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MAGAZINE

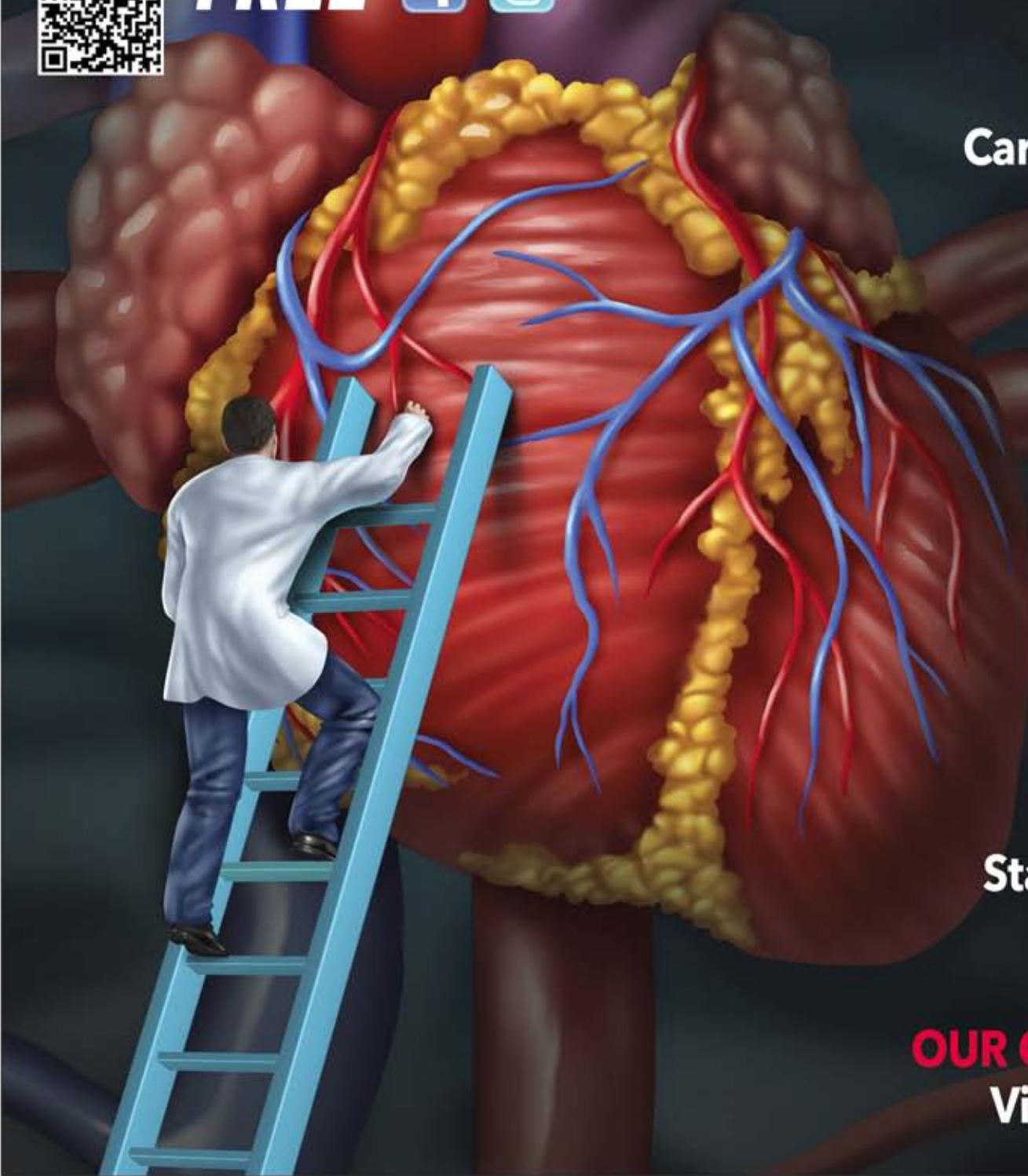
Collier Edition - Monthly

February 2015

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FREE



American Heart Month
Cardiac PET Takes **HEART DISEASE** Diagnosis to the Next Level

Are **STEM CELLS** the Next Penicillin?

HEART Health Basics

What You May Not Know About Your **HEART**?

Staying Young at **HEART** Key to Longevity

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FDA CLEARS NON-SURGICAL LIFT!!!

The Lunch Time Lift!!!

One of our first and most noticeable signs of aging is that sagging skin on our face and "turkey" neck. As we age we all experience a natural loss of skin elasticity. This new face and neck firming treats the face, neck, eyebrows, sagging jowls, wrinkles and folds. Some say that the sagging skin can add ten years to our looks.

Fortunately there is a new FDA-APPROVED NON-INVASIVE facial service that may take ten years off your looks, without surgery or downtime. This is good news for those who do not want to go under the knife.

This non-invasive treatment is accomplished in one treatment, in about one hour, at a small fraction of the cost of a traditional face lift. This unique procedure is done without incisions and will lift and tighten up the face, neck and eyebrows.

The treatment uses ultrasound, which is very safe, affordable and has provided results that can rival a surgical procedure. The ultrasound is able to lift the skin in the face, neck, chin, eyebrows and sagging jowls that are inevitable with age.



Many Hollywood stars have opted for "Ultherapy" due to its effectiveness and the natural appearance it leaves.

"Ultherapy" at a small fraction of the cost of a traditional face lift.

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HEART ATTACK?

Cardiac PET is a technology that can put your mind at ease by determining that you will NOT have a life threatening heart attack.

Accuracy is 99.6%*

*J Am Coll Cardiol Img. 2014;7(3):278-287



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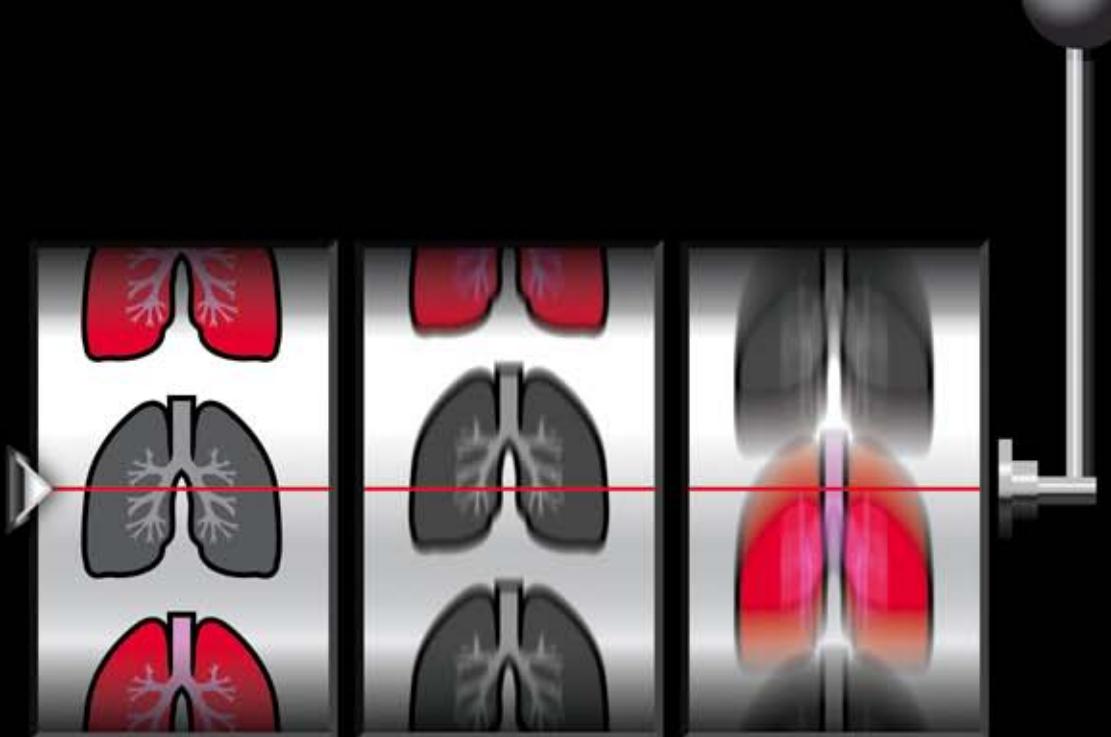
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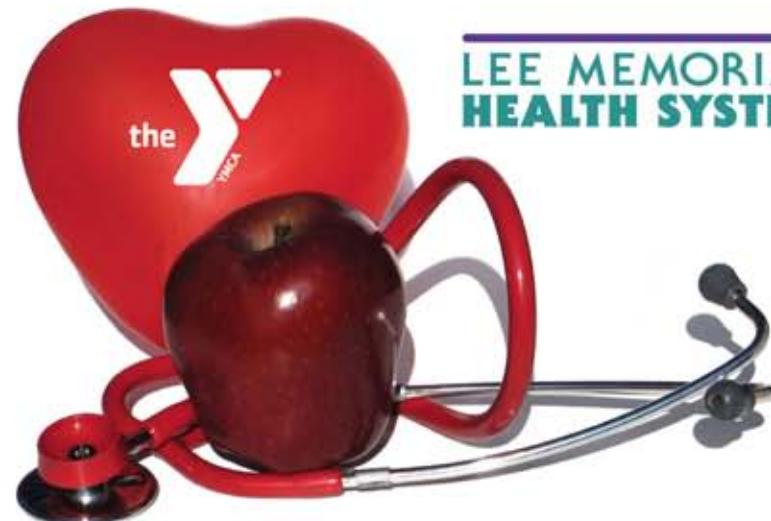
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HEART HEALTH AWARENESS



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Collier County Take Heart:

The most advanced noninvasive **nuclear stress test** of the heart has arrived—**Cardiac PET!**

James J. Buonavolonta M.D.

What does the James J. Buonavolonta M.D. Cardiac Imaging/Cardiac PET Center have in common with the top 10 hospitals in America including Johns Hopkins Hospital, Mayo Clinic, Cleveland Clinic, Massachusetts General Hospital, Brigham and Women's Hospital, Duke University Medical Center, Hospital of University of Pennsylvania, Ronald Reagan UCLA Medical Center, and the New York Presbyterian University Hospital of Columbia and Cornell? The answer is cardiac PET. There are approximately 160 dedicated cardiac PET centers in the world and only 30 centers offering advanced blood flow measurements called myocardial blood flow reserve. As a matter of fact, there are only 2 centers in Florida offering this technology, Dr. Buonavolonta's center in Naples and a center located in Gainesville. The James J. Buonavolonta, M.D. - Cardiac Imaging/Cardiac PET Center is the first and only dedicated cardiac PET center in Collier County.

A cardiac PET scan (positron emission tomography) is the most accurate noninvasive nuclear stress test available. It is a technology that can put your mind at ease by determining that you will not have a life-threatening heart attack with an accuracy of 99.6% within 1 year of taking the test. It is able to detect significant coronary artery disease (blockages of the arteries surrounding the heart that restrict blood flow to the heart muscle) with a 95% sensitivity, and some studies have shown that is up to 100% specific in excluding nonsignificant coronary artery blockages that are not reducing blood flow to the heart muscle. A huge advantage of this state of the art stress test is the fact that it administers as low as 1/7 the radiation dose compared to a conventional nuclear stress test, coronary CT angiography and cardiac catheterization. It takes only 30 minutes to complete from start to finish, and does not use iodine based contrast agents (such as CT scans and cardiac catheterizations).

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

The James J. Buonavolonta, M.D. Cardiac Imaging/Cardiac PET Center has recently been Accredited by IAC (Intersocietal Accreditation Committee) in cardiac PET. This is a significant accomplishment since less than 5% of accredited nuclear cardiac labs in America are accredited in PET. This means that a center has met the highest standards on a national level to perform such an advanced cardiac imaging test.

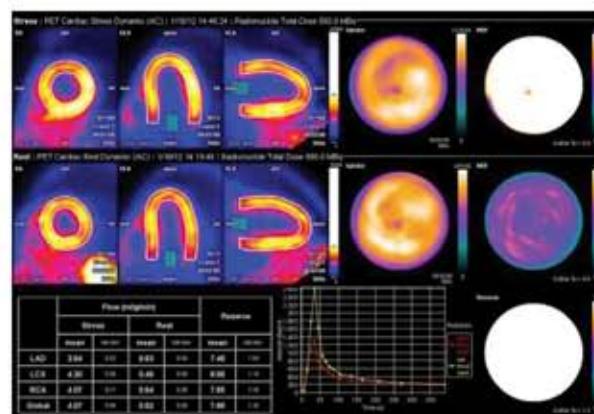
If you have heart disease or suspected heart disease, cardiac PET is something you need to discuss with your physician or health care provider. It can save your life.

FACTS:

- * cardiac PET is the most accurate nuclear stress test available today
- * 30 minute non-invasive test!
- * extremely low radiation exposure from the test (1/7th dose compared to other heart tests)
- * it can evaluate abnormalities in the small vessels supplying the heart muscle - a problem that may exist in women with symptoms including shortness of breath and fatigue
- * helps eliminate unnecessary invasive heart tests and procedures
- * reimbursible by medicare and private insurances based on appropriate diagnosis

**JAMES BUONAVOLONTA, M.D.
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Learn more about cardiac PET at
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ABOUT DR. BUONAVOLONTA

1. Medical school training at the Creighton University School of Medicine in Omaha, Nebraska
2. Internal Medicine Residency as well as Cardiology Fellowship at the University of Medicine and Dentistry of New Jersey/Robert Wood Johnson Medical School
3. 20 years experience providing cardiology services in Collier County
4. Diplomat of the American Board of Internal Medicine – Cardiovascular Disease and member of the American Society of Nuclear Cardiology
5. First cardiologist to be credentialed to interpret hospital-based nuclear stress tests in Collier County in 1996
6. Named first medical director of echocardiography in a hospital setting in Naples
7. First cardiologist who performed echocardiograms in the operating room in Collier County. This assisted cardiac surgeons performing heart valve repairs
8. Director of the first credentialed nuclear lab and echo lab in Collier County
9. Named cardiologist of the year in Naples
10. Former cardiac imaging director of one of the largest multi-specialty groups in Southwest Florida

**James J. Buonavolonta, M.D., P.A.
Cardiac Imaging Center**

The Baker Center
201 8th Street South, Suite 102
Naples, Florida 34102

Are Stem Cells the Next Penicillin?

By David Ebner, Staff Writer

Chances are that you have heard about stem cells—they have been in the news for years. But did you know that stem cells are being used right now in the United States to treat debilitating lung diseases? Sufferers of diseases like COPD, pulmonary fibrosis, emphysema and interstitial lung disease are receiving life changing stem cell treatments that just a few short years ago had not yet been thought of as possible.

With further advancements in the study of stem cells, the question is posed: are stem cells the next penicillin? Stem cells and penicillin both come from humble beginnings and accidental discovery, they are both used to treat life threatening conditions and diseases, and just like penicillin, stem cell biologists have won Nobel Prizes due to the practical uses of their discoveries.

Consider the history of penicillin. In 1939, while Poland was surrendering to Hitler's Blitzkrieg German offensive, a Scottish biologist by the name of Sir Alexander Fleming was on his 10th year of studying his accidental discovery named penicillin. While on vacation with his family for the summer, Fleming left the cultures he was working on out on his lab workstation. Upon returning, he noticed that a fungus had started to grow on one of the cultures and commented, "That's funny." After further study of the fungus, Fleming observed that the mold produced a substance that killed many disease-causing bacteria. Sir Alexander Fleming did not know the magnitude that his mold experiments would have in 1945 when the antibiotic would save thousands of lives on the French beachfront on D-Day. It wasn't until that year, that Sir Alexander Fleming was acknowledged for his service to the medical field by being awarded the Nobel Prize. In the 1950's a synthetic form of penicillin was first designed and mass production began to create the antibiotic at an amazing pace and for a relatively small expense. Since then, penicillin has been used in vast quantities around the world and has saved millions of lives.

Stem cells have also been studied extensively over time and have crept into the national dialogue as a buzz word for certain political agendas, particularly the stem cells found in fetuses. However, the actual stem cells that are now being used to treat diseases in the United States, and the same cells



The discovery of penicillin was an early example of ground breaking medical advancements changing the course of modern medicine.

that warranted the 2012 Nobel Prize in Medicine, are adult stem cells. This type of stem cell is found in fully developed individuals and flourish in all people regardless of age or health.

Most cells found in the body have developed into a specific type of cell, like a skin cell or a brain cell. At the turn of the 20th century, biologists discovered that some cells (stem cells) have not yet been assigned as a certain type of cell. They are simply blank cells standing by to meet your body's needs. Stem cells being used to treat diseases can be traced back to 1968 when the first bone marrow transplant was used to treat a patient suffering from leukemia. Placing healthy stem cells into a sick individual's body results in the creation of only healthy cells that are not infected with the disease. In turn, these cells replace the diseased ones and start to heal the patient.

Today, one clinic, the Lung Institute, is using adult stem cells harvested from the patient's own fat, blood and bone marrow to provide similar healing results for people with lung diseases. Their website, www.lunginstitute.com, states that they have treated over 500 patients to date. The physician gives the patient a growth factor that multiplies the stem cells into millions of healthy cells before extracting the stem cells from the patient, then they separate the cells and reintroduce them into the patient's body. The result is that the healthy cells replace the damaged ones found in the lungs. Not only can this slow the progression of the disease, but it also works to restore lung function.

The Lung Institute's Medical Director, Dr. Burton Feinerman, who has been treating patients with stem cells since the 1960's, said, "Stem cells are very important because they offer a different approach. Instead of just treating symptoms and making the patient a little more comfortable, stem cells target the disease and can repair the damaged tissue. It is a whole new ball game and gives people realistic hope that we can challenge the incurable."

Just as people were wary about how penicillin might help fight infections when first developed, there is some hesitation that stem cell technology can help treat diseases. However, just like penicillin was recognized by the scientific community, so have stem cell developments. If the number of people successfully treated with stem cells already is any indication, then it will undoubtedly be heralded, like penicillin, as the ground breaking medical technology of its time.

If you or a loved one suffers from a chronic lung disease, the specialists at the Lung Institute may be able to help. You can contact the Lung Institute at (855) 914-3212 or visit lunginstitute.com/health to find out if these new treatments are right for you.

THE FRACTURE THAT MAY CAUSE YOU STRESS!

By Myles Rubin Samotin, MD - Board Certified Orthopaedic Surgeon, Fellowship Trained in Foot and Ankle

You may have heard the term stress fracture, but just what is it and how does one get it? A stress fracture is exactly what it states it is, a fracture of the bone caused by "stress" to the bone. It is a "microfracture" of the bone, similar to a crack in the concrete of your driveway. It occurs due to several causes, but most of the time due to the muscles that support the body become overly fatigued and the stress transfers to the bone, sometimes resulting in a fracture.

The people who get this fracture are people who either do repetitive exercises, (people who constantly are running, or doing consistent exercises that over-exert the muscles) or people who have problems with bone quality or density, due to medical problems, poor nutrition, or osteoporosis. The muscles are not strong enough and the bone fractures. As you can imagine, these stress fractures rarely involve upper extremities, since we don't put pressure on these bones on a consistent basis. These fractures almost always involve the tibia (shinbone) or one of the many bones of the foot, many times involving a metatarsal bone.

Women are much more likely to suffer these, since estrogen, which helps support bones, tends to decrease as women age. Long distance runners, tri-athletes are very susceptible to these fractures, BUT, many "snow-birds" will suffer from these when they first come down to Florida, since they will start a strong exercise program without properly building up the supportive muscles.

The symptoms of stress fractures are relatively simple: PAIN. This pain will increase as you continue putting pressure and stress on the affected bone, and will subside when the bone can rest.

The first thing in proper diagnosis is to see the proper specialist who can give a correct diagnosis. Since the bones associated with stress fractures involve mainly the foot and ankle, then a foot and ankle specialist, with

orthopedic experience is the proper medical person to see. He will order the proper tests, to diagnose the stress fracture. Most normal X-Rays will NOT show any fracture, and a person may be misdiagnosed because of this. Special tests such as bone scans and MRI's can make the proper diagnosis.

When you see your orthopedic foot and ankle specialist, he will order the proper tests and will make the diagnosis of a stress fracture. He will rest your leg by placing it into a walking boot to give it the chance to heal. The most important thing to remember during this time of rest is that you MUST give it enough time for the fracture to heal. Several weeks of rest may be necessary. If you start to use the bone too early, the fracture may not have totally healed and another stress fracture may result. Therefore, care must be given to properly let the stress fracture mend. All patients must remember that the **BONE IS FRACTURED**. Give it time to heal.

Anytime that a lower extremity has been consistently painful over a period of time, the diagnosis of stress fracture cannot be ruled out. You should seek your orthopedic foot and ankle specialist. I am the only fellowship trained orthopaedic foot and ankle specialist, with clinical experience of over 12 years in the Naples area. I believe my combination of extensive education and clinical experience along with willingness to use new techniques in a state-of-the-art office allows me to give the best possible care to **ALL** your foot and ankle needs. I know that I can give you the orthopaedic foot and ankle distinction.

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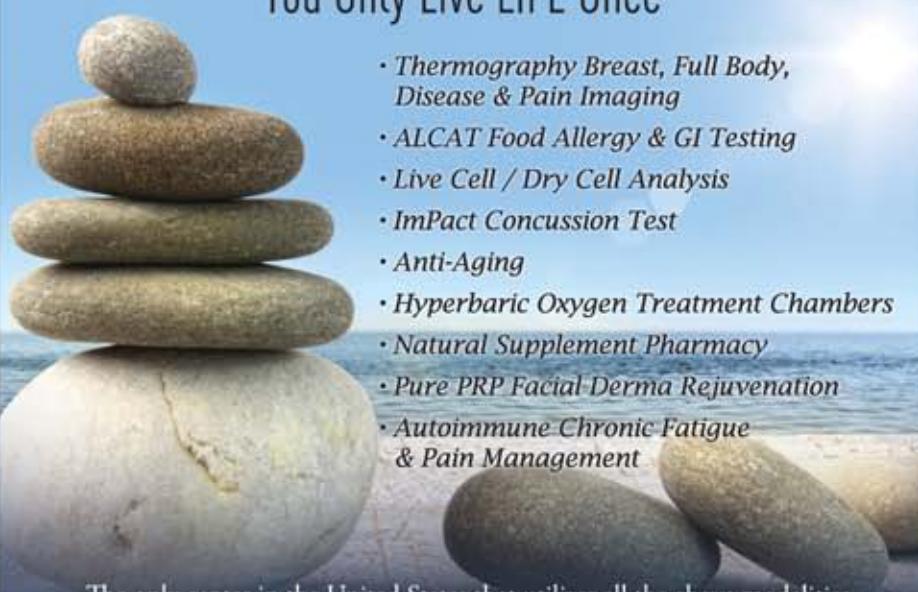
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By Michael J. Rodriguez, MD

The Lunch Time Face Lift!

- 1 Treatment
- 1 Hour
- No Downtime
- No Recovery
- 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 signs of aging is that sagging skin on our face and neck. As we age, we all experience a natural loss of our skin's 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

FDA Clears Non-Surgical Lift

THE LUNCH TIME FACE LIFT!!

LOOK 10 YEARS YOUNGER



"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 skin's 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.

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BENEFITS OF HAVING A WELLNESS REGIMEN

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MASSAGE THERAPY

There's no denying the benefits of massage. Whether we are seeking relaxation, rejuvenation, stress relief or pain management massage therapy is a powerful ally in our wellness regimen. Many diseases are stress related. Perhaps nothing ages us faster, internally and externally, than high stress. Eliminating anxiety and pressure in this fast-paced world would be idealistic. Massage can help manage stress. Its benefits include:

- ~ Decreased anxiety
- ~ Enhanced sleep quality
- ~ Greater energy
- ~ Improved concentration
- ~ Increased circulation
- ~ Reduced fatigue

Frequent massage will provide greater benefits. Regularly scheduled bodywork can play a huge part in how healthy you'll be and how youthful you'll feel. Massage may feel like pampering and relaxation



but that doesn't mean it is any less therapeutic. Consider massage appointments a necessary piece of your health and wellness regimen. Work with your therapist to establish a treatment schedule that best meets your needs.

SKIN TIGHTENING

As we age our skin loses its elasticity resulting in loose, sagging or wrinkled skin. Ultrasonic skin tightening helps regain smooth and youthful skin without any downtime. This is important in our wellness regimen to regain youth by improving our appearance. Its benefits include:

- ~ reduced wrinkles
- ~ increased smoothness
- ~ increased elasticity
- ~ increased fullness of skin
- ~ cellulite & fat reduction



SKIN CARE

Over the years our skin's regenerative process slows down. The elements of our skin that maintain firmness decline, along with the skin's ability to hold in moisture causing us to look older. Skin becomes ever more delicate and sensitive. Frequent facials are vital to our wellness regimen to fight against these negative effects. Cleansing, exfoliating and use of proper products will provide the results you are looking for.



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Monday-Saturday 10am-6pm



Varicose and Spider Veins

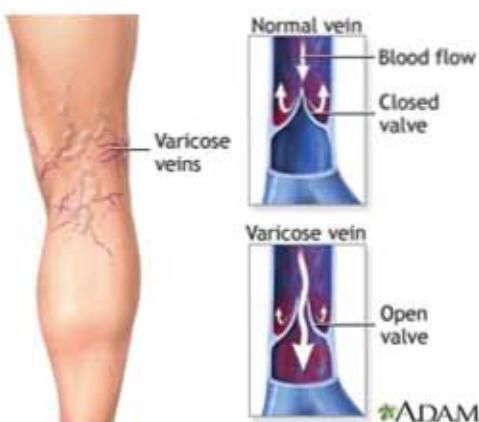
What you need to know?

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

Varicose veins and spider veins are very common problems affecting over thirty million people throughout the United States. Varicose veins are large and ropey in appearance and usually appear as bulging in the leg anywhere from the thigh to the ankles. Spider veins, on the other hand, derive their name from the fact that they look like little spider legs and these also can occur anywhere in the leg, but are most common along the outside of the upper thigh and around the ankle. It was once thought that both varicose veins and spider veins caused no symptoms. We now know that this is not true and that varicose and spider veins can lead to a multitude of symptoms including aching, cramping, leg heaviness, leg swelling, itching and even restless legs.

Up until approximately ten years ago the only treatment for varicose veins was a relatively radical procedure called "Ligation and Stripping" in which the saphenous vein, which is a vein that runs from the ankle to the groin along the inside of the leg, was removed by pulling it out of the leg. This was followed by multiple incisions to remove all the branches. The end result was a leg that had many incisions and, in effect, was a trade off of a vein for a scar. In reference to spider veins the only treatment for many years was to inject them with a saline solution called "Hypertonic Saline". This solution irritated the inside of the spider veins to cause them to stick together and ultimately dissolve. However, this procedure of saline injections was often painful and had many side effects including brownish discoloration of the injected areas and, even in some cases ulceration of the skin. Both of these treatments are not commonly done in the current age of varicose and spider vein treatment.

The gold standard now for varicose vein treatment is called a "Closure Procedure". The main point to remember with varicose veins is that they are almost always due to insufficiency of the valves in the saphenous vein system or occasionally in accessory veins. Blood flows from the feet to the heart through these veins. In the leg the superficial system of veins consist of the saphenous vein which has two components - the



greater saphenous vein which runs along the inside of the leg under the skin and the lesser saphenous vein which runs along the back of the leg between the ankle and the knee. Both of these veins have multiple valves within them. If the valves don't work properly then blood, in effect, can not get through the valves, leaks backwards and is then pushed into the skin to form the varicose veins. We now know that by sealing these valves the varicose veins can be eliminated. The procedure to seal the valves consist of closing them with either a Laser or Radio Frequency catheter. Both work equally well. Laser catheters function by heating the inside of the saphenous vein so that it ultimately coagulates, scars and dissolves. Lasers function at different wave lengths and the commonly used wave lengths for laser vein treatment are 800, 940, 980, 1064 and 1470. All of these work equally well and their use is usually dependent on physician preference. There is another catheter called a "Radio Frequency" catheter which goes by the trade name of Vnus which also works very well in closing the saphenous vein and this works on the principle of the radio frequency coagulating the inside of the vein.

To learn more or to schedule an appointment, please call Vanish Vein and Laser Center at 239-403-0800 or visit us online at www.vanishvein.com.

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(99th Avenue North across from
the entrance of Pelican Marsh)

As far as spider veins are concerned it was once thought that they were strictly cosmetic and, in fact, most insurance companies adhere to this. However, we do realize that spider veins can cause symptoms and many times they can cause the same symptoms as varicose veins. We also know that spider veins frequently are a result of the valves in the saphenous vein malfunctioning. So the same process that causes varicose veins can also cause spider veins. Because of this, in order to best access the cause of either spider or varicose veins, it is usually necessary for the patient to undergo a venous ultrasound to specifically look for malfunctioning valves. This is called "Reflux". Reflux is measured in two ways. One, is by the actual identification of the valves leaking and secondly, by the length of time that it takes the valves to leak. The normal valve should open and close in one half second. The longer a valve malfunctions, the more severe is the insufficiency. An ultrasound should be done by a physician or person specifically trained to do the ultrasound and should also be interpreted by a physician specifically trained to read the ultrasounds.

Treatment of spider veins has also changed dramatically over the last eight years. Initially, the only treatment for spider veins was something called "Sclerotherapy" which was the injection of the veins with the solution to cause the veins to dissolve. The solution that was commonly used was a concentrated saline solution. Nowadays, saline is used very infrequently. There are much better sclerosing agents including Tetradecylsulfate and Polidocanol (asclera). These two solutions are in the category of sclerosing detergent agents. This means that they can be mixed with air or carbon dioxide to form a foam solution. Foam sclerotherapy is the current state of the art for sclerotherapy. Other sclerosing solutions include iodine and hypertonic saline. In addition to sclerotherapy there are new vein therapies for the very smallest of veins. Two of the most current therapies are the vein wave and the vein gogh.

Both of these vein treatments are specifically for very small spider veins. This is a topical spider vein treatment using a Radio Frequency generated current or light source to coagulate the small spider veins so that they will dissolve.

In summary, there are many new modalities of treatment for both varicose and spider veins. It cannot be stressed enough that prior to a vein treatment a thorough venous ultrasound looking for reflux is recommended.

About Dr. Landi

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

Living with Diabetes?

Understanding the Disease from a Diabetologist's Perspective

By Kara Jacobs

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

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

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

A Passion for Diabetes Education

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

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

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

Understanding Diabetic Terms

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

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

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

Diagnosing Diabetes

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

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

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



Charles Kilo, M.D.

Taking Control of Diabetes

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

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

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HEART HEALTH BASICS

With February being American Heart Month, it is time to review how important it is to keep your heart healthy. Our heart health is dependent on a variety of factors including our diet, genetic factors, and activity level. If you have a family history of heart disease it is even more important to pay attention to the factors that affect your heart health.

During a physical, your physician should be checking for things like resting heart rate and blood pressure. Our resting heart rate is one indicator of how strong our heart is. While other factors can affect our resting heart rate, we should have a rate between 60-100 beats per minute. A heart rate lower than 60 or higher than 100 indicates that there may be an underlying issue that needs to be addressed. The next indicator to keep an eye on is our blood pressure. Our blood pressure is the pressure that is put on our artery walls. Our arteries are the vessels that carry blood away from our heart and out to the rest of the body delivery oxygen and nutrients to our cells. Our blood pressure should read at or below 120/80. The first number represents the pressure on our artery walls when the heart is contracted, or actively pumping the blood out. The second number represents the pressure on our artery walls when our hearts are not actively pumping, or what happens in between the "beats" of the heart. It is important to keep our blood pressure at or near 120/80 as that is the optimal pressure for our heart health.

Should you find that your blood pressure consistently is above those numbers through self-checks, it is time to have a conversation with your doctor. Bring evidence to your doctor that you've been tracking your heart rate and your blood pressure with dates and times that you've tracked your numbers. This will start a conversation with your doctor and equip them to better solve your health concern. Another number to consider is our cholesterol levels. Cholesterol is a substance that your body creates, and we also develop it in our system from the food we consume. When cholesterol is in our system, it can attach to our artery walls. Having artery walls that have cholesterol deposits on them not only constricts those vessels (and can raise your blood pressure) but is also makes the arteries less flexible and responsive to changes in our blood pressure. Not all cholesterol is "bad" as there are two types of cholesterol. The "bad" cholesterol is called LDL, or low-density lipoprotein. LDL is the cholesterol that can deposit on the artery walls, causing them to narrow and harden.



The "good" cholesterol is the type of cholesterol that seeks out the "bad" cholesterol and removes it from your body. Triglycerides are another factor to consider when looking at your cholesterol levels. Triglycerides are associated with heart disease and are caused by diet, physical inactivity, and other factors like smoking.

While these are just a few of the terms and numbers to be aware of to take care of your heart, it is important to focus on a diet that is rich in fruit and vegetables and maintain an active lifestyle. The Greater Naples YMCA can help you keep your spirit, mind, and body health through an active lifestyle. If you're interested in learning more about heart health, please join us on Wednesday February 25, 2015 at 11:00am in the Conference Room with Dr. Anita Arnold, a Cardiologist with Lee Memorial Health System. Dr. Arnold will have a twenty minute lecture on heart health, followed up by a meet and greet session where guests can get their questions answered by Dr. Arnold. Should you have any further questions please call us at **239-597-3148** or email Beth Jameson, Director of Wellness, at bjameson@greaternaplesymca.org. www.GreaterNaplesYMCA.org



DR. JAMES E. CROLEY III PROVIDES LIPIFLOW® TREATMENT FOR LONG-TERM RELIEF OF DRY EYES

If you or someone you know is experiencing burning, itching, redness, scratchy, sandy, and/or irritated eyes, these symptoms may be occurring because of a condition known as dry eyes. Even if you already have been diagnosed with dry eyes, the "solution" provided by your physician may be offering only temporary, short-term relief. But it doesn't have to be that way.

We talked with Ophthalmologist James E. Croley III, M.D., about LipiFlow, a clinically proven method for dry-eye sufferers. Dr. Croley has been offering LipiFlow since 2012, almost immediately after the Food and Drug Administration approved its use in the United States. He is the founder and owner of Cataract & Refractive Institute of Florida with offices in Cape Coral, Lehigh Acres and Bonita Springs.

WHAT IS DRY EYE?

Dr. Croley: People with dry eyes typically have clogged glands, making it difficult to produce tears and often causing burning sensations. Often, these people either do not have good quality tears or they just are not producing enough tears. Of course tears are needed to maintain a healthy front surface of our eyes, and they also provide us with clear vision. Dry eye is quite common, and among older adults this condition can be chronic. Many dry eye sufferers can't even wear contact lenses comfortably, or participate in activities such as riding a bicycle or other outdoor recreation.

WHAT IS LIPIFLOW?

Dr. Croley: LipiFlow® is a revolutionary eye treatment that we have found to be effective in long-term relief for patients with evaporative dry eyes. It is an assessment tool used by eye doctors to gauge the oil layer, or lipid layer, of a patient's eyes. LipiFlow helps to determine the root problem and treat the actual health issue, not the symptoms. Based on a full evaluation, if a patient does have evaporative dry eye, we can then recommend a corrective course of action.



HOW DOES IT WORK?

Dr. Croley: LipiFlow applies heat and pressure inside the eyelids to unclog glands and thus produce the oily tear film layer needed to keep eyes from drying out. The procedure is performed on an outpatient basis in our accredited Dry Eye Center at Cataract & Refractive Institute of Florida, and takes less than 15 minutes. LipiFlow treatment requires just one office visit, and has been proven to improve dry eye conditions in 80 percent of patients, although results may vary.

WHAT IF YOU DETERMINE THAT I DO NOT SUFFER FROM EVAPORATIVE DRY EYES? WHAT THEN?

If you do not have dry eyes, that's great news! But if you still have days when your eyes feel scratchy or dry, there is some self-help tactics that may work for you:

- This may sound odd, but be sure you are blinking regularly! Especially when using a computer or mobile devices over lengthy periods of time.
- Some people have found nutritional or dietary supplements that have certain fatty acids to be effective in helping to keep their eyes from drying out.
- Put your sunglasses on. A good pair of glasses with a wrap-around frame helps to keep much of the sunlight and wind from reaching your eyes, both of which can contribute to the drying of your eyes.
- In some cases, you may need more humidity while you are indoors.
- Hydrate frequently! Drink lots of water every day.

To be clear, these options may or may not work for everyone, and are only suggestions for those who are not diagnosed with evaporative dry eyes.

IF YOU DETERMINED THAT I DO HAVE EVAPORATIVE DRY EYES, WHAT OTHER OPTIONS ARE AVAILABLE?

Dr. Croley: Without LipiFlow, dry-eye sufferers have options, such as applying warm compresses, artificial tears, punctal plugs, Restasis, and other treatments. Again, LipiFlow is the only FDA-approved treatment for dry eyes secondary to Meibomian Gland Disease.

HOW DO I KNOW IF I AM A CANDIDATE FOR LIPIFLOW?

Dr. Croley: Simply give us a call at (239) 949-1190 to set up an evaluation to determine if you suffer from evaporative dry eye. Visit us online at floridacataract.com for more information.

"No Hidden Charges: It is our policy that the patient and any other person responsible for payments has the right to refuse to pay, cancel payment or be reimbursed by payment or any other service, examination or treatment which is performed as a result of and within 72 hours of responding to the advertisement for the free, discounted fee or reduced fee service, examination or treatment." Not valid with any other offers.


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BECOME HEALTHIER TODAY: ONE BITE AT A TIME

By: **Corey Howard, MD, FACP**

Have you ever wondered how your diet really affects your health? Is there any evidence that changing your diet to a more plant based one will help? Well, the answer as you might have guessed is yes to both of these very common questions. In fact, a study about 100 years ago published in the New York Times suggested that eating red meat had an association with increased risks of cancers. Yet, Americans consume almost double the amount of red meat than they did when that study was published. With that increase in red meat consumption, and other factors that are diet related as well, we have seen a massive rise in cancer, diabetes, high blood pressure, heart attack rates, obesity as well as a dramatic rise in many other chronic illnesses. People from countries that typically have a low rate of cancer, let's say Japan where the rate of colon cancer is low, have a incredible increase in cancer when they move to the U.S. and yes this has been linked to the consumption of the standard American diet (SAD) and red meat consumption.

Is there a reason to eat a plant based diet? The information that is available may feel overwhelming and somewhat contradictory if you try to get this data from the news or social media. Even a simple internet search asking the questions: "Should we eat less red meat?" or "Should we eat more vegetables?", yields 25 million and 21 million results respectively. How is it possible for anyone to sift through all of that and come up with an answer that you can understand? Let's apply the KISS principle (Keep It Simple Silly). Here is a better question: "Should I eat more vegetables?" While this question yields over 27 million results and the answer is a resounding YES. Studies from all over the world show that increasing the number of vegetables and plant based products into your diet decrease the risks of many chronic and harmful diseases.

A large study from Loma Linda (in California) where there are more people who live over 100 than anywhere else in the United States, revealed that vegetarian diets were associated with fewer deaths from all causes when compared to other diet types. A British study from 2013 looked at people who consumed a typical British diet for decades but switched to a vegetarian diet. They found that those who ate a vegetarian diet, even for less than 5 years, had a decrease in death from heart disease. This information gives us insight that there can be reversal of risk of disease when you change your dietary habits.

What is it about plants that are helpful? Plants contain phytochemicals, antioxidants, fiber, minerals, vitamins, healthy fats and trace elements that are needed by your body to run its complicated machinery. If your body runs out of some of these nutrients it has to make choices. The choices go like this: "Should I send the nutrients (let's say a trace element) that are present to the brain to help you think more clearly or should I send it to your heart to keep you alive?" While that may seem too simple, this occurs every second of every day. Your body has 37 trillion cells so you can just imagine how complicated things can get. Luckily, you do not have to make those choices each moment. However, you do need to give the body the necessary nutrients for long lasting energy and optimal health. Those nutrients are found in plant based foods and you need to supply the body with a wide variety of them regularly. It is not good to eat the same thing all of the time because you may deprive your body of some of these important and essential nutrients thus potentially increasing your risks of many diseases.

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Your dietary habits play a large role in achieving optimal health. It is important to eat a wide variety of plant based products to help your body run its complicated systems. My suggestion to get started: Add just one more serving of vegetables to your diet per week. You can do this easily. Set a goal that you can achieve and stick to it. Healthy habits lead to a better life. Until next time.

About Corey Howard, MD, FACP

Dr. Howard practices Lifestyle Medicine in Naples. He is a fellowship trained gastroenterologist and board certified in Internal Medicine as well as Anti-Aging and Regenerative Medicine. He has also obtained Professional Certification in Plant Based Cooking. He has regular seminars and courses to teach how to live a better life through healthy habits.

To contact Dr. Howard go to:
www.physicianslifecenters.com
or email him directly at
corey@physicianslifecenters.com

Cardiac Care a Priority for VITAS® Healthcare

By VITAS Regional Medical Director Joseph Shega, M.D.

Hospitalized several times for low ejection heart failure, the 71-year-old Naples resident wanted to spend his final days at home with his wife and two dogs. Thanks to the VITAS Healthcare Cardiac Program, he was able to do just that.

The VITAS interdisciplinary team of caregivers, including cardiologists, physicians, nurses, psychologists, social workers, and chaplains, worked closely with the patient's long-standing cardiac team to continue his ongoing treatments of dobutamine and ensure he received the quality, customized attention he needed at the end of life. After he passed away several weeks later, his wife selected VITAS' bereavement support services and expressed her gratitude to the team for ensuring her husband's final days were spent in peace, alongside his loved ones, in the place he called "home."

Indeed, the care of patients with advanced heart disease is a top priority for VITAS Healthcare, the nation's largest provider of end-of-life care. Its interdisciplinary approach, coupled with patient and family centered care, benefits patients and families as well as providers, hospitals, health systems and the community. The company supports state-of-the-art cardiac care for normal and low ejection heart failure patients including those needing inotropic and circulatory (left ventricular assist device) support.

VITAS has invested substantial resources to develop a cardiac program where staff completes hours of heart failure specific education and competency attainment. As part of its



innovative model, patients benefit from evidence-based cardiac care including therapies traditionally administered in the hospital setting at home such as parenteral diuretics, high-flow oxygen, and continuous infusions of dobutamine or milrinone. Patients and families also continue to receive its trademark end-of-life care with individualized care plans that address patients' physical, psychological, social and spiritual needs. Moreover, alternative therapies such as massage, pet and music further enhance a patient's quality of life.

Taken together, the cardiac program at VITAS reflects the company's core values that patients and families come first, which translates into better care and outcomes including higher patient and family satisfaction, improved quality of life, and a dramatic reduction in hospital readmissions. More information is available at www.VITAS.com

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KNOWING YOUR CALCIUM SCORE CAN SAVE YOUR LIFE

Coronary artery disease is the #1 killer in America. Most people with coronary artery disease are unaware that they have it because they haven't experienced any symptoms. More than half the time, it's only discovered after the person has a heart attack, or worse, dies suddenly. The sad fact is, many of these deaths could have been prevented. Studies have shown that heart/calcium scores can predict coronary artery disease with significantly higher accuracy than tracking standard risk factors.

Cardiac calcium scoring uses a special X-ray called a computed tomography (CT) scan to check for the buildup of calcium on the walls of the arteries of the heart (coronary arteries). Calcium is a marker of coronary artery disease (CAD). This screening is used to identify heart disease in an early stage and to determine how severe it is. Cardiac calcium scoring is also called coronary artery calcium scoring.

Calcified plaque in the coronary arteries can narrow the arteries and affect blood flow to the heart and can result in painful angina or a heart attack. Calcium scoring is the most effective non-invasive method currently available to accurately identify the presence of early coronary artery disease.

Who should have a Calcium Scoring Screening?

The goal of a cardiac CT for calcium scoring is to detect coronary artery disease (CAD) at an early stage in individuals who do not yet have any symptoms, but are at risk for the disease. The overall risk for CAD increases with age. Calcium Scoring is most often suggested for males aged 40 years or older, and for females aged 50 and over.

Other significant risk factors for CAD include:

- A family history of heart disease
- Diabetes or a family history of diabetes
- High blood pressure
- High blood cholesterol levels
- Cigarette smoking
- Being overweight or obese
- Being physically inactive

How does the procedure work?

The CT scanner is a large, square machine with a circular opening. The patient lies on their back on the exam table which moves into the center of the machine. The scanner does not enclose the entire body and the patient's head remains outside the unit. Electrodes (small metal discs) will be attached to the chest and to an ECG machine that records the electrical activity of the heart and makes it possible to scan at times when the heart is not actively contracting. The patient may be asked to hold their breath for 20 to 30 seconds while images are recorded. Within the machine, a rotating gantry moves around the patient's body taking x-rays to produce the images, which are reconstructed by a computer in an adjoining room using special software. The CT scan does expose the patient to a same amount of radiation, but the risks of cardiovascular disease largely outweigh the risks of this limited exposure.

What will the screening show?

The detailed heart images allow cardiologists to determine the amount of coronary calcium present in the heart. Calcium Scoring can suggest the presence of CAD even when the coronary arteries are less than 50 percent narrowed. Other cardiac tests may not reliably detect this level of blockage, and more than half of all heart attacks occur with less than 50 percent narrowing.

A negative cardiac CT scan that shows no calcification within the coronary arteries suggests that atherosclerotic plaque is minimal, and that the chance of developing coronary artery disease over the next two to five years is low. A positive test means that coronary artery disease is present even if you have no symptoms. The amount of calcification - expressed as a score - can be an indication of the probability of a heart attack (myocardial infarction) in the coming years. Based on screening results, a physician can help the patient determine the best course of action to manage the disease and reduce cardiovascular risks. Options may include clinical interventions, medications and/or lifestyle modifications. Early detection offers the opportunity to reverse the blockage of arteries and lower the risk of a future heart attack.



Treating coronary artery disease early is always preferable to treating it after it has become more severe and symptomatic. The clearest benefit of the screening is detecting treatable or curable disease, which has been linked clearly to saving lives. But there is also a great benefit for those in whom no disease is detected - the majority of those tested. As has been proven with mammography, individuals who take charge of their health achieve a heightened sense of empowerment and peace of mind.

To learn more about screening for coronary heart disease and calcium scores call 239-593-4200; or to schedule a screening test please call 239-593-4222. Don't wait until fatal symptoms (stroke or heart attack) occur, take charge of your heart health today!

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"You are what you eat."

You most likely first heard that phrase from your mother when she wanted you to eat your broccoli on your dinner plate. She meant that choosing foods high in nutrients would keep you healthy and serve as a preventive measure against disease.

Mom had it right. Food is preventive medicine.

Yet, in the past fifty years, advancements in technology and Western society's increasing desire for a quick fix has led us into a labyrinth searching for the right doctor with the magic pill to cure our disease.

Disease is a lack of harmony in your body. We need to participate in our own well-being. What we put in our mouth matters.

As a nation, nutritionally we are the most un-nourished than we ever have been. How can that be true if we have access to food 24/7? If we accept the fact that what we eat determines our health, then we must add that in no period of our history as a nation have Americans eaten so poorly, a statement that is proven.

Heart disease and cancer once rare have struck the nation with increasing frequency, in spite of the billions of dollars in research to combat them, and in spite of the tremendous advances in diagnostic and surgical techniques. Other degenerative diseases- arthritis, multiple sclerosis, digestive disorders, diabetes, osteoporosis, Alzheimer's, epilepsy and chronic fatigue-afflict a significant majority of people. Today, chronic illness challenges nearly half of all Americans and



causes three out of four deaths. These diseases formerly struck the older generation now afflict seven million young adults and children.

What if you could learn how to slow, reverse, or prevent illness from your body through the education of eating right? YOLLO Wellness has the highly trained nutritionists and the state of the art testing for foods that cause your pain and inflammation which directly cause disease. This is done with the ALCAT test.

What is ALCAT intolerance testing?

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

YOLLO Wellness offers ALCAT testing. This test takes your health to a whole new level. This specific testing can and will change your life. This highly definitive test will let you know what foods, additives, and environmental chemicals you need to avoid helping to prevent negative reactions at the cellular level. Half the battle to healthier living is won once you know what foods to avoid. You also have to become in tune with what amount of the proper nutrients your body requires and this can be a challenge but very achievable. Certain supplements and foods can benefit your



overall health tremendously. At YOLLO Wellness our professional certified nutritionist will guide you step by step to help you change your eating habits and eliminate the things that are causing stress and throughout your body and preventing you from achieving optimal health.

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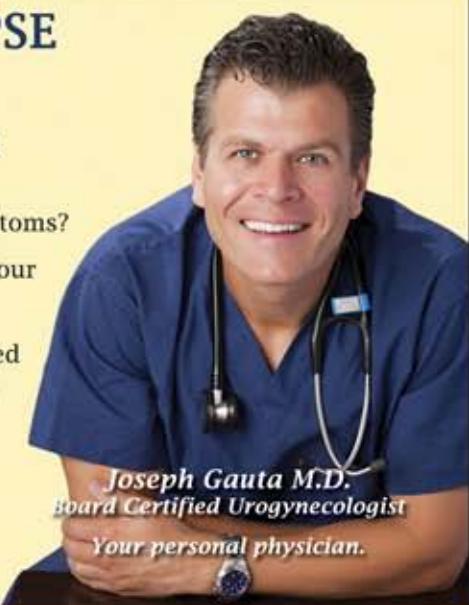
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SHOULDER INSTABILITY

and its Link to Sports Injuries and Arthritis

Popular sports in south Florida, like tennis, golf, and swimming, require a delicate balance of shoulder mobility and stability in order to meet the demands of the sport. The way shoulder pain is addressed can mean the difference between a good game and a great game, or having to give up the game all together.

SHOULDER MOBILITY – HOW MUCH IS TOO MUCH?

The shoulder joint is essentially a free-floating ball suspended in a ring of ligamentous tissue. It is held into the joint by the glenoid labrum and the glenohumeral ligaments. (See Figure.) The shoulder joint is the “loosest” joint of the body and is made for movement. While joint hypermobility can be advantageous for the athlete, to have good reach and range of motion, too much laxity in the shoulder ligaments can leave it unstable. The rotator cuff muscles are the structures that move the shoulders. When the supporting ligaments around the shoulder become excessively hypermobile, the rotator cuff muscles are called upon to stabilize the shoulder, as well as move it. Eventually these structures fatigue and the person is left with a rotator cuff tear, injury, or tendinopathy. If the training schedule is not altered and the athlete continues training the same way, this can lead to shoulder subluxations, dislocations, or glenoid labral tears.

When shoulder pain and hypermobility go from physiologic to pathologic and becomes a performance problem, what is an athlete to do?

1: Stop extra activities that increase shoulder joint laxity.

Activities that include passive stretching of the shoulder should be discontinued.

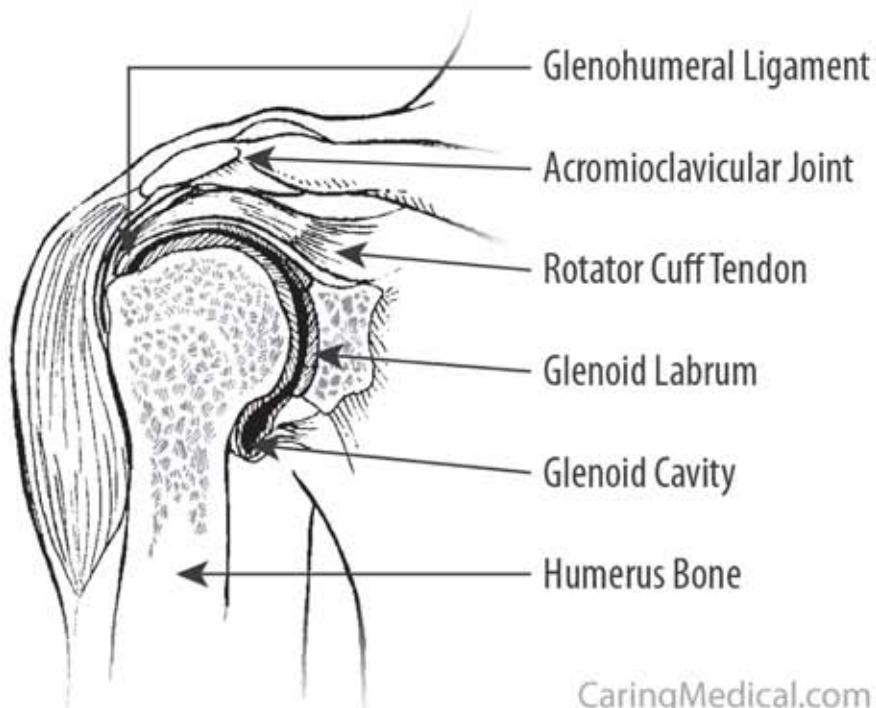
2: Allow time for ligaments to tighten after workouts.

Aggressive training exercises cause ligaments to elongate. If an athlete's training regimen is appropriate, sufficient time will be allowed for the exercised joint structures to remodel and repair. The amount of time required for this to occur is individualized for each person. For instance, in a swimmer with shoulder hypermobility problems, swimming training hours may need to be reduced or altered so as to allow for proper rest time between workouts that focus on the same muscle groups.

3: Add appropriate strength training.

Exercises that work all the shoulder muscles within a pain-free range, including the scapula stabilizers should be incorporated. Strength training causes muscles to tighten, which can have a protective effect for the athlete with problematic hypermobility.

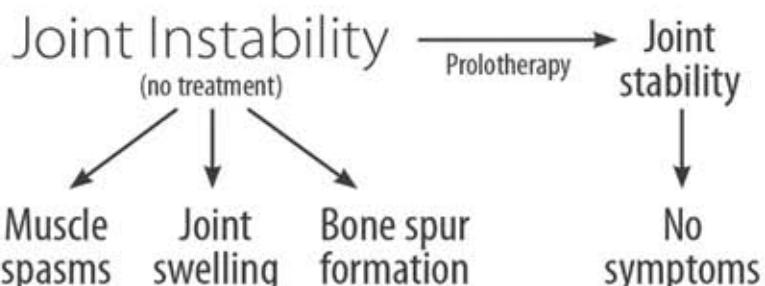
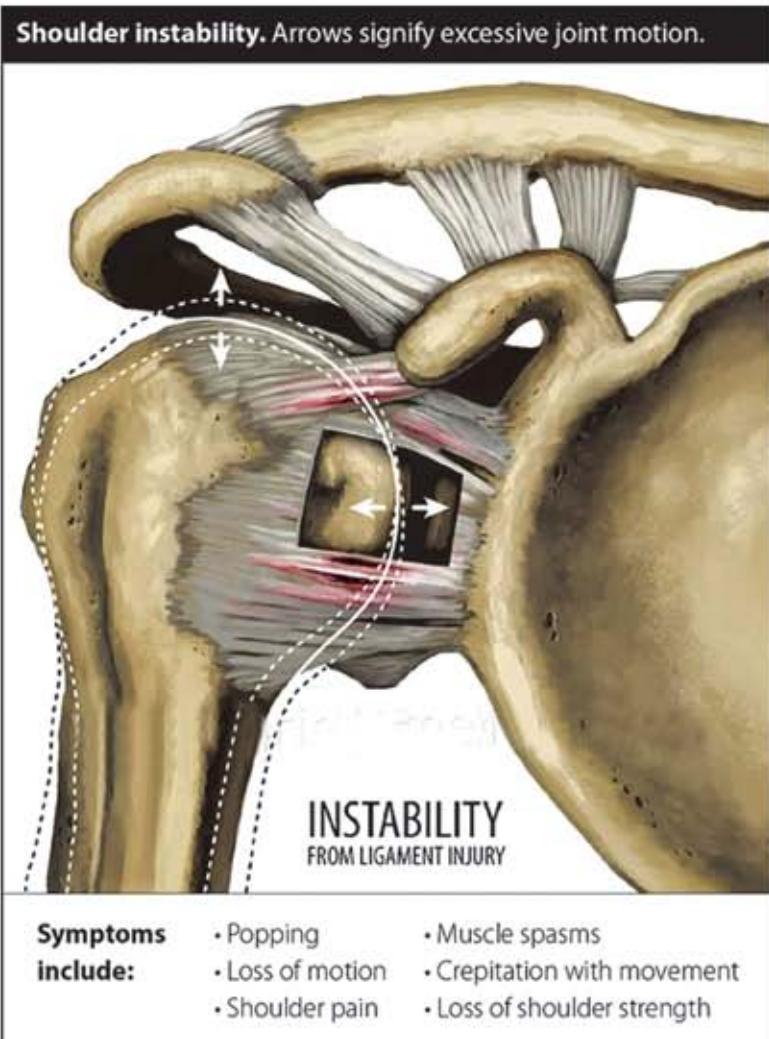
Anatomy of the shoulder.



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4: Assess technique.

For the athlete with a painful shoulder, certain techniques should be checked to ensure that excessive stress is not being placed on the shoulder during the swing or stroke.



5. Address contributing factors to the pain

Consider possible contributing factors outside of the primary sport. For instance, athletes can aggravate shoulder pain by sleeping on the bad shoulder. Another commonly overlooked stressor is extended computer usage. If you have shoulder pain on your dominant side, simply switch which hand you use to control the computer mouse. If you are right-handed and have right shoulder pain, this means switching the mouse set up to the left side of the keyboard and using your left hand to operate it. This surely takes some getting used to. But it is a good test to see if, after a couple days, the shoulder improves.

SHOULDER CLUNKING – IS YOUR GAME SUFFERING BECAUSE OF IT?

When the shoulder becomes unstable, it can start making a clunking or clicking noise. When the shoulder clunks or clicks with every stroke or swing motion, it can indicate a more severe, multidirectional shoulder instability. (See Figure.) Symptoms

that an athlete will begin to notice can include loss of shoulder strength and motion, in addition to increased pain and muscle spasms. If this happens, the problem should be addressed at the source, not covered up with medication like ibuprofen or other NSAIDs. One of the problems with using drugs to cover up shoulder pain is that it masks the true extent of the problem, only causing more damage in the long run.

STABILIZING THE SHOULDER JOINT

The body can try to stabilize the joint in different ways: swelling, overgrowing bone (leading to arthritis), or overuse of the surround-

ing muscles (leading to muscle fatigue and spasms). Because the ligaments and tendons have a poor blood supply, they have weak healing properties. Once damaged, they often need a treatment that restarts the repair cascade. This is why shoulder instability and pain can be successfully addressed with regenerative medicine techniques like Prolotherapy. (See Figure.) This is a natural injection therapy that stimulates joint repair—specifically of the ligament, tendon, and labral tissue—and therefore creating a more stable, strong, and pain-free shoulder for the athlete to take their sport to the next level.

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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 sufferers of OSA more likely to have a heart attack or die in the middle of the night. The oxygen disruption makes it hard for your brain to regulate the flow of blood to arteries and to the brain itself.

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

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

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

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



Drs. Rich and Lacy Gilbert

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TREATMENT OPTIONS

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

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

SCREENING FOR OSA AT THE DENTIST OFFICE

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

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

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



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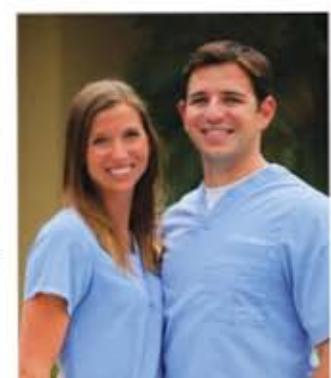
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The Key to Success with Hearing Loss ... is Starting EARLY!

By Hoglund Family Hearing and Audiology Services

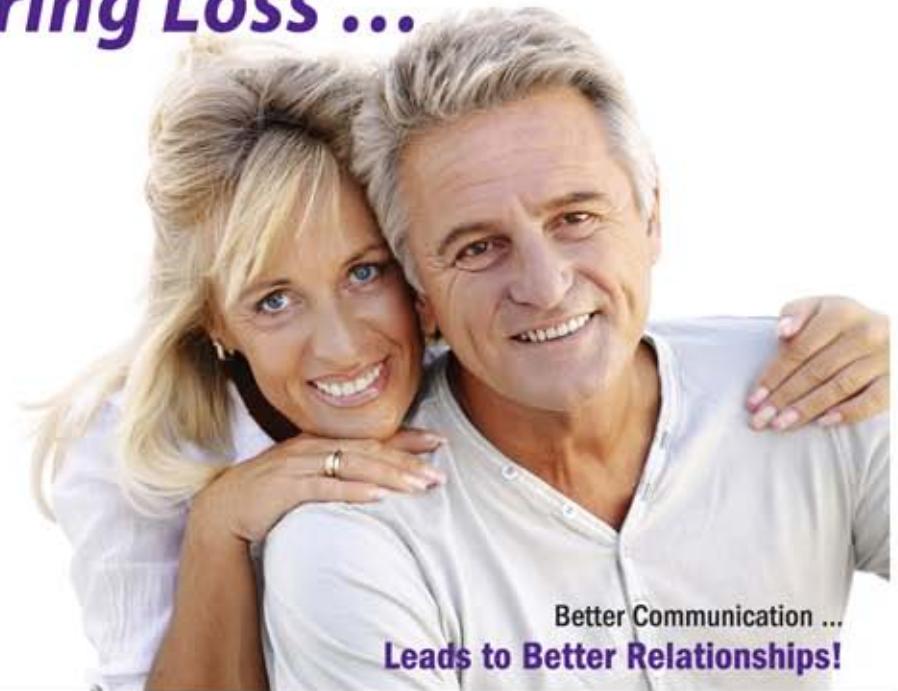
People often ask "Why do some people do so well in adapting to hearing aids... while others have such a difficult time with them?" According to John Hoglund BC-HIS, ACA of **Hoglund Family Hearing and Audiology Center**, one of the biggest keys to success is seeing a Hearing Specialist as soon as you can, if you suspect that hearing loss is developing. John and his wife Patricia who have had a combined 61 years experience in treating hearing loss agree that **early intervention** is critical to happiness with hearing instruments, especially when it involves **NERVE DEAFNESS!** "If you ask any Hearing Specialist to name their 100 happiest hearing aid Patients, each of us would likely pick the 100 that started with the mildest prescription!" states John, "SMALL change is very easy for the brain to adapt to, while BIG change is much more challenging."

"Patricia and I have literally seen every type of pathology out there during our many years of experience in the diagnosis and treatment of hearing problems", John continues, "We try to take all of the fear, mystery, and confusion that people have concerning hearing loss, and answer Patients questions in "layman's terms" that are easy to understand". They have conducted educational seminars for groups clubs and organizations throughout Florida since 1985 because **HEARING** is one aspect of health that most people wish they had more knowledge about, but don't know where to turn.

"Hearing is one aspect of health that Primary Care Physicians pay very little attention to, and early signs of hearing loss such as having trouble understanding in group environments, and starting to feel that people are "mumbling" are often dismissed, disregarded, or not paid attention to the way they should be by many Patients" says Patricia.. "This complacent attitude can cause complications later in life' They also conduct **FREE HEARING EVALUATIONS** for those wishing to learn more about their hearing and furnish dated copies for personal medical records. They typically hold monthly seminars featuring prominent Hearing Health experts again at **NO CHARGE** through their popular "**LUNCH & LEARN**" seminar programs held at local Perkins Restaurants throughout Southwest Florida. John and Patricia have always tried to be the '**Educational Resource Center**' for those seeking to know more about their hearing. Patricia adds, that they always say, "**All it will COST** you is a little of your **TIME**...but the **KNOWLEDGE** you receive may be **PRICELESS!**"



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STAYING YOUNG AT HEART KEY TO LONGEVITY

By Thom Braun

The well-known adage, "you're as young as you feel", now has the support of medical science. A recent study has found that seniors who reported they felt three or more years younger than their actual age lived longer than their counterparts who felt their full age or older.

The research was published in the journal, JAMA Internal Medicine, and highlighted the results of a British study. Despite accounting for chronic health problems and difficulty with mobility, the group that felt "young at heart" outlived their peers.

THERE ARE NUMEROUS OPPORTUNITIES TO STAY INVIGORATED AND ACTIVE, INCLUDING THE FOLLOWING:

1. Seek Out New Opportunities

Perhaps you've always wanted to tap into your creativity by attending an art class or maybe you're interested in learning a foreign language. Research shows discovering a new interest, regardless of age, can have tremendous benefits on the heart, body and mind. The fear of failing often holds people back from trying unfamiliar activities; however, the rewards of uncovering a newfound passion far outweigh the perceived risks.

2. Participate in Intergenerational Activities

A study, *Older Adults and The Rewards of Giving*, found intergenerational activities, foster valuable learning relationships and understanding. From their years of experience, older adults have much more to share about living life well, caring for others and setting priorities. In turn, children's relatively unimpeded take on life—their curiosity, impulsiveness and sensitivity—offer older adults a fresh lens through which to view the world.

3. Surround Yourself with Others Who Enjoy Life

There are numerous studies citing the health benefits associated with socializing; however, there is something to be said about being with others who truly uplift you and bring joy and happiness to your life. Happy people make us feel happier and this creates an "upward spiral" of happiness.



4. Laugh Often, Long & Loud

Experts suggest older adults take a cue from children who laugh on average over 400 times per day. Adults typically laugh only 15 times daily. Try to find the humor in every situation. A good laugh has a measurable impact on stress. While stress can raise levels of the hormone cortisol—known to affect memory and learning ability among older adults—laughter reduces it.

5. Forget Your Age and Act Like Yourself

When was the last time you did something really fun or an activity that defied the behavior expected of an older adult? From competitive sports teams for seniors to participating in a talent show, there are endless opportunities to prove that age is nothing more than a number!

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Our monthly activity calendar is jam packed with educational classes, volunteer opportunities, intergenerational concerts and special events. Our highly anticipated annual Summer Olympic Challenge enables residents to tap into their competitive side (and inner youth) to vie for bragging rights in games such as basketball and a spelling bee.

"The Carlisle provides the perfect environment for residents to be as active and engaged as they wish," said Executive Director Bill Diamond. "Our residents are thrilled they made the decision to move to The Carlisle while they are still able to take advantage of our robust calendar."

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.

Depression in Older Americans

The Untold Truth

One of the most loved comedians, actors and philanthropist, a staple in most people's living rooms is no longer with us. One who could make even the funniest comedians speechless with his animated comic relief, suffered with a dark demon that impacts nearly 1 in 10 adults in the United States, depression. Robin William's death has brought some much needed light on an epidemic that has become a silent killer to many.

According to the National Alliance on Mental Health, at least 5.6 million to 8 million Americans age 60 and older have a mental health condition, "Wellness is essential to living a full and productive life," said Jamie Seneca, Community Outreach Coordinator, Nurse On Call. "We may have different ideas about what wellness means, but it involves a set of skills and strategies to prevent the onset or shorten the duration of illness and promote recovery and well-being. It's about keeping healthy as well as getting healthy," Seneca said. "Wellness is more than absence of disease; it involves general, mental and social well-being. The fact is our overall well-being is tied to the balance that exists between our emotional, physical, spiritual and mental health."

Everyone is at risk of stress, given the demands it brings and the challenges at work and at home, but often a population that is overlooked for Mental Health is the Senior Population. Often people think that certain depressive behavior is a normal part of aging and a natural reaction to chronic illness, loss and social transition, when in fact appropriate intervention and treatment can greatly increase their overall health and quality of life.

Nurse On Call Home health Care, a Medicare Home Health Agency is committed to their Psych services, understanding that this is an integral part of an aging person's scope of care. Services that are provided to a patient to maintain well-being and help achieve



physical and mental wellness are; educating the patient on the importance of a balanced diet, a comprehensive medication management service combined with cognitive behavioral therapy, and the development of coping skills that promote resiliency and emotional awareness, through psych nursing and social workers and occupational therapist. Home Health can play an essential role in the care of older patients who have significant life crises, lack social support or lack coping skills to deal with their life situations. As a result of larger numbers of elderly people living alone, having inadequate support systems or being homebound for any reason including social anxiety, special efforts are needed to locate and identify these people to provide them with needed care.

"Just as we check our blood pressure and get cancer screenings, it's a good idea to take periodic stock of our emotional well-being. Fully

embracing the concept of wellness not only improves health in the mind, body and spirit, but also maximizes one's potential to lead a full and productive life," Seneca said.

Robin William's a man who brought so much joy to others, is now tragically gone, maybe for reasons that most won't understand, nonetheless, no matter what demands he fought, he will continue to live in American's hearts as our "what if", what if he received appropriate help? What if he didn't have to suffer silently? What if....?



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Research and Education Lead to Heart Health Transformation

As we enter Heart Month, most of us are aware that cardiovascular disease (CVD) – heart disease, stroke and high blood pressure – is the leading cause of death in the US and that diet, exercise and other lifestyle factors help individuals establish and maintain heart health.

But, too many of us don't know the details within these facts. For example, in the US, more women die of CVD annually than all forms of cancer combined – 500,000 each year.

We gloss over the reality that one person dies every 40 seconds from CVD – 2,150 children, women and men a day.

Many of us can't comprehend the cost of CVD in families shattered by illness and loss, let alone medical expenses totaling \$300 billion annually in healthcare services, medication and lost productivity for the 83.6 million Americans living with CVD or the after-effects of stroke.

We also don't know that 80% of CVD is avoidable. It's our investment in research and the resulting prevention education that plays a crucial role in reducing CVD.

We see this in the American Heart Association's report that stroke dropped from the #4 leading cause of death in the US to #5 – the second time since 2011 it has moved down a spot in mortality rankings.

We know this because vital research helps us adapt our lifestyle habits – empowering us to improve our heart health as individuals and make societal changes as well.

For example, in December 2014, the American Heart Association's journal Hypertension revealed that drinking/eating from cans or bottles lined with Bisphenol A (BPA), a chemical used as an epoxy lining, can raise blood pressure and effect heart rate.

While experts determine how to change the industry, researchers are empowering us to reduce BPA exposure by:

- Using BPA-free stainless steel/glass drinking bottles and mugs
- Avoiding soda in aluminum cans
- Seeking out "BPA-free" items
- Choosing safer plastics #2, #4 and #5
- Avoiding plastics #3 and #7
- Storing food in glass/ceramic containers with BPA-free lids
- Keeping plastic out of the dishwasher, microwave and freezer
- Switching from plastic wrap to aluminum foil



Another study gaining traction also has implications for the food industry. Published in JAMA: Internal Medicine in January 2014, the report states that consuming too much sugar can significantly increase our risk of dying from heart disease.

Of course, sugar is naturally found in dairy, fruit, vegetables and grains making it a part of a well-balanced diet. What's not natural is the amount of added sugars we're now consuming.

The US Department of Agriculture's Economic Research Service shows that available sugars and sweeteners increased by 19% between 1970 and 2005.

Soft drinks and sugar-sweetened beverages, including fruit, energy and sports drinks, are the primary source of added sugars in the American diet. Other sources include ready-to-eat cereals, desserts, yeast-breads, dairy desserts, candy, jellies and our beloved coffee drinks.

A look at the label of a random food product, such as spaghetti sauce or soup, reveals that sugar is being added to many items we don't consider "sweet."

These added sugars are injected into beverages and foods when they are being processed or prepared. Unfortunately, these sugars fall under 61 different names, are found in 74% of all packaged foods and suggested daily values for sugar (natural or added) are not included in the US Food and Drug Administration's (FDA) list of ingredients on our food labels.

This means we're consuming far more sugar than we thought and it's having an impact on our health – 29.1 million Americans are living with diabetes, 30 million of us are suffering with liver disease and, as already noted, heart disease is the #1 killer of men and women in our nation.

Since 36% of these added sugars come in liquid form, without fiber to slow down absorption, our bodies process them too quickly. The resulting increased sugar in the bloodstream causes the pancreas to produce more insulin that results in the body storing excess calories as fat.

The excess insulin also creates a leptin (hormonal appetite suppressant) imbalance that prevents the brain from receiving the "I'm full" signal during snacks and meals.

These, and other factors, combine to form chronic metabolic disease that can lead to obesity, diabetes, liver and heart disease.

As consumers, this makes staying within the American Heart Association's guidelines of no more than 6 teaspoons (100 calories) a day of sugar for women and no more than 9 teaspoons (150 calories) a day for men a challenge.

But, we can do this by consuming less processed foods and beverages:

- Check labels for "100% fruit juice," "no added sugar"
- Reduce/eliminate sodas; fruit, energy and sports drinks; enhanced waters; sweetened teas and sugary coffee beverages
- Buy fresh fruits
- Purchase canned fruits packed in water or natural juice
- Make your own sauces using spices versus sugar
- Reduce/eliminate pre-packaged meals
- Read labels and choose products lowest in added sugars
- Combine sugary items with those higher in fiber to reduce insulin spikes
- Eat a well-balanced, natural diet

Fortunately, research is allowing us to make changes to meet the American Heart Association's dietary and exercise guidelines, helping us move through 2015 with more energy and a healthier mind, body and spirit, naturally.

For more information on research and heart health, please visit the American Heart Association at www.heart.org. To learn more about local Heart Month/Go Red activities, please visit <https://swflgored.ahaevents.org/>, or call 239.495.4900.

Go Red is nationally sponsored by Macy's. Local Cause sponsors include Lee Memorial Health System and Arthrex.

*Facebook: American Heart Association of Southwest Florida
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Go Red For Women is nationally sponsored by



Some names for added sugars on labels:

- Brown sugar
- Corn sweetener
- Corn syrup
- Fruit juice concentrates
- High-fructose corn syrup
- Honey
- Invert sugar
- Malt sugar
- Molasses
- Raw sugar
- Sugar
- Sugar molecules ending in "ose" (dextrose, fructose, glucose, lactose, maltose, sucrose)
- Syrup



Proven Knee Arthritis Treatment

By Physicians Rehabilitation

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

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

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

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

At Physicians Rehabilitation, it's very important to understand we are not just addressing knee pain. Our goal is to give you the best chance we possibly can of preventing knee replacement surgery in the future, which is what knee arthritis frequently evolves into if left undetected and unaddressed. We are proud to offer a less invasive approach to relieving knee pain to avoid surgery.

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

Will Insurance cover this Treatment?

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What are other people saying about it?

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

-Elizabeth B.



So what are you waiting for?

Pick up the phone and call us today at (239) 687-2165 to schedule your No-Cost, No-Obligation, consultation at one of our two convenient locations. The demand for this procedure has been overwhelming. We've added extra lines to accommodate your calls, so if our line is busy, or you are directed to voice mail, please leave a message or call back. Living pain free and getting your life back is well worth the phone call.



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Pelvic Organ Prolapse

By Joseph Gauta, MD, FACOG

Until recently, pelvic organ prolapse (POP) was rarely addressed because women were reluctant to discuss the embarrassing symptoms. Because of our increasing life expectancy, POP has become one of the most common disorders women will face in their life-times. Today, many gynecologists and primary care physicians routinely screen women for symptoms, and a new surgical specialty of urogynecology has arisen to treat pelvic organ prolapse and the incontinence that often accompanies this problem.

Pelvic organ prolapse is a term used to describe the dropping of a pelvic organ through or out of the vagina. Pelvic organs include the bladder and urethra, the rectum and anus, and of course the uterus and vagina itself. Pelvic organ prolapse is an unfortunately common problem, with childbirth, age, menopause, and hysterectomy being the most common causes and smoking, chronic coughing or heavy lifting, chronic constipation, diabetes, and obesity being common risk factors. With our aging population, POP is expected to affect half of all women and 1 in every 9 will undergo surgical treatment to correct prolapse.

Think of the vagina as though it were an empty pillowcase that can turn inside out in the wash. Prolapse is like the pillow case trying to turn inside out because the support structures of the vagina and pelvis have weakened and are not holding the tissues and organs in place anymore. Anything that can stretch or break these support structures (ligaments and muscles) can cause POP.

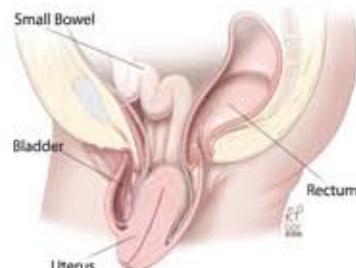
Symptoms - Sometimes a patient doesn't even know she has prolapse until her doctor points it out during her exam. However, many patients experience discomfort with a range of symptoms, including:

Pain and Pressure: lower back discomfort or pressure sensation in the vagina that gets worse by the end of the day or during bowel movements.

Urinary Symptoms: urinary frequency, stress incontinence or difficulty starting to urinate.

Bowel Symptoms: constipation, accidental loss of stool or pressure or pain during bowel movements

Sexual Difficulties: pain with intercourse due to irritated vaginal tissue.



Treatment: Women with mild to no symptoms don't need treatment, but should avoid risk factors that could worsen the problem such as smoking, lifting heavy weight or being overweight. If you are experiencing major discomfort, POP can be successfully treated using many different modalities, from exercise to medicine to splints (pessaries) to surgery. Let's summarize these treatments.

- Pelvic Floor Exercises have the advantage of being noninvasive, and in mild cases can help to relieve some symptoms of discomfort or maybe leaking. Prolapse is not reversed using this treatment.
- Medicine, like vaginal estrogen creams, can also alleviate some symptoms, but also do not reverse the prolapse.
- Pessaries are excellent in keeping the pillow case (vagina) from turning inside out by taking up space in the vagina like a pillow does in a pillow case. A pillow case can't turn inside out if the pillow is in it! Pessaries are great for temporary control of the prolapse or for people who cannot proceed with other treatments. They can provide permanent relief of the symptoms of prolapse, but must be maintained and cleaned periodically.
- Surgery is the treatment for any hernia in the body. With surgery the prolapsed organ will be repositioned and secured to the surrounding tissues and ligaments. When the benefits of surgery outweigh the risks, surgery may be the best choice. Surgery involves anesthesia and recuperation time, but may be the best long term option. Many surgeries for POP can be done on an outpatient basis.

If you've been diagnosed with POP understanding your treatment options is extremely important. All treatments have their advantages and drawbacks, which should be thoroughly discussed with your urogynecologist before decisions are made. Make sure your urogynecologist is Board Certified and has extensive experience in dealing with your specific problem.


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**Joseph Gauta M.D.
Board Certified Urogynecologist**

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



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

For more information or to make an appointment call, Dr. Joseph Gauta at The Florida Bladder Institute in Naples, Florida at 239-449-7979 or 239-592-1388. www.floridabladderinstitute.com



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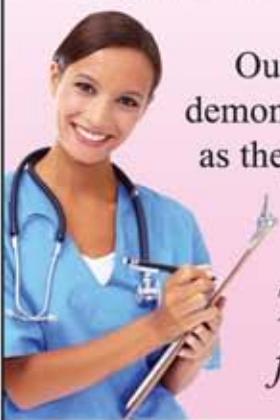
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SaladWORKS...

*...packed with nutrients and great tastes,
salads can improve heart health*

Leafy green vegetables are all the rage. You know salad has arrived when you see it on the menu of almost every fast-food restaurant. Why has it joined the ranks of the most popular meal items? There are many theories as to why salads have gained popularity, but it could be as simple as self-preservation: Salads can make us live longer. And better.

They're that healthy. Most of us are aware of this in a general sort of way. The specifics of their healthfulness are a bit less widely known, and specifically, salads are both full of heart-healthy, cancer fighting, cell-building ingredients and are fantastic weight-loss and weight-maintenance tools.

Really, it's hard to beat salad for slimming down. Leafy greens are one of the lowest-calorie foods out there -- one cup of romaine lettuce has 10 calories, and spinach has 7. Other raw vegetables are pretty impressive, too: Red peppers, carrots, and cucumbers have 20, 17 and 8 calories per 1/2 cup serving, respectively.

If you're aiming for weight loss, a salad can be one of the most satisfying ways to spend a couple hundred calories. It'll cost you about as much as

one large slice of bread, won't cause a blood-sugar spike, will help prevent obesity and its health complications and will be a whole lot more filling.

It's filling partly because vegetables contain a lot of water, but also because salads tend to be high in fiber, which makes you feel full. Some particularly high-fiber salad ingredients include beans, peas, artichoke, broccoli, and apples.

Fiber's filling nature is only the beginning, though. It's also one of salads contributor's to general health: Fiber prevents constipation and can lower cholesterol levels for heart health.

Salad's other contributors to heart health include the ever-useful antioxidants, like vitamin C in broccoli, strawberries and bell peppers; vitamin E in sunflower seeds and spinach; folate in romaine lettuce and asparagus; and beta-carotene in orange veggies like carrots and sweet potatoes. Antioxidants may also play a role in preventing cancer. One study by the American Cancer Institute found that a diet heavy in fruits and vegetables can even reduce cancer risk in smokers.



Romaine Lettuce – Salad's Secret Punch of Vital Nutrients

Want to maximize the health benefits of your salads? Start with romaine lettuce for a salad guaranteed to be packed with nutrients.

Not all lettuce is created equal, but if you start your meal with a salad made of romaine lettuce you will be sure to add not only a variety of textures and flavors to your meal but an enormous amount of nutritional value.

The vitamins, minerals, phytonutrients and fiber found in romaine lettuce are especially good for the prevention or alleviation of many common health complaints.

Due to its extremely low calorie content and high water volume, romaine lettuce—while often overlooked in the nutrition world—is actually a very nutritious food. Based on its nutrient richness, our food ranking system qualified it as an excellent source of vitamin A (notably through its concentration of the pro-vitamin A carotenoid, beta-carotene), vitamin K, folate, and molybdenum. Romaine lettuce also emerged from our ranking system as a very good source of dietary fiber, four minerals (manganese, potassium, copper, and iron), and three vitamins (biotin, vitamin B1, and vitamin C).

Not all Salads are Equal.

All this salad healthiness isn't a given, though. Salad isn't going to help you slim down if it's got a half-pound of cheddar on it. Same goes for salads with a pint of croutons, swimming in creamy dressing, loaded with calorie-dense dried fruit or chock full of high-fat nuts.

Still, you can eat a healthy salad even if you're not head-over-heels for the taste of spinach and straight lemon juice. Just follow a few guidelines:

Extras -- Keep the high-calorie stuff light -- a sprinkle of crumbled feta cheese or raisins, a tablespoon of sunflower seeds, a half-cup of croutons.

Dressing -- Choose up to 100 calories of low-fat or fat-free dressing, or put full-fat dressing on the side and dip each bite conservatively. For oil-based dressings, choose healthy oils like olive or flax seed.

Protein -- Keep it lean (skinless chicken, fish, or ham) and small (3 ounces is a serving).

If you're thinking, "Sounds great -- if I had the time," you're in luck, Saladworks serves up fresh, colorful, nutrient-dense salads every day. Stop by and grab a tasty salad creation today.

We offer over 50 toppings, 18 dressings, many lite or fat free, and our 12 signature salads have 400 calories or less before adding dressing.



OUR CORONARY ARTERIES Victims of Inflammation

By Zorayda "Jiji" Torres, MD

Coronary Artery Disease (CAD) is the single leading cause of death in the US and in industrialized countries. CAD develops when plaque builds up in the walls of the arteries, reducing blood supply to the muscles of the heart. A heart attack usually occurs when the plaque ruptures, causing sudden complete obstruction of the blood vessel, and the affected heart muscles die due to lack of oxygen.

Why does plaque build up in the first place? Most of us have heard of the traditional risk factors for CAD: advancing age, male sex, family history of CAD, smoking, hypertension, high cholesterol, and diabetes. However, what most of us do not hear about is that **inflammation** is the main process that causes these plaques to form! You might ask, inflammation where? The answer is, anywhere in the body! Yes, prolonged, recurrent, and frequently silent inflammation from various causes and places in the body damages the inner lining of our blood vessels called endothelium. This damage begins a cascade of events, eventually leading to plaque build-up.

Before I expound on this inflammation, let's talk about cholesterol for a moment. Cholesterol is an essential fat that is used by the body to make hormones, vitamin D, bile acids, cell wall components, and others. Cholesterol helps neutralize toxins coming from the gut. When you have an infection, your total cholesterol level goes up. Because cholesterol deposits are found in plaque, it is blamed as the culprit but it is not. It is just another victim and sign of inflammation! Again, you may ask, inflammation where? Anywhere in the body! The coating that carries the cholesterol in our blood, called "lipoproteins", can get "oxidized" by inflammation and become sticky, contributing to plaque build-up. So, just lowering your cholesterol number by taking drugs is not always the best strategy. The better approach is to lower or stop the inflammation, so the cholesterol does not become sticky and the numbers go down!

So now, let's talk about this inflammation some more. Inflammation is a normal process that our body mounts to protect us from bad things – injury, microbes, allergens, etc. Short-lived or acute inflammation is usually not a problem. However, prolonged or chronic inflammation IS a big problem, and IS indeed a proven cause of coronary disease! To make things worse, most of these chronic inflammatory processes are silent! To understand this concept better, I will cite examples.

The food we eat can cause inflammation. In fact, the Standard American Diet (SAD for short), consisting of burgers, hotdogs, fries, pizza, cereals, pasteurized milk, cookies, and many processed foods, are pro-inflammatory. Each time we eat such a meal, our bodies become silently inflamed for 4-6 hours. Thus, eating 3 pro-inflammatory meals a day is enough to inflame the body for most of the day!

Poor lifestyle choices, like smoking, drinking too much alcohol, inadequate sleep, and lack of exercise also contribute to inflammation. Prolonged stress is another big cause of inflammation thru the action of cortisol.

As I am a functional medicine physician, and I specialize in finding the hidden causes of diseases, let me tell you about the lesser known, but common causes of inflammation, of coronary or vascular disease in general. I will enumerate some of them:

1. Hidden infections. I would say the most common sites are the teeth and gums, and the gut. Unhealthy gums and tooth decay have actually been shown to be highly associated with coronary disease! People with history of root-canal treatments have also been shown to have more coronary disease. The gut can easily hide a low-grade infection or infestation. Loss of enough good bacteria also allows the bad ones to predominate and weaken our immune system.

2. Food sensitivities. Foods like gluten-containing grains (wheat, rye, barley, etc.), dairy, soy, and others, cause inflammation in the gut, and eventually in other parts of the body. These sensitivities may present as gut-related symptoms like bloating, pain, or as non-gut-related symptoms like fatigue, achiness, depression, thyroid problems, arthritis, arrhythmias, etc. They cause autoimmune disease and vascular disease.

3. Toxicities, including heavy metals and other environmental pollutants. We live in a toxic world. Many of our produce and packaged foods are full of pesticides and additives that disrupt the actions of our hormones, and burden our liver. Heavy metals like mercury, lead, cadmium and arsenic, disrupt energy production in our mitochondria and are common causes of vascular and neurologic diseases. Dental amalgams contribute to your body burden of mercury.

4. Nutritional deficiencies and excesses, and the most part, we are an overfed but undernourished society. We eat too much sugar and starch, trans-fats, and not enough vegetables and fruits. Nutritional deficiencies

reduce our ability to fight inflammation and repair damaged tissues. Excessive carbohydrate intake leads to insulin resistance, a metabolic state that promotes inflammation even prior to reaching the diagnosis of "diabetes". Many drugs that are commonly prescribed also bring about vitamin and mineral deficiencies. A great example is magnesium and potassium deficiency from use of diuretics.

5. Genetic weaknesses. Some of us have difficulties in methylation and detoxification, making us more susceptible to inflammation than others. Some have genetically elevated levels of lipoprotein (a), a protein that can increase the stickiness of the cholesterol particle. These genetic weaknesses, and others, can be tested for and measures can be taken to reduce their impact on our health.

Now, that I've listed several hidden causes of CAD, it is no wonder why it is so prevalent. Our blood vessels are just innocent victims of infinite insults happening in our bodies!

Our current healthcare system is excellent in handling *acute* cardiac emergencies, using clot-dissolving drugs, stents, and surgeries. However, when it comes to *chronic* management of coronary disease, we often fail to halt the progression, what more reverse it. With a list of causes such as above, reversing it is clearly no easy task. M.D.'s or D.O.'s practicing **conventional medicine** are usually not trained to investigate these hidden causes, and do not have the time to address them, so they usually use pharmaceutical drugs and procedures, which can be life-saving. However, these drugs and procedures carry risks, are expensive, and do not necessarily stop disease progression, therefore the need for more interventions in the future. **Functional medicine** physicians, on the other hand, have had extra training to find and help the patient eliminate these hidden root causes of inflammation, therefore also reducing risk for future maladies. I say, if you have coronary or any vascular disease, you need to have both kinds of doctors to help you.



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Zorayda "Jiji" Torres, MD

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Dr. Torres graduated from the University of the Philippines College of Medicine. She did her Internal Medicine at St. Francis Hospital in Evanston, IL. She has been in practice for 17 years (in Naples since 2001) and knows the limitations of conventional Internal Medicine. She believes that functional medicine will give hope to many who are suffering from chronic diseases.

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NONSURGICAL FACELIFTING: MAJOR FACIAL REJUVENATION WITHOUT SURGERY

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

Traditionally, the term "facelift" referred to a surgical procedure to correct sagging facial and neck tissues. More recently, with the rapidly advancing development of new rejuvenation modalities, facelift is most commonly used to refer to any procedure which addresses and improves facial aging. Likewise, it has been increasingly obvious to specialists in facial rejuvenation that sagging is only a part of the aging process in the face and neck. In fact, in many individuals, sagging may be less important than volume loss, unsightly skin, and overactive facial expression lines.

The term "nonsurgical facelift" is now used to describe any number and combinations of procedures which address volume loss, unsightly skin, and overactive expression lines. Without the need for surgery, significant down time, significant pain, and the potential for significant complications, aesthetic physicians can provide a very significant improvement in facial, neck, Décolletage, and hand appearance.

Today, a nonsurgical facelift commonly involves a combination of the best procedures available to improve the skin, to improve facial volume, and to correct overactive expression lines.

ALL NATURAL, NONSURGICAL FACIAL REJUVENATION

CRP MICROCHANNELING

One very popular, all natural new procedure involves microchanneling and injection of Cytokine Rich Plasma (CRP) (also commonly referred to as Platelet Rich Plasma (PRP). Whether it is referred to as CRP or PRP, this procedure utilizes the ability of growth factors and peripheral stem cells taken from your own blood to stimulate existing stem cells to produce new collagen and other substances which improve facial skin appearance. These powerful growth factors are micro-channelled (using a special device) back into your facial skin and superficial subcutaneous areas. Typically, several sessions are performed to provide the best results and several months are required to obtain the



benefits. Finally, most often, this procedure is combined with injection of growth factors into the deeper facial tissues to provide further aesthetic enhancement of the face by addressing volume loss (which inevitably occurs as we age). These techniques lie behind the secret of youth for many well known personalities.

CRP INJECTION

As noted above, in addition to microchanneling, growth factors (CRP/PRP) can be injected back into your facial tissues, to stimulate existing stem cells to produce new collagen and other substances at a deeper level, which will also further improve facial appearance. Once again, several sessions are performed to provide the best results.

POPULAR INJECTABLES:

Nonsurgical Facial Rejuvenation using Volume enhancement with biocompatible commercial products.

Several products have proven to be quite useful and beneficial for correction of facial volume inadequacies causing the appearance of significant facial aging (which makes us look older than we feel).

The most popular products utilize hyaluronic acid (HA) gels which are typically quite safe and effective. These HA gels typically work best on defined folds and depressions. They are used most commonly in the folds around the mouth, in thinning lips, in the flattened lateral eyebrow regions, and in hollow areas under the eyes. Juvederm and Restylane are the most well-known of these fillers. Everyone loves immediate gratification and the results from these fillers typically occur immediately. Ultimately the results gradually resolve over the ensuing year.

One of the most exciting new products on the market is called Voluma. Though this product is also a hyaluronic acid gel based product, it is especially formulated to provide "lifting" and is used primarily in the upper cheek area to correct the loss of cheek fullness. This restores a more youthful facial contour. And better yet, the results persist for up to 2 years.

Other biocompatible commercial products which can provide volume improvement include the use of Calcium hydroxyapatite (Radiesse) and poly-L-lactic acid (Sculptra).

Sculptra is most commonly used for more widespread facial volumizing instead of treating specific folds and depressions. Unlike hyaluronic acid gels and Calcium hydroxyapatite products, results from Sculptra appear over time and tend to last longer.

Nonsurgical Facial Rejuvenation: Correction of overactive facial expression lines.

The use of minute amounts of highly purified botulinum toxin is used to address overactive scowl lines, frown lines, squint lines, and smile lines and has been performed successfully for nearly 20 years.

Botox, and other similar products, do not provide lifting, correction of facial volume loss, or improvement in his skin tone, color, and texture. However, when overactive expression lines are present, the aesthetic improvement can be quite significant.

In summary, there has never been a better time than 2015 to take advantage of the amazing advances of aesthetic medicine to address the inevitable signs of facial aging. And remember, a combination of the right procedures is better than choosing just one. We're living longer, and healthier, than ever before. It is a good thing that we can also remain more beautiful without the need for surgery!



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DENTISTRY'S HEART MONTH FOR SENIORS

By Anna M. Avola, D.M.D., M.S.

Many diseases associated with aging have symptoms that appear in the oral cavity. Through regular geriatric dental care, a dentist can find evidence of conditions such as anemia, diabetes, osteoporosis or arthritis. However, people with heart disease have special needs when it comes to dental care.

If someone has suffered from a heart attack, it is recommended that they wait six months after such an episode before undergoing any dental treatments. Before dental treatments begin, be sure to tell your dentist what medications have been prescribed such as anticoagulants (blood-thinning) drugs. A geriatric dental care dentist should have oxygen and nitroglycerin available in case of a medical emergency.

Another consideration for heart patients if a dental procedure requires anesthesia, is that some types of anesthesia contain epinephrine. Epinephrine is a common additive in local anesthesia products. In some patients with high blood pressure the use of epinephrine may result in cardiovascular changes including the rapid development of dangerously high blood pressure, angina, heart attack and arrhythmias. Geriatric dental care will include blood pressure monitoring and a thorough review of your past medical history including all prescribed medications. Some medications used to treat heart failure such as diuretics, or water pills can also cause dry mouth.

According to the American Academy of Periodontology, people with periodontal disease are almost twice as likely to have coronary artery disease. In fact, one study found that the presence of common problems in the mouth, including gum disease (gingivitis), cavities, and missing teeth were as good at predicting heart disease as cholesterol levels.

Most people do not make the connection between periodontal disease and heart disease. However, a study published by the Journal of the American Heart

Association found that people, who had higher blood levels of certain disease causing bacteria in the mouth, were more likely to have atherosclerosis in the carotid artery. Clogging of the carotid arteries can lead to stroke!

But there is also good news for dental patients from the American Heart Association! For decades it has been recommended that patients with certain heart conditions take antibiotics shortly before dental treatment. However, the latest guidelines recommend that most patients no longer need short-term antibiotics as a preventive measure before their dental treatment.

These guidelines are based on a growing body of scientific evidence that shows the risks of taking preventive antibiotics outweigh the benefits for most patients. The risks include adverse reactions to antibiotics and the possibility that may lead to the development of drug-resistant bacteria.

However, antibiotics prior to a dental procedure are advised for patients with artificial heart valves, a history of infective endocarditis, certain specific congenital heart conditions and cardiac transplant patients that develop problems in the heart valve. The new recommendations also apply to many dental procedures including teeth cleaning and extractions.

But antibiotics are generally not required for routine anesthetic injections through non-infected tissue, x-rays, placement of dentures and adjustments of removable orthodontic appliances. If there is any question as to what pre-medication prescription is necessary before a dental treatment, patients should first check with their cardiologist before going to a dentist.

During a dental visit the dentist will discuss the medication that the patient is currently taking such as anticoagulants (blood thinning) and will consult with the patient's physician to determine if such medication can

be interrupted if necessary for a particular dental procedure. Comprehensive dental treatment may also include taking blood pressure readings two or three times to establish a base line for the patient.

Oral health holds clues to overall health. Geriatric dental care can provide warning signs for other diseases or conditions including heart disease. As with many things today, prevention is the best medicine. Regular dental exams and cleanings including a oral cancer exam will keep your teeth and smile in good condition and will have a great influence in your overall health.

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MEDICAL SCHOOL • Tufts University, School of Dental Medicine, Boston, 1978

ACADEMIC APPOINTMENTS • Assistant Professor, Tufts University; Associate Professor, Hodges University

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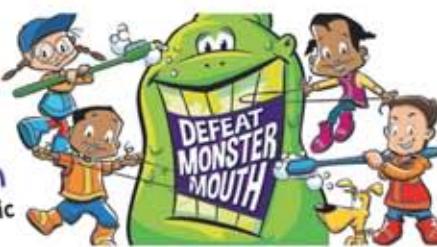
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NCDHM

National Children's Dental Health Month
by Carol Chapman, Clinical Coordinator, FSW Dental Hygiene Clinic



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t's that time of year again! February is designated as National Children's Dental Health Month (NCDHM). It is a time when emphasis is placed on promoting children's oral health. Tooth decay is the most common chronic childhood disease according to the Academy of Pediatric Dentists. It is five times more common than asthma, four times more common than early childhood obesity, and 20 times more common than diabetes. For children ages 2 to 5, 70% of dental decay is found in only 8% of the population. Unfortunately that 8% is concentrated among socially disadvantaged children, especially those who qualify for Medicaid coverage.

six or younger be supervised when tooth brushing and flossing to ensure the correct technique is being employed. The appropriate use of toothpaste should also be monitored for young children.

Give Kids a Smile Day is conducted nationwide each February. The Florida SouthWestern State College (FSW) dental hygiene clinic will be conducting its annual Give Kids a Smile Day for children age 17 and under on February 14th. The clinic's dentists, dental hygienists and dental hygiene students will be joined by local dentists and dental hygienists in providing dental examinations, cleanings, radiographs (x-rays), tooth sealants and fluoride treatments. The dental hygiene clinic is located in Building A on the first

FSW dental hygiene students provide quality care to patients of all ages in its state-of-the-art dental clinic. At a minimal fee, patients receive preventive care supervised by staff dentists and dental hygienists. In addition to clinical tasks, students provide guidance and instruction so patients can maintain optimal oral health for a lifetime. From diet choices to selection of a toothbrush or other oral-care devices, dental hygiene students are well-qualified to impart dental care. How do we know FSW dental hygiene students are well-qualified? For twenty years students have maintained a 100% pass rate on the National Board Dental Hygiene Examination (NBDHE).



Did you know that children with cavities are more likely to miss school as well as perform poorly in school? Preventive measures such as a dental prophylaxis (cleaning) every six months, dental sealants and fluoride treatments can help keep children's teeth strong and healthy. Children that are cavity-free are healthier, happier and better able to perform well at school.

"Defeat Monster Mouth" is the campaign slogan the American Dental Association (ADA) has chosen for 2015. The mouth monsters are the bacteria that cause tooth decay. How can children defend against them? Floss once a day, brush twice a day for two minutes and eat a healthy diet limited in refined processed food. It is recommended children age

floor. Doors will open at 9:00am and services will be delivered until 3:00pm and it will operate on a "first come, first serve" basis. Tables will be set up in the hallway outside the clinic where first-year dental hygiene students will be presenting information on various topics concerning children's oral health as well as providing fun events as the children wait to be seen in the clinic.

This year the FSW dental hygiene program will graduate its 20th class! Over those twenty years there has been a rich blend of age, gender and ethnicity representing all corners of the world. From Malaysia to Russia to Cuba and countless countries in between, students have brought life experiences that enrich the learning environment at FSW.

NCDHM
National Children's Dental Health Month

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

By Juan M. Teodoro, D.M.D.

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

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

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

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

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

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



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



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Your Questions About Auricular Medicine (Ear Acupuncture) Answered

By Toni Eatros, MS, Dipl Ac, AP

I have had an influx of questions about the Auricular Medicine (using the ears to diagnose and treat the entire body) article that I wrote in the December 2014 issue of the SW Florida Health & Wellness Magazine. That article can be found here, <http://swfhealthandwellness.com/auricular-medicine-needle-free-method-diagnosing-treating-entire-body-12/>. Many of the questions were the same, so I thought I would take the opportunity to answer some of those questions in this month's article.

Q: What illnesses can be treated using Auricular Medicine?

A: There are eight main categories of disease that Auricular Medicine can effectively treat.

Pain: Relieving pain is the most important characteristic of Auricular Therapy.

- Pain due to injuries such as a sprain, fracture, stab wound, whiplash, and burn. For an acute ankle sprain or strain of the low back, the cure rate using Auricular Medicine is 67.2%; and significant improvement rate of 95.8%.
- Scar pain, phantom limb pain, pain after operations of the five sensory organs, brain, chest, abdomen or limbs. It has been shown that there is a significant reduction of the amount of narcotic analgesic, such as morphine, required after these procedures when Auricular Therapy is used.
- Inflammatory pain such as tonsillitis, mastitis, phlebitis, prostatitis, and rheumatic arthritis.
- Nerve pain such as headache, rib pain, shingles, sciatic, or trigeminal neuralgia.
- Pain resulting from a tumor. Auricular point injection of saline into the root of auricle has been shown to be 100% effective in relieving this type of pain. It has also been shown that the analgesic effect of this therapy may begin 10 minutes after injection and last as long, if not longer, than dolantin.

Inflammatory Diseases: This type of illness is due to infection and can treat all of the diseases that end with "itis", such as gastritis, cervicitis, and arthritis.

Allergic Diseases:

- Nasal allergies
- Allergic asthma
- Skin allergies

Metabolic Disorders, Diseases of the Endocrine system Urogenital System: Auricular Therapy can alleviate these symptoms and reduce the dosage of required drugs.

- Goiter
- Acute thyroiditis
- Hyperthyroidism
- Diabetes
- Obesity

Dysfunction Disease:

- Vertigo/Dizziness
- Arrhythmia
- High blood pressure
- Sexual disorders
- Menstrual disorders

Chronic Illness: Auricular Medicine can frequently achieve improvement in these conditions that cannot be achieved using pharmaceutical treatment.

- Low Back Pain
- Neck and Shoulder Pain
- Hepatitis
- Gallbladder issues
- Ulcers/Gastritis

Infective Diseases:

- Flu
- Whooping Cough
- Parotitis
- Other Health Problems:
- Food Poisoning
- Anxiety
- Motion Sickness
- Common Cold
- Withdrawal from Tobacco, Alcohol and Drugs
- Promoting the Expelling of Kidney and GallBladder Stones

Q: Are there any contraindications to using Auricular Medicine to treat disease?

Auricular Medicine is comparatively safe with absolutely no contraindications. However, during treatment, attention should be paid to the following:

- Strong stimulation of the ear seeds should not be used in patients who have suffered from severe heart disease.
- Strong stimulation should not be used in pregnant women between 40 days and 90 days. In women with recurrent miscarriage, auricular medicine should not be used at all.

- Auricular Medicine is not indicated if there is disease of the actual ear, such as ulcerations, eczema or frostbite.

Q: Can you explain the ear seed treatment in more detail?

Auricular seed therapy, also called seed-pressure method, refers to applying a hard and smooth seed on tape to a selected point on the ear. Frequent and proper pressing of the seed stimulates the point to treat disease. Ear seed therapy is safe and simple to apply, and may be the treatment of choice in weak and debilitated patients, children and those that are afraid of needles or cannot be treated every day.

Points are selected by using an electrical detector, palpation and visual inspection of the ear. If the illness only involves one side of the body, then the ear on the same side is used for treatment. If it is a bilateral disorder, then seeds are applied to both ears.

The seeds should be pressed/squeezed frequently. The more intense the illness, the stronger the stimulation of the ear seeds should be. Use strong stimulation for acute illness, inflammation, pain, fever, or a strong constitution. The seeds should be pressed for a few minutes until the corresponding body pain has reduced. Generally, moderate stimulation is used. It is important for there to be a sensation of warmth, distension or an electric shock feeling to achieve better therapeutic effect.

Q: What is the treatment frequency when using only Auricular Medicine?

Generally, the seeds are left in place for 3-7 days. First time patients or those with painful diseases should be treated again 3-4 days after first treatment. Starting with the third treatment, appointments can be spaced out to every 5-7 days depending on symptom severity. Five treatments make up one course of treatment. After the first course, the ears should be seed free for two days before a second course of treatment begins, if necessary.

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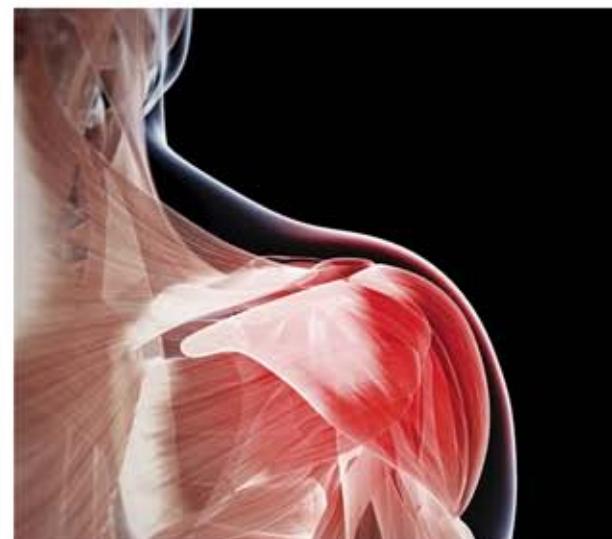
MUSCLE ACTIVATION TECHNIQUES

What It Is & How It Will Help Me?

By Jay Weitzner, MS, MATs, RTS

Have you ever wondered why you go for a run and only one knee hurts? Or why you take a yoga or Pilates class and strain one shoulder or one side and not the other? How about going about your daily activities and over time just one foot hurts? Maybe you're a golfer or tennis player and your dominant shoulder hurts. But why that shoulder and not the elbow? Or if it is the shoulder, why that part of shoulder? You could have strained the front, back or middle. Maybe you pulled one of those deeper muscles. Maybe it happened in the other shoulder! To complicate matters, how about when we get a diagnoses of say, tendonitis or bursitis followed by a recommendation of something to relieve it? While that situation sounds simple enough it's actually the most confusing because a diagnosis of tendonitis simply states that a tendon is inflamed. It does not tell us why. We can apply this same scenario to countless other physical complaints like stiff or painful joints or muscles and diagnoses like plantar fasciitis, piriformis or impingement syndromes.

Let's be fair here, there are times when we do know the cause of our physical complaints. Those times belong to the "obvious" category. That category almost exclusively includes impact injuries, such as slamming your leg into a table or stepping on unstable ground and rolling your ankle. Although those events still may not explain why weeks or sometimes months or years later your mobility hasn't returned or maybe things just don't feel like they did before the accident.



We need a new way to understand our bodies and what we feel so we can get back to feeling better faster. At the same time, it would be great to find solutions to these problems that not only relieve the symptoms we feel, but also keep them from coming back as quickly, frequently or intensely. That new "way" of looking at things is called Muscle Activation Techniques, or MAT.

MAT looks at the body in a very different and unique way. With MAT we are looking to uncover, and treat the cause of the symptoms people feel. The cause is simple, yet very different from what we are used to thinking. Why can you do something and not get hurt and then at some point you do? The answer is because when you got hurt, one or more of your muscles were not working. They were literally

not contracting. That means that they were not able to handle the forces placed on your body and therefore, those forces went to other parts of your body. It is those forces which were not taken up by the inactive muscles that cause the symptoms we all feel.

So what happens when that force isn't taken up by the muscles that don't work? Sometimes other muscles have to deal with the forces and they can't handle it. That's when you feel the "strain" or the "pull". Other times that force goes to joints and we get joint pain. Other times it goes to tendons and we get tendonitis. If it's been happening for a long enough time we may wear away our cartilage (arthritis), or we may develop a bone spur. Either way, these symptoms are very frequently the result of forces going where and when they shouldn't. Just think about a car with 1 out of 4 shocks not working. Either the 3 working shocks have to handle the forces and wear away faster or they can't handle the forces and other parts of the car get beat up. Essentially, with MAT and this new way of thinking, whenever you feel a symptom, you know that the area you are feeling it in is taking on too much force, and somewhere else in your body muscles are not working to absorb that force.

MAT allows us to better understand and deal with a huge array of problems. It lets us understand that tight muscles are tight not because something is wrong with them, but rather because other muscles are not working. Activate muscles and the tight ones let go. MAT lets us address symptoms from yesterday to 50 years ago. It lets us help those that are putting very intense demands on their bodies like professional athletes all the way to sedentary, non-exercisers. Finally, we have a new way to help people and a new option for those that have tried "everything"

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Limb Swelling: Medicare Approved Treatment Options

By Alyssa Parker

Pneumatic compression devices are one of the most highly recommended treatments for limb swelling and are a Medicare approved treatment option. Dating back to the 1960's pneumatic compression pumps have been used for the treatment of limb swelling due to acute and chronic conditions. In most cases compression pumps are used for swelling associated with lymphedema as well as venous insufficiency. Limb swelling left untreated without a clinical diagnosis and lack of proper treatment may lead to a variety of problems.

Patient's with Venous Insufficiency who experience severe and persistent edema overtime can lead to trapped protein-rich fluid also referred to as secondary lymphedema. The lower region of the leg becomes permanently swollen and may start to harden. Due to poor circulation and protein-rich fluid buildup wounds may become chronic and appear more frequently. Common signs and symptoms that occur are fluid accumulation in a limb, a feeling of heaviness or tightness, thickening of the skin, pain or redness, or chronic ulcers in the affected limb.

How does compression therapy work?

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

The pneumatic sequential compression relieves the pain and pressure in the swollen area and reduces the size of the limb. The sequential inflation of the chambers, of the sleeve around the affected limb, begins distal (lower region of the limb furthest from attachment) to proximal (area of attachment to the body) naturally mimicking your bodies lymph return while stimulating the blood flow in the legs.



What causes limb swelling?

There can be many different causes for limb swelling, however, two of the most common diseases for chronic limb swelling are Lymphedema and Venous insufficiency. After having a surgical procedure cancer or non-cancer related (example hysterectomy or gallbladder removal) it may take months or years for Lymphedema to manifest because of its slow progression. It is imperative that Lymphedema is treated quick and effectively, regardless of the severity. Complications dramatically decrease when treatment is started in the earliest stage of Lymphedema.

Chronic venous insufficiency is another condition that causes swelling in the legs along with open wounds. CVI occurs when the valves in the veins that normally channel the blood to the heart become damaged which then leads to pooling of the blood in the lower extremities.

Discoloration of the skin, referred to as hemosiderin staining, is identified by a reddish staining of the lower limb. Poor circulation may cause shallow wounds to develop due to the stagnant blood that would normally return to the heart. Symptoms vary but may include swelling, aching, itching or burning, varicose veins, infection, chronic venous ulcer, and decreased mobility.

Is a Compression Device the right treatment for me? Using a compression device is a great treatment option for patients who have tried compression stocking, elevation, diuretics, and massage with little or no relief. It's also a treatment option for individuals who have chronic venous ulcers. When compression stockings get worn out or stretched over time; many patients aren't receiving the needed compression. When using a compression pump the pressure is locked in, ensuring that you're getting the appropriate amount of pressure each treatment.

Diuretics may be useless and harmful over time if your edema (swelling) is a symptom of chronic venous insufficiency or lymphedema. Diuretics draw fluid from your venous system that your body must have in order to balance the continual fluid deposit from your arterial capillaries; if the needed interstitial fluid is not present because you are taking a diuretic, this will only aggravate your lymphatic system which may lead to additional fluid retention and additional swelling. Also, using a pneumatic compression device may help the prevention of blood clotting along with deep vein thrombosis or those individuals who are at risk for it.

If you or someone you love suffers from limb swelling it is important to keep a few things in mind. If any of the following apply, seeking medical advice is recommended.

- Family history of edema, venous insufficiency, or lymphedema
- Pitting or skin hardening: push your finger into your skin and count how long it takes to return
- Hemosiderin staining: "red socks" appear from the ankles down
- Traumatic injury or surgery potentially damaging your circulatory system (knee replacement etc)
- Radiation exposure

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

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



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- **Buoyancy** of the water reduces body weight by approximately 90% while you enjoy your deep soak, relieving pressure on joints and muscles, while creating the relaxing sensation of floating in space. It abolishes gravity, allowing the body to float amplifying the power in the muscles.

- **Massage** is the secret to effective hydrotherapy. This energized warm-water stream relaxes tight muscles and stimulates the release of endorphins, the body's natural pain killers. Jet driven massage gently eases tension directly out of your muscle groups to relieve soreness from your back, hips, legs, and the symptoms of arthritis.



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Recovering with Confidence

By LaDonna Roye, Hairstylist

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 and other medical reasons. **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.

There are more than 40 million women who experience some type of hair loss. For women who have medically related hair loss, the hair loss specialists at **LaDonna Roye Hairstylist** know the importance of quality, service, privacy, and a perfect hair product. Our wigs are designed for a natural look and are hand-made to give every woman comfort and unmatched quality.

These **tips** from our medical hair loss specialists will insure a positive hair replacement experience:

1. Look for a hair loss specialist who is a licensed cosmetologist and schedule an appointment. At **LaDonna Roye Hairstylist** our licensed cosmetologists work by appointment to give you their full attention and to schedule sufficient time for your consultation and wig fitting.

2. Plan ahead. Hair loss occurs usually one to three weeks following your first chemotherapy treatment. Ideally, you should have your consultation while you still have your hair. This allows your hairstylist to match your hair color shade and style. If this is not possible, then plan to bring a recent photograph of yourself showing your hair.

3. Your consultation should include discussions regarding your treatments, recovery, expectations, budget and lifestyle. This will aid in our assisting with your selection of synthetic, human hair or European hair. All are great options, but you should understand the features and benefits of

each. We will also measure your head to ensure a proper fit. Your wig should fit securely and not move around on your head, nor should it be uncomfortably tight. Our hair loss specialists will be able to customize the fit perfectly for you.

4. There are differences between fashion wigs and medical wigs. Selecting a hand tied wig (hair is knotted into the base by hand) rather than machine made (recognizable by rows of wefts) will give you the ultimate comfort and look completely natural. Non slip material placed on the base adds to the security of a well fitting wig.

5. Keep in mind that most insurance companies do offer a benefit for wigs, but you must follow their strict guidelines. Wigs are considered a "cranial prosthesis" under the Durable Medical Equipment category. Although we do not file your claim, our hair loss specialists will offer you assistance with filing your claim.

6. When working with a hair loss specialist, wig purchases may include free hair color, cut and style—so, make sure you ask. At **LaDonna Roye Hairstylist** we offer to clip your hair off or cut it short when your hair loss begins as a part of our wig fitting service. We also include minor tweaking of hair color on any human hair wig and customization of the cut and style of your wig.

7. To ensure the quality, look and longevity of your wig, ask how to properly care for your wig and be sure you follow the instructions. At **LaDonna Roye Hairstylist** we stock wig care products and will instruct you how to properly care for your wig. We also offer cleaning, styling, and refurbishing your wig as a service in our salon.

8. Plan to purchase a sleep cap and some beautiful scarves and turbans for those times you do not or cannot wear your wig. We offer an array of non-wig options at **LaDonna Roye Hairstylist**.



Maylen Villar

9. Most women want to keep their same hair color and style but many enjoy experimenting with a new look. Discuss this during your consultation. You will have professional help selecting a hair color, shade, and style that will work for your face and your skin tone. Keep in mind that your skin tone may temporarily change during chemotherapy. Your **LaDonna Roye Hairstylist** hair loss specialist knows this and has the ability to guide you.

10. When your hair grows back, consider donating your wig. Many hair loss specialists take donations from their clients or you may donate it to the Gift closet at the Breast Health Navigator at NCH.

At LaDonna Roye Hairstylist, we are proud to be a part of the Recover with Confidence program. We are located at 12980 Tamiami Trail North at US 41 and Imperial Golf Course Blvd. in North Naples.

LaDonna Roye Hairstylist 239-254-9100
12980 Tamiami Trail N #18 Naples, FL 34110
www.ladonnaroye.com

To find the Recover with Confidence location near you, call 800-327-5555 x 3340.
www.RecoverWithConfidence.com

We provide a private, caring, compassionate environment. We're sensitive to your situation and your unique needs. You have our word we will do everything we possibly can to help you "Recover with Confidence".

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

Give the gift of dance!

Valentine's Day is here, with love and hearts everywhere you look. What better way to combine the two than with dance! Dancing is an excellent activity for promoting heart health. Ballroom dancing provides a great cardio workout for individuals of all levels of physical ability, from a slow and steady Waltz to a fast paced Salsa. Through dance, you can get the same cardio workout as an aerobics class at the gym without the boring repetition, and you can have fun doing it! All styles of dance have been long known to reduce the risk of heart disease and promote better heart health. More recently it has been found that dancing regularly can reduce stress and improve blood pressure levels, an increasingly important benefit in today's fast paced world. This Valentine's day, show your loved ones how much you care. Give the gift of dance!

Dance First... Think Later



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(at the Promenade)
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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.

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CARDIO VASCULAR HEALTH INDICATORS FOR BETTER OUTCOMES, DECREASED MORBIDITY AND DEATH.

By Carol DiNicolantonio R.Ph.

The Framingham score assesses a patient's risk of a coronary heart disease (CHD) event (like fatal or nonfatal MI) over 10 years. The Framingham underestimates the life time risk especially in the youth and in women.

In people with CMR (cardio metabolic risk) defined by lipoprotein abnormalities; increased Tri-glycerides (TG), low High Density Lipoproteins (HDL) and increased small dense Low Density Lipoproteins (LDL) particles. CMR characteristics include central obesity, insulin resistance, dyslipoproteinemia, and hypertension. The primary objective in reducing Cardio Vascular Disease (CVD) events is to lower LDL which has been demonstrated to reduce risk of Coronary Heart Disease (CHD) and Stroke.

Apolipoprotein (ApoB) and LDL particle size are more reliable predictors vs. LDL or non-HDL when it comes to on-treatment residual CVD risk. Increased TGs are moderately associated with an increased CVD risk, especially in women. Decreased TGs and increased HDL are secondary levels of importance compared to LDL.

The preferred agent to use with a statin drug (Crestor®, atorvastatin, lovastatin and simvastatin) to increase HDL is niacin because there is better evidence for reduction in CVD events as mono or combination therapy vs. fibrates. Fibrates (fenofibrate) have been shown to reduce CVD events but not mortality. In the FIELD and WHO trials, and the VA-HIT (with Gemfibrozil). Fenofibrate was shown to reduce non-fatal Myocardial Infarction (MI) which is a heart attack in laymen terms, significantly but it caused a non-significant increase in fatal MI in the FIELD study.

Both TZDs increase LDL particle size. Actos® – Increases HDL more vs. Avandia®, and Actos® lowers TGs where Avandia®, increases TGs. Also Actos® lowers LDL particle number whereas Avandia®, increases LDL particle.

Atherosclerosis is present in up to 40-50% of women and men by the age of 50. CHD risk is more directly related to the number of atherogenic lipoprotein particles vs. the total volume of LDL.

A normal LDL could be measured in someone with an extremely atherogenic level of small, dense LDL particles. Each LDL particle contains a single apolipoprotein (apoB) therefore measuring apoB provides a direct measurement of LDL particles, but not the LDL particle make up (small dense LDL vs. larger buoyant LDL). There is clinical evidence that measuring apoB is superior to measuring LDL for predicting probability of fatal and nonfatal CHD.

Statins reduce LDL content more than LDL particle concentration whereas fenofibrate reduces LDL content less versus LDL particle concentration, which could explain why so many people on optimum statin therapy will still experience CHD events. Assessment of apoB has been recommended for all guidelines as an indicator of cardiovascular risk.

Major CVD risk factors are Smoker, family history of premature CAD, hypertension.

Questions: what's considered family history of premature Coronary Artery Disease (CAD) and does hypertension mean uncontrolled hypertension

Table 1. ADA/ACCF Consensus Conference Report: Suggested Treatment Goals in Patients with Cardiometabolic Risk and Lipoprotein Abnormalities

Risk Category	Goal (mg/dL)		
	LDL-C	Non-HDL-C	ApoB
Highest risk patients, including those with: <ul style="list-style-type: none"> • Known cardiovascular disease, or • Diabetes plus ≥ 1 other major cardiovascular risk factor 	< 70	< 100	< 80
High-risk patients, including those with: <ul style="list-style-type: none"> • No diabetes or known clinical cardiovascular disease but ≥ 2 other major cardiovascular risk factors, or • Diabetes but no other major cardiovascular risk factors 	< 100	< 130	< 90

Other major risk factors (beyond dyslipoproteinemia) include smoking, hypertension, and family history of premature coronary artery disease - From Brunzel JD et al. J Am Coll Cardiol. 2008;51:1512-1524

or anyone on a medication for hypertension even if they are controlled or just if they're uncontrolled?

Diabetic patients usually have different LDL particles versus the normal population.

1. Non-HDL cholesterol levels (TC-HDL = concentration of cholesterol within all lipoprotein particles considered atherogenic, tending to promote the formation of fatty plaques in the arteries) and has been demonstrated to be a better predictor of CVD vs. LDL especially in statin patients and is a secondary goal of therapy after LDL in the ATPIII guidelines in people with hypertriglyceridemia (TG > 200) or metabolic syndrome. Non-HDL is a better predictor due to the fact that LDL-C underestimates the burden of atherogenic lipoprotein. Also non-HDL cholesterol adds no additional cost and it is easy to calculate (Total Cholesterol – HDL).

You can determine if someone has subclinical vascular disease by measuring coronary calcification, carotid intima-media thickness, or the Ankle-Brachial Index (ABI-Index). Someone who smoked for many years is more likely to have smoking related arterial lesions.

Statins, fibrates, niacin bile acid sequestrants (gemfibrozil) as mono-therapy have all been shown to decrease CV events in clinical trials but the incremental benefit in combination therapy still is in question.

In diabetic patients on statin therapy, in order to achieve an ApoB = 90 it required an LDL-C of 82.5 and in non-diabetic patients it required an LDL-C of 80.4. 82.5 and 80.4 are significantly lower than the suggested LDL-C target of < 100 and according to these results it is reasonable to lower a patient's LDL-C to < 85 if their goal is an LDL-C of < 100.

Also in order for diabetic and non-diabetic patients to achieve an ApoB level = 90 it required a non-HDL-C (mg/dl) of 108.7 and 106.5 respectively. Thus the goal for a non-HDL-C of < 130 may need to be lowered to < 110 especially if the patient is going to hit a goal of ApoB < 90.

Table 4. Linear Regression of LDL-C vs. ApoB: Normal Triglycerides vs. High Triglycerides

	Target apoB = 90 mg/dL		Target apoB = 80 mg/dL	
	Baseline LDL-C (mg/dL)	On-therapy LDL-C (mg/dL)	Baseline LDL-C (mg/dL)	On-therapy LDL-C (mg/dL)
Normal triglycerides (n = 7691)	111.4*	84.9**	102.2*	74.2**
High triglycerides (n = 4578)	98.2*	75.0**	89.2*	65.0**

*R²=0.67-0.68

**R²=0.80-0.82

Table 5. Linear Regression of non-HDL-C vs. ApoB: Normal Triglycerides vs. High Triglycerides

	Target apoB = 90 mg/dL		Target apoB = 80 mg/dL	
	Baseline non-HDL-C (mg/dL)	On-therapy non-HDL-C (mg/dL)	Baseline non-HDL-C (mg/dL)	On-therapy non-HDL-C (mg/dL)
Normal triglycerides (n = 7691)	134.0*	107.1**	124.1*	95.1**
High triglycerides (n = 4578)	151.2*	108.5**	142.3*	96.7**

*R² = 0.65-0.74

**R² = 0.88-0.89



In summary if you get the patient's LDL-C to 70 mg/dl and non-HDL-C to 100 mg/dl, the patient's apoB will be less than 90 and pretty close to 80 mg/dl. Also people with diabetes or without diabetes require lower LDL-C and non-HDL-C goals to get their apoB to the recommended level. If you can't measure apoB then look at non-HDL-C since it is correlated better with apoB versus LDL-C.

Regardless of race or ethnicity, LDL-C and non-HDL-C need to be close to the currently recommended goals for very high-risk CHD patients in order for them to achieve apoB goals.

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THERAPY SPOTLIGHT

Kinesio Taping: It's not just for athletes!

By Lindsey Hornbeck, DPT

When watching the latest sporting event, you may have noticed a product called Kinesio Tape on your favorite professional athlete. Well here is the good news! Kinesio tape is not just for athletes. The Kinesio Taping Method can be used on almost everybody. When combined with other therapies and treatment techniques, Kinesio tape can allow for quicker recovery after injuries and surgeries. The tape can even aid in injury prevention.

According to the Kinesio Taping Association, Kinesio tape is developed with wave technology, designed to activate nerve endings on the skin's surface that signal the brain to block discomfort and pain. The tape mimics the elasticity of human skin to help protect muscles and tissues during recovery and allow for safer range of motion during exercise. The elastic woven material lifts the skin to allow for improved circulation to remove painful fluid buildup, reduce pain, and improve overall function (Kase).

The benefits of Kinesio Tape include:

- Re-education of the neuromuscular system
- Pain reduction
- Increased circulation
- Injury prevention
- Improved performance and function

At The Life Care Center of Estero, our physical and occupational therapist are providing our patients with the benefits of Kinesio taping regularly. The tape is stretched and applied to the skin over injured muscles, tissues, and joints. When applied properly, the Kinesio Taping Method can also be used to activate weak muscle groups. Kinesio tape typically stays on for 2-3 days before needing to be reapplied, but there are no negative benefits to leaving it on longer. The tape is made of 100% cotton and stays on in the shower. It is important to assess the skin prior to application and after removal for any redness or skin irritation.



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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GOING GREEN IN MUNIS – FOR THE RIGHT REASONS

Provided by RBC Wealth Management and John Barnes

Since the first 'green' municipal bond deal was completed in 2013, issuance has increased slowly and they represent a small part of the municipal bond market. That being said, with increasing demand for municipals in general and the ongoing interests on the part of investors in 'green' or socially responsible investing issuance should increase in coming years. In building diversified portfolios, investors should, however, look to balance their desire to invest responsibly versus building a diversified fixed income portfolio, especially since many municipal bond issues go to fund projects that benefit society in general such as infrastructure, education, and healthcare.

What Makes a Bond Green?

The cornerstone of a Green Bond is the use of its proceeds. The Green Bond Principles (GBP) recognize the following broad categories of Green Projects:

- Renewable Energy
- Energy Efficiency (including efficient buildings)
- Sustainable waste management
- Sustainable land use
- Biodiversity conservation
- Clean transportation
- Clean water and/or drinking water

These principles recommend that all designated Green Project categories provide clear environmental benefits that can be described, assessed, and quantified. The GBP was written to assist underwriters and issuers to move towards a standard disclosure that will facilitate transactions. RBC Capital Markets is one of the 25 investment banking firms that has signed onto the GBP.

Munis, Green with Envy?

Since the World Bank issued the first green bonds in 2008, several supra-nationals, federal and local government agencies, commercial banks and private corporations have issued green bonds. In 2013 alone, green corporate bond issuance totaled \$11.8 billion, up from \$2 billion in the prior year, according to RBC Capital Markets analysts. Issuance has increased further in 2014 with year-to-date issuance at approximately \$20 billion.

Not to be outdone, the municipal bond market has recognized the opportunities with Green Bonds and in June 2013 the Commonwealth of Massachusetts issued the first muni green bond, selling \$100 million green bonds as part of a \$670 million of General Obligation bond issue. Since then there have been three other green muni issues: in June the New York State Environmental Facilities Corporation sold \$213 million green bonds, in July the District of Columbia sold \$450 million green bonds, and the State of California included \$200 million of green bonds in its \$2.1 billion issue in September. Based upon investor appetite in these recent deals there is much pent up demand which could likely foster increased issuance going forward.

They Are, After All, Still an Investment

From an investor standpoint, green bonds allow them to enjoy social and environmental returns, as well as financial returns. As a result, they are an attractive investment alternative as investors build diversified financial portfolios.

It is important however for investors to evaluate green bonds, whether taxable or tax exempt, as they would any other investment from the standpoint of risks and returns,

recognizing that being socially responsible doesn't necessarily guarantee superior returns. To date tax exempt Green Bond issuance has not been large enough to build a diversified Green Bond-only fund so performance is difficult to track. However, in a review of existing funds with a Green-Bond component, The Bond Buyer concluded the returns of these funds have lagged those of similar non-green funds. Furthermore, according to The Bond Buyer secondary market activity has been inconsistent with yields higher or lower than market.

The bottom line is investing, even in bonds, entails risks and for many investors it is a balancing act to invest in a socially responsible manner while building a diversified investment portfolio. It is possible to do both, but in our opinion investors shouldn't let their desire to invest in green issues outweigh the need to make the appropriate investment decisions.

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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What you may not know about your heart?

Journey to a Healthier Heart: Your First Step Begins Now

By Drs. Drew and Kanema Clark

February is American Heart Month, therefore it is only fitting that our focus be on the state of our hearts. As important as it is to discuss how our hearts should be filled with compassion, empathy, love and goodwill toward our neighbors, a more pressing conversation rests with the health of our beating lifeline. According to the World Health Organization, heart disease is the leading cause of death in the US, accounting for about 25% of all deaths. These numbers are staggering, however heart disease is still perceived as being someone else's problem; that is, until it becomes ours. Fundamentally, the problem rests with the fact that in many circumstances the first sign of heart disease is a heart attack itself and if we consider the data about a third of those are fatal. I think we can all agree that being proactive could be the difference between actively participating as our children or grandchildren grow & mature or leaving them with a memory of our lessons in wisdom. Therefore, there is no better time than NOW, to talk about your Heart Health!



We all know a lot of the controllable risk factors for Heart Disease:

- Smoking
- Obesity or being overweight
- Diabetes
- Inactivity
- Smoking
- Unhealthy Diet
- High Blood pressure
- High Cholesterol
- Stress

Instead of feeding you information that you've probably heard over and over again, we want to single out one or two things and share something that you may not be aware of.

Cholesterol is NOT the problem!

Contrary to popular belief, cholesterol is not the problem and actually serves many important roles in the body.

To name a few, it is used:

- by the liver to form enzymes that are essential to digestive health
- by the ovaries in women to form progesterone and estrogen
- by the testicles in men to form testosterone
- by the skin to help repel dangerous chemical substances from being absorbed and prevent the body from losing too much water.

Cholesterol is the good guy, the accumulation of cholesterol in the arteries is what causes the problem. Artificially lowering cholesterol, which is vitally important for so many bodily functions and subjecting ourselves to chemicals with potentially dangerous side effects (medications) may not be the best approach to decreasing our risk of Heart Disease. We should give a lot more thought to addressing what is actually causing the accumulation of cholesterol in our arteries and therefore leading to heart disease.

Chronic inflammation is the bad guy and this causes damage to the artery walls which in turn favors the buildup of cholesterol. If we consistently ingest foods that the body was never designed to process, or foods that have been handled and sprayed with dangerous chemicals, the end result is chronic inflammation. The accumulation of cholesterol is merely the body attempting to repair our mess. So yes, diet is important but not just for the purpose of weight management. We have to think of food as fuel for our bodies. We would never put diesel fuel in an unleaded fuel driven car and expect it to work properly. Therefore, we cannot repeatedly eat highly processed carbohydrates or foods (sugar, breads, flour, pasta) and expect our bodies to continue functioning properly throughout our lifetime.



For your reference:

- If it comes in a bag, box or can it is processed.
- Adding fresh unprocessed foods can greatly enhance the health of your heart and all supporting arteries.

Natural Help with Blood Pressure

Most of you are aware that diet and exercise are key factors in maintaining a healthy heart. However, did you know that Upper Cervical Chiropractic Care may also be used in your fight against Heart Disease? High Blood pressure is another risk factor associated with the likelihood that someone develops a problem with their Heart. According to a study published in the Journal of Human Hypertension, correcting misalignments at the top of the neck can actually lower blood pressure, without the potentially harmful side effects of medication. Furthermore, the study demonstrated that a correction of the top bone (atlas) was just as effective as 2 of the leading blood pressure medications combined.

Fundamentally, when we consider how a misalignment at the top of the neck disrupts nerve communication from brain to body, we begin to understand how this interferes with the body's capacity to control or regulate normal body functions. (ie Blood Pressure) Couple this information with the concept that the sole purpose of Upper Cervical Care is to restore proper nerve communication; one could begin understanding how Upper Cervical Chiropractic can help in many cases. This is accomplished by evaluating the delicate relationship between the first bone (Atlas) and the brainstem, which is a vital component of the neural communicating pathway. If a problem with this atlas bone is detected, we gently and specifically reposition the bone, freeing nerve communication thus maximizing your body's natural recuperative power. Our job is not to treat or cure Heart Disease, we simply, yet effectively ensure proper Brain to Body communication, allowing your body to function as intended.

So this February, show a loved one that you really care, trade in the heart-shaped greeting card, for a visit to your Upper Cervical Chiropractor!



Drs. Drew and Kanema Clark

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THE ARMS RACE OF LITIGATION

By Rebecca M. Vaccariello

Sometimes the litigation process seems to be analogous to war or a battlefield. There are many different things that motivate clients to file a lawsuit. There are some cases where it appears the plaintiff is looking to bankrupt the other side. Other cases involve commencing a suit to gain a perceived advantage in being first to shoot, and also making sure all the tools are in the arsenal to make sure the other side does not fire a shot. There are other cases where a party could commence litigation for a meritorious claim, however they fear the repercussions and do not want to fire a missile at the other side, knowing that eighteen missiles may be returned at them. Given the many different reasons why cases may be commenced and the different motivations of the parties in different cases, it is no wonder that many cases settle before the final battle plays out because that initial energy fades and the reality of the continuing battle lays ahead. In many cases, the parties may need to have many hearings before reaching trial and the parties tend to tire in many cases of the process of fighting the small battles and grow weary at the thought of the war coming up at trial. While trial attorneys are versed in the process and procedures, the process can be found very trying to a client who is not prepared for the marathon feeling that comes with a year-long-plus process to get to trial.

There are many cases that end early, perhaps not due to settlement, but due to the court dismissing a case on a motion. Some studies have questioned if the settlement statistics of 90% or more of litigation matters are accurate. There are undoubtedly



many cases that do in fact settle, either after a form of alternative dispute resolution, such as mediation, or by the parties themselves. There are countless cases that settle "on the courthouse steps." In any case that is proceeding forward towards a trial, one of the biggest roles of the litigation attorney for each side is to try to remind their respective client of the inherent risks of the litigation process and to encourage their client to maintain an objective view of the realities of the case and the likelihood of success. In the heat of emotion that many litigation matters entail, it can be a challenge for litigants to maintain perspective and treat the case as ultimately a business decision with monetary risk. In light of the inherent risks for both sides, it is usually the wisest decision to take a hard look at the possibility of settlement in each case to ensure that the risk is worth the potential reward or potential loss.

In every case, it is important to keep in mind the different motivations of the opposing party and that can assist a party with appropriately litigating or settling their case. Not every case should go to trial, although there are many for which there may be no choice.

It does seem of course that when mediators often say, "This is a case that should settle", there is no good reason why that statement should not apply to every case. But it is similarly clear, as with war, that not every single case can be settled, absent a decision of a judge or jury. One of the important parts of being involved in the litigation process is to determine the best way to manage your case particular to the facts of the case, the strength of the case, and the players involved. Whatever the initial motivations or issues, it is important to work with an attorney to attempt to use litigation strategy and tactics similar to how military strategy and tactics would be employed. The battlefield of litigation can be an intimidating place and it is important to have selected an attorney you trust and then take their advice along the way.

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.



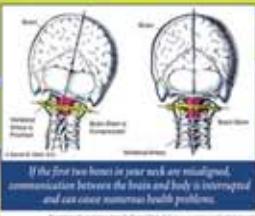
Rebecca M. Vaccariello

Rebecca M. Vaccariello's practice focuses on business, probate and general civil litigation. Ms. Vaccariello is licensed to practice law in the states of Florida and New York. Prior to joining Salvatori, Wood, Buckel, Carmichael & Lottes, Ms. Vaccariello served as a judicial law clerk to a civil trial judge in New York for over five years, and, prior to that, worked for six years in a general practice litigation firm in New York.

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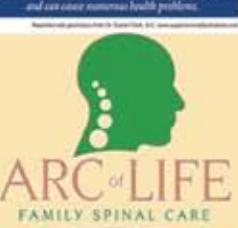
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Get Healthy, Wealthy, Wise - and Squeaky Clean

Because it can be so difficult to keep a house clean, it can be tempting to cut corners or just not clean once in a while. But that thinking assumes the most important reasons to clean are either:

- **Aesthetic** - a clean home is pleasing to the senses, or
- **Social** - people respect or like you more if you keep your home clean.

Those aren't bad reasons to clean. But, if you are like most Americans, a high percentage of your personal net worth is tied up in your home and its furnishings. A decision to do without washing your floors, vacuuming your carpets or cleaning your tub this week can affect your family's health, total home maintenance costs and personal wealth.

Clean is healthy.

When it comes to your family's health, consider the following:

- Human beings shed close to nine pounds of skin cells every year. For a family of four, that's 36 pounds worth of gourmet dining for dust mites, which are thought to be among the leading causes of asthma and allergies.
- Cold and flu viruses can live for up to 24- and sometimes 48-hours on some surfaces.
- Bacteria may live for as little as a few minutes or hours but is capable-under the right conditions-of surviving for up to several months, and
- Fungi (mold, mildew, yeast), properly nourished with humidity, moisture, food, and darkness, can spread rapidly and are implicated in skin rashes, headache, fatigue, respiratory and other health issues.

The good news is that human beings have miraculous immune systems that protect us from normal exposures to common household germs. However, infrequent or sloppy cleaning dramatically improves the conditions under which germs and other microorganisms thrive, forcing your family's immune systems to work harder than they need to and stealing precious energy from other physiological processes.

Dirty homes cost more to maintain.

From a home maintenance perspective, cleaning time and consumption of cleaning chemicals are two additional factors to consider when you're thinking about not cleaning this week. The dirt and



grime (soil) in your home is really a mix of particulates, oils, biological debris (dander), germs, and other micro-organisms. When soil is fresh, it's relatively simple and easy to clean. Cleaning effort and time is minimal and smaller amounts of milder-typically less expensive-cleaning chemicals can be used. Left alone, though, soils gain complexity, become difficult to clean, and require larger amounts of time, effort, and more powerful-typically more expensive-chemicals to clean effectively.

In addition to costing more, heavy-duty cleaning chemicals carry more risk of damaging surfaces and may have associated health risks. Meanwhile, untreated fungi can lead to big home-maintenance expenses, which aren't always covered by homeowners' insurance. Homes with serious fungal growth may even become uninsurable or unsellable.

Dirt hurts net worth.

Speaking of selling, imagine- for a moment- that you are putting your house on the market. On the one hand, you will have a realtor who helps you set a market price for your home. On the other, you will have realtors who show your home to prospective buyers and influence the offers those buyers make. Either way, these professional realtors will be highly trained to view your home for outward signs that it has been consistently and well maintained.

They will look far beyond the fact that there is no dust on the lampshades. They will inspect the sheen or dullness of your floors, the cleanliness of your walls, baseboards, carpets, furniture upholstery. They will look into corners, under furniture, into showers, refrigerators, ovens, and other hard-to-clean areas. They will use evidence of consistent cleaning (or lack thereof) to make judgments about how well you are likely to have maintained the less visible aspects of your home like duct work, chimneys, heating and cooling systems, appliances, pest control, and so forth. Those judgments will have direct bearing on the market value they place on your home and will heavily influence the types of offers you receive and, therefore, your return on investment.

Even if you do not plan to sell your home in the near future, you may wish or need to borrow against the equity in your home. Professional bank appraisers will make the same kinds of judgments that realtors do, affecting your ability to obtain credit for large expenditures like college, remodeling, luxury purchases, or even vacation homes.

The upshot: infrequent cleaning can end up costing you plenty over a life time. Still thinking about not cleaning your tub this week? Maybe it's time to protect your family and your investment by hiring a cleaning service!



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

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

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

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



SWAN TREATMENT OPTIONS

SKIN TIGHTENING

Swan-Freeze™

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

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

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

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



FAT REDUCTION

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

Swan-Lipo™ and Swan-Cavi™

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



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

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

SKIN RENEWAL

Swan Ultrasonic™

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

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

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

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

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

Swan Ultrasonic™ treatment systems provide superior deep pore cleansing, gentle exfoliation, cellular Rejuve-nation 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.

LOSING FAT

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.

Stay Married To Your Sweetheart

By Alex Anderson, Senior Associate Pastor at Bayside Community Church

In the 2002 movie Cast Away, Tom Hanks plays the character Chuck Noland, an extremely punctual FedEx executive whose plane crashes during a storm over the Pacific Ocean. He becomes the sole survivor and washes ashore on an uninhabited island. The thing that's most moving to me is his motivation to try so many failed attempts to get off the island: his wife. He remains there for four years before he is rescued. He is so lonely that he finds a volleyball, puts a face on it and names it Wilson, just to have someone to talk to. It was never God's intent for a man or a woman to be alone. That's why marriage is so awesome!

Here are a few good reasons why it is good for you to have a long marriage to your sweetheart.

I'm on my way home, honey.

The LORD God said, "It is not good for the man to be alone. I will make a companion for him..."

Genesis 2:18

It helps cure loneliness. It feels good to have someone to "belong to". Now it's usually people who have been married successfully for a while who would even say such a thing. We as individuals like our independence and want to fight for it and hang on to it for as long as we can, but independence only can take us so far and sometimes it is a lonely trip. I love the words, "Honey, I'm home." They make me feel like some wants me (yeah, and that too).

Someone has my back.

Knowing someone has my back is very important and satisfying to me. As goofy and weird as I am, I know deep in my heart that there is one person on this planet who will fight for me when no one else will and it's my beautiful wife of twenty-eight years. You need to know someone will "have your back". Life can be too tough to be a solo act.

Two people are better off than one, for they can help each other succeed. If one person falls, the other can reach out and help. But someone who falls alone is in real trouble. Ecclesiastes 4:9-12 NLT Selected



Sex is awesome.

I read some research years ago that said that men and women spend a large percentage of their time thinking about sex. Well, I hope so, and I really don't know what they waste their other time thinking about. God wired us that way. Sex is supposed to be fun and creates emotional bonds between a man and a woman. That's also why it's pretty disastrous to have sex with someone other than your spouse, the person who has your back. Sex is one of God's greatest ideas.

Genesis 1:24-25 NLT says, "This explains why a man leaves his father and mother and is joined to his wife, and the two are united into one. Now the man and his wife were both naked, but they felt no shame."

And

"Let your wife be a fountain of blessing for you. Rejoice in the wife of your youth. Let her breasts satisfy you always. May you always be captivated by her love." Proverbs 5:18-19 NLT

Need I say more?

Finding God's Favor

If good health has ever been considered a favor of God, then being married to a good woman certainly has its merits. I have no medical training, but over thirty years of ministering to people has taught me the truth of this verse.

"Whoever finds a wife finds what is good and receives favor from the Lord."

Proverbs 18:22 ISV

I have seen many long and successful marriages (including my parents of fifty-three years) between couples who experienced generally good health. I know this article below is only about men's health, but I found it most fascinating.

"A major survey of 127,545 American adults found that married men are healthier than men who were never married or whose marriages ended in divorce or widowhood. Men who have marital partners also live longer than men without spouses; men who marry after age twenty-five get more protection than those who tie the knot at a younger age, and the longer a man stays married, the greater his survival advantage over his unmarried peers." (Health.harvard.edu)

There are many more reasons to find your sweetheart, marry and have a long marriage, but I'm out of space. So I'll close with these words from psychologist James Dobson, which I give to those who want to get married.

"Don't marry the person you think you can live with; marry the only individual you think you can't live without."

To your spiritual health,

Alex E. Anderson
Author of the book, Dangerous Prayers
www.dangerous-prayers.com



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