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May 2015

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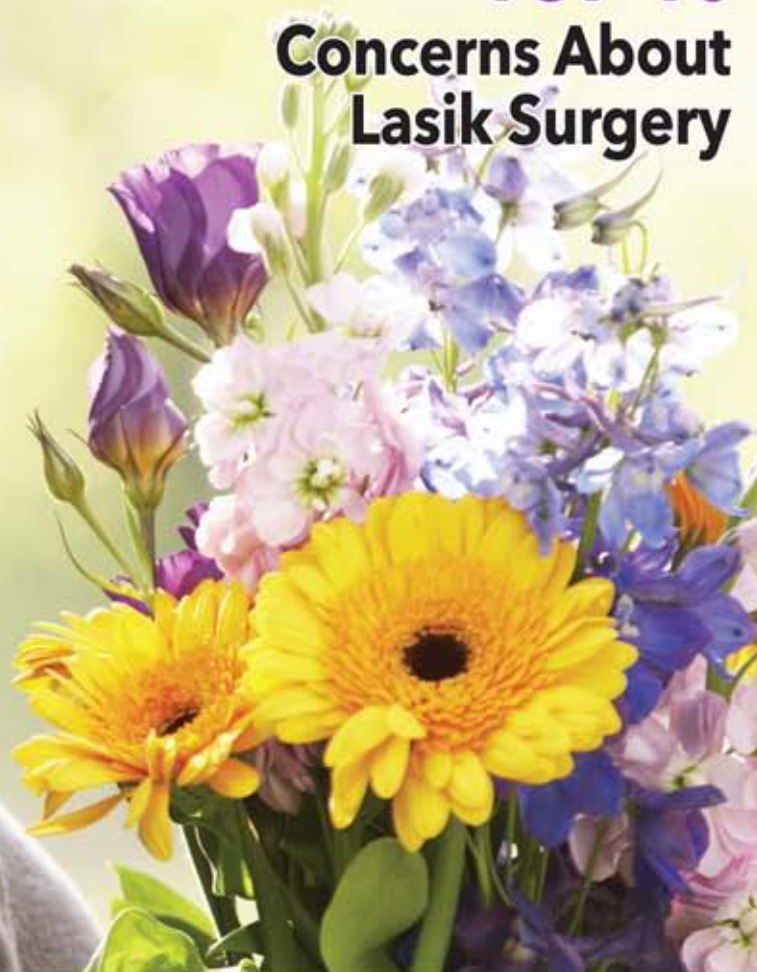
**ULTRAFAST
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**HELP FOR THE
DEPRESSED**

**WHERE'S THE
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**BETTER HEARING
AND SPEECH MONTH**

TOP 10
Concerns About
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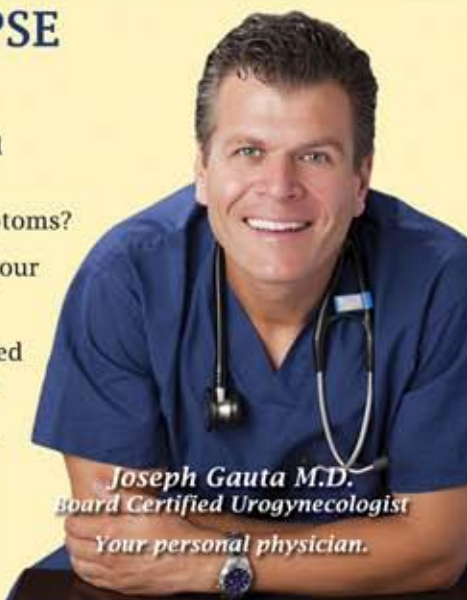


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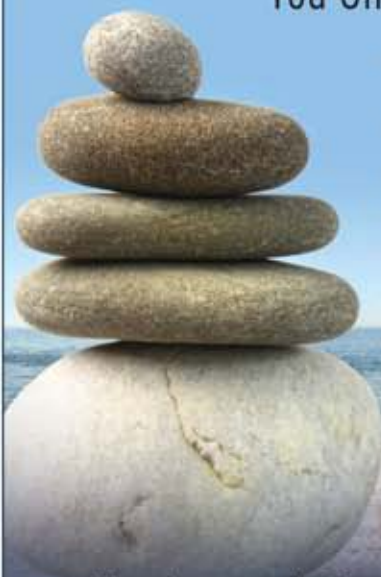
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CONTACT US

OWNER / ACCOUNT EXECUTIVE

Cristan Gensing

cristan@gwhizmarketing.com

OWNER / CREATIVE DIRECTOR

Sonny Gensing

sonny@gwhizmarketing.com

EDITOR

Lisa Minic

EDITOR

Lorrie Ritchie



Publishing • Advertising • Web Design • Graphic Design

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Leg Cramps Can Mean Venous Disease

By Joseph Magnant, MD, FACS, RPVI

Venous insufficiency, or leaky veins, is often the underlying cause of many seemingly unrelated symptoms such as night time leg cramps, Charley horses, restless legs syndrome and night time urination.

Manuel Avalos, Jr. confided that his nighttime leg cramping had become very severe.

"Years ago, I noticed that I was developing varicose veins in my right leg," admits the 61 year old farmer. "My mother had varicose veins and throughout the years, she had numerous operations to try and resolve them."

Historically, until the year 2000, the only treatment available to offer patients with venous insufficiency was surgical vein excisions, or vein stripping, which often required hospitalization and general anesthesia along with an extended recovery period.

"However," continued Manuel, "I normally don't like to go to doctors, so I just let it go."

He says that his most recent job required extensive, long-distance driving: "As time went on, the veins in my leg were getting very big, very bulgy. My right ankle began swelling up. It looked black, red, and dark purple from my ankle up my leg for about six inches. Then I developed nighttime leg cramping. Friends recommended I try drinking a bit of vinegar, but it didn't cure anything. I continued with my normal activities, but the cramping got worse. It was very painful. I would get out of bed and try to walk and stretch my leg, and eventually the pain would diminish, but the following day my muscles would be aching. I was having cramps at least twice a week and because of it I was in a lot of pain and couldn't sleep. I finally said to my wife, I need to take care of this."



Before



After

Manuel says his daughter accompanied him to see Joseph G. Magnant, MD, FACS, RPVI, a board-certified vascular surgeon who specializes in vein treatment. His practice, Vein Specialists at Royal Palm Square in Fort Myers, is 100% dedicated to the modern evaluation and treatment of leg vein disorders.

"Manuel presented with extensive problems in his right leg," remembers Dr. Magnant. "In his case, his venous insufficiency was visually obvious, with bulging veins and his swollen, discolored ankle. However, patients with venous insufficiency don't always have external signs. They may present with night time leg cramps or heavy, tired, or fatigued legs, but no obvious visual signs of venous disease like varicose veins."

What is Venous Insufficiency?

Healthy leg veins typically have a series of valves that open in one direction, allowing for flow in a segmental fashion from the feet up toward the heart. When the valves no longer close tightly, venous blood refluxes back down toward the feet, resulting in increased pressure in the leg veins, which can lead to many symptoms including leg swelling and aching, skin discoloration, leg ulcerations, and excessive nighttime urination. If not treated, the skin can become so thinned out, or effaced, over time that even exposure to hot water may cause the skin to begin bleeding. Venous insufficiency can also lead to thrombosis, or clotting of the veins, which can progress to potentially life-threatening DVT and pulmonary embolism."

The doctor explains that diagnostic ultrasound is a very accurate, conservative, and noninvasive diagnostic tool that is the gold standard in making the diagnosis of venous insufficiency: "We rely heavily on ultrasound evaluation of our patients' veins."

"With ultrasound, which is usually covered by patients' health insurance, we can determine the exact source of the problem," assures the doctor. "We can see exactly which veins are leaking, and then design a game plan to solve the problem."

Manuel's ultrasound confirmed that he had venous insufficiency in his right leg.

"Unlike in the past, today, leaky superficial veins can be treated with a choice of minimally invasive, in-office procedures," assures Dr. Magnant. "In 1999, the first FDA-approved system was the radiofrequency-based closure system designed by VNUS Medical Technologies."

"It was really a game changer in terms of treating patients with venous disease."

Inserting a small caliber, sophisticated catheter into the vein through a small IV, Radiofrequency or LASER energy is transmitted through the device, heating the vein to seal the vein walls with little discomfort to the patient, informs Dr. Magnant: "Once the ablation takes place, which, on average, takes approximately fifteen to twenty minutes, the catheter is removed. Subsequently, the body re-routes blood through healthier leg veins, restoring normal circulation."

"We offer both the Venefit™ procedure [formerly called the VNUS Closure procedure using radiofrequency energy] and the Cooltouch LASER for our patients because each system has its place in the treatment of patients with venous disease. Both the Venefit and LASER systems allow us to treat patients in the office without anesthesia risks, and patients can return to normal activities almost immediately."

For Manuel, Dr. Magnant performed laser endovenous ablation of the right great saphenous vein on December 12, 2012.



Successful Outcome

According to Manuel, he has not had any leg cramps since his procedure.

The doctor explains that when veins are leaking significantly, the normal pressure in the veins around the ankles can escalate from a normal 10 to 15 mmHg to as high as 80 mmHg: "Once the pressure is relieved, the cramping stops."

"I love Dr. Magnant," states Manuel. "I feel very good now. I went bicycling this morning wearing shorts. There is a huge comparison between how my leg looked before and after the procedure. I don't see any varicose veins."

Don't Wait if You Have These Symptoms

Patients with any of the following symptoms might benefit from a thorough venous insufficiency evaluation, including a diagnostic ultrasound. Go to www.eveinscreening.com and take your confidential vein screening NOW!

- Swollen, achy legs
- Restless Leg Syndrome
- Bulging varicose veins
- Bleeding from spider or varicose veins
- Urination frequency at night
- Impending or open leg ulcers
- Nighttime leg cramps
- Thickening and discoloration of skin of the ankles or legs

Risk Factors for Venous Insufficiency

- **Heredity** – Risks for venous insufficiency are higher if other family members have venous insufficiency or varicose veins. Genetics is the primary cause.
- **Gender** – Women are more likely to have venous insufficiency than men. Female hormones tend to relax vein walls, and hormonal changes during pregnancy, premenstruation, or menopause may be a significant factor.
- **Occupation** – Standing or sitting continuously for long periods of time, such as careers in hair-dressing or computer programming may require, can have an adverse effect on venous circulation.
- **Obesity** – Extra weight places more pressure on veins.
- **Age** – Aging places more wear and tear on vein valves, increasing the probability of leaky veins.

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ULTRAFAST CT LUNG SCREENING

Frequently Asked Questions



What is an Ultrafast CT Lung Screening?

The Ultrafast Screening of the Lungs is a non-invasive CT scan that can detect abnormalities and lung cancer in its earlier, more curable stages using a new technique called helical low-dose CT scanning. The screening is far more accurate in finding lung tumors than a chest x-ray, the traditional diagnostic tool. It can find lung cancers when they are as small as the diameter of a soda straw, as compared with a chest x-ray that finds them when they are about the size of a quarter.

Why is there a need? What are the benefits?

Lung cancer is widely known to be the third most common form of cancer in the United States, but is also the leading cause of cancer-related deaths.

In 2013 alone, the National Cancer Institute estimated that approximately **220,000 new cases of lung cancer** were discovered, and that lung and bronchus cancer accounted for more than **150,000 deaths**. That's more than the number affected by colon, breast and prostate cancers **COMBINED!** The majority of cases are diagnosed at a very late stage, which offers a low survival rate of only 5 years after diagnosis.

Like mammograms have done for breast cancer, an Ultrafast CT Lung Screening offers you and your provider the opportunity to catch any concerns at

a much earlier stage. This gives your provider time to make informed decisions, and offer you a wider variety of treatment options than what may otherwise have been available to you. The Ultrafast CT Lung Screening is being hailed as the next advancement in preventative care, and is receiving support from organizations and medical societies nationwide.

Is this exam covered by insurance?

Recently, Medicare and most commercial insurance companies have adopted a plan that will cover eligible, "high-risk" patients for a free exam once per year as part of their preventative services offering. Check with your insurance provider for specific coverage information.

What should I expect from the exam?

There are no dyes, no needles, no fasting and no pain. There is absolutely no advanced prep needed for this exam. After a brief medical history questionnaire is completed upon your arrival, a technician will assist you into the machine – which is generally thought to be open and not claustrophobia-inducing. The scan will take less than 15 minutes, and consist of a series of pictures taken while you hold your breath at very short intervals.



How much radiation is used?

Ultrafast CT Lung Screenings are considered a low-dose procedure, using less than 1.5 ms. This is the equivalent to what you receive naturally from the earth in less than 6 months. In fact, the National Cancer Institute assesses the risk of **not** having the exam is **400% greater** than the radiation risk.

Where can I get screened?

Radiology Regional Center is an experienced and trusted leader in Southwest Florida's diagnostic healthcare. Their physicians and technologists are skilled in the use of CT technology for both screening and diagnostic purposes. They have also been designated as a Lung Cancer Screening Center by the American College of Radiology.



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If you...

You are eligible if you meet the following criteria:

- Are between the ages of 55-80 (or ages 55-77 for Medicare)
- Are a current smoker or have quit within the past 15 years
- Are asymptomatic (no signs or symptoms of lung cancer)
- Have an order from your healthcare provider
- Carry Medicare or one of the many insurance companies that cover this health screening

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SNAPPING HIP SYNDROME:

Addressing the Problem Early Prevents Pain Later

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

When you get up from a chair or move your leg, do you experience a snapping sensation or hear a popping sound in your hip? You may have “snapping hip syndrome.” While the snapping sensation may be more of a curiosity or annoyance at first, it can lead to inflammation and bursitis if not treated. Fortunately, treating snapping hip syndrome is usually simple.

Snapping hip syndrome can occur in several different areas around the hip. The hip joint is made up of the rounded end of the femur, or thighbone, where it fits into a socket in the pelvis. The socket, called the acetabulum, is covered in cartilage that seals the connection between the femur and the acetabulum. The femur and pelvis are connected by several ligaments that hold them together, and the ligaments are covered with tendons, which connect muscle tissues that control hip movement. Wherever the tendons and muscles slide over protrusions from the hip bones, snapping hip syndrome can occur. Tears in the cartilage that lines the hip socket can also cause the hip to snap or even lock up altogether.

People involved in activities that require extensive bending and flexing of the hip, whether in exercise or on the job, are most likely to suffer from snapping hip syndrome. Young athletes are also at risk, because their growing muscles and tendons are tight, particularly during growth spurts.

Depending on the degree of pain and loss of flexibility, treatment can range from self-treatment to steroid injections or surgery. For soft tissue injuries that aren't excessively painful or motion-limiting, first try “HI-RICE”: hydration, ibuprofen, rest, ice, compression and elevation. Often, these techniques, along with avoiding the exercises or exertions that strain the muscles and tendons in the first place, are sufficient to allow the tendons to heal. Physical therapy with prescribed stretches to strengthen the muscle tissue around the hip may also be used.



If rest and over-the-counter analgesics such as ibuprofen are insufficient, your doctor may perform ultrasound, MRI or X-ray diagnostic imaging to determine where exactly the tendon injury or swelling is located. Depending on the location of the inflammation, the doctor may recommend corticosteroid injection to help reduce inflammation.

Rarely, severe instances of snapping hip syndrome require surgical intervention. Depending on the location and cause of the snapping, different types of surgery may be required. If the snapping hip syndrome is caused by torn cartilage, the surgeon may be able to repair it with minimally invasive arthroscopic surgery, using a camera to guide small surgical instruments. Other types of injury may require a traditional, open surgical incision, which will also require a longer recovery period.

If you've noticed the symptoms of snapping hip syndrome, consult your orthopedist to determine what can be done to address it. When caught early enough, snapping hip syndrome can often be alleviated without surgery or major medical intervention.



JOHN C. KAGAN M.D.
BOARD CERTIFIED ORTHOPAEDIC SURGEON

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



Where's the Nearest Restroom?

By Harry Tsai, M.D.

Many people don't realize how common overactive bladder (OAB) is. In fact, this condition is among the top 10 chronic conditions effecting American women.

Overactive bladder is when the bladder muscle contracts unpredictably, causing frequent urination or the sudden, strong urge to urinate with or without leakage of urine. This medical condition affects more than 13 million men and women in the US, and can be considered "wet" or "dry". Wet overactive bladder, also known as urinary incontinence, affects more than 9% of women and is defined as urinary urgency that leads to leakage of urine. Dry overactive bladder affects more than 7% of women and is defined as urinary urgency and frequency without leakage of urine.

For millions of Americans, overactive bladder and incontinence is not just a medical problem. It is a problem that also affects emotional, psychological and social well-being. Many people are afraid to participate in normal daily activities that might take them too far from a toilet. Unfortunately, many of those with OAB suffer in silence unnecessarily, and choose not to participate in various activities which ultimately prevents them from living the life they want to lead. Incontinence issues oftentimes leave sufferers feeling embarrassed and many are under the false presumption that these conditions are a natural part of the aging process and that there is no effective treatment available. When in fact, incontinence is successfully managed and treated in nearly everyone who seeks help. The following information should help you discuss this condition and what treatments are available to you with your urologist.

Symptoms

The most common symptom of overactive bladder is urinary urgency, which is a sudden, intense desire to urinate. Urgency may occur with (wet overactive bladder) or without (dry overactive bladder) leakage of urine. The urgency can occur in specific situations, like hearing or touching running water or getting close to a bathroom. With wet overactive bladder, a person may be unable to stop leakage before reaching the toilet. Urine loss is usually in large amounts.

Some other symptoms include urinary frequency, urinating more than eight times per day and nocturia, which is being awakened by the urge to urinate more than one time per night.



Harry Tsai, M.D.

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Causes

Overactive bladder is caused by involuntary bladder muscle contractions as the bladder fills, which is believed to be due to the bladder nerves malfunctioning. Risk factors include age, obesity, pelvic surgery and the presence of neurological conditions, such as diabetes, stroke, Parkinson's disease and multiple sclerosis. It is important to have a medical evaluation of the symptoms of overactive bladder because they can also be related to urinary tract infections, bladder stones or bladder tumors.

Treatment Options

Both surgical and non-surgical treatment options are available for overactive bladder.

There are various treatment lifestyle changes that can help manage overactive bladder. Being mindful of limiting your intake of things that tend to act as stimulants for the bladder (carbonated beverages, spicy foods, citrus, alcohol). Smoking and excess weight can cause incontinence; so quit smoking if you do and maintain a healthy weight. Eliminating caffeine intake two to three hours prior to bedtime can reduce incontinence during the night.

Other treatment options include Botox, kegel exercises, biofeedback, and tibial nerve stimulation. Botox can also be injected into the bladder wall to increase bladder size and alleviate incontinence associated with uncontrolled frequency. When performed correctly, kegel exercises rehabilitate the pelvic floor muscles through isometric contractions. Biofeedback uses instrumentation to provide information on how well the bladder is performing to control urgency incontinence, displayed in a form that the patient understands. Biofeedback bladder training plans, generally consists of 45 minute visits for six weeks. The tibial nerve may also be stimulated with a tiny needle connected to a low voltage to help manage incontinence.

In addition to the treatment methods discussed above, oftentimes medications are used, especially in those with urgency and frequency of urination. Stress incontinence (loss of urine with activity) is surgically corrected with outpatient 20-minute surgeries that use small incisions. These surgeries, known as "sling" procedures, utilize revolutionary artificial support tapes that compress and support the urethra to prevent leakage. Patients often resume normal activities in less than one week in most cases.

If you are suffering from urinary incontinence or overactive bladder, please call Fort Myers Urology at 239-985-1900 today. Don't spend another day on the sidelines, letting life pass you by. You can successfully manage and treat your condition and get back in the game of life!

Vaccines and Stem Cells: WEAPONS AGAINST LUNG DISEASE

By David Ebner, Staff Writer

E Every fall, the billboards and television commercials urging you to get a flu shot start to creep into the national narrative. Many people have reservations about the flu vaccine; some state it causes headaches and even engages flu-like symptoms. However, the statistics strongly support the flu vaccination over trying to tough it out, especially for the elderly. The CDC estimates that, in people over 50, there is a 77 percent reduction in hospitalization for flu symptoms when vaccinated.

Why not give yourself the best possible chance to be healthy? During flu season, most people agree with this logic and get a flu shot. The benefits are even more compelling for those suffering from a lung disease like COPD. The coughing, shortness of breath and fatigue that come along with the flu are everyday symptoms for those with lung disease, and the possibility of contracting the flu can turn these already harsh symptoms into something potentially fatal like pneumonia or respiratory failure. That's why the CDC recommends that people with these conditions get the flu shot yearly.

Most pulmonologists will also urge their patients with lung disease to get a flu shot, but this has led patients to ask about other options to protect and improve their lung function. If a shot can vaccinate them from the flu, what can be done about lung disease? New options are emerging, and some have discovered stem cells as the answer. Just like the flu vaccine, stem cell therapy offers the possibility of improving lives through effective management and treatment of debilitating conditions.

Stem cells have become a buzzword in the news over the past few years. However, much of the talk is about fetal stem cells; few people are talking about adult, autologous stem cells that are present in all of our bodies. As our body's repair system, these cells live in blood, bone marrow and fat tissue. They naturally respond to injury or illness; however, stem cells don't move quickly, hence our bodies don't instantly heal when we get sick. Autologous stem cell therapy can expedite this natural healing process.

A clinic called the Lung Institute (lunginstitute.com) is working to change this. They treat lung diseases with stem cells from the patient's own body. In essence, they extract the cells through a minimally invasive procedure, clean them and then reintroduce them to the lungs after giving the patient natural growth factors that promote cell replication. This quickens healing by directing the cells—and their healing properties—toward the diseased area. The result is healthier tissue growing in place of damaged tissue, and although this doesn't cure the disease, it acts

like the annual flu vaccine by slowing further degeneration and bringing a normal life back within reach.

We are in the midst of a fight to eradicate the flu just like the measles and polio of yesteryear. In the past, when the medical field banded together to tackle these diseases head-on, they were able to develop a vaccine. With the advancements in medical research today, the question of whether this can be done for lung disease is forthcoming, and by the looks of it, stem cells could play a starring role.

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





A New Solution to an Old Problem

By Joseph Gauta, MD, FACOG

Many people suffer from an Overactive Bladder (OAB) and are desperate to find a solution. No one should have to experience the annoying and embarrassing problem of a constant need to use the toilet. While an Overactive Bladder can occur in both men and women, it generally affects women more often. The symptoms include urinary urgency, frequency, and even incontinence.

While all of the causes are not known, we do know that certain activities can make the situation worse. For example, drinking excessive amounts of caffeine, soft drinks, and alcohol can have an unwanted diuretic effect. Sometimes, simple lifestyle changes may help alleviate symptoms. Physical regimens such as bladder training and pelvic exercises can be beneficial. There are also medications available for OAB that have been proven to be effective.

There is another treatment that has been proven to be very effective in treating annoying bladder and fecal issues associated with overactive bladder. It is called Percutaneous Tibial Nerve Stimulation (PTNS). This involves the insertion of neurostimulator electrodes into the lower leg. The goal is to send stimulation through the tibial nerve. A tiny wire the size of a hair is placed just under the skin of the leg and an external pulse generator then delivers a mild electrical signal that travels to the sacral nerve plexus. The sacral nerve plexus, among other functions, regulates bladder and pelvic floor function.



PTNS is a low-risk procedure and no major safety concerns have surfaced. This makes it a viable alternative for many who suffer with OAB. In separate studies, the success rate has been shown to be over 75%. Locally, Joseph Gauta MD, a renowned Urogynecologist has seen success with this procedure first hand. With PTNS, there is great news for anyone suffering from an overactive bladder.

While this option may not be for everyone, its very promising to those who suffer from OAB. If you have any questions regarding Overactive Bladder (OAB), please contact the Florida Bladder Institute at (239) 449-7979. It is one of the leading women's surgical facilities in Southwest Florida. They specialize in both Gynecology and Urogynecology. The Florida Bladder Institute is located at 1890 SW Health Parkway - Suite 205, Naples, Florida 34109. You can also visit their website at: www.floridabladderinstitute.com.


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Q&A

with
Joseph Gauta M.D.

Board Certified Urogynecologist

Why did you seek treatment?

I was in a car accident and suffered some muscle and nerve damage. Since the car accident I've experienced incontinence and my toes curl under rather than go straight. My friend told me about the percutaneous tibial nerve stimulation and how it worked great to treat her incontinence so I decided to give it a try.

What does the treatment entail?

I went to the doctors office once a week for 12 weeks to have the percutaneous tibial nerve stimulation done. After 6 visits the doctor interviewed me to see how it was working. I told him after one treatment I noticed improvement. A small needle that resembles an acupuncture needle was placed into my ankle. This needle pulses and sends an electric current up the tibial nerve. It doesn't hurt at all. The electric current reawakens the nerve that wasn't working. The treatment lasts about 45 minutes. As a bonus, my toe that was curled under on that foot is now straight!

Would you recommend this treatment to a friend?

Oh yes, that's how I found out about it. I tell all my friends about it and hopefully it can help them too.

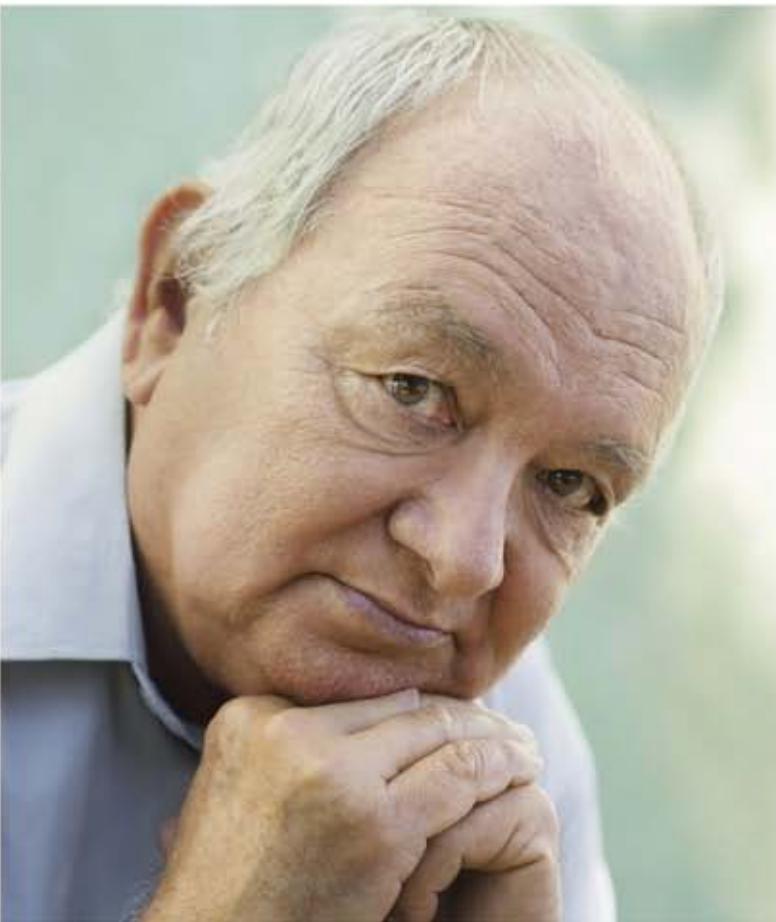
--- M.S.

Help For The Depressed

According to NAMI (National Institute of Mental Illness) one in 10 Americans experience depression at some point in their lives yet only about 20 percent seek professional medical help—even though the condition is completely treatable.

“May is National Mental Health Month,” says Jamie Seneca, Community Outreach Director for Nurse On Call. “Why not take this month to reflect on your own mental health by answering a few simple questions? Like an annual physical, ones mental check ups are equally as important. The following are a few questions that you can answer to evaluate your mental and emotional well being.

- Have you lost interest in doing things you used to enjoy?
- Are you more sad or crying more than usual?
- Do you have low energy, motivation and drive?
- Are you sleeping more or less than usual?
- Do you feel hopeless, helpless and worthless?
- Do you have suicidal thoughts or recurring thoughts of death?



NAMI, claims that if one answered yes to any of the previous questions they may be susceptible to depression. The scary thing is that many people who suffer from depression never seek out help for a very treatable prognosis. The first step in treatment is meet with ones primary care physician to rule out any other medical conditions and if depression is the diagnosis, it can be treated in a multitude of ways, but the two most common being medication and psychotherapy. Another option for those of Medicare age and meet the requirements is psychiatric nursing services through home health. These services are provided by experienced psychiatric nurses and are designed to:

- Prevent hospitalizations
- Increase access to mental health services
- Provide follow-up treatment
- Assist families in maintaining community living and improving their quality of life

Psychiatric nurses work with your primary care physician and/or psychiatrist in planning care and also work closely with other care team members or involved community providers. Those who are most likely to benefit from Home health services are individuals who have one or more of the following conditions:

- Serious and persistent mental illness as well as risk for repeated hospitalizations
- Exacerbations of chronic schizophrenia and/or affective disorders, including major depression
- A recent release from hospital care and need of follow-up to prevent relapse
- A need for monitoring of a new psychotropic medication
- Alzheimer's Disease and other types of dementia
- Confusion following surgery, strokes, cancer treatment, or related to medications
- Chronic pain and related depression
- Anxiety and/or panic attacks
- Character/personality disorders experiencing a crisis
- Families/caregivers in need of psychosocial support and education

Nurse On Call Homecare has certified psychiatric nursing, psychiatric occupational therapy and licensed social workers that can provide a comprehensive physical, psychological, mental, cognitive, family and environmental assessment of a patient within an in-home environment. Although each individual is screened according to their need for care, some typical criteria to consider in for these services are the following: The patient needs to be home bound, under the care of a physician, and needs a skill of a registered nurse. If all the above criteria is met and you are more interested in homecare Psychiatric services contact your physician to inquire about the benefits of this service.



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LIFE-THREATENING SLEEP APNEA AND THE CPAP ALTERNATIVE

By Dr. Rich Gilbert

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

SNORING VS. SLEEP APNEA

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

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

SERIOUSNESS OF OSA

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



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

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

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

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

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

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

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

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

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



Drs. Rich and Lacy Gilbert

239-948-2111

www.pelicanlandingdental.com

23451 Walden Center Drive, Suite 100
Bonita Springs, Florida 34134

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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Pain Isn't Always Physical

Approximately 15.2 million adults experience depression every year whereas heart attacks occur in about 720,000 people in that same time period. Very often, a combination of genetics and environmental factors impact both illnesses. If you have a heart attack no one will find it strange for you to see a cardiologist so why is there still a stigma related to seeing a doctor if you are depressed?

Thanks to research and a willingness of some people to participate in research treatments exist for mental illnesses and are improving. People with diseases such as depression, attention deficit hyperactivity disorder (ADHD), and anxiety can now have productive and fulfilling lives thanks to breakthroughs in the pharmaceutical research world.

Progress wouldn't be possible if it weren't for people willing to volunteer and participate in research. Just as progress in science, procedures and knowledge has evolved where research is concerned in both physical and mental conditions so has the attentiveness to the well-being of research volunteers. Today's research participants are much more informed about both their illnesses and possible treatments. Volunteers don't enter into participation in studies without being told about the study medications, how the study is being conducted, and what is expected of them. Participants are no longer merely "subjects" of research, but actively take part in the search for answers.

May is Mental Health Awareness Month and its purpose is to educate and raise awareness about mental health conditions, such as depression, ADHD and anxiety disorders, while simultaneously reducing the stigma that surrounds them.

WHAT ARE CLINICAL RESEARCH STUDIES?

Medications in the United States that are sold by prescription or over-the-counter (OTC) must be properly tested in order to ensure that they treat the condition that they were designed for, and pose no significant risk to the people that take them. The Food and Drug Administration (FDA) and an Institutional Review Board (IRB) oversee all clinical studies. While the FDA's primary focus is both the safety and effectiveness of research studies, the IRB's only purpose is to protect the research subjects rights. A Principal Investigator – a medical doctor trained to conduct research studies properly, safely and ethically oversees the research study. Participants who are qualified and agree to participate in the study may be required to attend numerous study visits. During these visits study participants are well cared for by investigators and clinical staff.

GULF COAST
CLINICAL RESEARCH

At Gulfcoast Clinical Research Center, we offer free mental health screenings, either in person or through our website, www.gulfcoastclinicalresearch.com. Call 239-561-0009 to learn more or to schedule an appointment for your complimentary screening.

7 Reasons why you should choose the Orthopedic Program at Life Care Center of Estero

1. Private, comfortable and beautifully designed rooms
2. The Preferred Reserve Program- the first-of-its-kind program developed by Life Care Center of Estero's parent company of Life Care Center of America
3. Located between two major centers for orthopedic surgery in Naples and Fort Myers
4. State of the art equipment including AlterG® Anti- Gravity Treadmill® and the Biodex Balance System SD
5. Excellent therapists with the latest techniques to rehabilitate patients following total joint replacements and other orthopedic surgeries, using techniques such as manual therapy, therapeutic taping and functional strengthening
6. An interdisciplinary care team trained in following physician protocols and the use of post-operative equipment
7. Education that empowers patients by informing them about their specific surgeries along with educational packets which include handouts, anatomy diagrams and home exercise programs



Life Care of Estero Therapy Team

Rehab in the news

- 1) **Exercise with your spouse!** A recent study conducted by Johns Hopkins Bloomberg school of Public Health found that if a wife works out her husband is 70% more likely to exercise and if a husband works out his wife is 40% more likely to exercise. So go work out and bring your spouse too.
- 2) **MRIs or Physical Therapy.** A March study in the Journal of Health Services Research looked at patients with low back pain and found that patients going to physical therapy first versus MRIs first spent an average of \$4,793 less on their medical care. Keep this in mind when with early back pain and talk with your physician regarding your options.



3) **Back surgery or Physical Therapy.** The March 2015 issue of Annals of Internal Medicine found similar effects of surgical decompression versus a physical therapy regimen for lumbar spinal stenosis. With an average surgical price tag of \$80,888 for lumbar spinal stenosis verses an average physical therapy price tag of \$1,871 it is again important to talk to your doctor about all of your options.

4) **Exercise and Brain Function as we age.** A study at Rush University Medical Center in Chicago published in the March 2015 issue of Neurology found that adults in their 80's who engaged in high levels of physical exercise maintained or improved their performance on physical performance tests along with no change in brain tissue. Subjects who were more sedentary had a decline in their performance along with an increased in degenerative changes in brain tissue. It is just another reason to stay active and exercise throughout your life regardless of your age.



Cocktails for Lunch??

**What better way to spend your lunch taking in a cocktail of your choice?
Better yet an IV cocktail for faster, better results!**

By Yollo Wellness

Sit back and relax in our leather lounge chairs while you are eating your lunch. We will hook you up with an IV to help you recover, heal, maintain and prevent.

Why Drip?

The majority of us are toxic, malnourished dehydrated — and we don't even know it. We're exposed to environmental toxins on a daily basis. Diets heavy in nutrient-sparse foods rob us of vital vitamins, and damaged digestive systems prevent us from properly absorbing nutrients. Busy lifestyles, stress and illness further deplete our supply, setting us up for chronic conditions and disease. Not to mention truly Furthermore, we don't drink enough fluids, which is why dehydration is the #1 cause of aging and fatigue and a leading cause of disease.

So you think you are really healthy? Only the healthiest bodies only absorb about 50% of the vitamins and hydration taken orally through food, drink and supplements. But IV drips bypass the gut, delivering essential nutrients and fluids directly into the bloodstream for quick and easy 100% absorption at high doses that would never be tolerated orally. It's time to detox, nourish and rehydrate our cells from the inside out that give us instant results!



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Benefits

- 100% absorption
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- No side effects or down time
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- Safe for all ages
- Most take only 30-45 min
- Boosts immune system
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- Instantly reverses dehydration, pain & fatigue
- Aids in weight loss
- Relax and de-stress
- Prevents & reverses disease
- Improves athletic performance
- Lifts mental fog
- Revitalizes skin, hair & nails

Mother's Day Month Celebration

25% off ALL Vitamins & LE Face Products

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50% off Live Cell and Dry Cell Analysis

10% off all ALCAT Food Sensitivity Panels

Complimentary Consultations for Total Wellness 30 day plan – \$3,000.00

Full Body & Breast Thermographic Imaging for (DITI) 50% off

Gary Pynckel, D.O.

Grew up in Moline, Illinois, and went to Monmouth College. He worked as an environmental biologist for 2 years with Corp of Engineers, and went back to graduate school for six months. I then decided to go to Medical school.



He was accepted at the Chicago College of Osteopathic Medicine in 1976, where he attended four years.

Dr. Pynckel is board certified by the American Osteopathic Board of Family Practitioners. His practice includes family practice and functional medicine; chelation therapy, nutritional therapy, bio-oxidative medicine, photoluminescence hydrogen peroxide IV, bio-identical hormone therapy and anti-aging.



COCKTAIL MENU:

Pick Me Up - 20 min / \$60

The classic nutrient-packed Myer's Cocktail plus energizing taurine delivers a high dose of hydration, vitamins and B12 to revitalize mitochondria and abolish mid-day drowsiness.

HydroCure - 30 min / \$50

Dehydration is the #1 cause of aging & fatigue. This drip goes beyond sports drinks, delivering high doses of fluids, electrolytes and B vitamins into the bloodstream for instant rehydration after athletic activity or too much sun.

Mood Lifter - 30 min / \$95

Whether you're battling depression or simply feeling down, this IV boosts serotonin and improves mood naturally by replenishing your cells with depression-fighting vitamins, amino acids, minerals and hydration.

Stress-Out - 30 min / \$110

Chronic stress accelerates disease, drains energy and leaves you run down. This drip reverses the damage by relieving anxiety naturally and replenishing vitamins & minerals lost to the stress response.

Spa Treatment - 45 min / \$145

Relax, refresh and beautify from the inside out with a complete spa treatment in liquid form. A blend of our Mood Lifter, Stress-Out & HydroCure drips, along with potent nutrients that promote healthy skin, hair, nails and teeth.

The Athlete - 45 min-1 hr / \$160

Our potent signature blend plus arginine, glutamine and taurine enhances performance naturally by rehydrating cells, boosting energy, increasing protein absorption & mental focus and promoting muscle repair & growth.

The Jet Setter - 30 min / \$85

For those always on the go, this quick drip reverses jet lag with targeted vitamins & amino acids that de-stress, soothe cramped muscles, lift mood, aid in restful sleep and boost immunity to counteract bacterial and viral exposure. Also great for pre-trip prevention.

The Student - 30 min / \$120

With valid student id: \$96

Boost your cramming session with this blend of vitamins and nutrients that boost energy and blood flow to the brain, improve memory and brain function, reverse the damaging effects of stress and stimulate long-term brain power.

Wellness Cocktails & Healing Cocktails

ImmunoBoost - 30 min / \$165

Super charges your immune system with vital nutrients and fluids to naturally fight off infection, colds, flu and food poisoning. Best at the first sign of sickness or as prevention during holidays & flu season.

Detox Drip - 30 min / \$105

Add glutathione: +\$65

Packed with vitamins & antioxidants that fight free radicals, detoxify cells, boost the immune system and flush out environmental toxins, pesticides, and junk from the standard American diet. Add glutathione for a premium cleanse.

Pain Drain - 45 min-1 hr / \$200

Our potent signature blend plus powerful natural pain relievers & anti-inflammatory meds nourish cells, support mitochondria and ease chronic joint & muscle pain. Instantly relieves arthritis, fibromyalgia, back pain, headaches & migraines.

AntiVirus - 30 min / \$185

Potent vitamins and nutrients along with antioxidants and glycyrrhizin acid naturally accelerate healing of viral infections, including hepatitis, CMV, EMV, herpes and shingles.

Surgery Support - 45 min-1 hr / \$140

Boosts the immune system with essential vitamins, nutrients & antioxidants to accelerate healing time, prevent infection & prepare your body for the stress of surgery or revive it afterwards.

Heavy Metal Chelation - EDTA: 90 min-2 hrs / \$150

DMPS: 60 min / \$150

A potent blend of vitamins & chelators nourish cells and remove heavy metals. EDTA removes lead, cadmium, arsenic and aluminum, as well as calcium plaques from hardened blood vessels. DMPS acid quickly flushes out toxic mercury.

Cell Repair - 90 min - 2 hr / \$225

Normalizes cholesterol levels & clears blocked arteries to reverse atherosclerosis, reduce symptoms of angina & increase stress tolerance for cardiac trauma patients.

Brain Repair - 90 min - 2 hr / \$290

Our cell repair drip plus glutathione opens up pathways to the brain, coats cells and repairs damage to treat Alzheimer's, dementia, Parkinson's, ALS, Autism, MS, stroke and liver disorders.

Vitamin C High Dose - 3hr / \$252

Can boost the immune system. Many people use it for an alternative or adjunct therapy for many types of cancer.

May 20th HUGE Event and Giveaways

1:00 Guest Speaker Doug McDevitt from Lexium Pharmaceuticals on Phentabz Rx

1:30 Guest Speaker Dave Marlowe from Cell Science Laboratories on ALCAT Food Testing for pain, inflammation, arthritis, weight gain, fatigue, hair loss, anti-aging and more!

Everyone who attends will receive a gift bag which will include free samples of Phentabz Rx, DVD on nutrition, literature about how to know how many vitamins to take each day and much more!

There will be 5 big Giveaways: Bottle Phentabz Rx, Bottle of RemTabz Rx, Bottle of Addtabz Rx, 2 Live Blood Cell Analysis Certificates

RSVP (239)275-0039 Space is limited to 12 people.

May 27th Live Cell Analysis Event

9:30 am - 2:00 pm FREE analysis. This will include a complimentary viewing of your RBC and WBC. You will learn if your micronutrient supplements are working or not...., uric acid presence, yeast, fungus & more. Call today for your 30 minute consultation with both Deb and Wendy who are certified in LBC, Nutrition, Thermography, mildHBOT and Pure PRP Facial Rejuvenation.

New YOLLO Wellness Hours. Now open evenings and weekends!



without side effects. This treatment also works well in conjunction with chemo & radiation, oftentimes reducing their side effects & improving their cancer-killing power.

H2o2 Therapy - 1hr / \$100.00

Many benefits: eliminates infection, reduces pain, parasites, detox and more.

Custom IV

Have more than one symptom? Not sure which IV is best for you? We can answer your questions or create a custom blend that targets your needs. Call us today (239) 278-3377 to schedule your cocktail!

FACIAL TREATMENTS RELIEVE STRESS AND IMPROVE SKIN HEALTH

While whole-body massage therapy offers many documented health benefits, from stress relief to improved circulation and flexibility, facial treatments and facial massage can also provide many unique health benefits as well.

In addition to counteracting the effects of pollutants and sun exposure on your skin, facials can help with improving the texture and hydration of the skin. Regular facials help the skin to better absorb moisturizers and other anti-aging skin products, aiding in the minimization of wrinkles and the effects of aging and sun exposure.

There are many different types of facials and you will be able to find the facial that best addresses your needs by consulting with a certified esthetician. Massage Envy Spa has certified estheticians on staff and offers Murad Healthy Skin Facials, which feature a variety of products specially designed to target specific skin concerns.

"Because we carry a full line of clinical skincare formulas from Murad, our professionally educated estheticians can offer the benefits of facials to all of our clients, regardless of their age or skin type," says John Preston, owner of Massage Envy Spa of Southwest Florida. "Providing facial services to our clients is one of the essential benefits of our Personal Wellness Programs."

Four Types of Facials Available at Massage Envy Spa

The Environmental Shield Vitamin C Facial helps to reverse the signs of aging caused by exposure to everyday environmental factors such as smog and sunlight – a critical concern in Southwest Florida. The Environmental Shield Facial includes a cleanser, a spot lightening serum and a moisturizer that includes a broad-spectrum SPF 30 sunblock.

The Clarifying Enzyme Acne Facial uses a regimen of clarifying cleanser, acne clearing solution, oil-control mattifier and a fast spot fix to reduce acne blemishes, breakouts and inflammation, improve skin clarity, sooth redness and reduce irritation.



The Anti-Aging Facial uses treatments that include concentrated glycolic acid to provide maximum exfoliation. The regimen includes a cleanser, collagen infusion and perfecting day cream that help to brighten and smooth skin, minimize the appearance of fine lines and wrinkles, and accelerate an improvement in skin texture, tone and appearance.

The Sensitive Skin Facial helps to comfort and fortify sensitive skin gently and effectively. A gel cleanser, recovery treatment gel and correcting moisturizer sooth the skin and provide gentle exfoliation while minimizing redness and inflammation.

What to Expect from Your First Facial

If you haven't had a facial before, there isn't much you need to worry about in terms of preparation. Avoid using your standard at-home treatment for one week before your session, but feel free to wear whatever makeup you normally do. Men who shave should do so the night before, rather than the morning of their session, in order to avoid irritation.

When you arrive for your first facial, let your esthetician know that it's your first time, and they will walk you through the process and talk with you about your skin and your goals for the facial. The esthetician will perform a custom skin analysis and provide a recommendation for procedures based on the specific needs of your skin.

The facial itself includes cleansing and toning, gentle steaming to soften the skin, extraction of blocked pores if needed, treatment with Murad products, a nutrient mask, massage and moisturizer. Throughout the session, the esthetician will guide you through the process and answer any questions you might have. The massage portion of the facial treatment is deeply relaxing and brings all the benefits of standard massage to the face, neck, upper chest and arms.

Following the facial treatment, your esthetician will recommend Murad products for use at home to maintain the benefits of your facial treatment before your next appointment. And by signing up for a Personal Wellness Program, you can enjoy discounts on facial treatments and Murad products.

Massage Envy offers facial wellness plans tailored to each individual client's needs. The estheticians at Massage Envy can help you create a Personal Wellness Plan that will work with your schedule, level of activity and budget. To find your nearest Massage Envy Spa location, visit www.massageenvy.com/regions/FL/Southwest-Florida. Massage Envy Spa has locations in Cape Coral, Fort Myers, Estero and Naples.

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SPA

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Naples
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Naples, FL 34109
(239) 325-ENVY (3689)



Totally Losing it.....

with Richard L. Bloy, M.D.

Together!

You and your sweetie-pie are both looking to shed some pounds and move toward a healthier lifestyle. Is it better to go it alone or to join forces in the quest for a better life? While there are certainly some challenges in tackling weight loss together, the benefits are far greater. Here are some keys to totally losing it...together!

1. Decide Why

After you've motivated yourselves to get started, you may notice a decrease in your desire to press forward. This isn't the time to cut back, but rather to push forward with even more dedication. Decide at the onset why you want to make the change toward a healthier life. Have an honest conversation about your motivations and your goals – both immediate and long term. Having (and reviewing) these goals will prove to be great motivation as you continue to move toward a healthier lifestyle.

2. Mars and Venus

One of the biggest hurdles in a tandem weight loss journey is the results at the scale. Most experts agree that men will lose weight more efficiently than women. This difference is due, in part, to the fact that men typically have a higher concentration of water in their bodies. These "water pounds" are the first to go! Ladies, don't get discouraged if your beau is losing weight more quickly than you. Think long-term!

3. Keep Your Roles Equal

Often times, one partner will take the role of "Food Police," while the other adopts the part of the "Exercise Monitor." Try not to fall into the trap of false competition. You're not in a race. Accountability is necessary for success but don't let the process put any strain on the bond you share with your partner. Make it a point to share the responsibility of encouragement and inspiration. Plan meals together, construct your exercise routine together, and if there's ever a lapse, just pick up where you left off and keep going.

4. Be Supportive

This is a bit of a two-edged sword, as being supportive of your partner also involves a good bit of transparency and honesty. Do your part in being upfront about your struggles. If you're prone to bouts of binge-eating while you're bored, it's important your partner is aware. If there are struggles you face when you're away from each other, be honest about them. After you share your concerns, it will become easier for your partner to be able to support you in the right way.



5. Spur It On

Mutual accountability is about more than just support. Motivation and determination are equally important. You should be determined not only to see your own goals to fruition, but also the goals of your sweetheart! Motivate each other with notes, praise, and affection. Likewise, never punish or belittle your loved one because of a shortcoming. Commit yourselves to each other and to living a longer, happier, and more productive life!

In other words, if you're going to lose it ... lose it together!

Dr. Richard Bloy has served the Fort Myers and Naples communities for more than 25 years. Over the past few years he has expanded his services to include Medi Weightloss Clinics for outstanding medically supervised weight-loss, bio-identical hormone replacement, skin care, and aesthetics. More information can be found at drbloy.com and mediweightlossclinics.com



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WHY YOU NEED TO KNOW YOUR CHOLESTEROL NUMBERS

Louis J. Scala, M.D.

Many Americans do not understand the role that cholesterol—a fat-like substance found in all cells of the body—plays in heart health and heart disease. When there is too much cholesterol in the blood, cholesterol can build up on artery walls and slow or stop blood flow to the heart. Here's what you need to know . . .

Cholesterol is a waxy, fat-like substance found throughout the body. Our bodies need it to make hormones, vitamin D, and substances that help digest foods. Our bodies produce the cholesterol we need. However, cholesterol is also found in some of the foods we eat.

Cholesterol travels through the bloodstream in small packages called lipoproteins. These packages are made of fat (lipids) on the inside and proteins on the outside. Two main kinds of lipoproteins carry cholesterol throughout the body:

Low-density lipoproteins (LDL): LDL cholesterol is often called "bad" cholesterol. A high LDL level leads to a buildup of cholesterol in your arteries. (Arteries are blood vessels that carry blood from your heart to your body.)

High-density lipoproteins (HDL): HDL cholesterol is often called "good" cholesterol. HDL

carries cholesterol from other parts of your body back to your liver. Your liver removes the cholesterol from your body.

Having healthy levels of both types of lipoproteins is important.

How Does Cholesterol Cause Heart Disease?

When there is too much cholesterol (a fat-like substance) in your blood, it builds up in the walls of your arteries. Over time, this buildup causes "hardening of the arteries". These arteries become narrowed and blood flow to the heart is slowed down or blocked. The blood carries oxygen to the heart, and if enough blood and oxygen cannot reach your heart, you may suffer chest pain. If the blood supply to a portion of the heart is completely cut off by a blockage, the result is a heart attack.

Many people are unaware that their cholesterol level is too high because high blood cholesterol itself does not cause symptoms. It is important to find out what your cholesterol numbers are. High numbers increase the risk for developing heart disease and the chance of having a heart attack. Cholesterol lowering is important for everyone--younger, middle age, and older adults; women and men; and people with or without heart disease.

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What Do Your Cholesterol Numbers Mean?

Everyone age 20 and older should have their cholesterol measured at least once every 5 years. It is best to have a blood test called a "lipoprotein profile" to find out your cholesterol numbers. This blood test is done after a 9 to 12 hour fast and provides information about your Total Cholesterol (LDL, HDL, and Triglycerides).

If it is not possible to get a lipoprotein profile done, knowing your total cholesterol and HDL cholesterol can give you a general idea about your cholesterol levels. If your total cholesterol is 200 mg/dL* or more or if your HDL is less than 40 mg/dL, you will need to have a lipoprotein profile done. See how your cholesterol numbers compare to the tables below.

TOTAL CHOLESTEROL LEVEL	CATEGORY
Less than 200 mg/dL	Desirable
200-239 mg/dL	Borderline High
240 mg/dL and above	High

* Cholesterol levels are measured in milligrams (mg) of cholesterol per deciliter (dL) of blood.

LDL Cholesterol Level	LDL-Cholesterol Category
Less than 100 mg/dL	Optimal
100-129 mg/dL	Near optimal/above optimal
130-159 mg/dL	Borderline high
160-189 mg/dL	High
190 mg/dL and above	Very high

HDL (good) cholesterol protects against heart disease, so for HDL, higher numbers are better. A level less than 40 mg/dL is low and is considered a major risk factor because it increases your risk for developing heart disease. HDL levels of 60 mg/dL or more help to lower these risks.

Triglycerides can also raise heart disease risk. Levels that are borderline high (150-199 mg/dL) or high (200 mg/dL or more) may need treatment.

What Affects Cholesterol Levels?

Many factors can affect blood cholesterol levels. You can control some, but not others:

Diet. Saturated fat and cholesterol in the food you eat make your blood cholesterol level go up. Saturated fat is the main culprit, but cholesterol in foods also matters. Reducing the amount of saturated fat and cholesterol in your diet helps lower your blood cholesterol level.

Weight. Being overweight is a risk factor for heart disease. It also tends to increase your cholesterol. Losing weight can help lower your LDL and total cholesterol levels, as well as raise your HDL and lower your triglyceride levels.

Physical Activity. Not being physically active is a risk factor for heart disease. Regular physical activity can help lower LDL (bad) cholesterol and raise HDL (good) cholesterol levels. It also helps you lose weight. You should try to be physically active for 30 minutes on most, if not all, days.

Things you cannot control that affect cholesterol levels include:

Age and Gender. As women and men get older, cholesterol levels rise. Before the age of menopause,

women have lower total cholesterol levels than men of the same age. After the age of menopause, women's LDL levels tend to rise.

Heredity. Your genes partly determine how much cholesterol your body makes. High blood cholesterol can run in families.

Treating High Cholesterol

The main goal of cholesterol-lowering treatment is to lower your LDL level enough to reduce your risk of developing heart disease or having a heart attack. The higher the risk, the lower the LDL goal will be. To find your LDL goal, see the boxes below for your risk category. There are two main ways to lower your cholesterol:

Therapeutic Lifestyle Changes (TLC)--includes a cholesterol-lowering diet, physical activity, and weight management. TLC is for anyone whose LDL is above goal.

Drug Treatment--if cholesterol-lowering drugs are needed, they are used together with TLC treatment to help lower your LDL.

Once your LDL goal has been reached, your doctor may prescribe treatment for high triglycerides and/or a low HDL level, if present. The treatments often include losing weight if needed, increasing physical activity, quitting smoking, and possibly taking a drug.

Dr. Scala has been selected a Castle Connolly 2015 "Top Doctor" by a physician-led team of researchers in the field of Cardiovascular Disease.



Dr. Louis J. Scala MD, FACC, FASA

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Our Cardiologist

Dr. Louis J. Scala has been voted TOP DOCTOR four consecutive years by Castle Connolly. He received his medical degree at the State University of New York Health Science Center. He completed his Residency at Brown University, and Cardiology Fellowship at Cedars-Sinai Medical Center at UCLA. He is Board Certified in Internal Medicine and specializes in Cardiovascular Disease.

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By Vicki Polce
Administrative Assistant
at Florida SouthWestern State College

LIVING WITH STUTTERING

Growing up as a child who stuttered was not fun. There is a social stigma about stuttering. Even adults have a hard time listening to other adults who stutter without trying to finish their sentences, so you can imagine how hard it was for me in school with kids making fun of me – and kids can be cruel when they don't understand something.

It was very hard when it was my turn to read aloud in front of the class. What would take someone else 3-5 minutes to read, would take me at least 10 minutes. Plus with all the facial contortions I made trying to get the words out, I think some of the others were actually afraid of me, or at least, didn't know how to accept me.

What was interesting was that I could sing any song anyone wanted me to without stuttering. It was an escape for me. Some of my early teachers figured out that if they let me sing what I wanted to say to the class, I didn't stutter at all. But I knew I could not sing everything I had to say for the rest of my life.

My mom and my teachers decided I needed to go to speech therapy. There was an excellent Speech Therapy department at the university close to where we lived and I went weekly all through elementary school. While it did help some, it never really helped me deal with the stuttering or the reaction I would get from others all through junior high and high school when all I wanted was to be popular like the other girls.

ACCORDING TO THE STUTTERING FOUNDATION, THERE ARE FIVE MYTHS ABOUT STUTTERING. THEY ARE:

Myth: People who stutter are not smart.

Reality: There is no link whatsoever between stuttering and intelligence.

Myth: Nervousness causes stuttering.

Reality: Nervousness does not cause stuttering. Nor should we assume that people who stutter are prone to be nervous, fearful, anxious, or shy. They have the same full range of personality traits as those who do not stutter.

Myth: Stuttering can be "caught" through imitation or by hearing another person stutter.

Reality: You can't "catch" stuttering. No one knows the exact causes of stuttering, but recent research indicates that family history (genetics), neuromuscular development, and the child's environment, including family dynamics, all play a role in the onset of stuttering.



Myth: It helps to tell a person to "take a deep breath before talking," or "think about what you want to say first."

Reality: This advice only makes a person more self-conscious, making the stuttering worse. More helpful responses include listening patiently and modeling slow and clear speech yourself.

Myth: Stress causes stuttering.

Reality: As mentioned above, many complex factors are involved. Stress is not the cause, but it certainly can aggravate stuttering.

There are so many famous people who stutter – from Sir Winston Churchill to Marilyn Monroe, to Carly Simon, who like me, could sing and not stutter. In the United States alone, there are approximately 3 million people who stutter. Most, like me, can and do 'outgrow' stuttering.

There was a movie out a few years back titled *The King's Speech* about King George IV. He was also a stutterer. But during World War II, he was able to address his country with radio speeches with the help of a speech coach. I was torn as to whether to go see the movie, but I did and was glad I did. He was truly an inspiration to his family as well as his country. For me, it was a very touching movie and it moved me to tears several times as I totally understood his frustration and embarrassment.

There are no miracle cures for stuttering. Early intervention is the key if you start to notice signs of stuttering in your child that last 6 months or more. Some children outgrow stuttering quickly, while others may never outgrow it. Be patient with your child, don't try to talk for them or finish their sentences, and give them the support they need to be confident while talking to others.

As for me, I stuttered all through high school and well in to my 20's. But as I started gaining more and more self-confidence and self-esteem, the stuttering all but quit. There are times, when I'm stressed or tired that I find myself having some speech problems, but for the most part, talking for me has become easy and fun, and for that, I'm so grateful.

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Understanding & Effectively Managing Your Chronic Limb Swelling

By Alyssa Parker

A compression pump is widely recognized as effective treatment option for limb swelling. Compression pumps are a safe way to assist your body's circulatory system in moving the excess fluid which has accumulated in the limb and can cause painful swelling, non-healing wounds, heaviness, and discomfort decreasing your mobility. The compression pump is a gentle massaging technique that compresses in a rhythmic cycle, similar to that of a normally functioning lymphatic system that has not been damaged. This is a great treatment option for patients who have tried compression stocking, elevation, diuretics, or massage with little or no relief. This is a non-invasive, safe and effective way to assist your body's circulatory system in moving the excess fluid which has accumulated in the limb and can cause painful swelling, non-healing wounds, heaviness, and discomfort decreasing your mobility.

The lymphatic system serves as one of the body's main highways through its network of vessels and ducts it works as a filtration system for body fluid entering into the blood stream. This fluid is referred to as "lymph" fluid, which is the interstitial fluid consisting of proteins, wastes, and a collection of white blood cells. The kidneys, skin, lungs, or intestines then eliminate the wastes that have been filtered out of the lymphatic vessels. If the lymphatic system is obstructed causing damage, blocked, or developed abnormally, protein-rich fluid accumulates in the tissues, the potential result may be chronic swelling known as Lymphedema.



The venous system is comprised of two parts deep circulation and superficial circulation, which are interconnected by perforating veins. The venous system is an important component to your body's circulatory system delivering blood to the heart then passing back through the lungs to obtain oxygen to deliver back to the lower limbs of the body. Chronic venous insufficiency (CVI) involving both parts of the venous system is caused by incompetent valves and venous hypertension. Patients may experience swelling, discoloration and skin ulceration. Chronic skin ulcerations are common due to the low oxygen making it difficult to heal.

Lymphedema and CVI may cause irreversible damage to the body if not treated appropriately in an efficient manner.

Compression Pump: Preferred Treatment Option

Many individuals attempt to manage their limb swelling through various treatments such as compression stockings, exercise, diuretics, and elevation with little or no results. Pneumatic compression devices are one of the most highly recommended treatments for these conditions and are recognized by Medicare.

The compression pump is also beneficial to patients with reduced strength and dexterity who have a difficult time getting extremely tight compression stockings on each leg. The garment sleeves that attach to the pump are quick and easy to put on.

When should I see a doctor?

If you're experiencing swelling and discomfort in a limb don't let it go untreated seek help today.

Choosing a physician experienced in recognizing and treating Lymphedema or CVI is critical. Some good questions to ask your physician include:

- Does my family have a history of swelling (Hereditary Lymphedema)?
- Stemmer's sign present?
- Pitting (push your finger into your skin and count how long it takes to return) or skin hardening?
- Hemosiderin staining (port wine skin stains or "red socks") appear from the ankles down
- Traumatic injury or surgery potentially damaging Lymph nodes (Hip replacements, etc)?
- Radiation to Lymph areas?

Remember ANY swelling is an indication of an overloaded Lymphatic system.

The compression pump is recognized by Medicare and covered by many commercial insurers; Actual coverage varies with individual plans. 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. Our highly trained staff will assist you in finding the appropriate treatment that will offer you a better quality of life.

For more information and articles on this topic, Google "Acute Wound Care" or visit www.AcuteWoundCare.com or call 239-949-4412 and speak with a specialist.



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Swan Age Reversal Centers specializes in aesthetic procedures that help their clients look younger, thinner, and more vibrant. All of the Swan services offered are custom tailored to each client's needs, wants, body type, skin type and age. To accommodate for high year round demand for their services, Swan Centers now has four Southwest Florida offices located in Naples, Bonita Springs, Fort Myers and Sarasota. They offer non-invasive, safe, pain-free treatments utilizing State of the Art Devices found exclusively only at their Centers. Whether you are interested in anti-aging skin treatments, skin tightening, wrinkle reduction, cellulite smoothing, body toning or fat reduction, Swan Age Reversal Centers offers a unique and pleasant experience that delivers results.

They offer body contouring treatments that stimulates fat reduction with many clients seeing very rapid results. They also offer skin rejuvenation and anti-aging treatments that help restore the skin's natural glow and also helps slow the aging process. Swan Centers offer a wide range of customized services to help clients between the ages 40 to 90, 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, electro-pulse, radio frequency, ultrasound, red light collagen therapy, ultrasonic anti-aging and fat reduction technologies.

A complementary assessment is offered to all first time clients.

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FAT REDUCTION

Let's face it. Most of us wouldn't mind losing a few inches around the belly, love handles, thighs, buttocks or arms. Swan Age Reversal Centers believe that they have the answer! They offer two Exclusive fat reduction options once again only found at their 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.

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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 with inches lost off their waist, belly, back, arms, hips and thighs. These treatments are a safe and effective way to lose inches of fat without surgery, with no pain, no bruising and no recovery time needed! The treatments help to contour your body, to 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, buttocks, hips, arms, back and thighs. The treatments are quick and painless, generally taking 45 minutes or less. Unlike other plastic surgery procedures, these treatments allow you to continue your daily activities without any interruption.



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TOP 10 CONCERNS ABOUT LASIK SURGERY

By Jeffrey B. Robin, MD - LASIK & Cornea Specialist, Frantz EyeCare

Millions of Americans enjoy freedom from dependence on glasses and contacts thanks to the FDA approval of LASIK surgery in 1999. Yet many patients still have unfounded concerns about the procedure - how it works, its safety and more. I hope you find these answers to the top 10 common concerns about LASIK useful as you consider whether LASIK is right for you.

Concern #1. I need to put off having LASIK until it's been perfected.

Since LASIK was first introduced in the mid-1990s, an estimated 25 million people worldwide have undergone the procedure with excellent results. It is a remarkably successful procedure that is the gold standard for patients who want to permanently correct their vision and reduce or even eliminate dependence on glasses and contacts. In fact, LASIK is approved by the U.S. Military for service men and women, and by NASA for astronauts. Most patients can expect a greater than 90% chance of achieving 20/20 vision without correction following LASIK.

Concern #2. LASIK is too risky. I could permanently damage my eyesight.

No surgery is risk-free, but according to a multi-center study undertaken by the FDA and the US Department of Defense and reported in 2014, LASIK has an excellent track record of visual results, minimal risks/complications and very high patient satisfaction. More than 95 percent of patients in the study achieved 20/20 vision or better after their procedure and all were very satisfied with the results. Realistically, the only completely risk-free vision correction is wearing glasses. While safe in the vast majority of patients, risks of complications with contact lenses are well documented and especially infections of the cornea which can result in permanent vision loss. And recent studies are finding that prolonged use of contact lenses may contribute to other vision challenges over time.

Concern #3. I wouldn't qualify for LASIK. The degree of correction I need is too severe.

Thanks to advances in technology, the vast majority of people are good candidates for LASIK surgery today. A combination of sophisticated preoperative diagnostic tools and the leading-edge lasers used during the procedure make LASIK appropriate and safe for a wide range of prescriptions. When LASIK was first introduced more than two decades ago, it was only available to patients with nearsightedness. Today, it is widely used and accepted for nearsightedness, farsightedness and astigmatism. If you, a friend or family member were told in the past that you were not a good candidate for LASIK, we recommend that you get a second opinion to see if that might have changed.

Concern #4. LASIK is only temporary. I'll have to undergo surgery when I'm older.

For the majority of patients, the results of LASIK are permanent. The surgery reshapes the cornea, the clear outer surface of the eye. You may know of people who needed an "enhancement" or a "touch-up," but this is a very small percentage - less than 5 percent. It is extremely rare for LASIK-corrected vision to regress to the point that you would need to have the procedure again years later.

Concern #5. If I have LASIK, I won't be able to have cataract surgery if I need it in the future.

There is no relationship between LASIK and cataract surgery. LASIK does not cause cataracts, accelerate the development of cataracts or interfere with patients undergoing successful cataract surgery. LASIK changes the shape of the cornea to correct vision errors, while cataracts are a gradual clouding of the lens inside the eye, usually due to age. Patients who underwent LASIK two decades ago while in their 30s and 40s, are now in their 50s and 60s and may be developing cataracts. With our laser Cataract Surgery procedure, we are able to offer them excellent outcomes.



Concern #6. LASIK causes dry eyes and terrible nighttime vision.

In the early days of LASIK, there were reports of dry eye and nighttime glare or halos. With the introduction of all-laser LASIK and other advances, these issues are less of a problem for the majority of patients. Following LASIK, there may be some degree of temporary dryness due to decreased tear production post-surgery; but we take steps to manage this side effect by having patients use lubricating eye drops to reduce any discomfort. The vast majority of patients report marked improvement in only a few months. Similarly, nighttime vision is also less of an issue today due to improvements in delivery of the laser energy to reshape the cornea. Mild symptoms almost always disappear within a few months.

Concern #7. I am too old or too young to have LASIK.

The truth is there is really not an age limit for LASIK. However, most LASIK surgeons specify that patients must be at least 18 years old. Prior to that, your prescription may still be changing due to the normal growth and development that occurs during the teen years. LASIK can also be successfully performed on patients in their 50s, 60s or 70s; however, these age groups are more likely to have other potentially vision-affecting disorders, especially cataracts, and should schedule a consultation to make sure they are good candidates. If there are no vision-affecting cataracts, LASIK may be a reasonable option. If cataracts are an issue, we may recommend cataract surgery with Active Life Lenses that allow for seamless vision at all distances without the need for contacts or glasses.

Concern #8. LASIK is only for distance, and I need reading glasses.

Some patients have the misunderstanding that by the time they reach 40, they are too old for LASIK. Others think that because they now need reading glasses, they do not qualify for LASIK. Neither situation is accurate. Loss of sharp, close-up vision is called presbyopia and is common as people age. Fortunately, there is an effective solution called monovision where we can correct one eye for distance and the other eye for near vision. For patients who don't have difficulty with distance vision and have never worn glasses, it may be possible to correct just one eye for reading. The vast majority of patients tolerate monovision well, but we will assess your tolerance of monovision during your preoperative evaluation.

Concern #9. LASIK is too expensive for me to afford.

Consider the costs associated with corrective eyewear. The list is endless and can include glasses, contact lenses, contact lens solutions, progressive lenses, cases, prescription designer sunglasses and doctor's visits. Now multiply that over a 20 or 30-year period. Your costs can easily run into tens of thousands of dollars. LASIK is a one-time only cost. If you wear contact lenses, it is estimated that LASIK will pay for itself in about three years. The return on investment for LASIK is substantial, and the potential freedom from corrective eyewear is priceless.

Concern #10. Anyone can have LASIK.

While advances in LASIK technology make permanent vision correction a reality for the vast majority of adults, there are individuals who are

not good candidates. Careful patient selection is the key to a successful experience and good results. People who have chronic issues related to the cornea, other eye diseases, or certain medical conditions may not be appropriate candidates for LASIK. As with any procedure, there is no guarantee, although it is important to note that LASIK has a long track record of success with millions of satisfied patients.

To find out if you are a LASIK candidate, the first step is a free consultation. Call Frantz EyeCare at 239.791.2020 or schedule your consultation online at BetterVision.net.

Jeffrey B. Robin, MD, is a LASIK & Cornea Specialist who practices ophthalmology with Jonathan M. Frantz, MD, FACS. He and the team of doctors at Frantz EyeCare offer a broad spectrum of patient-focused comprehensive care from eye exams and eyewear to bladeless laser cataract removal, treatment of eye diseases, bladeless WaveLight LASIK laser vision correction, and eyelid surgery with office locations in Fort Myers, Cape Coral, Punta Gorda, Lehigh Acres, and Naples.

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Are Your Shoes the Correct Size?

By Christopher M. Cole, L.Ped

Foot pain can be due to all sorts of reasons, including footwear that does not fit properly. Ill-fitting shoes are a big problem in America. A recent study from the Institute for Preventive Foot Health found that 78% of adults have encountered foot pain at some point — usually due to shoes that are too tight, too small, too large, too high, or too floppy. Consumer Reports notes that a shoe size problem is actually quite easy to fix.

Do You Know Your Correct Shoe Size?

Did you know that most people wear shoes that are half a size too large or small? In fact, 12% of Americans may be wearing shoes improperly sized by 1.5 sizes or more, says Consumer Reports.

A study of older individuals conducted by the American Orthopaedic Foot and Ankle Society concluded that 8 in 10 were wearing shoes that were too narrow, and 7 in 10 women develop bunions, hammertoes, or other foot deformities from their ill-fitting footwear.

Why Do We Choose the Wrong Shoe Size?

As we get older, our ligaments and tendons stretch out, our arches fall flatter, and the soles of our feet lose padding. Weight gain or pregnancy may cause the feet to widen. In fact, experts say that people over 40 can gain half a shoe size every decade. Yet, many of us continue to buy the same shoe size year after year.

Foot Problems Caused by Wearing the Wrong Shoe Size

- Loose shoes can cause falls, blisters, calluses, ulcers, or painful injuries elsewhere in the body, as you begin to take shorter, more irregular strides.
- Pointy, cramped toe boxes can cause a painful lump on the edge of your toe known as a "bunion." Over time, the other toes may curl up to fit inside the narrow space, causing the other four toes to become "hammer toes."
- Heels that are too high can make the Achilles tendon shorten, which often leads to plantar fasciitis heel pain and neuroma nerve pain on the balls of the feet.
- Shoes that lack adequate arch support and cushioning can also cause plantar fasciitis.



How to Buy Properly-Fitting Shoes

Consumer Reports recommends measuring your feet regularly, especially at the end of the day when they are most swollen. Have your feet measured and assessed by an expert prior to purchasing footwear to ensure accurate sizing and design options. Ordering shoes online may sound convenient, but often cost you more time, money and pain. Visiting your local pedorthic shoe store will typically save you time, money and a lot of foot aches.

Podiatrist-Recommended Shoes

The American orthopedic foot and ankle society found that New Balance & Brooks are among the most highly recommended and prescribed brands by Podiatrist and Orthopedic Surgeons. Locally, in SWFL, we also get many recommendations for brands like Naot, Finn Comfort, Dunham, Aravon and Oofos; all offering a nice blend of style, comfort, and support. These brands also give patients many sandal options, with support equal to many walking shoes, while providing the foot more breathe ability.

With so many footwear options available, it is difficult knowing which brands and types and sizes are best for your feet. We are happy to discuss your shoe choice and fit at Foot Solutions of Estero. We can also examine your feet for any damage that has occurred due to ill-fitting footwear, and recommend treatment, if necessary.

The footwear experts at Foot Solutions in Estero perform complimentary Pedorthic evaluations in order to properly assess your feet and arches, as well as your balance and gait. This thorough evaluation is needed to accurately determine which footwear can eliminate your pain and is best for your needs.

Foot Solutions Estero not only offers premium off the shelf arch supports and orthotics, they can make them custom to each individual and to the precise differences between ones feet. After a thorough one-on-one evaluation including the use of state of the art scanners, Foot Solutions ensures each client receives the proper shoe.

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

Christopher M. Cole, L.Ped



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

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Do you experience pain caused by arthritis? If so and you don't want to take yet another pill, you may decide to use a cream or gel to dull the pain. When your joints are painful or your muscles ache, topical ointments, those you apply to your skin, can offer relief.

If you suffer from arthritis pain, you may benefit from using an arthritis pain relief cream or gel. Taking these products orally is not always effective and it can take a long time for any pills that you ingest to be absorbed into your blood stream. While you are waiting for those pills to take effect, you are still suffering from severe pain.

A topical arthritis pain relief cream or gel is applied directly onto the site where you are experiencing pain. It is immediately absorbed and works to numb the area where pain is being experienced, allowing you to continue your daily activities. Because the ingredients are absorbed through the skin, most topical pain medications are best used on joints that are close to the skin's surface, such as the joints in your hands and knees.

Although there are various pain relief products available, the arthritis pain relief creams and gels seem to work immediately to soothe and dull the pain and to relieve aching. For many people who



suffer the crippling effects of arthritis pain, a topical cream can bring much needed relief very quickly. Simply rubbing the compound on the effected areas and the pain nerves are numbed to allow you to feel less pain fast.

If you often suffer from crippling arthritic pain, this is one of the most effective treatments you can use to finally get relief from the pain you have been suffering from.

Myerlee Pharmacy is here to help meet the needs of arthritis patients. Specializing in pharmaceutical compounding, we can provide medications in a variety of forms including: capsule, cream, gel, injectable, suppository, and suspension. Our knowledgeable pharmacists can create the perfect mix of ingredients to provide you with the best relief from your symptoms.

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ACUTE DIARRHEA + TOURIST = "TRAVELERS DIARRHEA"

By James J. O'Mailia, M.D., Gastroenterologist

Recently, as most of you are aware, Flu Season was in full bloom here in Lee County. This included the dreaded Norovirus, which generally had its effect on many of the sea-faring cruise liners. Over the past several months, the common symptomatic presentation was that of diarrhea. Doctors' offices, walk-in clinics and hospital emergency rooms received scores of distressing calls about this problem. And so, for this article, I want to introduce some basic ideas about what we, as physicians, want to know from you, our patients, about your symptoms to help you determine when to seek our advice, and some simple measures to help you weather what we call "Acute Diarrhea".

More than any other gastrointestinal symptom, acute diarrhea – the kind that keeps you tentatively housebound and tethered to the bathroom – is an ordeal for which laws should be written. Symptoms include surprise attacks of sudden urgency – no warning, just find a bathroom fast! This event can render a steady stream, or gaseous explosions. Other symptoms include persistent diarrhea with cramping or pain and with, seemingly, no end in sight, thereby forcing more fretful calls to doctors' offices or surrendering to the emergency room.

By definition, acute diarrhea (as opposed to chronic diarrhea) is the sudden onset of frequent, loose and watery stools that are generally associated with urgency and cramping. In its worst presentation, the cramps can be so severe as to cause cold seats, nausea and the feeling that you don't know which end of your digestive tract is about to heave. In other words, sufferers want relief NOW!

The causes of acute diarrhea are extensive. Here's a short list: The well-known version involves minor bouts due to nervous stress or a change in one's diet – and are usually short-lived and minimal in symptoms. Side effects of certain medications, Vitamin C and antibiotics can also be a cause. The most serious cause of sudden, abrupt diarrhea with cramping is usually an infection or a case of food poisoning.

The national organization, Center for Disease Control (CDC), has seen an upswing in the number of reported food poisoning cases per year, with many thousands of cases unreported. This is despite improvements in public health education and sanitation. The reasoning



considered for this upswing is basically two-fold – and this includes both at the individual level and at the food manufacturing level – one: poor personal hygiene of food handlers and two: improper monitoring and storage of food. Although outbreaks from restaurants and fast food establishments are more of a media highlight, the truth is that most cases of food poisoning are caused simply by improper food handling and sloppy hygiene.

Another form of food poisoning is known as "Travelers Diarrhea". Unfortunately, this is very common among American tourists visiting, for instance, the Caribbean/Mexico region, especially for an extended stay. That statistic is a frighteningly high 25%, or an estimated 3-5 million U.S. tourists per year just to that area alone. Globally, 45 million tourists traveling abroad suffer infectious food poisoning. And the numbers are rising, as more nomadic residents leave their relatively safe confines of home for exotic, remote destinations.

Acute diarrhea from food poisoning is no adventure. So, the obvious questions are "How can I avoid this?", "What do I do if these symptoms develop?" and "When is professional medical care warranted?"

The first treatment goal is Prevention. Boil it, cook it, peel it or don't eat it is a great motto. Follow this in even the fanciest of restaurants. If a food looks suspicious, send it back. Avoid salads, raw or undercooked meat and seafood, especially from street vendors. Stick with well-cooked foods and baked goods, canned goods, and fruits and vegetables washed or peeled by yourself. Drink only factory-sealed bottled water, even to brush your teeth. Ice cubes with a central hole are safe since this type is made from water previously heated or boiled.

The second treatment goal is what to do if symptoms develop. The most significant problem is *always dehydration*. This would present itself as dry mouth, increased thirst, decreased and darkening urine, fast heart rate, and dizziness or a faint feeling. Immediately increase your fluid intake, even at the expense of solid foods – drink plenty of bottled water or Gatorade-type drinks to restore electrolytes. Sip fluids slowly, to prevent abdominal cramping. Eliminate any alcoholic beverages. If nauseous, try sipping a cold, but flat regular Coca Cola or ginger ale.

Once solids can be restarted, an old remedy – The BRATT Diet – is quite helpful. Simply put, this acronym stands for Bananas, Rice, Applesauce, Tea and Toast. These are complex carbohydrates that are easy to digest. Foods also include crackers, rice cereal, baked fish and yogurt. For awhile, stay away from fatty foods, such as pizza, burgers, fried foods and ice cream.

Don't try to stop diarrhea immediately with medicines. Remember, diarrhea is the body's way of eliminating the infection. However, if too severe or not controlled with increased fluids and diet restrictions, then over-the-counter medicines like Pepto-Bismol, Imodium AD or Kaopectate can be used. Just remember not to overdo it, as more medicine is not necessarily better therapy.

Finally, most cases of acute diarrhea are self-cured – using these points mentioned. However, never hesitate to contact your doctor if in doubt about your status. Should you develop severe, unrelenting abdominal pain, shaking chills, fever greater than 101 degrees, rectal bleeding, weakness or confusion – notify your doctor or seek medical care at a walk-in clinic or emergency room. The use of intravenous fluids or antibiotics can be determined by your doctors. Never hesitate to seek professional medical advice if you aren't sure of what treatment is needed. When treated early, acute diarrhea can usually be controlled relatively quickly and – the sooner the symptoms are controlled, the sooner the sunshine returns to your travelling adventure.

Be well and stay well.



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BETTER HEARING AND SPEECH MONTH

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

The month of May is designated as National Better Hearing and Speech month since 1927. Better Hearing and Speech month is to raise awareness of one of our nations leading handicapping disabilities: hearing loss; affecting almost 40 million citizens in this country alone.

According to Johns Hopkins's Medical University, The Perelman School of Medicine at the University of Pennsylvania and The National Institute on Aging, even a mild loss of hearing (untreated) can make individuals twice as likely to develop some form of dementia and Alzheimer's disease. People with severe hearing problems (untreated) are five times more likely to develop the aforementioned maladies due to brain atrophy. Since brain atrophy is the damage or loss of brain cells, there is no treatment available to cure this complication after the fact. This means that the illness must be prevented with the use of hearing instruments and a healthy and active lifestyle. As of now, this is the only option to slow the damage and improve physical ability that is hindered by brain atrophy.

This shows another reason why hearing loss should not be overlooked. Hearing exams should be part of annual physicals, just like having your vision checked on a regular basis.



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

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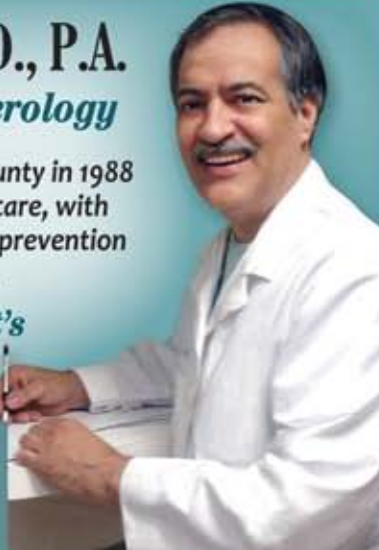
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HELLO FRIENDS & COLLEAGUES!

SW FLORIDA HEALTH & WELLNESS IS CELEBRATING A NUMBER OF HEALTH AND WELLNESS TOPICS THIS MONTH AND THIS INCLUDES MENTAL HEALTH MONTH!

By Steven J. Gibbs, Esq.

A few weeks ago, I wrote an article called "Estate Planning & Freedom With Purpose" which was about finding and doing your estate planning in accordance with your life's purpose. Good estate planning is good mental health, and the opposite is also true because poor estate planning creates untold heartache and stress and this leads to many mental health challenges for families.

So with that in mind, the most common examples of poor estate planning and the mental health challenges that often follow are:

1. Old Documents That Are Not Reliable

"Old documents" generally may be any estate planning documents that are more than 5 years old and the age of the documents directly relates to the likelihood of problems. Often, older documents include deceased witnesses or witnesses from locations away from your current state of residence. These documents are often not notarized due to changes in the legal requirements over many years. So if a document isn't notarized and the witnesses cannot be located, they may not be admissible in probate court and this often leads to huge family conflicts because if a will is not admissible then the entire plan may be in jeopardy.

2. Wrong Family Members Appointed to Key Roles

Sometimes appointing the "favorite" child as the sole trustee or other designated role seems like a great idea. However, what often appears to be a cordial relationship between family members during the parents' lifetime can turn into chaos after the parents pass and this can result in expensive estate litigation and horrible stress.

3. Poorly Drafted Documents That Are Not Clear

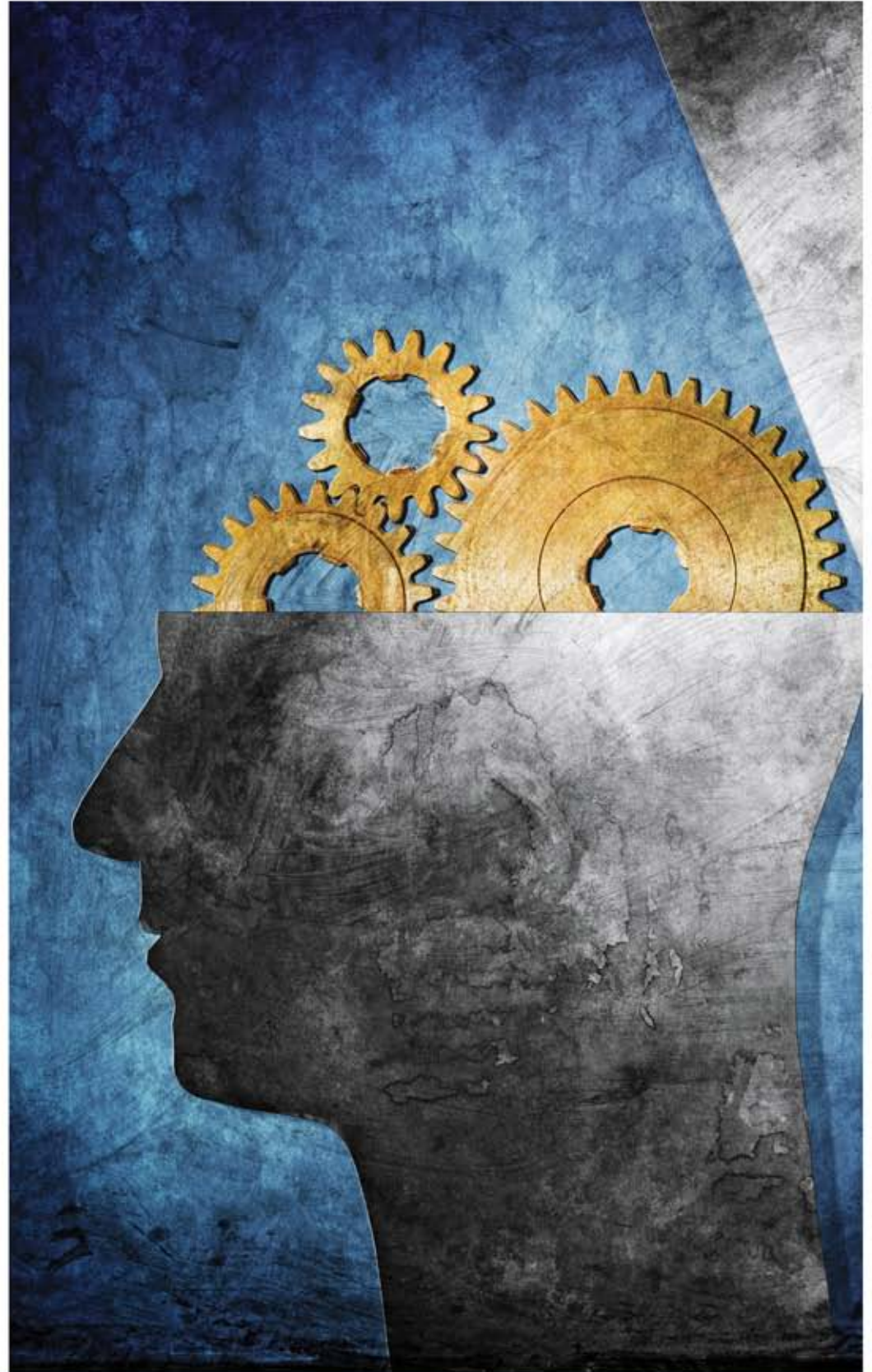
Poorly drafted documents with issues, such as a lack of clarity about who gets certain assets, can lead to significant family conflicts. Many assume that everyone will just "get along" and this is often not the case following a parent's death. Sometimes the first thing out of a sibling's mouth is "where is my money". While the reasons for negative family behaviors are most appropriate for those in the mental health professions, the point is that a well-drafted set of estate documents can eliminate much of this "drama".



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4. No Documents Leading To Confused Family Members

These are the worst kinds of scenarios because no one knows where the assets are or what to do? These situations are generally the most expensive for families because professionals such as lawyers and investigators may need to be hired just to begin to make sense of the mess. Expensive court proceedings may need to be commenced to simply decide where to distribute the assets. Most of the time, no one in the family is happy except for the long lost relative who ends up with the bulk of the estate.

5. No Documents Leading to Expensive Court Proceedings

Often, the problem of "no estate documents" leads to a payday for lawyers. Probate costs are generally increased if there was no plan in place because "additional services" will be required to help the court figure it all out. If the problem is one of disability and not death, expensive guardianship proceedings are often required in order for a family member to assist the ailing parent. Often, simple documents such as a durable power of attorney or guardianship declaration would have avoided the uncertainty and stress faced by families in these situations.

It is worth mentioning a key reason many people fail to create or maintain a clear estate plan and that is the belief that a poorly articulated plan is "simpler". Unfortunately what often appears to be a simple plan is flawed with error because plans that appear simple may lack the flexibility needed if things happen in a way that was not expected.

So the take away is to pursue good mental health strategies for yourself and your family. A well-prepared estate plan is designed for the sole purpose of bringing order to the chaos mentioned above and fostering harmony and good mental health among family members.

I hope this was in the interest of good mental health and Mental Health Month...and

As always, I hope this is helpful and . . . Until next time...

Steven J. Gibbs, Esq.



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

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

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

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

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

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Do You or Someone You Love Suffer With Arthritis?

According to the Centers for Disease Control and Prevention, nearly 47 million people in the US have some form of arthritis or chronic joint symptoms. There are over 100 different forms of arthritis.

Arthritis and other rheumatic diseases are often mistakenly associated with old age, because osteoarthritis (the most common form of arthritis) occurs more often among elderly persons. However, arthritis and other rheumatic diseases affect people of all ages. In fact, the number of arthritis cases in children is on the rise.

The word "arthritis" means "joint inflammation." Inflammation is one of the body's natural reactions to disease or injury, and includes swelling, pain, and stiffness. Inflammation that lasts for a very long time or recurs, as in arthritis, can lead to tissue damage.

A joint is where two or more bones come together, such as the hip or knee. The bones of a joint are covered with a smooth, spongy material called cartilage, which cushions the bones and allows the joint to move without pain. The joint is lined by a thin film of tissue called the synovium. The synovium's lining produces a slippery fluid called synovial fluid that nourishes the joint and helps reduce friction. Strong bands of tissue, called ligaments, connect the bones and help keep the joint stable. Muscles and tendons also support the joints and enable you to move.

With arthritis, an area in or around a joint becomes inflamed, causing pain, stiffness and, sometimes, difficulty moving. Some types of arthritis also affect other parts of the body, such as the skin and internal organs.

What Causes Arthritis?

There are many different types of arthritis and the cause of most types is not known. It's likely that there are many different causes. Researchers are examining the role of genetics (heredity) and lifestyle behaviors in the development of arthritis.



Although the exact cause of arthritis may not be known, there are several risk factors for arthritis. (A risk factor is a trait or behavior that increases a person's chance of developing a disease or predisposes a person to a certain condition.) Risk factors for arthritis include:

Age. The risk of developing arthritis, especially osteoarthritis, increases with age.

Gender. In general, arthritis occurs more frequently in women than in men.

Obesity. Being overweight puts extra stress on weight-bearing joints, increasing wear and tear, and increasing the risk of arthritis, especially osteoarthritis.

Work factors. Some jobs that require repetitive movements or heavy lifting can stress the joints and/or cause an injury, which can lead to arthritis, particularly osteoarthritis.

Our medical staff at Urgent Care Center of SWFL is dedicated to provide you the best care for your medical needs. For more information about Arthritis, please contact the center nearest you, Estero at 239-333-2273 or Cape Coral at 239-333-3333.

Walk-ins are welcome at each location and the check-in express service puts you in control by allowing you to check in using your phone and get a text notification when a room is ready for you.

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What to Do About Lupus Hair Loss



By LaDonna Roye, Hairstylist

A normal person will usually lose 50 to 100 strands of hair every day. However, those with systemic lupus may experience much more dramatic and conspicuous loss of hair.

Lupus hair loss can be caused by the Lupus itself, by the immune system due to its destroying hair follicles, or by medications. Prednisone and immune system-suppressant may cause hair loss but the loss will normally stop when the medicine is discontinued.

An individual may experience her hair falling out in strands, in clumps or it may just thin out and get very fragile and break.

Losing one's hair is scary, but typically treatable and can be covered up. It takes time for hair to re-grow, often 6 months or more. However, it usually will re-grow unless it's caused by a condition called cutaneous lupus, leading to a "discoid rash" which may scar hair follicles and cause permanent hair loss. Please talk to your doctor about your options if these symptoms develop.

For most hair loss, you are not powerless! If you have systemic lupus and struggle with this problem, consider these ideas of what you may do to improve it.



Here are some strategies to try:

- **Rearrange your hair.** Ask your stylist for ideas to conceal your bald spots and make hair look thicker. You may want to consider coloring your hair to camouflage thinning spots that may show.
- **Hair extensions can help.** If you are just missing patches on the sides, and aren't currently losing hair, consider hair extensions. Extensions are available with a number of ways to attach them. They may be sewn, knotted or attached with links but it is important to avoid adhesives and heat.
- **Consider wigs.** Today wigs are so well-made that they are almost undetectable. You may be amazed when you see what options are available and you'll likely feel much better when you see what a GOOD wig can do for you.
- **Cosmetic Surgery.** As a last resort for permanent or extreme hair loss, transplanting hair from another part of the scalp or stretching the remaining hair to cover the balding area may be an option.

If you have lupus-related hair loss, do not experiment with over-the-counter hair loss treatments.

Instead, talk to your medical professional about your options for treatment.

While your hair is re-growing or if your hair loss is permanent consult an experienced hair loss professional about your options.

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New Misunderstanding That No One Can Be Turned Down for Insurance?

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

Yes it is true that if you apply for "Health Insurance" during open enrollment November 1, 2015 – January 31, 2016, or if you have a special election period you CAN'T be denied health insurance if you are legal resident (see www.healthcare.gov for guidelines) in the United States of America. There are penalties if you do not have health insurance and/or your health plan does not meet the essential benefits for individuals that are not on Medicare or under 100% of the poverty limits.

The following however "DO" require you to be medically insurable. **Disability Insurance** which is used to cover your wages if you cannot work due to medical conditions. You have to meet medical and financial insurable rating standards. **Life Insurance** costs less the younger and healthier you are and you can be turned down based on your health. Long Term Care Insurance again should be purchased while you are younger but most companies require you to be 40 years of age or older and also have an age maximum. This maximum issue age has been changing as we are living longer and the insurance companies gain more data on life expectancy, health and the cost of care. **Travel Insurance**, most people don't know that their health insurance does not cover them outside of the US and that includes cruises. Original Medicare DOES NOT COVER you outside of the US. Most of the plans that do cover you outside of the US only cover medical emergencies.

What do all of these plans have in common? They are all a very important part of your long term strategic plan that everyone should have in place and the sooner the better. So the sooner you lock-in your benefit the less it will cost most likely. We don't get younger that's a given, as we get older costs increase and as medical conditions occur the cost of newly purchased insurance increases. When we purchase these early in life we lock-in our current age and health. The old saying you don't know what you don't know, so true. Many people once they understand what they are buying actually see the need; everything is expensive if you don't perceive it to have a value. Example: If it costs you 1 penny for a piece



of gum and you don't like gum, there is no value no matter how low the cost. A Long Term Care policy that cost \$300 a month seems to be a lot of money right? Now if you needed the policy because you became disabled, and that policy paid \$200 a day for 5 years I would say that is a great deal of value wouldn't you? Now these are not actual costs because it depends on the individual, and until underwriting and contracts are completed there are no exact costs.

Speaking to a local professional that can do a complete need analysis is important. You need to look at the whole picture, what you need and what you can afford. Why a local professional? One good reason is so that when you buy something you can go back to them if you have questions. It's hard to dispute something with an 800 number and you can't reach the person that sold it to you. Also most likely it doesn't cost you any less if you do all the work, research and go direct with the carrier vs. having someone you can discuss all of your needs and make an assessment on your total needs.

This month is **Arthritis Awareness Month, Better Hearing and Speech Month, Melanoma/Skin Cancer Detection and Prevention Month, Mental**

Health Month, & Crohns Awareness Month. What do they all have in common? They can affect your insurability to purchase new insurance now and in the future. Prevention is the key to a healthy life, but eating the right foods, exercise and live a proactive healthy lifestyle has made a difference not only in the longevity of life but the "quality of life". Don't ever think it's not worth it, it's too late; again you don't know what you don't know. If you don't give it your best effort, ask questions, get second opinions. Remember you know your body if it doesn't feel right speak-up and get answers. Not only is it your right but you are expected to ask and you should. If you don't trust the doctor, simply move on, there are a lot of others out there.

Too many times people assume, don't assume ask a professional most of the time your first consultation is at no charge.

To learn more schedule an appointment contact:

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HOW TO CHOOSE A PRIMARY CARE PHYSICIAN

Selecting a primary care physician (PCP) is one of the most important health decisions you'll make. And thanks in part to the Affordable Care Act, which has dramatically increased the number of people with health insurance, more people than ever are now searching for a physician they can call their own.

Your primary care doctor is your medical "home." It's the doctor you visit for most medical needs, including wellness visits and preventive exams, non-emergency illnesses like earaches and sore throats, as well as chronic conditions like diabetes and high blood pressure. They will assess your symptoms, direct you to the right specialist, if necessary, and oversee all of the care you get.

Here are five tips for choosing a primary care physician:

1. Find a Physician who is Board Certified in Family Practice.

Family practice physicians treat patients of all ages, from newborns to the elderly and have training in Obstetrics and Gynecology, Pediatrics, Internal Medicine, and Psychiatry. They treat a wide variety of conditions, and often can also treat ailments you'd normally see a specialist for, like sports injuries or women's health needs.

2. Verify the Physician is "In-Network" with your insurance, or has affordable self-pay fees.

Ensuring that you select an "in-network" doctor will help you avoid a surprise "out-of-network" charge or having to pay in full out of pocket because the doctor you've selected doesn't accept your insurance plan.

3. Ask for referrals.

Many people feel most comfortable visiting a physician who is recommended by someone they know, like a family member, coworker or friend. Google can also be your friend. Most doctors have at least some degree of online presence and a website that can give you valuable insights.

4. The best Physicians are the caring ones.

A caring physician: Listens to patients' concerns, makes eye contact, and asks and cares about patients' personal stories; discusses the plan for the visit and the future, offers a warm smile and empathizes; and avoids or explains unfamiliar medical terms.

5. Visit the Doctor.

Nothing can really give you a feel for whether you've selected the right doctor like an office visit and a face-to-face meeting. Be sure you feel comfortable in the office and with the physician and nurses.



Your primary care physician should be someone you trust and can rely on to help manage your healthcare.

Don't wait until you get sick to choose a PCP. Primary Care Physicians may see their patients regularly and look for symptoms a patient may not notice. For example, a routine health exam may uncover conditions such as high blood pressure or even hormonal imbalances due to glandular problems. Health problems like these can go unnoticed by the patient for years and could result in serious chronic health issues. Annual exams may help your PCP guide you toward healthy lifestyle habits that may decrease the likelihood that you'll need expensive specialty care.

Developing a relationship with your Primary Care Physician can help keep illnesses at bay. Remember the old adage: An ounce of prevention is worth a pound of cure.



JOSEPH RICHICHI MD is a Board Certified Family Physician who has been practicing in Southwest Florida for 30 years. His practice, Pelican Primary Care, is currently **accepting new patients** and is

located off US 41 by the Coconut Point Mall in Bonita Springs/Estero. For more information please contact his office (239) 514-2008, or visit their website www.PelicanPrimaryCare.com.

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PRADER-WILLI SYNDROME AWARENESS

Still hungry for a cure.

WHAT is Prader-Willi syndrome (PWS)?

PWS is a complex genetic disorder affecting appetite, growth, metabolism, cognitive function and behavior. It is typically characterized by low muscle tone, short stature, incomplete sexual development, cognitive disabilities, problem behaviors, and the hallmark characteristics—involuntary and uncontrollable chronic feelings of hunger and a slowed metabolism that can lead to excessive eating and life-threatening obesity. Those who have PWS need intervention and strict external controls, including padlocking access to food, to maintain normal weight and to help save their lives. PWS is a lifelong condition in which there is no known cure....YET!

WHO has Prader-Willi syndrome?

It is estimated that one in 12,000 to 15,000 people has PWS. Prader-Willi syndrome does not discriminate; anyone can be born with PWS, it affects both males and females of all ethnic backgrounds. Although considered a “rare” disorder, PWS is one of the most common conditions seen in genetics clinics and is the most common genetic cause of obesity that has been identified.

WHY does Prader-Willi syndrome occur?

Most cases of PWS are attributed to a spontaneous genetic error that occurs at or near the time of conception for unknown reasons. In a very small percentage of cases (2% or less), a genetic mutation that does not affect the parent is passed on to the child, and in these families more than one child may be affected. A PWS-like disorder can also be acquired after birth if the hypothalamus portion of the brain is damaged through injury or surgery.

WHAT is known about the genetic abnormality?

Basically, the occurrence of PWS is due to lack of several genes on one of an individual’s two chromosome 15s—the one normally contributed by the father. In the majority of cases, there is a deletion—the critical genes are somehow lost from the chromosome. In most of the remaining cases,

the entire chromosome from the father is missing and there are instead two chromosome 15s from the mother (uniparental disomy). The critical paternal genes lacking in people with PWS have a role in the regulation of appetite. This is an area of active research in a number of laboratories around the world, since understanding this defect may be very helpful not only to those with PWS but to understanding obesity in otherwise normal people.

WHAT are the appetite and obesity problems associated with PWS?

People with PWS have a flaw in the hypothalamus part of their brain, which normally registers feelings of hunger and satiety. While the problem is not yet fully understood, it is apparent that people with this flaw never feel full; they have a continuous urge to eat that they cannot learn to control. To compound this problem, people with PWS need less food than their peers without the syndrome because their bodies have less muscle and tend to burn fewer calories.

Newborns with PWS often cannot get enough nourishment because low muscle tone impairs their sucking ability. Many require special feeding techniques or tube feeding for several months after birth until muscle control improves. Sometimes in the following years, usually before school age, children with PWS develop an intense interest in food and can quickly gain weight if calories are not restricted.

Unfortunately, appetite suppressants haven’t worked consistently for people with PWS. Instead, an extremely low-calorie diet is required, as well as an environment designed to limit access to food. For example, many families have to lock their kitchen cabinets and refrigerators.

As adults, some individuals find controlling their weight is more easily managed in a PWS group home setting, as food access can be monitored without interfering with those who don’t require such restriction.

WHAT kinds of behavioral issue do people with PWS have?

In addition to their involuntary focus on food, people with PWS tend to have obsessive/compulsive behaviors that are not related to food. Some are repetitive thoughts and verbalizations, collecting and hoarding of possessions, picking at skin irritations, and a strong need for routine and predictability. Frustration or changes in plans can easily set off a loss of emotional control in someone with PWS, ranging from tears and temper tantrums to physical aggression. While psychotropic medications can help some individuals, the essential strategies for minimizing difficult behaviors in PWS are careful structuring of the person’s behavior management and supports.

WHO to contact for more information:

Contact the Prader-Willi Syndrome Association at (800) 926-4797 toll-free in the US or (941) 312-0400 or visit their website at www.pwsausa.org. PWSA is the only national membership organization that is dedicated to improving the lives of all persons afflicted with Prader-Willi syndrome and supporting them at every stage of life through research, education, support and advocacy. Headquartered in Sarasota, FL, it was formed in 1975 to provide a vehicle of communication for parents, professionals, and other interested citizens. Hospitals, physicians, and parents from all over the world consult with PWSA about medical emergencies and questions daily.

**Source: Prader-Willi Syndrome Association*



Ricardo S. Bocanegra, D.D.S.

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MUNICIPAL BONDS AS AN INVESTMENT VEHICLE

Provided by RBC Wealth Management and John Barnes

The nation's economic woes have affected all of us, but municipalities have been hit particularly hard resulting in cash-strapped state and local governments across the country. Consequently, you might be wondering how this situation could affect an investment class you might be considering: municipal bonds.

If you're thinking about municipal bonds (munis) or if you already own some, you are aware of their key benefit — namely that the interest payments generated by munis are free from federal income taxes and in some cases state and local taxes as well. (Interest payments from some types of municipal bonds may be subject to the alternative minimum tax.) This tax advantage means that you'd have to earn a much higher yield on other types of bonds to match the "taxable equivalent yield" of munis. Typically, the higher your income tax bracket the more you'll gain from investing in municipal bonds by possibly avoiding some income taxes.

In addition to their tax advantages, municipal bonds offer other benefits. For example, munis can help diversify an investment portfolio that may be heavily weighted toward stocks and corporate bonds. Also, by adding quality municipal bonds to your holdings, you can help support worthwhile

projects in your community. Municipal bonds are used to finance water, sewer, and electrical facilities, as well as hospitals, bridges, roads, airports, schools and other municipal infrastructure.

Given these benefits, what's the risk? Specifically, do you need to worry that the economic environment may affect municipalities' ability to repay their bonds?

Historically, municipal bond default rates have been much lower than those of corporate bonds, especially lower-quality corporate bonds. Of course what has happened in the past is no guarantee of future results. Many municipalities have responded to the fiscal crisis by cutting spending, eliminating nonessential programs and in some cases raising taxes.

They have ample reason for doing this, for in good times and bad municipalities still need funding for projects. If they defaulted even once on their current bond payments, they could find themselves unable to borrow money, in the form of new municipal bonds, for a long time.

Still, if you're going to invest in municipal bonds, it's probably a good idea to stick with those that receive "investment grade" ratings from an independent rating independent rating agency, such as Standard & Poor's or Moody's.



In any case, you should not automatically shun the municipal bond market just because times are tough for state and local governments. Talk to your financial advisor to determine if munis are appropriate for your investment strategy.

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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JOHN BARNES

Senior Vice President – Financial Advisor

4851 Tamiami Trail North, Suite 301

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PERSONALIZED MEDICINE CAN SAVE YOUR LIFE

By: Corey Howard, MD, FACP

HAVE YOU EVER FELT LIKE A NUMBER WHEN YOU WENT TO YOUR DOCTORS OFFICE OR THE EMERGENCY ROOM?

I know I have. A few months ago I brought my 13 year old son to a specialist. During that visit he was evaluated by a physician's assistant who had his head buried in his computer and his back to my son and I the entire visit until he turned around, looked at his arm, and said he would be right back. That is an example of Impersonal Medicine and is, unfortunately, becoming more common in healthcare today.

Personalized care is when your doctor looks at you during your visit, really listens to your story and follows up with appropriate questions and possibly tests. Once results are available your doctor creates a personalized plan based on your goals to help you achieve optimal health. Today, this is the kind of caring that is needed to improve health and add life to your years.

Most problems we face are due to our lifestyle choices. Yes, your personal behaviors have a direct effect on how healthy you are. I am not just talking about your diet, which plays an enormous role, but your sleep patterns, environmental toxins you are exposed to, how much you exercise and how much stress you have in your life. EVERYONE has some elements of these areas which ultimately lead to chronic diseases.

We can do better. That's right, we can. Each of us need to be more proactive than reactive with our health. We need to put HEALTH into our health banks to protect our brains, hearts, prevent diabetes and even cancers. The reality is that most people never think of this until it is too late. It's called the Niagra syndrome (I learned this from Tony Robbins). It goes like this: Most people jump into the river of life and just "go with the flow".



Does this describe you? If so, read on. Everything seems to be going pretty well until you reach the falls. Then you look at what is ahead and start to paddle your way to safety. Maybe you can or maybe you just go over the edge. An example is heart disease. This is something that really is preventable. However, almost 70% of Americans are overweight or obese, do not exercise and live under enormous stress. Those factors lead to your first heart attack (like going over the falls) at which time you see that you should take better care of yourself. Why do we need to wait until the fall or that major life event to take better care of ourselves? Why not reach for and demand better health right now?

The problem is the system. It focuses on a disease based model and that is how insurance companies as well as the government pay healthcare professionals. It does not have to be that way. In my practice I focus on one person, you, at a time and spend the necessary time to make sure your story is well understood. Then I will order tests that will take a look at your

nutritional status, metabolism, check your intestinal health as well as your hormones, especially the hormones that regulate stress and sleep. From that information you and I create a plan that is ultimately up to you to follow. In addition to creating the plan I personally coach you, improving your health through better habits. Each of you is a complex system that requires expertise to help you reach optimal health. You must find the right kind of physician that has a true holistic approach while combining evidence based science, traditional approaches to problems, with a special interest in treating the cause of disease, namely the lifestyle choices we make.

It's up to you. You have to take charge of your health. I am happy to talk with you and see if a personalized approach is right for you. I look forward to speaking with you.

Dr Corey Howard is board certified in Internal Medicine, Digestive Diseases and Nutrition and Anti-aging and Regenerative medicine. He also has specialized training in Plant based cooking. His unique office setting includes a functional kitchen and yoga studio. Contact him at: corey@physicianslifecenters.com.

Corey Howard, MD, FACP

Dr. Corey Howard, is a fellowship-trained gastroenterologist, board certified in internal medicine, Anti-aging, and Regenerative Medicine. He has done additional training and obtained professional certification in Plant Based cooking. His Lifestyle Medicine practice is in Naples. He has regular seminars on the importance of lifestyle in improving you health as well as cooking demonstrations.

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Grace that Came

14 And the Word became flesh and dwelt among us, and we beheld His glory, the glory as of the only begotten of the Father, full of grace and truth.

John 1:14

Rick Atkinson, in his excellent book, *The Day of Battle: The War in Sicily and Italy, 1943-1944*, tells the story of the shelling of Anzio. After one particularly brutal Luftwaffe attack during that horrible campaign, a 1st Armored Division mess sergeant is said to have prayed the following:

"God, help us. You come yourself. Don't send Jesus. This is no place for children."

We understand how the sergeant felt. This world is a dark and dangerous place. The Enemy is everywhere; the bombs are dropping, and nobody makes it out alive.

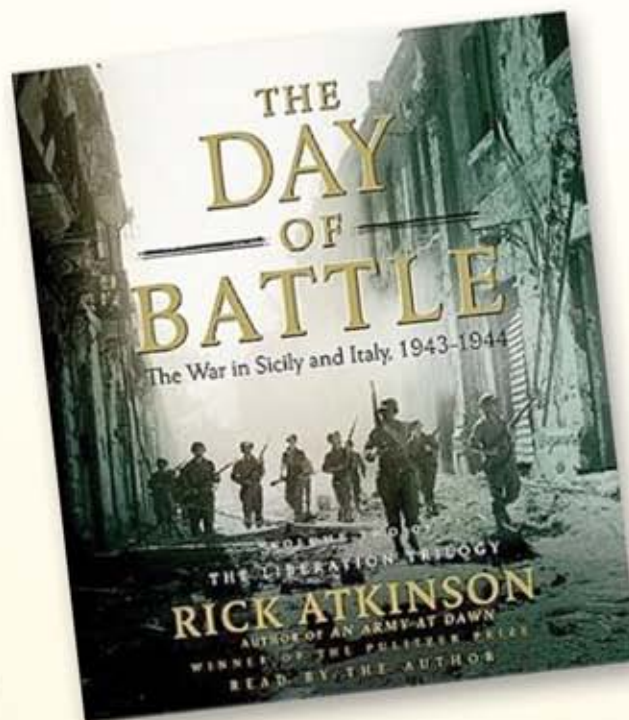
But there is good news for the sergeant and all who think like he did. He understood the child, Jesus, to be God's Son (which is true), but he did not understand that Jesus is God, the Son (which is also true). When Jesus came, God came. He came Himself.

God came into the ruin, wreckage, pain and suffering of the human experience. And He brought His glory, to be seen, heard, felt, and known by people just like us.

But had He come with just glory, we may have been left with something feeling like the Burning Bush in Exodus: A dazzling God who makes very steep demands. But He also came "full of grace." He came not just to dazzle us, but to once and for all deliver us.

And His deliverance is offered as a free gift to all who will receive it by following Him as Lord. It's not about being good. We can't be good enough long enough. It's not about earning His love (what kind of love is "earned" anyway?). It's about believing that He is who He says He is, and trusting that central truth enough to follow Jesus, who is Himself God.

You may not be in a literal battle today, but sometimes it sure feels like it. Your plans go sideways; your efforts aren't enough, and your mistakes just keep happening. We can thank the Lord that He came to this fallen world and brought the Glory we worship and the Grace we need.



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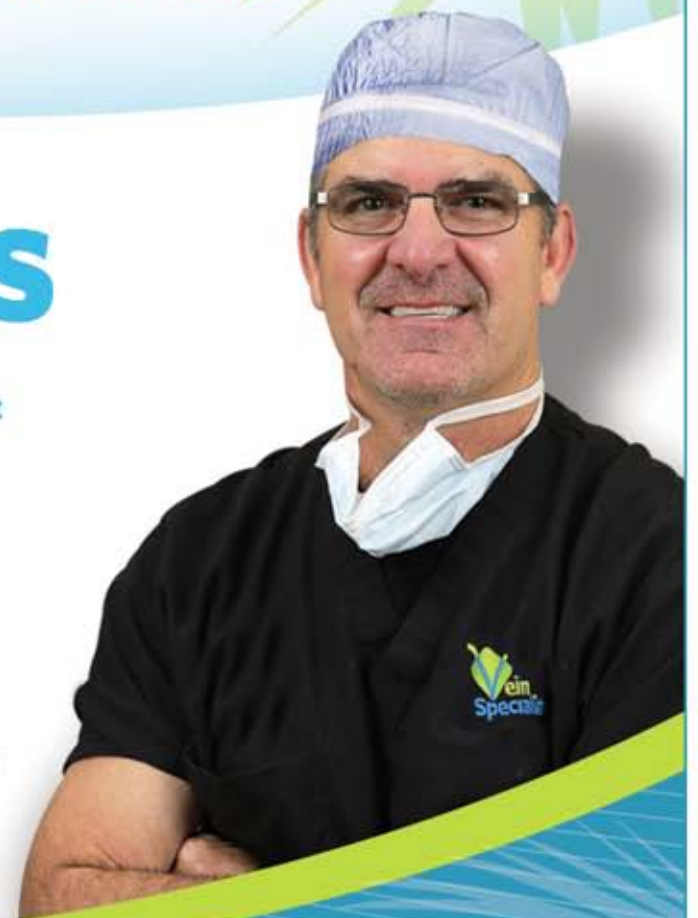
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