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May 2015

Manatee/Sarasota Edition - Monthly

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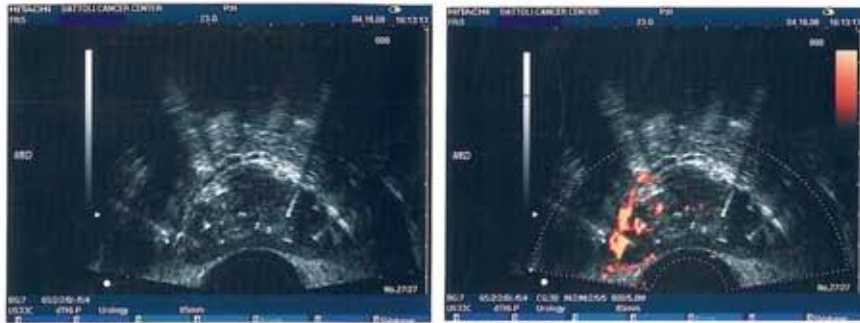
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A celebratory graphic for a two-year anniversary. At the top, a banner reads 'We're Turning' in a white script font, flanked by two yellow pennants. Below the banner is a string of colorful triangular pennants. The background is a large, stylized number '2' in a dark blue color, set against a green and yellow gradient. The number '2' is surrounded by confetti and streamers. At the bottom of the graphic is a birthday cake with lit candles, surrounded by balloons in shades of red, blue, and grey.

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# 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](http://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](http://lunginstitute.com/health) to find out if these new treatments are right for you.





# Is Prostate Cancer Hiding from You and Your Doctor?

By Virginia 'Ginya' Carnahan, APR, CPRC  
Dattoli Cancer Center & Brachytherapy Research Institute

**We hear it all too often: "My PSA is rising, but thank goodness the biopsy was negative!"**

**T**his finding could be what is known as a "false negative," and could be far more dangerous than if the biopsy had come back positive.

At the Dattoli Cancer Center we have seen men who have had as many as 6 or 8 biopsies over time in an attempt to discover what is making their PSA rise – each biopsy coming back as "negative." Frustrated, these men eventually come to us to definitively find their cancer so that it can be treated. In this repeat biopsy process, they have endured multiple invasive procedures and let precious time slip by. Time, of course, is of the essence in finding prostate cancer because the longer the cancer grows, the more difficult it will be to defeat.

We have a not-so-secret weapon when it comes to biopsies. From day one at this Center we have utilized 3-D color-flow power Doppler ultrasound as a unique tool for guiding biopsies. (Routine random sample biopsies performed across the U.S. are essentially blind – in that the physician removes a set number of tiny core samples from the four quadrants, base and apex of the prostate gland with no means of guidance. The result can reveal only the status of the cells in those few tiny cores. Meanwhile, prostate cancer can be growing anywhere within the bulk of gland not sampled by this method.)

You may have heard of Doppler in relation to weather forecasting. You can recall seeing the large, menacing red section on a national weather map when a storm is imminent. We are able to visualize a similar "storm" within the prostate with 3-D color-flow power Doppler ultrasound. In our case, the motion of abnormal blood flow within the prostate gland shows up as bright red and becomes the target for a biopsy core. Abnormal blood flow is indicative of tumor growth, because cancerous tumors require blood to grow.

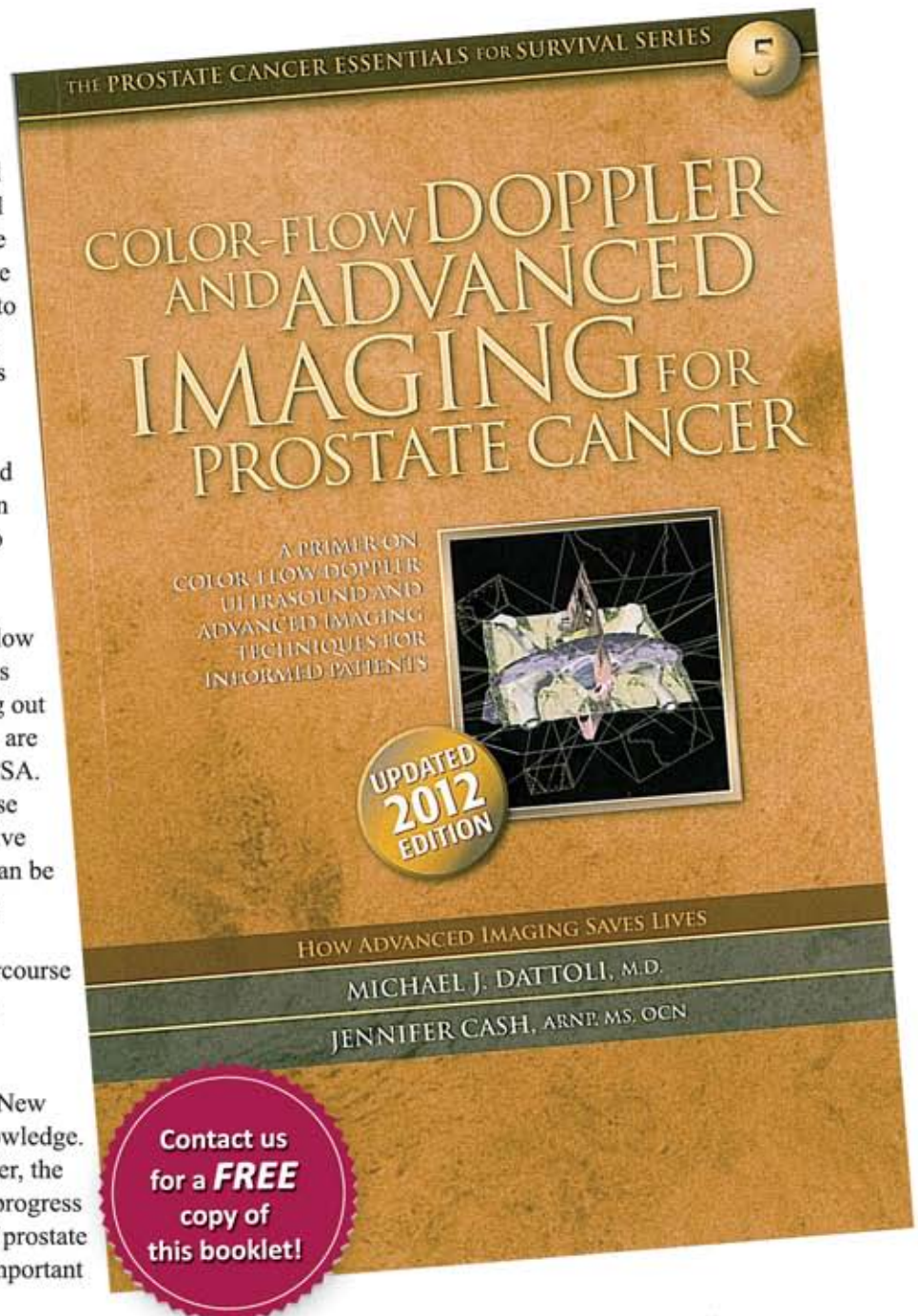
In recent years color-flow Doppler ultrasound technology has also found applications in other medical settings, such as prenatal exams, breast cancer evaluation and circulatory issues.

Over the years, Dr. Michael Dattoli has had phenomenal success in finding the active prostate cancer sites in those men whose PSA continues to rise despite repeat negative biopsy findings. 99% of his follow-up 3-D color-flow power Doppler ultrasound guided biopsies have located cancer, and allowed the man to finally begin treatment to defeat the disease.

In addition, the 3-D color-flow power Doppler ultrasound is extremely efficient in ruling out prostate cancer in men who are first experiencing a rising PSA. It is a genuine relief for these men to receive a true negative biopsy report. (PSA rises can be caused by things other than cancer, such as prostatitis, prostate injury or even intercourse within 48 hours of the PSA blood test.)

We live in amazing times. New technologies bring new knowledge. In the field of prostate cancer, the past decade has seen great progress not only in the treatment of prostate cancer, but also in the all-important step of diagnosing.

Readers who would like to know more about 3-D color-flow power Doppler ultrasound are invited to call us for a free copy of our 50-page booklet, "Color-flow Doppler and Advanced Imaging for Prostate Cancer." Men who are struggling to determine if their PSA rise is indeed coming from prostate cancer are encouraged to call our office to inquire about a definitive biopsy using color-flow Doppler ultrasound guidance.



A **free telephone consultation** is offered to men who have been diagnosed and are researching the right treatment option for their particular prostate cancer.

*Michael J.*  
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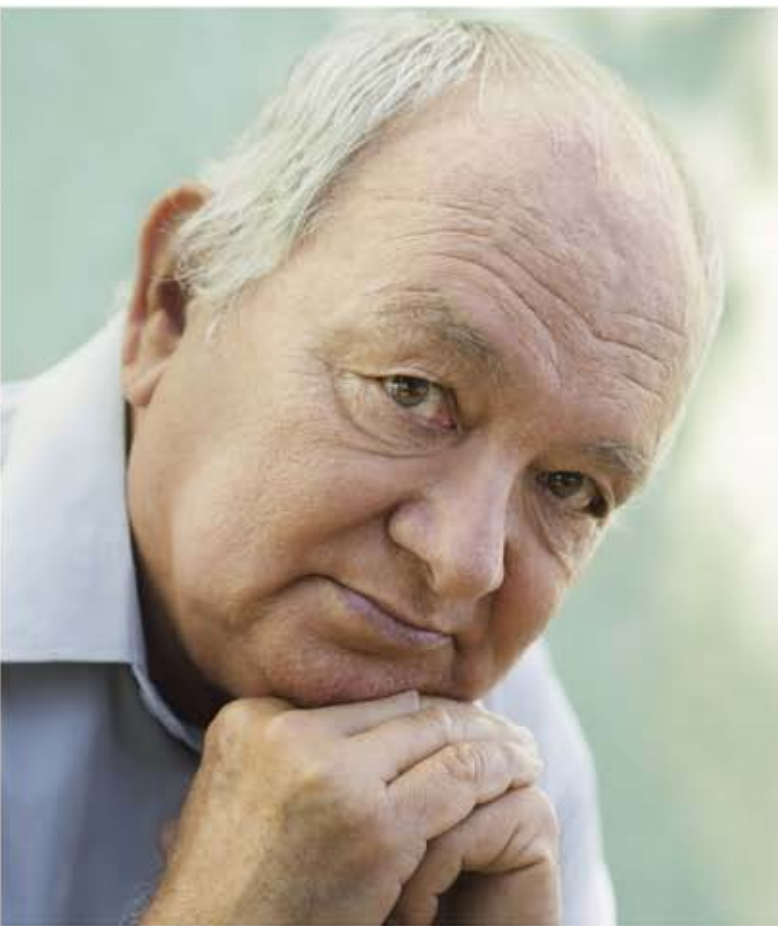


# Help For The Depressed

**A**ccording 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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## Snowbird Finds Unmatched Care with Family Feel at CVSI!

By Gino Sedillo, M.D., FACC  
CardioVascular Solutions Institute

Imagine receiving such personal care from your doctor's office that you get a phone call every day just to see how you are feeling. Someone from the office calls your out-of-state family member to keep everyone updated on your progress. Treating an actual person, and not just a patient number, is exactly how Dr. Gino Sedillo and his staff approach caring for their patients.

Kathleen Harmon, an Indiana native with a vacation home here in Florida, enthusiastically shares her story of extraordinary care from Dr. Sedillo and the entire office staff at Cardiovascular Solutions Institute.

When looking back on the last twelve months, Kathleen exclaims, "Dr. Sedillo saved her life and the entire staff saved her sanity. Without Cardiovascular Solutions Institute, I would not be here to share my story."

Her doctor in Indiana discovered that Kathleen had a AAA (Abdominal Aortic Aneurysm) and told her that she needed to keep an eye on it because it was growing. Knowing that she was going to be spending time at her Florida home, Kathleen was referred to Dr. Sedillo. Kathleen went for her first visit to CVSI about a year ago and truly believes that it was the best decision she has ever made. Last April, she became very ill. She lost more than 80 pounds in a short time, and always felt nauseated and constipated. Kathleen recalls she honestly believed she was dying. "It was a very scary time. Dr. Sedillo and staff did more than treat my physical health; they talked with me and helped me through my darkest days with encouragement and support. Simply put, they became my family while caring for me."

While being treated in Indiana, Kathleen was put through test after test after test. In contrast, Dr. Sedillo knew that her kidney was very fragile and couldn't take multiple tests. "Even though he is an Interventional Cardiovascular physician, Dr. Sedillo took into consideration how multiple testing and procedures would affect other areas of



my body. He took charge and coordinated a treatment plan for my whole body, which prevented double testing and resulted in phenomenal care."

Kathleen also praised the staff for maintaining constant contact with her three children, whom all live in different states. This was invaluable to Kathleen and her family. "The staff explained everything in ways that made it easy for my family to understand. My loved ones always knew what was going on with my health and treatment. Also, I did not have the responsibility of having to contact them regularly and try to explain the updates or treatment plan. I could just be the patient and get well. This alone meant the world to me and prevented unnecessary worry and frustration."

"I feel so secure with the care that I receive from Cardiovascular Solutions Institute that we are in the process of transitioning from Indiana to making Florida my primary home. It would be great if every office hired caring professionals that sincerely want to help people and not just treat it as a job."



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Kathleen's physical and mental health has improved tremendously over the last 12 months. She admitted that just last year she wrote her eulogy and was prepared to have someone read it before the year's end. "Thanks to Dr. Sedillo and the entire Cardiovascular Solutions Institute office, I am excited to say that no one will be reading it for a long time. I just love them all to pieces. They literally gave me many years of life that I truly didn't think I would have." In fact, I'm feeling so great, I'm traveling to attend my sister's 50th wedding anniversary!

After Dr. Sedillo repaired the AAA with a closed, percutaneous procedure and placed several stents in blocked arteries, Kathleen is feeling much better and enjoying a better quality of life. Visit our website at [www.cardiovascularsolutionsinstitute.com](http://www.cardiovascularsolutionsinstitute.com) or call our office for information or to make an appointment (941) 747-8789.

### Dr. Gino Sedillo, M.D. F.A.C.C.

Born in Albuquerque, New Mexico, Dr. Sedillo is Board Certified in Internal Medicine, Cardiovascular Diseases and Interventional Cardiology, and has been a member of the American College of Cardiology since 1996. After 15 years of training, Dr. Sedillo started working for the Bradenton Cardiology Center in 1995. While there he performed more than 1,000 procedures per year and he began teaching procedures and techniques to other practicing cardiologists, vascular surgeons, and interventional radiologists. He served as Director of the cardiac catheterization lab at Manatee Memorial Hospital.

Most recently, in May 2011, Dr. Sedillo founded his independent practice, Cardiovascular Solutions Institute, with offices in Sarasota and Bradenton. Since then Dr. Sedillo has been named director of the Percutaneous Coronary Intervention program at Doctors Hospital in Sarasota.

When he's not seeing patients, teaching other physicians or doing clinical research, Sedillo cherishes time with his three children.

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# Low Testosterone

By Dr. Mitch Yadven

**H**ormones are chemicals made in your body that act on another part of the body after traveling through the bloodstream. Testosterone is a hormone which is naturally produced in both men and women but is found in much higher levels in men. The majority of testosterone is made in the testicles in men, with a small portion of it being made in the adrenal glands. In women it is made in the adrenal glands and ovaries.

Testosterone has been thought to be predominantly a “sex” hormone with the function of improving sex drive and helping maintain erections in men. Recent research has now shown testosterone to also have many other functions, including effects on metabolism, maintenance of bone strength, muscle integrity, cardiovascular health and support of the brain and cognition and mood, in both men and women. Additionally, evidence suggests testosterone deficiency can lead to other hormonal changes, which may then contribute to the development of type 2 diabetes. Lack of testosterone is also associated with decreased bone density and contributes to osteoporosis and osteopenia. Anemia, muscle weakness, impaired cognitive function, decreased motivational drive, fatigue, lethargy, and an overall decreased sense of well-being can also be seen in testosterone deficiency. Low testosterone levels are associated with increased mortality.

Circulating testosterone levels do fall with age; however, the rate of decline can be quite variable among individuals. A large number of men won't have their testosterone levels fall until around 70 years of age, whereas other men's levels will decline at a much younger age. For example, 20% of men older than 55 years of age will have low levels of testosterone. Bioavailable testosterone is the active form that has actual activity on the body's organs, which is only about 2% of a person's total testosterone. When bioavailable testosterone is measured, however, 50% of men above 50 years are defined as having low testosterone. This is why it is important to measure bioavailable testosterone when making clinical decisions about testosterone replacement.



## Men May Experience the Following, Secondary to Low Testosterone:

- Decreased Sex Drive
- Impotence
- Decreased Muscle Mass and Strength
- Increased Body Fat
- Memory Dysfunction
- Decreased Appetite
- Decreased Hair Growth
- Bone Weakness
- Decreased Red Blood Cells

Once the diagnosis of low testosterone (hypogonadism) is made, further testing should be pursued to help to determine the cause of the deficiency. Some causes can be:

- Aging
- Chronic Medical Conditions
- Acute Illness
- Alcohol Abuse
- Birth Defects
- Testicular Infection
- Testicular Trauma
- Head Trauma
- Medications
- Problems with the Pituitary Gland
- Environmental Toxins
- Chemotherapy
- Type 2 Diabetes
- Sleep Apnea

There is even evidence that nutritional deficiencies can contribute to low testosterone.

The medical history for evaluating low testosterone includes questioning about sexual desire, reduced nocturnal and morning erections, loss of drive, decreased physical energy, fatigue, depressed mood and irritability and even alterations in memory. One must realize that these symptoms as well as others reported by men with low testosterone, such as depression, difficulty concentrating, irritability, and insomnia are non-specific and may be related to other medical conditions as well.

Physical examination for this evaluation may or may not be helpful in making the diagnosis, as findings of low testosterone such as muscle weakness, reduced body hair, and abdominal obesity may also be seen in men with a number of other medical conditions. Additional findings may be small testicular size or poor consistency, abnormal hair distribution, and enlarged breasts.

After history and physical examination is done, the next step in the evaluation would be laboratory testing. Historically, two early-morning blood samples, drawn prior to 10 a.m. when blood levels are highest, are used to confirm the diagnosis of low testosterone.

Testosterone measurements can also be checked via salivary and urinary levels. The total testosterone can be used to calculate the free or bioavailable testosterone that is thought to be the active form of testosterone. Low levels can prompt the need for additional lab testing to check for potential causes of the low testosterone that may be correctable without testosterone replacement.

Testosterone can be converted to other hormones by different tissues in the body. These major hormones of interest are estradiol and dihydrotestosterone (DHT).





### Estradiol

In peripheral fatty tissues testosterone can be converted by the enzyme aromatase to estradiol, which is a primary form of estrogen. This is one of the reasons overweight men may have enlarged breasts. Significantly elevated estradiol levels in men have been linked to increased mortality and to diabetes.

### DHT

Another hormone converted from testosterone is dihydrotestosterone (DHT). In adult males the two actions of DHT are on the prostate, where it causes the growth enlargement and sometimes obstruction, as is noted in the disease benign prostatic hypertrophy (BPH). DHT also affects the scalp, where it causes hair loss as is seen in male pattern baldness. The enzyme that converts testosterone to DHT is called 5 alpha reductase and it has been targeted by medications like Proscar and Avodart to reverse prostate growth. On average, Proscar and Avodart reduce prostate size by 20–30% and can greatly reduce urinary frequency and urgency in many men.

DHT levels are checked after starting testosterone replacement and if they are markedly elevated, drugs like those that inhibit the formation of DHT can be utilized to prevent urinary symptoms that are associated with BPH and an enlarged prostate.

DHEA is another hormone that has some similar effects as testosterone. The majority of this hormone is made in the adrenal glands, and it also diminishes with aging and can be depleted by chronic stress. DHEA has been shown to protect against heart disease, osteoporosis, diabetes, cancer, memory loss, lupus, and rheumatoid arthritis. It can improve energy levels, libido, memory and immunity.

### Replacement

Once the diagnosis of low testosterone has been made, replacement options can be reviewed and a decision made about how to raise testosterone levels. Unfortunately, oral testosterone replacement is not an option due to the breakdown by the liver when it is swallowed and can cause liver toxicity. Other options include IM injections, patches, pharmaceutical gels, compounded creams, and implanted testosterone pellets. Although they all will deliver testosterone to the body, they each have their own pros and cons that can be reviewed by your doctor.

In younger patients a potential “kick start” may be needed to restart the body’s own natural testosterone production, and this can be done with injections of the popular weight loss medication which is also a natural hormone, HCG, or the medication Clomiphene.

After testosterone replacement has been started, it is very important to follow up and monitor testosterone levels as well as check other bloodwork to assure no possible complications arise. One such lab is PSA, which is used as a screening test for prostate cancer.

Although there is an association between prostate cancer and testosterone, it is an old belief that testosterone administration could increase the risk of developing prostate cancer. In reality there is no evidence to support this and in fact, now the medical community is investigating an association between low testosterone levels and prostate cancer.

It is still believed that if there is active cancer of the prostate, whether localized or metastatic, testosterone can promote cancer growth. Therefore, the presence of active prostate cancer is a reason not to use supplemental testosterone.

PSA still needs to be monitored closely during testosterone replacement therapy, especially in someone with a family history of prostate cancer. In cases of localized prostate cancer years after successful treatment, with no evidence of active disease as noted by PSA and examination, it is very reasonable to initiate testosterone therapy as long as very close followup is maintained.

Testosterone is a naturally occurring hormone, and replacement with its bioidentical form to restore physiologic levels can support a normal and happy sex life as well as improve well-being and quality of life and enhance longevity.



### Dr. Mitchell Yadven

Dr. Yadven was born and raised in the Bronx, New York. He received his undergraduate degree from Emory University in Atlanta, Georgia and a Masters degree in Molecular Biology from George Washington University in Washington D.C. After college, Dr. Yadven worked as a marine biologist for the Smithsonian Institute in both Washington, D.C. and the Caribbean. He then received his Medical Degree and General Surgery training at George Washington University. Wanting to return to the South, Dr. Yadven completed his Urology Residency at Tulane University in New Orleans, Louisiana. He is

Board Certified by the American Board of Urology. Dr. Yadven has been in private practice in Bradenton, Florida since 1997 and is happy to call Florida his home.

Dr. Yadven practices all aspects of general Urology, with particular interest in prostate disease, urinary stone management and minimally invasive therapies. He has developed products for the management of urinary retention resulting in a U.S. patent.

In his free time, Dr. Yadven enjoys photography and digital art, NFL football (he is a huge New York Giants and New Orleans Saints fan), computers, water sports and fun at home with his wife Sharon, his two children Sarah and Maxwell and his family’s animal menagerie.



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**S**wan 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 clients needs, wants, body type, skin type and age. To accommodate for high year round demand for their services, Swan Centers now has four South-west 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 skins 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.

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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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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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Southwest Florida's Health & Wellness Magazine is the most effective and affordable way to reach customers. More than 30,000 copies are distributed every month at hospitals, health and wellness centers, shopping plazas, grocery stores and many other locations.

The screenshot shows the website interface for Health & Wellness Magazine. At the top, there's a search bar and navigation links for Charlotte Edition, Collier Edition, Lee Edition, Advertise with Us, H&W Archives, and Contact Us. The main content area features a large image of a woman wearing a sun hat, with the headline "Skincancer" and a sub-headline "By Susan Lyons, MD, Board-Certified Medical Dermatologist...". Below this, there's a section for "Read Our Flip Book Version" with three thumbnails for Charlotte County, Collier County, and Lee County. A "Featured Article" section highlights "The Other Side of Parkinson's Disease" by Dr. Roman A. Gil, M.D., with a photo of a man and a woman. On the right side, there's a sidebar with "In This Issue" containing various article titles like "Living with Diabetes?", "Why Wellness Works", and "Is It My MEMORY... or is It My HEARING?". At the bottom right, there's a "SIGN UP FOR OUR NEWSLETTER" form with fields for Name and Email, and a "Subscribe" button.



# A Typical Shingles Story

**L**ast month a patient walked into the office, not quite knowing how to explain her symptoms. “My right eye just doesn’t feel right. It is itchy and red and watery. My left eye seems fine. I went to my primary care doctor yesterday and she gave me some allergy medication but it hasn’t helped. In fact, it has gotten worse today. What could be wrong?”

## **Shingles in the eye! That’s what is wrong.**

Most people don’t ever think of their eyes getting shingles. But it is something that we see every day in our eyecare practice. And when it is in the eye, it can be very dangerous and put you at risk for vision loss.

## **What is Shingles?**

Just like you’ve heard again and again on those TV commercials.....Shingles is caused by the varicella zoster virus, the same virus that causes chicken pox. Anyone who had chicken pox is at risk for developing it.

## **What are the Symptoms of Shingles?**

Often shingles will start with a ‘feeling’.... a subtle burning, swelling, itching or tingling on only one side of the body. It is hard to diagnose at that point, especially if it is in the eye. Once the rash of fluid filled blisters appears, it is easy to confirm the condition. Shingles can be anyplace on the body but the most common area is the torso around the waist, and the second most common is the face and eye. Often we will see the first blister on the tip of the nose.

## **How is Shingles in the eye different?**

Over a million US citizens will get shingles, and 10 to 20% of them will get it in or around the eye. Shingle skin lesions are very painful, but when you develop shingles in the eye, called herpes zoster ophthalmicus, you are at risk for vision loss.



**THE EYE ASSOCIATES**

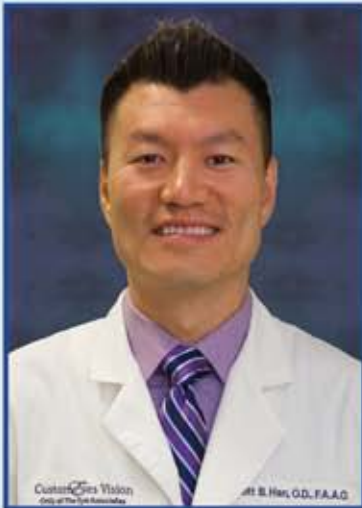
# SHINGLES

## Are you at risk for shingles in the eye?





Unlike most conditions, shingles can affect every part of the eye. We often see corneal abrasions, ulcers, inflammation of the cornea, glaucoma induced by shingles, and even retinal damage in patients with shingles. The good news is that if we see the patient in the early days of the outbreak, we can successfully treat them. Only rarely do we see a patient with permanent vision loss.



**Scott B. Han, OD**

**A Shingles Patient Story**

*Dr. Scott Han of The Eye Associates recently had patient with shingles in the eye, affecting the cornea. "My patient came in exhibiting loss of vision, dry eyes and pain. It turned out that she had a case of severe shingles in her eye, to the point that the eye had already started to ulcerate and scar. She was in a lot of pain and had even lost some vision. Fearing that the patient could have permanent vision loss, I began a daily regimen of oral and topical medications. After weeks of treatment, her shingles was not totally resolved but at least was under control. Unfortunately, she was left with scar tissue on the cornea and decreased vision. I decided to use a new treatment, Prokera®, an amniotic membrane tissue, in hopes of preventing new scar tissue and reducing the scar tissue that had already formed. It worked. Her vision has returned to normal and she is now out of pain."*

*"We are very happy to have this new technology to treat shingles, and other severe corneal conditions, and actually return good vision, unlike we have been able to in the past,"* said Han.

**Who gets Shingles?**

As we age, our immune system gets weaker and can also be compromised by medications, illnesses, and stress. These things cause an increased risk for developing shingles. It is estimated that 1 in 3 Americans will get shingles at some point in their lifetime. It is also more prevalent in women.

**What can you do about Shingles?**

- 1) Prevention is always the best treatment. We recommend that our patients 60 and older get the vaccine.
- 2) If you develop shingles, it is important to seek treatment as soon as possible. At The Eye Associates, we will put a shingle patient in an 'emergency' spot so that they can be seen quickly.
- 3) And of course, you must take all medications as prescribed. Shingles is nothing to mess around with.

**Is Shingles Contagious?**

Even though shingles can be shocking to look at, it is not contagious. But there have been cases when a child that has never had chickenpox comes into contact with an open lesion, then the child will develop chickenpox; not shingles.



**Can Shingles Reoccur?**

It doesn't always reoccur, but unfortunately it can. It is most likely to happen if you have a weak immune system or if you take medications that suppress your immune system. Also, shingles can reoccur even if you have had the vaccine. There are no guarantees.



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## BRAIN TUMOR AWARENESS MONTH

# NeuroBlate System: A Cutting Edge New Tool to Resect Brain Tumors

By Melvin Field, M.D.

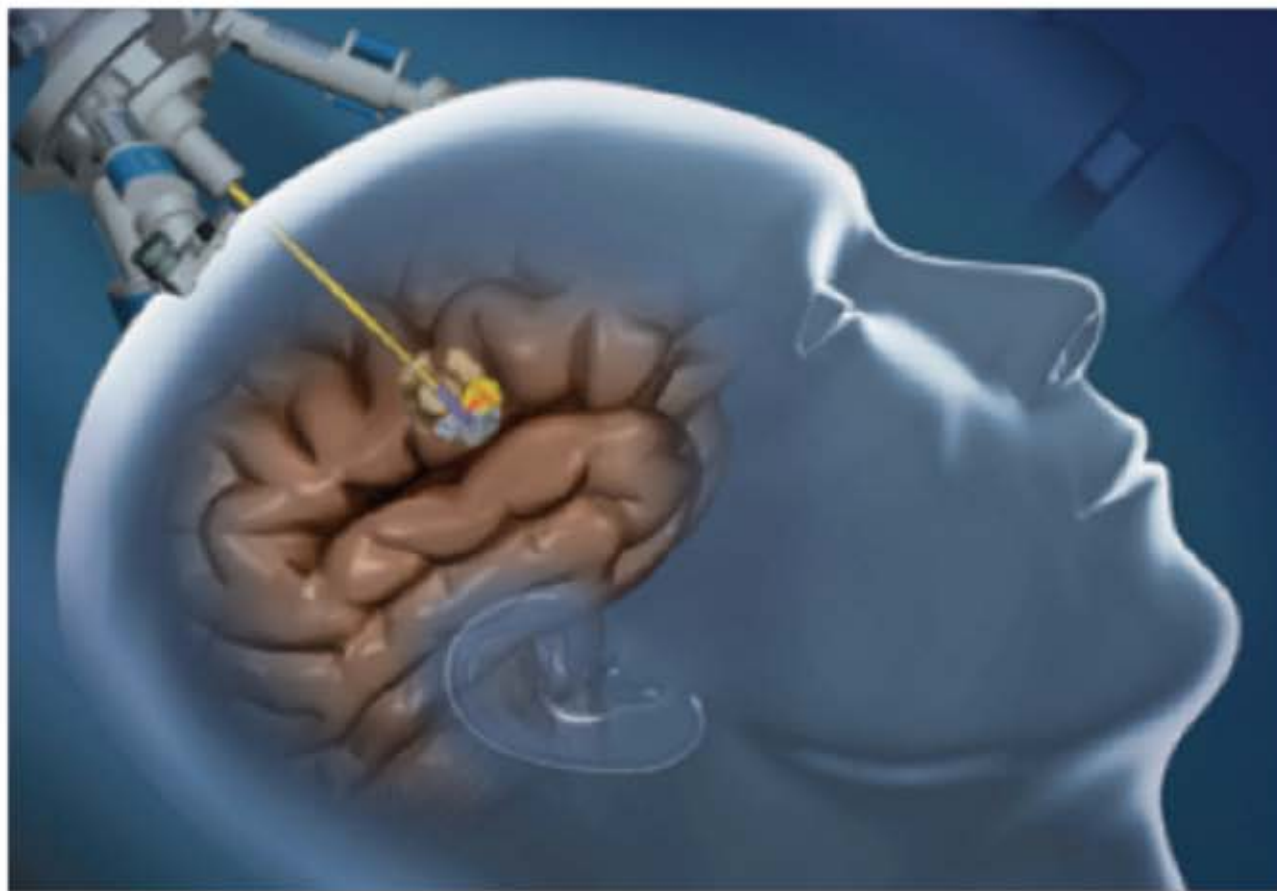
**M**ay is National Brain Tumor Awareness Month. According to the American Brain Tumor Association, nearly 70,000 new cases of primary brain tumors will be diagnosed this year, representing the leading cause of cancer-related deaths in males and females younger than 20.

This month is an opportunity for us to come together to highlight the tributes and triumphs of everyone impacted by brain tumors and to raise awareness of new resources and technological innovations in the medical community.

### What's new in Neurosurgery?

The University of Kansas Hospital now offers the NeuroBlate® System, a surgical technology that uses a pulsed laser to deliver targeted energy to abnormal brain tissue. The NeuroBlate System combines magnetic resonance imaging (MRI) and software-based visualization to allow surgeons to remotely destroy and coagulate tumors at multiple locations in the brain, at the surface or deep inside, through a computer module. During a procedure with the NeuroBlate System, a surgeon makes a small hole in the skull, approximately as wide as a pencil, and precisely guides a laser probe via an MRI compatible robotic driver to apply controlled amounts of heat until the targeted tissue is destroyed.

In traditional brain tumor surgery, physicians use MRI following a procedure to determine if the lesion has been removed. With NeuroBlate, however, the surgeon uses real-time MRI visualization throughout the procedure, which improves surgical decision making, which may



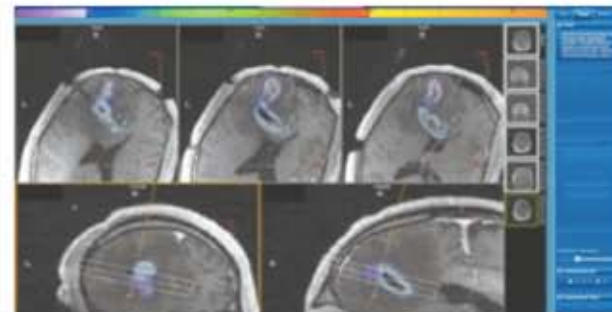
NeuroBlate System for MRI Guided Neurosurgical Ablation

translate into better clinical outcomes. NeuroBlate also provides a clinical solution for reaching some tumors that are difficult to access with standard surgery, presenting a new option for treating tumors that were previously considered inoperable.

### What are the benefits?

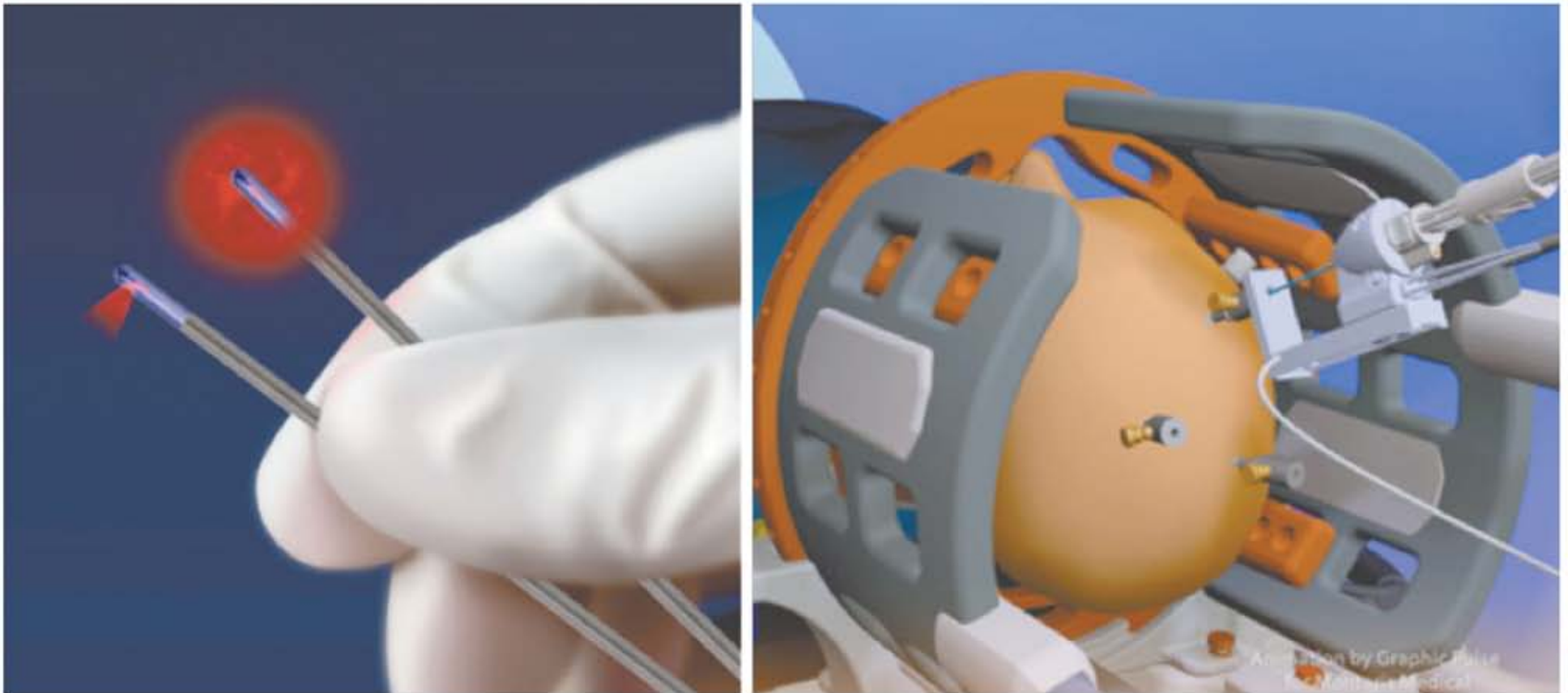
The NeuroBlate System has the ability to remove diseased tissue, including tumors and lesions and other brain soft tissue intracranial growths, while leaving healthy tissue unharmed. Compared with the traditional open surgical approach, patients

who receive the minimally invasive MRI guided robotic laser NeuroBlate method may experience less pain and reduced hospital length of stay.<sup>1,2,3</sup>



Proprietary software provides visualization of a target lesion





**Where can I go for more information?**

Please discuss your condition with your doctor. For information about brain tumors and treatment options please visit [www.MyBrainTumorOptions.com](http://www.MyBrainTumorOptions.com). This website contains useful information including questions to ask your doctor and a glossary of terms to help patients and their families better understand brain tumor diagnoses and options.

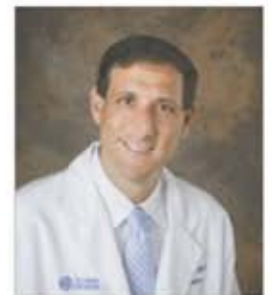
1 Hawasli AH, Bagade S, Shimony JS, et al. Magnetic resonance imaging-guided focused laser interstitial thermal therapy for intracranial lesions: single-institution series. *Neurosurgery*. 2013 Dec; 73(6):1007-17.

2 Sloan AE, Ahluwalia MS, Valerio-Pascua J, et al. Results of the NeuroBlate System first-in-humans Phase I clinical trial for recurrent glioblastoma: clinical article. *J Neurosurg*. 2013 Jun; 118(6):1202-19.

3 Mohammadi, AM and Schroeder, JL. Laser interstitial thermal therapy in treatment of brain tumors – the NeuroBlate System. *Expert Review of Medical Devices* 2014 11:2, 109-119.

**Melvin Field, M.D.**

*Dr. Melvin Field is the Director of the Minimally Invasive Brain Surgery Program at Florida Hospital's Neuroscience Institute. He is a member of the American Association of Neurological Surgeons, the Congress of Neurological Surgeons, the Society of Neuro-Oncology, the North American Skull Base Society, and the Society of Robotic Surgery. His clinical interests are in brain tumors and complex surgical disorders of the skull base.*



To learn more visit:  
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Additionally, please visit <http://www.floridahospitalneuro.com> or call 1-407-975-0200 to speak with a member of the Florida Hospital Neuroscience Institute team.





# BREEZE THROUGH ALLERGY SEASON WITH PROPER CARE

By Eric M. Folkens, M.D., Family Medicine  
Bradenton/Lakewood Ranch/Sarasota Urgent Care Walk-In Clinics

**A**pril showers bring May flowers and pollen! For those who suffer with seasonal allergies, there is no need to announce that spring allergy season is upon us because you are likely already experiencing some of the unwanted symptoms. But don't worry, there are ways to fight the annoyance so you can be as allergy-free as possible this year.

Sometimes it is hard to distinguish whether the symptoms you are experiencing are due to a cold or allergies. The clear difference between the two is colds usually tend to be short-lived whereas allergies can run for weeks or even months. Also, allergies don't cause fevers and aren't bacterial infections. The most common allergy is pollen, which causes symptoms to flare-up due to the pollen grains floating through the air. Allergies tend to occur when the seasons change and you may notice your allergies approaching at almost the exact same time every year.

Those who can tell the seasons changed without even looking at the calendar experience some of the following symptoms:

- Runny and stuffy nose
- Watery eyes
- Sneezing
- Sore throat
- Coughing
- Itchy eyes and nose
- Dark circles under the eyes
- Fatigue

Allergies occur when our immune system responds abnormally to these allergens, releasing substances such as histamine. It is not exactly clear why some people's immune systems react this way.







**Treating Seasonal Allergies**

There are many measures that can be taken to treat seasonal allergies. Avoidance is key. If your allergy symptoms are severe, stay indoors as much as possible when the pollen count is high. During the spring, it may be a good idea for those with allergies to change their clothing after being outside for extended periods of time because pollen lingers on fabrics long after going inside. It is also recommended that you keep your windows closed when the pollen count is high. The pollen count is measured by several organizations and can be easily found online for free. It is also sometimes reported on the local news.

There are several over-the-counter options available that are effective for controlling mild to moderate allergy symptoms. When choosing which over-the-counter product to use, keep the following information in mind. Antihistamines reduce sneezing, sniffing, and itching by blocking the action of histamine (the substance produced during an allergic reaction) in the body. Decongestants clear mucus out of the nasal passageways to relieve congestion and swelling. Decongestants may elevate blood pressure and heart rate, so check in with your doctor to make sure that it is safe for you to take these.

Eye drops will relieve itchy eyes and prescription nasal sprays can be used to stop inflammation that causes the allergic reactions of sneezing and runny noses.

Even though you can buy some allergy medications without a prescription, it's a good idea to talk to a physician first to ensure sure you choose the right medication for your specific symptoms. Always remember to read the packaging label as some of these products are only meant to be used for a few days.

While eye drops, nasal sprays and over-the-counter products may be effective for some, others may desire relief without any type of medication. If you find prefer to treat symptoms more naturally, using saline sprays and cleaning the nasal passage with a Neti pot may help alleviate allergy symptoms.

If seasonal allergies are affecting your ability to enjoy the outdoors, seek professional treatment for your allergy symptoms from the nearest Urgent Care Center.

Our practitioners can offer tips on how to breeze through allergy season and prescribe medication if needed. Taking medicine may not be enough in some cases, which is why we also educate our patients on proactive ways to avoid allergy flare-ups.

**Now Open!!!**



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# How to Approach Senior Care for a Loved One with a Mental Illness

**B**ringing up the topic of senior care support with a loved one can be difficult, but the situation is even more fraught when that person suffers from a mental health issue. Many family caregivers are left wondering how to approach the subject, worried about upsetting their elderly parent, or even fearful of an irrational or violent reaction. Unfortunately, this is by no means an unusual situation. According to a report by the Institute of Medicine of the National Academies, between 14-20% of the nation's senior population have one or more mental health issues, including depressive disorders, dementia-related symptoms, and substance abuse problems. In combination with the natural physical and cognitive impairments that occur with aging, psychological issues can endanger a senior's health and place stress on family members. So how should caregivers bring up the need for senior care?

## Seniors and Mood Disorders: Treatment

Some people who need help do not seek treatment because they dismiss their mental changes as a natural part of aging, or they are ashamed of talking about it. While it is normal to experience some forgetfulness as we age, the American Psychiatric Association advises families to seek professional advice if an older adult shows obvious changes in behavior or mood.

One potential roadblock is that your loved one might be resistant to the idea of treatment. If the elderly parent is unwilling to acknowledge their disorder it may help to focus on symptoms rather than the disorder itself. This also works well for encouraging an elderly parent to schedule a doctor's visit. Then, if a diagnosis is reached, medication can help to soften symptoms, which could otherwise hinder lucid communication. This can pave the way for a calm and effective conversation about senior care.

Experienced professionals advise adult children of seniors with a mental illness to seek out resources and support for themselves. Managing an elderly parent with a mental disorder is emotionally taxing. Sometimes speaking with a therapist can help adult children create a plan for addressing issues with an elderly parent. Also, support groups can help you connect with others in the same situation.





**Strategies for Having the Tough Conversation**

If your parent’s mental illness is beyond your capacity to provide home care, then how should you let them know they need additional senior care? Here are some tips that can help you start a difficult discussion:

**1. Make sure they are taking their medication.**

Facing a mental disorder can be very stressful for an elderly parent and so every effort to lower anxiety should be considered.

**2. Choose a time when both of you are calm.**

According to the Mayo Clinic, “This will make it easier for you and your loved one to listen to each other and speak your minds.” Then, explain your needs, stress the benefits of care — and be prepared to compromise.

**3. Take resistance in stride.**

When it occurs, shift the conversation to less inflammatory aspects of your concerns. Threats or emotional outbursts will only add anxiety and shut down communication. Remember not to take outbursts personally and know that they often stem from fear of the unknown.

**4. If at first you don’t succeed, try again.**

Your loved one may not want to discuss the topic when you first bring it up, the Mayo Clinic advises trying again later. The same goes for conversations that go wrong. If you feel yourself becoming emotional, the best advice is to take a break from the conversation and choose another time to discuss the topic.

**5. Get the paperwork you need to properly care for your loved one.**

In cases where an elderly parent is a danger to themselves or others, adult children may want to acquire a medical power of attorney for their elderly parent so they can make medical decisions on their behalf.

Many specific disorders pose unique challenges. For Anxiety (OCD) or Depressive (Depression, Bipolar Disorder) disorders, it is beneficial to delay discussion until the elderly parent has come out of an episode. Manic or depressive episodes create a difficult environment for discussing sensitive topics.



**The Importance of Treating Mental Illness in Seniors**

Bringing up care for seniors with mental illness is a scary prospect, but the risks of leaving our loved ones without proper treatment are far more severe than any potential conversational blowups. According to the Institute of Medicine report, untreated mental health conditions lead to poorer physical health outcomes, higher costs, and longer hospital stays. Seniors with untreated depression, for example, are less likely to properly take medications for other problems like diabetes or hypertension.

To mom or dad, accepting care, or moving to an assisted living resort, may seem like giving up their independence, but getting professional help may in fact increase their ability to live a normal life. Even if they do lose some independence, loss of independence isn’t a personal failing. Experienced, and caring staff at assisted living resorts are able to help your loved

one stay active, maintain relationships with caring friends and family and develop new physically appropriate interests. In the end, your ability to keep them involved in their own living and care decisions may help them feel more comfortable about taking a new step in the right direction.

For more information about the beneficial programs available at A Banyan Resident Assisted Living Resort, please call us at **941-412-4748** today. We are happy to answer any questions you might have.



[www.abanyanresidence.com](http://www.abanyanresidence.com)

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- Waterfall
- Physical fitness activities
- Salon Room
- Custom Shuttle Bus
- Koi Fish & Duck Pond
- Butterfly Garden
- Special Events: Annual Red Carpet Fashion Show



# Treatment for ARTHRITIS SUFFERERS!

By Christina Captain, DAOM (c)

**A**rthritis is one of the most prevalent diseases in the United States and according to the Centers for Disease Control one out of every three Americans (an estimated 70 million people) is affected. For many people arthritis pain increases with age as joints naturally degenerate over time. Fortunately, pain from arthritis can often be managed Acupuncture and Oriental Medicine.

## What is Arthritis?

Arthritis isn't just one disease; it's a complex disorder that comprises more than 100 distinct conditions and can affect people at any stage of life. Osteoarthritis (OA) is the most common form of arthritis in the United States, affecting an estimated 21 million adults. OA begins with the breakdown of joint cartilage, resulting in pain and stiffness. OA commonly affects the joints of the fingers, knees, hips, and spine. Work-related repetitive injury and physical trauma may contribute to the development of OA. If you have a strenuous job that requires repetitive bending, kneeling, or squatting, for example, you may be at higher risk for OA of the knee.

Diagnosis and Treatment of Arthritis with Acupuncture and Oriental Medicine  
According to Chinese medical theory, arthritis arises when the cyclical flow of Qi (vital energy) in the meridians (pathways that Qi flows) becomes blocked.



This blockage is called, "bi" type pain and is successfully treated using a combination of acupuncture and/or Chinese herbs. Acupuncture and Oriental Medicine have been found to be extremely effective at treating the pain and inflammation associated with all types of arthritis. Traditional Chinese Medicine does not recognize arthritis as one particular syndrome. Instead, it aims to treat the specific symptoms that are unique to each individual using a variety of techniques such as acupuncture, Chinese herbs, bodywork, lifestyle/dietary recommendations and energetic exercises to restore imbalances found in the body.

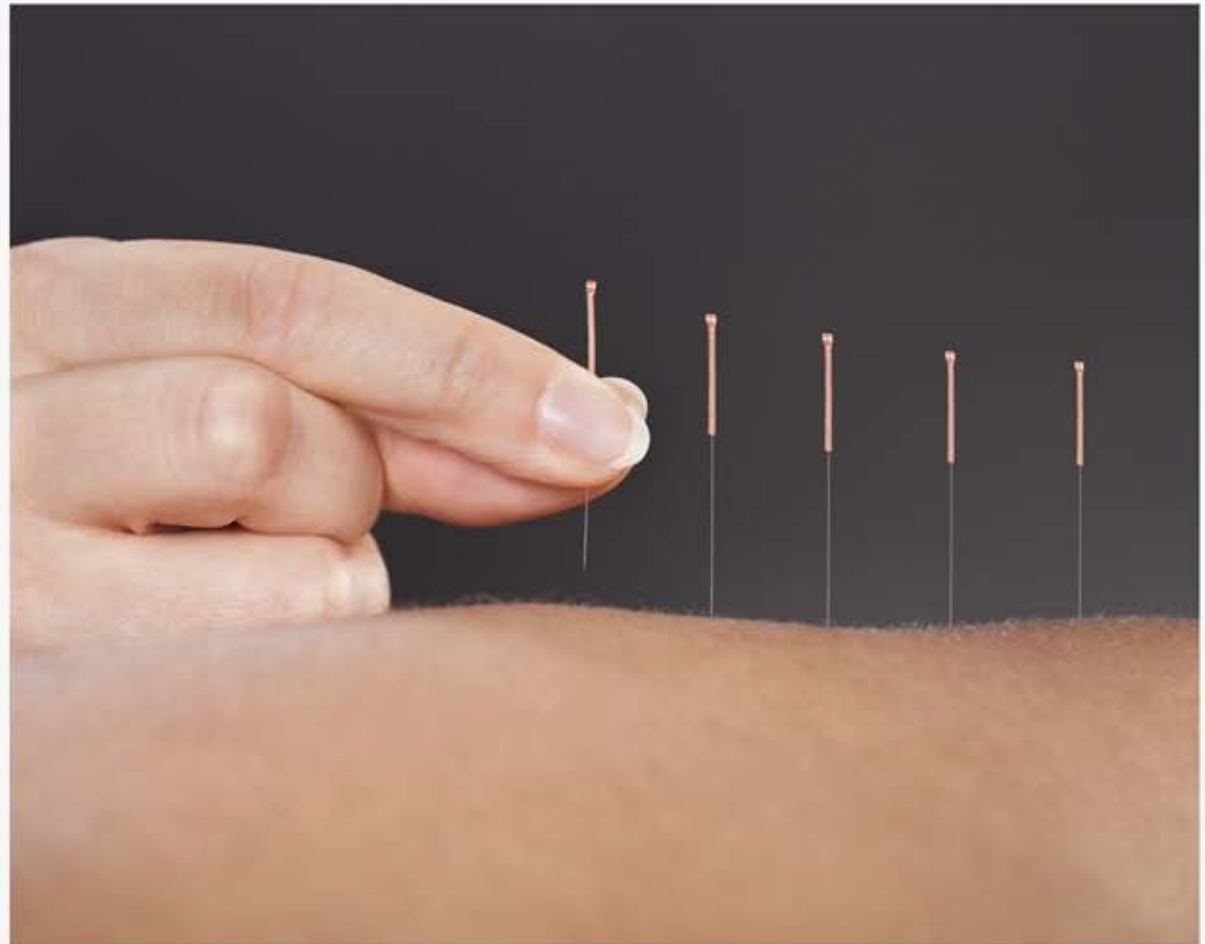


### The Acupuncture Treatment

Acupuncture points to treat Arthritis are located all over the body, not just directly over the affected area. During the acupuncture treatment, tiny needles could be placed anywhere on your body. The duration and frequency of treatments will vary. Typical treatments last from 20 to 45 minutes, with the patient being treated one or two times a week. Some symptoms are relieved after the first treatment, while more severe or chronic ailments often require multiple treatments.

Studies on Acupuncture and Arthritis  
Several studies have shown that acupuncture can help people with arthritic pain. A Scandinavian study showed that 25 percent of patients with OA who had been scheduled for knee surgery were able to cancel their procedures after acupuncture treatment. In the study, researchers compared acupuncture with advice and exercise for the treatment of osteoarthritis of the hip. Thirty-two patients awaiting a total hip replacement were separated into 2 groups. One group received one 10-minute and five 25-minute sessions of acupuncture, and the other group received advice and hip exercises over a 6-week period.

Patients were assessed for pain and functional ability: Patients in the acupuncture group showed significant improvements, while no significant changes were reported in the group that received advice and exercise therapy. The results of this study indicate that acupuncture is more effective than advice and exercise for the treatment of osteoarthritis of the hip. Another study at the University of Maryland showed that



geriatric individuals with knee pain due to OA improved significantly when acupuncture was added to their treatment. The key to this study is that acupuncture was found to be a safe modality for older patients with OA to utilize in treatment for their pain. The popularity of acupuncture in the treatment of pain continues to grow because more people have found significant relief from acupuncture without the negative side effects that sometimes result from pharmaceutical managements.

### Find an Acupuncturist

Seek out ONLY qualified licensed practitioners, NCCAOM.org is the national accrediting body for Acupuncture and Oriental Medicine. Log onto their website to find a board certified acupuncturist in your area.

**CHRISTINA A. CAPTAIN, DAOM (C)**



*Christina is a nationally board certified (NCCAOM) acupuncture physician and the lead practitioner at the Family*

*Healing Center which she founded in 2000. She has a Master's Degree in Human nutrition and is a candidate for the DAOM degree. You can seek more information at:*  
**[www.familyhealingcenter.com](http://www.familyhealingcenter.com)**

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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](http://www.AcuteWoundCare.com) or call **239-949-4412** and speak with a specialist.



## ACUTE WOUND CARE

Contact Acute Wound Care today and speak with a specialist by calling

**239-949-4412**

[www.AcuteWoundCare.com](http://www.AcuteWoundCare.com)



# PROVEN KNEE ARTHRITIS TREATMENT

By Physicians Rehabilitation

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

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

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

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

If you have tried other treatments and have experienced little to no relief, you may still be a candidate for our treatment Program. Call (855) 276-5989 to schedule a no-cost, no-obligation consultation today!

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

For this reason, we encourage you to schedule an appointment to determine if you are a candidate for this FDA approved treatment for knee arthritis, you can always have more radical procedures performed later, if necessary. However, with knee replacement surgery, once done there is no turning back to a more conservative approach. Knee



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

replacement surgery is indeed necessary for some people with extreme conditions that our treatment is unable to help, but as we have seen with the great majority of our patients ... **A Total Knee Replacement is a Very Extreme Measure To Take** without considering all your options for a condition as common as knee arthritis.

#### **Will my insurance cover this treatment?**

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

#### **What Are Other People Saying About It?**

My knee feels great. I was told by my orthopedic surgeon that knee replacement was my only option. I did not want painful surgery, and as a retired physician at age 72, know the recovery period and pain that replacement entails. After completing Physicians Rehabilitation's treatments, I am back to living an active life...chasing my grandchildren; boating; gardening with my

wife-things that were impossible for the last few years with all that pain. And the staff, physicians and therapists were excellent" –Dr. F.M.

#### **So what are you waiting for?**

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# LISTEN UP!

WHY IS IT BETTER TO TREAT HEARING LOSS SOONER RATHER THAN LATER?

Identifying and addressing hearing loss early brings many benefits. From enhancing your quality of life, to helping protect against several health consequences linked to unaddressed hearing loss, the case for early treatment is strong.

Perhaps the most compelling reason to never put off a hearing test and treatment, however, is simply this: We “hear” with our brain, not with our ears. When we have a hearing loss, the connections in the brain that respond to sound become reorganized.

Fortunately, for many people, hearing aids can provide the sound stimulation needed for the brain to restore the normal organization of connections to its “sound center” so it can more readily react to the sounds that it had been missing and cognitively process them.

In fact, the vast majority of people with hearing loss can benefit from hearing aids. And dramatic new technological advances have completely transformed hearing aids in recent years, making them more effective, comfortable, and easy to use. So the sooner you identify hearing loss and start using professionally fitted hearing aids, if recommended by a hearing healthcare professional, the sooner you’ll begin to reap the rewards of better hearing.

#### The benefits of early treatment on quality of life and health

For many years, experts have known the positive impact that addressing hearing loss has on quality of life. Research shows that many people with hearing loss who use hearing aids see an improvement in their ability to hear in many settings; and many see an improvement in their relationships at home and at work, in their social lives, and in their ability to communicate effectively in most situations. Many even say they feel better about themselves and life overall.

## CELEBRATE THE SOUNDS OF YOUR LIFE



MAY IS  
**BETTER HEARING**  
AMERICAN ACADEMY OF AUDIOLOGY WWW.HOWSYOURHEARING.ORG  
MONTH

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More recently, however, researchers are discovering a significant link between hearing loss and other health issues, such as cognition, dementia, depression, falling, hospitalization, mortality, and overall physical and mental health.

To get a fuller sense of why it's so important to treat hearing loss sooner rather than later, just consider the latest research on hearing loss and these seven health issues:

**1. Cognition:** Specifically, untreated hearing loss interferes with the listener's ability to accurately process the auditory information and make sense of it. You have to put in so much effort just to perceive and understand what is being said that you divert resources away from storing what you have heard into your memory.

**2. Risk of dementia:** A study by researchers at Johns Hopkins and the National Institute on Aging found that seniors with hearing loss are significantly more likely to develop dementia over time than those who retain their hearing.

**3. Brain shrinkage:** Results of a study by researchers from Johns Hopkins and the National Institute on Aging found that although the brain becomes smaller with age, the shrinkage seems to be fast-tracked in older adults with hearing loss.

**4. Risk of falling:** A Johns Hopkins study showed that people in middle age (40-69) with even just mild hearing loss were nearly three times more likely to have a history of falling. The intensive listening effort demanded by unaddressed hearing loss may take cognitive resources away from what is needed for balance and gait, experts have suggested.

**5. Increased hospitalizations:** A Johns Hopkins study found that older adults with hearing loss were 32% more likely to have been admitted to a hospital than their peers with normal hearing and they were 36% more likely to have prolonged stretches of illness or injury.

**6. Depression:** Several studies have found a link between depression and hearing loss. A Johns Hopkins study found that older adults with hearing loss were 57% more likely to have deep episodes of stress, depression or bad mood than their peers with normal hearing.

## LEVELS OF NOISE In decibels (dB)

PAINFUL & DANGEROUS		
Use hearing protection or avoid	140	<ul style="list-style-type: none"> <li>• Fireworks</li> <li>• Gun shots</li> <li>• Custom car stereos (at full volume)</li> </ul>
	130	<ul style="list-style-type: none"> <li>• Jackhammers</li> <li>• Ambulances</li> </ul>
UNCOMFORTABLE		
Dangerous over 30 seconds	120	<ul style="list-style-type: none"> <li>• Jet planes (during take off)</li> </ul>
VERY LOUD		
Dangerous over 30 minutes	110	<ul style="list-style-type: none"> <li>• Concerts (any genre of music)</li> <li>• Car horns</li> <li>• Sporting events</li> </ul>
	100	<ul style="list-style-type: none"> <li>• Snowmobiles</li> <li>• MP3 players (at full volume)</li> </ul>
	90	<ul style="list-style-type: none"> <li>• Lawnmowers</li> <li>• Power tools</li> <li>• Blenders</li> <li>• Hair dryers</li> </ul>
Over 85 dB for extended periods can cause permanent hearing loss.		
LOUD		
	80	<ul style="list-style-type: none"> <li>• Alarm clocks</li> </ul>
	70	<ul style="list-style-type: none"> <li>• Traffic</li> <li>• Vacuums</li> </ul>
MODERATE		
	60	<ul style="list-style-type: none"> <li>• Normal conversation</li> <li>• Dishwashers</li> </ul>
	50	<ul style="list-style-type: none"> <li>• Moderate rainfall</li> </ul>
SOFT		
	40	<ul style="list-style-type: none"> <li>• Quiet library</li> </ul>
	30	<ul style="list-style-type: none"> <li>• Whisper</li> </ul>
FAINT		
	20	<ul style="list-style-type: none"> <li>• Leaves rustling</li> </ul>

### May is Better Hearing Month.

**Take action now and get the help you need. If you or a loved one are experiencing signs of hearing loss, DO NOT WAIT.**

*Contents of this article were reprinted with permission from The Better Hearing Institute which was founded in 1973 to conduct research and engage in hearing health education with the goal of helping people with hearing loss to benefit from proper treatment.*



# Tired of being fat and tired?

## We have a pill for that!

By Yollo Wellness

**Phentabz Rx™** is a true pharmacological diet pill. Rx™ is NOT an herbal supplement but rather a designer non-prescription pharmaceutical analog providing superior results without the side effects. Many health care professionals upgrade their patients to the new replacement.

### How does Phentabz RX work?

The patented ingredients in Phentabz Rx™ perform two essential functions. It increases the body's mobility of fat while increasing metabolic rate. Phentabz Rx™ then greatly reduces appetite to ensure patients have control and motivation. The bottom line is that Phentabz Rx™ provides consistent significant weight loss and increased energy with immediate results.

Rx is Available Only Through Physicians and at YOLLO Wellness

- Replacement for Phentermine / Phendimetrazine / Adipex
- Most Powerful Phentabz Formulation Available
- Full Prescription Strength
- Fast, Safe & Effective Weight Loss
- Not Available Online



### Phentabz FAQs

#### What are the ingredients in Phentabz RX?

Phentabz RX is the most advanced proprietary formulations currently available for weight loss and appetite suppression. The formulation consists of FDA Approved ingredients, 7 methyltheophylline, methyl synephrine HCL and octopamine, caffeine, proven safe and effective when taken as directed. Our internationally recognized formulations contain only the finest pharmacological actives to provide maximum safe weight loss.

The patented ingredients in Phentabz perform two essential functions. It increases the body's mobility of fat while increasing metabolic rate. Phentabz then greatly reduces appetite to ensure patients have control and motivation. The bottom line is that Phentabz provides consistent significant weight loss and increased energy.

**I thought Phentabz were only available with a prescription?** Phentabz RX is still available by physicians only and at YOLLO Wellness.

#### How Do I Take Phentabz™?

Phentabz™ is best taken on an empty stomach approximately a half-hour before breakfast and again a half-hour before lunch. Because this product could cause sleeplessness, avoid taking a dose late in the day. It is best to take Phentabz on an empty stomach with a full 8 oz. of water. Doses should never exceed two pills per day.



#### What are the precautions for Phentabz RX?

Keep out of reach of children. Not intended for people under 18 years of age. Do not use if pregnant, nursing, or have a known medical condition such as high blood pressure, heart disease, diabetes, or cardiovascular disorder. This product should not be used by individuals taking antidepressants, amphetamines, other weight loss products or medications. This product contains caffeine and should not be used by individuals wishing to eliminate caffeine from their diet. Consult your physician before starting any diet, exercise regimen, if you are on prescription medications or have questions about taking this product.

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**SAVE \$36.00 BEST VALUE!** BUY NOW





**What are the side effects of PhenTabs RX?**

The main effects are increased energy and rapid weight loss. Generally you should not experience any adverse side effects. However, on occasion, people may experience side effects such as dry mouth or sleeplessness. If this should occur, please increase the amount of water you consume daily and take the product earlier in the afternoon. It is always recommended to consult your physician before starting any weight loss program – ask your physician if PhenTabz is right for you. Call YOLLO Wellness at (239) 275-0039 to order by phone.



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**Not a pill person?**

Are you ready to make some life style changes with the foods you are eating and lose twice as much weight faster? Come listen to a specialist from Cell Science Laboratories. Specialist Dave Marlowe will explain why your favorite clean eating foods may actually be causing pain, inflammation, hair loss, diabetes and unwanted fat. One simple blood test can set you up with a meal plan for an entire year. You will drop weight faster, have awesome energy and improve your overall health with reduction of free radicals. The test covers 250 foods. Special pricing will only be offered the day of the event which is directly related to the Cell Science Pricing.

**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.

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\*Deductibles and co-pays may apply. Coverage may vary and is based upon individual insurance benefits. Covered by most insurance and Medicare for qualifying patients, deductibles and copays may apply.





# Your Painful Pet.

## Arthritis is more common than you think.

By Dr John Rand, D.V.M.

**A**rthritis is a very common and complex condition in pets that involves inflammation of one or more joints. Many causes exist, from immune mediated attacks on the joints (rheumatoid arthritis), to infectious causes (septic arthritis). By far the most common cause among our pets, however, is osteoarthritis (OA), also known as degenerative joint disease (DJD), and is the most common cause of chronic pain in our pets. Not just dogs develop arthritis, either. A recent study found that around 90% of cats over twelve years of age had significant arthritis.

Osteoarthritis usually begins in relatively young animals, though the clinical signs might not show up for some time later. Many joints can be affected; shoulders, hips, elbows, knees, and backs are all commonly afflicted. Typically owners will notice a general reluctance to move, stiffness, difficulty getting up, and lameness after periods of exercise. Owners usually also note that, once up, their dog seems to "warm out" of the stiffness. Signs in cats often manifest themselves as difficulty grooming, inappropriate urination or defecation, acting aggressive when handled, jumping less, and lameness.

Damage to the cartilage overlying the ends of bones (trauma), excessive weight (obesity), and joint incongruity (hip dysplasia, elbow dysplasia, etc.), place improper stresses on the abnormal joints. The bones try to correct these instabilities by growing denser, thicker, and with tiny bone spurs (osteophytes) at the joints. Pain and inflammation ensue, weakening the joint further, and perpetuating the progression of the OA. These changes are permanent. So, minimizing and slowing this progressive degeneration is the goal for treatment.

*Disclaimer: No article, journal, webpage, breeder, or friend of a friend can take the place of personalized, veterinary medical advice. If you have any questions, always consult with your veterinarian.*

Weight management cannot be understated. As pet owners we should strive to keep our pets at a healthy weight. If your pet has arthritis, weight loss should be at the top of your to-do list. For the most part, pets do not go grocery shopping, they cannot open cabinets, and they do not fix themselves dinner. Their weight is one of the only aspects of their health that owners have complete control over. With few exceptions, if your pet is fat, you can fix it.

Rest and exercise restriction are immensely important when your pet has a flare up. Continuing to allow running, jumping, and climbing will perpetuate the inflammation and speed joint damage.

In addition to weight loss and exercise restriction, many medications will dramatically improve your pet's quality of life. A MULTI-MODAL approach to pain management is KEY. This means that combining several of the following medications will give much better results than any one therapy.

Non-Steroidal Anti-Inflammatory Drugs (NSAIDs) are the mainstay and powerhouse of the fight against pain and inflammation in patients with osteoarthritis. This class of drugs quickly suppresses the inflammatory chemicals that cause not only pain, but also the cartilage breakdown. A cat is not a dog, and neither of them is human. Tremendously different and deadly results can be seen when owners try to treat their pets with their own medications. Never use a human medication on your pets without specific directions from your veterinarian.



Additional analgesics include Tramadol, Gabapentin, and Amantadine. Used in combination with NSAIDs, these medications will increase your pet's pain relief while being able to lower the doses of each medication, and, thus, their side effects. The use of these medications has often been overlooked, but is now very well established.

Diets containing glucosamine/chondroitin and higher levels of omega-3 fatty acids help repair cartilage and reduce inflammatory proteins, respectively. Other nutraceuticals of notable benefit include MSM (methylsulfonylmethane), antioxidants (Vitamins C and E), and Adequan, an injectable cartilage component. Acupuncture, massage, and physical therapy are also very safe methods that can be employed long term.

Osteoarthritis is an exceptionally common and unquestionably painful condition in our pets. The best recommendations involve employing many methods to stave off its progression. Monitoring your animals for signs of arthritis, and discussing options with your veterinarian will help to ensure the best quality of life for your pets.



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# You Change Your Words to Change Your Life

By Alex Anderson, Senior Associate Pastor at Bayside Community Church

**Words and thoughts are spiritual.** They are not material. The material world can be measured; the spiritual cannot. This is my simple definition of spiritual versus material. Also when I say spiritual, I'm not necessarily referring to God or morality. I'm referring to that part of every human's life that cannot be measured.

If a pregnant lady goes to see her doctor for a checkup and asks him if her child will be a boy or girl he can, through science, give her the answer. However if the soon-to-be mom were to ask the doctor if her child would grow up to have many friends and be an honest person, he could not. The doctor has no scientific method of measuring friendliness or honesty in an unborn person.

Why not, you say? Great question. The answer is because "friendship" and "honesty" are spiritual aspects of a human's life, not material aspects.

Speaking words, which is simply saying what we think, is a spiritual aspect of our human existence. **And our words have creative power.** In the book of Genesis in the Bible, God said that He created man in His own image. Judeo-Christians have typically understood this to mean that like God, each person is a unique being, as is evidenced by each person having his or her own unique set of fingerprints.

Also like God, each person, in a limited way, has the power to create...with words. If you stroll through the first few chapters of Genesis you see this phrase a lot: "and God said." Usually following that phrase, creative things happened. As human beings, we have similar abilities to create.

We actually create in three ways using our words and thoughts.

One way we show ourselves to be spiritual beings is by the words we use to describe our lives. If you follow the *chain of words people speak, they usually*



*express the quality of their life.* Have you ever heard the phrase, "Boy, that sucks" or "My life sucks"? If you know the person who speaks those words very well, then you will usually see that there is a trace of truth in their life that reflects that comment. It may be in their finances, their relationships or in their health, but if you look closely, you will usually find it.

I learned this concept of Biblical creation through our thoughts and words when I was in my twenties. However, I was well into my thirties before I saw the fruit of the changes I had made. I started by writing out Biblical promises and putting them on my car dash, my bathroom mirror, and a place I have spent way too much time, my refrigerator. I observed that the words I would say to myself were the words that described my life at the time.

**You believe what you say to yourself more than what others say to you.**

A second place in life that I have seen the creative power of words is in the lives of my children. My wife and I not only created them physically, but spiritually as well. As I have listened to and seen the fruit of their words as they created their own lives, I realized many of their words have been our words, some times to our joy and some times to our pain.

The words you speak to and about others do not fall to the ground like crumbs from the dinner table. They become *seeds that may sprout up and grow unseen in the hidden places of the human heart.* Those words emerge through the lips one day, creating anything from a divorce to music that brings joy to millions.

The last place that words and thoughts create is in our bodies. I'm not a doctor, nor do I have the room in this article to share all the stories of the lives I have observed for over thirty years. Stories of people who, for the most part, used their words economically and with great selection, and not only lived healthy but some even overcame very serious health issues. I don't believe their success was just because of good genes. **I believe your thoughts, of which words are only an expression, can affect your body.**

In the June 21, 2002 edition of the Wall Street Journal, Sharon Begley wrote an article entitled, "So Much for Destiny: Even Thoughts Can Turn Genes 'On' and 'Off.'" The article states that according to psychologist David Moore of Pitzer College in Claremont, California, thoughts can cause the release of hormones that can bind to DNA. These released hormones apparently can turn genes "on" or "off". This was evident when a male researcher was isolated for an extended amount of time. Apparently his beard grew very quickly the few days before he returned to his family as his testosterone levels increased in anticipation of spending time with his wife.



**So be careful—your body can hear what you say.** Thoughts and words are powerfully creative. Use them wisely, but use them. Be intentional about those you influence. Encourage them and speak of their futures and yours with words that bring life and not death.

To your spiritual health,

Alex E. Anderson  
Author of the book, *Dangerous Prayers*  
[www.dangerous-prayers.com](http://www.dangerous-prayers.com)







# STROKE STOPS BLOOD FROM GETTING TO THE BRAIN. **IT CAN BE DISASTROUS.**

 <p>Stroke kills <b>twice</b> as many women each year than breast cancer.</p>	 <p>Strokes in children are increasing at an alarming rate—up 50% among young boys over 12 years.</p>	 <p>The average stroke patient pays more than <b>\$140,000</b> in lifetime medical bills.</p>	 <p>Every <b>40 seconds</b> someone in the U.S. has a stroke—nearly 800,000 in 2012.</p>
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## • **GOOD NEWS** ←

UP TO 80% OF STROKES CAN BE PREVENTED BY CONTROLLING RISK FACTORS LIKE:

 <p><b>80%</b></p>	 <p><b>HIGH BLOOD PRESSURE</b></p>	 <p><b>ATRIAL FIBRILLATION</b> (A TYPE OF IRREGULAR HEARTBEAT)</p>	 <p><b>HIGH CHOLESTEROL</b></p>
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→ TAKE THE FAST TEST TO IDENTIFY COMMON STROKE WARNING SIGNS. →

• WHEN STROKE HITS, LONG-TERM DISABILITY CAN BE SIGNIFICANTLY CUT IF YOU GET MEDICAL CARE **FAST**. ←



**F**ace droops on one side.



**A**rms drift downward when raised.



**S**peech is slurred.



**T**ime is critical. **Call 9-1-1 IMMEDIATELY.**



A severe headache with no known cause is another key warning sign of a stroke.

→ Learn about more sudden signs of stroke @ [www.stroke.org](http://www.stroke.org)