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January 2015

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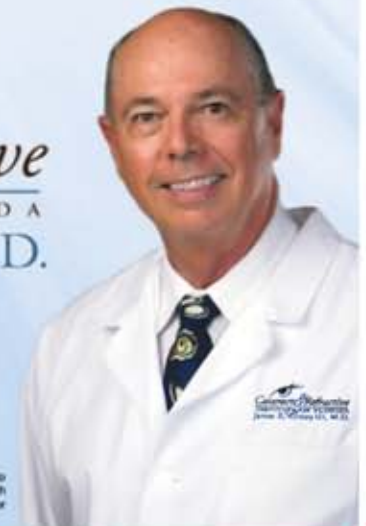
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An orthopedic surgeon specializing in foot and ankle problems can make a huge difference. I am Dr. Myles Rubin Samotin, M.D., an orthopedic surgeon fully trained in taking care of all extremities from the shoulders to the fingers, from the hips down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

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

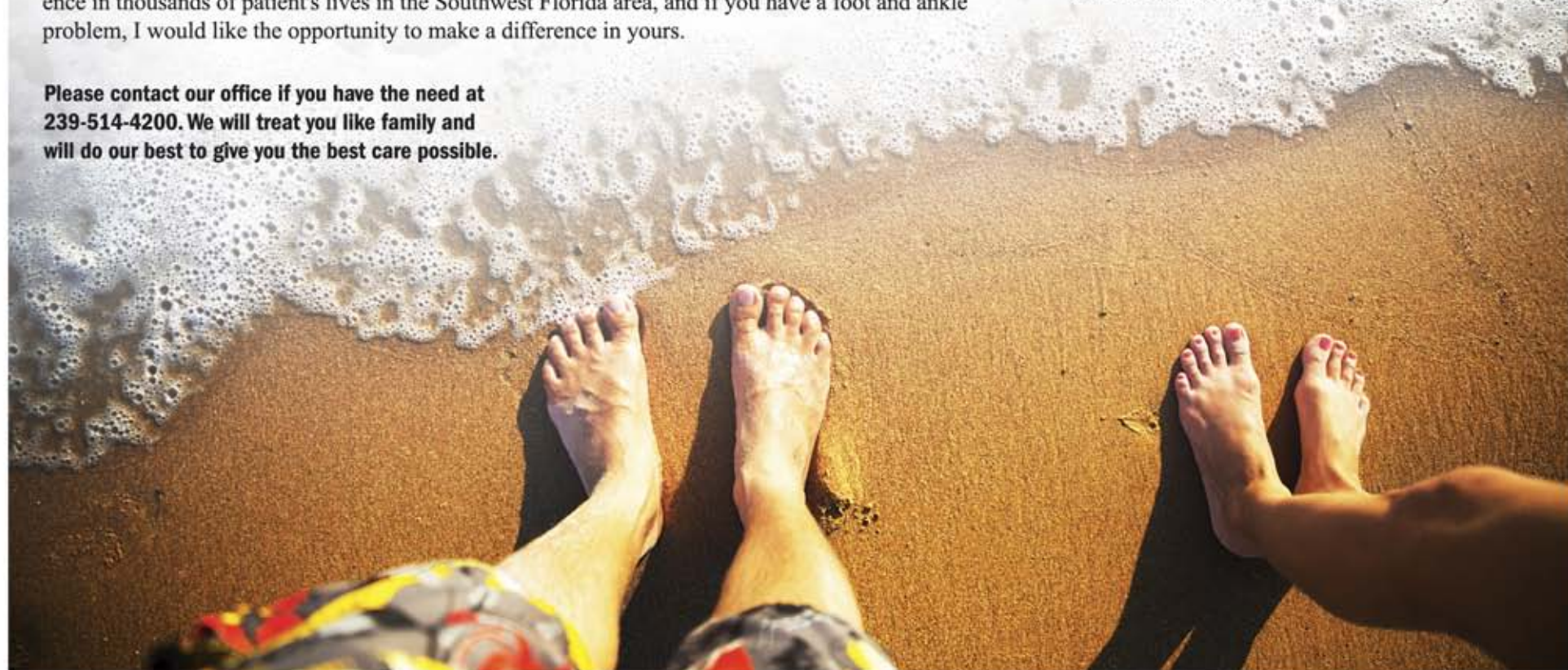
I am a member of the American Academy of Orthopedic Surgeons and I am in excellent standing. In my younger years, I attended the Julliard School of Music and have been a serious pianist for many years. Today I mostly play the piano for my private fun and relaxation, but every year I participate in the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

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The Latest in Laser Treatment for Varicose and Spider Veins

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

The treatment of varicose veins and spider veins has undergone dramatic changes over the last ten years and especially over the last three years. Up until around the year 2000, the only available treatment for varicose veins was a surgical procedure called ligation and stripping, which involved removing veins by multiple incisions and using multiple stitches. This operation had about a month of downtime and left patients with many unsightly scars. Spider veins were treated only by saline injections which were painful and had many potential side effects such as burning, brownish discoloration, ulcer formation and a high recurrence rate. Now, with the advent of lasers in vein treatment, all of this has changed.

How Do Lasers Treat Veins?

Laser is an acronym for Light Activation by Stimulated Emission of Radiation. Essentially, a beam of light is created by a laser machine at a specific wavelength. This beam is due to tiny photons that have been stimulated by the machine to produce infrared light that can emit an intense amount of energy. In the case of lasers for veins, this energy can be used to heat and evaporate the varicose or spider veins.

Many types of lasers have been developed, but the ones that are useful in vein treatments are usually in the wavelengths from 800 - 1500 microns. Microns are the depth from the skin at which the laser works. The higher the number, the greater the depth. Each laser is specific for a certain depth and treats structures at that depth. Veins occur at depths of around 700 - 1200 microns and the spider veins at much more superficial levels.

The Best Venous Laser for Varicose Veins

The commonly used lasers to treat varicose veins are 810, 940, 980, 1052, 1320 and now 1470. For years, the lasers from 810 to 980 were considered the standard for venous treatment. They worked by heating the blood in the vein and vein wall to dissolve the vein. Although they worked very efficiently, the side effect of these wavelengths were bruising of the skin and some pain along the lasered vein. About three years ago, the 1052 and 1320 wavelengths were developed. These worked at a deeper level by targeting the water around the vein to heat the water to then heat and evaporate the vein. This resulted in decreased bruising and post operative discomfort. Finally, the 1470 has been released. This works at even a deeper level to again heat the water around the vein to then dissolve the vein. This is now considered one of the best venous lasers for varicose veins because there is minimum post procedure discomfort and, therefore, patients can return to full normal activity within twenty-four hours.

No Pain, Bruising or Downtime

I have two 940 lasers, a VNUS Radio frequency catheter, and now the 1470 laser. The 1470 has become my number one choice of lasers because it gives excellent results with minimal post procedure pain, bruising or downtime. Patients can now be back to all activities immediately after the procedure without the need for a two week recovery or the need to wear support hose for more than several days. The most common post procedure complaint was thigh discomfort and this has now been eliminated. The 1470 is now considered the state of the art for venous laser therapy.



Treatment of Small Spider Veins

As far as lasers for spider veins, the thing to remember is that lasers on the skin (topical lasers) work only on the smallest of spider veins. Large spider veins should be treated with sclerotherapy. If a spider vein is big enough to get a needle into it, then it should be injected. If the spider vein is too small for a needle, then a topical laser such as Vein Wave, Vein Gogh, Ellman or various other skin lasers can be tried. It should be noted that, in general, spider vein laser treatment can be painful and usually requires multiple treatments. It should only be recommended if sclerotherapy could not be done or was unsuccessful.

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

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Crossroads at David Lawrence Center inspires hope, changes lives through improved addiction services

By Mary Ann Guerra, RN - Program Director of Crossroads at David Lawrence Center

One in nine Collier County residents experience some form of substance abuse. Unfortunately, the impact of this crippling disease is far reaching and affects family, friends, employers, healthcare professionals and society as a whole. In 2009 alone there were approximately 2.1 million emergency room visits related to drug abuse, including the nonmedical use of pharmaceuticals, illicit drug use, and alcohol use in combination with other drugs. The consequences of drug abuse and addiction are vast and varied and include medical, economic and social costs. According to the National Institute on Drug Abuse, the abuse of alcohol, tobacco and illicit drugs costs our nation over \$600 billion annually in crime, lost productivity and healthcare. Without treatment or engagement in appropriate recovery services and activities, addiction is progressive and can result in disability or premature death.

The good news is that research strongly supports the fact that treatment for substance use disorders helps many individuals change their attitudes, beliefs and behaviors towards drug use to achieve recovery, avoid relapse and successfully maintain a life free from substance abuse and the associated consequences. Essentially, treatment works, is readily available, and is life-saving and life-changing.

Since 1968, David Lawrence Center has been committed to ensuring the health, wellbeing and safety of our community. Members of the community are typically aware of many of the Center's life-saving treatment



The Crossroads Detox and Residential buildings recently underwent a multimillion renovation and expansion to better meet the needs of our community.

“Individuals with substance abuse and mental health disorders experience significant discrepancies in health and mortality factors and require approaches that address the whole person both physically and psychologically in order to prevent relapse and maintain recovery.”

- Nancy Dauphinais, LMHC
Crossroads Clinical Supervisor

services and solutions, including walk-in Assessment Services, 24/7 Crisis Intervention and Crisis Support services, Individual and Group Therapy, Baker Act services, Drug and Mental Health Court, Case Management, Psychiatric Medication Evaluation and Management, and many more.

Many individuals, however, may not be aware of the recent enhancements to the characteristics and capabilities of our Crossroads Substance Abuse Continuum programs, designed to ensure there is a powerful and accessible resource available for people experiencing acute difficulty with substance abuse.

CROSSROADS AT GLANCE

- 40% Have a Dual Diagnosis (Both Mental Health and Substance Abuse)
- 1,112 People Served Annually

Top Three Addictions

- Opioid Dependence
- Alcohol Dependence
- Cannabis Dependence

Average Age = 36

Last year treated individuals between 18-77 years of age

Detox Beds = 15

Average Length of Stay = 4.55 Days

Residential Beds = 18

Average Length of Stay = 22.2 Days

It is important to be able to respond effectively to individuals at any stage of addiction, from acute intoxication to early sobriety and aftercare/recovery management. Crossroads at the David Lawrence Center integrates treatment along a continuum of care from Detox to Aftercare in a single system. Crossroads Detox uses state-of-the-art, individualized withdrawal management protocols which are both comfortable and have a remarkable degree of safety and efficacy. Crossroads Detox also offers enhanced early recovery programming and individualized medication management of withdrawal symptoms. In addition to traditional residential programming and evidence-based cognitive-behavioral therapy, Crossroads Residential now offers innovative, adjunctive therapies such as art therapy, equine-facilitated therapy, yoga for sobriety, music therapy, pet therapy, individualized wellness and health education as well as structured fitness and recreation.



Crossroads is situated on the David Lawrence Center's beautiful 8-acre campus and features new lush gardens, a fitness court and a screened pool area for recreation and relaxation.

There is substantial scientific evidence supporting the fact that Medication-Assisted Treatment significantly improves success rates in the first six months of recovery. Crossroads now utilizes a board-certified addictionologist/psychiatrist who can provide this highly specialized service. Because as many as 60% of substance abusers also have a mental health diagnosis, our physicians also assess for co-occurring psychiatric disorders and can initiate mental health services in the early stages of treatment. This combination of expanded residential services, Medication-Assisted Treatment, and the ability to address co-occurring psychiatric disorders allows Crossroads at the David Lawrence Center to better meet the needs of a diverse range of individuals in a way that is virtually unmatched in Southwest Florida.

As part of our ongoing efforts to meet the growing need for exceptional, desirable, accessible and affordable substance abuse treatment services, Crossroads has responded by offering new innovative treatment plans which will reach a greater number of people in need. Some Crossroads clients may need to start with Detox while others with enough initial stability may be able to enter at the outpatient level. As with Detox and Residential, Crossroads Outpatient is also individualized and can range from one to five days a week, including Intensive Outpatient Services, meeting three days per week, in addition to our new, six hour per day Partial Hospitalization Services, which allows individuals to receive an intensity of services equal to Residential/Rehabilitation model, five days per week, while being able to return to the comforts of their home environment, surrounded by a network of support.

Most treatment plans include Residential treatment and Aftercare support, but additional intensive or extended treatment plan options that include various levels of outpatient support for ongoing recovery maintenance are available. These plans range from two weeks to nine months. By incorporating varying


levels of treatment with customized lengths of stay, we meet the unique needs of each individual while ensuring the wellbeing and safety of our community.

The enhancements to Crossroads ensure that the highest quality, cutting-edge treatment is provided in a comfortable and welcoming environment at a cost few can match.

For more information about Crossroads and how individuals can benefit from the new flexible treatment programs, contact a Crossroads Admission Specialist at 239-354-1428 or visit CrossroadsNaples.org.



Mary Ann Guerra, RN
Mary Ann Guerra, RN, is the Director of Inpatient, Nursing and Residential Services at the David Lawrence Center. She is responsible for the Adult and Children's Crisis Stabilization Units, Nursing Services and the entire Crossroads Adult Substance Abuse Continuum which includes Detox, Residential, Partial Hospitalization, Intensive Outpatient and Aftercare Services. She has over 25 years of experience working with individuals with mental health diagnoses and/or substance use disorders. She earned her undergraduate degree in psychiatric mental health nursing, with a minor in psychology from the University of Miami. She is certified in psychiatric mental health nursing from the American Nurses Association and is a certified Crisis Intervention specialist and trainer.



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5 WAYS TO KEEP YOUR WELLNESS RESOLUTION ALIVE ALL YEAR

It happens every year – you overeat around the holidays, you feel bad about it and you make a New Year’s resolution to get in shape. The problem is, many people who make that resolution fall short before Spring even hits. This year, resolve to stick to your resolution! It’s not easy to do it alone but it can be easier if you stick to these five simple tips. Take these tips and post them on your fridge or set a reminder in your phone once week to reflect on them and assess your progress. Best of luck in your journey to wellness in 2015!

1. DON'T DO IT ALONE.

Find a friend, relative or neighbor to keep you honest and motivated. You can boost each other up on those days when you would otherwise not work out, or eat unhealthy. Join a class together to meet even more like-minded people. The Greater Naples YMCA offers classes to meet every age and activity level. In January if you refer a friend to a new membership, you will get \$50 in Y BUCKS to spend at the Y! The Y also offers Buddy Session pricing on Personal Training. Save money, increase motivation and have fun while working on wellness.

2. INVEST IN YOURSELF.

You are more likely to stick with something if you have invested time and money into seeing it through. To help keep the cost low and motivation high, the Greater Naples YMCA is waiving all joiners’ fees for the whole month of January! Join for FREE and enjoy all year. Don’t forget it’s about investing the time too! Schedule your workouts and your meals on Sundays and you’ll be less rushed to find time to squeeze them in during the week.

3. KEEP REALISTIC GOALS.

If your goal is weight loss, aim for a loss of 1lb a week to start. Losing anything more than 2-3lbs in a week is unsafe. If you’re building muscle, forget the scale for now and focus on how you feel. If you want one-on-one help, the Greater Naples YMCA has personal trainers who will gladly help you shape your goals for 2015!

4. GET THE WHOLE FAMILY INVOLVED.

Instilling good habits at an early age is essential to leading a life of wellness. It begins with healthy eating habits, staying active and taking time to talk about goals as a family. The YMCA can help you develop a plan for your whole gang that will work with your schedule, needs and budget. Family wellness and goal assessments are now standard with all new memberships at the Y. Plus, child watch is always free when parents are on campus. Kids can get homework help, play games, make new friends or take exercise classes of their own! Make it all about family wellness in 2015!



5. SWITCH THINGS UP.

You will bore yourself. Period. Sticking to one routine will dampen even the most motivated of souls. Set a calendar of when to freshen up your routine with new classes and exercises. It will make the time fly and keep you looking forward to trying new things. The Greater Naples YMCA has a downloadable app for iOS and Android devices that will put the latest schedules at your fingertips. Check out what is available and try something new at least a few times per month!

Above all else, remain positive. If you find yourself slipping from goals don't give in – give us a call at the Y! We're here to help.

www.GreaterNaplesYMCA.org

Greater Naples YMCA | 5450 YMCA Road, Naples, FL 34109 | (239) 597-3148

Weighing in the New Year

By Janet Calderwood, RD, CSG, LD/N

2015 is here! For millions of Americans, weight loss is once again, at the very top of the New Year's resolution list. Truthfully, the majority of us can afford to lose some amount. The other day, I came across a cartoon by Marty Bucella which I found to be rather comical. Two ladies were sitting inside a restaurant reading the menu. One of the ladies comments to the other "I'm just getting a salad. Turns out the five pounds I lost was only misplaced." Whether someone's New Year's goal will bring about weight reduction or any other improved health outcome, it must start with a decision to do so; this is always a step in the right direction.

As a registered dietitian, I get asked a lot of questions by all types of people. One of the most popular questions goes something like this "how can I drop 10 pounds by Friday?" "Some people just do not like the straight-shooting answer that I give them. I explain to them that they didn't just wake up one morning with ten extra pounds attached to their body. Usually weight gain is gradual and can be related to factors such as increased caloric consumption, decreased physical activity, and age related changes just to name a few. In fact, if an individual consumes an excess of one hundred calories a day for a year, it can lead to a ten pound weight gain. It doesn't matter if the source of the additional calories is from foods with little nutritional value like cookies or donuts, or nutrient rich foods like almonds or bananas. Simply put, too much of any food or beverage is just too much and may contribute to weight gain and associated health risks.

According to The National Health and Nutrition Examination Survey, approximately 70% of all Americans are classified by BMI charts as being either overweight or obese (A body mass index of 25-29.9 is considered overweight, 30 or greater, obese). Even more shocking, obesity rates among children and teenagers have tripled in the last 30 years. Often, I witness first hand, the improved health patients with modest weight loss experience. On the flip side, I see the detrimental effect that excess weight has on the human body. It may lead to health problems such as high blood pressure, heart disease, diabetes, gall stones, certain cancers, osteoarthritis and breathing problems.

All of us have seen a compelling television ad, magazine headline or internet advertisement for some product promising immediate weight loss with virtually little or no effort. Just the other day while standing in line at the grocery store I came across a title that went something like this "drop six dress sizes in two weeks". My first thought was, I wonder if she is still alive? These claims are amusing but, appalling especially when celebrities we love endorse products with unproven results. UGH! Hardly a week goes by that there isn't a diet book on The New York Times Best Seller list. Recently I googled the term weight loss products and 95,200,000 results were found. Of course you are familiar with exercise equipment, diet teas and herbal supplements. Have you heard of fat burning creams, weight loss mouth spray, slimming earrings and appetite suppressing eyeglasses? I ask you with all of "the help" available why is almost 70% of all Americans overweight? When I encounter consumers that fall prey to the hype what began as amusing very quickly turns to annoyance. Incredibly, the annual revenue of the US weight loss industry is estimated to be 20 billion dollars.

Unrealistic expectations and use of overly restrictive guidelines lead to weight loss derailment. The origin for the word diet comes from the Greek word *diaita* which means "a way of life, mode of living." Diets were never intended to be temporary solutions but rather a day-to-day lifestyle approach.

There are successful weight loss services, programs and products available to consumers. The Academy of Nutrition and Dietetics, www.eatright.org is America's largest organization of food and nutrition experts. The website has an abundance of resources and credible information, a great place for you to find the right answers for food and nutrition questions. There is also a link to find a registered dietitian to call on in your community, to assist with achieving your health goals. A customized and successful approach to permanent weight loss is at your fingertips.

The best advice I can give you is to focus on small changes. Over time, these small changes will lead to big results. Most importantly, set realistic goals, otherwise, what's the point? I like this quote by Denis Waitley "There are two primary choices in life: to accept conditions as they exist or accept responsibility for changing them."

Janet Calderwood, RD, CSG, LD/N
Host of the weekly television show
The Dietitian on a Mission

Janet Calderwood is a registered dietitian and board certified specialist in gerontology who is host of "Dietitian on a Mission" television show which airs locally on CNT channel 10 on mornings at 10 am. Janet works at Life Care Center of Estero and comes with an excellent clinical and educational background with a gift for teaching.



Whether your choice of convenience is by phone, in person or online, our team will be there to answer your questions along the way. If admission requirements are met, we will confirm the reservation with you, and we will look forward to helping you pre-plan your rehab!



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By Michael J. Rodriguez, MD

FDA Clears Non-Surgical Lift THE LUNCH TIME FACE LIFT!!

LOOK 10 YEARS YOUNGER

The Lunch Time Face Lift!

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- At a fraction of the cost of traditional face lift

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

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

Although we have maintained a healthy lifestyle we are all subject to this process. We may feel thirty, our bodies may still look thirty, but our faces look worn and tired. This process happens regardless of how healthy or fit we may be.

Our generation is living significantly longer and remaining very active well beyond that of previous generations.

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

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

Fortunately, a new unique technology developed using ultrasound may be the answer we have been looking for. The treatment is called Ultherapy and it has provided a tool to achieve the outcomes that have not yet been available non-invasively. This recently



"Patients can have this done in the office in about an hour and return to work or vacation the same day. There is no recovery period, and no after care constraints. Individuals can go to the beach, or gym or wherever they choose after procedure is finished."

FDA Cleared device, in my opinion, may certainly be a first option for individuals, prior to having a surgical face lift. Many individuals choose not have surgery, either due to a concern for the risks involved or due to health reasons.

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

I believe that this technology is the best available option other than surgical intervention. Our patients have been overwhelmingly satisfied and surprised at what this safe alternative can provide for the lifting of the neck, jowls and eyebrows.

As one of the early adopters of this technology, we have performed the treatment on over one thousand patients and are a Ultra Premiere Partner for Ulthera. We offer a free consultation, to determine if you are a good candidate for this treatment. Call today at 239-444-3786.



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DR. JAMES E. CROLEY III PROVIDES 'INSTANT VISION' CATARACT REMOVAL

If you or someone you know is experiencing reduced vision including a blurry focus on objects regardless of distance, or complain of glare, particularly at night with oncoming traffic lights or street lamps for example, then a cataract in one or both eyes may be the cause. The symptoms will not improve without corrective treatment and only the best treatment available is the choice. And the choice should be America's Ophthalmologist of the Year according to "Who's Who," Dr. James E. Croley III, M.D., founder and owner of Cataract & Refractive Institute of Florida with offices in Cape Coral, Lehigh Acres and Bonita Springs.

We talked with Dr. Croley about the nature of cataracts and how they might be treated.

What is a cataract?

Dr. Croley: A cataract is a clouding of the eye's natural lens, which works like a camera. It focuses light images on the retina, which then sends the image to the brain. What happens with cataracts is that a person's lens becomes extremely clouded, keeping light and images from reaching the retina. People with cataracts typically experience blurry images and dull colors, and seeing at night becomes difficult and especially dangerous for nighttime drivers. They may also discover that their bifocal eyewear or reading glasses are not as effective as they once were.

What do you recommend for treatment?

Dr. Croley: The first step for anyone experiencing vision problems is to make an appointment for a full eye exam. As a VisionLock Certified Surgeon, I personally examine all of my patients from the first visit and all visits afterwards whether in my offices in Cape Coral, Lehigh Acres or Bonita Springs. And the first visit is free. All of my offices are fully equipped to handle diagnoses and treatment of most eye issues. My offices are staffed with the best eye caregivers available.

What is a VisionLock Certified Surgeon?

Dr. Croley: As a designated premier cataract surgeon, I am the first in the United States chosen by VisionLock based on my Board Certification and achievement of more than 30 quality and treatment criteria that I have practiced for more than 30 years. By definition, a VisionLock surgeon is "best of the best," with offices offering state-of-the-art exam procedures, diagnostic and surgical equipment in a clean and aesthetically pleasing environment. It also means patients are ensured an experience that includes team members who are efficient, educated and motivated to perform and care about them, the facility and the community.

What if you do find the problem is cataracts?

Dr. Croley: If the diagnosis is cataract, then there are a number of choices available for treatment that invariably requires some level of eye surgery. As a VisionLock Certified Surgeon, I offer a number of options that I explain in detail on a case-by-case basis depending on the patient's individual needs and desired outcome of any procedure I may perform. There are five copyrighted and trademarked Precision Cataract Surgery procedures:

1. Bronze Precision Cataract Surgery: This is a one-piece Softec HD Monocular Intraocular Lens and is the most accurate intraocular lens on the market.

2. Silver Precision Cataract Surgery: Patients who have astigmatism are excellent candidates for the Acrysof® IQ Toric Intraocular Lens. The toric astigmatism lens corrects the person's astigmatism and allows most people to see well at a distance without glasses, although reading glasses may be required.

3. Titanium Precision Cataract Surgery: Patients with astigmatism are candidates for bladeless laser cataract surgery, which is used to perform portions of the cataract surgery and corrects the shape of the eye resulting in a reduced or eliminated need for glasses.

4. Gold Precision Cataract Surgery: This procedure offers qualifying patients with several different brands of lens options that provide multiple focus points for distance, intermediate and near vision.

5. Platinum Precision Cataract Surgery: This procedure is similar to the "Gold" but further offers treatment of astigmatism with a limbal-relaxing incision in the corneal area of the eye performed by a Femtosecond Laser to reduce or eliminate the astigmatism by correcting the shape of the eye.

How do I know if I am a candidate for a cataract procedure?

Dr. Croley: If you are experiencing blurred or discolored vision or you find that light sources are glaring and uncomfortable, you can simply give us a call at (239) 949-1190 to set up an evaluation at no cost to you. I encourage you to visit us online at floridacataract.com for more information about my qualifications and the specific procedures that are available to you.

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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 suffers 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.



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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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Treating an injury: RICE versus MEAT

By Caring Medical and Rehabilitation Services

Have you sustained an injury due to sports or overuse? Did you immediately reach for a bag of ice only to find that weeks later you are still icing the injury but not feeling better? The reason is simple. In addition to other steps of the well-known RICE protocol, ice is not an effective method for resolving most injuries. Let's explore the RICE protocol a little further and its more effective alternative: the MEAT protocol.

The RICE protocol

RICE stands for Rest, Ice, Compression and Elevation. Occasionally, "P" is added to the protocol. It stands for Protection, and consists of bracing or taping the area. A key premise of the RICE treatment is that the swelling that accompanies an injury is harmful to the tissue and, therefore, it is designed to decrease circulation to the area. Understanding the difference between ligament and muscle tissue is crucial to understanding when RICE is appropriate for an injury.

One of the most common joint injuries revolves around the strain or sprain of ligaments and tendons. Ligament sprains, for instance, are often accompanied by quite a bit of painful swelling. Ligaments are the small and mighty tissues that hold our joints together. They are made of collagen, one of the strongest substances in the body. Due to their poor blood supply, ligament injuries are subject to incomplete healing and are the cause of most chronic sports injuries and pain. On the contrary, muscles heal quickly due to their excellent blood supply and rarely cause a long-term problem. While the accumulation of fluids, or edema, can in fact be harmful to muscles in the form of compartment syndrome, this does not apply to ligament and tendon injuries.

Figure 1

RICE VERSUS MEAT			
<i>The RICE treatment leads to incomplete healing of soft tissue whereas MEAT encourages complete healing.</i>			
MODALITY	RESULT	MODALITY	RESULT
R EST	Decreased joint nutrition	M OVEMENT	Increased joint nutrition
I CE	Decreased blood flow	E XERCISE	Increased blood flow
C OMPRESSION	Decreased pain control	A NALGESIC	Increased pain control
E LEVATION	Incomplete healing	T REATMENT	Complete healing

Compartment syndrome occurs when swelling due to an injury places pressure on the muscle tissue, which decreases circulation and healing, which causes further swelling due to fluid accumulation, which decreases healing even more. This vicious cycle can lead to permanent muscle, nerve or circulation damage, which is why the RICE treatment has become an established protocol for muscle injuries, however has been inappropriately applied to ligament injuries as well, which operate under an entirely different set of circumstances.

If the limited blood supply to the ligaments is cut off using the RICE method, the body's ability to heal is compromised. Furthermore, the blood supply to the ligaments is the poorest at the point where the ligament attaches to the bone, called the fibro-osseous junction. This point is also the weak link in the ligament-bone complex, and the area most commonly injured during sports and is responsible for most lingering sports injuries.

The MEAT protocol, and why it promotes healing

The more conservative, and effective, treatment for joint injuries is the MEAT protocol (Movement, Exercise, Analgesics and Treatments). (See Figure 1.) While immobility is detrimental to soft tissue healing, movement is beneficial because it increases blood flow to the injured area by generating heat. This is why the application of heat is also recommended for ligament and tendon injuries. Gentle range-of-motion exercises also help improve blood flow to the injured area. Natural analgesics, such as proteolytic enzymes, decrease the painful swelling of soft-tissue injuries

but do not stop the natural inflammatory reactions that lead to healing. Examples include bromelain (from pineapple), trypsin, chymotrypsin and papain (from papaya). Other options for pain control include pain relievers that are not synthetic anti-inflammatories, such as Tylenol (acetamino-phen). They help relieve pain without decreasing inflammation, a critical part of the soft-tissue healing process.

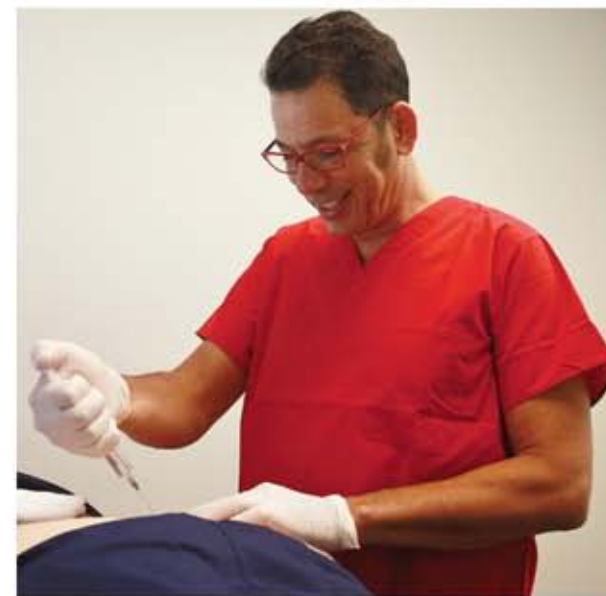


Figure 2

What about taking anti-inflammatories, such as ibuprofen?

Injuries need blood flow in order to repair fully. The use of anti-inflammatory medications can prevent the injury from fully healing, and allow the cycle of pain and increased pain medication to continue. For people looking to stop this vicious cycle, put down the ibuprofen and look to regenerative treatments to bring about joint rejuvenation and get you back to your active lifestyle.

Finding the right treatment for your injury

Treatments are called for in the MEAT protocol in order to increase blood flow and immune cell migration to the injured area that will assist ligament and tendon healing. Treatments can include physical therapy, massage, chiropractic care, ultrasound, and myofascial release. All improve blood flow and help soft tissue to heal. If the injury has not healed within six weeks, more aggressive treatments should be considered, including comprehensive Prolotherapy, a natural injection therapy. (See Figure 2.) For athletes and active people who are in season and cannot afford time off from their sport or busy schedule, this natural injection therapy is a great option for rejuvenating the painful joint and does not require the extensive downtime of the RICE protocol. In summary, the MEAT protocol is more effective and expedient than the RICE protocol when it comes to healing ligament and tendon injuries.

PROLOTHERAPY SPECIALISTS:

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THE BEST RESOLUTIONS INCLUDE HEALTH SCREENINGS

Focus on Prevention and Early Detection in 2015

If you are like most Americans making resolutions for better health in 2015, scheduling health screenings is a very good place to start.

Health screenings can save lives. Early detection for diseases, such as colon, breast and cervical cancer can improve prognosis dramatically. Screenings to test for diseases, such as high blood pressure, diabetes and heart disease should also all be considered. The type of screening needed is based on your age, gender and risk factors for certain conditions. Talk with your doctor to determine what is recommended and make this the year to get screened. The more you know, the healthier you'll be.

The purpose of screening tests is to detect disease in people who have no symptoms, and, if the disease is present, to detect it early enough to improve survival. Screening tests should be non-invasive, relatively inexpensive, and very sensitive to detecting the targeted abnormality. Not all exams are covered by insurance. Please contact your insurance company to determine your specific policy guidelines.

We often see headlines that announce new or potential screening tests — most recently, for Alzheimer's disease, lung cancer, and pancreatic cancer. Although these tests may sound promising, their value can take years to sort out. Will they really save lives and improve health? Who should have them? What costs and harms are involved?

Keeping up with new developments is a good idea, but it's even more important not to overlook the many tests and screenings already available to improve your health and the quality of your life. For 2015, take action if you're overdue for any of these tried-and-true health screenings.

Screening Mammogram

Screening mammograms are performed on patients who are asymptomatic (has no breast complaints) and meet the criteria for a mammogram. These criteria are generally age (over the age of 40), and family history of breast cancer. A screening mammogram usually involves imaging of both breasts the number of images depends on the patient.

If you experience unusual tenderness, pain, nipple discharge or notice a lump in your breast (even if you are in your early twenties), contact your personal physician immediately and come in for a diagnostic evaluation. The best treatment for breast disease is early detection.

- Women 20 years of age and older should perform breast self-examinations monthly
- Women 20-39 should have a physical examination of the breast every three years, performed by a health care professional such as a physician.
- Women 40 and older should have a physical examination of the breast every year.
- Women 40 and older should have a mammogram every year.

Osteoporosis Screening (DEXA)

Osteoporosis is the thinning and weakening of the bones that happens naturally as we age, but other factors such as medications and family history can increase the likelihood of this "silent disease". Screening for osteoporosis is much easier than trying to reverse bone loss once it has occurred.

Bone densitometry, using an advanced technology called DEXA (Dual Energy X-Ray Absorptiometry), safely, accurately and painlessly measures bone mineral density, which helps determine a person's risk of developing osteoporosis and future fractures.

CT Body Screening

A body CT Screening scans your lungs, abdomen, pelvis, and other critical organs; this screening can detect cancer, tumors, bone disease and other abnormalities. A full body CT Screening is a great prevention and early detection tool for individuals who would like to maintain good health. If you have any reason to believe you are at an increased risk for a certain disease or condition, early detection is imperative for recovery and may even save your life. Patients do not need a physician's prescription to obtain this exam, but will need to provide a doctor's name for the facsimile of the report. Although no contrast is necessary, it is recommended that oral contrast be considered for a more complete examination.

Heart/Calcium Score

A heart score is an evaluation of the coronary arteries for calcified plaque. The blood vessels of the body develop fatty deposits and the body will convert these deposits to calcium; this is the body's defense mechanism against the soft plaque. Soft plaque can break free or cause a blockage, which can result in a stroke or heart attack. The amount of calcium is quantitatively determined for each artery and a total score is determined. The "total score" is an indication of the risk for coronary artery stenosis.

Chest CT

Lung cancer is the #1 cancer killer in the United States. 222,520 people are expected to die from Lung Cancer this year alone. New research suggests that screening a high risk population for lung cancer can drastically reduce the number of mortalities from this disease. CT scan is a useful test to identify and screen for lung cancers. The cancers are identified in their early stages at which they can be treated. The CT scan can detect very small masses in the lung. By detecting cancerous tumors at an early stage, an individual's survival rate may be significantly improved.

Today, health-conscious men and women are taking charge of their health. They know that early diagnosis could save their lives. And now, using NDIC's state-of-the-art technology and board-certified physicians, they can be screened for some of the most prevalent and deadly diseases, without a doctor's order.



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New Years Resolution: To Treat My Body With Gold Standards...

"Let Food Be Thy Medicine" was once said by Hippocrates. This could be a double edge sword. Spirulina, maca root, grass fed meats, non GMO all sound good but they may actually be causing you more harm than good this year. Wouldn't you like to know if you are actually "eating right" like you are boasting about to your friends? What about that healthy smoothie you make with that new "Bullet"? What is really going on in your gut with all those vegetables or fruits you mashed in a blender, killing off what is left of the enzymes, swallowing them as they fly by the enzyme release in your mouth that is needed to further digest them? Would you like to see how your cells look from your "healthy eating"? That is possible with our Live Cell Blood Analysis. Would you like to see your blood levels for all the essential micronutrients your cells need to function properly- such as vitamin C, CoQ 10, amino acids, and more with our micronutrient panels?

At YOLLO Wellness our certified nutritionist can help you with all your vitamins and your meal plan for 2015. Imagine the guess work being taken out of what you should eat to get the maximum energy and nutrients from food and be able to digest them without the result of fatigue, pain, digestive issues, skin issues, behavioral problems, weight loss or gain, diabetes, heart disease, kidney disease and more.

The ALCAT Test is a blood lab based immune stimulation test in which a patient's WBC's are challenged with various substances including foods, additives, colorings, chemicals, medicinal herbs, functional foods, molds and pharmaceutical compounds. The patient's unique set of responses help to identify substances that may trigger potentially harmful immune system reactions. It is NOT An IgG test which is heavily dependent on previous exposure and simply counts existing antibodies. The ALCAT test is the "GOLD" standard for food testing to find out what foods are causing inflammation. ALL diseases are related to inflammation. There is more than an 80% chance you are intolerant/sensitive to the foods you eat every day. What is your personal road map? We find it fun and exciting to be able to control our health each



and every day. You will too once you learn what you should and should not be eating. We can customize your food list to accommodate your personal goals whether it is weight loss, digestive disorders, skin problems, pain, fatigue, headaches or just raising the bar to your already good health plan to a great plan. The experts at YOLLO Wellness follow their ALCAT plan and can speak from 3 years of personal testing combined with the professional training to help you treat your body with Gold Standards.

Here is what some clients of ALCAT have to say

• "I took the ALCAT test even though I had no health problems. I just wanted to look and feel even better. After 6 months on the plan, I dropped 1/2 a shoe size and 3 dress sizes! My strength and endurance has increased dramatically. Friends say my skin and face look years younger. I dropped over 14 pounds and my cholesterol went down almost 70 points!."

- Jan From California

• "My husband and I have done the ALCAT test and would like to let others know what great results we have had. I have been on the rotation meal plan for 6 months and my husband for one month. Within three days my husband who suffers from asthma has seen dramatic results. He can breathe better than he can ever remember. I have quit smoking after 5 years, my menopause replacement hormones were no longer needed and I no longer have acid reflux, sinus headaches or constipation. Our sons have even asked for the ALCAT test as their birthday presents after they saw our results!."

- Gayle from Texas

• "I've seen very good results with the ALCAT test and often recommend it to the athletes I work with."
- Joe Rogowski, Strength and Conditioning Coach, Orlando Magic

• "For years I was in pain with no help from doctors. I was poked in every way with no results. Then finally, I came across what you offer, decided to give it a try, and I feel so much better. My quality of life has improved substantially thanks to this test. So, I just wanted to extend my thanks to you for offering an alternative for those of us who have had little to no success with traditional testing."

- Tiffany from Dallas

• "My son is doing great. He is a picture of health to all of us! He has taken a great interest in health and well-being and has been 'vegan' for about 6 months now. He eats 90% organic foods and has most of his friends eating healthy too!! ALCAT literally saved his life. We often talk about ALCAT, saying that if we never knew about it, Adam (my son) would probably be living on some sort of heart medication now and going through periodic heart testing, when all along the problem was the chemicals he was ingesting (msg specifically). It is a story I tell often."

-Dan from Michigan

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Do You Have a Sleep Disorder?

Sleep helps our bodies unwind, recharge, and if you believe the movies, improve our “beauty”. Everyone loves to wake up refreshed and energized in the morning. The tank is full, so to speak, and you are ready to go distance. Though, not all feel this way in the morning. Many wake up feeling as if they never slept at all. It’s not ideal to feel groggy, irritable, and unable to concentrate. If this is you on a regular basis, you may have a sleep disorder. And you are far from alone. Studies have shown around 70 million Americans deal with sleep disorders on a regular basis. There are multiple reasons why you may be unable to get a full night’s rest. Fortunately, there are places to get treatment.

Some sleep disturbances include:

- Insomnia
- Restless Leg Syndrome
- Snoring
- Sleep Apnea
- Narcolepsy
- Night Terrors
- Frequent Urination
- Bed Wetting

Insomnia is probably the best known of these. 1 in every 3 adults claims to have Insomnia. Insomnia keeps people from falling asleep and/or staying asleep at night. Many wake up very early without getting a satisfying amount of sleep. Exercises, for both the mind and body, are recommended for treatment. Meditation, for example, can help calm your racing thoughts. It is also good to stay active during the day without taking naps. By the time its “lights out”, you will be more than ready.

Restless Leg Syndrome can happen to anyone, at any age. This disorder causes people to have a painful sensation, as if something is crawling on their legs. Their legs may itch and feel as if there are needles poking them. Restless Leg Syndrome got its name from this uncomfortable feeling that intensifies when the body is not in motion. Because of this, people want to move and walk around; which, therefore, makes it extremely difficult to fall asleep. Those who have a nerve disease, are pregnant, or have an iron deficiency are at a greater



risk of this disorder. Home remedies recommended to patients include hot and cold massages of the legs, yoga, meditation, and over the counter pain relievers.

Snoring occurs when the tissues in our airways become relaxed and rub against each other. The airflow becomes constricted causing the “all too familiar” sound. Snoring can affect your bed partner, too. They often have trouble falling asleep, or wake up, due to the noise. Nose strips are suggested for people who snore. If you’re the bed partner of a snorer, try rolling them on their side. Snoring and sleep apnea can also go hand in hand.

Sleep Apnea may be the reason for you, or your bed partner’s snoring. It causes people to stop breathing momentarily during their sleep. The lapse in breath usually lasts more than 10 seconds and can be detrimental to one’s health. If you have sleep apnea, you should get treated immediately. A Continuous Positive Air Pressure (CPAP) mask can help keep your airway open when sleeping. This is not the only treatment for sleep apnea, though it is the most popular.

Narcolepsy is one of the more serious sleep disorders. There are four different stages of sleep. The first three stages are in the category of NREM (Non Rapid Eye Movement). This is when a person is “falling asleep”. After these stages, which generally add up to 90 minutes combined, a person falls into the REM (Rapid Eye Movement) stage. People with Narcolepsy can spontaneously fall into REM sleep at any time of the day. Sleeping is not dangerous. But, depending on when and where a person suddenly falls asleep, severe problems can occur.

This sleep disorder affects about 1 in every 2,000 Americans. The symptoms usually present themselves between the ages of 10 and 25-years-old. Those with Narcolepsy are recommended to regularly exercise, keep away from alcohol and nicotine, and get on a healthy diet. As well, there are medications that can help.

Sleep specialists and sleep laboratories are available to help with any of these sleep disorders. Sleep Labs are solely intended to study you while you are asleep. This helps them determine your sleep disorder and which treatments are best suited for you. Patients wear different monitors while sleeping to get their heart activity, blood pressure, and brain activity recorded.

Mitchell Petusevsky, M.D.



700 2nd Ave. N., Ste 305
Naples, Florida 34102

Dr. Mitchell L. Petusevsky is a well-respected sleep specialist and founder of The Center for Sleep and Pulmonary Medicine. He has 30 years of experience under his belt and has been chosen as one of the top physicians in all of Southwest Florida. If you have any questions regarding sleep disorders, you can contact Dr. Petusevsky of Millennium Physician Group for more details at (239) 263-8385. Their clinics are located in both Naples and Bonita Springs.

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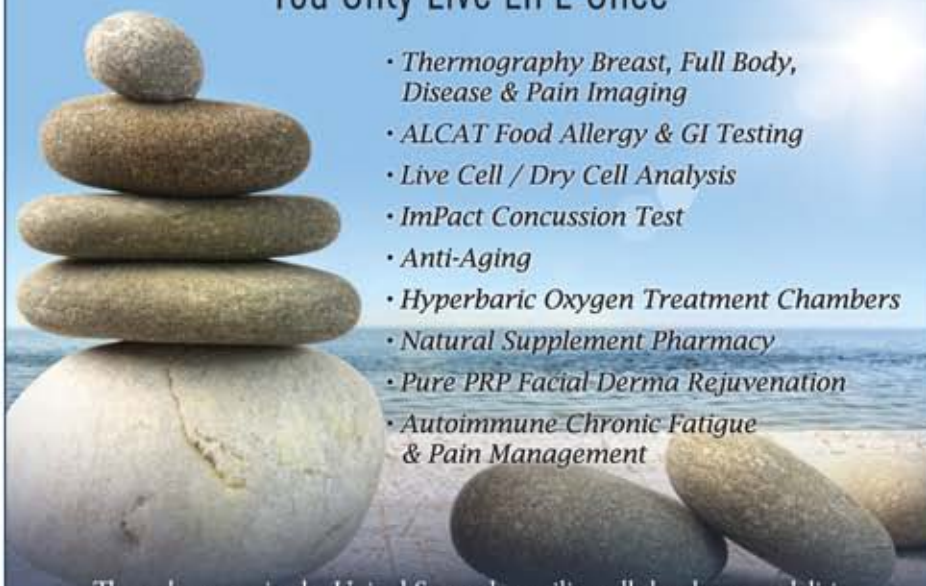
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Strong Colleges, Strong Communities...

By Dr. Patricia Land

In this day and age, most students coming out of high school go directly into college, and there are so many colleges, degrees and programs to choose from. With so many options for advanced education, many graduates stay and settle in the areas in which they studied to build stronger and better communities. I had the opportunity to be impacted by students who have made our community better and stronger.

One beautiful summer afternoon in late July of this year, my life changed dramatically. I was trying a new marinade and had food on the grill for a delicious dinner. As I worked in the kitchen, I pivoted to leave the room and check the progress of my dinner on the grill, my ankle froze but my leg did not. That incident caused me to snap three bones in my ankle, where I then fell directly on my knee, fracturing it in many pieces.



Student in Class



Nursing Simulation Training at Florida SouthWestern State College

It was quickly apparent that I wasn't going to be able to get up on my own, and I was not able to locate my cell phone. Fortunately, I was able to slide over and reach the land line to call 911, and then was able to slide over to unlock the front door as I waited for help.

When the medics arrived, they not only addressed my injuries, but also helped me locate my cell phone and extinguished my grill before taking me to the hospital. They were kind and skilled in managing my discomfort as much as possible. Since the college I work with, Florida SouthWestern State College (FSW), offers such a wide variety of health science degrees, I have developed a routine to always ask what college various individuals

attended. I wasn't surprised to hear that these kind medics were FSW graduates. I know the rigorous training FSW paramedics are put through at our institution, and I felt very secure that I was in good hands.

Upon reaching the emergency room at Fawcett Hospital, I felt as if I had joined a health professions reunion. A number of FSW nurse graduates and current students assisted me, again with the highest demonstration of professionalism and competence. I know that our institution, as well as others in our region, help students to advance in their careers and their personal goals, and it was such a treat to see the results of that, however, I would have preferred to visit under more positive circumstances.

During the subsequent two months, I encountered still more students in home health positions or in businesses as my wheelchair and I navigated a retail store. I'm in the home stretch now, going to physical therapy 3 times each week and seeing former students accomplishing their goals. With continued progress, I hope to shed my walker for a cane in the very near future.

Supporting our local colleges and universities is important to mold the decision makers of tomorrow, but it is even more important to have them choose our community as their home. The skills and expertise they learn here then benefit the local area, and help to build a stronger community now and in the future.

Dr. Patricia Land is the Charlotte Campus President/Regional Vice President Economic and Community Development at the FSW Charlotte Campus. She can be reached at (941) 637-5682 or by email at pland@fsw.edu.



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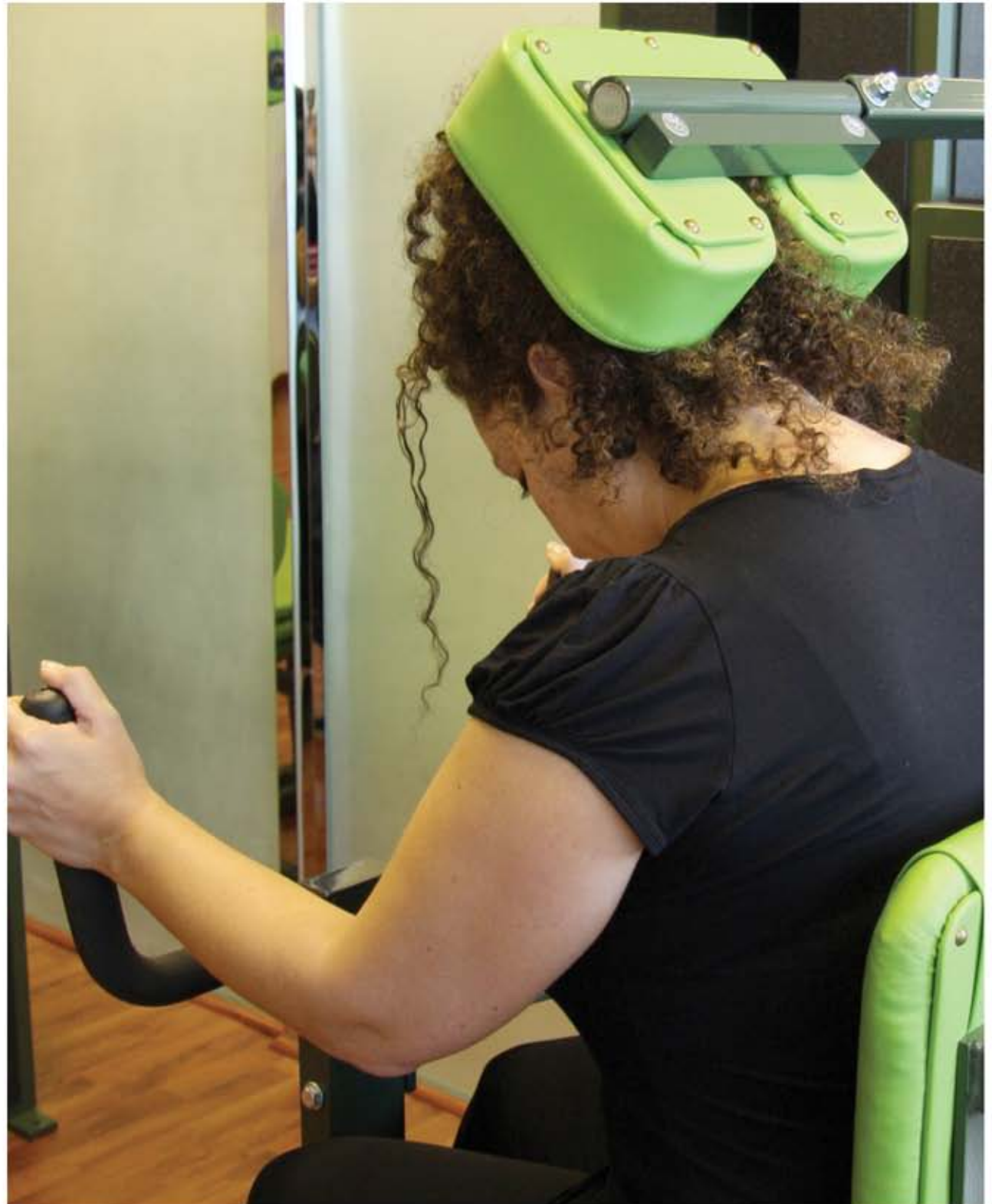
By Jorgen Albrechtsen

Conventional wisdom would decree: “Eat less and exercise more and you get the lean, healthy body you have dreamed of.” However, this is not really the case and here is why:

When you eat fewer calories than you require to meet your body’s energy needs, your body turns to its fuel stores – body fat and stored sugar – to make up the difference by breaking down or burning up its tissues. On a low calorie diet, your body will recognize that it doesn’t have nearly enough protein coming in for the day-to-day growth and repair of body tissues. To make up the difference, in addition to burning fat and stored sugar for energy, the body will begin to break down muscle that it will turn into the protein raw materials it needs for critical functions. Since muscle has weight, breaking it down and using it up results in weight loss on the scale – but not the kind of loss you’re after. Studies have repeatedly shown that on a low-calorie diet, as much as 40 to 60 percent of the weight loss is from muscle, bone and vital organs. If you add aerobics to the mix, believe it or not, you can actually lose more muscle on a typical low-calorie eating plan than if you didn’t exercise at all. Too little food plus aerobics exercise often equals muscle loss. You want to lose excess fat not muscle tissue.

■ The Futile Cycle of Yo-Yo Dieting

If you continue the approach of “eat less exercise more” and try to maintain your weight loss (loss of muscle), you are more than likely doomed to failure, because your reduced muscle mass now burns so many fewer calories that unless you are prepared to stay on starvation rations forever, your weight will creep back up. Only this time when you return to your original starting weight, you will be worse off than you were before because you now have less muscle and even more body fat. If you decide to take yet another crack at losing weight using the same old prescription, you’ll fall into the futile cycle that we all know as yo-yo dieting.



■ Turn Your Body Into a Fat Burning Machine

Concept 10 10 turns your body into a fat burning machine, not because of the extra calories you expend in the workout, but rather because of the metabolic and hormonal changes it brings about. When you work a muscle to the point of failure, as you do with Concept 10 10, it sends out hormonal signals to the rest of your body telling it to preserve the muscle at all costs. Once the body receives these signals, it will pretty much leave the muscle intact and go after your stored body fat to make up its caloric deficit.

But here is the best part: lean muscle mass requires the burning of energy – that is, it has to burn calories just to sustain itself in your body. So the more lean muscle you have versus fat, the more calories you burn while you sit, while you relax, and while you sleep. A lot more! Three extra pounds of lean muscle burns about 10,000 extra calories a month, just sitting around!

Since aerobic exercise like jogging burns only about 100 calories per mile, and a typical aerobic workout burns 100 calories every 15 minutes, having 3 extra pounds of muscle burns as many calories as running 25 miles per week, or doing 25 aerobic workouts per month without leaving your couch!

Your muscles will burn calories 24 hours a day by itself, just by being there. Concept 10 10 will actually turn your body in an automatic fat burning machine!

■ The Importance of Losing Fat and Gaining Lean Muscle

And don't forget 1 pound of muscle takes up much less space than 1 pound of fat. So, if you lose 5 pounds of fat and gain 5 pounds of muscle, your body will look quite different, but you will still weigh the same. This also illustrates the point that you should not be obsessed with your scale, but rather with losing excess fat and gaining lean muscle tissue.

■ How Should You Eat?

Forget about various diets and special solutions, those are mostly marketed to confuse the public and sell magazines, powder and pills that are utterly useless. The answer to losing fat is quite simple: If you are overweight, eat 10% less of everything, which is not too tough to accomplish. At the same time, try to avoid eating too much sugar and fat. Combine this with a once a week 20 minute Concept 10 10 workout, and you will be amazed at what will happen to your body and your well-being.

■ Spot Reducing

Spot reduction is the idea that exercising a specific body part, such as the abdominals, causes the involved muscles to use the surrounding fat for energy. This belief is the reason high repetition sit-ups, side bends, leg raises, and twisting movements have been practiced for years as a way to remove fat from the waist.

Spot reducing might seem logical to a lot of people, but, unfortunately, it does not work that way. It would be nice if the fat cells would be taken from areas where you have the most fat deposits. But there are no direct pathways that exist from your fat cells to your muscle cells. When fat is used for energy, it is mobilized primarily through your liver from fat cells all over your body. The mobilization process actually operates in reverse order from which you store fat. The last places you store fat are usually the first from which you lose it. The thickest layers of fat for a man are usually located on the waist. A woman sometimes stores fat there, too, but usually the thickest layers are over the buttocks and upper thighs.

Why do the Western nations have the fattest people who have ever lived on Earth, and the highest obesity percentage ever? The simple answer is---we have the most plentiful and most accessible food supply, combined with the fact that our leisure-time activities increasingly revolve around television, movies, computers, and other passive activities. But we also have the capacity to be the smartest people who have ever lived. At least, we have access to information that provides us with that potential. To become smarter, we must understand and act.

■ The Myth about Heart and Lung Endurance

At first, when we explain to people that aerobics doesn't really strengthen the heart and lungs – that instead it makes their muscles a little stronger and it just seems like their hearts and lungs work better – and we tell them that 20 minutes a week doing a Concept 10 10 workout will give them as much endurance as three hours of jogging, they often look at us like we must be nuts!



However, this unlikely claim is true! The Concept 10 10 workout will give you greater cardiopulmonary fitness and endurance than running. The endurance you get from running along for miles every week comes not from any cardiovascular conditioning but from the strength that such a routine ultimately develops, as well as the sport-specific training effects that occur. The heart and lungs don't get much stronger, if at all. The muscles in general, and in the legs and hips in particular, become stronger, and this increased muscular strength brings about the changes we call "getting in shape." Running and other forms of "aerobic" exercise strengthen the muscles. Stronger muscles working more efficiently to draw oxygen from the blood reduce the demand on the heart and lungs, which gives the impression of improved cardiovascular or cardiopulmonary fitness.

■ Strengthening Muscles is The Key

You have the heart and lungs you are born with. Each of these organs has a limited performance capacity, and as long as you are working within that capacity, they seem to work just fine. When you exceed that capacity, however, the perception is that your heart and /or lungs are out of shape. As you age and lose muscle mass, activities you used to do with ease when you were stronger now become difficult, you pant and puff and your heart pounds when you try to do them. But that isn't because your heart and lungs have gotten weaker – your muscles have, and as a result, their inefficiency makes you exceed the comfort level and capacity of your cardiopulmonary system. You don't need to strengthen your heart and lungs; in fact, you can't. You need to strengthen your muscles so that they can once again function easily within the capacity of your heart and lungs.

For more information, testimonials, or videos, go to www.naples.concept1010.com. Call for a free introductory session: North Naples - 239.431.7143 or Downtown - 239.659.1033.





NOT READY TO MOVE? WE ARE YOUR SOLUTION!



By Bruce Rosenblatt

For many people, the thought of moving to a retirement community is beyond anything they would ever consider. Up-rooting yourself from your home and moving to new surroundings becomes so overwhelming, that the majority of people elect to stay at home and bring in services.

This might seem like the easy solution, however there are a number of factors to consider if you decide to go this route. The most important is who will be providing these services and who will be managing the process. Considering the fact that you are probably in a crisis mode, selecting and managing a home health care company becomes extremely complicated. Did you know that there are nearly 100 home health care agencies in Collier County alone? How do you select a good one? How do you know that they are going to what they are supposed to do? Many times, a spouse or family member will take over this responsibility which creates its own problems. Monitoring invoices and making sure the aides show up on their scheduled time is a job within itself. Solutions@home can help!

Solutions@home is a unique service that coordinates and oversees home-based services so people continue to live independently in their own home. Through a network for trusted resources, Solutions@home, develops and manages a personalized plan so people can live worry-free.

Home-based services can range anywhere from home health services, to transportation, meal preparation and delivery, cultural event companions, de-clutter assistance and even dog sitting and bartending and waitress services for special events. Medical alert programs are put in place as well as a home safety assessment is completed to ensure you are able to continue to enjoy your home for many years.



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- If you fall, how will you get help?
- Can you maneuver in a walker or wheelchair?
- Do you use a shower or bathtub?
- Do your smoke detectors work properly?
- Do you have a list of your medications?
- Is your emergency contact info easily accessible?

Bruce Rosenblatt has been involved with senior housing communities for nearly 30 years, both as a consultant and executive, and has over seen over 75 senior communities throughout the country including three prominent communities in the Naples area.

Bruce is the owner of Senior Housing Solutions, a personalized consulting service that provides expert advice to those people considering a move to a senior living community.

Bruce has been on the Board of Directors of the Area Agency on Aging for Southwest Florida, Retirement Housing Council in Florida, Public Relations of Collier County and the Jewish Federation of Collier County. He currently is a member of the Collier County Bar Association, the Men's Cultural Alliance, and on the Board of the Naples Interagency Council.

Bruce is considered an expert in senior housing and has spoken at many national senior-related conferences throughout the nation as well as many local groups and organizations. Bruce and his wife have lived in SWFL for over 25 years. bruce@seniorhousingsolutions.net



Understanding Your Senior Housing Options

Thursday, February 7, 2014
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Baby Boomers Know When It's Time to Consider Joint Replacement!

With 76 million Baby Boomers still thriving and active, many are rejecting the sedentary lifestyle of their parents' generation (remove comma) and are using advances in technology and surgical techniques that enable them to keep on running, cycling, skiing and engaging in other sports, while maintaining very active lifestyles.

The 45-64 age group accounted for more than 40% of the more than 906,000 total knee or total hip replacement surgeries in 2012, the last year for which figures were available from the American Academy of Orthopedic Surgeons. Baby Boomers will account for a majority of these joint replacements in 2014, according to a study done by Drexel University.

The study projects the 45-64 age group will account for a 17-fold increase in knee replacements alone, to 994,000 by 2030. Active Boomers often accelerate the arthritis which wears down their joints, and obesity is yet another factor.

"The majority of total hip and knee replacements are completed in patients aged 65 years and older, but the volume is increasing dramatically among 45-64 year-old patients," said Daniel Harmon, DO, of Orthopedic Center of Florida in the Lee and Collier County area. Dr. Daniel Harmon completed his five year orthopedic surgery internship and residency at The Cleveland Clinic Foundation/South Pointe Hospital in Cleveland, Ohio and then completed a fellowship in Adult Hip and Knee Reconstruction at Allegheny General Hospital in Pittsburgh, PA.

The majority of joint replacements are done for osteoarthritis, which is an arthritis that is developed over time from wear and tear. Nonetheless, Daniel Harmon claimed, "Regardless of age, the decision to pursue a total joint replacement is a decision made between the patient and physician with quality of life a determining factor. Obviously all conservative attempts at treatment must fail prior to surgical intervention. If surgery is an option, minimally invasive surgical techniques for

reconstruction of the hip and knee have improved post-operative pain and allowed for a more rapid recovery." One reason that there has been a surgical boom of joint replacements among Baby Boomers is that active Boomers have been proactive in opting to have replacement surgery sooner in order to experience less pain and a faster rehabilitation afterward.

Today's patients have greater expectations about activity and recovery," says Daniel Harmon, who specializes in minimal invasive joint replacements, and is an experienced instructor of the Anterior Total Hip Replacement procedure. "With implant companies turning their focus to longevity of the materials used, this has allowed us to consider joint replacement in younger patients in need of surgery. Current literature suggests that implants we use will last for 20 years or more." This means doctors will consider doing joint replacement on younger patients who are in otherwise good health, but suffer from pain and a decrease in function, when conservative nonsurgical methods have failed and x-rays support the surgical option.

Baby Boomers don't have to live with "Achy Breaky" parts and they are choosing not to. "It was an easy decision for me, when I learned the procedure was very likely to achieve benefits and very unlikely to have adverse effects, the decision was more about assessing the relative importance of quality of life factors," said Louis Libby, who had a hip replacement done this past July.



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Prevent Surgery

with Knee Injections

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

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

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

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

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



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

Knee injections are typically extremely effective. Specifically, hyaluronic acid injections have shown over 80% satisfactory results as well which was maintained for over a six-month time period. These results are often good enough to delay the need for a knee replacement surgery or avoid it altogether. If you suffer from the pain due to osteoarthritis, rheumatoid arthritis or post traumatic arthritis, Physicians Rehabilitation can help.



239-687-2165 | www.PhysiciansRehabilitation.com

Put Out the Smoke and Heal Your Wounds

It's that time of year again. The time to make resolutions and try our best to keep them. Many people set personal goals of losing weight, spending more time with family, or eating better. Another popular New Year resolution for many is to quit smoking. Keeping resolutions is oftentimes difficult for many people, life gets busy and we resort back to our old ways. We all know there are numerous health risks of smoking, but did you realize that if you are a smoker and you have chronic wounds you could be prolonging the healing process. Make this year, the year you finally stop smoking for good!

Today in 2015, there should be no question that tobacco use is one of the worst things you can do to your body. There have been hundreds of scientific studies. This subject is extremely well documented.

From the Centers for Disease Control and Prevention (CDC) alone:

- Smoking harms nearly every organ of the body.
- Smoking causes many diseases and reduces the health of smokers in general.
- Smoking causes more than 480,000 deaths each year in the U.S. That's about one in five deaths.
- Cigarette smoking causes most cases of lung cancer.
- Blockages caused by smoking can also reduce blood flow to your legs and skin.
- Smoking damages blood vessels and can make them thicken and grow narrower. This makes your heart beat faster and your blood pressure go up. Clots also form.

The bullet points go on, but we can already see the connection between smoking and poor wound healing. Essentially, healing depends on the body's ability to transport freshly oxygenated blood and nutrients to and from a wound site. If you're smoking, you are basically de-oxygenating your blood and robbing the wound site of the oxygen it needs to heal. Worse, you're replacing the fresh oxygen you would normally be breathing with a deadly mix of more than 7,000 chemicals, of which hundreds are toxic and about 70 can cause cancer.



How Smoking Impairs the Body's Ability to Heal Wounds

Nutritionally, smokers tend to eat less healthfully, do fewer physical activities and consume more alcohol. All of these have an adverse effect on wound healing.

First, the body needs tremendous amounts of energy/calories to heal wounds. But since nicotine is a proven appetite suppressant, smokers have an increased potential to take in fewer calories, resulting in delayed or impaired wound healing.

The full physical effects from the newer e-cigarettes are not known, though the liquid nicotine they feature is certainly a poison and can be lethal. It can be harmful when inhaled and it can also be harmful when ingested or absorbed through the skin. In fact, less than one tablespoon of the e-cigarette liquid on the market may be enough to kill an adult, and as little as a teaspoon could kill a child.

And although liquid nicotine's effects on wound healing are unclear at this time, the CDC is clear about nicotine dependence. Nicotine is the drug in tobacco products that produces dependence and most smokers are dependent on nicotine.

As wound care professionals, we must continue to educate our patients about the connection between smoking and poor wound healing. Smoking can either cause or exacerbate the five underlying conditions that inhibit wounds from healing: poor circulation, infection, edema, poor nutrition and repetitive trauma.

Are you suffering from a wound, or have you recently had a surgical procedure and require specialized wound care? Proper wound care supplies and techniques are essential to reduce the chance of infection and improve healing. With Acute Wound Care, your treatment plan will include the best clinical practices, supplies and equipment for successful wound cleaning, management, dressing, and healing. Having support, someone to encourage you to quit smoking and who can reinforce the benefits of stopping is important and can make a big difference in your wound healing and your overall health. Call today for a free consultation.

ACUTE WOUND CARE

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

239-949-4412

and speak with a specialist.



URINARY INCONTINENCE IN WOMEN – YOU DON'T HAVE TO DEPEND ON DEPENDS

By Joseph Gauta, MD, FACOG

Millions of women experience involuntary loss of urine called urinary incontinence (UI). Some women may lose a few drops of urine while running or coughing. Others may feel a strong, sudden urge to urinate just before losing a large amount of urine. Many women experience both symptoms. UI can be slightly bothersome or totally debilitating. It is a condition that is a source of embarrassment, depression, and leads to social isolation. For some women, the risk of public embarrassment keeps them from enjoying many activities with their family and friends. Urine loss can also occur during sexual activity and cause tremendous emotional distress.

Women experience UI twice as often as men. Pregnancy and childbirth, menopause, and the structure of the female urinary tract account for this difference. But both women and men can become incontinent from neurologic injury, birth defects, stroke, multiple sclerosis, and physical problems associated with aging.

Older women experience UI more often than younger women. But incontinence is not inevitable with age. UI is a medical problem. Your doctor or nurse can help you find a solution. No single treatment works for everyone, but many women can find improvement without surgery.

Incontinence occurs because of problems with muscles and nerves that help to hold or release urine. The body stores urine - water and wastes removed by the kidneys - in the bladder, a balloon-like organ. The bladder connects to the urethra, the tube through which urine leaves the body.

During urination, muscles in the wall of the bladder contract, forcing urine out of the bladder and into the urethra. At the same time, sphincter muscles surrounding the urethra relax, letting urine pass out of the body. Incontinence will occur if your bladder muscles suddenly contract or the sphincter muscles are not strong enough to hold back urine. Urine may escape with less pressure than usual if the muscles are damaged, causing a change in the position of the bladder. Obesity, which is associated with increased abdominal pressure, can worsen incontinence. Fortunately, weight loss can reduce its severity.

COMMON TYPES OF INCONTINENCE

Stress Incontinence

If coughing, laughing, sneezing, or other movements that put pressure on the bladder cause you to leak urine, you may have stress incontinence. Physical changes resulting from pregnancy, childbirth, and menopause often cause stress incontinence. This type of incontinence is common in women and, in many cases, can be treated.

Childbirth and other events can injure the scaffolding that helps support the bladder in women. Pelvic floor muscles, the vagina, and ligaments support your bladder (see figure 2). If these structures weaken, your bladder can move downward, pushing slightly out of the bottom of the pelvis toward the vagina. This prevents muscles that ordinarily force the urethra shut from squeezing as tightly as they should. As a result, urine can leak into the urethra during moments of physical stress. Stress incontinence also occurs if the squeezing muscles weaken.

Urge Incontinence

If you lose urine for no apparent reason after suddenly feeling the need or urge to urinate, you may have urge incontinence. A common cause of urge incontinence is inappropriate bladder contractions. Abnormal nerve signals might be the cause of these bladder spasms.

Urge incontinence can mean that your bladder empties during sleep, after drinking a small amount of water, or when you touch water or hear it running (as when washing dishes or hearing someone else taking a shower). Certain fluids and medications such as diuretics or emotional states such as anxiety can worsen this condition. Some medical conditions, such as hyperthyroidism and uncontrolled diabetes, can also lead to or worsen urge incontinence.

Overactive Bladder

Overactive bladder occurs when abnormal nerves send signals to the bladder at the wrong time, causing its muscles to squeeze without warning. Voiding up to seven times a day is normal for many women, but women with overactive bladder may find that they must urinate even more frequently.

Functional Incontinence

People with medical problems that interfere with thinking, moving, or communicating may have trouble reaching a toilet. A person with Alzheimer's disease, for example, may not think well enough to plan a timely trip to a restroom. A person in a wheelchair may have a hard time getting to a toilet in time. Functional incontinence is the result of these physical and medical conditions. Conditions such as arthritis often develop with age and account for some of the incontinence of elderly women in nursing homes.

Overflow Incontinence

Overflow incontinence happens when the bladder doesn't empty properly, causing it to spill over. Your doctor can check for this problem. Weak bladder muscles or a blocked urethra can cause this type of incontinence. Nerve damage from diabetes or other diseases can lead to weak bladder muscles; tumors and urinary stones can block the urethra. Overflow incontinence is rare in women.

Transient Incontinence

Transient incontinence is a temporary version of incontinence. Medications, urinary tract infections, mental impairment, and restricted mobility can all trigger transient incontinence. Severe constipation can cause transient incontinence when the impacted stool pushes against the urinary tract and obstructs outflow. A cold can trigger incontinence, which resolves once the coughing spells cease.

Urinary incontinence isn't always preventable but certain factors can help decrease the risk of having the condition, such as maintaining a healthy weight; practicing pelvic floor exercises, especially during pregnancy; avoiding bladder irritants, such as caffeine and acidic foods; and eating more fiber, which can prevent constipation, a cause of urinary incontinence.

No matter the cause of your incontinence, don't let it keep you from enjoying life. Talk to your doctor and don't suffer in silence any longer. Locally, the founder of The Florida Bladder Institute, Dr. Joseph Gauta, is the region's premier Urogynecologist and can be reached at (239) 449-7979. The Florida Bladder Institute is located at 1890 SW Health Pkwy, Ste 205 in Naples. Call Dr. Gauta's office today and get the answers you need concerning incontinence.



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REDUCE ERECTILE DYSFUNCTION AND BPH SYMPTOMS IN 3 WEEKS WITHOUT DRUGS OR SURGERY?

By Robert Gilliland DC, BCIM, D.PSc

Do you have an enlarged prostate (BPH) and/or erectile dysfunction (ED)? Has your doctor told you that drugs and surgery are your only options?

What if I told you that there is a therapy that has been shown in recent studies to reduce the symptoms of BPH and ED in as little as 3 weeks? Would you be interested?

This therapy is called Pulsed Electromagnetic Field therapy.

FACTS ABOUT PEMF THERAPY

- Has been used in Europe for over 30 years.
- Cleared by the FDA for multiple conditions.
- Studied extensively by NASA.
- Has over 2,000 double blind, placebo controlled studies.



NEW STUDIES SHOW IMPROVEMENT WITH PEMF THERAPY AND BPH

There have been two double blind, placebo controlled studies this year (2014) on PEMF therapy and BPH. One was a human study and the other was an animal study, with both showing significant reductions in BPH symptoms.

HUMAN MODEL

In the human study, half of the patients with BPH, ages 68-78 years old were treated with medication for at least 4 weeks, and another group was treated with PEMFs (a high intensity ion magnetic inductor) for 2 weeks, for 30 minutes daily, 5 consecutive days per week. Patients of both groups were evaluated before and after drug and PEMF treatment and these were the results - there was a significant decrease of prostate size, residual urine and an increase in urine flow rate in the PEMF treated patients – and - there was also a significant improvement in clinical symptoms in patients of the electromagnetic group. Follow-up of the PEMF treated patients for one year revealed that results obtained by PEMF treatment are still maintained.

STUDY ON ERECTILE DYSFUNCTION

This double blind, placebo-controlled study assessed the efficacy of 3 weeks of pulsing magnetic-field therapy for erectile dysfunction (ED). In the active-treatment group, all efficacy endpoints were significantly improved at study end ($P < \text{or} = .01$), with 80% reporting increases in intensity and duration of erection, frequency of genital warmth, and general well-being. Only 30% of the placebo group noted some improvement in their sexual activity; 70% had no change. No side effects were reported.

HISTORY OF PEMF

Pulsed Electromagnetic Field therapy has been used in European countries for over 30 years but has only recently been introduced here in the United States, which is why most doctors have never heard of it.

For more information on PEMF therapy call my office at 239-444-3106 or visit our website at www.bonitaspringspemf.com



HOW IT WORKS

Electromagnetic Field therapy (PEMF) uses low frequency magnetic waves to decrease inflammation and increase circulation – the underlying causes of both BPH and ED.

WHAT IS A PEMF THERAPY SESSION LIKE?

PEMF therapy is simple. You sit in a chair for 30-45 minutes with a couple of pads in your lap. There is no pain or discomfort. Most men report a light tapping sensation around their pubic area.

NO DRUGS, NO SUPPLEMENTS, NO DIETARY CHANGES AND NO SURGERY

ADDITIONAL BENEFITS

The FDA has cleared PEMF therapy for post-operative pain and edema and non-union fractures.

AN ALTERNATIVE TO DRUGS AND SURGERY

While PEMF therapy may not work for everyone, it appears to be a viable alternative to drugs and surgery.

Think about it – what if you could get and maintain an erection, urinate without straining, starting, stopping and dribbling, empty your bladder and sleep through the night after just 3 weeks of PEMF therapy?

Wouldn't that be a more attractive option than either drugs or surgery, which come with an assortment of potential side-effects?

The Benefits of Massage Therapy for Athletes

Whether you're working out a few times a week to stay in shape or training for a marathon, massage therapy sessions from Massage Envy Spa should be part of your regimen. Massage Envy offers sports massage therapy geared toward athletes of every kind, from world-class professionals to weekend joggers. Each massage is tailored to the individual's specific needs, and focus on areas of the body that are overused and stressed from repetitive and often aggressive movements.

Sports massage therapy is gaining popularity as a useful component of a balanced training regimen. It can be used to enhance pre-event preparation and to reduce recovery time either during training or after an event. Many athletes have discovered that specially designed sports massage promotes flexibility, reduces fatigue, improves endurance, helps to prevent injuries and prepares the body and mind for optimal performance.

A 2010 study in the Journal of Strength & Conditioning Research found that even a 30-second massage improved hip-flexor range of motion. Another study demonstrated a notable trend toward decreased muscle soreness in athletes who received massage either before or after exercise.

Some of the physical effects of massage for athletes include increased tissue permeability, which helps to open the pores in tissue membranes, improving the exchange of fluids and nutrients throughout cells. Massage also stretches tissues in ways they would not otherwise flex, helping to relieve tension. And by encouraging increased blood flow before and after exercise, massage helps to increase the absorption of nutrients and the removal of waste products from muscles and other tissues. This also leads to a reduction in pain by increasing the removal of lactic acid and stimulating the production of endorphins.



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Naples
6345 Naples Blvd. Suite A3-4
Naples, FL 34109
(239) 325-ENVY (3689)

In addition to the physical effects on muscle tissue itself, massage induces a sense of relaxation. The generation of heat and increased circulation causes the nerve tissues that sense touch and pressure to be stimulated, which causes a relaxation reflex. Massage also leaves the athlete feeling much less anxious and more invigorated, ready to take on the next challenge.

Massage Envy therapists are trained to address all areas of the body, including common trouble spots such as the Achilles tendon, rotator cuff, hamstrings and lower and upper back. If you have specific areas that are particularly sore after an intense workout or training session, let your massage therapist know, and he or she will discuss some of the techniques used to address those particular spots.

For anyone participating in regular physical activity, whether casual or intense, the addition of sports massage therapy on a weekly or bi-weekly basis could be a great addition to the training regimen. The massage therapists at Massage Envy can help you find a plan that will work with your schedule, level of activity and budget. To find your nearest Massage Envy Spa location, visit www.massageenvy.com/regions/FL/Southwest-Florida. Massage Envy Spa has locations in Cape Coral, Fort Myers, Estero and Naples.

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239-274-3689

New Years Resolutions

It's that time of year again to be ending 2015, and writing your New Years Resolution Lists. First review last years list - did your exercise program last until March and did your new diet give way by Valentine's Day?

Optimal health and fitness is always one of our priorities. Then look at what resolutions didn't hold true. Look to 2015 and revise your list.

The gym was too crowded, walking was too boring, and the water was too cold for swimming. Did you know that dancing burns between 200-500 calories per hour? How many times have you been in your car and a Frank Sinatra song came on, even an ACDC son, and your foot begins to tap and a smile is on your face. Bring it to the dance floor.



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(at the Promenade)

2496 Palm Ridge Rd,
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www.TheEnchantedBallroom.com

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

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



Dance First...
Think Later




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HOW TO RETIRE HEALTHY & WEALTHY

Don't miss this FREE two hour community event organized by Futurity First. Come and meet the local professionals that can help you with your health and financial needs today, or help you plan for your future. This event is open to the public and you will hear presentations on some of these timely and important issues:

AMADA Senior Care – Knowing when and how to contract a caregiver.

Deciding to hire a caregiver for a senior is a major decision. Recognizing the right time for help and meeting your loved ones' particular circumstances can be difficult. Navigating the seemingly endless caregiver options can also be complex, not to mention payment options involving long-term care policies or VA Benefits.

Amada Senior Care takes an objective view in navigating these areas to provide clarity and an action plan for seniors or their family.

MAXIMIZED LIVING: Learn about the daily habits of some of the world's healthiest cultures. Aging should not entail prescription drug reliance and debilitating health conditions.

- Understand how an active, determined mindset is crucial to increased longevity
- Discover why maintaining a healthy lifestyle can add decades to your life

Americans suffer from more diseases and are in worse health than most other wealthy nations. Proactive, maintenance care helps people stay active, feel happier and live long, productive lives.

VARIAN CONSTRUCTION – The desire to stay in one's home is paramount for many seniors. The comfort and familiar surroundings are important for those as they age. If your desire is to stay in your home long-term, there are ways to make your home more navigable and user-friendly for seniors. Simple changes like adding grab-bars in the bathroom as you get in and out of the shower, changing the type and amount of light in your kitchen and bathrooms to see better and easy open door knobs are just a few things that we take for granted as younger adults, but are not as functional as we age. Come and learn how to retrofit one's home for retirement.

TAX SAVERS OF AMERICA, INC. FINANCIAL WELLNESS: IRA Knowledge is Essential for your Financial Well Being.

Your IRA represents a source of income stability and security for your retirement years. Retirement accounts are supposed to serve your needs. The aspects of your IRA that are critical for retirees to remember and understand are as follows:

Distributions from IRAs: What to Take Out; Difference between Roth's and Traditional IRAs

Required Mandatory Distributions: Traditional IRA's 59 ½ years (permissive distributions) to 70 ½ years old (mandatory distributions)

Beneficiaries Designations: IRAs as part of your estate plan

IRA Rollovers: Consolidating everything in one account

Proper planning can avoid IRS penalties and costly financial mistakes. The goal is to achieve continual prosperity and financial wealth in the New Year.

BURZYNSKI ELDER LAW – Burzynski Elder Law addresses the client's needs by discussing legal, medical, financial, social and family issues. A Life Care Plan is a method to manage all this information. Families use their Life Care Plan as a guide to their vast knowledge of community services and resources, including their VA Accredited Attorney and Registered Nurse Advocate. A Life Care Plan represents the integration of all these issues to meet the specialized needs of each individual.

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Futurity First – Pat Mantis can assist you with your entire retirement planning using strategies like Safe Money investing, earning a Paycheck for Life, Final Expense Insurance and Long Term Care options.

You will also have a chance to speak face to face with the professionals who can give you the tools to live better and create financial security, so bring your questions and learn how to take control of your future today.

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Experience and enjoy this unique opportunity where we will all unite in a common goal of vibrant health, wealth and happiness. Your involvement is what makes our event so successful. We couldn't do this without YOU!

When and Where

February 3rd, 2015

9:00 – 11:00 a.m.

Naples Conference Center

(located at the Naples Area Board of Realtors)
1455 Pine Ridge Road, Naples, FL 34019

Presented by Pat Mantis
Futurity First Insurance Group

Sponsors: Varian Construction Co., Inc., Tax Savers of America, Inc., Amada Senior Care, Southland Financial Services and Maximized Living

RSVP by email to PatricaMantis@FFIG.com or call (239) 821-5179 for reservations (seating is limited)

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Free prize drawings

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THE AFFORDABLE CARE ACT

By Carol DiNicolantonio R.Ph.

The Affordable Care Act or better known as "Obamacare" is score carding your physician. This means that his/her patients have to show medical improvements and show that they are complying with their medications.

- Is your physician threatening to drop you as a patient if you do not improve?
- Are you taking your medications as directed? Do you even know if you are?
- Are you taking more than four medications including over the counter medications a day?
- Have you been in the hospital due to illness once a year or more?

Then you need the in home service of a licensed clinical pharmacist to help you review and educate you on how to properly take your medications and verify that you are taking them correctly.

Did you know that most people taking more than four medications a day are causing drug-drug or drug-disease interactions? Are the medications being prescribed by the same physician? If not you are at very high risk for problems.

Do you have a chronic disease or condition? If you do medication adherence is critical for the best outcomes. If you have more than one chronic disease or condition then you are at an even greater risk than the general population.



DO SOME OF THE MEDICATIONS THAT YOU TAKE LOOK SIMILAR? Or does the same medication change every other month to a new generic which look different and is a different color? Then you are at risk of mixing your medications or not taking them correctly and harming yourself.

At Home Medication Review
Carol DiNicolantonio R.Ph.
(716) 310-9144

Are you being forced to receive your medications from a mail order pharmacy? Did you know that every medication if the temperature goes above 100 degrees Fahrenheit is less effective or ineffective? What temperature during May through October does the inside of your mailbox go up to?

If you have answered "Yes" to one or more of these questions you need help!

HOW TO RETIRE HEALTHY & WEALTHY

An Event that will empower you with resources and information.

***Seminars *Speakers *Snacks *Attendance Prizes**

WHEN AND WHERE

February 3rd, 2015

9:00 – 11:00 a.m.

Naples Conference Center

(located at the Naples Area Board of Realtors)

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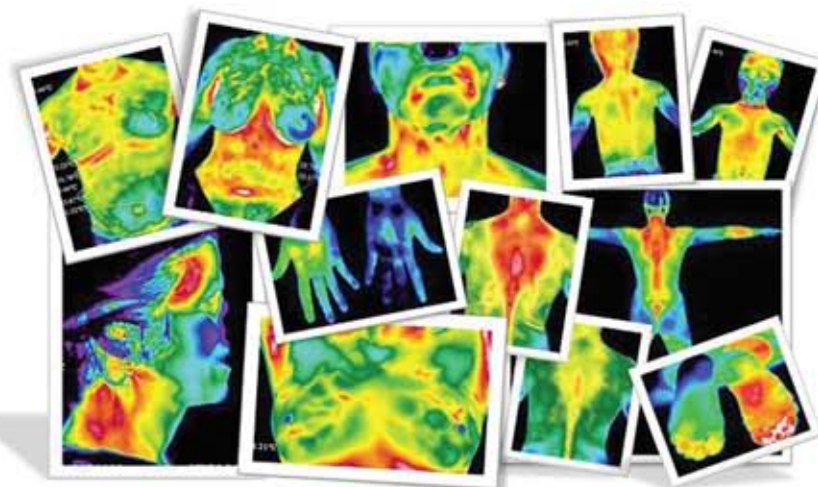


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Resolutions You'll Want to Keep This Year

Is eating healthier one of your New Year's resolutions? Following a fad diet, or being overly restrictive, will not help you or your family achieve health goals. Healthy eating does not mean boring, tasteless foods. In fact, eating healthy is quite tasty and is fortunately becoming more and more convenient!

Try these simple yet sensible steps that will help you adopt a healthier diet, without feeling deprived.

Add color to your plate with nutrient-dense vegetables.

There are many more vegetables to try than just lettuce and tomatoes! Bright-colored and dark green leafy vegetables are especially loaded with vitamins and antioxidants. They are also high in fiber, which makes them very filling. In addition, they are low in calories – good to help trim waistline. When you fill up your stomach with veggies, they will be less likely to feel the urge to binge on other high-fat or processed foods.

Snack on fruits - fresh or dried.

When feel like snacking, grab a fruit instead of chips or cookies. Like vegetables, fruits are high in antioxidants and fiber and low in calories. To make it fun, use yogurt or hummus as a dip. This way you'll get some calcium as well as protein – which helps feel full longer. And don't forget about dried fruits. Mixing them with whole-wheat breakfast cereal and nuts makes a nutritious school snack.



Choose whole grains.

Whole grains got their well-deserved attention since 2005 when the 2005 Dietary Guidelines for Americans publicly recommend eating at least 3 servings of whole grains every day. Not only are they high in fiber, whole grains also contain an array of antioxidants not found in fruits and vegetables. The easiest way to increase whole grain intake is to replace some of your refined-grain products. For instance, use whole-grain bread instead of white bread when making lunch sandwiches. Substitute half the white flour with whole wheat flour in your regular recipes for cookies, muffins, and pancakes. Toss brown rice, wild rice, or barley in your vegetable soup. Or snack on popcorn instead of chips on family movie nights. (Yes, popcorn is a whole grain!) Don't forget, you don't need to completely wipe out all refined grains. You can always try serving half whole wheat/half refined as a starting point. In United States, check out Oldways for resources on the benefits of a plant-based diet with lots of legumes and whole grains. In Canada, check out the new non-profit organization, Healthy Grains Institute, for their consumer resources on the health benefits of whole grains

Say No to Highly Processed Foods and Yes to Fresh! Many nutrition experts agree that highly processed foods are the true culprit for obesity, not carb, gluten, or meat! Frozen fish sticks have almost 12 times more fat than natural fish fillet; chicken nuggets have 4 times more fat than chicken tenders! You can easily chow down a bag of chips or a chocolate candy bar with 300 calories; 300 calories is what's in a lunch size 6-inch sub sandwich! Instead of packing sodium-loaded processed ham sandwiches, try using leftover high-quality protein from the night before, or eating a fresh salad full of fresh vegetables and grilled chicken. These protein alternatives are usually nitrate-free and more heart health friendly. Stay clear from processed foods and start eating fresh, wholesome, natural foods instead.



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

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

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



SWAN TREATMENT OPTIONS

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 standalone 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.

TIME TO REVIEW YOUR RISK TOLERANCE?

Provided by RBC Wealth Management and John Barnes

As you know, investing always involves a certain degree of risk. But it's how you respond to that risk that may well determine your success as an investor.

And that's why you need to be sure of your risk tolerance. If you have a high tolerance for risk, you may be willing to accept significant price fluctuations in exchange for potentially higher returns—keeping in mind that risk and reward are directly related. But if your risk tolerance is low, you probably want greater stability in investments—and to achieve this stability, you can live with lower returns

Unfortunately, many people misjudge their own risk tolerance. This can lead to problems, such as these:

- **Too much stress**—Over the long term, financial markets have trended upward. But over the short term, the markets will fluctuate, with downturns that last weeks, months and even years. If you believed you could tolerate a high degree of risk, but you found yourself losing sleep over these market slumps, then you may need to re-evaluate your risk tolerance and possibly rebalance your portfolio so that it's somewhat less susceptible to market volatility.
- **Too little growth**—Just as you can over-estimate your risk tolerance, it's also possible to underestimate it. If you think you simply can't take much investment risk, you're likely to load your portfolio

with certificates of deposit (CDs), money market accounts and other fixed-income vehicles that offer strong protection of principal but little opportunity for growth. However, if you're going to achieve your long-term financial goals, such as a comfortable retirement, you will unquestionably need some growth potential in your portfolio. To combat your perceived low tolerance for risk, you may want to diversify your holdings to include growth vehicles such as stocks along with more conservative investments, such as bonds and CDs.

Thus far, we've discussed risk tolerance in relation to the risk of losing principal when the value of your investments drops. But you also need to consider another type of risk: the risk of losing purchasing power.

Purchasing-power risk largely applies to fixed-rate investments such as CDs and money market accounts. To illustrate: If you purchase a CD that pays 2 percent, and the inflation rate is 3 percent, you are actually losing purchasing power. Over time, these losses can seriously erode the value of your savings.

So if you are concerned about fighting inflation, you may want to look for investments that have the potential to offer rising income, such as dividend-paying stocks. (Be aware, though, that companies can reduce or eliminate dividends at any time.)



You can't totally avoid all the risks associated with investing. But by being aware of your risk tolerance, diversifying your portfolio and taking steps to stay ahead of inflation, you can improve your chances of making steady progress toward your financial objectives.

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

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A NATURAL APPROACH TO HEALING AMERICA'S INCREASING HEALTH PROBLEMS

By Drs. Drew and Kanema Clark

There is a monumental health care crisis in this country, but it's not what you might suspect. It's not socialized medicine, insurance coverage or prescription drugs. The real health care crisis is the failure to emphasize the prevention of disease instead of the treatment of disease. Until we change our focus, we will forever be chasing symptoms or conditions rather than maintaining our health.

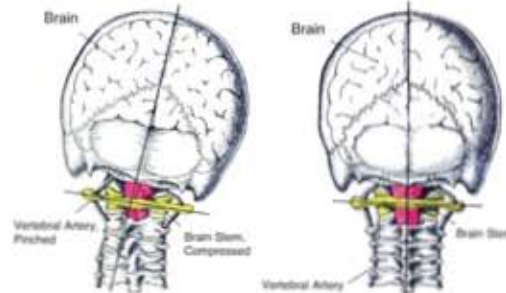
Chronic health conditions and diseases on the rise include asthma, autism, brain cancer, cardiovascular disease, diabetes, epilepsy, fibromyalgia, GERD, hypertension, insomnia, juvenile diabetes, kidney disease and leukemia. The world is getting sicker with each passing year, in spite of the fact that we consume prescription drugs at an unprecedented rate. Amazingly, the United States represents less than 5% of the world's population yet consumes nearly 75% of all the pharmaceutical drugs manufactured. We spend an average of \$8,200 per person each year on health care, almost twice the average of the rest of the world. If this "traditional," western approach to health care was the answer, wouldn't the USA rank head and shoulders above other countries in overall health? According to the World Health Organization (WHO), the United States ranks 37th in overall health, below some Third World countries. We are over-treating ourselves and we won't stop being sick until we stop making ourselves sick!

Isn't it time for a change?

A New Perspective

Our current medical system excels at crisis care, such as the treatment of strokes, heart attacks or trauma. However, these cases only represent a small portion of today's health concerns. The system fails miserably when it comes to prevention: keeping healthy people healthy!

Many people live with chronic conditions that are preventable. Often, these conditions continue while the symptoms are treated by traditional health care. However, in recent years, dangerous side effects have become a major concern. By some accounts, hundreds of thousands die each year in the United States due to medical error and adverse side effects.



Due to this frightening trend, a paradigm shift is occurring in our country. Patients are seeking natural alternatives; they believe that traditional health care should be held to a higher standard, that profits and politics should no longer stand in the way of good health. Many Americans are looking for a different model of health care, one that puts their entire well-being first.

This "new approach" to health embraces the fact that the human body is a self-healing organism. We are created with the ability to heal and recover from almost anything and adapt to those things that we cannot. We are empowered to seek advice and ultimately make our own healthcare decisions, because we are the only ones who know what is ultimately best for us!

Upper Cervical Care (UCC) doctors understand that the world's greatest "drug store" is within your own body. Your body knows how much insulin to secrete, antihistamine to produce, cholesterol to make—provided that we have 100% brain-to-body communication.

How is UCC Different?

Because the field requires such rigorous training, there are only an estimated 1200 doctors certified to provide upper cervical care. Upper cervical is different from traditional medicine, physical therapy and general chiropractic. Upper cervical doctors use precise and objective spinographs or X-rays of the head and neck. Then, measurements are taken and an analysis is made to determine exactly how the top vertebrae are misaligned. Part of the upper cervical care uniqueness is that it is the only healing profession that clears the nervous system of interference and balances the body using a natural, precise and gentle procedure, without twisting or jerking the spine.

Traditional medicine prescribes drugs or performs surgeries. Physical therapy uses a wide array of modalities, stretching and strengthening. These healing arts help millions of people each year, but many are turning to upper cervical care, which uses no drugs, therapies, or manipulations.

Upper cervical care uses 80 years of clinical research, precision X-rays, mathematical measurements, spinal analysis and pre/post objective instrumentation to understand and correct upper cervical subluxations. Once a correction is made, a post-instrumentation reading is performed to ensure the subluxation has been cleared.

Because the analysis is extensive and the application precise, repeated corrections are often unnecessary. The intent is not to make a correction every visit but rather to make a correction and have it hold for an extended period of time, thus allowing the body to heal itself. We emphasize the prevention rather than the treatment of disease.

Can UCC Help Me?

Upper Cervical Care can help everyone - infants, seniors, mothers-to-be, athletes and accident victims will benefit from a healthy spine and nervous system! If you have a health problem, upper cervical doctors will strive to correct its cause, not just treat the symptoms. UCC has been seen to benefit people suffering from asthma, depression, carpal tunnel, diabetes, ear infections, Epilepsy, high blood pressure, headaches, Fibromyalgia, and low back pain, among other conditions. If you are symptom free, upper cervical care is one of the best ways to stay healthy.



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HAIR TODAY, GONE TOMORROW

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

One of the most troubling signs of premature aging can be hair loss. To make matters worse, thinning of the remaining hair on the top of the head worsens the problem. Loss of hair/thinning hair is at the top of the list regarding both men and women's aesthetic concerns. Thinning hair eventually affects most men and, surprisingly, is a major problem in most women after menopause. However, all is not lost, because a new treatment, using your PRP/CRP (your own growth factors and stem cells) is showing fantastic results in reactivating dormant follicles (new hair shafts), and in re-thickening the wispy hair shafts.

How does it work?

The new technology does not require surgery or medications and therefore provides a natural, non-surgical solution to a very troublesome problem. The procedure involves removal of a small amount of your blood, which contains peripheral blood stem cells and growth factors from your platelets. Once the blood is drawn, a special process is used to remove the unnecessary red blood cells and white blood cells. This leaves Platelet Rich Plasma (PRP) or Cytokine Rich Plasma (CRP) which is very important for hair nutrition, hair regeneration, and hair growth cycling. Once the powerful PRP/CRP is prepared, then it is placed into



the thinning/balding scalp to bathe the dormant and struggling hair follicles and invigorate them. This process has been used successfully over the past 5 years treating thousands of patients. The largest studies have revealed significant improvement in over 70% of the patients treated.

What about female thinning and hair loss?

Independent scientific studies have proven that improvement occurs equally as well for women with thinning hair as it does for men. In fact, the

largest study so far has included over 4000 treatments and 60% of those treated were women. The combination of microchanneling their own growth factors and stimulation of the scalp with micro-needling has helped large numbers of women improve the appearance of their hair

How long does it take to see results and how long does it last?

After a treatment with your own growth factors, most patients notice the beginning of hair growth/thickening within 2 months. Maximum improvement usually takes 6-9 months. Though some studies have used one treatment every 6 months, most studies find that the best results occur with 2-3 sessions over the first 6 months. Once maximum benefit has been accomplished, over time, the benefits will begin to fade. Eventually, booster treatments with CRP will be necessary to maintain maximum improvement.

So, if your scalp is exposed due to thinning hair and hair loss, then you should investigate the cutting edge, natural, nonsurgical, safe and convenient way to reactivate dormant follicles and thicken existing follicles using your own growth factors.



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YOUR HEARING AFFECTS YOUR LIFE IN MANY WAYS!

By Hoglund Family Hearing and Audiology Services

Many people think of their hearing loss from simply an annoyance, frustration, or embarrassment perspective such as "It is annoying to my family that the TV is louder than they like", or "It is embarrassing when I answer a question inappropriately" or, "It is frustrating when I miss a punch line of a joke" states John Hoglund of **Hoglund Family Hearing and Audiology Center**, "Very FEW people fully understand the *medically beneficial or medically necessary* side of treating their hearing problems! Hearing loss affects MANY aspects of our lives according to medical experts." It has been shown that our overall health is significantly impacted by untreated hearing loss. "It is a lot more important than ever that you check your hearing regularly and take care of hearing problems promptly, as soon as they emerge, John states.



John and Patricia Hoglund
LHAS, BC-HIS, ACA

Previous research has shown that untreated hearing loss leads to increase in cognitive problems and impacts memory function. Johns Hopkins Research shows that if left untreated, "hearing loss can accelerate brain shrinkage and make people dramatically more vulnerable to acquiring Dementia." We have had public lectures throughout the community about this topic", states Mr. Hoglund "and we encourage anyone who has questions about this topic schedule a COMPLIMENTARY CONSULTATION with our staff. We will do FREE Baseline Hearing Tests, give you detailed handouts about this topic, answer any of your questions and even arrange for a FREE Memory screening for anyone interested in this topic". Please call (239) 498-7142 for more information!

Hearing impairment has been associated with an increase in DEPRESSION especially among females. Reports show that 11.4% of adults with hearing loss reported moderate to severe depression compared to only 4.9% with "excellent" hearing in a study published by Otolaryngology-Head and Neck Surgery group. It is recommended that adults over fifty begin to routinely monitor their hearing so that problems can be detected and addressed at earlier stages.

Dr. Frank Lin an Otolologist and assistant professor at Johns Hopkins and Dr. Luigi Ferrucci of the National Institute on Aging report that people with mild (25 decibel) hearing loss were almost *three times more likely to fall* than those with normal hearing. Every

additional 10 decibels of hearing loss increased the chances of falling by 1.4 fold! People who can't hear well have a limited awareness of their overall environment, accounting for more tripping and falling according to the study.

Your heart and hearing may also have more in common than you realize. A growing body of research shows that a person's hearing health and cardiovascular health frequently correspond. Studies show that a healthy cardiovascular system—a person's heart, arteries, and veins—has a positive effect on hearing. Conversely, inadequate blood flow and trauma to the blood vessels of the inner ear can contribute to hearing loss. David R. Friedland, MD, PhD, Professor and Vice-Chair of Otolaryngology and Communication Sciences at the Medical College of Wisconsin in Milwaukee, has been studying the relationship between cardiovascular and hearing health for years. He says, "The inner ear is so sensitive to blood flow that it is possible that abnormalities in the cardiovascular system could be noted here earlier than in other less sensitive parts of the body. In their study, they concluded that patients with low-frequency hearing loss should be regarded as at risk for cardiovascular events, and appropriate referrals should be considered

All the research continues to show how critical your hearing health can be to your overall health and well being, yet unfortunately, hearing tests are typically not part of an annual physical! "It is amazing how many people who regularly monitor their health through regular tests of blood pressure cholesterol, blood sugar, vision, mammograms, and PSA tests, and have annual physicals report that their last hearing test was 20 or more years ago", states Patricia Hoglund BC-HIS, ACA. "We feel strongly that by offering these FREE HEARING EVALUATIONS to Lee and Collier county residents, that we are helping people stay informed about these critical health issues!" We always say, "All it will COST is a little of your TIME... but the KNOWLEDGE you receive may be PRICELESS!" adds John. Please call one of the locations below to learn more about your hearing!

HOGLUND FAMILY HEARING AND AUDIOLOGY CENTER
Fifteen 8th Street (Next to Royal Scoop Ice Cream)
Bonita Springs, FL 31434
(239) 498-7142

SOUTHWEST FLORIDA TINNITUS AND HEARING CENTER
10020 Coconut Rd. Ste.120 (Next to LabCorp)
Estero, FL 34135
(239) 992-HEAR (4327)

Five Heart-Healthy Reasons to Get a Hearing Test

1. Six decades of research points to heart-hearing health link. A comparative review of more than 60 years of research found a correlation between cardiovascular and hearing health.

2. The ear may be a window to the heart. Some experts find the evidence showing a link between cardiovascular and hearing health so compelling that they say the ear may be a window to the heart. They encourage collaboration between hearing care providers, cardiologists, and other healthcare professionals

3. The same lifestyle behaviors that affect the heart impact hearing. More evidence of the interconnectedness between cardiovascular and hearing health is found in three studies on modifiable behaviors: One found that a higher level of physical activity is associated with lower risk of hearing loss in women. Another revealed that smokers and passive smokers are more likely to suffer hearing loss. And a third found that regular fish consumption and higher intake of long-chain omega-3 polyunsaturated fatty acids are associated with lower risk of hearing loss in women. Research is ongoing.

4. Addressing hearing loss improves quality of life, helps reduce stress. Eight out of 10 hearing aid users say they're satisfied with the changes that have occurred in their lives due to their hearing aids. Many say they see improvements in their life overall, in interpersonal relationships, and that they experience reduced anger and frustration, and enhanced emotional stability.

5. Today's hearing aids are better than ever and virtually invisible. State-of-the-art, sleek, sophisticated, and virtually invisible, today's hearing aids combine high-performance technology and style with durability and ease-of-use. They're a high-tech tool to help people stay socially, physically, and cognitively active. The options are so varied there's an attractive solution for just about anyone.

Love Your Heart, Test Your Hearing!

Your Clean Home is Our Business



Did you know that a cleaning service company can do so much more than keep your home clean? Did you know that a service like this can actually help to reduce the amount of stress that you are suffering from? Let me explain. Cleaning takes a lot out of you. I mean, even the slightest clean to your home can take a lot of effort.

This is just going to add more stress onto you. Things become extra bad if you have had a pretty stressful day as it is. You just don't want to clean. If you don't clean the problem becomes much worse. You see, studies have shown time and time again that living in an unclean environment can actually lead to all sorts of stress and health concerns, anxiety attacks and high blood pressure which can lead to heart issues. Being unable to clean this environment how you want to is just going to make things a lot worse.

Don't sell yourself short, your time is extremely valuable. Need a dollar value? Just calculate how much you make per hour, and multiply it by the amount of time it will take to clean your place, and then multiply that by the value you place on spending that time with your family. Chances are it's much less expensive to hire a house cleaning company, than to do it yourself.

Maid Pro understands the stress that comes from worrying about a clean house. At Maid Pro, they understand that their customers are the reason they exist. That's why all of their team members follow a set of core beliefs that center around you, the customer. They know that listening to the wants and needs of their customers and delivering a personalized service makes for a more enjoyable experience for everyone.

Less Stress: a healthy organized home can reduce stress levels and ensure you're feeling your best even when not at home.

Healthy Lifestyle: airborne pollutants and allergens can irritate our immune systems and trigger respiratory issues such as asthma.

Have Friends & Family Over: a clean home is an inviting home. Don't stress about having people over because of the clutter in your home. Stay on top of it with Maid Pro's cleaning services and spend more quality time with those you love.

When you are surrounded by a mess, the hormone Cortisol is released into your system. This is a stress causing hormone that can speed up aging and increase your chances for heart disease. When your messy home is cleaned up, endorphins are released. This makes you feel great.

There are plenty of reasons to choose, and love, Maid Pro. Maybe it's because they work with you to build a cleaning plan, tailored to your needs and budget. Or because their cleaning staff are expertly trained to provide the highest quality clean. It could be because they allow you to choose when and how often they clean so that they fit perfectly into your life and schedule. No matter the reason, at the end of the day cleaning is their passion and it's what they bring to each and every home they touch.

February is dedicated to raising awareness about heart disease and increasing knowledge about prevention. Eliminate stress and worry from your life where and when you can. Your heart will thank you. Maid Pro can help reduce that unwanted stress and keep your home clean and beautiful which will allow you more quality time with your family and loved ones.



A clean house is also beneficial towards our general health. When our houses are not maintained and cleaned often, the germs, and bacteria, if not taken care of properly, can accumulate to the point that they create sickness. Our body's natural immune systems can only tolerate so much. If we let the germs and bacteria get out of hand, then not only our health, but our family's health will be at risk. When we take care of and maintain a clean home it will ensure long term good health for your family to enjoy for years to come.

Valentine's day is right around the corner give the gift of a clean healthy home give Maid Pro a call, let them know what you need and they will give you an estimate right then and there. They believe that everyone should have a clean and healthy home. That's why they make sure the products, tools and processes they use are in the best interest of the planet and every customer whose life they touch.

Maid Pro takes the work out of "housework" for you. Your home is in good hands with Maid Pro they clean so you don't have to.

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You have enough things on your mind. Your hair loss shouldn't be one of them.

Hair Loss Caused by Thyroid Issues

By LaDonna Roye, Hairstylist

At LaDonna Roye Hairstylists, one type of hair loss we frequently see is a result of thyroid issues.

Thyroid related hair loss includes general thinning of the hair, especially noticeable on top of the head, and texture change, from soft and shiny to coarse, dull and brittle.

In its early stages many clients believe it is simply a problem with their hair condition and assume conditioners will improve it. However, no topical treatment will improve this issue. ***The only solution for this type of hair loss is to see a qualified medical professional and get to the bottom of this serious medical issue.***

The butterfly-shaped thyroid gland is located in front of the neck where it produces hormones to control the body's metabolism. When not functioning properly it can speed up or slow down the body's metabolic processes, leading to a wide range of symptoms.

It is not always easy to tell if you are experiencing abnormal thyroid symptoms. You may gain weight, feel run down, experience "brain fog" and hair loss. Others may sweat lots more than usual and feel anxious or hyper. Some may confuse menopause symptoms with abnormal thyroid symptoms. It is possible to have a combination of two causes. ***The only way to tell for sure is to have a blood test.***

If the thyroid gland is producing lower than normal levels of thyroid hormones it is called *hypothyroidism*.

Symptoms of hypothyroidism include:

- Weight gain • Hair loss • Low energy
- Slow heartbeat • Feeling cold
- Feeling depressed • Constipation
- Changes in the menstrual cycle • Dry skin
- Brittle nails • Tingling and numbness in the hands or fingers • Goiter



Hashimoto's Disease is the most common cause of hypothyroidism. The immune system mistakenly targets and damages the thyroid gland so not enough hormones are produced.

A problem with the pituitary gland may cause of hypothyroidism. The pituitary, located at the base of the brain, controls the function of many other glands, including the thyroid. The pituitary gland produces TSH, which signals the thyroid gland to produce thyroid hormones. If there is a problem with the pituitary gland resulting in insufficient TSH production, it may result in hypothyroidism.

Low thyroid hormone levels can also be caused by inflammation of the thyroid or certain medications.

Untreated hypothyroidism can raise cholesterol levels and increase the risk of heart attack or stroke. Other complications can include loss of bone density and heart problems. In extreme cases, coma and a life-threatening lowering of body temperature can occur.

Treatment for hypothyroidism usually involves taking thyroid hormones in pill form.

When too many thyroid hormones are being produced it is called *hyperthyroidism*.

Symptoms of hyperthyroidism include:

- Unexpected weight loss • Hair Loss
- Rapid heartbeat • Sweating and feeling hot
- Sleep disturbances • Anxiety and restlessness
- Problems with vision • Diarrhea
- Irregularities in the menstrual cycle
- Trembling hands • Muscle weakness • Goiter

Graves' disease is an autoimmune condition that causes the immune system to target the thyroid gland. In this case, the immune system attack triggers the release of high levels of thyroid hormones causing hyperthyroidism. A swelling behind the eyes causing them to bulge is one of the signs of Graves' disease.

Goiter, an enlargement of the thyroid gland, can often be seen as a swelling in the front of the neck. A goiter can occur both as a result of either hypothyroidism or hyperthyroidism. It can also be caused by tumors or nodules that develop within the thyroid gland.

The most common treatment for hyperthyroidism includes taking anti-thyroid medication which lowers the amount of thyroid hormone produced. Radioactive iodine is a treatment option that destroys the thyroid gland over a period of weeks. After the gland is destroyed it is necessary to take thyroid hormones in a pill form.

Thyroid cancer is **not** common and is among the least deadly types of cancer. Only about 5% of thyroid nodules are cancerous. A lump or swelling in the thyroid gland is the most common sign. Thyroid cancer is typically treated by surgery, followed by radioactive iodine or radiation therapy.

Thyroid disease is most common in women over the age of 60. Family history of thyroid disease increases your chances of developing thyroid conditions. The American Thyroid Association recommends that everyone, starting at age 35, be screened annually for thyroid disease.

The good news about thyroid-related hair loss is that when thyroid hormone levels are returned to normal, the hair usually grows back. For many people with thyroid issues, hair loss and texture change are a sign that they should see their doctor and have their thyroid levels rechecked.

While waiting for their hair to return to normal people often choose to use a hairpiece or wig. Call us at LaDonna Roye Hairstylist for your confidential consultation and let us show you the many natural-looking solutions we offer.

Recover with Confidence, a nationwide group of dedicated hair loss professionals provides products and services to women who have been afflicted with hair loss due to cancer. LaDonna Roye Hairstylist is proud to be its local partner and provider in offering patients individualized products and support to aid in their recovery process. LaDonna Roye Hairstylist is also a member of the American Hair Loss Council and was recently designated an "American Hair Loss Council Accredited Facility".

LaDonna Roye Hairstylist 239-254-9100
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Fertility - How Acupuncture Helps

By Toni Eatros, MS, Dipl Ac, AP

More and more we hear about couples having difficulty conceiving a baby. The causes of this are many and the numerous medical treatment options can be overwhelming. The treatment of infertility with acupuncture and Traditional Chinese Medicine (TCM) dates back 2000 years. These ancient, time-tested techniques improve fertility rates and support a woman's whole body, unlocking unlimited potential for health, healing and childbearing.

The National Institutes of Health and the World Health Organization are two organizations who recognize that acupuncture is effective in the treatment of over 50 western medical diseases, disorders and symptoms, including infertility.

Researchers from Weill Cornell Medical Center in New York reviewed recent studies and concluded that acupuncture helps to regulate the menstrual cycle, which is the single most important factor when trying to get pregnant. Acupuncture also normalizes hormone levels responsible for ovulation, especially in women with polycystic ovarian syndrome. It also increases blood flow to the uterus, which improves the chances of implantation. The hormones that are secreted during stressful situations can significantly decrease fertility. Research has shown that acupuncture can reduce stress and anxiety, thereby decreasing the stress hormones and their detrimental effect on the body.

Acupuncture is an affordable alternative to IVF or can be used as an adjunct to IVF. In a 2007 study, researchers found that acupuncture may improve the quality of life in patients undergoing IVF. It was also found that women receiving acupuncture reported significantly less abdominal pain, other pain, nausea, and stress two hours after oocyte aspiration (egg collection) compared to women receiving conventional analgesia only.

According to the theories of acupuncture and TCM, infertility is caused by an imbalance of Qi and blood affecting the healthy functioning of one or more of the organ systems. Keep in mind the organs described here reflect Chinese medical theories and philosophies and are not the same organs that Western medicine discusses. Acupuncture and TCM can raise the fertility potential of women by affecting the quality, quantity, balance and flow of the Qi and blood.

The release of an egg during ovulation is controlled by the kidneys in TCM theory. The kidneys also create a substance called Jing Qi, which is essential for a healthy body, mind, and pregnancy.

The free flow of Qi and blood throughout the body is essential to conceiving and maintaining a healthy pregnancy. The liver is in charge of this function. When the liver is out of balance, the menstrual cycle is usually negatively affected and possible infertility can result.

The spleen is another very important organ system vital for reproduction according to TCM philosophy. An adequate supply of blood is required to sustain a normal menstrual cycle and normal, healthy pregnancy. Disharmony of the spleen can result in inadequate supply of blood and accumulation of dampness in the body. Dampness manifests as cysts, fibroids, and tumors.

As you can see, from a TCM perspective there are several different diagnosis for infertility. No two people are alike. During the initial exam, the pulse is taken, the tongue is looked at and the ear may be inspected and palpated, and a full health history is taken. All aspects of the patient are considered when formulating an individualized diagnosis and effective treatment plan.

Utilizing the same treatment plan and approach to each of the above described imbalances would yield poor results. Part of the power of Traditional Chinese Medicine is that patterns are diagnosed and the treatment plan to correct the imbalance is based on those patterns. Three different women could come to the office for infertility treatment and leave having had different acupuncture points, different dietary recommendations given and different herbal formulas prescribed. This holistic approach to infertility yields a higher success rate than our current medical model of fertility treatments. Actual clinical IVF success rates with highly educated practitioners are reported to be 70% and higher, as opposed to the typical IVF success rate of around 25%.

Acupuncture is an effective preventative medicine with no negative side-effects, only positive ones. Acupuncture is a completely natural therapy and works directly with the body's natural processes, not against them. No drugs are ever used. Invasive procedures and drug therapies used in Western treatment may produce undesirable side effects and accumulated toxicity in the body. Acupuncture does not have these side effects. In fact, feeling great is the most commonly reported result.

Acupuncture has been used to successfully treat millions of people over the past 3,000 years. It is an effective form of medical treatment that has evolved into a complete holistic health care system. As the old adage goes, "there is nothing to fear, but fear itself"! Acupuncture works and this safe, natural, drug-free way of whole body healing is worth a try!

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THE REAL ESTATE ATTORNEY

PROTECTING YOUR INTERESTS WHEN BUYING OR SELLING

By C. Lane Wood

YOUR HOME IS A VALUABLE ASSET. So is your attorney.

Although many people will be happy to inject their opinion, an attorney is the only one qualified to give you legal advice, and legal advice is just what you need when you're buying or selling a home. The truth is, a lot of things can potentially go wrong – before, during, and beyond your closing. Hiring an attorney can help head off issues before they become problems. By choosing to use an attorney, you do yourself the favor of ensuring a smoother transaction.

ANSWERING ALL YOUR QUESTIONS. Even the ones you don't know about.

One of the greatest benefits of using an attorney is that he or she has a legal and ethical obligation to work in your best interest. That means answering a lot of nitty-gritty questions, including some very important ones that you may or may not know to ask.

BUYING A HOME? Here are some important questions an attorney can answer for you:

- | | |
|---|---|
| <input type="checkbox"/> Why do I need title Insurance? | <input type="checkbox"/> Are there any legalities preventing me from using the property as I wish? |
| <input type="checkbox"/> What are my income, estate, and gift tax consequences? | <input type="checkbox"/> Will the title to the property be marketable if I decide to refinance later? |
| <input type="checkbox"/> What do I need to know about the property's taxes, zoning, or special assessments? | <input type="checkbox"/> What is the seller's liability after the sale? |
| <input type="checkbox"/> How will I handle probate issues? | <input type="checkbox"/> What kind of property taxes can I expect? |
| <input type="checkbox"/> Is the property's recorded legal description accurate? | <input type="checkbox"/> Where do I file for homestead tax exemption? |
| <input type="checkbox"/> How can I simplify a future sale? | |

SELLING A HOME? Here are some important questions an attorney can answer for you:

- | | |
|---|---|
| <input type="checkbox"/> What are my income, estate, and gift tax consequences? | <input type="checkbox"/> Am I at risk for a lawsuit if I don't disclose my home's defects to a buyer? |
| <input type="checkbox"/> What is the status of my title? Is it free of defects? | <input type="checkbox"/> How can I respond to a buyer's contract contingencies? |
| <input type="checkbox"/> What is "seller disclosure?" | <input type="checkbox"/> What if the buyer's offer is contingent upon the sale of his own home? |
| <input type="checkbox"/> What sort of things do I have to disclose to a buyer? | <input type="checkbox"/> If the buyer taxes over my mortgage payments, what is my liability should the buyer default on the loan? |

WHEN IS THE BEST TIME TO HIRE AN ATTORNEY?

Whether you're buying or selling a home, the earlier in the process an attorney is involved, the better. Since the purchase contract is a blueprint for closing on your home, it dictates in black and white how the rest of the transaction will unfold. Never sign a contract without your attorney reviewing it. At the very least, you should write in a contingency clause saying the contract is valid only with my attorney's approval.

Someone may tell you the contract is standard and customary. But since no two homes are alike and no two buyers and sellers are alike, there's really no such thing as "standard and customary."

WHAT YOU GET AND GET TO AVOID WHEN USING AN ATTORNEY.

Your attorney can also handle numerous services for you in a timely, professional manner:

- Review the contract, and explain to you all the provisions and contingencies
- In proper legal language, add any contingencies needed to protect your interests

- Prepare a bill of sale to cover personal property such as curtains and appliances that you and the other party agree shall remain in the home

- Inform you about the income, estate, and gift tax consequences to your estate

- Review the property survey and discuss with you any potential problems

Without an attorney by your side, you might face issues such as:

- Unnecessary taxes or expenses because purchase contract terms weren't negotiated in your favor

- A contract that isn't enforceable, complete, or consistent with your original intent

- Breach of contract causes by a lack of full understanding of the terms and its contingencies

- Lawsuits that can result from not understanding responsibilities for the seller disclosure

- Finding out someone else has, or is claiming to have, rights to your property

- Problems with the title that make it difficult for you to sell the property in the future



C. Lane Wood

C. Lane Wood is a Board Certified Specialist in Real Estate Law and handles all facets of residential and commercial real estate development and financing. As a Board Certified Specialist in Real Estate Law, Mr. Wood handles all facets of residential and commercial real estate development and finance. He has practiced law in Naples for over 15 years and carries an "AV" "Preeminent" rating from LexisNexis and Martindale-Hubbell. He has also been listed in Florida Best Lawyers. Whether your legal matter involves a routine purchase and sale or refinance transaction, a sophisticated multi-state or multi party commercial contract, or perhaps the development of a small or large scale residential or commercial planned unit project, Mr. Wood has the skill set and experience necessary to advise you properly every step of the way.

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You have the choice of hiring either a non-lawyer title agency or real estate attorney to handle your title insurance. The cost of closing through a real estate attorney is typically about the same as the cost of using a title agent. Each will charge a one-time fee ranging from a few hundred to more than a thousand dollars, depending upon the sale price of the home. While the fees are comparable, the value is quite different. A real estate attorney is trained in the complexities of real estate law, can examine your title and issue your title insurance policy. A real estate attorney can also negotiate contracts on your behalf, give you legal advice, explain the meaning of the documents you will be asked to sign at closing and resolve title issues and disputes. A title agency that isn't affiliated with a real estate attorney cannot legally do any of these things.

Whether or not a separate real estate attorney fee will be charged depends upon the way the transaction is structured and whether you request or require additional legal services that an ordinary title agent is not able to deliver. Otherwise, if your attorney acts merely as the closing agent and provides title insurance, there may be no other fees involved. If you hire an attorney to review the title commitment and other documents prepared by someone else, a moderate and reasonable fees will be charged, with the actual cost varying upon situational factors and the complexity of the chain of title or the transaction.

Ask several real estate attorneys for an estimate of the charges you might incur when shopping for closing and/or legal services. Make sure the attorney you choose is one who can clearly and patiently explain the confusing aspects of the real estate buying and selling process.



Given all that's involved during the real estate process – your home, your money, your peace of mind – hiring an attorney is one of the wisest things you can do to protect your investment.

This Article does not constitute legal advice and may not be relied upon as such. Each individual's facts and circumstances are different. If you have any questions regarding your particular situation, please consult with legal counsel.



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NEW YEAR, NEW YOU: RESOLVE TO MAKE 2015 A YEAR OF CHANGE.

By Thom Braun

The New Year offers a new opportunity to reflect on your resolutions and achieve your goals.

According to a survey completed by older adults, the following five resolutions were cited most frequently:

1. STAY FIT AND HEALTHY

Studies have shown that regular exercise and staying physically active provides many health benefits. Even moderate exercise and physical activity has been linked to improved overall health.

Many senior living communities offer a variety of fitness and wellness programs designed specifically for residents looking to maintain or even begin a fitness regimen. At The Carlisle, the state-of-the-art fitness center offers one-to-one instruction and fitness equipment specially designed for seniors. Additionally, with classes ranging from aquacize to virtual fitness games such as Wii bowling and golf, residents can choose from programs that are both enjoyable as well as suit their wellness goals.

2. LEARN SOMETHING EXCITING

Just like a fitness program for your body, your brain needs to be stimulated with challenging workout. Scientific research has proven that taking a class in just about any subject can improve one's cognitive abilities, rejuvenate memory and slow the onset of dementia-related disorders.

At The Carlisle, the community's monthly activity calendar is filled with interesting educational programs and classes. Local professors often visit the resort-style retirement community to share their knowledge on a variety of subject matter.

Our ongoing weekly classes such as Culture Club, Computers Made Easy, and Current Events also provide opportunities for educational pursuits.

3. SOCIALIZE WITH FRIENDS AND ENJOY LIFE

Recently there has been increased attention on the importance of socializing and maintaining relationships throughout life. Experts on aging have long

suspected that socialization improves physical and emotional well-being, increases mental alertness and encourages a more active lifestyle.

Retirement communities offer residents the perfect environment to socialize with neighbors. At The Carlisle, meeting new people and continuing friendships is made easier with a variety of social and recreational mixers.

Here, opportunities abound for socializing. Our weekly card and board games offer a more intimate setting for friends to gather while events such as our annual Summer Olympic Challenge involve the entire community. There are scheduled outings to local museums, cultural performances and restaurants as well.

4. START VOLUNTEERING AND HELPING OTHERS

Findings by "The Health Benefits of Volunteering: A Review of Recent Research" found that adults who volunteer had a more active lifestyle—both physical and mentally—which reduced the risk of chronic conditions such as heart disease and depression.

Senior living communities offer residents the perfect complement of peace of mind for the future while affording the opportunity to continue to be engaged in their personal interests and lifestyles.

Without the burdens of day-to-day responsibilities, Carlisle residents can spend each day as they wish. Many choose to volunteer within the community by serving on the Resident Council or Welcome Committee, while others prefer to be involved in the greater community, volunteering at hospitals and nonprofit organizations.



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5. COMPLETE HOUSEHOLD RENOVATIONS/REPAIRS

Seniors often find that the new year may be the perfect time for home renovations and repairs. They want to retrofit their homes to meet their changing needs. However, renovating is like layers of an onion. One thing can be overlaid and dependent of another. What might begin simply as the installation of grab bars in the shower can easily turn into the widening of doorways or the lowering of kitchen counters.

Retirement community residents don't spend time worrying about repairs to their residences. It's all included in the monthly fee. From replacing light bulbs to fixing a leaky faucet, it's all taken care of by a professional, courteous staff.

At The Carlisle, residents' days aren't planned around repairmen; therefore, they can continue their daily activities without interruption.

"Seniors wanting to discover new experiences, innovative surroundings, extraordinary health and fitness opportunities and the ease of a maintenance-free need only visit our community," said Executive Director Bill Diamond. "For everyone resolving to make 2015 a year of change, I say, it's a new year; discover a new you today."

Located at 6945 Carlisle Court in Naples, The Carlisle offers spacious one-and two-bedroom residences include lifetime care and maintenance, weekly housekeeping and flat linen services, basic cable TV, all utilities except telephone, and a complimentary full breakfast plus choice of lunch or dinner in the community's gourmet-style restaurant. For more information about the community, please call 239-221-0017 or visit www.TheCarlisleNaples.com.



The Carlisle, a luxury, resort-style senior living community in North Naples, offers both Independent and Assisted Living lifestyles. Available on a monthly fee basis, the ECC-licensed and CARF-accredited community boasts a full range of services and amenities including 12-hour restaurant dining, housekeeping, transportation and activities. Located on Airport-Pulling Road, between Pine Ridge and Immokalee Roads, the award-winning community's lush tropical environment is highlighted with meandering walking paths around three lakes and tranquility gardens. For more information or to schedule a tour, please call Director of Marketing Thom Braun at 239-221-0017.

The Scariest Thing I Have Ever Done

By Alex Anderson, Senior Associate Pastor at Bayside Community Church

I want to share a recent email from a friend. I warn you it may cause some spiritual discomfort.

Hi Pastor Alex,

I was thinking today of how amazing it is that you just sent a *Dangerous Prayers* email lesson on this subject.

My husband and I have led a small group based on your book, *Dangerous Prayers* and it was awesome! I am excited for your new book, *Prayer Killers*, because it is so important that we look in our heart to see if we are holding on to anything that could be a prayer killer! I pray a lot for the people God places on my heart. I usually ask God to show me anything in my heart that is not pleasing to Him: Pride, Judgment, Bitterness, anything that is not right as King David did in Psalm 51:10.

Well, many months ago God placed someone I personally knew on my heart to pray for. Someone from back home, a former boss' husband; a police officer that had done things that landed him on the wrong side of the law and went to prison. He was released a few years later and his wife faithfully stuck by his side. So for some odd reason I got up that morning and I felt like I needed to Google his name, "weird," I thought, but proceeded to do it and his story was there. It was an amazing story of how God had helped him and I thanked God for the encouraging story.

Around two months later he was back on my heart, but this time as an urgent prayer for him. I didn't know why, so I Googled him again, and he had been arrested again for very similar charges as before. What he did was so wrong and I personally knew some of the people he hurt, including his family. This time I struggled, but I decided to pray for him and his family.

As I prayed, I felt something cold in my heart. Something foul was in my soul. I was unsure of what it was, but knew that holding on to something crummy would not be good. And it seemed like my prayer was being smothered. I wondered if it was something towards the man. I asked God, "What's wrong? Am



I just mad at this guy? I mean you asked me to pray for him, but something feels disconnected... I know he is your son and you love him no matter what." God was clear, "You are holding on to bitterness and judgment towards someone else." I was? Who? As I asked another person's face started materialize in my mind. And it was not one person, but two faces! Ugh! I realized then that I had started my prayer by asking God to cleanse my heart, and so He was.

Buried bitterness toward these two people was inside of me... so deep that I had even convinced myself that it was not there. "God forgive me for holding on to this foul selfishness for so long and help me forgive myself."

After that I thought, "Great, all is well, right?" NOT! God said, "You need to speak to these people and let them know that you have been judging them and ask them to forgive you." What? I can't do that. I knew God was stretching my love towards Him and others. But can I be honest Pastor, it was very scary.... probably the scariest thing I had ever done.

I decided to seek counsel and they said I really needed to confront this. So with some God-given courage, I was transparent with them about our past painful interactions that caused my buried hatred for them. I was afraid...but I experienced an amazing life-lesson.

I felt like a piece of me that was not good just left; like a dead branch of my life had been trimmed! I knew inside of my heart that now I had room...room for more life and more fruit!

You see Pastor, I have an issue and it's my mouth. I can be very direct, and though my words are honest, they can be biting and well... not very life-giving. God has been working on that. I am glad that I did follow through with the confrontation because I learned that I was bitter over something that I was partially responsible for with my own tongue. Now I am learning to speak life, and to confront things, with an "I am seeking to understand attitude." What an eye-opening experience!

I'm very sorry for the long email, but I wanted to share this after reading your last email lesson, *Prayer Killer*.

Thanks again Pastor, Kerri.

To your spiritual health,
Alex E. Anderson
 Author of the book, *Dangerous Prayers*
www.dangerous-prayers.com

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