was not a consideration. Clinically, her legs were swollen, red, tender and extremely tight to the point that she could not



perform activities of daily living over the previous nine months. She **RESOLVED** to search further for a curable cause and her podiatrist, Dr. Doerr, referred her for venous evaluation. Her ultrasound subsequently confirmed severe superficial venous insufficiency. Other symptoms included severe leg cramps and nighttime urination. Endovenous closure was performed on both legs, 2 weeks apart and she returned for her post-op follow-up, smiling from ear to ear, with ankle bones she could actually see (as the swelling had resolved) and remarked that she was wearing shoes (as opposed to flip flops) for the first time in nine months.

M.T. is a 52 year male whose wife researched the internet to see what might be causing the severe swelling, skin discoloration and ulcerations of his lower legs. He had noted varicose veins and leg swelling for many years prior and had seen a number of primary care physicians who were not familiar with presentations of venous insufficiency *other than varicose veins*. His wife had **RESOLVED** to educate herself through the internet and find the right specialist for her husband. Ultrasound evaluation confirmed severe bilateral great saphenous vein insufficiency and he underwent endovenous ablation with rapid improvement and subsequent closure of the ulcer within one month of his procedure. Years of open ulcers, daily wound care, severe swelling of the legs, nighttime urination 3-4 times per night and daytime narcolepsy are now all things of the past.



Leaders in Vein Treatment

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

S. G. is a 41 year old mother of two who underwent endovenous ablation of her left anterior accessory and great saphenous veins as well as varicose vein removal through two tiny incisions. Her procedure was performed under local anesthesia in less than one hour and she returned to work in 24 hours. Her **RESOLUTION** to find the cause of her swollen achy legs and varicose veins took her to Vein Specialists for her initial evaluation three months prior. She underwent ultrasound evaluation which confirmed severe leakiness in the above veins and she completed a three month trial of compression hose and elevation with improvement of her symptoms. She desired a long term, definitive therapy for her venous insufficiency rather than the less practical, ineffective compression hose option.

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So...in 2014, will you RESOLVE to address your leg complaints? RESOLVE yourself to live without swollen achy legs, tight and red legs, nocturnal leg cramps and urination, or restless legs syndrome.

RESOLVE to have your large bulging veins evaluated earlier for the underlying cause and possible treatment options rather than waiting for the veins to clot off on an airplane or car ride.

RESOLVE to minimize your risk of deep vein thrombosis by seeking evaluation of your swollen legs for deep vein clots or leaking veins.

RESOLVE to empower and educate yourself through all available resources, health screenings, educational articles and materials or internet resources and be persistent in your search for the cause of and cure for your leg problems.

Our collective **RESOLVE** in medicine should be to improve the well being and functional quality of life of our patients by offering evidence based treatments directed at prevention of the end complications of disease processes. Endovenous ablation is the treatment ticket to the improvement of millions of Americans being held back by the lifestyle limiting symptoms of venous insufficiency.

1 1510 Royal Palm Square Blvd., Suite 101, Fort Myers, Florida | 2 3359 Woods Edge Circle, Suite 102, Bonita Springs, Florida

Finding the Right Facility for Rehabilitation

After a hospitalization, picking the best facility for rehab can be one of the most important decisions. On the right is a check list provided by Stroke.org which offers some place to start when looking for rehab for yourself or a loved one.

Life Care Center of Estero has been serving the Southwest Florida Community for 11 years and strives to provide the best nursing and therapy services in the area. We have physical therapy, occupational therapy, speech therapy, dietitian services, a physiatrist for pain management and an onsite physician to meet individual patient needs. Life Care Center of Estero has several specialization programs including orthopedics, vestibular therapy, wound care and lymphedema therapy. We routinely performs home evaluations and we host a support group for Parkinson's Disease and a Caregiver support group. Life Care Center of Estero strives for continuing education of its staff (including trainings in strength and conditioning, stroke and Parkinson's disease treatment and neurodevelopmental theory certifications) with state of the art equipment (including the Alter G treadmill, Alter G Bionic Leg, ACP modalities and the Biodex balance system), to be at the cutting edge in today's healthcare. If you are in need of a rehabilitation stay, consider the family of Life Care Center of Estero.

Preferred Reserve Program® at Life Care Center of Estero
 Making the transition to rehab following a scheduled surgery can be a stressful process. Requesting a room reservation at Life Care Center of Estero prior to your hospital stay makes it easier to stay focused.

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| Checklist: Finding an Excellent Program | | | |
|---|------------------------------|-----------------------------|-------|
| Name of Program: | | | |
| QUESTIONS TO ASK | Yes | No | NOTES |
| Has the program been in operation at least one year? | Yes <input type="radio"/> | No <input type="radio"/> | |
| Does the program have a formal system for evaluating the progress made by its patients and the overall outcomes of the rehab program? | Yes <input type="radio"/> | No <input type="radio"/> | |
| Does the program have any partners that offer rehab services at other levels of care that I may eventually need (day treatment, outpatient treatment or home care)? | Yes <input type="radio"/> | No <input type="radio"/> | |
| Does the program provide a wide range of therapy services? (physical therapy, occupational therapy, speech therapy) | Yes <input type="radio"/> | No <input type="radio"/> | |
| Does the program have on staff a full-time physiatrist or another doctor who is experienced in stroke and rehab medicine? | Yes <input type="radio"/> | No <input type="radio"/> | |
| Is medical care available at the rehab center if I need it? | Yes <input type="radio"/> | No <input type="radio"/> | |
| Can my doctor visit me at the rehab center? (Does he/she have visiting privileges?) | Yes <input type="radio"/> | No <input type="radio"/> | |
| Does the program have a stroke support group for survivors and their families? If not, can they refer me to a local group? | Yes <input type="radio"/> | No <input type="radio"/> | |
| Does the program conduct home visits before checking people out of the center and releasing them to their homes? | Yes <input type="radio"/> | No <input type="radio"/> | |
| Are staff members required to keep up with new information about stroke and rehabilitation? How do they do so? | Yes <input type="radio"/> | No <input type="radio"/> | |

Treating Common Knee Injuries

By Dr. John C. Kagan, M.D.

As the largest joint in the body, the knee is prone to injury. According to the American Academy of Orthopedic Surgeons, or AAOS, knee problems lead to more visits to orthopedic surgeons than any other problems. Two common knee injuries are ACL and meniscal tears, and they can affect people of any age.

The ACL, or anterior cruciate ligament, is one of four major ligaments in the knee, connecting the top of the lower leg, or tibia, to the bottom of the thigh bone, or femur. ACL tears are often caused by a rapid change of direction or a hard landing after a jump, and are common sports injuries in tennis, soccer, basketball and skiing. About 200,000 people each year suffer ACL injuries, and about half of those require ACL reconstructive surgery, according to the AAOS. Patients with ACL injuries often experience a large amount of swelling, a loss of full range of motion, discomfort while walking and pain or tenderness around the knee.

To repair a torn ACL, an orthopedic surgeon will use a tendon graft to replace the damaged ligament. The graft can come from the patient's body by using tendon tissue from elsewhere in the patient's leg or donor tissue. The repair can be done using minimally invasive arthroscopic surgery. The AAOS reports that surgical reconstruction is a successful, long-term treatment 82 to 95 percent of the time. Patients who undergo ACL repair will need physical therapy to regain full strength and range of motion following surgery.

Meniscal tears are another common knee injury. The meniscus are pieces of cartilage that act as shock absorbers between the femur and tibia. Sudden meniscal tears are often the result of sports, when players twist the knee. Older people may also suffer from degenerative meniscal tears, as the cartilage weakens and becomes thinner with age. Patients with meniscal tears may feel a "pop" but otherwise not notice any immediate effects;



however, after a few days, the knee becomes stiff, swollen and painful, and loses full range of motion. If left untreated, the torn piece of meniscus may find its way into the joint, which can cause the knee to slip or lock, causing further injury.

Depending on the severity and location of the tear, surgery may not be required to fix the torn meniscus, but patients who suspect they may have torn their meniscus should have their knee evaluated by an orthopedic surgeon. The surgeon will either remove the damaged meniscal tissue in a meniscectomy, or will repair the damaged meniscus by stitching the torn pieces. After the surgery, patients can expect to keep their knee in a cast or brace and use crutches for about one month, followed by physical therapy to restore

full range of motion to the knee. A meniscus repair requires approximately 3 months of recovery time, while a meniscectomy usually heals within a month.



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CARING FOR THE CAREGIVER

How Does Caregiving Put Caregivers at Risk?

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

Having a spouse who is battling a serious illness can bring about a multitude of emotions. Estimates have shown that families provide 80% of the long-term care for chronically ill individuals in the United States. When someone has a spouse who is suffering from a serious illness, he or she often finds him or herself taking on the role of primary caregiver. These people want to be there for their loved ones in their time of need, but they do not always realize the immense amount of physical and psychological stress that they are imposing on themselves by doing so.

Studies have shown that caregivers consistently report experiencing greater feelings of depression and other mental health conditions than do individuals who are not providing care for loved ones. Additionally, research has shown that between 40% and 70% of caregivers display clinically significant symptoms of depression, with approximately half of those individuals meeting diagnostic criteria for a clinical diagnosis of depression. When caregivers are suffering from depression, they are highly susceptible to experiencing other emotional and behavioral disturbances. These individuals are more likely to experience the onset of coexisting mental health conditions, such as an anxiety disorder. Additionally, people who are depressed and who are responsible for providing care to their spouse may find that they can experience a sense relief from their own symptoms by using drugs and/or alcohol.

Caregivers also consistently report feeling extreme levels of stress as a direct result of having to provide ongoing care for their loved ones. In many cases, in addition to caring for their spouses, these individuals are also responsible for financially supporting their loved ones. These people often have to maintain steady, full-time employment in order to keep their families financially afloat. In such instances, these people have no choice but to work full-time, only to then come home and once again take on the role of caregiver. The amount of

pressure that these individuals are under can understandably elicit ever-increasing levels of stress. They ultimately find that they do not have any time to relax, which leads to their feeling overwhelmed and exhausted. Not only does this affect them psychologically, often increasing their feelings of depression and anxiety, but it can also begin to negatively impact them physically. The presence of chronic stress, in addition to lacking the ability to rest, can ultimately result in the onset of physical illnesses. Yet, despite becoming physically ill, the responsibilities that these individuals have placed on them do not cease, meaning that they continue to provide care for their loved one. The physical strain of continuing to provide care despite being sick can further perpetuate the feelings of stress, depression, and anxiety.

Another trial that caregivers face is that they often begin to question their own ability to provide care to for their loved one. When they are consistently caring for their spouse and do not see any positive results from that caregiving, they can easily begin to feel as though they are failing their loved one. Now, in addition to the stress, depression, and anxiety that these individuals experience from the actual task of caregiving, they are faced with decreasing feelings of self-worth and uncertainty as they doubt their own effectiveness at helping their spouse. Such feelings ultimately exacerbate the already present feelings of emotional distress.



Additionally, as caregivers witness the suffering that their loved one is going through, their own level of distress is heightened. They may begin to blame themselves that they are unable to relieve their loved one's suffering.

So what can be done to help alleviate some of the pressure that caregivers are under? Perhaps the biggest thing for these individuals to remember is that there is no shame in asking for help. Because they are caring for their spouse, they may feel as though it is solely their responsibility. However, seeking out support from other family members or other individuals in your loved one's life can make a monumental difference in regards to alleviating some of the stress that they are under. Additionally, it is imperative that caregivers take care of themselves. If symptoms of anxiety and depression are present, seeking treatment from a mental health professional is the most beneficial way of addressing such concerns.

Park Royal Hospital, a premier provider of behavioral healthcare services, offers a number of treatment options for individuals who may be suffering from the distressing emotional symptoms that may arise as a result of being a loved one's primary caregiver. With a holistic approach to treatment, the highly trained and qualified staff at Park Royal can help these individuals address their concerns, find relief from their distress, and ultimately work towards rebuilding their sense of self-worth, allowing them to be the best help, support, and source of caregiving for their loved one.



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Prostate Enlargement

By Harry Tsai, M.D.

Prostate enlargement is known as BPH (benign prostatic hyperplasia). This simply means that the cells of the prostate gland have increased in size and urination becomes difficult with frequency, urgency, getting up at night, difficulty emptying, and occasionally blood.

Cause

BPH occurs as the gland enlarges and begin to constrict the urethra. The noncancerous cells begin to grow as men age and some men will notice symptoms in their 40's and 50's.

Symptoms

Symptoms usually start gradually and can include weak urinary stream, trouble starting the flow of urine, stopping and starting, incomplete emptying, urinating at night, sudden urges to urinate, leaking or dribbling after urinating, and straining to urinate.

Detection

Detection is usually based on the degree of severity of the symptoms. Once the patient is referred to or sees a urologist, several tests are performed. First a careful history and physical exam is performed including a digital prostate exam. Urinalysis is performed to look for blood, infection, or cancer. We then perform a cystoscopy which is a fiberoptic scope that is passed into the urethra. Careful inspection of the prostate gland and bladder is then performed. Another test is the uroflow and post void residual. Patients report to the office with a full bladder and are asked to void into a special machine. This uroflow machine can measure the volume of urine, force of urine, and then the residual is measured with a bladder scanner.

Treatment

If the symptoms are mild, most men choose not to be treated. However, if the symptoms are bothersome, men can choose from medications, office procedures, and surgical procedures to manage their BPH symptoms.

There are many supplements that men can take such as saw palmetto, herbal extracts which can help.

Medications include alpha blockers (tamsulosin, rapaflo) which help relax the prostate muscles to improve urine flow.

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5-alpha reductase inhibitors such as finasteride and dutasteride block a hormone related to testosterone and can shrink the prostate gland.

Nonsurgical options include two office procedures which are performed in the office.

1. Cooled thermotherapy (CTT); www.urologix.com. This is a 30 minute procedure which is performed through a special catheter.

2. Transurethral needle ablation (Prostiva); www.urologix.com. This is a shorter procedure which is performed with a special probe that is inserted into the urethra and radiofrequency energy is employed.

Surgical procedures includes the traditional transurethral resection of the prostate (TURP), greenlight laser photovaporization (PVP), and the plasma button procedure.



Prevention

It is important to urinate when the urge is present and not to delay until the bladder is full. Eating healthy is also very important. It is essential to avoid alcohol and caffeine at night. Certain medications especially antihistamines can tighten the muscles and make urination more difficult.

LIFE-THREATENING SLEEP APNEA AND THE CPAP ALTERNATIVE

By Dr. Rich Gilbert

The word apnea literally means without breath. During sleep, the muscles and tissues of the upper airway can collapse and narrow or totally block the opening in the throat for air. The narrowing of the upper airway can produce sound - snoring. However, when the upper airway becomes completely obstructed breathing stops. This condition is called Obstructive Sleep Apnea (OSA) and the resulting oxygen deprivation is life threatening!

SNORING VS. SLEEP APNEA

Snoring is generally considered a mild condition resulting in limited daytime symptoms. Disruption to the sleep of the snorer's bed partner is the most common and irritating side effect.

OSA is a much more severe, life-threatening, condition in which the sufferer stops breathing repeatedly throughout the night. As a result, oxygen saturation levels in the bloodstream often drop to dangerous levels. Sleep patterns are disrupted because the body must fight to breathe and frequently arouse the sufferer from sleep. Besides fatigue there are much more grave health consequences associated with OSA that you should be aware of so that you understand the necessity of proper OSA treatment.

SERIOUSNESS OF OSA

Having Obstructive Sleep Apnea means that you actually stop breathing multiple times during the night. The lack of oxygen to your brain jolts your body awake briefly so you can take the necessary breath and then fall back to sleep. This apneic episode has very serious health ramifications. Your brain, heart and other organs are being oxygen starved repeatedly throughout the night, usually between 5-15 times per hour! Sleep patterns like this mean you're limiting rapid eye movement (REM) sleep, the essential sleep stage that helps recharge your



body's internal battery. The next day, your body compensates for its lack of rest, resulting in fatigue and poor productivity. During the day your concentration is easily broken and you suffer from daytime sleepiness and irritability.

You may realize that your productivity suffers at work, but what you may not realize is what's going on inside your body. Specifically, when you stop breathing your body experiences a drastic drop in oxygen saturation, from 97% to as low as 60%. This can lead to significant health problems and even death.

Here's a list of the most common concerns that untreated sleep apnea can cause:

Car Accidents - a deadly side effect of daytime sleepiness, people with untreated OSA are 5 times more likely to fall asleep behind the wheel.

Heart Disease/Stroke - the low oxygen levels caused by obstructed sleep apnea stress the body, making sufferers of OSA more likely to have a heart attack or die in the middle of the night. The oxygen disruption makes it hard for your brain to regulate the flow of blood to arteries and to the brain itself.

High Blood Pressure - frequent awakenings during the night cause hormonal systems to become hyperactive, which can result in a dangerous elevation in blood pressure.

Weight Gain - obstructive sleep apnea goes hand-in-hand with obesity because fatty deposits in the neck block adequate breathing during sleep increasing your risk of OSA. In addition, the lack of oxygen and sleep deprivation causes the endocrine system to increase production of several hormones. Specifically, the hormone Cortisol which increases your appetite and the hormone Ghrelin which increases cravings for carbohydrates and sweets. Both of which contribute to weight gain. Thus resulting in a vicious cycle of sleep deprivation and weight increase.

Type 2 Diabetes - since Type 2 Diabetes is often brought on by obesity, up to 80% of diabetics also suffer from some form of obstructed sleep apnea. Research shows that sleep deprivation can be a contributing factor to insulin resistance, which is the body's early warning system indicating susceptibility to Type 2 Diabetes.

Other serious health concerns that can be linked to OSA: depression, gastric reflux, insomnia, muscle pain, loss of short term memory, fibromyalgia, cardiac arrhythmia, intellectual deterioration, inefficient metabolism, severe anxiety, memory and concentration impairment, mood swings, and impotence.



Drs. Rich and Lacy Gilbert

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TREATMENT OPTIONS

Although OSA can create severe health impairments - treatment can prevent most of these risks. It is even possible to cut down on blood pressure medication because getting adequate rest can lower blood pressure. Treatment is crucial. Often times that means CPAP therapy, a machine that sits beside your night table and applies positive airway pressure to the respiratory system to prevent apnea episodes. CPAP therapy has proven to be very effective in the treatment of OSA when used as prescribed. However, due to the invasive and obtrusive nature of CPAP therapy patient compliance is extremely poor. As a result, industry leaders now accept dental appliance therapy as standard practice.

In 2006, the American Academy of Sleep Medicine recommended that oral appliances be used as a first line of treatment for mild to moderate OSA. FDA approved oral appliances used to treat OSA work by advancing the mandible, thus holding the jaw in a forward position. This increases the free space in the back of the throat and prevents upper airway tissues from obstructing and causing an apnea event.

SCREENING FOR OSA AT THE DENTIST OFFICE

Attentive dentists are in a perfect position to screen for OSA because they routinely visualize their patients' upper airway, which may show an anatomical predisposition for obstruction. Additionally, dentists are privy to subjective signs and symptoms of OSA and can screen as part of medical history updates.

Often times, patients who believe they "snore" may in fact actually suffer from the more serious condition of OSA. If you or your bed partner suffers from symptoms of OSA, please call us to learn more about how oral appliances can prevent potentially serious health conditions that occur as a result of sleep apnea.

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



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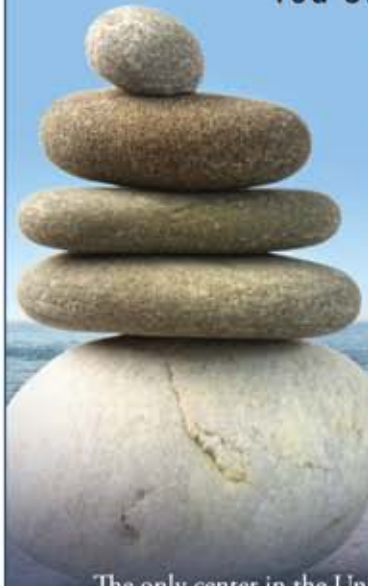
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3 Solid TIPS to Keep the Weight Off This Christmas

Have you ever imagined a holiday season that actually whittled your waistline? Don't wait until resolution time to get started. Making these changes to your seasonal routine can get you on the path to better health today.

Eat Your Meals Earlier. Make it a point not to eat dinner past 7:00p.m. in the evening. When food is consumed too late in the day, there is no time to burn it off. Your body turns carbohydrates into sugar for energy. However, when you are done with your day, and there is no energy expended, your body produces fat cells to store the "energy" to be used for later; and even the best of us can say fat is harder to get rid of once its already there. If you have circumstances where it is necessary to eat later, dwindle the sizes of your meals as the day goes on. Make breakfast the largest meal so your body stays fuller longer and has more time to burn it off.

Use Whole Foods. This may take some trial and error, however it can go a long way towards shedding the weight over the season. Think about some of your favorite sauces you buy from the store. Lets take for example, Alfredo sauce. When you read through the ingredients, there will be milk and cream. There will also be a laundry list of ingredients that follows with chemical names you can't pronounce, added sugars, and more often than not, high fructose corn syrup. Instead, grab a sauce pan and melt some real butter and a white cheese in some olive oil. Stir in a dash of



creamer and a few drops of Worcestershire sauce. This is a much healthier way of making your pasta that does not involve all of the mystery chemicals that love to store in your fat cells. With a little experimentation, you can create your favorite food enhancers with simple ingredients that are quick and, lets be honest, always taste better.

Enjoy your Holiday. The keyword there being "day". Several of us enjoy having a little treat everyday, not realizing this will actually add on more pounds over time than having a larger cheat meal once every few days. Christmas is a day meant to be enjoyed with friends and family and, of course, food! So give yourself a break. Don't spend

the Holiday stressing over calories and make it a conscious plan to relax and have fun. Then, get right back on that healthy horse. Keeping bowls of Christmas candy in plain sight around the house for two months can devastate your best efforts. So send off the leftovers, avoid the lingering of brightly colored candy wrappers, and by all means, have a very Merry Christmas!

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Speech, More Than Just Talk

Most people associate speech therapy with the ability or lack thereof to speak, and therapy associated with that. Speech rehabilitation is only a small part of what speech therapists do. In fact, speech-language therapists have many responsibilities in acute-care settings, medical inpatient rehabilitation, outpatient rehabilitation and rehabilitation in the home care setting.

Speech Therapists work closely with physician specialists (ENTs, neurologists, neurosurgeons, physiatrists, internists, family practitioners) to diagnose a range of problems, and initiate treatment. Speech Therapists also play a role in hearing conservation. They are qualified to screen patients' hearing to determine if a referral to an audiologist is necessary.

One of the more common clinical uses of speech therapy, especially in the home care setting is in the diagnosis of neurological conditions. Speech Therapists are often asked to evaluate both cognitive (thinking, knowing, perceiving) and physiological (physical) problems. The way in which a person speaks and uses language reveals a great deal about thought-processing skills, memory deficits, and the ability to focus attention. Deficits in these areas can indicate brain injury, stroke, Alzheimer's disease, Parkinson's disease, and a host of other neurologic conditions. Because Speech Therapists are trained to identify unusual patterns in speech, their assessment can be extremely important to an accurate diagnosis and an effective treatment plan.

Speech Therapy is highly effective with those who have difficulty in swallowing. Difficulty in swallowing is common among patients who have suffered a stroke or who have other neurological diseases, like multiple sclerosis and amyotrophic lateral sclerosis (ALS or Lou Gehrig's disease). Speech Therapists use a variety of diagnostic tools to detect swallowing problems and treat patients to overcome swallowing difficulties associated with their disease.

One of the most under utilized uses for speech therapy in Home Care is for cognitive uses. Often patients have difficulty retrieving words, sequencing activities, and understanding what they hear and



what they read. Cognitive therapy is designed to provide clients with strategies to improve their thinking skills and their every-day functioning.

At Nurse On Call we utilize speech therapists for more than just talking, we utilize their expertise for all forms of communication. The ability to communicate is more than just talking. It involves listening, understanding, reading, and writing. For communication to make sense it also involves being able to think clearly and remember information. Speech Therapy is covered at 100% to those who meet the Medicare guidelines for home health, and we have a therapist for that!

For more information on speech therapy and other home health services, please call your local Nurse On Call branch.



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KNEE PAIN DOES NOT MEAN YOU NEED KNEE REPLACEMENT SURGERY

By Physicians Rehabilitation

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

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

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

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

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

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

What are Hyalgan Injections?

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

What's the process?

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

When will I feel results?

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



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

Will my insurance cover this treatment?

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

What are other people saying about it?

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

So what are you waiting for?

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



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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.

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Understanding Pain And Fatigue And The Proper Path To Managing Both

Living beyond chronic pain and fatigue.

Chronic pain and fatigue often occur together. Fatigue can be a normal and important response to physical exertion, emotional stress, boredom, or lack of sleep. Pain and fatigue symptoms are expressed in many different ways throughout our bodies. Not all symptoms are present in any one case or in any one certain part of the body.

If you or a loved one are living with one or more of the following symptoms please contact YOLLO Wellness for a complimentary consultation.

- Chronic muscle pain, muscle spasms, weakness in the limbs, or leg cramps
- Moderate or severe fatigue or decreased energy
- Stiffness upon waking up or staying in one position too long
- Insomnia or waking up feeling just as tired as when you went to bed
- Abdominal pain, bloating, nausea and constipation alternating with diarrhea
- Difficulty remembering, concentrating, and performing simple mental tasks
- Tension or migraine headaches
- Jaw and facial tenderness
- Sensitivity to one or more of the following: odors, noise, bright lights, medications, certain foods, change in room or outside temperatures
- Feeling anxious or depressed
- Numbness or tingling in the face, arms, hands, legs, or feet
- Increase in urinary urgency or frequency
- Reduced tolerance to exercise and muscle pain after exercise
- A feeling of swelling (without actual swelling) in the hands and feet
- Painful menstrual periods
- Dizziness or sudden loss of hearing



Being able to describe the symptoms you are feeling and pinpoint exactly where on your body the pain is located is not always an easy thing to accomplish. Just because certain pains cannot be seen does not make them less painful. At YOLLO Wellness their ability to use IR Scanning or what is known as **Digital Infrared Thermographic Imaging (DITI)** can help locate your pain. YOLLO Wellness is equipped with the most advanced DITI camera that has the capability of showing the pain you are feeling as well as pinpointing it's exact location in your body. This camera has the capability to detect abnormalities in the very early stages. Detecting subtle physiological changes from an infection to vascular disease, fibrocystic disease, to cancer. Cells double every 90 days so the scan may be repeated several times without any harmful effects to the body. A certified CCT will take the images; an experienced Physician then reviews the images and will provide you with a detailed report of their findings. The reports are returned to you within 24 hours or as soon as 2 hours if there is a need to rush the results.

YOLLO Wellness also offers a **Live Blood Cell Analysis** that will show you what condition your cells are in. This is a very powerful tool that shows the microbial activity in your blood. These results also allow a better understanding how aging and diseases are affecting your body. The ability to gather this information is invaluable. This blood analysis detects nutritional deficiencies, digestive disorders, parasites, bacteria, free radicals, uric acid crystals, plaque, yeast and fungus. If you are currently taking supplements the results of this testing will determine whether they are working or not within your body. YOLLO Wellness will educate you about vitamins and supplements that are better suited for what your body needs on your path to a healthier life.

ALCAT Testing: What is ALCAT intolerance testing?

ALCAT is the world-wide leader in food and other intolerance/sensitivity testing. Intolerances to food and food additives have been linked to digestive problems, migraines, joint and skin problems, ADD, and other medical conditions. The ALCAT Test measures your intolerances using a proprietary technology that measures how your white blood cells respond when exposed to different foods.



YOLLO Wellness offers ALCAT testing. This test takes your health to a whole new level. This specific testing can and will change your life. This highly definitive test will let you know what foods, additives, and environmental chemicals you need to avoid helping to prevent negative reactions at the cellular level. Half the battle to healthier living is won once you know what foods to avoid. You also have to become in tune with what amount of the proper nutrients your body requires and this can be a challenge but very achievable. Certain supplements and foods can benefit your overall health tremendously. At YOLLO Wellness their professional certified team members will guide you step by step to help you change your eating habits and eliminate the things that are causing stress and throughout your body and preventing you from achieving optimal health.

Hyperbaric Oxygen Treatments:

Although the body needs many vitamins and nutrients for optimal functioning, oxygen is the element most vital to sustaining human life. More essential than food and water; oxygen feeds the body and provides protection against a variety of harmful agents. It has long been known that healing many areas of the body cannot take place without appropriate oxygen levels in the tissue. Most illnesses and injuries occur, and often linger, at the cellular or tissue level. In many cases, such as: circulatory problems, non-healing wounds, and strokes, adequate oxygen cannot reach the damaged area and the body's natural healing ability is unable to function properly. ADD, autism, Multiple Sclerosis, Sports performance recovery can benefit from hyperbaric oxygen therapy. HBOT treatments provide the extra oxygen naturally and with minimal side effects. Hyperbaric oxygen therapy improves the quality of life of the patient in many areas when standard medicine is not working. Many other conditions such as stroke, cerebral palsy, head injuries, and chronic fatigue have responded favorably to HBOT. Did you know that pain associated with chronic fatigue and fibromyalgia is caused by the lack of oxygen getting to the tissue and this creates hot spots or pressure points of pain?

How The Chamber Works:

The mild hyperbaric chamber is filled with compressed ambient air to 1.3 ATM or 4.0 PSI.

The increased pressure allows the blood plasma and other liquids of the body to absorb additional oxygen thus greatly increasing oxygen uptake by the cells, tissues, glands, organs, brain and fluids of the body.

The resulting uptake of oxygen allows for increased circulation to areas with swelling or inflammation. The results are diminished pain, swelling and fatigue. Your blood carries this oxygen throughout your body, stimulating the release of substances called growth factors and stem cells, which promote healing. Oxygen is then utilized by the body for vital cell functions, healthier cells equal healthier tissues and organs.



Micronutrient Testing:

- Overwhelming scientific evidence and published medical research documents the role that essential nutrients play in achieving and maintaining good health.
- This same evidence links nutritional deficiencies as a contributing factor to chronic diseases such as heart disease, cancer, osteoporosis, Alzheimer's, diabetes, and pain related diseases such as arthritis and fibromyalgia.
- 90% of people are deficient, and 50% of those are already taking supplements.
- Prescriptions cause nutrient depletions.
- Spectracell's Micronutrient Testing gives a functional cellular analysis of nutrient deficiencies. This is different from all the other nutritional assessments, using T-lymphocytes to not only measure if a nutrient is present but also if the nutrient is being absorbed and properly functioning within the body.
- It is a 4-6 month window of nutritional history.
- Take the guess work out of how much and how many supplements and more importantly- which ones!

New Clients call today to enroll in your 4 week PAIN RELIEF Program and get FREE HBOT for a month!



Includes: Micronutrient test, ALCAT test, 4 Live Blood Cell Analysis, Full Body Thermographic Digital Image, Lab Fees, Consultations, Office Visits, Book and DVD for \$1988.00.

Please call for complimentary OFFICE consultation.

Prescription from your doctor required to use hyperbaric.

At YOLLO Wellness we personally understand the reality you face when it comes to battling health issues. We have walked in your shoes. We have over 200 testimonials of positive results from our clients in the past two years. Autoimmune diseases produce widespread pain, disturbed sleep and exhaustion. Although your pain is un-detectable by other machines or Physicians diagnosis we understand IT IS REAL. The symptoms intensify with the time of day, changes in weather, and barometric pressure. Take control of your health and feel great every day. Remember " The Greatest Wealth is Your Health"

Make your own recovery first priority in your life. YOLLO Wellness has all the necessary ingredients as the state of the art equipment to jump start you back to a healthy lifestyle. Health is a state of complete physical, mental and social well-being.



Come Celebrate our 3rd Birthday on December 15th!

3 Free HBOT sessions for new clients! (prescription from doctor required)

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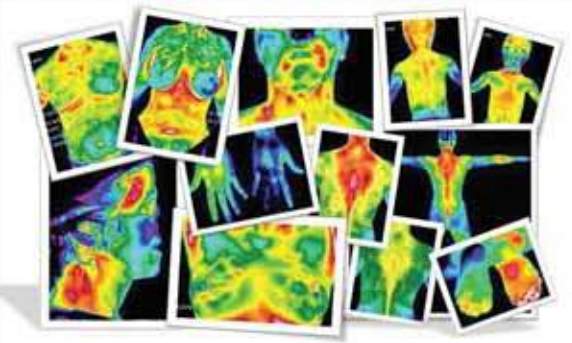
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Give the *Gift of Wellness* and Relieve Holiday Stress



As the holidays approach, practically everyone experiences a higher level of stress. Planning for big family events while still managing everyday work and family responsibilities can leave anyone harried and worn out. So if you are looking to relieve tension or searching for a great gift idea, why not consider a gift of membership in the Massage Envy Spa Wellness Plan?

While momentary stress can be a good thing by helping the body to react quickly by releasing adrenaline and cortisol, prolonged exposure to stress and the continual release of these stress hormones can lead to negative physical and behavioral changes. People suffering from stress may find themselves prone to outbursts, over- or under-eating and withdrawal from social situations. They may also experience anxiety, irritability, a lack of focus or motivation, restlessness and depression. Stress can even lead to physical symptoms such as chest pain, headache, muscle pain, sleeplessness and digestive problems.

Research has shown that massage can offer relief from the symptoms of stress. Massage therapy relaxes the muscles, lowers heart rate and blood pressure, and increases the production of endorphins, the body's natural painkillers. The release of the brain chemicals serotonin and dopamine also lead to a feeling of calm relaxation.

Clinical studies have shown that even a single 1½ hour session of therapeutic massage can lower the heart rate and levels of stress hormones. And a recent study conducted by Cedars-Sinai Medical Center in Los Angeles showed that patients who received massage therapy had increases in their white blood cell count, indicating a more active immune system – especially important as cold and flu season ramps up.



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By encouraging relaxation and lowering blood pressure, a therapeutic massage from a Massage Envy massage therapist can provide immediate relief from the stresses and worries of the holidays.

The Massage Envy Spa Wellness Program includes one customized massage every month, with discounts for additional massages, products and more. If you want to give the gift of relaxation

and stress relief this holiday season, visit your nearest Massage Envy Spa location or go to www.messageenvy.com/regions/FL/Southwest-Florida. Massage Envy Spa has locations in Cape Coral, Fort Myers, Estero and Naples.

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What Motivates You to Give?

By Arlene Knox, Senior Director of Development, Florida SouthWestern State College Foundation

I have a pile of envelopes on my desk. Some are multi-colored, some with pictures of children and families, others with printed messages of hope, and still some with beautiful stamps and graphics. It is the holiday season, and while many are from friends and family, many were mailed to me from non-profits seeking donations.

Have you received these yet? Maybe you get them year-round. In the next six weeks, non-profits will spend millions of dollars on mailings, and some will supplement these with additional emails and phone calls to seek charitable support from donors. As the end of the year approaches, it is commonly believed that most donors want to receive a tax-deduction before December 31.

But study after study shows that a tax-deduction is one of the least motivating factors as to why donors

give to a charitable cause. A cross-section of national studies shows that donors have a multitude of motivations for giving, and tax benefits are rarely ranked high.

Here is a sampling of some of the top motivations for giving, gleaned from a variety of surveys of donor behavior:

To Honor or memorialize a loved one. Parents, teachers, coaches, neighbors, aunts, uncles, grandparents—we all have at least one person who has helped us along the way, and often times, we want to honor them for the impact they have on our lives.

To respond to a critical need. Hurricanes. House fires. Health emergencies. We are hard-wired as humans to help each other and alleviate suffering, especially when we see vivid images of people in desperate situations.



To help fulfill your life's goals and passions. As we age, we become more reflective about our life journey, and our time is precious. Giving to charity is an intentional act of caring and concern, and helps us to focus on the values that are truly important.

To connect with others who share your interests and passions. Have you heard the expression “birds of a feather flock together?” Non-profits are a great way to meet other people who share similar values, and humans like to be a part of something bigger than themselves.

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January 1, 2015

Florida SouthWestern State
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Winter Break

January 7, 2015
First Day of FSW Spring Classes

To pay back. We all have varied backgrounds and circumstances that led us to our present situations. Many donors express an overwhelming feeling of gratitude for succeeding in life, however this is defined. Donations are a way of “paying back” those who helped us in the past.

Think about why you give to a charity. Did a friend ask you? Did you see a person in need? Have you volunteered for an organization? When you can determine your real motivations for giving, this will help you in future decision-making about the impact of your gift.



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The "GPS" Knee Is Here

By Peter Curcione, D.O.

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

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

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



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

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



Peter Curcione, D.O.

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WHEN HAVING CATARACT SURGERY, YOU HAVE CHOICES OF SEVERAL INTRAOCULAR LENS IMPLANTS

By Jonathan M. Frantz, MD, FACS

If you've been told that you have cataracts, one of the first things you'll learn about are Intraocular Lens Implants (IOLs), the artificial lenses that replace the eye's natural lens that is removed during cataract surgery.

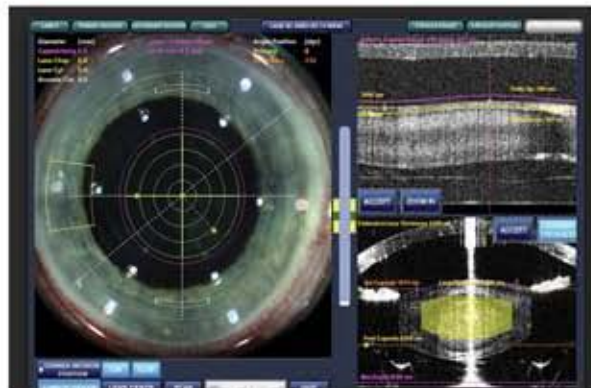
When you have your cataract evaluation at Frantz EyeCare, Dr. Jonathan Frantz, one of our country's TOP 5 Bladeless Laser Cataract Surgeons, and his Specialty Lens Counselor will help you select a lens implant that fits your specific lifestyle and eye health needs, whether you are having a premium refractive procedure with the LenSx laser or traditional cataract surgery.

Below is a summary of your lens options:

1) Bladeless Laser Cataract Surgery with:

a. a ReSTOR or Crystalens Implant and Limbal Relaxing Incisions (LRI): a ReSTOR or Crystalens implant will greatly decrease your dependence on glasses following surgery. You should be able to read a book, drive a car, and play golf or tennis with increased freedom from glasses.

b. a Monofocal Toric IOL: If you have astigmatism, a Toric IOL makes it possible to treat the cataract and correct the corneal astigmatism at the same time. If you have both a cataract and a corneal astigmatism, you will not regain high-quality distance



vision after surgery to remove the cataract unless the astigmatism is also corrected. The unique design of this lens provides significantly improved distance vision and may reduce the need for corrective lenses.

c. a Standard Monofocal Lens with Limbal Relaxing Incisions (LRI): If you have a lower amount of astigmatism, you can have your corneal

astigmatism corrected with limbal relaxing incisions (LRI) at the same time as your cataract surgery.

2) Traditional Cataract Surgery with Standard Monofocal Lens:

If you choose to have traditional cataract surgery with a standard monofocal lens implant for your after surgery visual outcome, you may decide to have both eyes corrected for distance vision and wear reading glasses for near vision, or have both eyes corrected for near vision and wear prescription glasses or contact lenses for distance vision. Another option is to have monovision, where your dominant eye is corrected for distance vision while your non-dominant eye is corrected for near vision. With monovision, you may not need reading or distance glasses.

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

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Visiting Angels Help You Beat the Holiday Blues

The holidays are supposed to be a joyful time of good cheer, parties and family gatherings, but it is not unusual for many of us to feel sad, lonely or even anxious during the holidays. This condition, which has come to be called “holiday blues,” can occur with any holiday or vacation time. It commonly happens at the end of the year when it can seem that just about everyone is celebrating in some way. High expectations, loneliness and stress can lead to holiday blues during the season from Thanksgiving to New Year’s. In most cases symptoms are temporary, but they can be serious if they last for more than two weeks, leading to clinical anxiety and/or depression.

Why are seniors susceptible?

Many factors can contribute to feelings of sadness that seniors may feel around the holidays. The holidays can heighten feelings of grief and loss for seniors adjusting to changes related to the process of aging, such as life without a loved one or close friends, ill health, or a move from a lifelong family home into a retirement home or senior community. They may feel guilty about having feelings of sadness which may in turn intensify those feelings of sadness.

How to manage the holiday blues?

The holiday blues can be a normal response to a stress-filled time of the year, but seniors don’t have to suffer unnecessarily. Mental Health America, a non-profit dedicated to helping Americans lead mentally healthier lives, offers the following tips for coping with stress:



- Keep expectations for the holiday season manageable. Try to set realistic goals. Make a list and prioritize the important activities.
- Remember the holiday season does not banish reasons for feeling sad or lonely; there is room for these feelings to be present, even if the person chooses not to express them.
- Leave yesteryear in the past and look toward to the future. Life brings changes. Don’t set yourself up in comparing today with the “good ol’ days.”
- Do something for someone else. Try volunteering some of your time to help others.
- Enjoy activities that are free, such as taking a drive to look at holiday decorations.
- Be aware that excessive drinking will only increase your feelings of depression.
- Try something new. Celebrate the holidays in a new way.
- Spend time with supportive and caring people. Reach out and make new friends, or contact someone you haven’t heard from in a while.
- Find a family member, friend, member of the clergy, or a physician or professional counselor you can talk with who can help you through this difficult time.

When is it more serious than just the holiday blues?

While they may be intense and unsettling, holiday blues are usually short-lived, lasting for a few days to a few weeks prior to or just after the holiday. However, it is important for family members, physicians and other caregivers to be alert to signs of something more serious than just seasonal sadness. Many elderly individuals may feel that depression is a natural part of aging and may not seek treatment on their own.

Depression is a very real and serious disease that can be treated and managed, but can be life-threatening if left untreated. The signs of depression include: sadness that won’t lift; loss of interest or pleasure; changes in appetite and weight; thoughts of death or suicide. If you notice that a loved one seems depressed, encourage them to talk to their healthcare provider.

How can Visiting Angels help?

The friendly, experienced, and knowledgeable Visiting Angels team members can help reduce your stress during the holidays by assisting with any home care services needed. During this time of year, we are often busy and having someone to help manage daily health activities can prevent stress and allow you to enjoy the festivities to the fullest.

If health issues prevent you from participating in social events, or if you are lonely and missing loved ones during this time of year, a Visiting Angel can keep you company and make ensure you are properly taking care of yourself to prevent holiday blues and worsening health conditions.

If diagnosed with depression, elderly patients may respond more readily when receiving care in the comfort of home, surrounded by their family and possessions. Visiting Angels offers an in-home care program to assist patients, families and caregivers affected by depression and other behavioral health disorders to journey towards wholeness. Services include stabilization, medication management, family interventions and long-term management.

If you have any questions about the various home care services provided by Visiting Angels, please call 1-800-365-4189 today. We are here to help in any way that we can.

Traveling Safely

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

Traveling "safely" is usually not what most individuals think of before embarking on a trip away from home. However, when people travel there is always a certain amount of anxiety encountering the unknown. Even travelers with the most savvy can encounter the unexpected.

One thing most people don't think about is hearing properly. Whether you're going across town or across the country, even the most cosmopolitan traveler should be aware of their surroundings. This is vital not only for a journey without complications, but for safety as well.

Airline travel has never been more complicated. Arriving two hours before takeoff is now required due to extra security procedures. Luggage now cost extra, especially if it is over the designated weight limit. No more complimentary food and beverages. Pillows and blankets are a thing of the past. Even headsets to watch in-flight movies are extra!

Departing times, gate changes, and arrival times can change in a moments notice, making hearing properly more crucial than ever. Missing a flight can not only cause anxiety, but can be costly as well. Another flight to your original destination may not even exist.

Hearing devices can make the difference between a stress free experience; or a trip filled with anxiety, turmoil and a lighter wallet.



Johns Hopkins Medical University has conducted case studies on individuals who have hearing problems, but do not seek any form of help. The studies concluded that people who had even a mild hearing loss were twice as likely to develop dementia and Alzheimers disease. Those with severe impairment were five times as likely to suffer from dementia and Alzheimers. This is due to the auditory cortex of

the brain lacking "proper" stimulation, resulting in the part of the brain responsible for speech interpretation atrophy and losing function. Once you lose it, it doesn't come back! As with any medical condition, early detection is imperative for successful treatment.

Signs of Developing a Hearing Loss

If you or anyone you know shows signs of developing hearing issues: such as asking for words or directions to be repeated, turning up the television or radio louder than normal, accusing others of mumbling, missing the sound of turn indicators while driving, have difficulty understanding conversations in the car, experience problems talking on the phone, struggle to hear in noisy environments or background noise, must have others raise their voice or move closer to hear them, or avoid certain situations due to difficulty understanding conversations.

Please contact our office for a FREE, no obligation hearing exam as soon as possible. The longer you wait, the worse it will get.

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

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URINARY TRACT INFECTIONS IN WOMEN

By Joseph Gauta, MD, FACOG

Urinary tract infections (UTIs) are responsible for approximately 8.5 million visits to physicians' offices per year and about five percent of all visits to primary care physicians. Approximately 50 percent of women will experience at least one symptomatic urinary tract infection during their lifetime. One in five women experience recurring UTIs. How do you know if you have one? What is the best treatment?

What are the symptoms of a urinary tract infection?

When you have a urinary tract infection (UTI), the lining of the bladder and urethra become red and irritated just as your throat does when you have a cold. The irritation can cause pain in your abdomen and pelvic area and may make you feel like emptying your bladder more often. You may even try to urinate but only produce a few drops and/or feel some burning as your urine comes out. At times, you may lose control of your urine. You may also find that your urine smells unpleasant or is cloudy.

Kidney infections often cause fevers and back pain. These infections need to be treated promptly because a kidney infection can quickly spread into the bloodstream and cause a life-threatening condition.

UTIs are often categorized as simple (uncomplicated) or complicated. Simple UTIs are infections that occur in normal urinary tracts. Complicated UTIs occur in abnormal urinary tracts or when the bacterium causing the infection is resistant to many antibiotic medications.

What causes urinary tract infections?

Large numbers of bacteria live in the rectal area and also on your skin. Bacteria may get into the urine from the urethra and travel into the bladder. It may even travel up to the kidney. But no matter how far it goes, bacteria in the urinary tract can cause problems.

Just as some people are more prone to colds, some people are more prone to UTIs. Women who have gone through menopause have a change in the lining of the vagina and lose the protective effects of estrogen that decrease the likelihood of UTIs.

Postmenopausal women with UTIs may benefit from hormone replacement. Some women are genetically predisposed to UTIs and have urinary tracts that allow bacteria to adhere to it more readily. Sexual intercourse also increases the frequency of UTIs.

Women who use diaphragms have also been found to have an increased risk when compared to those using other forms of birth control. Using condoms with spermicidal foam is also known to be associated with an increase in UTIs in women.

Women are more prone to UTIs because they have shorter urethras than men so bacteria have a shorter distance to travel to reach the bladder.

You are more likely to get a UTI if your urinary tract has an abnormality or has recently been instrumented (for example, had a catheter in place). If you are unable to urinate normally because of some type of obstruction, you will also have a higher chance of a UTI.

Disorders such as diabetes also put people at higher risk for UTIs because of the body's decrease in immune function and thus a reduced ability to fight off infections such as UTIs.

Anatomical abnormalities in the urinary tract may also lead to UTIs. These abnormalities are often found in children at an early age but can still be found in adults. There may be structural abnormalities, such as out-pouchings called diverticula, that harbor bacteria in the bladder or urethra or even blockages, such as an enlarged bladder, that reduce the body's ability to completely remove all urine from the bladder.

How are urinary tract infections treated?

A simple UTI can be treated with a short course of oral antibiotics. A three-day course of antibiotics will usually treat most uncomplicated UTIs. However, some infections may need to be treated for several weeks. Depending on the type of antibiotic used, you may take a single dose of medication a day or up to four daily doses. A few doses of medication may relieve you of the pain or urge to urinate frequently but you should still complete the full course of medication prescribed for you even if all symptoms have been relieved. Unless UTIs are fully treated, they can frequently return. You should also remember to drink plenty of liquids, especially around the time of a UTI.

Contact your health care provider if you have symptoms of a UTI. Call right away if you have signs of a possible kidney infection such as: back or side pain, chills, fever, and vomiting.

How do I avoid UTIs?

There are some simple steps women can use to avoid UTIs.

- Women who have gone through menopause and have lost the normal estrogen output have a change in the lining of the vagina. Estrogen replacement under the guidance of a gynecologist and/or primary care doctor can be a simple solution. Since certain patients cannot take estrogen replacement, you should contact your doctor prior to beginning any regimen.
- Urination after sexual intercourse may also decrease the risk of UTI because it can flush out any bacteria that were introduced during intercourse. Sometimes a dose of antibiotics after intercourse can help prevent recurrence of UTIs.
- Certain forms of birth control, such as spermicidal foam and diaphragms, are known to increase the risk of UTIs in women who use these as their form of contraception.
- You should also drink plenty of fluids, especially water, to keep well hydrated.
- You should not delay urinating and should not rush when urinating. Also, holding in urine and not emptying your bladder completely can increase your risk of UTIs.
- You should wipe from front to back to prevent bacteria around the anus from entering the vagina or urethra.
- Take showers instead of warm baths, and avoid bubble baths at all times.
- Choose cotton underwear because synthetic materials can trap and encourage bacteria growth.



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By LaDonna Roye, Hairstylist

Holiday Travel/Holiday Hair

Lucky you! You are finally taking that holiday cruise you have always dreamed of.

As you packed your bags you thought of all the possible scenarios: shorts and tops for casual sight-seeing in the port cities, your favorite swimsuit for snorkeling in the warm Caribbean waters, your evening gown for that special Captain's dinner.

But wait, what will you do with your hair for a formal evening after you have spent the whole day sight-seeing and snorkeling? Who would want to miss all the fun of the day to sit on the ship at a hair appointment, even if you could get one! The answer is simple...wigs and hairpieces.



Many experienced travelers rely on them daily. After a swim you can pull your hair back, attach an updo hairpiece and voila, you look *Mahvelous!!*

For that special evening at the captain's table, consider



or just clip the top and sides up. The possibilities are endless.

wearing a lace front wig gathered in a low side ponytail. Instant glamour.

Remember, you can do anything with a wig that you can do with your own hair. Experiment with pinning it up in different ways, a French twist, a braid,

Perhaps you prefer to wear your hair down. Try this look with its lace front for off the face styling. I'm sure the captain will approve.

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STRUGGLING WITH HEARTBURN? FIND YOUR TRIGGER FOODS

By Peter Denk, MD, FACS

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

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

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

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

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

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

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

Avoid eating large meals

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

Do not recline after a meal

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

Try not to exercise after a meal

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



Wait at least three hours after dinner to go to bed

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

Identify your trigger foods

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

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

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

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



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A Healthy Mouth Means Healthy Aging

By Dr. Ricardo S. Bocanegra, DDS

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

Teeth Change With Age

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

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



Tips for Taking Care of Your Dental Health

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

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

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

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IMPLANT, COSMETIC AND RESTORATIVE DENTISTRY

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

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239-949-4412

and speak with a specialist.

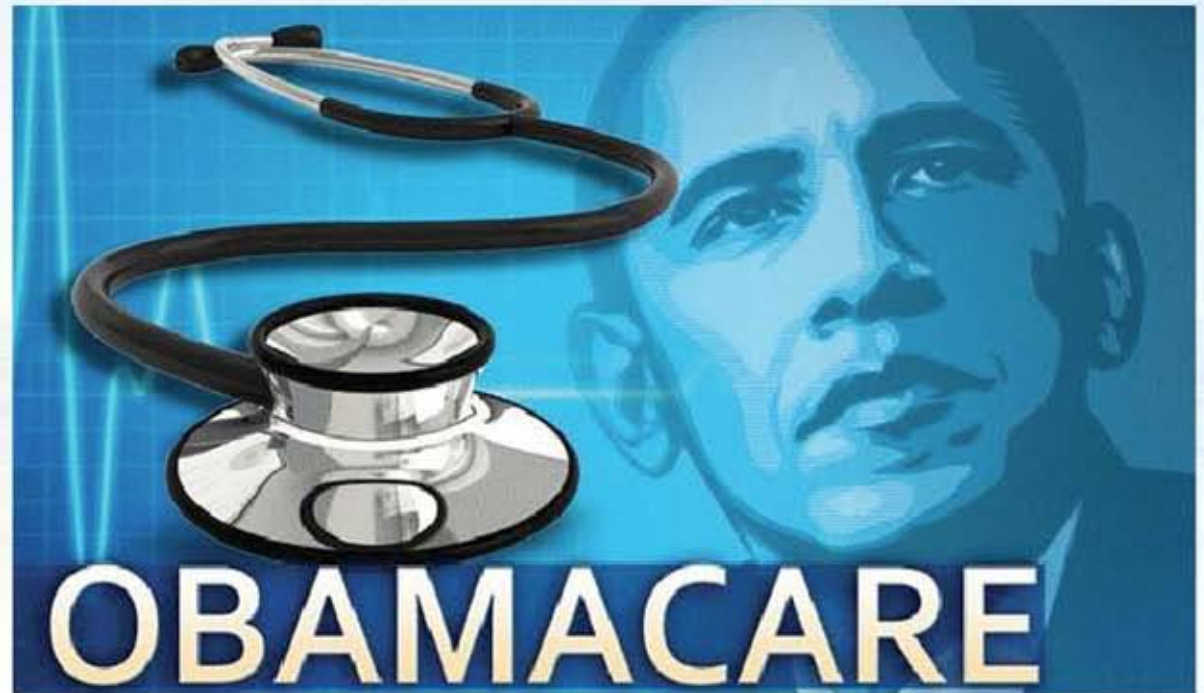


Health Insurance – Health Care Reform (Obama Care) 2015 Open Enrollment is now in effect, Subsidy or No Subsidy it may apply to you!

By Ulla-Undine Merritt (Dee) National Producer Number (NPN) 8853366

The law under the Patients Protection and Affordable Care Act (PPACA) - (Obama Care) the Open Enrollment Period is November 15th to February 15th, those that enroll between November 15th to December 15th will have a January 1, 2015 effective date; Dec. 16th – Jan. 15th eff. Feb. 1, 2015; Jan. 16th – Feb. 15th Mar. 1st 2015. After that you will not be permitted to purchase health insurance that meets the government standards that avoids the tax penalty unless you have a special election period, please visit <https://www.healthcare.gov> for more information. The PPACA plans have no medical under writing; short term policies are still available but currently still require medical underwriting which means you might be turned down if you have pre-existing conditions, or that condition may NOT be covered if a reoccurrence may happen. I am finding that many people think that the Affordable Care Act is only for people that are seeking government subsidy and that is not correct. The law affects just about every type of health insurance in the USA.

In order to qualify for government subsidy you need to go through the Market Place or if the Insurance Carrier offers seamless applications through their platform it can be done that way as well. To see if you qualify for tax credit you can check the IRS website at <http://www.irs.gov/uac/The-Premium-Tax-Credit>. If you do not qualify for subsidy you can still purchase your plan through the Market Place or the Insurance Company both available with the help of a local agent by adding their name and National Producer Number (NPA).



If you have an insurance policy for many years and drop that plan you will not be able to get it back as the plan will no longer exist to be re-purchased. Some insurance carriers are allowing their policy holders to keep their current plan, others have issued cancel notices. Before you cancel what you have make sure that you check to see if your doctors are in network as this has been a big problem in 2014 with people not being satisfied and also totally understand the plans "Summary of Benefits". Cost is important but not only the cost of the plan you choose but also make sure you can afford the out of pocket cost when you need to use the plan, sometimes raising the premium a little it may make it easier to visit the doctor more often as needed. Qualified High Deductible Health Plans (H.S.A.) plans also have a tax

advantage. You need to do the math, explain your needs both health and financially with a licensed insurance agent. Check to see how many companies they represent, if they only represent one ok guess what you get? There are a lot more choices in 2015, so doesn't just stay with you have check it out, if what you have turns out to be the best great. Remember you can make as many changes as you need up until February 15th, 2015 for the 2015 Plan Year. You don't like what you choose in January, change it!

There is a lot to know and I would recommend that you work with a licensed insurance professional that is Market Place Certified that can help you through the enrollment process and explain the different insurance policies available to you in your area.

*To learn more about Health Care Reform or schedule an appointment contact:
Dee Merritt - Logical Insurance Solutions at 239-362-0855 or visit www.Logicalinsurance.com.*

DON'T LOSE YOUR CAMEL!

WHY BAD ADVICE SAYS THAT TRUST PLANNING IS ONLY FOR LARGER ESTATES?

By Steven J. Gibbs, Esq.

A great topic begins with a great poem:

"You have lost your camel, my friend And all around you people are full of advice Your don't know where your camel is, But you do know that these casual directions are wrong." Rumi

There is a great deal of information out there about trusts and estate planning. One common misnomer is that "estate planning" only applies to the wealthy. Another common misconception is that trusts are only appropriate for those who have millions of dollars. So this week's topic is my attempt to dispel the myth that a family trust is something reserved for the Kennedys along with Rembrandt in the sitting room and beluga caviar.

Here are 3 reasons why trust planning may be even more important for a small estate than for a large estate.

1. Small estates do not have the luxury to pay seasoned experts to resolve issues with the estate. Often times, small estates can become every bit as complicate as large estates. For example, issues with numerous beneficiaries can arise or creditors can come out of the woodwork. If there was no trust planning then all of these issues must be resolved in probate through the court system and regardless of the size of the estate, if things get complicated it will get expensive to resolve. The problem is that small estates often do not have the budget for this work and the proceeds to beneficiaries can be become very minimal or even extinguished by legal fees and court costs. These scenarios can be minimized or eliminated by proper trust planning.

2. Probate requires a lot of time and this burden can be more traumatic for small and medium sized estates than for larger ones. To add to the reasons discussed above, small estates may need to liquidate assets quickly in order to create cash flow and this can become difficult where an probate process has been required and the parties are all awaiting a

court order before real property can be sold or other assets liquidated. Larger estates can often hold and bear this burden easier than smaller estates.

3. It can be more difficult to obtain help with smaller estates than larger ones. Simply put, lawyers and accountants swoon to scoop up the larger estates for the simple reason that they are a big payday. On the other hand, smaller estates may be shunned as unattractive and families can face frustration in finding competent counsel and tax advice in settling these estates. For this reasons, family members seeking to resolve small estates often need to advance fees out of pockets to procure the professional assistance that is needed. This is never an issue with larger estates.

As for Rumi, his point is well observed. Many people simply follow the crowd and go the path of least resistance and thus avoid planning and this is especially prevalent in smaller estates.

The path of intentionality is required to really engage in your estate planning. I contend that the naysayers suggesting that trust planning isn't necessary for small estates have not considered these and other questions and simply may be those in the poem who are "full of advice", but you know that these casual directions are wrong.

Be intentional in your life and family.

I hope this is helpful...until next time.



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Steven Gibbs founded the Gibbs Law Office in January 2009, committed to providing client-centered legal services.



Steve as he would rather be called, is not your typical attorney. If you appreciate the staunch egotistical mannerism of most firms, you will be delighted with Steve's unpretentious approach to educating and then assisting his client. Instead of giving you his complacent and lofty ideas, he would rather pursue your expectations with professional conversation about resolving your concerns under the Law. It's your life and it's his job to make your legal expectations come true while using years of his guidance and knowledge.

Steve was admitted to the Minnesota Bar in 1999, the Florida Bar in 2007 and was recently admitted to the California bar. Keeping abreast of law changes in these three States, as well as the United States, assists him in all aspects of the types of law the firm practices.

Along his career path, he was an associate attorney for an insurance defense law firm; an in-house real estate negotiator for Target Corporation; and corporate counsel for Civix, LLC and Vice President for North American Properties where he was responsible for various real estate transactions, including legal issues and negotiating unresolved business issues. Prior to opening Gibbs Law Office, PLLC, he was an associate with the firm of Roberts & Engvalson, P.A. where he gained his knowledge of trusts, estate planing and Wills. He opened his own firm in 2008 and now focuses on laws that will enrich the needs of his clients throughout their lives and those of their children. The firm has developed a practice dealing only with Trusts and Estate Planning, Wills, Medicaid Planning, Elder Law, Real Estate, Business Law and Probate.

Quoting from Steve "I decided to practice in areas that families will need as they progress down life's path. To help them with a solid foundation that will carry them throughout there lives is a rewarding experience for me and my staff."

The Arrival

By Brent Myers, Pastor of Community Life
Palm Beach Community Church

Ho you ever find yourself in what seems like a hopeless situation? Is your life so hectic that you wish for just a moment of peace? Do you wish you laughed more, stopped to smell the roses, and enjoyed life more easily? Are relationships in your life broken – do you long for love?

If you answered “yes” to any of the above, then I have the answer for you. If you answered “no” then still read this article, commit it to memory, and bring it back to mind when need it.

Here is the answer: Christmas. Christmas is the season in which we can find all of the things we want (and need): hope, peace, joy, and love.

Many times Christmas is referred to as the Advent Season. In simplest terms, “advent” means “arrival”. But when speaking of Christmas, what exactly has arrived?. Sure, we celebrate the arrival of a baby born to a virgin in a small village in the Middle East. The baby's name? Jesus.

But the arrival of Jesus means a lot more than just another birth. You see Christmas is the season when we celebrate the arrival of hope, peace, joy, and love because Jesus brings all those things in a relationship with Him.

We can have hope in a relationship with Jesus. No matter what may come, we anchor ourselves to the truth of Who Jesus is and what He's done for us. The Scriptures remind us of the hope Jesus brings: “The people who walked in darkness have seen a great light; those who dwelt in a land of deep darkness, on them has light shone.” And we see it fulfilled: “She will bear a son, and you shall call his name Jesus, for he will save his people from their sins.” Matthew 1:21

We can know peace because of the life we can have in Him. The prophets of old wrote: “For to us a child is born, to us a son is given; and the government shall be upon his shoulder, and his name shall be called Wonderful Counselor, Mighty God, Everlasting Father, (the) Prince of Peace”. Isaiah 9:6 And on the night in which Jesus was born, the angels proclaimed: “Glory to God in highest heaven, and peace on earth to those with whom God is pleased.” Luke 2:14

We can have joy in an abundant life in Christ. The angels also said: “Fear not, for behold, I bring you good news of great joy that will be for all the people. For unto you is born this day in the city of David a Savior, who is Christ the Lord.” Luke 2:8-14



And we can experience an unconditional love that never runs out. “For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life. For God did not send his Son into the world to condemn the world, but in order that the world might be saved through him.” John 3:16-17

So during this Advent Season as we celebrate The Arrival, think about all that means for us in our daily lives. As the carols play on the radio, as you see the “The Reason for the Season” bumper stickers, as you drop coins in the red buckets on the way into the store, remember that it's about Jesus and the hope, peace, joy, and love that comes in a relationship with Him.

Brent Myers
@brentdrewmyers
Pastor of Community Life
Palm Beach Community Church
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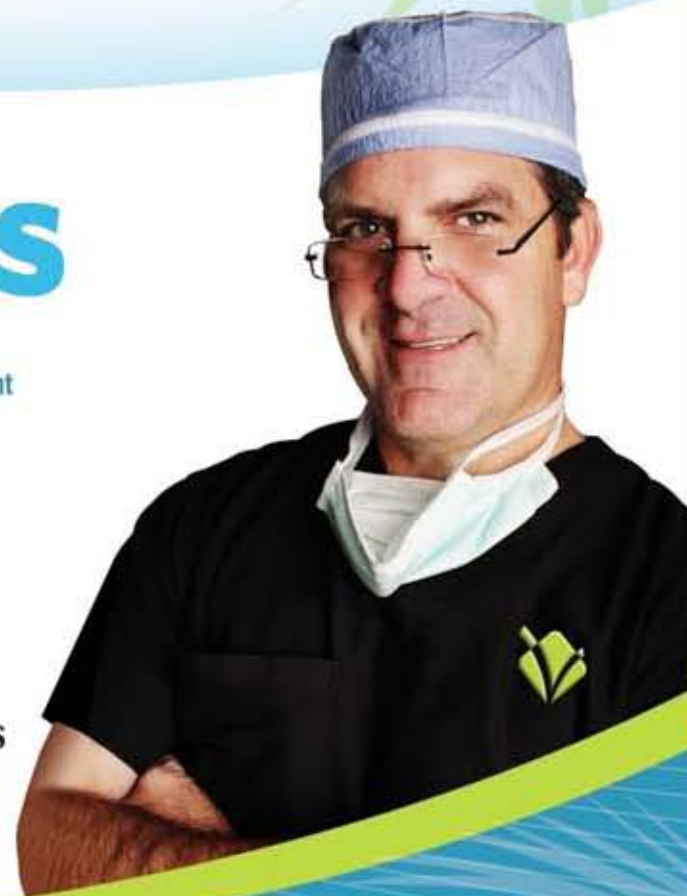
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