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Lee Edition - Monthly

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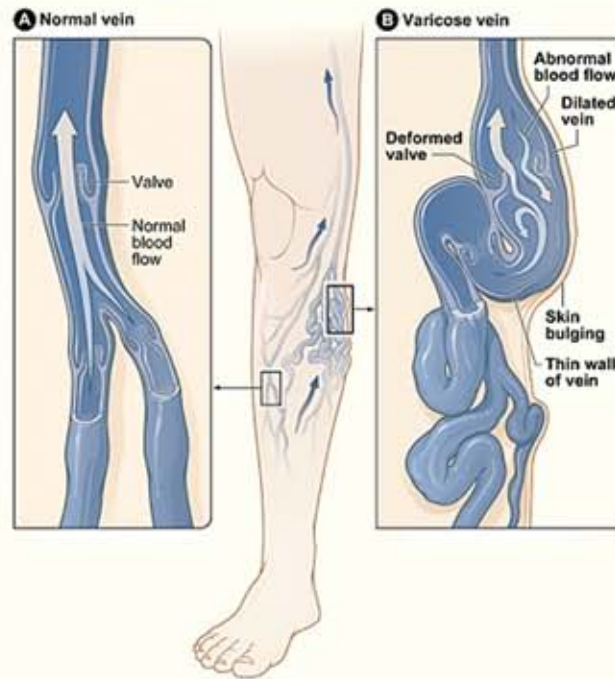
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How endovenous closure has changed the treatment paradigm for superficial venous insufficiency

By Joseph Magnant, MD, FACS, RPVI

Up until the year 2000 the physicians had very limited treatment options for patients with symptomatic superficial insufficiency. Conservative therapy consisting of elevation, anti-inflammatory medications and compression stockings has changed only in the fabric technology. Today there are more shear compression garments which has helped improve patient compliance with this type of therapy. Great saphenous vein ligation and stripping and phlebectomy of more superficial tortuous branches were generally reserved for patients with the most severe presentations of bleeding, ulceration and venous claudication. These procedures were dangerous and rarely considered in patients since general or regional anesthesia was commonly employed. Patients usually were hospitalized for 2-4 days and it was often weeks until full recovery and return to work or normal activity was possible. From the time of the reintroduction of great saphenous vein ligation and stripping in the late 1950s until endovenous closure made its debut in 2000, there was little advancement in the understanding or treatment of venous reflux disease.

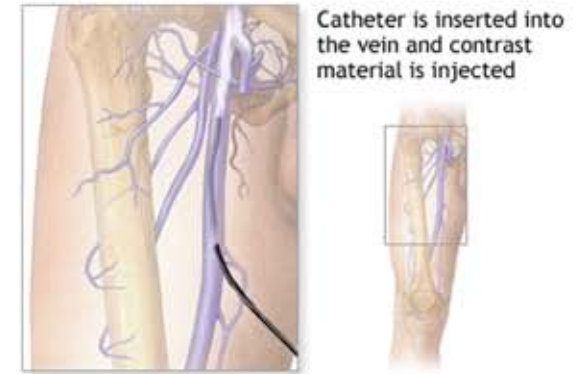
Varicose veins was often considered a cosmetic condition, rather than one of the many manifestations of a potentially more significant underlying condition, now referred to collectively as venous insufficiency or venous reflux disease. Presenting symptoms other than varicose veins may include swollen achy legs, venous claudication, skin discoloration and thickening, overt external bleeding from an eroded vein just under the skin to ulceration of the skin in the lower leg and ankle area. Other, more obscure and less appreciated signs and symptoms of venous insufficiency include nighttime leg cramps, restless legs syndrome, nighttime urination and "idiopathic" edema. An estimated 35-40 million adults in the USA suffer from the more commonly appreciated and recognized presenting symptoms, and countless of others may also be affected by this same problem but are likely going under diagnosed or undiagnosed.



The physical, emotional and functional impact of severe venous insufficiency is not quantifiable as the true prevalence of the disease is not known and the persistent misperceptions of the public regarding the symptoms of the disease, the method of diagnosing the disease and most importantly the available treatment options continue to be issues. The natural history of untreated severe superficial venous insufficiency has been well documented in the wound care centers around the nation as the unchecked venous hypertension progresses from the benign appearing varicose veins to the chronically swollen limb 5 years later, to the insidious skin changes which ensue in the years to follow resulting in one of the more serious complications such as bleeding, recurrent infection or ulceration.

Endovenous closure has changed the evaluation and treatment paradigm for patients with all of the above noted presenting symptoms and signs. This minimally invasive technique of sealing the incompetent vein from within (rather than stripping the vein out) results in more effective and immediate remedy of the underlying problem of venous hypertension. Side branches are immediately depressurized (rather than avulsed as in stripping) which frequently results

in marked resolution of the varicose veins, expeditious improvement in skin discoloration, bleeding or ulceration. In addition, the procedure may be more safely performed in a completely outpatient setting under local anesthesia with very little time lost from work or normal activity. Venous insufficiency is accurately and reliably diagnosed with duplex ultrasound in the capable hands of an experienced registered vascular technologist.



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Venography is essentially a thing of the past in the diagnosis of venous pathology, unless performed in an angiography suite in conjunction with thrombolysis (infusion of clot busting medicine) of deep vein thrombosis(DVT) or some other interventional procedure. Duplex ultrasound also allows for stratification of the severity of venous insufficiency which is critical to the decision phase and planning of subsequent treatments. Not all insufficient veins need to be sealed. Only those severely insufficient veins in the distribution of the patient's symptoms and pathology should be considered for ablation after failure of conservative therapy, as described above, for a 3-6 month trial as mandated by insurance panels. The only exceptions to this conservative trial policy may be those patients who have had recurrent bleeding episodes from varicose veins or those who have large ulcerations which threaten the patient's immediate well being or serve as an ongoing infectious source.

Endovenous ablation or endovenous closure in the treatment of symptomatic superficial venous insufficiency has allowed a more proactive approach to patients with this disease. Rather than reacting to the complications of the disease with compression wraps, wound care and submission, we now have a much more definitive, effective and noninvasive therapy to offer patients with appropriate indications for intervention. Endovenous ablation has opened the door to millions of adults who were once thought to be too sick for stripping, too young for stripping, too obese for stripping, too old for stripping, too anticoagulated for stripping and now we should be encouraged to reconsider these and many other patients for a more definitive treatment. Our understanding of lower extremity venous pathophysiology has risen to a higher level due to the availability of ultrasound guided, percutaneous endovenous ablation and we now understand that veins other than the great saphenous vein, such as the small saphenous vein, anterior accessory great saphenous vein, posterior accessory great saphenous vein, intersaphenous (Giacomini) vein and the various perforating veins can contribute to the underlying venous hypertension which causes the myriad of symptoms and signs of venous reflux disease. Endovenous closure is not a license to seal veins at will. Rather, it is a minimally invasive, highly effective method which, in experienced hands and judiciously applied, has changed for the better, the lives of many patients with symptomatic superficial venous insufficiency. Endovenous closure has indeed changed the treatment paradigm of venous insufficiency as much as any other modern minimally invasive technique in any other disease entity and we will not likely witness as significant a technologic advancement in the treatment of superficial venous insufficiency in the next 20 years.



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About Dr. Magnant

Dr. Joseph Magnant earned his Doctorate in Medicine and performed his General Surgery residency at the Medical College of Virginia in Richmond, Virginia. He completed his Vascular Surgery fellowship at Dartmouth-Hitchcock Medical Center in Hanover, New Hampshire and is certified by the American Board of Surgery in Vascular Surgery. He is an active member of the Society for Vascular Surgery, the American College of Phlebology, the Southern Association for Vascular Surgery and is also a Fellow of the American College of Surgeons. He practiced arterial and venous vascular surgery as part of a large multi-specialty group for 14 years after he completed his fellowship in vascular surgery until opening Vein Specialists in 2006. He is the only board certified vascular surgeon in southwest Florida whose practice is 100% dedicated to venous diseases and he has offices in Fort Myers and Bonita Springs.

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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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Runner's Knee: A common cause of pain, with surgical and non-surgical treatment options

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

Athletes in high-impact sports, such as cyclists, track-and-field competitors, and runners, often put a large amount of stress on their knees. Runner's knee is a term that refers to general pain and soreness around the front of the knee, and the medical term for this pain is patellofemoral pain. Several different conditions can lead to Runner's knee, including anterior knee pain syndrome, patellofemoral malalignment and chondromalacia patella.

The knee is one of the most complex joints in the body, and because of the stresses it must transmit during high-intensity workouts and even everyday activities, it is very sensitive to damage. The knee is prone to injury and disorders such as misalignment of the kneecap or partial or complete dislocation. Other factors that can lead to Runner's knee include thigh muscle imbalance or weakness, flat feet, and physical injury.

Irritation of the soft tissues surrounding the front of the knee can cause pain, as can strained tendons caused by overextension, overuse, or inadequate stretching before exercise. Knee pain can also be referred from another part of the body, such as the back or hip, through the nervous system. If the kneecap is misaligned, the kneecap, or patella, will weaken and break down the cartilage surrounding it, causing pain in the bone and soft tissues alike.

To diagnose Runner's knee, your doctor will talk with you to learn your medical history and discuss your sports activities with you. It's important to consider any recent changes to your exercise regimen that may be contributing to your pain, such as increased frequency or intensity, or a change to the type of footwear used or the playing surface. The doctor will also perform a physical exam and will check the alignment and stability of the leg and knee. Imaging, such as an X-ray, MRI or CT scan, may also be used to rule out tissue damage.

Before considering surgery to alleviate Runner's knee, your doctor will ask you to avoid any activity that causes knee pain and to use rest, compression, cold packs and elevation to reduce inflammation and allow for healing of potentially injured tissues. Reconditioning with physical therapy from a qualified sports medicine practitioner will also help to increase flexibility and show you techniques that will allow you to practice your sport without causing injury. Braces, taping, and other orthopedic aids can be prescribed for use during exercise to prevent and alleviate pain.

However, if damage to the kneecap is severe and non-surgical treatment options do not provide sufficient relief, surgical options are available. The repair can be done using minimally invasive arthroscopic surgery. The surgeon will remove fragments of the damaged kneecap through a small incision. Alternatively, if the kneecap is misaligned, the surgeon can realign it surgically.

Whether treating Runner's knee surgically or non-surgically, the best treatment is to prevent knee injuries in the first place. When practicing high-impact athletic activities, it's important to stretch properly before each exercise, increase your training slowly and gradually, and to use proper form and proper athletic gear, with quality shock absorption. If you're exercising to lose weight, high-impact workouts are not a good idea, because the excess weight combined with the workout can cause more damage to the knee.



If you have concerns about Runner's knee or other orthopedic disorders, Dr. John C. Kagan and his staff are ready to answer your questions. Dr. Kagan has more than 30 years of experience as an orthopedic surgeon and sports medicine specialist treating patients in Southwest Florida. He specializes in treating patients with knee, shoulder and hip pain, as well as general orthopedics and hand surgery. For more information, visit www.kaganortho.com or call 239-936-6778.



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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.

CARING FOR THE CAREGIVER

How Does Caregiving Put Caregivers at Risk?

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

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

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

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

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

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



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

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

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



PARK ROYAL
Behavioral Health Services

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Importance of Enjoying Social Activities

As people age, socialization becomes just as important as proper nutrition and regular exercise. American House Senior Living Communities offers a supportive, social and enriching atmosphere for its residents. With a structured life enrichment program, the company is dedicated to helping seniors live life to its fullest.

Socializing can extend years to a senior's life

Experts say seniors who enjoy an active social life often extend their lives by several years. Socialization can go a long way in improving a senior's quality of life.

Erin Sakmar, executive director, American House Senior Living Communities, explains, "Our Life Enrichment Program focuses on 'whole person wellness'. We know how vital social interaction is to a senior's overall health, so we make it a priority to see that each resident has the opportunity to engage in activities that enrich the mind, spirit and body."

Find others who share the same interests

American House recognizes each senior is an individual who is valued for his/her own talents and abilities. With this as a core belief, American House team members exceed the expectations of residents by engaging them in the planning of the monthly community events calendar.

"Our programs are resident-driven. Resident interest surveys are used to expand the monthly events, and allow us to schedule activities that truly interest our residents. We often schedule speakers on various topics, or partner with adult learning programs to come in and teach a class on something our residents are interested in exploring," says Sakmar.

To fulfill this mission, American House develops unique partnerships with local organizations to provide engaging cultural and educational opportunities for residents. This allows American House to offer on-site programs and events that enhance a resident's experience.



It's not surprising that as we age; socializing with others becomes more important than ever. It's essential to preserving brain health, and reducing the risk factors for cognitive decline.

Seniors tend to be more prone to isolation and depression. Many crave stimulation, including contact with others who share their interests, hobbies and opinions. That's exactly what American House sets out to provide at its communities.

The Life Enrichment staff is trained by industry experts, including gerontologists, to offer programs that encompass the Whole Person Wellness Model. This is a nationally recognized model that focuses on mind, body and spirit. It takes into account the following criteria: Social, Educational, Spiritual, Emotional, Physical and Vocational. Vocational programs help connect residents with their former profession, or calling, such as being a teacher, veteran or minister.

Bringing together residents who share the same interests serves to help a senior enjoy life even more. Sharing memories from long ago, while creating new memorable moments, can be the best medicine.

Socializing is as good for you as exercise

A recent study by Harvard University found that socializing for seniors has as many benefits as regular exercise. Just like being physically active, socialization is linked to a positive emotional and mental state, as well as overall general health.

They go beyond meeting a resident's primary needs of food and shelter. When someone chooses to make their home at an American House, being an active part of a community is a top priority. Opportunities to learn, volunteer and be a meaningful member of society are always available and encouraged.

"Keeping up-to-date on the latest trends and technologies is part of what we do at American House," said Sakmar. "Our residents look forward to classes on computers and iPads, as well as yoga and tai chi. The opportunities are endless!"

For more information about American House communities, please call 239-206-8587 today.

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

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

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



SWAN TREATMENT OPTIONS

SKIN TIGHTENING

Swan-Freeze™

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

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

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

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



FAT REDUCTION

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

Swan-Lipo™ and Swan-Cavi™

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



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

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

SKIN RENEWAL

Swan Ultrasonic™

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

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

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

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

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

Swan Ultrasonic™ treatment systems provide superior deep pore cleansing, gentle exfoliation, cellular Rejuvenation and deeper penetration of Serums than other skin renewal products. The benefits of Swan Ultrasonic are clear and immediate improved skin appearance that will be noticed after the first treatment.

BPH Affecting Men with Age

By Harry Tsai, M.D.

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

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

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

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

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



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

239-985-1900

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Cape Coral Florida 33909

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

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

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

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 recover 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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LIFE-THREATENING SLEEP APNEA AND THE CPAP ALTERNATIVE

By Dr. Rich Gilbert

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

SNORING VS. SLEEP APNEA

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

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

SERIOUSNESS OF OSA

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



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

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

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

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

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

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

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

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

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



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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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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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.

Small Steps for Heart Health



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

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

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

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



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

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

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

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



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NCDHM

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



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It'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.

Children 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.



Appointments
can be made by phone at
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***Come join us and see what
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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 dis ease.

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.

February Hot Deals

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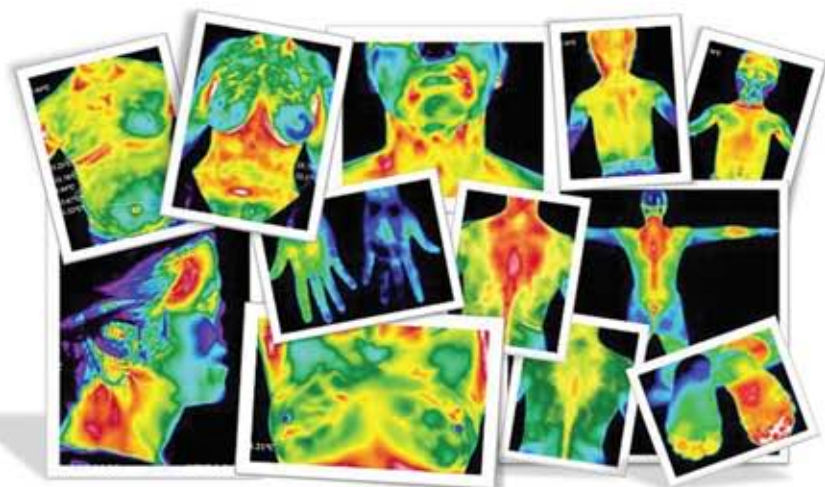
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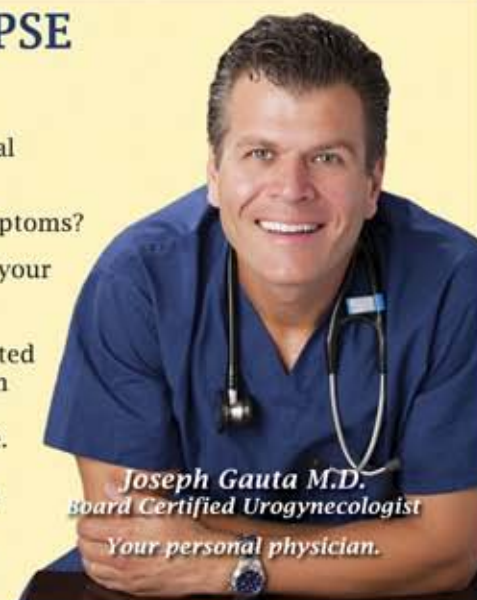
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Limb Swelling: Medicare Approved Treatment Options

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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Show your feet some love!

Your heart (and your partner) will thank you.



By Christopher M. Cole, L.Ped

Are the secrets to a healthy heart and relationship in our feet? Surprisingly, yes! Many people do not realize how important our feet are when it comes to living a healthy lifestyle in all aspects of life, including our personal relationships.

The human foot is a great barometer of our overall health and can alert us to problems that we may not even be aware of. From bothersome foot pain to more serious symptoms like numbness, our feet often show signs of disease before any other part of the body.

Pain in the feet is easy to pinpoint. But, what most people don't realize is that the problem with other stiff muscles, aching back, and tender joints may also start with our feet. When our feet and arches are not properly supported, it can begin to negatively affect the alignment of our knees, hips, and back causing pain in all of these areas.



There are two main connections between healthy feet, a healthy heart, and a healthy sex life. The first is actually pretty simple; the better our feet feel, the more likely we are to be active. In fact, Foot Solutions Estero has found that foot, joint, and lower back pain is one of the leading causes of inactivity. (And is often simply a result of improper footwear!) The evidence is indisputable that people with inactive lifestyles experience more health problems and shorter life spans than those who are active. Don't let sore feet, joints, or muscles be a catalyst for heart problems taking years from your life. Once fitted with proper footwear, many of Foot Solutions customers are able to resume or increase their physical activity by decreasing or eliminating pain.

"What about a better sex life?" you ask. Here it is; active people tend to be more energetic, happier, and confident. See where we are going here? Exactly! But there's more to it than just that.

The second reason is actually more scientific. You see, it's just the way our brains are wired. According to neurologist, Vilayanur S. Ramachandran, even though our feet are physically distant from our sexual organs, their receptors are found right next to each other in the brain! If we stimulate a specific area of the somatosensory cortex, it will affect the neighboring areas, as well. So, if our feet are in poor health, it is likely to negatively impact our sex drive. The good news is that the opposite is also true! Healthy feet will enhance the stimulation to the correlating receptors in our brain.

So, how do you ensure that your feet, heart, and relationship are as healthy as they can be? First and foremost, show your feet some love by getting a full

Pedorthic evaluation. (Foot Solutions in Estero does this at no charge!) They will assess your feet and arches, as well as your balance and gait, to determine the best footwear for your needs.

If you are experiencing any foot problems and have questions, please contact the staff at Foot Solutions in Estero. They are located at 21301 S. Tamiami Trail – Ste 300, Estero FL 33928 and can be reached at **(239) 495-8911**.

Foot Solutions Estero expert staff is carefully trained to evaluate your pain, pinpoint problems, and recommend customized solutions. We can help people with a variety of problems and conditions, including:

- Anyone whose feet hurt
- Those living with arthritis and diabetes
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Christopher M. Cole, L.Ped



Chris is a Licensed Board Certified Pedorthist and owner of Foot Solutions Estero, a BOC Accredited Facility. Chris graduated from Clemson University and has taken advanced course study in Mass Position Theory, CAD/CAM Technology for Prescription Foot Orthotics, Pedorthic Care of Diabetic Foot, Heel Pain Syndrome, Obesity among older Americans, Fall Prevention, and Shoe Construction and Modification.

It's not too late to vaccinate!

Protect Yourself from this Year's Flu Pandemic!

When it's after November and you see signs and banners in your community that advertise, "Get Your Flu Vaccine Here," you might think, "Isn't it too late for that?"

The answer is, No!

Flu season typically peaks in February and can last as late as May. The CDC encourages people who have not yet been vaccinated to get vaccinated now.

For millions of people every season, the flu can mean a fever, cough, sore throat, runny or stuffy nose, muscle aches, fatigue, and miserable days spent in bed. However, you may not realize that more than 200,000 people are hospitalized in the United States from flu complications each year. The flu also can be deadly.

This is why CDC recommends an annual flu vaccine for everyone 6 months and older. It's available in two forms: a shot and a nasal spray. Flu shot options include the regular flu shot, the new intradermal flu shot, and a high-dose flu shot. While the regular flu shot can be given to just about everyone, the intradermal flu shot is approved for use in adults 18 through 64 years of age, and the high-dose flu shot is for people aged 65 years and older. The nasal spray vaccine is approved only for use in healthy people ages 2 to 49 years who aren't pregnant.

Anyone can get the flu, but some people are at greater risk for serious flu-related complications, like pneumonia, that can lead to hospitalization and even death. For those at greater risk for complications, getting the flu vaccine is especially important. People at greater risk include:

- Children younger than 5 years old, but especially children younger than 2 years old
- Pregnant women
- People with certain medical conditions like asthma, diabetes, or heart and lung disease
- People 65 years and older



It's also important to get the vaccine if you care for anyone in one or more of these high-risk groups, or for babies younger than 6 months because they are too young to get the vaccine.

Children 6 months through 8 years of age getting vaccinated for the first time need two doses of flu vaccine to be fully protected. If a child has not received his/her first dose, get them vaccinated now. For children who are 6 months through 8 years of age and who have been vaccinated with one dose, parents should check with the child's doctor to see if a second dose is needed.

Getting the flu vaccine is simple, and it's the most important thing you can do to protect yourself and your family from the flu.

Flu vaccines are offered at many locations, including the two convenient offices of Urgent Care Center of SWFL. Walk-ins are welcome at each location and the check-in express service puts you in control by allowing you to check in using your phone and get a text notification when a room is ready for you.

Check-in Express – hold your place in line without sitting in the waiting room.

This service is free for patients to use. Simply text the code for the center you wish to visit (2273 for Estero and 3333 for Cape Coral) to 239-330-2654, answer a few short questions via SMS text, and we will automatically confirm that we are holding your place in line.

Stop by today for the flu vaccine to protect yourself and your family from being another statistic in this year's flu pandemic.



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THE COMMONS CLUB



IS YOUR VISION BECOMING CLOUDY AND BLURRY? YOU MAY HAVE CATARACTS

By Jonathan M. Frantz, MD, FACS

Of the many changes that happen with age, cataracts are one of the most inevitable. They affect nearly 20.5 million people in the U.S. age 40 and older. Cataracts may be unnoticeable at first, but as they develop, they begin to interfere with your lifestyle.

What is a cataract? As you age, the lenses in your eyes become cloudy, causing blurry vision, sensitivity, glares and rings of light known as halos — often at night and while driving. Surgery is the only way a cataract can be removed. However, if symptoms from a cataract are mild, a change of glasses may be all that is needed to function more comfortably for a while. There are no medications, eye drops, dietary supplements, exercises or optical devices that have been shown to prevent or cure cataracts. Protection from excessive sunlight may help prevent or slow the progression of cataracts. Sunglasses that screen out ultraviolet (UV) light rays or regular eyeglasses with a clear, anti UV coating offer this protection.

Cataract surgery should be considered when cataracts interfere with your ability to live your desired lifestyle or perform daily tasks. When you have a cataract that is causing visual symptoms, these symptoms will not improve without treatment.



When Dr. Jonathan Frantz introduced Bladeless Laser Cataract Surgery to southwest Florida in 2012, it was the biggest advancement in cataract surgery in 20 years. Since then he has added the

ORA System with VerifEye to continuously monitor the measurements of a patient's eye during their cataract surgery, and the VERION technology which creates a fingerprint of your eye which is used to ensure accurate positioning of your IOL for more predictable outcomes.

If you have been diagnosed or think you may have cataracts, Dr. Frantz invites you to attend one of his upcoming seminars to learn more about cataracts and their symptoms. He will also explain the difference between traditional cataract surgery and the bladeless laser cataract procedure and discuss the various intraocular lens options. Upcoming seminar dates are listed on our website at www.BetterVision.net where you can make reservations or schedule an appointment. You may also call our main office at 239.418.0999.

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The Heart and Mouth Connection: How Heart Disease and Oral Health Link

By Dr. Ricardo S. Bocanegra, DDS

According to the Centers for Disease Control and Prevention (CDC), heart disease will claim an estimated 600,000 lives this year, making it America's number one killer.

Did you know that heart disease and oral health are linked? There are two different connections between heart disease and your oral health:

Studies have shown that people with moderate or advanced gum (periodontal) disease are more likely to have heart disease than those with healthy gums. In addition, oral health holds clues to overall health. Studies have shown that oral health can provide warning signs for other diseases or conditions, including heart disease.

Because the mouth is a pathway to the body, people who have chronic gum disease are at a higher risk for heart attack, according to the Academy of General Dentistry (AGD). Gum disease (called gingivitis in its early stages and periodontal disease in the late stages) is caused by plaque buildup.

Some researchers have suggested that gum disease may contribute to heart disease because bacteria from infected gums can dislodge, enter the bloodstream, attach to blood vessels and increase clot formation. It has also been suggested that inflammation



caused by gum disease may also trigger clot formation. Clots decrease blood flow to the heart, thereby causing an elevation in blood pressure and increasing the risk of a heart attack.

More than 90 percent of all systemic diseases — including heart disease — have oral symptoms. In addition, dentists can help patients with a history of heart disease by examining them for any signs of oral pain, infection or inflammation. According to the Academy of General Dentist, proper diagnosis and treatment of tooth and gum infections in some of these patients have led to a decrease in blood pressure medications and improved overall health.

Although gum disease seems to be associated with heart disease, more studies are needed before we can say with certainty what the relationship is. Research has not shown that treatment for one of these diseases will help control the other, but we do know that regular dental checkups, professional cleanings and good oral hygiene practices can improve oral health and that good oral health contributes to good overall health.

While regular dental exams and cleanings are necessary to remove bacteria, plaque and tartar and detect early signs of gum disease, you can play a major role in preventing gum disease. If you have heart disease it is imperative that you establish and maintain a healthy mouth. This means brushing and flossing daily and visiting your dentist regularly. Eat a healthy diet and avoid cigarettes and smokeless tobacco. Make sure your dentist knows you have a heart problem, and share your complete medical history, including any medications you are currently taking. Remember, prevention is better than cure.



Ricardo S. Bocanegra, D.D.S.

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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**.



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.

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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.



 The New England Journal of Medicine

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WHAT IS 360-DEGREE ESTATE PLANNING?

By Steven J. Gibbs, Esq.

Hello Friends & Colleagues!

So the 360 Degree Estate Planning approach is a concept that I created after years of representing clients in the practice areas of estate planning, asset protection planning, probate and trust administration, business and real estate. The 360 Degree approach illustrates that all aspects of your life should be examined in order to properly identify your areas of legal vulnerability. Only when your areas of vulnerability are thoroughly reviewed and identified, can documents be put in place for your final estate plan because these documents will consider all possible scenarios.

For example, many professionals recommend a Revocable Living Trust to protect families from the chaos that ensues due to unplanned disability or death. However, it is often not communicated or understood that a complete estate plan includes a thorough discussion of matters such as durable powers of attorney, advance healthcare directives, guardianships, pour over and/or Medicaid wills, and business succession planning. There are also important questions such as who the fiduciaries will be, and this brings up related issues such as how to prevent family conflicts and whether to utilize a corporate trustee or trust protector? There are also issues of tax planning and whether to utilize other tools such as an irrevocable trust? Charitable planning and even income tax planning are common concerns. All of that is just on the conventional estate planning side.

The 360 Degree approach goes beyond "conventional" to ask questions such as whether your business or real estate investments are protected with a properly formed and maintained business entity such as an LLC or Corporation. Another consideration is whether other assets such as CDs, stock accounts or other "non-qualified" assets should be covered with an additional "layer" of asset protection such as a irrevocable trust or LLC? Even where entities such as LLCs have been established, we commonly find that people undermine their own protection by failing to observe the proper business formalities or not creating effective Operating Agreements.



Finally, the 360 Degree approach seeks to identify other concerns such as your business and real estate and whether they are risk avoidant? An example of such agreements would be long-term notes payable, mortgages or other financing agreements that directly concern your estate. There may also be issues such as your parents' estates or siblings' estates such as probate, trust administration and or tax planning issues to consider when preparing your estate plan. Elder law and Medicaid issues are also very common considerations when looking at 360 Degrees of legal asset protection.

The bottom line is that legal documents are only as effective as the knowledge and wisdom utilized to create them and this is why, in my humble opinion, boilerplate forms are never a good idea for any sized estate.

So the "take away" is to make sure that you're getting a complete estate plan and which includes asset protection and identifying other areas of legal risk. You and your family deserve 360 Degrees of legal protection.

Until next time...

Steven J. Gibbs, Esq.



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



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

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

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

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

The Heart of the Matter

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

The month of February is designated as National Heart Health Month. Maintaining a healthy heart is extremely important for a multitude of reasons. The heart is the most vital organ in our body to promote an overall sense of well-being.

What the majority of people don't realize is how much a healthy heart can have a direct correlation to hearing and hearing loss. When the heart is functioning normally it is responsible for sending a "proper" flow of blood and oxygen to all of our internal organs including the auditory nerves and the part of the brain that interprets speech. Without "proper" blood circulation, the nerves of the inner ear lose their ability to transmit sounds to the brain where we recognize and discriminate the spoken word. Eventually, the nerves will lose function, causing atrophy in the brain. Nerve damage is permanent and cannot be reversed.

However, individuals suffering from this malady can benefit from wearing hearing instruments. In fact, hearing devices are the only viable option for people with nerve deafness.



Hearing instrument technology has grown by leaps and bounds in the past several years. Digital hearing devices have made analog technology virtually obsolete. Digital hearing instruments contain computer chips that "prescription fit" each individual's hearing loss; like eyeglasses. Unlike prescription fitted eyewear, however, when a person's hearing changes digital hearing instruments can have their computer chips re-programmed, without the necessity of purchasing newer hearing devices.

Multi-memory technology allows users to adjust the sound input of each instrument up or down, depending on their environment to ensure the patient's hearing devices stay at comfortable listening levels. Directional microphones allow the user to pick-up only sounds in front of them in noisy environments, without amplifying noise from behind.

In addition, automatic telephone response enables the user to hear over the phone, without the annoying squeal of older technology.

Early detection is key for any medical problem to be diagnosed and addressed. Johns Hopkins School of Medicine recently determined that individuals with mild hearing loss were twice as likely as those with normal hearing levels to develop dementia or Alzheimers disease. Those found to have severe hearing loss were five times as likely to contract the disease. This occurs due to the brain lacking "proper" stimulation, resulting in atrophy and loss of function.

Hearing exams, like vision, are recommended annually if you are fifty-five years of age or older. If you or a loved one suspects a hearing problem, then the first thing to do is set-up a hearing evaluation. **Call for a FREE Evaluation at 997-8288.**



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

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STRUGGLING WITH HEARTBURN? FIND YOUR TRIGGER FOODS

By Peter Denk, MD, FACS

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

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

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

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

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

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

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

Avoid eating large meals

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

Do not recline after a meal

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

Try not to exercise after a meal

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



Wait at least three hours after dinner to go to bed

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

Identify your trigger foods

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

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

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

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



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Your Cleaning Service May Be Sweeping More Than Just Dirt Under The Rug

Pop quiz: How much do you really know about the people you hire to work in and around your home? Through casual conversations you may know where they live, their children's names and ages. You might know someone for whom they've done work or have a friend or acquaintance in common (that's probably how you found out about them in the first place).

But, what do you really know about your landscaper, electrician, painter, plumber, the cable guy, the guy who fixes your appliances, or the person who cleans your home each week (and to whom you have given a key!)? Are they financially responsible? Have they ever fallen into legal trouble or veered over the line into petty criminal behavior? And what do you really know about the people your service providers employ or how they go about hiring them?

Statistically speaking, there is a high probability that all of the service providers who come into your home are upstanding, law-abiding citizens. They work, right? And perhaps everyone should be forgiven the minor transgressions of their teenage years. But, while you don't need to be paranoid, you can at least be sensible. As a homeowner and customer, it is always your right to inquire about your service provider's hiring and other business practices that-if not executed properly and consistently-can create financial liability, even danger, for you and your family.

Five critical sets of questions to ask:

- **Hiring practices.** How and where do you source new employees? Do you check personal references? Do you conduct criminal background checks? Do you verify your employees are legal to work in the U.S.? And do you use credible sources for background checks?
- **Tax practices.** Do you have a federal employer's tax ID number? Are all of your employees of the W-2 variety? Do you pay all FICA, social security, unemployment insurance, and other required tax withholding for yourself and for your employees?
- **Bonding and insurance practices.** Are your employees bonded and insured to cover any damage to or theft of my property? Are you and your employees covered by workers' compensation insurance in the event someone gets injured while working on my property?
- **Certification and training practices.** Do your employees have all the required professional training and certifications to conduct the work I am hiring them to do? And if there is no required certification, do you offer employees training to ensure the protection of my assets?
- **Security practices** (for instances where service providers require unsupervised access to your home). How will you store my key? Who will know that you have it and where it is kept? How will my key be marked? And how susceptible will it be to loss, duplication, or theft?

Do not be afraid to ask these questions! If a home service provider is not paying their taxes or insuring their employees properly, you can be financially liable for back taxes, penalties, interest, and for loss or damage to your own property. Also, when you show you are savvy in the hiring process, your service provider is more likely to treat you with respect in other areas, for example, in assessing the work you need done or in quoting you fair rates.

Something else to consider: Best business and employment practices cost business owners money. In order to cut costs, many independent businesses or individuals skip the necessary precautionary measures of running criminal and personal background checks on their employees, thus attracting less than reputable employees to these smaller shop businesses. The benefits and job security provided by a more reputable company tend to attract and retain reputable employees that are keen to their stature in the employment screening process. If a home service provider quotes you a rate that is substantially below market or below their competitors, the difference is likely to be in their operating costs. So, don't just take 'yes' for an answer to the above questions. Ask for documentation! If a potential service provider gets offended or tells you it is none of your business, they could be getting ready to sweep THEIR dirt under YOUR rug.



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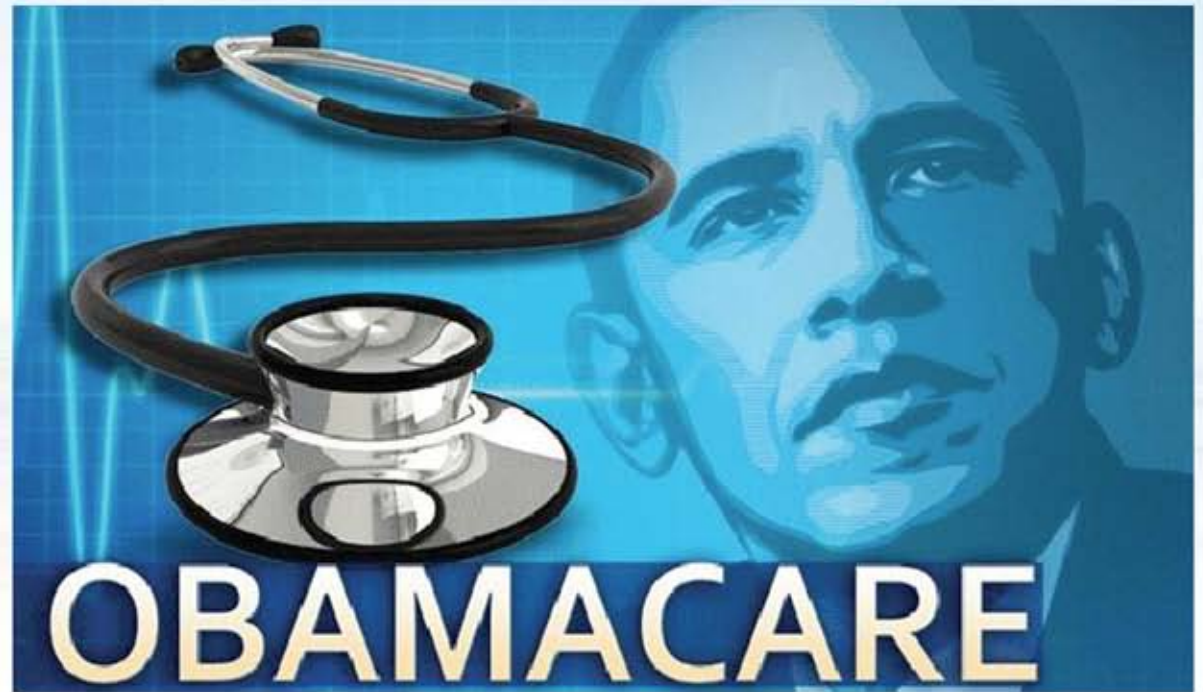


Health Insurance – Health Care Reform (Obama Care) 2015 Open Enrollment is now in effect, Subsidy or No Subsidy it may apply to you!

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

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

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



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

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

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

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

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 someone 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 it 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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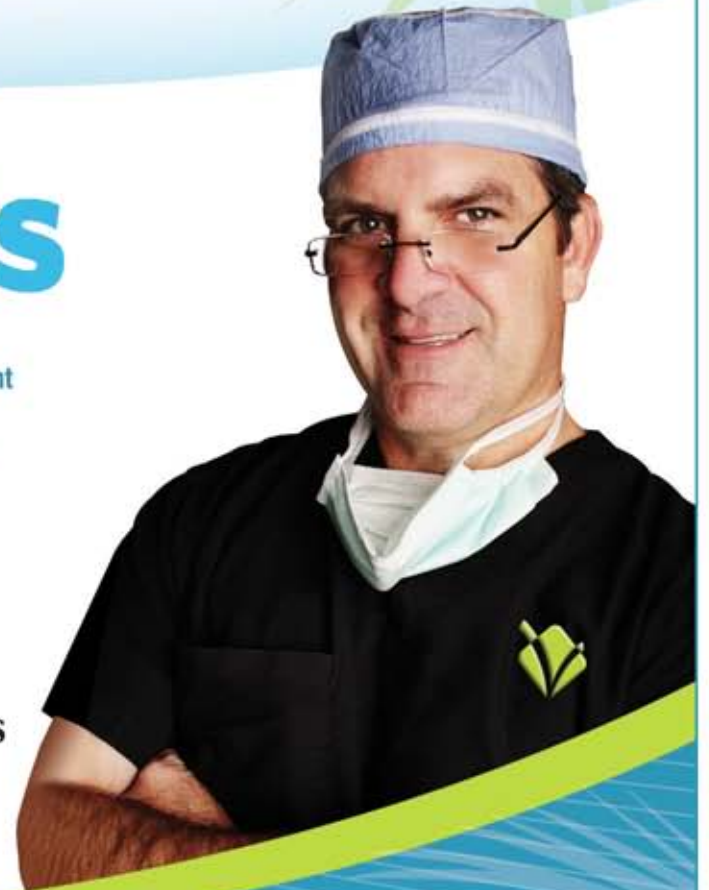
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didn't swell so much!

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