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Health & Wellness[®] MAGAZINE

March 2015

Collier Edition - Monthly

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

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

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Why do Orthopaedic Surgeons Choose to Specialize in Foot and Ankle Problems?

Well, I can only speak for myself. My reasons started with my grandmother who developed gangrene of the toes. It was initially treated by podiatrists who performed ten or twelve small operations which they explained would solve the problem. By the time my family realized that this wasn't the case, the gangrene was advanced, and an orthopaedic and vascular surgeon told us that the only thing that could be done at this point was for the legs to be amputated; this stuck in my mind. I was nine years old when my grandmother died, but as I grew older I was fascinated with orthopaedics and I had a particular fascination with foot and ankle problems.

Most orthopaedic doctors do not like foot and ankle problems because they represent some of the most difficult problems to treat. Most orthopaedic doctors who are considered experts in other areas like sports medicine and joint replacements do not know how to treat foot and ankle problems. They do not do foot and ankle surgeries and in fact will send these problems elsewhere. Why?

Foot and ankle problems are a distinct area of practice. If you don't deal with them on a daily basis you really typically don't always understand the intricacies of how to safely take a patient through conservative and operative treatments and heal them up. When a person who has developed problems in their feet after thirty, forty, fifty years of usage often the problem can be helped significantly but can't be totally 100% fixed. Knowing how to guide a patient to get the best result but to also explain to them that sometimes perfection can't be expected is an important part of understanding this field.

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Medical Doctor MD Attend accredited American medical school (4 years)	Yes	No
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Foot & Ankle Fellowship MD accredited specialized surgical training in foot & ankle (1-2 years)	Yes	No
Unrestricted License in the State of Florida	Yes	No
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JAMES E. CROLEY III, M.D. PROVIDES 'INSTANT VISION' CATARACT REMOVAL

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

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

What is a cataract?

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

What do you recommend for treatment?

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



What is a VisionLock Certified Surgeon?

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

What if you do find the problem is cataracts?

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

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

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

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

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

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


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

Dr. Croley: If you are experiencing blurred or discolored vision or you find that light sources are glaring and uncomfortable, you can simply give us a call at (239) 949-1190 to set up an evaluation. I encourage you to visit us online at floridacataract.com for more information about my qualifications and the specific procedures that are available to you.

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STEM CELLS TAKE CENTER STAGE

By David Ebner, Staff Writer



The world will never forget the fate-filled day when four young men from Liverpool, England walked onto the stage of The Ed Sullivan Show in 1964. The bright stage lights and the squeals from the crowd rained down on the smiling group, and that grainy black and white image was pinned as a moment of transformation in music history.

The introduction of stem cell research onto the world stage was not filled with as much fanfare. There were no screaming fans or standing ovations when the first stem cell therapy was conducted in the form of a bone marrow transplant in 1956. The long hours that scientists spent diligently researching and studying cells in laboratories across the world were not recorded in the pages of Life magazine. Even in 2012, when the two scientists who discovered the application of stem cells as the building blocks for human life won a Nobel Prize, the response was limited mostly to the medical community.

While the history of stem cell research may seem dwarfed in comparison to that of the Beatles or Elvis Presley, its impact on the healthcare and medical industry is anything but small. Although embryonic stem cells have a long history of being in the public spotlight, adult stem cells, those that are already inside the body of an adult, are not as well known. These stem cells live in the blood, fat, bone marrow and other areas of the body and can be extracted, and reintroduced into a different part of the body. This results in the stem cells specializing as whatever type of cell they are near. For example, if the stem cells from a patient's abdominal fat were removed, cleaned and separated, and then reintroduced to the lungs

of the patient with a progressive lung disease like chronic obstructive pulmonary disease (COPD), the stem cells would become lung cells. The difference is that the new cells would be disease free and would regenerate into even more healthy lung cells, inevitably increasing lung function. For someone suffering from a debilitating disease, a stem cell treatment like the one described above could mean the difference between struggling for air and breathing easier.

The physicians at a medical clinic called the Lung Institute have been performing such procedures for some time now and boast that they have treated over 500 patients and have a 70 percent success rate in increasing the quality of life of their patients. The Lung Institute's Medical Director, Dr. Burton Feinerman, who has been treating patients with stem cells for over 15 years, 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."

It's difficult to imagine a medical breakthrough taking center stage over a story about the newest trending celebrity. However, that isn't to say that advancements in medical therapies, like stem cell treatments, aren't occurring every day and won't completely change the longevity and quality of our lives. The people that have sought these innovative treatments are already seeing these advancements in action, and although they may not be screaming like the crazed Beatles fans of the sixties, the stem cell fan base is growing every day with people that can now breathe easier.

Call (855) 914-3212 or visit lunginstitute.com/health

Just Who Gets Prostate Cancer?

By Virginia Carnahan, APR, CPRC
Director of Development

Most people are surprised to learn that more men are diagnosed with prostate cancer every year than women are diagnosed with breast cancer! Think about that for a moment. How many women do you know who have battled breast cancer? Seems like every family, every neighborhood, every group of friends has at least one breast cancer story. Women who fought and won; women who fought and lost. Famous women – names we all know.

And yet there are more men among us who have learned they have prostate cancer. Statistics from the National Cancer Institutes (a division of the National Institutes of Health) predict that 1 in every 8 American women will be found to have breast cancer sometime in her life. The NCI/NIH number for men learning they have prostate cancer is 1 in 6. Do the math.

We don't hear as much about prostate cancer because men just don't talk about their personal issues. Also, men don't have a vocal and visible spokesperson for prostate cancer like Susan G. Komen became for breast cancer. Much of the education about breast cancer in the last two decades was a result of the Komen family's efforts which began more than 25 years ago.

There are men out there who have openly shared their prostate cancer diagnoses: Robert DeNiro, Colin Powell, Rudy Giuliani, Bob Dole, Arnold Palmer, Don Imus, Harry Belafonte, John Kerry, Nelson Mandella, Joe Torre, Roger Moore, Charlton Heston, Dennis Hopper, Sir Alec Guinness, James Brown and many more. Prostate cancer is not very selective; if you have a prostate you have a chance of developing prostate cancer.

We don't know exactly why some men develop this disease. It is believed by some to be just part of the natural aging of the prostate gland. Something in the DNA triggers the prostate cells to "go wonky," and to become highly undifferentiated, to begin to grow wildly and to beat a path of escape outside the gland, on to the bones and organs throughout the body. In addition, we know that some situations and environmental factors can encourage the growth of malignant cells. Men who were exposed to Agent Orange during the Vietnam War stand a much higher



risk of developing prostate cancer – and to develop a particularly aggressive form of prostate cancer. Men who have a family history of prostate cancer stand a greater chance of developing it, and African Americans have a higher risk of the disease, too.

It is believed that diets high in red meat, processed foods, dairy products and sugars can contribute to development of prostate cancer (as well as other cancers). Stress, air pollution, lack of sleep – etc. may play a role in this disease.

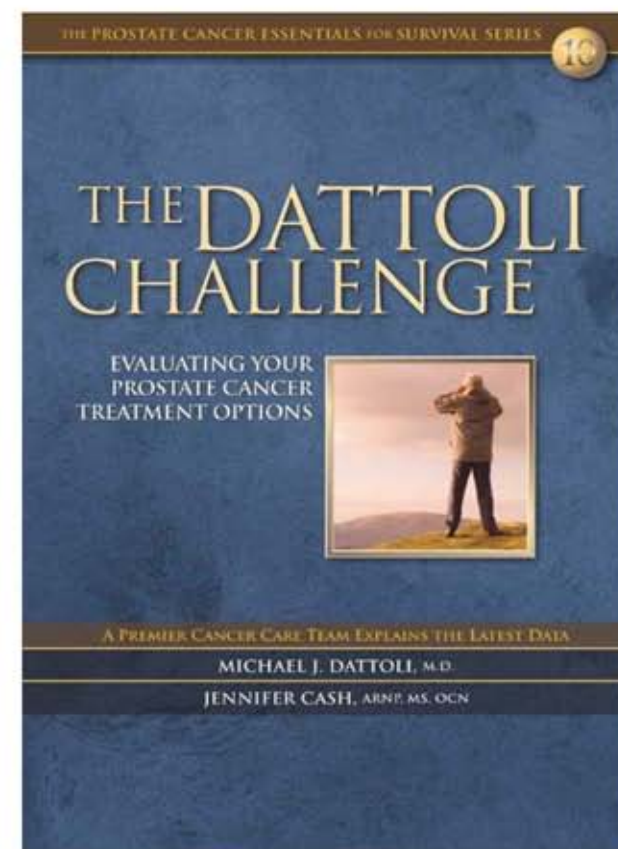
If you venture onto the World Wide Web, you can find lots of material about prostate cancer. Some is very good; some is plain awful and untrue. One must be very discriminating in deciding what to believe of internet information. Make sure it comes from a reputable source and can be verified by publication in respected medical journals.

In researching material for this article I came across a site: "Six Weird Clues to Prostate Cancer Risk." Of course I had to read this one! Here are a couple of the little jewels (most likely fake, of course) that I found:

- Men whose index finger is longer than his ring finger are 33% less likely to develop prostate cancer
- Men who start losing hair by age 20 are twice as likely to develop prostate cancer
- Men who father only girls may be 60% more likely to have prostate cancer
- Taller men (taller than what?) have a 19% greater chance of developing prostate cancer
- American Men who live north of 40 degrees latitude (such as Philadelphia, PA; Columbus, OH; or Provo, UT) have the highest risk of dying from prostate cancer.

So there you go. It pretty much boils down to the luck of being born male, your environment and diet growing up, the professions you end up in as an adult and your lifestyles. Wish there was better news but at this point there's not much.

While you have very little choice in whether or not you will develop this disease or not, you can have a major impact on whether you will survive it. The biggest thing you can do is educate yourself and commit to regular, annual PSA and digital screening exams. If you find this disease early, it is highly curable. The tricky part is that there are rarely any symptoms when the disease is early.



My suggestion is to take a hint from the breast cancer crusaders. Every time you hear about women needing annual mammograms, take it to heart and go get your own life-saving screening for prostate cancer! Man up – your life may depend on it.

If you would like to learn more about prostate cancer, contact us for a copy of "The Dattoli Blue Ribbon Prostate Cancer Solution." 941-365-5599



1-877-DATTOLI | www.dattoli.com

I found it — The Secret to Anti-Aging!

My cholesterol dropped by 73 points in 1 month, my husband's morning blood sugar level dropped from 200 to 113 in 3 months, and we are feeling and looking so much YOUNGER!



Kare & Charles Possick

A few months ago, my husband's blood sugars were out of control after years of controlling it with diet. And his skin had taken on a yellowish-grey pallor... which showed me that his liver and kidneys were also in serious trouble. I was scared!

A friend stopped by, took one look at Charles, and said, "We have to get him on the Micronized Heart of Royal Purple Rice immediately!" Although I had never heard of it, I quickly said, "Get me some now." I am so grateful that I did!

Within 3 weeks his skin was pink and glowing and he was feeling so much better. I also began eating it and began noticing more energy, sounder sleep, and improved skin.

But What Really Got My Attention...

We had our blood tested and after eating this rice product for only a month, my cholesterol had dropped by 73 points! I had been taking several other natural supplements for two years to lower cholesterol to no avail, but after only one month my cholesterol dropped to normal, as did my triglycerides, and three other blood markers that had been way too high. My doctor was shocked. He said no drug would give me those quick and dramatic results!

And Charles, with several medical conditions, had 10 blood markers drop significantly! My doctor said he knew of nothing that could work like that across so many body systems! "Not drugs...but real foods," I said.

What's In This Product and How Does It Work?

The basis of the product is an ancient, heirloom strain of royal purple rice that is now grown in Thailand in a pristine valley that has never seen chemicals, pesticides, or GMO's.

Then, the purple husk, which is extremely high in antho-cyanin antioxidants, along with the very heart of the rice (the endosperm) is removed—this is the part that carries the super polysaccharide sugars and polypeptide amino acid building blocks. Everything else is discarded.

With only the dense nutrient rice heart left — this is then milled down to the size of a micron! That's it—that is all that's in this amazing raw natural product.

**It takes
60 pounds of
Royal Purple
Rice to make
ONE Pound
of my product.**



It is so tiny and powerful that when you eat it ... it does not even have to go through your digestive system — it can immediately go into the cells and energize them! Like tiny arrows, these highly charged alpha glucan chains of super nutrients can pierce cell walls and furnish the mitochondria (the cell's battery) with fuel to create massive amounts of ATP Light Energy, so that the cells can recharge, regenerate, and function at the highest level.

Recharge, Repair, and Regenerate Your Cells

The reason so many people who are eating well and taking good supplements are still sick is ... nutrition can't get into the cell!

A recent medical study showed — more than 80% of the population is insulin resistant at some level. That means that the sugars and nutrients we need for energy cannot get into the cells. (If a cell phone battery cannot be recharged — it powers down and eventually dies). If you are tired, and have dis-eases that have names... your cells are also powering down and dying.

When the sugars (polysaccharides) can't get into your cells to be used for energy, they cause another problem, too. They float around your blood stream, sticking to proteins and fats—or "glycating". Wherever they stick they cause problems... if they stick in the bloodstream they cause hardening of the arteries and high blood pressure, in the brain they cause learning and memory issues or dementia, in the eyes—cataracts, in the skin—wrinkles. With my raw natural product you can recharge your cells and reverse the glycation and aging now!

Read What This Has Done For My Friends...

When I shared this with my friend, Bonnie, her body used the new cellular energy to reduce her blood pressure and smooth the wrinkles from her face. Nicole's intense pain from an accident is gone and she is off her debilitating medications. Jeff is no longer experiencing acid reflux or gout. Dee Dee's night blindness is gone and so are her allergies. Charles morning blood sugars have dropped from 200 to 113. I am looking so much younger that someone asked me if I had a 'procedure' done! Even my grand-daughter's dog has gotten rid of his digestive issues because of this product. So ... would you like to see what this amazing food will do for you?

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LOOK 10 TO 15 YEARS YOUNGER ... JUST GIVE US 90 MINUTES

By Stacy Reed

One of the first things we do every day is look in the mirror. If you're over 40, you probably have been noticing some changes which are not consistent with how young you feel... It is the natural aging process that makes us look old and tired. Unfortunately, regardless of our health we cannot stop the process.

Fortunately with today's advances in surgery we can turn back time with a 90-minute procedure. Imagine looking naturally 10 to 15 years younger in just 10 days and love what you see in the mirror.

Face-lifts of old (your mother's face-lift), were a major surgical procedure, requiring you to be put under general anesthesia, hospital stay and long recovery period. Often the lift resulted in a significant change to the persons look (unnatural), which made it very obvious to others that a lift had been done.

INTRODUCING THE yoU LIFT

New advances in surgery have reduced both the risks and unnatural results of the past. Now the yoU Lift can be done safely, without general anesthesia, in the doctors' office. Dr. Rodriguez perfected this lift, after years of feedback from patients that just wanted

to "look as good as they felt" without major surgery and extensive recovery.

Dr. Rodriguez explains, "The objective of the yoU Lift

You give us 90 minutes and we will give you 10-15 years

was to allow our patients to return to normal social activities within days. We have many patients that sit down in front of their friends, days later, without them ever knowing they had work done. They would simply notice that you look naturally years younger, refreshed and rejuvenated. "You give us 90 minutes and we will give you 10-15 years."

TRAINED IN BEVERLY HILLS

Dr. Rodriguez, trained in Beverly Hills, is a pioneer in this new technique that will firm up the face and neck, remove that double chin, tighten the skin and make you look naturally years younger.

"The objective of the yoU Lift was to allow our patients to return to normal social activities within days."

—Michael Rodriguez, MD

Having performed over 2,000 facial procedures, he has developed an unprecedented level of skill and mastery of this cosmetic procedure.

ADVANCED TECHNOLOGY & EXPERTISE

The yoU Lift developed by Dr. Rodriguez, is a proprietary lift, which creates a better outcome, using advanced technology. He explains why the yoU Lift is a leading edge solution. "After performing

hundreds of face-lifts, I felt I could improve patient satisfaction, with the addition of today's other technologies.

Through extensive research and testing, I decided to incorporate the use of the Ultherapy focused ultrasound device in my lift. This FDA approved device, is a perfect supplementation to improve the lift. A surgical face-lift is great at tightening the sagging skin, but does not improve the quality of the skin. I have found treating with the Ultherapy device (the "U" in the yoU Lift), creates an abundance of collagen throughout the face and dramatically improves the outcome and quality of the skin. Additionally, when patients have excessive fatty tissue on the neck and jowls, I use laser lipo to eliminate the fatty tissue, which the facelift itself would not achieve. All this is done safely, in the office, without the need for general anesthesia."



BEFORE



AFTER



BEFORE



AFTER

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Commonly Asked Vein Questions

By Dr. John P. Landi, MD, FACS, RPVI, RPhS, Diplomate of The American Board of Venous and Lymphatic Medicine

Varicose and Spider Veins affect millions of people throughout the world. Over the last ten years the treatment of both Varicose and Spider Veins has changed drastically. Initially, the only available treatment for Varicose Veins was a radical surgical procedure called "Ligation and Stripping" which required multiple incisions and multiple stitches. This has now been replaced by techniques that close the leaking valves of the veins with either a Laser or Radio Frequency instrument. Spider Veins which were initially treated only with an irritating saline solution with multiple potential side effects has largely been replaced by Foamed Sclerotherapy, which has excellent results and very few side effects.

In my vein practice there are a multitude of commonly asked questions concerning veins and these will be addressed in the next few paragraphs.

What Causes Varicose Veins?

This is the most common question proposed to me. Varicose Veins have many factors that can lead to their formation. The most common reason for Varicose Veins to form is strictly a heredity component. If one's mom or dad has Varicose Veins then there is a strong propensity for this to be passed on to their children.

The second most common cause of Varicose Veins in women is pregnancy. This is due to the uterus putting pressure on the pelvic veins resulting in weakening of the valves leading ultimately to Varicose Veins. Other common causes of Varicose Veins are trauma, prolonged standing, aging and prolonged inactivity.

What are the complications of Varicose Veins?

Varicose Veins can lead to many potential complications. These can include clots in the veins called "Superficial Phlebitis" or "Superficial Thrombophlebitis." In addition to this, Varicose Veins can bleed. They can cause "Ulcerations" and they can lead to a condition called "Chronic Venous Insufficiency" which is a discoloration and swelling of the leg from backup of blood over a long period of time.

Are the treatments of Varicose Veins and Spider Veins considered "Cosmetic?"

The answer to this question can be both Yes and No. Varicose Veins are almost always a non-cosmetic issue when it can be proven that they are due to Valvular Insufficiency. Valvular Insufficiency is proven by an extensive Venous Ultrasound. Spider Veins on the other

hand can be due to Valvular Insufficiency. This occurs in about one third of Spider Veins and is proven by insistent Venous Ultrasound. However, if there is no Valvular Insufficiency demonstrated then Spider Veins would be considered strictly cosmetic.

What is Phlebitis?

Phlebitis is essentially an inflammation of the veins and there are two kinds of Phlebitis. One is called Superficial Phlebitis or Superficial Thrombophlebitis, which is due to a clot in a Varicose Vein. This is usually treated with warm compresses and anti-inflammatory medication and usually resolves within ten days to two weeks. There is a very low threat of this progressing to a Deep Thrombophlebitis and Pulmonary Embolism. On the other hand, Deep Venous Thrombophlebitis is a clot of the deeper veins, namely the Femoral and Popliteal Veins and also the Iliac Veins. These are veins located deep in the body. Clots that develop in these areas are serious and must be treated with anticoagulation consisting usually with Heparin and Coumadin. They also carry a risk of breaking off and going to the lungs to cause Pulmonary Embolisms.

Do Varicose Veins recur after treatment?

The recurrence rate of Varicose Veins after Vein Closure Treatment is approximately five percent within five years. If veins do occur then a source for the recurrence must be established. This could be other valves that have reopened or Accessory Veins that have formed or even missed or duplicated veins. Again, this can be ascertained by a Duplex Ultrasound.

How do you treat Varicose Veins?

The treatment of Varicose Veins, as mentioned in the first paragraph, is to close the leaking valves with either a Laser or Radio Frequency device. This is done in an office environment under a local anesthesia with mild sedation and carries an excellent cosmetic result. There is no longer any need for extensive incisions or any prolonged surgery.

How do you treat Spider Veins?

Spider Veins are treated using Sclerotherapy, which is the injection of a solution to eradicate the vein. There are many forms of Sclerotherapy including: Liquid Sclerotherapy, Ultrasonic Guided Sclerotherapy and Foamed Sclerotherapy. There are also many kinds of Sclerotherapy agents including, the detergent agent sodium tetradecyl and the irritant, glycerin. The old Sclerotherapy of Hypertonic Saline is rarely used.

What happens to blood in the leg after Varicose Veins are treated?

This is one of my most commonly asked questions in patients who undergo Laser Vein Ablation. One must remember that the Saphenous Vein is a Superficial Vein. So, in treating this vein we are only treating veins in the Superficial System. There are actually three levels of veins in the body. A Superficial System, a Deep System and a Connecting System. The Deep and Connecting Systems are not touched, therefore, once the Superficial System is closed, blood will flow normally through the Connecting System to the Deep System without any change in the function of the leg.

Another commonly asked question is, for how long do I wear Compression Hose following Vein Treatment?

As a rule of thumb, following Laser Vein Ablation or Radio Frequency Ablation, two weeks of Compression Therapy is recommended. This usually consists of a graduated Compression Stocking or Support Bandages. In reference to Spider Vein Treatment usually forty-eight hours of Compression Therapy is all that is necessary.

How is the diagnosis of Valvular Insufficiency made?

The answer to this question is that an extensive Duplex Ultrasound of the Venous System will make the diagnosis of Valvular Insufficiency. This should be done by a Certified Technician and interpreted by a Physician Certified to read Duplex Ultrasounds.

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

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

About Dr. Landi

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

LIFE-THREATENING SLEEP APNEA AND THE CPAP ALTERNATIVE

By Dr. Rich Gilbert

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

SNORING VS. SLEEP APNEA

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

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

SERIOUSNESS OF OSA

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



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

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

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

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

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

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

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

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

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



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TREATMENT OPTIONS

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

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

SCREENING FOR OSA AT THE DENTIST OFFICE

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

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

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



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MARCH IS NATIONAL NUTRITION MONTH

By Bethany J. Jameson, HFS, MBA, Director of Wellness for the Greater Naples YMCA

It's National Nutrition Month, and possibly the time when you've possibly fallen off the proverbial wagon of good health habits you promised you'd fulfill at the beginning of 2015. This month is a great time to take a look at your diet and make some adjustments. It may also be time to get real and stop making resolutions and instead make a lifestyle.

Before the words Paleo, South Beach, Atkins, or any other diet name came around, what did you do in regards to diet? I remember being at the dinner table when I was about 10 and my mother had a sheet of paper that listed all these food items and measurements next to them. I asked her what they meant? She said it was part of my dad's diet. I had no idea what a diet was, and when I pressed my father he said that he had to lose some weight. My tween brain didn't connect the dots of what that piece of paper had to do with losing weight? As an adult, I still don't get it. Why have we become so focused on numbers? Since when did it become such a chore to eat? Why are we associating eating with shame? What happened?

I'm not entirely sure where we went wrong except for the fact that marketing has made us "have to have" a certain product, food, experience, etc. We "have to have" the bars in the box that are labeled with that diet name on them to be successful. Of course, I can't even tell you in full honesty that I've never succumbed to that same ploy. Even respected professionals in the medical field are lured by the idea that one diet may be better than another. This commentary isn't looking to digest all the reasons behind what diet is better than the other. I am writing it, instead, to remind us all of what we've seemed to forget: You are what you eat. You cannot out exercise a bad diet. You also can't improve your health and wellness through fake food. If we look at the American diet 100 years ago, we ate from the earth, in smaller portions and less "stuff." We could still enjoy the treats in our lives because we ate better and had a much more active lifestyle. So instead of thinking about a diet think about a lifestyle. Eat to fuel your body and enjoy the food that is fueling it. If you're not sure how those dots connect, that's where a professional (and not a marketing gimmick) can come in to help you.

This journey to health and wellness is one that you don't have to walk alone. In the epicenter of Naples on Pine Ridge Road at the Greater Naples YMCA we're creating a healthy living center where we can work on teaching you how to combine all the elements in your busy life. Our campus provides opportunities for the young and young at heart alike.



To keep our vision of a Healthy Living Center alive, we're looking at each of you in the public to step forward to take a look at what we're doing. Your membership and participation in our programs will help us to help you live better. We're here to keep you balanced in spirit, mind, and body. For more information, please call 239-597-3148 or email me at bjameson@greaternaplesymca.org. The Greater Naples YMCA is hosting a Healthy Family Meals presentation by Registered Dietitian Carrie Bloemers on Saturday March 21, 2015 at 10:30am. The event is free and open to the public!

Bethany J. Jameson, HFS, MBA, Director of Wellness for the Greater Naples YMCA. Certified Personal Trainer, Group Fitness Instructor, and Health and Wellness Professional. I have a Bachelor of Science in Exercise Science from Springfield College and a Master's in Business Administration in Management from Florida Gulf Coast University.

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PROTECTING YOUR SKIN FROM SUN DAMAGE

By Cyndi Yag-Howard, MD, FAAD

IS SUN EXPOSURE REALLY BAD FOR YOU?

Sun exposure in small amounts has benefits—mainly vitamin D production and mood elevation. However, too much sun exposure is harmful.

The sun emits ultraviolet radiation, which is divided into three main types: UVA, UVB and UVC. UVC is blocked by the atmosphere and is not proven to damage the skin. However, UVB damages the surface of the skin and is responsible for sunburn (UVB=Burn), while UVA affects the skin at a deeper level and damages collagen and elastic fibers, resulting in the signs of aging (UVA=Aging). Both UVA and UVB suppress the immune system in the skin, cause oxygen free radical formation and interfere with DNA repair, which can result in the formation of skin cancers. These UV rays are also responsible for causing abnormal and splotchy pigmentation, wrinkling and laxity of the skin.

IS SKIN CANCER DANGEROUS?

Over 3.5 million people in the United States are diagnosed with skin cancer every year, and approximately 1 in 5 Americans will get skin cancer over their lifetime. The three main types of skin cancer are: basal cell carcinoma (most common and least aggressive); squamous cell carcinoma (more aggressive with possible risk of spreading internally); and melanoma (most aggressive). Melanoma is responsible for nearly 10,000 deaths annually, is the most common cancer in females ages 25-29 and the second most common cancer in all adults ages 15-29. One American dies from melanoma every hour.

Most Common Types of Skin Cancer



Melanoma Basal Cell Carcinoma Squamous Cell Carcinoma

WHAT DOES SKIN CANCER LOOK LIKE?

Skin cancers can be rough, scaly, smooth, shiny, dull, etc. They can be a variety of colors, including black, brown, red or blue. It takes a trained professional eye to identify suspicious lesions. Lesions that appear suddenly, itch, bleed, or change in appearance should be evaluated by a professional immediately.



HOW DO I PROTECT MYSELF FROM SKIN CANCER?

Cover yourself with CASH to protect yourself from the sun's damaging rays:

- Clothing
- All-over sunscreen: Broad-spectrum, SPF 30+
- Sunglasses
- Hat

Avoid direct sun exposure between 10:00 a.m. and 4:00 p.m., and never use indoor tanning devices. Apply your sunscreen liberally 15-30 minutes before sun exposure to all exposed and covered areas. The sun can penetrate through many types of clothing. Tightly-woven, polyester, dark-colored clothing is preferable to loosely-woven, cotton and light-colored clothing. Reapply sunscreen every 2 hours if you remain dry and every hour if get wet from water or perspiration.



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HOW MEDICAL IMAGING ADVANCEMENTS CAN HELP YOU!

Computer. Cellphone. Television. Automobile. We use these almost every day without realizing how far technology has come over the years. Computers keep getting smaller, while televisions keep getting bigger and flatter. Cell phones have almost completely wiped out the idea of a "home phone". And many cars no longer need to run on gas. Much to our benefit, these are not the only technology developments around us.

Medical technology advancements have saved many lives. They not only do so with treatments, but also by detecting diseases early enough to prevent spreading. Diagnostic Imaging gets a significant amount of the credit. Jonathan Lewin, Chairman of John Hopkins School of Medicine's Radiology Department agrees. He praises, "Advances in imaging over the last five years have revolutionized almost every aspect of medicine."

MRI, Ultrasounds, CT, and PET Scans have made huge impacts on the diagnosis and treatment of diseases. We might have heard of the words, but do we really know what they are?

MRI stands for Magnetic Resonance Imaging. This gives physicians a way to look inside your body without the use of X-rays. A combination of a large magnet and radio frequency waves are used to do so. An MRI exam is painless and takes between 30 to 60 minutes. This imaging advancement helps physicians see certain types of tissue in your body. As well, it can discover very important information about your brain, spine, joints, and internal organs. These benefits help detect early signs of disease and injuries. With this material, physicians can help determine the best suitable treatments. The Breast MRI in particular has become very popular. It surpasses mammography in detecting breast cancer in women with a family history of the disease. Keep this in mind during Breast Cancer Awareness month in October.

Ultrasounds are also known as sonography. The diagnostic imaging test uses high frequency sound waves to produce images of the soft tissue structure inside your body. This allows the computer in the ultrasound machine to produce an image. Ionizing radiation (x-ray) is not used to



perform ultrasound imaging, making it ideal for pregnancies and guiding needle placement for biopsies. Naples Diagnostic Imaging Center also performs Breast Ultrasounds, Vascular Ultrasounds, and Echocardiograms. Thus, eliminating the assumption ultrasounds are only used for pregnant woman.

CT Scans, also commonly called CAT Scans, can detect many conditions that do not show up on a traditional x-ray. CT is a special imaging modality. It uses computers and x-rays to obtain cross-sectional images of our bodies. Every image is obtained by an x-ray tube that rotates around the patient. A Radiologist, who is trained to perform the procedure, can see every individual image and get a clear view of all the parts on your body.

PET, or Positron Emission Tomography, Scans use a small amount of radioactive substance to look for disease in the body. The substance is often called a tracer. The tracer travels through your blood and collects in organs and tissues, providing a Radiologist a clearer view. These scans not only help diagnose health conditions, but help find out how existing conditions develop. You may be wondering, "What about the radiation?"

Well, radiation is a part of our everyday environment. You were probably unaware that you receive 3 mSv of radiation each year, just from typical day-to-day activities. If you do not understand what 3 mSv means, that is okay. This can be broken down for you in simpler terms. You, and every other average individual, already have a 30-40% risk of developing cancer in your lifetime.

Receiving 1000 mSv would increase this risk by 4%. Keep in mind; you already get an average of 3 mSv yearly. And PET Scans and CT Scans use around the same amount of radiation. Statistically proven, to gain a 4% risk of cancer you would have to receive 140 chest CT scans.

Naples Diagnostic Imaging Center performs all of these technology advancements. Celebrating their 25th year, they were Naples first medical diagnostic facility. They have received "Facility Gold Seal" accreditations from the American College of Radiology for all MRI, Ultrasound, CT, and PET Scans. For scheduling call (239) 593-4222. Naples Diagnostic Imaging Center has 17 well qualified, respected, and devoted Radiologists on staff.



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

Pam Caslowitz, MD

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Areas of Special Interest-MRI and Body Imaging



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IMPROVING NUTRITION CAN IMPROVE CHRONIC PAIN



Food fuels and affects every aspect of the human body. For instance, our eating habits can influence how well we heal, and in some cases, can increase joint pain. For those suffering with chronic pain, taking an honest look into understanding and improving diet habits, as well as investigating regenerative treatments for joint pain, can be the key to unlocking better health and a more active lifestyle.

Always choose fresh, real food! Find these by shopping along the periphery of the grocery stores and at a local farmers' market. Aim to eat fresh vegetables and fresh protein, such as poultry, fish and/or meats, whole grains, occasional organic dairy and fruits.

Get unstuck from the junk food rut. Packaged foods may be inexpensive, but are full of unhealthy filler ingredients and preservatives. They have very little nutritional value. When junk foods are consumed, the body recognizes them as toxins and essentially attacks itself. This results in an overproduction of insulin and increased fat storage.

Eliminate soda. This includes both regular soda, and sugar-free beverages that use artificial sweet-

eners. Eliminating excess sugar in addition to "diet" sugar substitutes helps to halt the attack on the body and reduce the detrimental effects on your health.

Incorporate healing foods. To heal any bodily structure, essential nutrients are needed. This includes the spectrum of amino acids, fatty acids, vitamins, minerals, and trace elements. Some foods help to specifically decrease the systemic inflammation that can hinder the body's immune system and healing.

- Salmon is a well-known source of omega-3 fatty acids. The fatty acids, specifically eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), may improve functional ability and diminish the pain in a myriad of diseases.

- Onions and garlic both possess anti-inflammatory agents that help with chronic pain.
- Berries are excellent sources of antioxidants.
- Sweet potatoes have a beautiful orange color which indicates its high amount of carotenoids, a powerful antioxidant that fights systemic inflammation.
- Ginger and turmeric are spices that create delicious flavor and also act as analgesics, or pain relievers, among other health benefits. These ingredients are often found as nutritional supplements. Potency matters and will differ greatly from brand to brand. Seeking advice from a healthcare practitioner who works with pharmaceutical grade supplements can be worthwhile for people who would like to begin a natural supplement regimen for pain.

Ginger and turmeric are spices that create delicious flavor and also act as analgesics, or pain relievers, among other health benefits. These ingredients are often found as nutritional supplements.



Avoid food sensitivities. Sensitivities to the food we eat can cause pain and prevent the body from healing. When we are sensitive to a particular food, our immune system responds adversely, because our body mistakes a particular food as a dangerous substance. This may result in a systemic inflammation that can produce long-term resistance to healing, as well as fatigue, bloating, body pain, and other symptoms. Some healthcare practitioners may recommend a person to follow a hypoallergenic diet free of common food allergens such as wheat, dairy, and eggs. In addition, some may find it helpful to do specific blood tests with a practitioner that look for delayed immune reactions from specific foods.

Lose excess weight. Excess weight places increased pressure on ligaments that hold our joints together, especially in the lower back, hip, and knee areas. When these ligaments stretch and weaken, joint instability can occur, beginning the degenerative process leading to osteoarthritis. Weight loss is often effective for decreasing joint pain because it diminishes the stress on the joints.

Address residual joint instability.

When a person has tried making dietary adjustments as well as other lifestyle changes, but still suffers with chronic joint pain, a regenerative medicine approach may be helpful. Prolotherapy

is a natural injection treatment that stimulates the body to repair painful areas by encouraging the growth or regeneration of injured tissue. It is used for treating sports injuries, arthritis, back pain, and all types of painful conditions. Prolotherapy restarts the healing cascade in joints, which requires the work of a strong immune system. Therefore, Prolotherapy is an ideal treatment for people who wish to maintain a healthy diet and active lifestyle.

Never underestimate the power of food.

Chronic pain may persist due to eating processed foods, consuming too much sugar, having food sensitivities or nutritional deficiencies and being overweight. When coupled with joint instability, injury, or arthritis, this can be a painful and debilitating mix. Working with regenerative medicine practitioners who specialize in developing individualized treatment and nutrition plans may help increase mobility and alleviate pain.

Prolotherapy is a natural injection treatment that stimulates the body to repair painful areas by encouraging the growth or regeneration of injured tissue.



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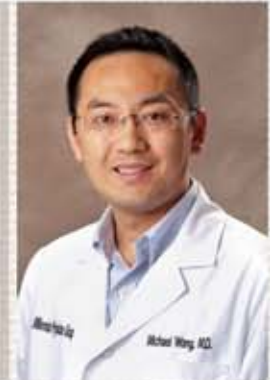
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BACTERIA IN YOUR GUT: HOW ARE THEY GOOD FOR YOU?

By: Corey Howard, MD, FACP

Did you know there are over 2 ½ pounds of bacteria inside of your intestinal tract? Yes, that's right, over 2 ½ pounds! These bacteria play a vital role in the health of your intestinal tract and your health overall as well. The vast majority of your immune system resides in the gastrointestinal tract and you have over 1000 different types of bacteria and trillions of bacteria total. That truly is amazing. In order to keep these bacteria healthy you need to eat the right kinds of foods and limit antibiotic exposure when possible.

Bacteria are introduced into your gut at birth and the types of bacteria, the so-called gut biome or microbe community, develops over time and is shaped by many factors. Time Magazine reported in 2013 on a study that was done in Europe on 300 Danish Volunteers who were both lean and obese. They found that the group that had fewer different types of bacteria had higher amounts of inflammation, greater insulin resistance (a risk factor for diabetes) and other problems related to metabolism. Also, the patients who had less diversity in the bacteria population tended to gain more weight over time increasing their risks to all of the complications due to obesity including diabetes, heart disease, depression and cancer. Another interesting study that same article reported on was a French study which revealed that the people who were obese and had fewer different types of bacteria in the gut saw improvements when placed on a low calorie diet and when they lost weight. Their "diversity" in the bacteria population improved as well. That gives us evidence that diet can improve your intestinal bacteria makeup.

Another important role the bacteria play in your body is your immune system. These bacteria help you develop immune cells that fight off invaders that try to enter through the intestinal tract. The interesting thing is that the cells that are made in the gut by this interaction

(bacteria and your body) have immune effects beyond the gut and actually go into your bloodstream. There are several types of cells that help out and include macrophages (these are pac-man like cells that eat debris from immune reactions), toll-like receptors (these help repair your gut when damaged due to a variety of causes), and other white blood cells that help you fight infection.

The last area to discuss is carbohydrate metabolism and absorption from your intestinal tract. Bacteria in your intestines help you digest certain carbohydrates making them available for you to absorb. The bacteria make up can affect this absorption and it is related to your diet as well as environmental factors over time. Studies show an increase in obesity with certain bacterial profiles that researchers are connecting to the way those bacteria metabolize and allow for absorption of carbohydrates in your diet.

The bacterial profile in your intestinal tract is very important for your overall health. The more information researchers can obtain the better the recommendations we can make for you. The bacteria in your gut will adapt to your diet and therefore it is in your control. It is not quite as simple as that but here are a few tips: Fermented type foods support the growth of good bacteria. Try to avoid antibiotics when possible because they tend to kill off the good bacteria, allowing the bad ones to grow. There is some evidence behind the use of probiotics. However, there are many brands over the counter touting their effectiveness but, usually they do not have enough evidenced-based science to help you make a decision. That is unless you have some idea of the makeup of the types of bacteria you have.



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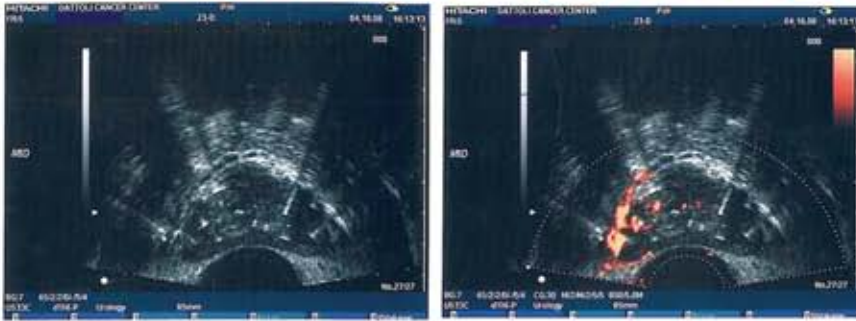
The science is not solid yet with regard to bacteria in your gut and it is prudent to not jump on each product that comes along touting how great it is for intestinal health without studying it a bit. This field is in its infancy and I suggest a few different types of tests in my practice that my patients find useful when trying to decide what to do. In the end, a high nutrient density diet, consisting of vegetables and whole grains as well as fermented foods, will help you and the bacteria in your intestines the most.

About Corey Howard, MD, FACP

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

To contact Dr. Howard go to:
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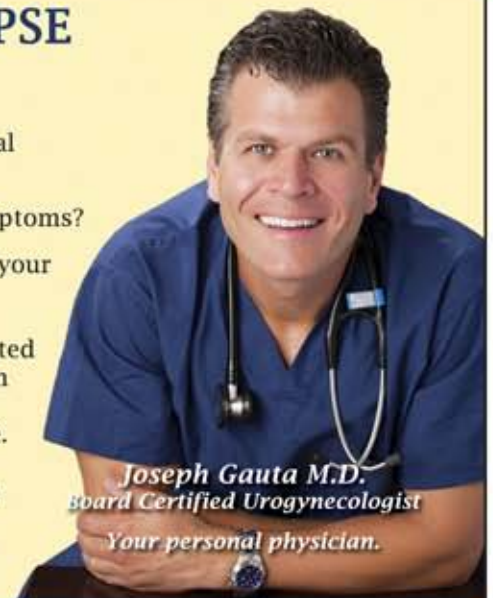
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Think About Your *Heart* Health Even After Heart Month

February is designated as American Heart Month., but every month should be focused on strengthening community through healthy living, and the promotion for everyone to take steps in the prevention of chronic diseases, such as heart disease, so they can lead longer, healthier lives.

According to the Centers for Disease Control and Prevention (CDC), heart disease is responsible for one in four deaths each year in the United States. The root causes of many chronic diseases are unhealthy behaviors such as physical inactivity, unhealthy eating and tobacco use. There are a lot of questions about heart disease, the causes and prevention. Nurse On Call had the opportunity to chat with Dr. Socrates Perez-Rodriguez, who specializes in internal medicine and has his own medical practice and is a hospitalist at Physicians Regional. Dr. Socrates Perez-Rodriguez, did his internship and residency at Jersey City Medical Center, Jersey City, NJ and has practiced medicine at many renowned hospitals including Columbia. We asked him a series of questions relevant to heart health and these were his responses:

What causes cardiovascular disease?

Dr. Socrates Perez-Rodriguez, MD-There are many risk factors that contribute to the development of cardiovascular disease. Some people are predisposed to heart disease and stroke, but most people who develop cardiovascular disease do so because of a combination of factors such as poor diet, lack of physical activity and smoking.

What is the connection between high blood pressure (hypertension) and heart disease?

Dr. Socrates Perez-Rodriguez- Blood moving through your arteries pushes against the arterial walls; this force is measured as blood pressure. The harder your heart has to work to pump blood through the smaller space, the pressure inside the vessels grows, elevating your blood pressure.



How is coronary heart disease diagnosed?

Dr. Socrates Perez-Rodriguez- There are a number of ways to diagnose coronary heart disease. A coronary angiogram uses a dye inserted into your arteries and an x-ray to see how the blood flows through your heart. Another test is an electrocardiogram. This test records the electrical activity of your heart. An electrocardiogram measures the rate and regularity of heartbeats, the size and position of the heart chambers, the presence of any damage to the heart, and the effects of drugs or devices used to regulate the heart. It is a non-invasive procedure.

Does diet play a part in the development of heart disease?

Dr. Socrates Perez-Rodriguez-Diet plays a significant role in protecting or predisposing people to heart disease. Diets high in animal fat, low in fresh vegetables and fruit, and high in alcohol have been shown to increase the risk of heart disease. A diet low in fat and salt has a proven to be effective long term.

Is heart disease hereditary?

Dr. Socrates Perez-Rodriguez-Heart disease can run in the family, however, even if you inherit the risks factors that predispose you to heart disease, such as high blood cholesterol, high blood pressure, diabetes, or being overweight, there are measures you can take that will help you avoid developing cardiovascular disease.

What are the newest advances in heart treatments and diagnoses?

Dr. Socrates Perez-Rodriguez- There are some new advances but it's a constantly evolving field. We can offer many more treatments that are less invasive which doesn't always mean one could go into a procedure. It could be as simple as sitting down with your doctor and determining the symptoms. There are different ways of evaluation such as stress tests and if there are abnormal results, we can complete Ct scan or cardiac MRI.

At the end of the day "Coronary artery disease is preventable," said Dr. Socrates Perez-Rodriguez, "You need to be aware of your own body, genetics and habits. Typical warning signs are chest pain, shortness of breath, palpitations and even fatigue, but in diabetic patients symptoms are usually absent."

Nurse On Call Home Healthcare has specialty cardiac team committed to the prevention, education and treatment of heart disease. If you have further questions about Heart Disease, local cardiologist, support groups and non-profit organizations committed to Heart Health contact your local Nurse On Call Home Healthcare branch.



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Living with Diabetes?

Understanding the Disease from a Diabetologist's Perspective

By Kara Jacobs

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

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

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

A Passion for Diabetes Education

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

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

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

Understanding Diabetic Terms

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

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

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

Diagnosing Diabetes

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

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

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



Charles Kilo, M.D.

Taking Control of Diabetes

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

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

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Don't Let Incontinence Interfere with Your Sex Life

By Joseph Gauta, MD, FACOG

Thanks to modern technology and treatment options, you don't have to let loss of bladder control interfere with your life any longer. With proper treatment you will no longer spend time planning the fastest route to the nearest restroom in hopes of avoiding an accident. Not only can incontinence sabotage your daily activities, it can also put a damper on your sex life. Although talking about the intimate details of your sex life may not be comfortable, rest assured that you are not alone when it comes to this issue. According to the American Foundation for Urologic Disease (AFUD), one in three women with stress incontinence avoid sexual intimacy because of fear of leakage during intercourse or orgasm.

Don't lose hope. The following tips can help you eliminate embarrassing incontinence episodes during sex.

Learn bladder-strengthening techniques.

Your urogynecologist can help you retrain your bladder. Your physician can help you determine a natural pattern of urination so you can develop a schedule of timed bathroom breaks. You will go to the restroom according to this schedule whether you

feel the need to or not. When you feel the need to urinate between breaks you can use natural suppression techniques such as Kegels, relaxation or distraction. The goal is to teach your bladder to hold more and increase the time between bathroom breaks.



Take time to prepare for sex.

During sex you're more likely to leak. If you have stress incontinence, you're more likely to leak with penetration due to pressure on the bladder. If you have urge incontinence, you're more likely to leak during orgasm.

There are many things you can do to decrease the likelihood of involuntary leakage during sex. You'll need to experiment to see which of these works best for you:

- Make sure you are well hydrated with water, but don't drink any fluids an hour before sex
- No coffee or teas for several hours before sex
- If your worried about leaking on your sheets, prepare by putting towels down
- "Double Void" prior to having sex. After you urinate, relax your bladder by massaging the abdomen, and then try to urinate again to completely empty the bladder.
- Take bathroom breaks during sex. Women with urge incontinence should take a break between foreplay and intercourse or between intercourse and after-play.

Start the conversation.

Although many people are often not comfortable about talking about their sex life, you should begin the conversation, especially with your partner. It is worth a few minutes of blushing if you are able to enjoy sex without the worry of leaking. Be honest; let your partner know your concerns and that you are seeking medical help with your incontinence. If you have been avoiding sex, reassure him that it is because



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

of your issue and has nothing to do with him. Be sure he understands that you are still sexually attracted to him and you want to be more active but you are embarrassed about the leaking. Once he knows what the issue is, chances are your partner will understand and be happy to help in any way he can. If talking privately isn't working and you need assurance and confidence, it may prove helpful to talk with a couples counselor or sex therapist.

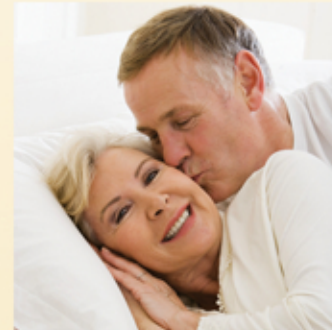
Be adventurous.

Talking may not be your partner's strong suit, but trying new positions will likely be something he gets excited about.

Here are a few options to try:

Talking may not be your partner's strong suit, but trying new positions will likely be something he gets excited about. Here are a few options to try:

- Woman on top. Being on top has two benefits. It works your pelvic muscles and you can control the depth of penetration. When you're on top, it's easier to control the depth of penetration and to work those deep pelvic muscles you'll want to strengthen.
- Side entry. This position puts less weight on your abdomen and is also easier for you to control penetration.
- Rear entry. This position put less pressure on your urethra and bladder.



Seek professional help.

Ask your doctor for a referral to a **urogynecologist** who specializes in incontinence. Although this isn't an easy topic to talk about, a urogynecologist is very comfortable in finding solutions for your problem. Incontinence is a very common problem. It is estimated that nearly one out of three women over the age of 40 struggles with incontinence at some point, but only 20 percent seek help. Adult diapers is a \$1.5 billion dollar industry and on pace to surpass baby diapers. Wouldn't you rather find a solution than continue to suffer in silence? When looking for a physician make sure they are well trained specifically on the latest therapies and are well equipped with the most current equipment available.

Use Pelvic Floor Therapy.

A medical professional that offers pelvic floor therapy, can help you rebuild strength in the abdominal muscles that support the bladder, using a program of exercises known as Kegels. Many women try doing pelvic floor exercises on their own and don't get the full benefit because they're not doing them correctly. A study found that 80% of women could control their incontinence by working with a medical professional specifically trained in pelvic floor therapy. In addition to Kegels, there is biofeedback and electrical stimulation for the pelvic floor.

If needed, there are medications available that work.

Medication is normally used when efforts to retrain your bladder and pelvic floor therapies haven't worked. There are many drugs that can block the signal that trigger the contractions of the bladder. There are many options available to help you with this embarrassing problem. Regain control of your sex life and seek help today.



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.


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Geriatric Massage Brings Relief from Arthritis and Provides Other Benefits

Geriatric massage consists of specific training and techniques designed to maximize the benefits of massage for the elderly population. This highly-effective type of massage therapy provides not just the well-known benefits massage offers to every client, such as relief of muscle pain and stress, but it also has specific benefits for the elderly population.

Geriatric massage therapy uses the gentle and light application of massage techniques and can include gentle stretching and the use of light oils or lotions to permit the skin and muscles to be worked out without excessive friction. These techniques help enhance blood flow, improve balance and flexibility, increase joint mobility, reduce anxiety and depression, and improve mood and the overall sense of well-being.

Massage can offer significant relief to those suffering from arthritis or other forms of joint and muscle pain and stiffness. A 2006 study of osteoarthritis sufferers between the ages of 55 and 75 showed that patients with osteoarthritis of the knee who received once- or twice-weekly massages felt significant pain relief compared to those who did not. Other surveys have shown that massage therapy is one of the most popular forms of relief from osteoarthritis pain, and many of those with arthritis find regular massage therapy not only reduces pain and swelling, but also promotes additional range of motion and restores some ability to do daily activities they otherwise could not perform.

The increase in circulation and reduction of pain and stiffness can also lead to less of a need for prescription medication and over-the-counter painkillers. Many people find that regular massage therapy sessions provide enough relief from the symptoms of arthritis and other conditions that, after consulting with their doctor, they are able to reduce their dosages or eliminate certain prescriptions entirely.



To find your nearest Massage Envy Spa location, visit www.massagenvy.com/regions/FL/Southwest-Florida.
Massage Envy Spa has locations in Cape Coral, Fort Myers, Estero and Naples.

Cape Coral
2221 Santa Barbara Blvd.
Cape Coral, FL 33991
(239) 549-ENVY (3689)

Coconut Point
8001 Plaza Del Lago Drive
Estero, FL 33928
(239) 947-ENVY (3689)

Summerlin Crossing
15880 Summerlin Rd.
Fort Myers, FL 33908
239-333-ENVY (3689)

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

Those considering geriatric massage therapy who may have questions about how the massage therapy session works may wish to have a friend or family member accompany them for their first visit. And individuals with specific health conditions should consult with their physician before proceeding with massage. As with any population, there are certain conditions that are not recommended for massage – hence the importance of communicating with a physician ahead of the appointment.

Massage Envy Spa's licensed massage therapists are trained in geriatric massage, and Massage Envy Spa offers memberships that provide monthly

monthly massages at a discount. The Massage Envy Spa Wellness Plan includes one customized massage every month, with discounts for additional massages, products and more. As a member of the Wellness Plan, you can enjoy all the health and wellness benefits geriatric massage therapy has to offer. The massage therapists at Massage Envy can help you find a plan that will work with your schedule, level of activity and budget.

Massage Envy
SPA
www.massagenvy.com/regions/FL/Southwest-Florida
239-274-3689

Eliminate Back Pain and Increase Strength in Only 20 Minutes a Week

By Concept 10 10

Astounding, 80 percent of adults will fall victim to low back pain at some point in their lives. It is the most common cause of disability for people before the age of forty-five, and second only to the common cold as a cause for a visit to the doctor.

We must have a strong and stable lower back to walk, stand, sit, stoop, squat, or lift; in short, a healthy and strong lower back is critical for virtually every activity of normal daily living.

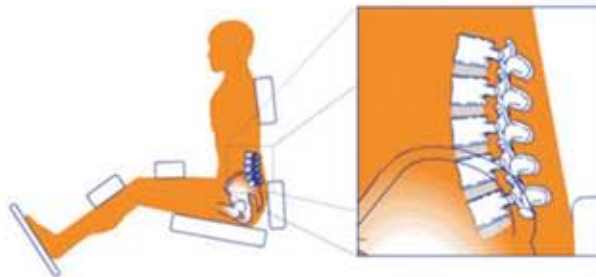
Improving the strength of the lumbar muscles and connective soft tissues has long been recognized by orthopedists, chiropractors, and physical therapists as the cornerstone of low back rehabilitation. There is no doubt that regular strength training of the lumbar spine will both prevent and resolve lower back pain. The challenge is how to accomplish this goal.

The lumbar muscles can only be effectively isolated using a lumbar extension machine. Lumbar extension machines are designed with a series of restraints that prevent tilting of the pelvis, rotation around the hip joints, or contribution from the big and strong muscles of the buttocks and thighs that would interfere with the work of the low back muscles.

Fortunately, this unique piece of equipment is part of the Concept 10 10 workout. This workout includes six exercises on six pieces of equipment with one trainer and one client at a time. The scientific research on which Concept 10 10 is based has clearly shown that the training is uniquely beneficial to most forms of back pain. The equipment, which is the only one of its kind, isolates and directly works the lumbar muscles. It is exactly the weakness in these muscles which is the cause of most lower back pain.



Reducing and ultimately eliminating back pain is only one benefit of the Concept 10 10 workout. Loss of muscle tissue is one of the most important reasons for the increase of body fat, because muscles burn calories 24 hours a day, even when they are resting. Concept 10 10 training combined with a balanced caloric intake is a sure way to permanent fat loss and a slimmer and better functioning body.



Concept 10 10 training is also highly beneficial to athletes and those individuals seeking increased tone and strength. Completing the Concept 10 10 workout generally improves body strength and results in greater performance in any sports activity. At the same time, it will minimize the risk of injuries as you strengthen the bones, joints and surrounding muscles.

The entire workout can actually be done in less than 20 minutes, with each exercise taking about two minutes as the client does each movement in slow repetitions of 10 seconds forward and 10 seconds back. The machines are adjusted to work the body to the person's individual level of muscular exhaustion. Each session or couple of sessions, depending on development, more weight is added to reach that level of fatigue.

Expect more facilities to be popping up across the country.

Naples
CONCEPT 10 10
the future of exercise

North Naples:

12820 Tamiami Trail North, (US 41), Suite 5
239.431.7143

Downtown Naples:

1010 5th Avenue South, Suite 303
239.659.1033

www.naples.concept1010.com



BALANCED NUTRITION KEY TO MAINTAINING OPTIMAL HEALTH

By Thom Braun

March is National Nutrition Month and this year's theme is "Bite into a Healthy Lifestyle". Created by the Academy of Nutrition and Dietetics, the campaign was formed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits.

For older adults, good nutrition is especially important. As we age, our bodies process food differently. This in turn can affect our dietary needs and appetite. Although there may be a natural decline in one's appetite during aging, maintaining a well-balanced diet is key to overall health and wellness.

Healthy eating has been proven to reduce the effects of osteoporosis, high blood pressure, heart disease, gastrointestinal ailments and chronic malnutrition.

Loss of appetite or poor nutrition can be attributed to several factors. Here are a few of the most common:

Decline in Sense of Taste or Smell

According to the National Institute of Health, seniors experiencing a decline or loss of taste or smell may begin adding too much sugar or salt to food to improve the flavor and this can cause a long-term impact on their health.

Experts recommend first seeking the advice of a doctor to be sure the decline is not connected to a greater underlying issue. Then, consider using herbs and spices to enhance the flavor of food without adding extra calories.

Basil, for example, is perfect for kicking up Italian dishes, particularly those with tomato-based sauces, while tarragon is ideal for chicken and shellfish.

For older adults with vision loss, increasing food colors on the plate may be more enticing.

Medication Side Effects

Americans, ages 80-84, take an average of 18 prescriptions per year. Unfortunately, many of these can have unintended side effects including loss of appetite. An article in "Today's Geriatric Medicine" found that "complications of unintentional weight loss include anemia, decreased cognition and quality of life, edema, falls, hospitalizations, hip fractures, infections, osteoporosis, and pressure ulcers".



Contact your doctor right away should you notice decreased appetite or weight loss.

Lack of Tablemates

Dining alone for prolonged periods can affect one's appetite. Research shows it can be both mentally and physically unhealthy. In fact, just the thought of having to dine alone is enough to decrease one's appetite.

Nutritionists suggest seniors share a meal with family, friends or neighbors whenever possible. Studies have found that enjoying a meal with at least one other person increases the amount of food eaten by 35 percent!

Hassles of Meal Preparation

The burdens of grocery shopping, cooking and cleaning up may deter older adults from maintaining a well-balanced diet. Also, having to scale down recipes to make a meal for one or two people may be too daunting and so a more convenient—often less healthy—dinner alternative is selected.

To overcome this challenge, it is suggested that when possible, prepare larger meals and freeze the leftovers. This offers a convenient solution for those looking for nutritious options without having to cook each day. Dieticians advise against store-bought frozen dinners which are often highly processed and high in sodium, fat and sugar.

A meal delivery service is also a great alternative.



Luxury Rental Retirement Living
6945 Carlisle Court, Naples, FL 34109
239-221-0017 • www.srgseniorliving.com

At The Carlisle, our executive chef and his culinary team are greatly in tune to providing meals that are not only delicious but nutritious. In addition to providing a culinary experience that caters to residents' tastes and desires, our onsite restaurant, The Carlisle Room, offers heart-healthy menu options.

The Carlisle Room provides the perfect setting for residents to socialize and engage in conversation with friends—new and old alike. Our state-of-the-art fitness center and engaging, inviting wellness programs also encourage residents to lead healthier lifestyles.

"The Carlisle offers a culinary experience unlike anything you'd expect at a senior living community," said Executive Director Bill Diamond. "Our resort-style restaurant is renowned for its extensive fine dining menu and is open 12 hours daily, seven days a week. This offers residents the most flexibility and opportunities to maintain a healthy, well-balanced diet."

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



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

KNEE PAIN DOES NOT MEAN YOU NEED KNEE REPLACEMENT SURGERY

By Physicians Rehabilitation

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

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

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

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

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

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

What are Hyalgan Injections?

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

What's the process?

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

When will I feel results?

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



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

Will my insurance cover this treatment?

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

What are other people saying about it?

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

So what are you waiting for?

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



239-687-2165 | www.PhysiciansRehabilitation.com

Tired of Not Sleeping?

Sleep, especially REM sleep, plays a vital role in good health and well-being throughout your life. Getting enough quality sleep at the right times can help protect your mental health, physical health, quality of life, and safety. REM (Rapid Eye Movement) sleep is a very important part of our sleeping pattern. This stage of sleep is the most important phase of sleep that we experience.

The way you feel while you're awake depends on what happens while you're sleeping. During deep sleep your body is working to support healthy brain function and maintain optimal physical health.

The damage from sleep deficiency may occur in an instant (such as a car crash), or it can harm you over time. Ongoing sleep deficiency can raise your risk for some chronic health problems. It also can affect how well you think, react, work, learn, and get along with others.

Proper Sleep = Healthy Brain Function and Emotional & Physical Well-Being.

REM sleep helps your brain work properly. While you're sleeping, your brain is preparing for the next day. It's forming new pathways to help you learn and remember information.

If you're sleep deficient, you may have trouble learning, making decisions, solving problems, controlling your emotions and behavior, and coping with change. Sleep deficiency also has been linked to depression, suicide, and risk-taking behavior.

Your immune system relies on sleep to stay healthy. This system defends your body against foreign or harmful substances. Ongoing sleep deficiency can change the way in which your immune system responds. For example, if you're sleep deficient, you may have trouble fighting common infections.

Why do people have trouble sleeping?

- STRESS
- ANXIETY
- DEPRESSION
- CIRCADIAN RYTHUM PROBLEMS
- GABA/NEUROTRANSMITTER INSUFFICEINCY

Why REMTabz?

Doctors use two main types of medications to help their patients improve their sleep:

Anxiety/Stress Reducers such as *Xanax*
(BENZODIAZEPINES)

GABA/Neurotransmitter Regulators such as *Ambien & Lunesta*

Unfortunately both types of those medications have massive side effects, and often aren't helpful in both helping you get to sleep AND staying asleep.

REMTabz (Diazacalone) is a true pharmacological sleep pill that safely combines the best attributes of Stress/Anxiety Relief and the most powerful sleep aid formula available. *REMTabz* is designed to safely produce the sleep aid effects of both types of prescription sleep medications without the side effects. In other words, *REMTabz* allows both your body and mind to rest!

The ingredients contained in this powerful sleep aid have been tested in clinical trials and have been proven to decrease the amount of time it takes to fall asleep and allow you to get more quality rest. *REMTabz* proprietary formulation (Diazacalone) directly stimulates the production of Alpha & Delta brain waves creating a state of deep relaxation for all stages of REM sleep (N1, N2 & N3).

REMTabz™
(Diazacalone)

The Science of Sleep

- * Reduce Stress & Anxiety
- * Improve Sleep Patterns
- * Increase Physical Well-Being

REMTabz
DEEP SLEEP
30 Capsules
Pharmaceutical Grade
Sleeping Supplement
Lexium

REMTabz is your non-prescription solution for your patients' sleepless nights specifically designed for effectiveness without the harmful side effects. Developed through years of research, REMTabz is the perfect balance of science & nature that delivers night after night of consistent deep sleep. Formulated with the most powerful patented sleep aiding ingredients, REMTabz is designed to help you fall asleep and stay asleep without leaving you feeling drowsy the next day. REMTabz is the perfect balance of science & nature brought to you by the global leaders in non-prescription pharmaceuticals.



The ALCAT Test - A Guide and Barometer in the Therapy of Environmental and Food Sensitivities

Investigator Barbara A. Solomon MD studied 172 patients

successfully using an ALCAT Test-based diet to alleviate the following range of symptoms: classic migraine (85%), common migraine (62%), sinus headaches (58%), gastroesophageal reflux (GERD) (75%), IBS (71%), inflammatory arthritis (65%), recurrent Sinusitis (59%), tension fatigue, syndrome (60%), obesity (50%), eczema (55%), asthma (30%), depression and/or anxiety (31%), recurrent vaginitis (20%), recurrent urinary tract infection (46%), degenerative arthritis (44%) and allergic rhinitis (42%). Published in *Environmental Medicine, Volume 9, Number 1 & 2, 1992.* Barbara Solomon, MD, MA.

The foods we eat, the inflammation we are causing directly relates to our inability to sleep.

Join us March 27th to learn more about REMTabz and ALCAT testing.

.....

**Join us for a Seminar
Friday**

**March 27th 1:00 pm
3840 Colonial Blvd Fort Myers 33966**

**1:00 – 1:30 Tired of Not Sleeping
Solution with Rem Tabz
(Free Samples!)**

**1:30 – 2:00 Inflammation caused by
foods and what test shows this
RSVP (239)275-0039**

Space is limited to first 20 people.

If you are among the many who suffer from insomnia and other sleep disorders, you owe it to yourself to try REMTabz today!

- Reduce Stress / Anxiety
- Fall Asleep Quickly
- Stay Asleep Longer
- No Side Effects
- Non-Addictive
- Wake Up Refreshed - Not Drowsy
- No Prescription Needed

Frequently Asked Questions.

- How Should I Take REMTabz?
- Before bed, take one REMTabz capsules with a full glass of water. REMTabz will help you naturally drift off to sleep, without making you feel drowsy the next day!
- Are There Any Side Effects With REMTabz?
- REMTabz is made with 100% FDA recognized natural ingredients. Unlike the prescriptions sleep aids on the market, REMTabz will not cause any unwanted or dangerous side effects. Users report that REMTabz helps them receive a deep and restful sleep without feeling lethargic in the morning.
- If you have questions about any of the ingredients in REMTabz, or to find out if REMTabz is right for you, please talk to your doctor.
- Why Should I Choose REMTabz?
- REMTabz is a safe, natural alternative to prescription medications so no prescription is required. REMTabz has been formulated to effectively help you fall asleep, and stay asleep all night, without any of the unwanted and scary side effects that are so prevalent with other prescriptions. REMTabz is the choice of physicians and pharmacists for their patients needing deep sleep without using narcotics or drugs. REMTabz is non-addictive like many other sleeping aid/medications. REMTabz enhances your body's natural biorhythms providing you a deeper sleep and helps your body naturally regain a healthy sleep pattern. REMTabz is the most advanced pharmacological formulation available without a prescription.
- Why do I feel I need less sleep with REMTabz?
- Our ingredients are clinically shown to be fast acting, enabling you to fall asleep faster and reach your REM sleep (deep sleep) significantly faster. One component of our proprietary active formulation (Diazalclone) alone was shown to increase REM sleep by 25%! It is not uncommon for REMTabz users to find they feel equally rested on a fraction of the sleep they normally require!

YOLLO Wellness

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

(239)275.0039

www.YOLLOWELLNESS.com



By Dr. Robert R. Jones

Community Partnerships the Key to Success

economy. Along with our sister institution, Florida Gulf Coast University (FGCU), we enjoy transferability of courses. The state of Florida enabled this by establishing the common course numbering system, allowing similar courses to easily transfer to other state colleges and universities.

Additionally, FSW's School of Business and Technology partnered with FGCU and Hodges University to establish a Workforce Now, a regional research initiative that was created to provide better information about regional workforce

gaps, skills, and characteristics to both educators, employers, and the public. The project identifies needed skills colleges can include in their program training and provides regional economic and business information to help expand and recruit businesses to the area.

In some cases, we have even reached beyond our local community and have established partnerships with organizations such as the University of Florida (UF). This partnership, along with the Naples Children and Education Foundation

For any community-based organization, your success is only as strong as the relationships you build. At Florida SouthWestern State College (FSW), we strive to provide high-quality, low-cost educational opportunities, programs and services for our students. Often, this is only possible through the partnerships we share with other community-based organizations.

The numerous partnerships FSW has established throughout our community and the five counties we serve have helped develop and grow many of our programs, some of which would not be possible without these partnerships.

FSW's School of Health Professions is one of the top 25 largest producers of Registered Nurses (RNs) in the country. This is thanks to the many local hospitals and medical facilities, such as Naples Community Hospital, that provide onsite clinical training to our nursing program students. Our students train on the same equipment they will use and with the same healthcare professionals they will work with when they begin their own healthcare careers.

While we may appear to be competitors, we have also built many partnerships with other local higher educational institutions, bringing additional benefits to both our students and the





(NCEF), has helped build the NCEF/ UF Pediatric Dental Center, providing both low cost dental services to over 8,000 children a year and establishing a pediatric dental residency program for UF dental students.

One of FSW's biggest and most recent partnerships is with Suncoast Credit Union. While the most talked about benefit of our partnership has been the naming rights of FSW's new athletics arena, it goes far beyond just that. Together we will provide financial literacy education for our students and the public, provide staff training for Suncoast employees, and create scholarships for our talented students.

When organizations have common goals, taking advantage of each other's talents and working together to compound those resources can often create win-win arrangements for everyone. This ultimately means improving services and making a greater impact in the community.



The mission of Florida SouthWestern State College is to inspire learning, and it is with the help of our many local partnerships and supporters that we are able to do just that.

Dr. Robert R. Jones is the Collier Campus President/ Regional Vice President Economic & Community Development at Florida SouthWestern State College.



FLORIDA
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STATE COLLEGE

www.FSW.edu - (800)749-2322
Naples | Fort Myers | Punta Gorda | LaBelle
f FSW Bucs t @FSWBucs i FSWBUCS

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

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

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

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



SWAN TREATMENT OPTIONS

SKIN TIGHTENING

Swan-Freeze™

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

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

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

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



FAT REDUCTION

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

Swan-Lipo™ and Swan-Cavi™

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



Anti-Aging • Fat Reduction • Skin Tightening
Wrinkle Reduction • Cellulite Smoothing

1-800-965-6640

www.SwanCenters.com

3301 Bonita Beach Road #106
Bonita Springs, FL 34134

12575 S. Cleveland Avenue #5
Fort Myers, FL 33907

141 10th Street South
Naples, FL 34103

950 S. Tamiami Trail #100
Sarasota, FL 34236

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.

10 Reasons to Enjoy a Daily Salad

Incorporating the frequent salad into your diet is very beneficial to anyone's health. Fortunately, nowadays it seems that everyone is a little health-conscious and strives to be healthier in one way or another. Well, eating salads to increase your health is a no-brainer and it's super easy to find at any local restaurant or super market. So, what are the benefits of incorporating salads into your everyday diet? Checkout the 10 healthy benefits of eating salads below:

Sharpen your eyesight. That's right, certain salads can actually help sharpen your eyesight. Salads that have spinach, romaine, or red leaf lettuce contain loads of vitamin A carotenoids, lutein, and zeaxanthin. These nutrients help prevent high-energy light that may cause eye damage and aid in light and dark eye adaptation.

Strengthen your muscles. Popeye had it right all along. Salad greens and spinach have nitrates that can boost the production of the proteins in the muscles, making them stronger and more efficient.

Slim down your waist. Salads are very low in calories, so eating salad in place of many other fatty foods will help you slim down the pounds.

Get to sleep easier. Lettuce contains a sleep inducing substance called 'lactucarium' which has been used to treat cases of insomnia.



High source of fiber. Salads are high in fiber, which slows the rate that sugar is absorbed into the bloodstream, makes your intestines move faster, and it speeds up the digestive process.

Lower your food cravings. Eating a salad will help reduce cravings for many other fatty foods. Additionally eating a small salad before a meal will help prevent over-eating.

Fast and easy. Don't have time to cook a meal? Or not quite sure what to get on the menu? Choosing a salad is always quick and easy. Anyone can easily make a salad and any place you choose to dine will probably have a salad on their menu.

Stay Regular. A high-fiber diet helps you have soft, regular bowel movements, reducing constipation.

Protect against diseases. By improving digestive health, eating salads can help protect the body from diseases such as cancer and heart disease.

Increased Immune system. Eating salads is a great way to increase your vegetable intake and vegetables contain antioxidants, which help aid in booting the immune system.

Besides salads being so good for you they are also very delicious and have so many varieties. You can be sure to find tons of salad varieties in many local restaurants. One particularly excellent place to check out for a variety of salads is Saladworks. Their menu offers a wide selection of salads, fusion sandwiches, paninis, wraps, and soups to have you coming back time and time again.

Eat simple, eat fresh and always eat what works for your body! Saladworks!

Saladworks

2352 Pine Ridge Road, Naples, FL 34109
239-228-7815
saladworks.com

Want to know how I lowered my cholesterol by 73 points in 1 month?

Call **727-798-8764** or visit www.KaresPurpleRiceProducts.com and learn how YOU can do the same thing!

Did I mention my husbands' blood sugar went from 200 to 113 in 3 months?



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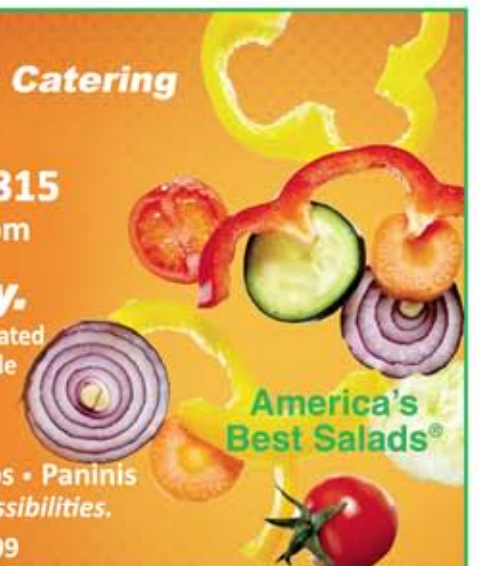
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Get a Colonoscopy, but...

By Zorayda "Jiji" Torres, MD

Colorectal cancer is one of the leading causes of cancer-related deaths in this country. The most definitive way to diagnose it is through a colonoscopy, by Age 50 years, or sooner if you have family history, or other diagnosis like inflammatory bowel disease, or symptoms like a change in bowel habits, etc. It is good to diagnose the disease early to increase chances of survival and reduce the amount of surgery and chemotherapy needed.

However, getting a colonoscopy does not mean that you are preventing colorectal cancer from happening. It only means that you are trying to find it early, if you have it. So, what does one actually need to do to reduce their risk of this cancer?

There is sufficient evidence now showing chronic inflammation in the colon as contributing to colon cancer development. There is accumulating evidence too suggesting that the population of bacteria and other organisms living inside our intestines have a role to play in causing this cancer.

Did you know that an average adult has 3 to 4 pounds of microbes living on and in them? Called the human microbiome, this population of 100 trillion microorganisms live in our guts, mouths, nostrils, skin and elsewhere in our bodies. The majority of these microorganisms are in our colon and they vastly influence the health of that organ, and of the whole body.

If we have that huge amount of bacteria in our guts, how come we are not all sick? Well, many of these bacteria actually are beneficial to us. We need to have enough of them and cultivate their colonies as they keep the more harmful bacteria and yeast levels in check. And here is what's important: these good strains of bacteria thrive on vegetable and fruit fiber! They ferment these digestion-resistant plant fibers into short chain fatty acids such as N-butyrate, acetate and propionate. N-butyrate is very important as it is the main energy source of colonic cells. Among its many actions, N-butyrate has been shown to beneficially regulate the colonic cells' proliferation, leading to fewer pre-cancerous cells. Thus, by eating more vegetable and fruit fibers, we are cultivating the colonies of these protective strains of bacteria.



Gut inflammation from other causes (infection, food sensitivity and "leaky gut", nutritional deficiencies, poor blood circulation, etc.), also contribute to the growth of less favorable strains of bacteria in the colon. These strains can produce chemicals that are toxic to our colon. However, studies have showed that anti-oxidant nutrients from foods like cruciferous vegetables, green tea, turmeric, garlic, flax seeds, apples, and many others, can help reduce our risk of colorectal cancer. On the other hand, red and processed meats, cheese, sugars and starchy foods, alcohol (especially in men), can raise our risk of this cancer. Physical activity also reduces risk, while obesity and sedentary lifestyle increase risk.

Therefore, while getting a negative report on colonoscopy is good news, one should still think of taking measures to reduce their colorectal cancer risk. If you have non-specific colitis, symptoms of irritable bowel (constipation, diarrhea, discomfort, etc.), are overweight, diabetic, sedentary, or suffer from chronic inflammation elsewhere like arthritis, autoimmune disease, etc., your risk for colon cancer may still be higher than average, despite a negative colonoscopy. You will need to make improvements in your diet and lifestyle, as mentioned above. You might also want to do a more comprehensive stool test to be better guided.

As a functional medicine specialist, I frequently order a comprehensive digestion and stool analysis through special laboratories, even for conditions that do not seem to primarily involve the colon, like autoimmune disease. These stool tests are much more

comprehensive than the ones routinely done at hospitals and local laboratories. They can identify hidden causes of inflammation, which can promote cancer. For example, through these tests, I am able to check if patients have adequate levels of beneficial gut bacteria. I am able to see their N-butyrate levels, low levels of which are associated with poor colonic health. I am able to see certain unhealthy ratios of bacterial groups (Firmicutes/Bacteroidites ratio), which are implicated in obesity, diabetes, fatty liver, and inflammatory disorders. Culture for fungus is also done. If potentially harmful yeast is identified, this can be addressed through diet, use of botanicals or pharmaceuticals, depending on the patient's overall immune status. Parasites are also tested for using both microscopy and an enzyme assay test. This test can be very useful for those with persistent diarrhea, mucus in stools, and even those with unexplained headache and fatigue. Many other biomarkers of digestion, absorption, and inflammation, are included in this comprehensive stool test. Concrete measures can then be taken to improve the patient's gastro-intestinal health.

In conclusion, reducing your risk for colorectal cancer goes beyond just getting a colonoscopy. Exercise and a high-fiber diet are important. Getting a comprehensive stool test thru a functional medicine physician like myself, especially if you have chronic inflammatory conditions, may prove quite helpful in achieving optimal colon health and whole body wellness.



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

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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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Fertility and Chiropractic Care?

Many women who experience uterine fibroids, endometriosis, painful periods, or infertility aren't aware that their problem may be linked to an imbalance within their nervous system and that chiropractic care can improve symptoms.

At first glance it might not be easy to see the connection between the spine and the female system. A woman does not necessarily have to have the above problems to be considered infertile by her doctor. She may not have any symptoms at all, other than the fact that she cannot get pregnant. That said, even if she is not diagnosed with the above problems, many women who are helped by chiropractic care tend to have some signs, like irregular or painful periods, or other symptoms of hormones that are out of balance.

There may be more than one good theory about how chiropractic care can help women experiencing endometriosis, painful periods, infertility, or other issues. Here are two that are most well-known in chiropractic:

1. Pressure on nerves in the lower spine (near the low back and inside the hips) affects the tone (tension) in the muscles of the pelvis. The automatic part of the nervous system (the autonomic system), which controls muscles inside the fallopian tubes, stop working properly. (The fallopian tubes "catch" the eggs that leave the ovaries, and push them down to the uterus).



Because of nerve pressure, rather than flexing and contracting to pull the woman's egg down the tube and into the uterus, the soft muscles of the fallopian tubes do relatively little contraction. The egg never gets pulled into the tube, or it just tends to sit in the tube, reducing its chance to come into contact with the sperm and develop in the uterus.

Chiropractic techniques, including upper cervical chiropractic, which unlock the lower spine can remove this nerve pressure allowing the muscles of the fallopian tubes to flex and contract.

This theory also explains why some women with endometriosis have good outcomes after chiropractic care. If the lack of muscle motion in the fallopian tubes allows uterus tissue to flow back into the body, then correcting the pressure causing this back-flow may impact endometriosis and fertility together.

2. Chiropractic care, especially at the top of the neck, changes blood flow in and around the mid and lower parts of the brain. Blood flow increases around an area of the brain called the hypothalamus, which delivers hormones into the blood stream. Either hormone levels increase, or they become coordinated enough to encourage a healthy ovulation on a more regular basis.

These two theories may explain why women experiencing infertility can become pregnant after chiropractic care.

If you or someone you love is struggling with any of the female reproductive issues discussed above, please call Arc of Life Family Spinal Care to learn how upper cervical chiropractic care can help.

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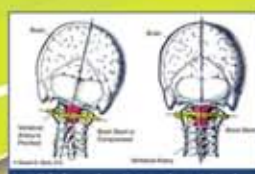


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Hormonal Fluctuations Throughout a Woman's Life Affects Many Tissues, Including Their Gums

By Juan Teodoro, D.M.D.

Women experience hormonal changes throughout different periods of their life. They have specific health needs as they transition into puberty, menstruation cycle, pregnancy or menopause. Women oral health needs also change at these times. While women tend to take better care of their oral health than men do, women's oral health is not markedly better than men's. This is because hormonal fluctuations throughout a woman's life affects many tissues, including the gum tissue.

A study published in the January 1999 issue of the *Journal of Periodontology* reports that at least 23 percent of women ages 30 to 54 have periodontitis (an advanced state of periodontal disease in which there is active destruction of the periodontal supporting tissues). And, 44 percent of women ages 55 to 90 who still have their teeth have periodontitis. In many instances, patients do not realize they have periodontal disease until it reaches advanced stages - It progresses silently with few to no symptoms. However, patients can take steps to protect their oral health at these different stages of their life.

During puberty, women experience an increased level of sex hormones, such as progesterone and possibly estrogen, causes increased blood circulation to the gums. This may cause an increase in the gum's sensitivity and lead to a greater reaction to any irritation, including food particles and plaque. During this time, the gums may become swollen, turn red and feel tender. As a young woman progresses through puberty, the tendency for her gums to swell in response to irritants will lessen. However, during puberty, it is important to follow a good at-home oral hygiene regimen, including regular brushing and flossing, and regular dental care. In some cases, a dental professional may recommend periodontal therapy to help prevent damage to the tissues and bone surrounding the teeth.

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Occasionally, some women experience menstruation gingivitis. Women with this condition may experience bleeding gums, bright red and swollen gums and sores on the inside of the cheek. Menstruation gingivitis typically occurs right before a woman's period and clears up once her period has started.

Gingival changes during pregnancy include increased gingivitis or pregnancy gingivitis beginning in the second or third month of pregnancy that increases in severity throughout the eighth month. During this time, some women may notice swelling, bleeding, redness or tenderness in the gum tissue. In some cases, gums swollen by pregnancy gingivitis can react strongly to irritants and form large lumps. These growths, called pregnancy tumors, are not cancerous and are generally painless. If the tumor persists, it may require removal by a periodontist. Studies have shown a possible relationship between periodontal disease and pre-term, low-birth-weight babies. Any infection, including periodontal infection, is cause for concern during pregnancy. In fact, pregnant women who have periodontal disease may be more likely to have a baby that is born too early and too small! If you are planning to become pregnant, be sure to include a periodontal evaluation as part of your prenatal care.

Women who use oral contraceptives may be susceptible to the same oral health conditions that affect pregnant women. They may experience red, bleeding and swollen gums. Women who use oral contraceptives should know that taking drugs sometimes used to help treat periodontal disease, such as antibiotics, may lessen the effect of an oral contraceptive.

Women who are menopausal or post-menopausal may experience changes in their mouths. They may notice discomfort in the mouth, including dry mouth, pain and burning sensations in the gum tissue and altered taste, especially salty, peppery or sour. In addition, menopausal gingivostomatitis affects a small percentage of women. Gums that look dry or shiny, bleed easily and range from abnormally pale to deep red mark this condition. Most women find that estrogen supplements help to relieve these symptoms.

Careful periodontal monitoring and excellent oral hygiene is especially important for women who may be noticing changes in their mouths during times of hormonal fluctuation. To help ensure good oral and overall health, be sure to: See a dental professional for cleaning at least twice a year. See a periodontist if you or your dentist notice: Bleeding gums during brushing, Red, swollen or tender gums, Gums that have pulled away from the teeth, Persistent bad breath, Pus between the teeth and gums, Loose or separating teeth, A change in the way your teeth fit together when you bite or A change in the fit of your dentures.



Dr. Teodoro is a Board Certified Periodontist. He holds both Diplomate status in the American Academy of Periodontology and the International Congress of Oral Implantologists. Dr. Teodoro served as a Major in the U.S. Air Force practicing periodontics. Throughout his Air Force career he served as Chief of Periodontics, Director of the Implant Board & Clinical Instructor. He is currently a clinical assistant professor at the Naples dental residency program for the University of Florida. Dr. Teodoro is still the only periodontist in both Lee & Collier County trained in Advanced Laser dentistry.

MUSCLE ACTIVATION TECHNIQUES

What it is and is MAT for me?

By Jay Weitzner, MS, MATs, RTS

In the February issue of Health & Wellness we described what MAT is. We explained how when you participate in activities with both legs only one leg may hurt. We spoke about how symptoms are nothing more than evidence that something else is wrong. A symptom, after all, can only exist if something causes it to exist - no cause, no symptom. We spoke about how giving a name to your discomfort does nothing to explain why it's there. Knowing the tendon is inflamed and hurts and calling it tennis elbow or tendonitis, doesn't even begin to explain why you have it. It just gives a title to the discomfort you felt before you knew what it was called. If you want to reread that article, you can find it here:

<http://www.symmetryprecisionfitness.com/mat-health-wellness-article-feb-2015/>

So is MAT for you? Having a better idea of what it is and how it works may help you decide. Hearing about some specific MAT cases may help you even more.

Real Client #1: Martha

Martha is a 63 years of age attorney of excellent health until being in a car accident in 2011. Since the accident she experienced back pain 100% of the time. She was unable to lie flat on her back with pain. She hadn't slept in her bed for years and was only able to sleep on her sofa propped up against the back. She shuffled when she walked and moved like an out of shape of person. After trying chiropractic, physical therapy, acupuncture, massage, multiple stretching methods and pain medications, her doctor said it's time for surgery.

They had tried everything but Martha still had pain. The x-rays showed nothing. The MRI showed nothing. No one could help her and everyone continued to treat her symptoms. They tried stretching and massaging her to relieve the tightness (tightness is a symptom). They offered her shots to reduce the pain (pain is a symptom). Martha was a phone call away from scheduling surgery when she found MAT. Today she is about 95% pain free according to her own estimates. With MAT I identified the muscles that were not working, I reactivated them and her symptoms went away. Hearing how she was able to carry her nephew through an airport on trip was great news.

Real Client #2: Paul

Paul is 52 years of age with back pain for 20 years. After years of trying everything to treat his pain from chiropractic to prolotherapy to massage and stretching and physical therapy he grew depressed. He was given a series of steroid injections to help deal with his pain. While the injections offered some relief for a short time they ultimately complicated matters by causing him to gain weight. Paul used to play football in high school and remained active his entire life until his pain became too great. Paul grew concerned



about his situation was because his MRI had shown some structural damage. He was afraid that the structural damage was what was causing his pain. Through MAT he learned, and more importantly experienced, how structural damage is not always the cause of pain. Everyone Paul saw continued to address his symptom. Whenever they found a tight muscle they tried to do something to get it to relax. If you recall from the February MAT article, tight muscles are a symptom - they are the result of other muscles not working. Once I identified the muscles in Paul's body that were inhibited I activated them and his symptoms dissipated.

Real Client #3: Jeff


Jeff is 48 years old. When he first came to see me, he couldn't bend over to tie his shoes, he had to lift his leg in order to reach his foot. Even simple every day tasks became impossible. When driving his vehicle, he couldn't reach over his shoulder to put on his seat belt. Like all the other cases, Jeff tried everything. After MAT, Jeff has no mobility issues and is pain free. MAT allowed me to discover the root cause of the problem and do more than simply chase the pain. Using this treatment option the muscles in Jeff's body that had shut down were revealed and activated.

These clients are a small sample of the people helped in this past month alone. Other cases include clients who tried surgery without relief and tennis players with shoulder, spine, hip, shin and foot issues. The thing each of them had in common was that they all had symptoms that were being treated instead of causes. Don't chase pain. Find the cause with MAT and eliminate the pain for good.

MAT MUSCLE ACTIVATION TECHNIQUES

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RINGING EARS? Finally there is HELP!

By John Hoglund, BC-HIS, ACA

There are between 25 and 50 million Americans are plagued with a condition that is imperceptible to other people. They look normal, but they are suffering with a problem that is a constant frustration and irritation. Tinnitus can lead to sleep deprivation which can dramatically impact quality of life for those with severe tinnitus symptoms. In some cases, their agony drives them to consider suicide.

Tinnitus (pronounced either tin-NYE-tis or TIN-uh-tis) is frequently described as "ringing in the ears". The sounds are described in many ways: hissing, chirping like crickets, electronic whines, static, rushing water, buzzing, whooshing or humming. Loudness varies, but it can get so intrusive it is hard to think, hear or sleep. Imagine trying to function with a radio stuck between stations at top volume. You can't turn it down and you can't turn it off. No one else can hear what the victim hears, but the sounds are not imaginary.

There are many causes of tinnitus

Veterans suffer as a result of exposure to loud noise during war. Tinnitus is one of the most common causes of disability among those returning from Iraq and Afghanistan. People exposed to industrial noises, or loud engine noises from airplanes, race cars, or airboats may also develop ringing ear. Formal Rock-and-Roll performers such as Pete Townshend of "The Who" have spoken out about how loud music can lead to tinnitus.

Hundreds of drugs can also trigger tinnitus

Aspirin and anti-inflammatory drugs like ibuprofen (Advil, Motrin) or naproxen (Aleve) are notorious for this side effect. Foods containing caffeine or high level of sodium are known to be tinnitus "triggers". If the tinnitus is drug-induced, stopping the medication may eliminate the problem, but the cause of this condition is not always identifiable.



John and Patricia Hoglund
LHAS, BC-HIS, ACA

For decades doctors told sufferers there was nothing that could be done to quell the internal noise. Patients were often told to "learn to live with it". Some were given drugs like Valium (diazepam) or Xanax (alprazolam) to ease the stress brought on by constant ringing, hissing or buzzing. Such solutions are unsatisfactory for millions of patients. Living with constant intrusive noise can ruin the quality of life.

Now, a number of devices are being de-veloped to help tinnitus sufferers. Some high-end hearing aids are designed to mask tinnitus noise at the same time they improve hearing. Tinnitus Retraining Therapy (*Tinnitus.org*) provides patient with counseling and long-term exposure to white noise to overcome the internal sounds. It can take a long time (one to two years) to achieve satisfactory results, however, in more severe cases of the condition.



One of promising approach is an FDA-approved device that helps retrain the brain. The Neuromonics system creates a sound that matches the Patient's particular tinnitus noise. This is then embedded in relaxing music that the Patient listens to for at least two hours daily. Within two months, many patients experience some relief, but the full program takes at least six months to complete. *John Hoglund of Southwest Florida Tinnitus and Hearing Center* States, "Nothing that I've ever worked with has offered this much relief for Tinnitus sufferers!" "People who suffer with severe symptoms, are reporting feelings of optimism and hope after just a few weeks of treatment!"



In one study, *86 percent of the people using the Neuromonics Tinnitus Treatment got relief from their tinnitus.* This was significantly better than the 47 percent in a control group that received counseling and listened to white noise and the 23 percent of those who were given only counseling (Ear, Nose and Throat Journal, June, 2008) Extensive studies at Duke University also found that over 80% of Tinnitus sufferers reported at least a 40% reduction in their tinnitus disturbance and many report that after treatment the tinnitus problem has become virtually insignificant. Now that researchers are learning how to retune the brain, many tinnitus sufferers may be able to get relief at last!

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Put Your Dental Health On A Diet, too!

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

We all love to eat! What can be better than a meal shared with family and good friends. Enjoying what you're eating involves both a sense of taste and smell, as well as chewing. But what you eat is even more important especially as you age. We all know that calcium and vitamin D are important for strong bones. But remember your teeth are embedded in bone and that bone like any other bone in your body is affected by osteoporosis. This means that the bone density and strength of the bone has a direct effect on the satiability of your teeth! Actually, your first defense against tooth loss through periodontal disease is having a strong jawbone. A calcium poor diet contributes to the risk of developing periodontal disease.

The recommended amount (RDA) of calcium for women over 50 is 1200mg/day. Most of us are aware that insufficient calcium intake or insufficient absorption of calcium leads to osteoporosis. The culprit is the decrease in estrogen production as a result of menopause, which is responsible for both increased bone resorption and decreased calcium absorption. But in addition to osteoporosis, current studies have shown that women who get less than 500 milligrams of calcium per day from their food have a 54% greater risk of periodontal disease as compared with those who consume 800 milligrams or more of calcium every day. Simply improving your diet with the correct intake of calcium lowers your risk of periodontal disease.

What are some foods that provide the best source for calcium? Dairy products such as yogurt (300mg), cheeses (400-500mg) and milk (240 mg) are excellent choices, but for other sources are available as well. Sardines (240mg)

are another good choice as well as collard and turnip greens (225mg), broccoli (250mg) soybeans (150 mg) and almonds (210mg). Calcium amounts are based on average size servings.

Mastication (chewing) of your food is very important in the digestion process. Food must be broken down into smaller particles in order for your body to absorb these nutrients from your food. Missing and decayed teeth or ill-fitting partial or full dentures can all contribute to inadequate chewing, leading to inadequate digestion. Advances in dentistry today allow implants to replace missing teeth and secure loose dentures permanently!

As we all get older, nutrition plays a more an important role in our health. In fact, research has shown that there is a link between oral health and systemic conditions such as diabetes and cardiovascular disease. A well balanced diet may not only improve your dental health, but also may reduce the risk of other disease. Ongoing research studies are beginning to show that antioxidants and other nutrients found in fruits, vegetables and nuts may strengthen immunity and improve the body's ability to fight the bacteria and inflammation connected with these diseases.

Regular dental visits which include a dental cleaning, dental exam and oral cancer exam are becoming even more important as our bodies change and as physicians prescribe various medications. In some cases medications can cause a dry mouth (xerostomia). Saliva protects both hard and soft oral tissues and starts the digestive process. Keeping the mouth moist by drinking plenty of water or using a sugarless candy or gum is needed to stimulate saliva. Saliva substitutes are also available.

Often elderly patients are on restrictive diets or are undergoing medical treatments that prevent eating

nutritionally balanced meals. These conditions can impair a person's ability to taste, bite, and chew or swallow food. Your dentist is also a great resource of discussing nutrition requirements for your diet.

If you or someone you know is experiencing any of these conditions, talk to a geriatric care dentist because there are solutions and remedies that are available. Be sure your healthcare team members are up to date on your medical history, lifestyle, eating habits and medications. Your dentist can identify, prevent and or control your oral health risks.

DENTISTRY/GERIATRIC

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

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CERTIFICATIONS • Gerontology, Florida Gulf Coast University, 1999

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

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

MEMBERSHIPS • American Dental Association, Florida Dental Association, West Coast District Dental Association, Collier County Dental Association, American Academy of General Dentistry

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WHAT WOULD RISING INTEREST RATES MEAN TO YOU?

Provided by RBC Wealth Management and John Barnes

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

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

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

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



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

Here are a few suggestions:

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

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

- **Build a bond ladder, or restructure an existing ladder.** A bond ladder may prove beneficial to you in all interest-rate environments. To construct this ladder, you need to own bonds and other fixed-rate vehicles, such as Treasury securities and certificates of deposit (CDs) of varying maturities. Thus, when

market interest rates are low, you'll still have your longer-term bonds, which typically pay higher rates than short-term bonds, working for you. And when interest rates rise, as may be the case soon, you can reinvest your maturing, short-term bonds and CDs at the higher rates.

It can be unsettling to look at your investment statement and discover that the value of your bonds has fallen. But, as we've seen, you do have methods of coping with rising rates and falling bond prices — we encourage you to be proactive, consider your options carefully and make those moves that can help you continue making progress toward your financial goals.

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

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No one welcomes a “tsunami”, but North America is experiencing a rapidly raising tide of senior citizens never before seen in our history. Current demographics indicate that for the next 20 years, as many as 10,000 citizens will be reaching age 65 each day in the U.S. Additionally, news media reported this week that life expectancy in the U.S. rose again; to a record average of 78.8 years. For perspective, in 1950, the average life expectancy in the U.S. was 68.2 years. It is amazing that in just one generation; we’re living an additional 10 years!

Our society is blessed to have the wisdom and perspective of our elders. Yet, we are now called to create new methods and services to help our growing senior population age

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For more information please contact John at the Naples office.



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RECOVER with Confidence™

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

By LaDonna Roye, Hairstylist

Each week our Recover with Confidence Salon sees several women seeking options to camouflage medically related hair loss. The reasons for their loss include chemotherapy, radiation, alopecia, thyroid issues, medications, hormonal imbalances, vitamin deficiencies, stress and trichotillomania a hair pulling disorder.

Many of these women are young, others... young at heart. Although there are several options for short, trendy styles, they want to continue wearing long hair in a style they're accustomed to.

Here we'll consider pros and cons of human hair vs. synthetic wigs for shoulder length or longer styles.

Synthetic wigs are easily cared for, generally less expensive and come in an array of colors. They won't kink or lose their style in the humidity like human hair may, but they do have a down side. Long synthetic wigs that rub the shoulders will eventually get frizzy ends from the friction.

A knowledgeable wig stylist can smooth this frizz a few times but eventually they may require trimming. There is now a heat-friendly synthetic fiber that gets friction damage but is easier smoothed with a flat iron or curling iron.



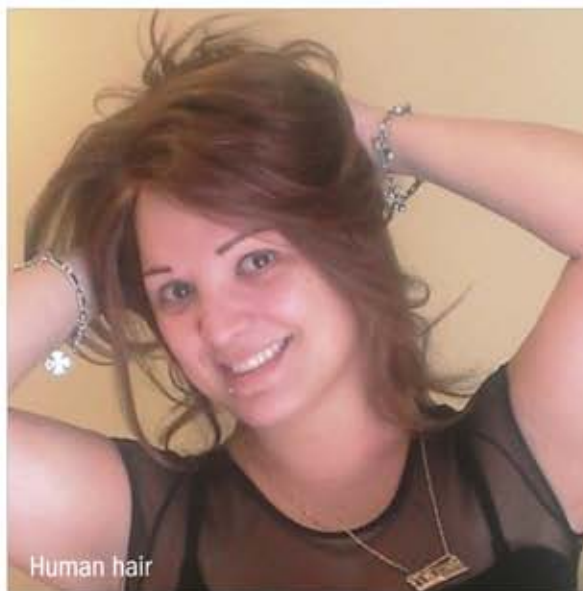
Synthetic



Synthetic

A **Synthetic/Human hair blend** is a good option for hair that touches the shoulders. It offers versatile styling with low heat and won't damage as quickly as synthetic fiber alone. However, friction damage will affect blended hair eventually.

Human Hair is the third option for a long wig. It is my personal favorite for shoulder length and longer hair due to its versatility and it isn't damaged from rubbing the shoulders. These wigs



Human hair

may be custom colored to match your original hair color. They are typically more expensive but last longer synthetic wigs.

Different grades of Human hair are reflected in the price. Some human hair is processed in a way that removes the cuticle layer resulting in a wig that will not tangle. This hair is the least expensive of the human hair options, may be colored or low lighted, but bleaching or lightening is not recommended.

Remy Human hair, also called European hair, is hair collected from a single donor with its cuticle going in the same direction to prevent tangling. Remy hair retains more shine and looks good longer because more cuticle remains after processing. Remy hair can be colored, permed or highlighted.

Human hair wigs come with various amounts of curl. For a smooth, straight look, buy a straight wig or one with a loose body wave. For curl, be sure the wig is not pin straight.

Human hair wigs can be set on rollers, styled with a curling or flat iron. The fact human hair wigs require styling is a down-side for some, an advantage for others depending on whether you enjoy and have a talent for styling hair. You can always bring your wig to us for professional styling.

The secret to wearing a wig and having it look natural is to do the same things with the wig you would do with your own hair:

- Pin it up, leaving a few strands out at the nape and in front of the ears.
- Put it into a ponytail or loose braid.
- Pull it away from your face with a barrette.
- Tuck it behind your ear, leaving just a few strands out in front to hide the edge of the wig.
- Have a qualified wig stylist customize the perimeter of the wig so it looks like your own "baby hairs" are softly falling around the edges.

Check with your health insurance policy, does it provide for a "cranial prosthesis" (wig) for your medical condition? A cranial prosthesis is considered "durable medical equipment" like a wheelchair or a prosthetic limb and is often covered for conditions such as cancer or Alopecia. A prescription is required.

The choice is yours. Human, synthetic or both, you can have beautiful long hair that looks completely natural.

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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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TIRED OF MANAGING PAIN WITH MEDICATION?

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Alleviate Hip Pain with Acupuncture

By Toni Eatros, MS, Dipl Ac, AP

Do you suffer from hip pain? At the end of the day, is it difficult to walk or get up from a chair? Are your hips sore and achy? If so, I have good news for you. Acupuncture can alleviate the pain you are experiencing so you can get back to the activities that you enjoy. Pain relief usually begins within minutes of the start of treatment.

How Does Acupuncture Help?

Even if you have tried acupuncture before and did not get the results you wanted, I encourage you to try it again. Zang-Fu diagnosis is the type of diagnosis that is taught in American acupuncture schools. Most acupuncturists utilize this diagnostic method to diagnose and treat their patients. Some patients improve completely, some get a significant reduction in pain, and others get only a small amount of pain relief with this approach. This type of diagnosis strategy works great for Chinese Herbs, but for acupuncture the results are inconsistent.

Until recently, this was the type of acupuncture diagnosis that I used in my practice. I was frustrated because the outcome between patients was not consistent. I am happy to report that I have learned a new type of diagnosis and treatment strategy that is getting fantastic results when it comes to pain relief. Most patients get significant reduction of pain within minutes of the insertion of the acupuncture needles.

This diagnosis method is called meridian theory. Meridian diagnosis and treatment is the most effective acupuncture method. It is not taught in the acupuncture schools, however, so most acupuncturists do not use this method. That is why I encourage you to try acupuncture again if you didn't get relief the first time and if you are still experiencing hip pain.

What Kind Of Acupuncture Is Used?

I use the mirroring and imaging formats to select the appropriate points. To treat the hip, I will put the acupuncture needles into the opposite hand and wrist. I use acupressure to identify tender or sensitive areas on the corresponding areas of your



opposite hand and wrist. The tender areas are where I put the needles. This approach makes each treatment unique, it is rare that exactly the same points are used from treatment to treatment.

The needles are stimulated periodically over the course of about 35 minutes. Soft lighting and music plays so you become profoundly relaxed during the course of the treatment. Depending on the exact circumstances of your pain, stretching, massage, moxibustion or electro-acupuncture may be used in addition to the acupuncture. Instructions about home self-treatment will be given as well.

What Kind of Results Can I Expect?

Treatment results vary depending on the length of time the pain has been present, your overall health, the severity of degeneration of the hip and your ability to rest the hip between treatments. Most patients see a dramatic reduction during the very first treatment. If the pain is chronic and if you continue to overuse the hip between treatments, then progress is usually a bit slower. If you have complete degeneration of the hip, bone spurs, or bone rubbing on bone, results will be slower and you may not get complete relief. Quicker pain relief usually occurs if the pain involves the muscles, bursa, tendons, or ligaments of the hip.

How Many Treatments Will I Need?

I recommend 6-12 treatments total in most cases. Results are the best if you can come 3 times per week for the first two weeks, then as needed for maintenance. If you make an effort to rest the hip and perform the suggested home treatment, results can be fast and long lasting so you can resume your pursuit of the activities you enjoy. Extremely active people and athletes may find they need to come biweekly or monthly for maintenance treatments to keep the pain from returning.

Can I Get Acupuncture if I Have Had Hip Replacement?

Acupuncture is extremely beneficial after hip replacement. I have seen many patients within days of getting hip replacement surgery. Since the needles are placed in the hands and wrists instead of the hip, there is absolutely no risk of injuring the hip or causing infection. My patients report that their recovery from surgery and ability to get back to normal activities is quickened as a result of the acupuncture treatments. The swelling reduces faster, the flexibility of the muscles around the hip improves faster, and pain is reduced dramatically.

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AN OVERVIEW OF CONDOMINIUM DOCUMENTS

By Andrew S. Bennett

Every condominium in Florida is governed by its own unique guidelines and requirements which are outlined in its condominium documents. “Condominium documents” (also referred to as “governing documents”) consist of three or four specific documents, namely: 1) the declaration of condominium; 2) the articles of incorporation; 3) the bylaws; and 4) the rules and regulations. While Florida law requires that every condominium unit owner receives a copy of the condominium documents, few unit owners take the time to truly understand their rights and obligations contained therein. This article will provide a brief overview of each of these four documents which constitute the condominium documents, as well as some insight as to how these documents function collectively.

DECLARATION

The declaration of condominium (also simply referred to as the “declaration”) serves three primary purposes. First, it is the document which actually creates the condominium. Second, it governs the relationship amongst the individual unit owners, as well as the relationship between the unit owners and the condominium association. Third, it outlines conditions for the use and enjoyment of the condominium property. Given that this document governs such key aspects condominium life, it is easy to see why Florida courts have analogized the declaration as the constitution of a condominium.

ARTICLES OF INCORPORATION

Just as the Declaration establishes the condominium, the articles of incorporation establish the entity that operates and maintains the condominium—the association. Florida law requires that a condominium association be a corporate entity. In any corporation, the articles of incorporation identify the purposes of a corporation and appoint directors to accomplish these purposes. The articles of incorporation for a condominium are no different. The articles outline the association’s areas of responsibility, establish the board of directors, and even specify the membership and voting rights of each unit owner.

BYLAWS

The bylaws establish the operation of the association. To put it in perspective, if the articles establish the purposes of the association (the “what”), then the bylaws establish the procedures for accomplishing those purposes (the “how”). As the board of directors



is responsible for accomplishing these purposes, the bylaws typically contain a lot of information regarding the powers and function of the board of directors.

RULES AND REGULATIONS

The rules and regulations function a bit like the declaration in that they address the relationship between the unit owners and the condominium association. Unlike the declaration, the rules and regulations are enacted by the board of directors without unit owner approval. As such, the rules and regulations are purely supplemental, and serve merely to refine or specify policy already established in the condominium documents.

To illustrate the interaction between the rules and regulations and the other condominium documents, take the topic of pets. If a condominium’s declaration prohibits pets, the board of directors would be prohibited from passing a rule allowing pets. The only way to permit pets in such a condominium would be to amend the declaration, a process that is much more difficult than a board decision. If the declaration allows pets and notes that the board of directors may place limitations as to the size of pets, if the board enacts a rule prohibiting pets beyond a certain weight, such a rule would be permissible, as it merely refines the declaration as opposed to contradicting it.

Additionally, a condominium is not required to have rules and regulations as part of its condominium documents, as the creation of such must first be authorized by the condominium’s bylaws.

READING THE DOCS TOGETHER

While each condominium document has a specific purpose, in practice there is overlap between the documents. For example, membership and voting rights, which are required to be in the bylaws, are also

frequently addressed in the declaration. As such, condominium documents are to be drafted in such a way so as to not contradict each other. Should an inconsistency appear between two or more condominium documents, the provision in the document with the highest priority is to be followed. Florida law gives condominium documents the following order of priority: 1) declaration; 2) articles of incorporation; 3) bylaws; and 4) rules and regulations.

CONCLUSION:

A better understanding of the purpose and interrelation of each of the condominium documents can allow condominium unit owners to better understand their rights and obligations within the condominium, thereby enhancing condominium life.



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ENVIRONS, UC DAVIS SCHOOL OF LAW ENVIRONMENTAL LAW AND POLICY JOURNAL,
VOL. 36, NO. 2 - SPRING 2013

Brendlin v. California: Who’s in the Driver’s Seat
When You’re Not in the Driver’s Seat?
BYU PRELAW REVIEW, VOL. 22 (2008)

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Spring Cleaning Mental Prep

Spring is just around the corner! Sadly, it's also time to start thinking about how you will fit all those big, time-consuming spring cleaning jobs into your life. Consider trying out MaidPro's 49-Point Checklist for your recurring cleaning services (after you have purged and organized) and let them handle the tougher jobs listed below.

Purge and organize small storage areas (closets, junk drawers, cabinets, vanities, toy boxes, paper and digital files). These are great places to start before the weather gets too nice. Discard clothes that are worn or don't fit, food, cosmetics and medicines that are past date and be ruthless about shredding old bills and statements and deleting or archiving defunct files, emails and terrible photos from your computer.



Purge big storage areas (attic, basement, garage). Spring is a time for church and school fairs. For you, it's an opportunity to donate unwanted stuff AND get a tax deduction.

Wash walls, clean ceilings and lighting fixtures. This works wonders to brighten your home especially if you burn lots of candles or fires in the winter. It's also yucky, backbreaking work, requiring proper technique and an assortment of specialized tools (so, definitely worth outsourcing to a professional crew if you plan and budget carefully).

Clean windows, screens and treatments. This is another excellent candidate for outsourcing if you budget for it now. Otherwise, plan on dedicating at least an entire weekend and check out MaidPro's Spring Cleaning Survival Guide before turning your attention to the next several items on the list.

Heavy linens, upholstery, behind and underneath furniture. The guideline here is to take down and clean anything that lives higher up and is likely to shed dust, dander and other micro debris onto your floors in the process.

Large appliances (refrigerator, oven, dishwasher, washing machine and dryer). Appliances ought to be cleaned and, where appropriate, sanitized at least two to four times a year, so chances are at least some of these appliances are going to require your attention within the coming few months.



Deep clean carpets/treat hardwood floors. Being physically lowest, floors are the last thing you want to clean and treat before summer arrives. Be sure to wait until after spring's mud season to get the greatest long-term benefit.

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OPEN ENROLLMENT IS OVER! OR IS IT???



The Department of Health and Human Services established an Open Enrollment Period for 2015 starting on November 15, 2014 and ending on February 15, 2015. During that time a reported 10 million Americans enrolled in quality health insurance.

It's worth reviewing some of the Essential Benefits mandated by the Affordable Care Act. Although the Plans were divided into 4 categories: Bronze, Silver, Gold and Platinum, they all have these Essential Benefits in common.

- All Plans provide for Annual Wellness Exams at NO COST.
- All limits to be paid by the Insurance Company have been removed.
- All pre-existing conditions are covered, allowing thousands of previously uninsurable to get the coverage and treatments they need.

Health Market Agents in 45 States assisted, advised and aided approximately 1,500,000 applicants to secure the health insurance and supplemental protection that was determined to be the best option for themselves or their families.

Many applicants had misunderstandings about available policies, selection of doctors, and the availability to receive tax credits (subsidies) to help pay for their Insurance. Few realized that they could use their tax credit for any plan offered through the Marketplace; the average number across the US was 40 available plans.

The Average monthly tax credit was \$268.00. Personally, I assisted individuals and families to qualify for tax credits over \$1,000 per month.

I helped a woman, who is a Cancer patient, enroll in a plan for \$50 per month. The plan she selected will cover all of her treatments for the year, with her MAXIMUM OUT OF POCKET EXPENSE limited to \$500. Another woman with congenital heart disease is now able to get

a much-needed surgery with a plan that has a monthly premium of \$72 and maximum out of pocket cost of \$1,100.

The Marketplace estimates that 87% of applicants received a tax credit, most of whom were previously uninsured or unable to pay for 100% of their Health Insurance prior to enrolling.

While all of that is positive, what happens to someone needing health insurance now that the enrollment period is CLOSED?

When originally designed, the Affordable Care Act provided for Special Election Periods for those experiencing a "life changing event" within 60 days of application submission. Examples of such events include: marriage, divorce, pregnancy, loss of employment, loss of insurance (not voluntary), and change of immigration status.

Special Election Period opens enrollment during tax season.

In addition, on Friday, February 20, 2015, the Centers for Medicare and Medicaid Services (CMS) announced a Special Election Period for the tax season. **This period begins March 15 and ends April 30 at 11:59 PM.**

This extension period permits those that were unaware of or didn't understand the implications of the fee (penalty) for not enrolling in accredited coverage for at least nine months in 2014 to choose a plan that best meets their needs.

So, what does this mean for you?

This opens the door to many still in need of assistance.

- Do you qualify for a Special Election?
- Do you need help determining if you qualify for a tax credit?
- Do you want to know how much credit you will receive?
- Do you need clarification on what plans and doctors are available in your area?

If you answered yes to any of the above questions, I CAN HELP! With a few questions and a five minute phone call, I can help you determine if you qualify for this most recent Special Election Period extension.

I have helped hundreds of people save thousands of dollars on health care coverage. Call today. I am happy to answer any questions you might have concerning the Affordable Care Act enrollment.

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Spring (Change) is in the Air

Brent Myers

Spring ushers in a new season. It signals the end of “winter” and the beginning of something new. Spring brings new flowers, warmer temperatures, greener grass, and another baseball season. Spring also brings another ritual for many people: cleaning.

Yep – good ol’ fashioned spring cleaning. “Out with the old and in with the new.” Perhaps this annual cleaning is symbolic of the change of the seasons. As we rid ourselves of shorter days, and cooler temps, we welcome in the sun and going to the beach. Spring cleaning reminds us of hope for better days ahead.

And by doing so, Spring becomes the season of hope and change.

As we enter this season, we should stop and take inventory of change that we can make in our spiritual lives to bring about hope.

Here are some things we can do for a “spiritual spring cleaning.”

The apostle Paul wrote in a letter these words: “*Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect.*” (Romans 12:2)

Note what Paul says:

Act differently. “...*don’t copy the behavior and customs of this world...*” Just because it’s popular doesn’t mean we have to do it. We should strive to act differently. We can learn to be kind, polite, forgiving, humble, and serve others. We can act differently by putting others ahead of ourselves.

Think differently. “...*a new person by changing the way you think...*” There used to be a phrase that said “Garbage In. Garbage Out.” This means that what we put in our heads is what we will eventually produce. This same Paul wrote in a different letter: “And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.” (Philippians 4:8)

Be different. “...*let God transform you into a new person...*” Ultimately God does all the work and “spiritual cleaning” in our lives through His Son Jesus and His redemptive work. Again, Paul wrote these words: “This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!” (2 Corinthians 5:17)

*Spring is here!
Change is here!
Hope is here!
Embrace it.
Love it. Live it.*

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