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June 2015

Lee Edition - Monthly

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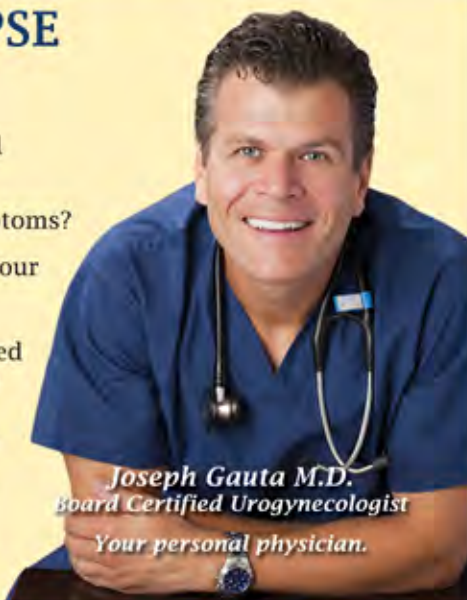


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Facial Spider Veins? Cherry Hemangiomas? Unsightly Moles? VeinGogh is the Solution!

Veins be gone with Veingogh!

By Joseph Magnant, MD, FACS, RPVI

Have you ever wondered what causes those pesky broken capillaries on your facial skin? There are a number of causes that can damage these facial veins such as extreme sun exposure, rubbing or scrubbing your face too forceful or even skin conditions such as rosacea. In extreme cases, a possible cause for these facial veins could be alcoholism or liver damage. The tiny veins are right under the surface of the skin, making them very delicate and easy to enlarge and break. Once the veins are damaged, because of the fragility, they are unable to repair back to normal thickness and size. The medical term for broken facial capillaries is telangiectasia. The treatments for telangiectasia are laser therapies or facial aesthetic surgery. Have you also ever wondered what causes those red freckles? The medical term for these red freckles is cherry angiomas. We do know the exact cause for cherry angiomas but age, climate and sun exposure could increase the cause.

Fortunately, there is an easy and affordable laser treatment therapy called VeinGogh Ohmic Thermolysis System. According to the VeinGogh analysis, this laser generates a tiny, regulated, high frequency current delivered to the vessel via a hair-thin probe. A "micro-burst" of energy selectively heats the vein, coagulating the blood and collapsing the vessel wall, which is quickly absorbed into the body. All this is accomplished without affecting the outer layers of the skin resulting in a quick return to normal daily activities.

VeinGogh
The Art of Vein Treatment



Frequently asked questions according to VeinGogh: The Art of Vein Treatment

Does the treatment hurt?

"On a pain scale of 1-10, with some laser treatments being an 8-9, VeinGogh is a 2-3. Since the procedure uses a hair-thin probe inserted into the vessel, there can be a slight "pinch". Patients report it feels similar to a hair being removed.

Is there any downtime?

The precise nature of VeinGogh treatment limits the risk of over-treating, so there is little to no trauma to the skin. Following treatment, there will be some mild redness that usually lasts about 2-3 hours.

Will the veins come back?

Veins that have been properly treated will not return. However, new veins may develop over time and require retreatment. Follow-up visits are recommended.

Does VeinGogh only work on veins?

No! VeinGogh can also be used to eliminate cherry angiomas (raised red freckles or moles), small hemangiomas (raised freckle or mole), skin tags, spider nevi (cluster of small veins), and even the redness of rosacea.

When will I see results?

Immediately! You will see continuous improvement over several weeks as the treated vessels are reabsorbed.

Will the veins come back?

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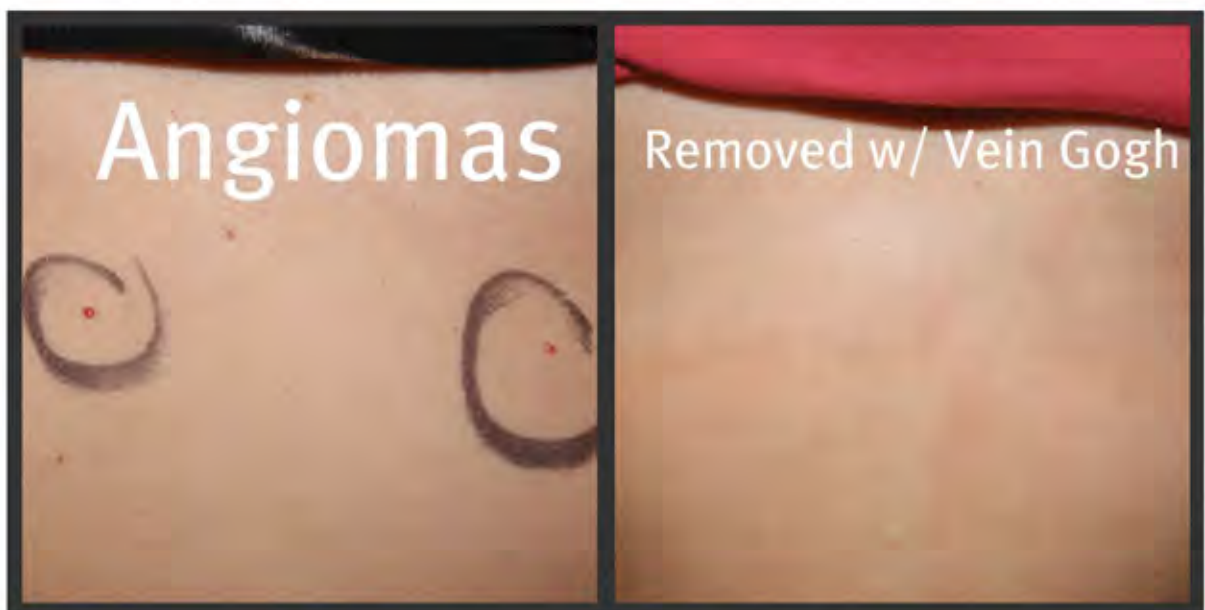


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ULTRAFAST CT LUNG SCREENING

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.



Radiology Regional Center
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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

Then you're eligible to take
advantage of this
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preventative screening exam.

Prescription is required.

ENJOY A PAIN-FREE TEE TIME

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

Southwest Florida is one of the most popular areas in the country for golfers, with nearly 150 courses to choose from. Because of its popularity, however, golf injuries are common as well. While golf is often thought of as a low-impact sport, it can lead to ankle, elbow, spine, knee, hip and wrist injuries. According to the Consumer Product Safety Commission, approximately 11,000 people suffered from golf-related injuries in 2011, and golf injuries have been on the rise over the last decade. Most golf injuries are caused by the repetitive motion of the golf swing, which places stress on the same muscles and joints repeatedly.

By taking the time to properly exercise and stretch before your tee time, you can enjoy a pain-free round of golf. Stretching before your golf game helps promote a fluid and full golf swing. Focus on your shoulders, back and legs.

Golfer's Elbow

One of the most common injuries for golfers is known as "golfer's elbow." Also known as tendinitis, golfer's elbow occurs when the tendons that attach the forearm muscles to the end of the arm bone become inflamed or damaged. By strengthening the forearm muscles and slowing your golf swing, you can prevent the shock that occurs when the club hits the ball and prevent injury.

The American Academy of Orthopaedic Surgeons (AAOS) recommends these exercises to help prevent golfer's elbow:

- Squeeze a tennis ball. Squeezing an old tennis ball for 5 minutes at a time is a simple, effective exercise that will strengthen your forearm muscles.
- Wrist curls. Use a lightweight dumbbell. Lower the weight to the end of your fingers, and then curl the weight back into your palm, followed by curling up your wrist to lift the weight an inch or two higher. Perform 10 repetitions with one arm, and then repeat with the other arm.



- Reverse wrist curls. Use a lightweight dumbbell. Place your hands in front of you, palm side down. Using your wrist, lift the weight up and down. Hold the arm that you are exercising above your elbow with your other hand in order to limit the motion to your forearm. Perform 10 repetitions with one arm, and then repeat with the other arm.

Lower Back Pain

Another common complaint for golfers is low back pain. Improper swings are a common cause of back pain. During the rotation, a considerable amount of stress is placed on the spine and the surrounding muscles. In addition, minor muscle strains caused by a lack of strength and poor flexibility can turn into more serious injuries with repeated stress from golf swings.

The AAOS recommends these simple exercise to strengthen the lower back muscles:

- Rowing. Firmly tie the ends of a piece of rubber tubing. Place it around an object that is shoulder height (like a door hinge). Standing with your arms straight out in front of you, grasp the tubing and slowly pull it toward your chest. Release slowly. Perform three sets of 10 repetitions, at least three times a week.
- Pull Downs. With the rubber tubing still around the door hinge, kneel and hold the tubing over your head. Pull down slowly toward your chest, bending

your elbows as you lower your arms. Raise the tubing slowly over your head. Perform three sets of 10 repetitions, at least three times a week.

- Yoga and Pilates. These exercise programs focus on trunk and abdomen strength, as well as flexibility.

Prevention, as the saying goes, is the best medicine. By taking the time to properly stretch and exercise before your game, you can be ready for whatever the fairway – or rough – has in store.



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

If you have concerns about golf 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.

Choosing the Right Primary Care Physician

More than just a Doctor.... A Partner in Your Healthcare

Selecting a primary care physician can be one of the most important decisions for the well-being and good health of a patient. Choosing the right doctor early on is important, especially because for many, the relationship is going to be one that lasts a lifetime. Trust should be a major factor in any patient's decision. "You know that you have the right doctor when you feel comfortable enough to tell him things that you wouldn't tell anyone else," said Dr. Raynita C. D'souza, from Gulfcoast MD out of Naples and Ft Myers. "Not only is a patient sharing their height and weight and other personal health information, but I've seen patients through divorces, disappointments and serious illnesses, which are all personal matters that should be handled by a trusted physician."

Additionally, having a primary care physician helps keep a patient healthier as they age. Studies in numerous medical journals have confirmed this, including one in International Journal of Health Services which revealed that states with more primary care physicians per capita have better health outcomes, including fewer deaths from cancer, heart disease, or stroke. A separate study in the same journal suggests that a surplus of primary care physicians is associated with a longer life span—if you add more primary care physicians to a community, the result is fewer premature deaths.

When Dr. Raynita C. D'souza was asked to comment on the notion that by having a relationship with a primary care physician, the patient may have a longer life span, she explained, "The key is what's known in the medical community as "continuity of care." Continuity of care means that a patient establishes a relationship with a health care provider and the relationship enhances year after year. This provider gets to know the patient and their health goals, and helps manage overall progress. Continuity provides tangible benefits that have been proven to add up to better health."

In the short term, continuity of care dramatically increases the likelihood that the patient will receive a correct diagnosis and appropriate treatment. "The best diagnostic test available to a doctor is the test of time," says Dr. Raynita C. D'souza. "A primary care physician gains valuable information from tracking a problem over time—whether for a week, two weeks, or a month—and can make treatment decisions accordingly."

Over the long term, a provider who knows the health history, habits, and personality of their patient can more easily recognize signs that indicate a potential change in their health. For example, if the patient complains of fatigue to a doctor who doesn't know them, they might not be taken seriously—but the primary care doctor will be able to see that the patient may not be their usual self, and diagnose appropriately.



Another benefit of having a valuable relationship with one's primary care physician is that they can make appropriate referrals to a specialist. A skillful primary care physician will refer their patients to someone they know and with whom they have a collaborative relationship. If a patient has concerns about getting different suggestions from different specialists, a primary care physician can help sort through and prioritize which suggestions to act on first. "A strong primary care physician has a working relationship with their referrals and keeps track of their patients through those referrals," assures Dr. Raynita C. D'souza

Another major benefit of setting up a relationship with a consistent provider is the patient can get care more quickly should you they get sick, whether it's a pesky sinus infection or something more serious. "When one of my patients has established care with me and I have a relationship with them, it's much easier for us to help them down the line," says Dr. Raynita C. D'souza. "I know their history, and can often help resolve things over the phone and order ancillary services such as labs, non controlled prescriptions and home health services."

A patients main objective when looking for a primary care physician should be to choose a provider who can step back and look at the "big picture" of their health—especially during times when a diagnosis is needed. This is what primary care physicians are trained to do. As Dr. D'souza explains, "Any set of symptoms can have a lot of possible explanations. A primary care physician has to have an open mind, listen carefully, and consider all the possibilities." Dr. D'souza's last bit of advice for finding the perfect primary care physician and building a long lasting relationship with them is finding a provider that values a patients input and opinions. "You want to feel like you're involved in the process of decision-making," exclaims Dr. Raynita C. D'souza, "It's not a one-directional relationship, it's bi-directional," she says. "The goal of each visit should be to have a level playing field, where one can voice their concerns openly and walk out the door feeling like they were really listened to and they have a plan that's going to work for them."



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Men's Health Month

Erectile Dysfunction

By Harry Tsai, M.D.

Normal erectile functions depends on multiple factors such as blood flow, normal signals from the brain to the nerves and muscles in the penis, and testosterone levels. Men who have difficulty obtaining, keeping an erection are considered to have erectile dysfunction.

Cause

- Lifestyle choices: being overweight, smoking, excessive alcohol, drug abuse
- Health conditions: diabetes, heart disease, high blood pressure, high cholesterol, low testosterone, neurologic diseases such as Alzheimer's, Parkinson's, multiple sclerosis
- Medicines: high blood pressure drugs, antidepressants, antihistamines
- Mental or emotional concerns: Stress, depression, anxiety (performance anxiety)

Symptoms

- Trouble getting an erection
- Trouble getting a firm or rigid erection for intercourse
- Trouble keeping an erection

Detection

There are not many invasive tests that are required to make a diagnosis. Urinalysis is needed to rule out infection and blood in the urine. A thorough history and physical can reveal potential medical causes. Physical exam can reveal curvature or plaques in the penis (Peyronie's disease). A testosterone level is required to evaluate potential hormonal cause of ED.



Treatment

- Treat the underlying cause such as adjusting the medicine that is triggering ED
- Stop smoking and drinking
- Oral medications are known as 5-phosphodiesterase inhibitors : Cialis, Levitra, Viagra; this class of medications work by boosting the effect of nitric oxide which in turn relaxes the muscles to the blood vessels of the penis. As a result, there is increased blood flow to the penis.

- Intraurethral suppository: MUSE can be deposited inside the urethra
- Injection therapy: medications can be mixed and injected into the soft tissue of the penis
- Vacuum device: this is a pump which is placed over the penis and draws blood into the penis
- Surgery: An implant can be placed surgically into the penis to obtain an erection

Prevention

Maintaining a healthy diet, regular exercise, monitoring medical conditions can lead to better erections. Avoid drinking, smoking, losing weight and decreasing stress are also vital.

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GETTING INTO THE SWING OF THINGS

MAKING MASSAGE A PART OF YOUR GOLF REGIMEN DECREASES PAIN AND IMPROVES RANGE OF MOTION

Experienced golfers often spend hundreds or thousands of dollars on new clubs and equipment every year, trying to gain a few extra yards on their drives. But there's a better investment – one that not only improves your swing by increasing range of motion, but also helps prevent common back and muscle injuries. Regular massage therapy should be an important part of every golfer's training regimen.

It's common for golfers to end up with pain in the wrist, hip, knee, spine, elbow or ankle, particularly if they are taking up the sport after a period of inactivity. Lower back pain and injuries are very common in golfers because the nature of the golf swing involves significant strain on the back muscles. Some of the most common causes of golf injuries include excessive practice or playing, hitting the ground, changing the grip and poor swing mechanics.

Garth Carter is a licensed massage therapist (LMT) at Massage Envy Spa's Coconut Point location in Estero. In addition to being a massage therapist, Carter is also a scratch golfer who has played the game for 25 years. He says lower-back injuries are the most common complaint he sees from amateur golfers in Southwest Florida.

"I usually try to treat the feet and calves, hamstrings and hip and glute areas first," Carter says. "Because players are in a squat position for several hours as they play, they're pushing their bodies against the ground, so working on the lower half of the body often brings a lot of relief to the lower back area."



Carter is trained in sports massage and received much of his training from another therapist who worked exclusively on professional and Olympic athletes. He personalizes each massage to fit the needs of each client. A client who plans to hit the links within a day of their appointment will benefit from a firm Swedish massage and stretching, whereas someone who isn't planning to play golf for a few days should take advantage of a deep-tissue massage.

"I try to massage golfers the way I like to be massaged," Carter says. "If they come in and they've just played golf but they're not planning to play for a few days, I might perform a deeper massage because they'll have a couple of days to recover. But for the pros or people who come right before they're going to play, I try to tailor the massage to stretch their muscles and enhance their circulation, so they can wake up in the morning and will feel relaxed and get the tension out."

Carter says his clients find they feel looser and more relaxed and have a better range of motion after a massage appointment. Those who schedule massages on a regular basis find that the pain they thought was a part of the game has disappeared or doesn't last as long. Carter recommends golfers try to get a 1-hour massage session (which includes 50-minutes of hands-on time) every other week and a 90-minute session once every three to four massages.

"When we get our clients on a really good maintenance plan, a lot of the pain they've experienced over time goes away," Carter says. "It really improves their whole way of life and allows them to play golf more often. It gives them better range of motion, improved flexibility and circulation, relieves stiffness and tension and gives a better overall sense of wellness."

Massage Envy offers wellness programs tailored to each individual client's needs. The massage therapists 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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Stem Cells: Helping Veterans Fight Lung Disease

By David Ebner, Staff Writer

As they stormed Omaha Beach in Normandy and scurried across the decks of destroyers and aircraft carriers, they weren't thinking about their health. When they enlisted, they weren't looking for a job; they were answering a call. Memorial Day and the Fourth of July are holidays designed to remember the men and women of the armed service that answered this call and gave their lives in its name. These sacrifices are well-known among military families. The hope is that these veterans, who made such great sacrifices, receive a high level of care when they return home. However, many are seeing their health decline faster than their medical care can keep up. Some of the most prominent health conditions affecting veterans are lung conditions like chronic obstructive pulmonary disease (COPD) and interstitial lung disease.

A recent study conducted by the Veterans Administration (VA) found that the prevalence of COPD among veterans is higher than the general population. Some younger veterans, those serving in Iraq and Afghanistan, were regularly subjected to air pollution from burn pits, exploded IEDs and aeroallergens found in the desert region. More seasoned veterans, like those that served during Vietnam, faced chemical pollutants like Agent Orange that have contributed to their declining lung function. Given the limited resources available to veterans, many have elected to receive alternative treatment options outside of their VA coverage for their lung disease.

Don't these men and women, the ones that have offered their lives and their futures for the protection of all Americans, deserve more? Don't they deserve options, answers and a treatment that might help them get back to the life they want? The answer is an emphatic yes, and some veterans have found that these options may lie in a new elective treatment in the form of stem cell therapy for lung disease.

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



According to the VA, 14 percent of veterans who were deployed develop some sort of lung condition.

in all of our bodies. Functioning 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 operating in the United States offers such a treatment. The Lung Institute (lunginstitute.com) claims to have performed over 800 treatments since their inception two years ago. Their physicians extract stem cells through a minimally invasive procedure, isolate 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 slows further degeneration and brings a normal life back within reach.

When I think of veterans, I'm reminded of my grandpa, a U.S. Navy veteran of WWII and the Korean War. As is the same with most veterans, failure was not a term he was acquainted with. However, teamwork was in his daily vocabulary because that is how they operated under fire. Help does not mean that you have failed; it means that you're not alone. Help is exactly what veterans deserve whether they would admit it or not. Just like my grandfather who served because he felt it was his duty, I feel it is my duty to serve veterans when they come home. We can help by providing solutions to their problems, and for those struggling to breathe because of their chronic lung disease, stem cells may be the answer.

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.

How Vestibular Therapy Can Benefit the Whole Person

By Chris Simeone, OTR/L, Certified Vestibular Therapist, American Institute of Balance

Human equilibrium is the result of several complex systems working together. We “absorb” information to maintain our equilibrium through three main channels: the eyes (vision), the ears (vestibular) and the feet (somatosensory). The brain compares this incoming information. In split seconds it produces coordinated eye, head and postural changes regardless of the movement we are involved in to remain “in balance”. Balance problems can occur anywhere along this chain. Conditions such as a Stroke, Diabetes orthopedic conditions, improper balance organ functioning of the inner ear and even certain medication use can cause symptoms. These could include Vertigo (intense feeling of spinning or falling), Dizziness (light headed, not sure-footed, woozy) with or without impaired postural control (imbalance) altering our human equilibrium.

According to the National Institute of Health, dizziness is the number 1 complaint of people over 70 years old. This can cause a disruption in performing the most basic daily task and may cause the inability to enjoy the things we like to do, especially here in Southwest Florida! The risk of a fall with or without injury will trigger greater fears limiting your participation in daily life’s routines. However, according to Johns Hopkins, 85% of all forms of dizziness and imbalance can be helped with a proper diagnosis.

Clinic Program:

The balance and vestibular training program requires each patient to have a physician’s referral for Vestibular Therapy. The program will evaluate the patients current balance function and its negative effect on performing daily life routines. A customized clinic and home program utilizing the American Institute of Balance protocols specific to the patient will be implemented. Clinic treatment may include maneuvers of the patient’s head, core strengthening, balance and postural awareness training and visual motor training to name a few. The patients’ diligent performance of the daily home program is vital to improving function.

For more information please call the Outpatient Center of Life Care Center of Estero 239-495-4046 .

Assess yourself with the American Institute of Balance Patient Self Quiz

Have you ever felt?

1. A feeling of motion, spinning, or falling when moving your head quickly or changing your position, e.g., getting out of bed? YES/NO
2. Uncomfortable getting around in the darkness? YES/NO
3. Walking down grocery store aisles or through the mall upsetting? YES/NO
4. Your feet just won’t go where you want them to? YES/NO
5. A sense of unsteadiness? A feeling you are not surefooted? YES/NO
6. A fear of falling or stumbling? YES/NO
7. Looking at moving objects such as escalators or looking out the side window of the car makes you queasy? YES/NO
8. Difficulties keeping your balance as you walk on different surfaces, e.g. tile to carpet? YES/NO
9. A feeling you are drifting or being pulled to one side when walking? YES/NO
10. No one really understands how frustrating this all is? YES/NO

If you have answered YES to one or more of these questions a vestibular and equilibrium evaluation should be considered.

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Bladder Control Quiz

How Common are Female Urinary Control Problems?

By Joseph Gauta, MD, FACOG

Millions of people are affected by the loss of bladder control. Bladder control issues are not a normal part of life and they are not something you just have to live with. Of the over 33 million people in the United States that suffer from overactive bladder many of them do not seek help. Take control of your pelvic health and complete this short quiz to see if it's time to reach out for help.



- Are you urinating more than 7 times a day? Yes ___ No ___
- Are you using the bathroom so often it disrupts your day? Yes ___ No ___
- Do you get up more than once a night to use the bathroom? Yes ___ No ___
- Do you sometimes lose urine if you sneeze or cough? Yes ___ No ___
- Do you wear absorbent garments? Yes ___ No ___
- Do you have difficulty urinating or emptying your bladder? Yes ___ No ___
- Do you sometimes have accidents before reaching the bathroom? Yes ___ No ___
- Are tampons too uncomfortable to use or do they fall out? Yes ___ No ___
- Do you experience a pressure or bulging in your vagina, especially after standing for long periods?
Yes ___ No ___
- Has your urine stream become weak or turned into a spray? Yes ___ No ___



If you answered yes to one or more of these questions, consider talking to a Urogynecologist about your symptoms and available treatment options. Once you start talking it becomes easier. Your Urogynecologist is used to talking about sensitive issues and will help you become comfortable with the subject.

Treatment options

Diet Modification — Some people find that certain foods and drinks cause them to go to the bathroom more frequently. This includes drinks with caffeine (including soda), alcohol, spicy foods, acidic foods or beverages, and artificial sweeteners. Try temporarily eliminating one or more of these items to see if it reduces your symptoms.

Pelvic muscle exercises — Also known as Kegel exercises, strengthen the muscles involved in controlling urine leakage. Practicing these exercises on a regular basis may help to reduce urine leakage caused by stress incontinence.

Bladder training — Bladder training can help you learn to go to the bathroom less frequently by "retraining" your bladder to hold more urine. Bladder training has two components: going to the bathroom on a schedule while you are awake and using strategies to control sudden urges.

Prevent constipation — Constipation can worsen urinary frequency and urgency. Increasing the amount of fiber in your diet to between 20 and 30 grams per day can help prevent constipation.


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Medications — In some people, urgency incontinence is more severe and a medicine is needed to get symptoms under control. Medications should be combined with bladder training. Some people take medicine temporarily, until symptoms improve, while others take medication indefinitely. It is important to continue doing bladder training, even if you are taking a medication.

Botox — Botulinum toxin A, also known as Botox, is a toxin produced by a bacteria that temporarily paralyzes muscles. Botox injections into the bladder are an effective treatment for urgency incontinence when people haven't responded to medicine.

Electric stimulation — Office electrical stimulation involves placing a hair-thin needle into a nerve near the ankle. This nerve is connected to nerves in the lower back that affect your bladder. The needle is connected to a small device that sends electrical pulses to the nerve. The treatment is not painful. It is performed in the office once per week for six to twelve weeks.

Vaginal pessaries — A vaginal pessary is a flexible device made of silicone that can be worn in the vagina. A pessary can help to reduce or eliminate stress incontinence. A pessary is a reasonable treatment if you want to delay or avoid surgery. When fit properly, you will not feel any discomfort.

Surgically implanted stimulator — A sacral nerve stimulator (SNS) is a device, about the size of a pacemaker, which can be surgically implanted. The device is placed under the skin in the upper buttock, and is connected with wires to a nerve (the sacral nerve) in the lower back. The device sends electrical pulses to the sacral nerve. SNS therapy has helped many patients who have not responded to more conventional treatments.

Surgical treatments — Surgery offers the highest cure rate of any treatment for urinary incontinence. There are different procedures available to treat your particular symptoms. Each procedure has different benefits and risks. These options should be thoroughly explained by your Urogynecologist to decide what is best for you.

Take action and discuss with your doctor what treatment option is right for you. Together, you'll be able to resolve your urinary control problem and return to the freedom you deserve.

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

Swan Age Reversal Centers specializes in aesthetic procedures that help their clients look younger, thinner, and more vibrant. 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.

SOME SWAN TREATMENT OPTIONS: SKIN TIGHTENING & WRINKLE REDUCTION



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wrinkles, and has numerous anti-aging benefits. The treatments use radio frequency to consistently and uniformly heat the skin from the inside out. The collagen fibers heat up resulting in skin tightening to attain exceptional results. Swan-Freeze™ treatments are effective in circumference reduction, improving the appearance of cellulite, skin tightening and reducing the appearance of wrinkles. They deliver a safe, pleasant, pain-free experience in treatments for the body including arms, belly, hands, thighs, buttocks, neck and face.



FAT REDUCTION

Let's face it. Most of us wouldn't mind losing a few inches around the belly, love handles, 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.

Swan-Lipo™ & Swan-Cavi™

Swan-Lipo™ and Swan-Cavi™ are used to reduce fat to specific targeted body parts and transforms bodies with remarkable results, with clients seeing incredible results 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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Swan Lift™ is an Age Reversal treatment for the face and neck that is Swan Centers Signature treatment. Swan Centers uses a unique combination of Ultrasound, Light Therapy and Radio Frequency Technologies to help lift, tighten and restore the skin to a more youthful state.

Clients need to do a series of treatments to get maximum benefits and results. Most clients see immediate improved skin appearance after just a few treatments.

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Skin care technology has made great strides in correcting the flaws resulting from sun damage to the skin. In particular, light therapy has emerged as one of the most effective methods of combating the effects of aging. The use of light is safe, pain free, and inexpensive, compared with other skin care solutions like laser skin resurfacing and facelifts. Everyone can enjoy relaxing, painless light therapy treatments that dramatically improve skin appearance. Cells in the skin and supporting tissue absorb wavelengths between 590 and 950 nanometers. Our cells/tissue convert this light energy into "fuel" that is used to increase cellular metabolism. Research by the National Aeronautics and Space Administration (NASA) has shown that light therapy increases cellular growth up to 200%. The increased cellular activity stimulates formation of new collagen and elastin - the building blocks of healthy skin.



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Focusing on the ABILITIES IN DISABILITIES

By: Angela Hartsell, MS, CRC
Director, Office of Adaptive Services
Florida SouthWestern State College

"Disability is not a brave struggle or 'courage in the face of adversity'. Disability is an art. It is an ingenious way to live." – Neil Marcus

Most people think of someone who is disabled as a person who uses a cane or a wheelchair – something that is visible. What many individuals don't know is that disabilities are both visible and invisible to those around you. They face challenges that may or may not be obvious but can be just as disabling.

According to the Census 2000, about 19 percent of the total population over the age of five has reported having some type of a disability. These include: sight, hearing, physical condition that limits basic life activities, learning/remembering/concentrating, along with physical/mental/emotional conditions that makes it difficult for them to function at home. The study found that about 12 percent of the respondents said that their disability also impacted their ability to work. Additionally, nearly half report having more than one disability. (Wolanin & Steele, 2004)

According to the 36th Annual Report to Congress on the Implementation of the Individuals with Disabilities Education Act, 2014, there were nearly six million students ages 6-12 that were served nationally. This is about 8.4 percent of the total resident population. As the society becomes more focused on higher education which seems to increase employability and lifetime earnings, more students are arriving to the college environment with documented disabilities.

At Florida SouthWestern State College, our Office of Adaptive Services offers a wide range of services to help our students not only make the transition to college life, but to have the tools necessary to succeed. Students have a variety of technology available to them that helps them to compensate for their disability when it comes to learning. Our fall 2014 enrollment includes 241 students with a registered disability. This is just over 1.5 percent of our total student population.

At the college level, it is the responsibility of the student to complete the self-identification. Through review of sufficient documentation and conversation with the student, an Adaptive Services Specialist deems reasonable accommodations. We immediately begin shift the mindset from disabilities to abilities. It continues with such ques-

tions as: What is the student's favorite subject? Least favorite subject? What medicines does he/she take and what are the effects? What are his/her exercise habits? What do you do to reduce stress? Nutrition habits? To me, everything matters. We listen to the student, what's worked, what hasn't. This helps us to work together to create a plan of action and to identify the resources or the tools to take charge of their educational pursuit. Much of a student's success is dependent on the choice they make. Adaptive Services is part of an opportunity which is empowers the student, and holds them accountable. They grow as students, as individuals, and successful members of the community. These are things they will need to succeed in life after college.

When I see a student for the first time, I automatically see the potential and that the future is wide open for them.

Last year, I had a female student who suffers from extremely high anxiety. All her life she was told she was stupid and wouldn't amount to anything. When she would take a test, for example, she couldn't get through it without becoming highly emotional and would have to leave the test just to breathe. We've been working with her to help reframe the negative statements she heard all her life into the positive self-talk. She knows that we believe in her. A year ago, she was barely making it through each test but now she accomplished two semesters with A's and B's. She has learned to use the reasonable accommodations and resources effectively and how to live in the moment and overcome the negativity. She has become a leader in many of her classes, sharing her story and knowledge and has begun organizing study groups. Soon, she'll be heading into the college's nursing program. She's learned to take the negative attitudes of others and utilizes it as fuel. She's happier, more confident and advocates for herself. Talk about growth!



One way to help students visualize things is the analogy of a car. We discuss how their disability in high school may have been driving their car. I request that the student move the disability to the passenger seat at the first meeting and throughout each semester. As time goes on and they further develop the tools and skills they need, that disability will soon be in the back seat, and then in the trunk.

It's important for our students to understand that they can live within their limitations and still be successful. It's just a small piece of you; it does not define who you are or who you can become.



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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.co



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Osteoarthritis is a chronic and debilitating joint disease. It occurs through a sequence of events that has, at its core, a loss of joint cartilage. This affects other joint structures, and eventually will lead to joint space narrowing and bony overgrowth, progressing until joint movement becomes noticeably restricted.

What occurs before the cartilage loss? Osteoarthritis almost always begins with ligament weakness or injury. Joints are composed of two bones covered with articular cartilage. Healthy ligaments hold the bones together and, along with the cartilage, enable the bones to glide evenly over one another. When the ligaments are weak, the bones will glide over one another in an uneven manner, causing one area of bone to bear additional weight on the articular cartilage.

Articular cartilage has no blood supply, and therefore, tends to heal slowly and imperfectly. Cartilage also lacks a neural network and does not elicit pain itself. The pain in osteoarthritis occurs from the pressure on the subchondral bone after the loss of cartilage tissue and from the stress on the tendons and ligaments of the joint.

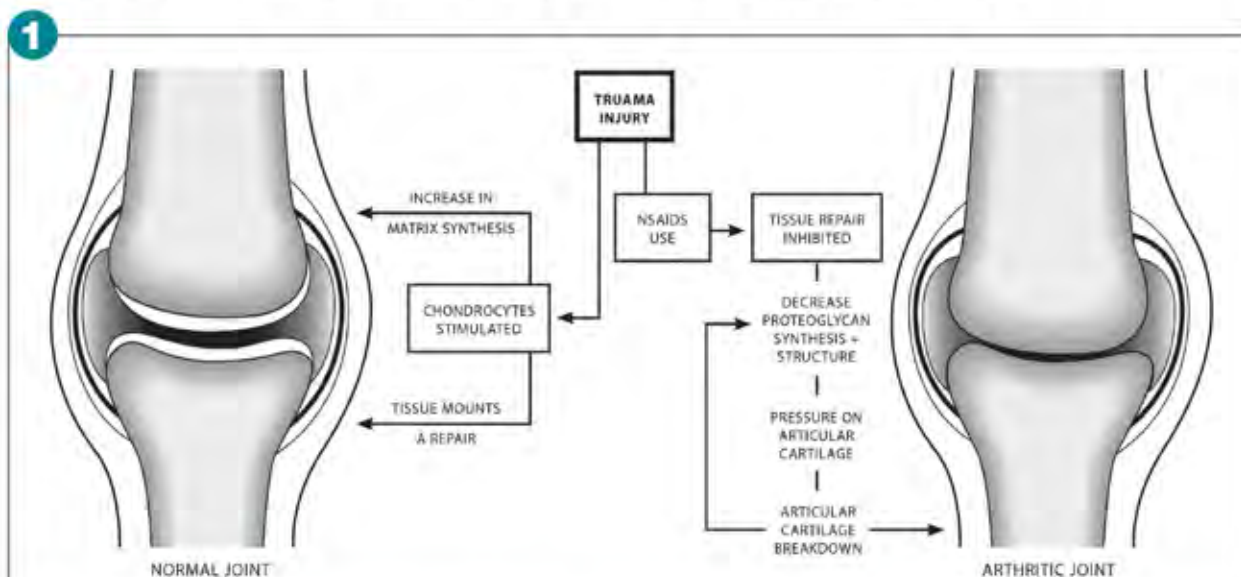
OSTEOARTHRITIS PAIN RELIEF AND REPAIR WITH STEM CELL PROLOTHERAPY

Treatments for Osteoarthritis

There are many medications and procedures that temporarily relieve or mask the pain of arthritis. Non-steroidal anti-inflammatory drugs (NSAIDs), for instance, can accelerate the degeneration of the joints because they inhibit the normal tissue repair process.¹ (See Figure 1.) Exercise, physical therapy, and lifestyle modification may provide symptom relief or surrounding muscle improvements, but they do nothing to regenerate the joint itself. There are, however, treatments available that stimulate the regenerative processes in the joint to facilitate the restoration of degenerated cartilage. One regenerative technique that has shown success is Stem Cell Prolotherapy. This is a natural injection treatment option that supplies the affected joint with chondrogenic (cartilage forming) stem cells and growth factors from a person's own bone marrow and/or fat cells. Stem cells are in abun-

dance in these tissues and have the ability to become various types of cells. Ongoing research and clinical evidence shows that injecting these cells into the degenerated joint supports chondrogenesis (the process by which cartilage is developed). (See Figure 2.)

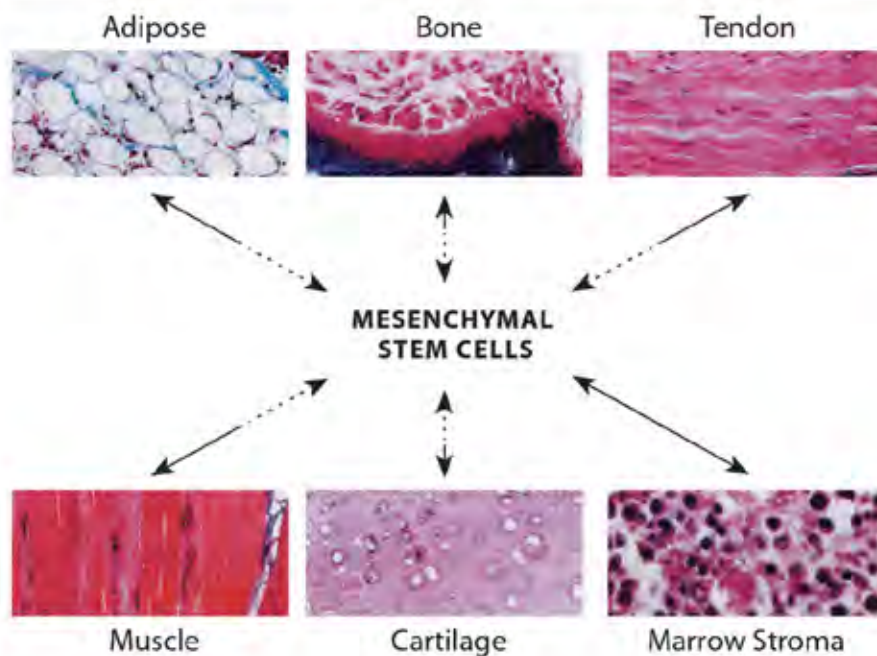
Caring Medical Regenerative Medicine Clinics has performed several studies from its own patient population who have pain and/or osteoarthritis and opted for Prolotherapy and Stem Cell Prolotherapy instead of joint surgery. One study of seven patients with hip, knee or ankle osteoarthritis and another cohort comprised of 24 patients who had been clinically diagnosed with radiographic osteoarthritis.^{2,3} The treatments comprised of dextrose Prolotherapy in and around the involved joint as well as stem cell/bone marrow aspirate injections in and around the arthritic joints.



The pathogenesis of osteoarthritis accelerated by NSAIDs. NSAID use inhibits the body's repair processes, leading to decreased proteoglycan and extracellular matrix content and function, which ultimately leads to articular cartilage breakdown.

Multilineage differentiation potential of adult human mesenchymal stem cells. Under appropriate conditions, mesenchymal stem cells are able to differentiate into cell types of multiple lineages, including bone, cartilage, adipose, muscle, tendon and stroma. The arrows are presented as bidirectional, in light of recent findings, which suggest that differentiated mesenchymal stem cells are capable of dedifferentiation and transdifferentiation. Modified with permission: ©2003 BioMed Central Ltd.

Chen FH. Technology insight: adult stem cells in cartilage regeneration and tissue engineering. *Nature Clinical Practice Rheumatology* 2. 2006;July:373-382.



Improvement of ankle x-rays with stem cell Prolotherapy.

This patient received several lipoaspirate Prolotherapy treatments between x-ray studies. The studies showed a gradual improvement in the ankle joint articular cartilage (arrows), which correlated to reduced pain and range of motion improvement.



Standard weight bearing knee X-rays before and after Prolotherapy. The widening of the medial joint space width indicates that cartilage regeneration has taken place.

Dextrose Prolotherapy itself is a technique that is used to aid the body in healing by prompting it to create new collagen. Numerous studies have shown the effectiveness of dextrose Prolotherapy in treating osteoarthritis, as well as ligament and tendon injuries.⁴⁻⁷ Prolotherapy offers benefits in terms of pain relief, regenerative properties, and cartilage repair for people affected by musculoskeletal disorders. Dextrose Prolotherapy involves

the injection of a hypersmolar dextrose solution into an injury site to elicit localized inflammation, which is the first step in healing the damaged area. The dextrose solution acts as a proliferant via the induction of local healing cascades. With the addition of the cellular solutions, the goal is to improve treatment outcomes in patients with advanced osteoarthritic conditions, including those evidenced by X-ray. (See X-rays.)

Prolotherapy provides a safe and effective regenerative treatment option for osteoarthritis, one that has demonstrated the potential to slow down the progression of osteoarthritis and one that promotes the regeneration of articular cartilage... essentially a new paradigm in the treatment of osteoarthritis.

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LIFE-THREATENING SLEEP APNEA AND THE CPAP ALTERNATIVE

By Dr. Rich Gilbert

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

SNORING VS. SLEEP APNEA

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

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

SERIOUSNESS OF OSA

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



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

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

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

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

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

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

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

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

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



Drs. Rich and Lacy Gilbert

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TREATMENT OPTIONS

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

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

SCREENING FOR OSA AT THE DENTIST OFFICE

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

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

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



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CIGARS:

STATUS SYMBOL OR HEALTH HAZARD?

As any cigar lover will tell you, cigars and cigarettes are in two different leagues. Cigarettes come with a warning label; cigars come with a fancy box. A cigarette might last five minutes; a good cigar can last an hour or more.

While cigarette smoking has steadily declined over the years; cigar smoking has become more popular, increasing by more than 33 percent between 1996 and 2006. And, of course, cigars have an aura of pomp and ceremony. Few people would celebrate a new baby with a pack of Winstons.

Cigars are dangerous, and according to the National Institute of Health, they emit up to 90 times a cigarette's level of nitrosamines, which are potent cancer causing compounds.

Thanks to clever marketing and magazines such as Cigar Aficionado, cigars have come to symbolize the good life. Advertising tries to hide cigars' biggest shortcoming: If lit up often enough, they can be deadly. Puffing a cigar to celebrate a new baby may be harmless, but just one cigar a day on a regular basis poses a serious threat to health, both to the smoker and anyone exposed to the secondhand smoke. If you regularly smoke cigars -- or live with someone who does -- you should take a close look at this highly toxic status symbol.

Many people are under the misconception that smoking a cigar is a safe alternative to cigarette smoking.

It is not.

Let's take a look at some of the facts about the dangers of cigar smoking:

Cigars are Addictive

Nicotine is the addictive ingredient in any tobacco product. Cigars have a high level of nicotine in them; usually many times that of cigarettes. In fact, some premium cigars have as much nicotine in them as an entire pack of cigarettes, or more.

If cigar smoke is inhaled, nicotine will enter the bloodstream through the lungs. If not, the nicotine is absorbed through the lining of the mouth. Cigar smoke

dissolves more easily in saliva than cigarette smoke because its composition is alkaline. This allows for quick absorption of nicotine, producing dependence without inhalation.

Cigar Smoking and Heart Disease

Cigar smoking is hard on the heart. A 25 year long study published in the Journal of American Medical Association reported that cigar smokers may suffer as much as 27 percent more risk than that of non-smokers for coronary heart disease. The study looked at approximately 18,000 men, between the ages of 30 and 85. Over 1500 of them were cigar smokers, and it was discovered that these people suffered more occurrences of heart disease than their nonsmoking counterparts.

Cigar Smoking and Cancer

Smoking cigars has been reported to cause various types of cancer, including: mouth, throat, esophageal, lung, pancreatic, and bladder.

Both cigarette and cigar smokers share a similar risk for cancers of the oral cavity and esophagus. People who smoke one or two cigars daily double their risk of oral and esophageal cancer over nonsmokers. Those who smoke three to four cigars a day increase their risk of oral cancers by 8 times and esophageal cancers by 4 times that of nonsmokers. Risk factors for people who are occasional cigar smokers (less than daily) are not known.

Cigar Smoking and COPD

Cigar smokers are at an increased risk over nonsmokers for chronic obstructive pulmonary diseases such as chronic bronchitis and emphysema. Most cigar smokers don't inhale, so the risk of COPD is less than that of cigarette smokers. A U.S. study reports that cigar smokers have up to 45 percent greater risk of COPD than that of nonsmokers.

Cigar Smoking and Early Tooth Loss

According to a study published in the January 1999 issue of the American Dental Association, evidence shows that cigar and pipe smoking may also lead to early tooth loss. Researchers from Boston University followed 690 men over the course of 23 years and concluded that those who smoked cigars were 30 percent more likely to lose their teeth than non-smokers. Pipe smokers were 60 percent more likely suffer early tooth loss than nonsmokers. Cigar and pipe smokers are also at an increased risk for alveolar bone loss.

Cigar smoking is dangerous. All forms of tobacco have risks associated with them, and cigars are no different. Don't be fooled. There is no such thing as a risk-free tobacco product.

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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Compression Devices: Effective Treatment for Limb Swelling

By Alyssa Parker

Many individuals attempt to manage their limb swelling through various treatments such as compression stockings, exercise, diuretics, and elevation with little or no results. Limb swelling, also known as edema, may be a symptom of an underlying medical condition. Some of the most common conditions where limb swelling is the first symptom include venous insufficiency, post operative trauma, infection, and lymphedema. Clinicians may overlook the cause of your swelling; Lymphedema or venous insufficiency is not always evident in their earliest stages. It's important to seek treatment early on to prevent further complications. These conditions can be easily misdiagnosed as acute and minor swelling followed with minimal treatment. Pneumatic compression devices are one of the most highly recommended treatments for these conditions and are recognized by Medicare.



Lymphedema and Chronic Venous Insufficiency

After having a surgical procedure cancer or non-cancer related (example hysterectomy or gallbladder removal) it may take months or years

for Lymphedema to manifest because of its slow progression. It is imperative that Lymphedema is treated quick and effectively, regardless of the severity. Complications dramatically decrease when treatment is started in the earliest stage of Lymphedema. When left untreated common complications include cellulitis or lymphangitis, skin changes such as skin thickening, restricted movement of a limb, or chronic wounds. Aside from surgical procedures and radiotherapy for cancer other known triggers include vein stripping, peripheral vascular surgery, trauma, inflammation, infection, and insect bites.

Chronic venous insufficiency is another condition that causes swelling in the legs along with open wounds. CVI occurs when the valves in the veins that normally channel the blood



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

Treatment

A widely recognized and highly effective treatment is using a compression pump. This is a 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 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 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.

This is where 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.

ACUTE WOUND CARE

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.

Digital Dental X-ray Exams Lower Radiation Exposure

Computers are a part of daily life. They also play an important role in our dental office. We use computers to track your appointments, treatment details and insurance records. We also use them to capture, store and transmit your dental x-ray images.

Many diseases of the oral cavity (which includes the teeth and surrounding tissues and bone) cannot be seen by the eye alone when the dentist visually examines your mouth. An x-ray exam may help the dentist see what is happening in areas that the eye can't see, such as:

- small areas of decay between the teeth or below fillings
- bone damage from a tooth infection (such as an abscess) or a cyst
- bone loss due to periodontal (gum) disease
- developmental defects
- some types of tumors
- the effects of trauma
- the position of unerupted teeth in children and adults

Finding and treating dental problems at an early stage can save time, money and unneeded discomfort and help prevent more serious health problems. X-ray images may be able to help the dentist detect damage and disease not visible during a regular dental exam.

Our practice uses digital x-rays because they have many benefits over film x-rays. Digital x-ray images can be simpler to make, provide enhanced pictures and can save time for the dental team. They also make it easier for us to show these images to you, our patient.

Digital imaging uses an x-ray machine like that used for traditional dental x-ray images made with film. But instead of using film in a plastic holder, digital images are made using a small electronic sensor that is placed in your mouth to capture the x-ray image.



There are many benefits to using digital dental x-ray images.

- Digital x-ray images may require less radiation. Even though conventional dental x-rays required a small amount of radiation, digital x-rays use even smaller amounts making them safer and more appealing to those patients concerned with radiation exposure.
- When the digital x-ray image is exposed, it can be sent directly to a computer and viewed right away. For x-ray film to be exposed, a staff member must process it in special chemicals. This takes longer than simply viewing the x-ray on a computer screen.
- Digital x-ray images can be enlarged on the computer screen. This makes it much easier for you and the dentist to see the pictures. Traditional x-ray films are viewed actual size.
- Digital x-ray images can often be corrected without having to make another x-ray exposure.
- The dental office can print or copy your digital x-ray images. They can also be sent electronically to insurance companies, which may help claims get processed faster.
- Digital x-rays are environmentally friendly. They eliminate the need for film and film processing chemicals.

Dental X-rays and Safety Concerns

The main concern about being exposed to radiation is the risk of getting cancer years later. Dental x-ray exams require very low levels of radiation exposure, which makes the risk of potentially harmful effects very small. Dental X-ray exams have radiation levels equal to 2 to 3 days of naturally occurring background radiation. For example, a set of bitewing x-ray images creates only a small fraction of the radiation you are exposed to when flying on an airplane. Chest and spine x-rays and CT scans have much higher levels of radiation.

Digital dental x-ray tools and techniques are designed to limit the body's exposure to radiation. Dental practices limit the area exposed during a dental x-ray exam by limiting the size of the x-ray beam to the size of the film or sensor being used and by using a leaded apron and thyroid shield that x-rays cannot pass through.

Our office is committed to the safety of our patients and their oral health. We invest in the latest digital x-ray technology to minimize the exposure of radiation to our patients. Dental x-ray exams are an important part of your oral health care, don't put them off because of unwarranted safety concerns. If you have any questions concerning how often dental x-rays exams should be performed or would like more information regarding the safety and benefits of digital x-rays please contact our office at 239-482-8806.

*source: American Dental Association



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JUNE CATARACT AWARENESS MONTH

CATARACTS: THIRD LEADING CAUSE OF BLINDNESS IN THE UNITED STATES

By Jonathan M. Frantz, MD, FACS

Studies suggest that everyone who lives long enough will get cataracts, although there may be some reduced risk for individuals who eat properly, avoid sun exposure and do not smoke.

A cataract is not a disease but an aging process similar to graying hair. As the eye ages, the normal lens inside the eye becomes cloudy. The lens focuses light rays on the retina at the back of the eye to produce a sharp image of what we see. When the lens becomes cloudy, the light rays cannot pass easily through it, and the image becomes blurry. It can be compared to a window that is frosted or "fogged" with steam.

What causes a cataract?

Cataracts usually develop as part of the aging process. Other causes include:

- Family history
- Medical problems, such as diabetes
- Injury to the eye
- Medications, such as steroids
- Long-term, unprotected exposure to sunlight
- Previous eye surgery

The amount and pattern of cloudiness within the lens can vary. If the cloudiness is not near the center of the lens, you may not be aware that a cataract is present. However, many people experience common symptoms, which include:

- A painless blurring of vision
- Glare or light sensitivity
- Frequent eyeglass prescription changes
- Double vision in one eye
- Needing brighter light to read
- Fading or yellowing of colors

I am honored to be one of the top five laser cataract surgeons in the country. I introduced Bladeless Laser Cataract Surgery to southwest Florida in 2012 and continue to embrace the latest technology for my patients by being the first surgeon in the state of Florida to offer the

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VERION Image Guided System, which tracks your eye from the planning stages to your actual procedure. We also offer the area's only ORA with VeriEye for an in-depth analysis of the eye during surgery. The combination of the most advanced technology, a wide choice of intraocular lenses, and our vast surgical experience offers area residents the opportunity to experience unparalleled cataract surgery.

A thorough eye examination can detect the presence and extent of a cataract, as well as other conditions that may be causing blurred vision or discomfort. If you think you may have cataracts, call Frantz EyeCare today at 239-418-0999 to schedule your cataract evaluation or visit www.BetterVision.net.

Jonathan M. Frantz, MD, FACS, is named in The Guide to America's Top Ophthalmologists. He and his 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, bladeless WaveLight LASIK, treatment of eye diseases, eyelid surgery and facial cosmetic procedures with office locations in Fort Myers, Cape Coral, Punta Gorda, Lehigh Acres, and Naples.

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Cocktails For Your Face!

By YOLLO Wellness

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Hylafuse & Skin Healix Cocktail

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Your own PRP combined with hyaluronic acid which is the gold standard for regenerating new collagen. \$799.00 3 for \$2,100.00

Antioxidant & Hyla Active DP Dermaceutical Cocktail

An environmental shield that neutralizes free radical attack. Antioxidant Cocktail diffuses the ageing effects of pollution, stress and prolonged sun exposure. We combine this with hyaluronic acid delivering bioidentical building blocks found naturally in the skin and power peptides which are pharmaceutically developed chains of amino acid combinations. \$200. 3 for 499.00

Vitamin Rich Repair & Hyla Active DP Dermaceutical Cocktail

A replenishing solution that promotes intensive repair and structure. Equalizes the effects of imbalanced function of the skin. Contains Vitamins E, A, Neodermyl, Resveratrol, Hylafuse Complex. \$200 3 for 499.00

What makes Dermaceuticals different from any other products?

Their approach is using natural ingredients that are essential for your skin to maintain its youthful appearance.

What is HYLA ACTIVE™?

Hyaluronic Acid is a skin essential. Naturally present in all three layers of the skin, it is a molecular building block of connective tissues as well as a potent moisture binder. Hyaluronic Acid contributes to skin function by:

- Filling in the space between cells, collagen and elastin fibers. The skin appears visibly plumper.
- Keeping the skin layers hydrated by controlling water content. The skin feels deeply hydrated.
- Enhancing skin elasticity by creating a protected, lubricated and stabilized foundation in which cells are embedded. The skin looks continually refreshed and radiant. The ability to control, regulate and maintain optimum hydration levels is perhaps Hyaluronic Acid's most important function. Acute and chronic dehydration contributes to skin inflammation, sensitivity and pre-mature ageing. Without adequate moisture, the skin feels tight, irritated and rough. HylaFuse delivers unrivalled results. It is clinically proven to be absorbed 150% more effectively than other forms of Hyaluronic Acid for maximum skin absorption.

The HylaFuse Complex only from DP promotes:

- **Smoother skin:** the appearance of fine lines and deeper wrinkles are reduced. Skin density appears plump and full.
- **Enhanced delivery of biologically active molecules:** essential vitamins, peptides and antioxidants are more readily absorbed for maximum effect and activity. Binding its own weight 100 times

in water, the HylaFuse Complex contains three molecular sizes of Hyaluronic Acid- Unlike no other product on the market:

Small molecular weight

- Delivers a saturating effect to the deepest layers of the skin. An intensive and unadulterated feeling of hydration is created.
- Is easily absorbed by the skin to achieve the highest degree of complexion correction and recovery.
- Transports additional biologically active ingredients such as vitamin C, copper peptides, zinc, B5.

Medium molecular weight

- Ensures longer lasting moisture retention throughout the skin's upper layers.

Large molecular weight

- Is specifically engineered to re-fortify the skin's outer layer.
- Reinforces barrier function and the skin's natural moisture factor.
- Acts like a protective second skin.

ANTIOXIDANT COCKTAIL™

An environmental shield that neutralizes free radical attack. Antioxidant Cocktail diffuses the ageing effects of pollution, stress and prolonged sun exposure.

SKIN TYPES SKIN CONDITIONS

All Pre-maturely aged, aged, sun-damaged, pigmented

KEY BENEFITS

- Repairs and fortify the signs of sun and environmental damage
- Hydrates and revives for a visibly brighter tone
- Re-texturizes and smooths for a renewed, refreshed appearance
- Restores vitality and energy to erase signs of fatigue

KEY INGREDIENTS

Vitamin C: A potent antioxidant and multi-tasking vitamin that provides intensive environmental protection. Necessary for collagen formation, Vitamin C also regulates excess pigment production. The skin appears smoother and plumper with increased clarity and radiance.

Vitamin B3: A versatile anti-inflammatory that promotes regulated pigment and hydration. Redness, irritation and sensitivity are visibly reduced and calmed.

Argiriline & Syn-Coll: Patented power peptides that are clinically proved to reduce wrinkle depth and stimulate collagen for a firmer, lifted and rejuvenated complexion.

Rooibos & Aloe Vera: Anti-inflammatory and antioxidant rich botanicals abundant in natural manganese, zinc and copper. The skin feels stronger with visibly reduced redness and reactivity.

Hyalufuse Complex: A triple weighted Hyaluronic Acid complex that effortlessly absorbs into the skin to promote maximum hydration, moisture infusion and long lasting comfort.

What is VITAMIN RICH REPAIR™?

A replenishing solution that promotes intensive repair and structure. Vitamin Rich Repair visibly strengthens vulnerable complexions.

SKIN TYPES SKIN CONDITIONS

All Aged, sun-damaged, sensitised, post-operative

KEY BENEFITS

- Nourishes and comforts for increased resiliency
- Softens the appearance of fine and deep lines
- Visibly firms and lifts atrophied contours
- Promotes intensive rebuilding and repair
- Equalizes the effects of imbalanced function

KEY INGREDIENTS

Vitamin A Esters: Skin compatible, active derivatives of Vitamin A. Cellular activity becomes regu-



lated as collagen and elastin production are stimulated. The skin functions more effectively for a clearer, brighter and clarified complexion.

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Rising Temperature = Increase in Eye Injuries

It's finally summer – and it's all fun and games until somebody's eye gets hurt. During the summer months the number of patients reporting to doctor's offices and emergency rooms because of eye injuries increases exponentially. Keep that in mind while you are enjoying warm temperatures and the great outdoors.

Pool Chemicals

Pool chemicals are added to keep germs from spreading, but they are also a major cause of eye injuries each summer. Before diving into the pool, keep in mind that nearly 5,000 pool chemical-related injuries are treated in U.S. hospital emergency rooms annually.

The three most common swimming pool chemical injuries are respiratory problems (from breathing in fumes), eye injuries and skin injuries, according to the U.S. Centers for Disease Control and Prevention.

Children and teens suffered nearly half of these injuries and more than one-third occurred at home, the CDC researchers found. Not surprisingly, most occurred between Memorial Day and Labor Day, with nearly half of these incidents happening over a weekend.

Eye doctor recommend that chemicals should always be handled, stored and labeled correctly, and most importantly administered according to directions.

If there is still a problem, such as irritated skin or red eyes, get out of the pool and consult a doctor. It's also a good idea to wear goggles or mask when swimming.

Eye Infections

With increased temperatures, swimming and boating in sometimes murky lake waters, and with allergens still hanging in the air, the risk for eye infections cannot be underestimated. Especially people who are wearing contacts should take extra precautions and make sure they handle their lenses appropriately.

Be extra cautious when swimming. You are not supposed to swim with your contact lenses on, but people do and the results often are not good.

Water and contacts do not mix. If you need them to see while swimming make sure you clean them afterward to avoid eye infection.

UV rays

A number of studies indicate that spending time in the sun without sunglasses can damage your eyes and contribute to cataracts and growths on the eye, including cancer. Based on these studies, eye doctors recommend that you wear 99 percent and higher UV-absorbent sunglasses and a hat for more shade whenever you're in the sun.

With summer sun come hidden dangers to our eyes. Just like UV damage to skin can cause cancer, UV damage to eyes can be extremely harmful and is responsible for causing cataracts, macular degeneration, pinguecula and photokeratitis. You must do your part to protect your eyes.

Proper sunglasses are key to protecting your eyes from sun-related damage, and they look good too.

Accidents

Fireworks: Don't shoot your eye out with fireworks on the 4th of July. You've heard it before, but no matter how often this warning goes out, 8,500 people get hurt by fireworks each year in the U.S. According to the American Academy of Ophthalmology, roughly 2,000 of these are eye injuries with one-third of the eye injuries resulting in permanent eye damage. So once again, beware when handling fireworks.

Sports injuries: In the summer, everybody becomes an athlete – and with more people being active and outdoors the number of sports injuries and eye trauma goes up – from baseball bats to the eye, to boating accidents and snapped cords to branches or rocks hitting the eye while biking. Enjoy your summer activities but make sure you protect your eyes.

Outdoor Yard Work and DIY Projects

People are out gardening or working in their yards – mowing, planting, landscaping DIY home improvement projects in the summer. According to the American Academy of Ophthalmology, nearly 1.5 million eye injuries in the United States occur annually in the home. Even though 90 percent of these injuries could be prevented by using protective eyewear, a survey by the American Optometric



Association showed that only 35 percent of people wear protective eyewear at home. It can happen to you, so please protect your eyes.

By embracing these simple tips you and your family can enjoy the summer sun safely while protecting your vision.

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

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Can You Hear Me Now?

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

The subject of men's health and their occupations encompasses a plethora of subjects for discussion. For the most part, men are exposed to more noise: military, industrial and power tools than women; not to mention planes, cars, boats, and recreational "toys."

Over a period of prolonged exposure to excessive decibel levels, the nerves of the inner ear become permanently impaired. The first indication of a problem is when an individual turns up the television louder than normal, speaks loudly, or asks for statements, directions, and questions to be repeated. In general, the higher frequencies of the inner ear are the first to dissipate. This generally doesn't hamper the ability to hear, but the clarification of what a person hears is diminished.

Untreated Hearing Loss Linked to Development of Dementia and Alzheimer's

As with any medical issue, early detection is the key. The sooner a deficit is detected, the better chance an individual with the problem can find a solution to their particular malady. A recent study by Johns Hopkins University School of Medicine and the National Institute on Aging determined that individuals with untreated hearing loss are much more likely to develop dementia and Alzheimer's disease. People with only a mild loss were twice as likely to contract the aforementioned afflictions. Individuals with severe hearing impairments were five times as likely to suffer from dementia and Alzheimer's disease.

We Hear with Our Brains, Not Our Ears

People with untreated hearing problems lack "proper" stimulation to the part of the brain that comprehends speech; over time, the brain atrophies and loses function. Remember, we hear with our brains, not our ears.

Advanced Digital Hearing Technology

Almost all hearing impairments can be overcome with the use of hearing instruments.

Today's digital technology technology "prescription" fits your ears like eyeglasses do for the eyes, using highly advanced computer chips. Unlike your vision, when your eyes get worse, a stronger prescription is needed. When an individual's hearing deteriorates, the same computer chips can be re-programmed without the necessity of buying newer hearing devices.

Other options like directional microphones are extremely beneficial, especially in ambient noise. When directional microphones are active, they only pick up voices coming from in front of the hearing device user, not from behind. This helps substantially in the presence of background noise. Multi-memory is another option hearing instrument users can take advantage of depending on their type of listening environment. A push button allows the wearer to increase or decrease the volume of the instruments to ensure sounds remain at a comfortable level.

Another development in the advancement of hearing devices is ATR: automatic telephone response. This virtually eliminates the annoying "squeal" hearing devices used to make when putting the telephone close to a person's ears.

"Hearing Devices are a Sign of Intelligence"

In conclusion, there is nothing more important than your health. An annual hearing evaluation can make a world of difference to not only the person with the impairment, but also for everyone around the individual with the hearing loss. Helen Keller once said, "hearing devices are a sign of intelligence; it shows consideration for others."

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

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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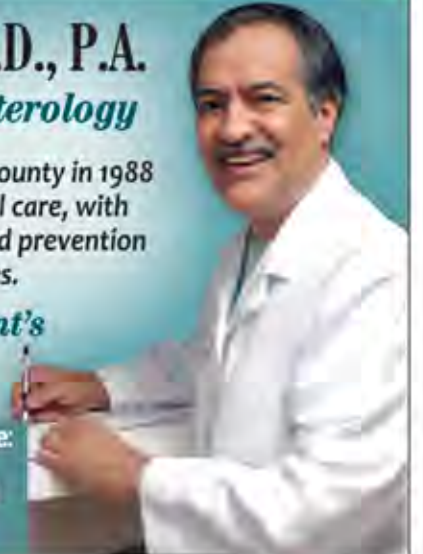
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Patient advocate.

It's an interesting term,
but what does it mean, and why should I care?



A patient advocate is someone who helps their clients navigate the healthcare system. Healthcare today is more challenging and complicated than ever. The term healthcare itself is confusing. What do I mean by healthcare? I include both the health insurance coverage and the treatment.



Gone are the days where you had a deductible on your health insurance policy, and once you paid that amount, everything else was paid for by the insurance company. Today, you may have an HMO plan, a PPO plan, an Affordable Care Act (Obamacare) plan, or something else. Your doctors may or may not be in network. You may have different levels of co-pays for different types of services. Health insurance today is a complicated alphabet soup. Don't think that if you're on Medicare you're safe. There's an alphabet soup there as well. There's Medicare Part A, Medicare Part B, Medicare Part D. And there are Medicare Advantage plans as well as Medigap policies. Do you know what type of plan you have, and how to use it? A patient advocate can help you cut through the details so that you receive appropriate benefits.

Once you get past the insurance, can you deal with the various doctor visits, diagnoses, and possible second opinions? It is not uncommon to go to a doctor visit and receive so much information in such a short period of time that you walk out overwhelmed

and unable to remember what you were told. An advocate can provide a second set of ears at appointments. An advocate can help you develop questions for the doctor so that you have information to help you make treatment decisions. Additionally, an advocate can help find a doctor for a second opinion.

Perhaps you have senior parents who are dealing with health issues. Finding a balance between work and family can be stressful. An advocate can help. The advocate can attend your parents' appointments and with their

permission, report to you on what the doctor said. Think of the advocate as an adult child extender. You can't be in two places at once, but this is a great alternative.

An advocate can help you with the things for which you don't have the time or energy. An advocate allows you to focus on your health and keep your peace of mind.

Lora McCann, owner of Peace of Mind Patient Advocacy, has clients ranging from 26 years of age to 82 years of age. Following are examples of the services she has provided. She obtained a referral to a specialist for a client on an HMO. The primary care physician refused the patient's request so McCann intervened. McCann found insurance coverage for a middle aged client who fell in to the Medicaid gap in Florida. For an elderly client who is a winter visitor, she provided bedside monitoring when he was hospitalized and provided his family with updates whenever he saw a doctor. Her services allowed him to winter in Florida and provided peace of mind to his distant family.

Advocates can come from varied backgrounds. They can be social workers, nurses or accountants. They also can be a graduate of one of many patient advocacy programs.

McCann holds a Bachelor's Degree in Accounting from the University of South Florida. She also has a graduate level certificate in Patient Advocacy from UCLA Empowered, a public/private program of UCLA, which she received with honors. Additionally, she has received a certificate in Patient Advocacy from the Professional Patient Advocate Institute. McCann is currently pursuing training in oncological patient navigation from George Washington University Cancer Institute. She has worked as a practice manager for a local medical office which provides her with insight into the providers' side of healthcare.



Lora McCann, Owner

Peace of Mind Patient Advocacy

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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.

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Just What is Diverticulosis and Diverticulitis?

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

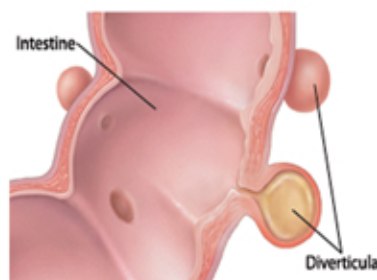


Diverticulosis and Diverticulitis are two of the most common colon problems that gastroenterologists treat. That being said, there is much confusion distinguishing the difference between these two very similar words and conditions. We are faced with how to evaluate the "typical" symptoms that can occur, and then to decide a specific treatment and the appropriate diet. I, myself, had an episode of Diverticulitis that was not typical.

Two days prior to Thanksgiving, 2008, I developed a sudden onset of severe cramping abdominal pain lasting 2-3 hours, followed by multiple watery bowel movements, and then a few hours later – a complete bowel obstruction needing a surgical resection. There went Thanksgiving dinner! I was diagnosed with a benign (non-cancerous) stricture from recurrent Diverticulitis. This is basically a "strangulation" of the colon, similar to a circular "snag" of a nylon stocking. I had never been ill in my entire life, aside from the flu. To this date, I am the strangest case of Diverticulitis I have ever seen, and certainly not a text-book example. To begin with, the physiology of the colon is as follows. When the small intestine is finished absorbing the nutrition that you've eaten, it flows as liquid stool into the large intestine (colon) on the right side where the appendix is located. The role of the colon is simple – it absorbs the water from the liquid waste. As it approaches the left side of the colon, the stool progressively gets more solid. The left side of the colon is considered the "pump" of the bowel and "squeezes" the solid waste, propelling it as a bowel movement.

If the liquid waste has flowed too slowly, too much water is removed and a hard pebble-like stool develops – constipation. If it flows too fast, an inadequate amount of water is removed and stool remains liquid – diarrhea. That's the physiology of the colon, in a nutshell.

Now, Diverticulitis develops as one might think – mostly on the left side or "pump" side of the colon, where the squeezing of solid-forming waste causes the greatest amount of pressure. Although Diverticulitis can be seen on the right side of the colon, it is not as common. In the colon, there can be weak spots on the specialized colon walls. Due to increased pressure, these weak spots develop sacks or pouches,



like bubble forming on an old inner-tube. These pouches are called "diverticula", or singular - "diverticulum". As a group, the pouches are called Diverticulosis, and when they are inflamed - Diverticulitis. An analogy would be a head (diverticulum) and a headache (Diverticulitis).

Ok, so who gets Diverticulosis? Generally, as it takes years to develop, it is seen in an older adult population. This varies greatly, as I have seen this condition in some adults in their late 20's and early 30's – presenting first as painful Diverticulitis. I am sure, though, that there have been cases at even younger ages. Diverticulosis develops because we are, for the most part, a low-fiber society. In other words, a meat and potatoes Western society. Asians and Africans rarely experience this problem due to the difference in their diets compared to ours.

As for the more "typical" symptoms of Diverticulitis, patients can experience an intermittent dull or crampy pain located on the left side of the colon and is associated with progressing constipation. In a more advanced and extensive condition of Diverticulosis, the bowel can become very narrowed, and tortuous or twisted - leading to a change in bowel habits, a pencil-caliber of stool, or constipation followed by a rush of diarrhea.

Of course, these symptoms can be common in other non-diverticulosis presentations, such as Irritable Bowel Syndrome (IBS). When [normal] bacteria seeps from the intestine into the diverticula (pouches), then pressure in the colon - from constipation or, in some cases, diarrhea – can cause the pouches to rupture, thereby creating an opening in the intestinal wall. Stool can rush into the peritoneal cavity, causing acute pain or Diverticulitis, not to mention a host of other medical issues. Thankfully, most cases – around 75% - are self-limited and are treated with bowel rest and antibiotics. In some cases, a short hospital stay is needed.

In few cases, the rupture is large; an abscess (pocket of pus) can develop, which can lead to surgery for a partial resection of the diseased colon. In its most severe presentation, a colostomy or external "bag" is needed. More rarely, rectal bleeding is the presentation. Often, it is not associated with pain and can lead to multiple bloody bowel movements in the span of a few hours. Although this always alarms patients, it generally is treated with a short hospital stay and resolves on its own, sometimes with the need for blood transfusions. In my 30 years of practice, and thousands of Diverticulitis cases, I can count on two hands how many have needed emergent surgery.

Diagnostically, Diverticulosis is discovered with colonoscopy or noted routinely on some xrays. However, the quantity of diverticula needed to define the severity of Diverticulitis is not helpful in treatment or prevention. Certainly, the more advanced the quantity or twisting/narrowing of the colon, the greater the risk of rupture. I have found that the key to preventing Diverticulitis is to make sure you are having relatively normal bowel movements – ie, tube-like, soft (not mushy), solid (not hard or pebble-like) stools. Your doctor, particularly, your gastroenterologist, can help you tailor your diet to your needs.

Finally, let me put an old myth to rest. Many patients are under the impression that a diagnosis of Diverticulosis means you can't have nuts, seeds or corn in your diet. That is TRUE in a very small number of patients. However, most patients can keep these in their diet with balance and moderation. Scientific studies have been performed looking at this very point. A two-decade old study at Harvard Medical School found the patients who consumed these foods actually had a 30% decrease in the risk of Diverticulitis and bleeding.

So, enjoy a balanced, high-fiber diet! What is that? It's what my 6th grade science teacher, Mrs. Cook, told me a half a century ago. "Take a look at your plate. If there are plenty of colors and shapes, then that's a balanced diet." Brilliant.

Be well and stay well.



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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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THE 3 ESTATE PLANNING DOCUMENTS YOU NEED FOR 3 BIG LIFE EVENTS!

By Steven J. Gibbs, Esq.

For any size estate, there are what I call the “Big 3” Estate Planning Documents and these are essential because they each address a major estate planning situation or “life event” as follows:

1. Durable Power of Attorney - Disability
2. Advance Healthcare Directive - Incapacity
3. Last Will & Testament - Death

Disability and Durable Powers of Attorney

No one likes to think about disability and yet none of us is invulnerable. If we become disabled, a Durable Power of Attorney is needed. There are various types of powers of attorney such as “special” or “limited” powers of attorney, and these are for specific purposes such allowing a business associate to purchase real property or make certain business decisions for a limited purpose in your absence. None of these other powers of attorney will allow your appointee to make business decisions on your behalf if you suddenly become disabled. The “durability” in the Durable Power of Attorney allows it to survive disability and this is fundamental to estate planning.

Advance Healthcare Directives and Incapacity

Advance Healthcare Directives are essential if you cannot make your own medical decisions. This document includes separate documents known as a Living Will and a Designation of Healthcare Surrogate. Other names for these two documents are a “Do Not Resuscitate and a Medical Power of Attorney. What you need to know is that you need these two medical documents to make up your Advance Healthcare Directive to cover yourself and your family. I also recommend that folks have a number of HIPPA release documents because these are critical for allowing family members access to medical records due to the strict privacy laws in force today under HIPPA.

Several years ago the Terry Shiavo case made national headlines. The gist of the case is that a woman, Theresa Marie Shiavo, was essentially in a coma or a “persistent vegetative state” for many years. An interfamily dispute developed between Ms. Shiavo’s husband (and legal guardian) Michael Shiavo and Ms. Shiavo’s family concerning Ms. Shiavo’s wishes relating to living in a “persistent vegetative state. This case directly concerned what is addressed in the modern “Living Will” and that is your desire for life sustaining medical assistance in certain dire circumstances. Whereas the Shiavo case example concerns the “Living Will” component of the Advance Medical Directive, there is



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also the "Designation of Healthcare Surrogate" or "Healthcare Power of Attorney" which serves to empower someone to make your medical decisions as expressed in the Living Will. The Health Care Surrogate role functions very much like the Durable Power of Attorney with the distinction that the former is concerned with medical decisions and the latter is concerned with business and financial decisions.

Last Will & Testament - Death

The Last Will is a testamentary document, meaning that it "testifies" as to the wishes of the deceased person and so it must be deemed reliable. Certain formalities are required to assure that a Last Will is reliable which are:

1. Testamentary Intent
2. Attestation
3. Signature by the Testator.

All of these formalities serve 4 main purposes, which are:

1. Evidence that the document is the Testator's last will and testament
2. To alert the Testator that it is important and should be carefully considered
3. Prevention of fraud
4. Influencing the Testator to consult an attorney to prepare it due to the possibility of errors

It is also important that a Last Will be drafted properly so that there is no confusion in the plain language itself. The Last Will is essentially an instruction sheet for the Probate Court so the Judge can rightly determine who is entitled to the estate assets.

I hope this gives you a better understanding of why there are several documents that are important for a complete estate plan. Utilizing a revocable living trust is also important in most cases, and that is the subject of another article.

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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June is "Men's Health Month", are you taking care of yourself!

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

Boys love their mom's and grow up to be men who take care of and provide for their families. Men get so caught up on providing for others that they often don't find time for themselves. The key to good health is taking care of yourself, prevention is key. Preventive services covered under the Affordable Care Act, these services are covered at NO CHARGE.

*15 Covered Preventive Services for Adults

1. **Abdominal Aortic Aneurysm** - one-time screening for men of specified ages who have ever smoked
2. **Alcohol Misuse** - screening and counseling
3. **Aspirin** - use for men and women of certain ages
4. **Blood Pressure** - screening for all adults
5. **Cholesterol** - screening for adults of certain ages or at higher risk
6. **Colorectal Cancer** - screening for adults over 50
7. **Depression** - screening for adults
8. **Type 2 Diabetes** - screening for adults with high blood pressure
9. **Diet** - counseling for adults at higher risk for chronic disease
10. **HIV** - screening for all adults at higher risk
11. **Immunization** - vaccines for adults--doses, recommended ages, and recommended populations vary:
 - Hepatitis A
 - Hepatitis B
 - Herpes Zoster
 - Human Papillomavirus
 - Influenza (Flu Shot)
 - Measles, Mumps, Rubella
 - Meningococcal
 - Pneumococcal
 - Tetanus, Diphtheria, Pertussis
 - Varicella

Learn more about immunizations and see the latest vaccine schedules.

12. **Obesity** - screening and counseling for all adults
13. **Sexually Transmitted Infection (STI)** - prevention counseling for adults at higher risk
14. **Tobacco Use** - screening for all adults and cessation interventions for tobacco users
15. **Syphilis** - screening for all adults at higher risk

*www.hhs.gov



Children and women have other covered services as well.

Once you have your health insurance in place, it is important to take care of the other protections you need to provide for yourself and your family. Disability Insurance and Life Insurance, both of these insurances are based on your age and health, so the younger you are when you purchase them is always best. Disability Insurance is a form of insurance that insures your earned income against risk of a disability. There are two types of Disability Insurance; Short Term Disability or Long Term Disability, to determine what is best for you will depend on your risk tolerance (how long can you afford to be without income). When purchasing Disability Insurance it is important to find out if it is a true own occupation policy, this is very important especially if you have a very specific talent that earns you a high income. Life Insurance is meant to provide money to take care of expenses when you pass or to leave a legacy. Life Insurance is also used in Financial Planning, because of its favorable tax treatment and other benefits such as cash

accumulation in some policies. Many times people buy Life Insurance and when the term of the policy runs out they want to continue it, then they find out the cost is way too much either because of their age or new health conditions. Some permanent life insurance is always recommended. Annual reviews are important or at a minimum as your needs change.

Also remember when moving, getting married or divorced, adding to your family, to check your wills, trusts, and make sure they follow Florida's laws and guidelines. Establish yourself with a local attorney, CPA, Financial Planner / Insurance Agent. An annual review is very important. 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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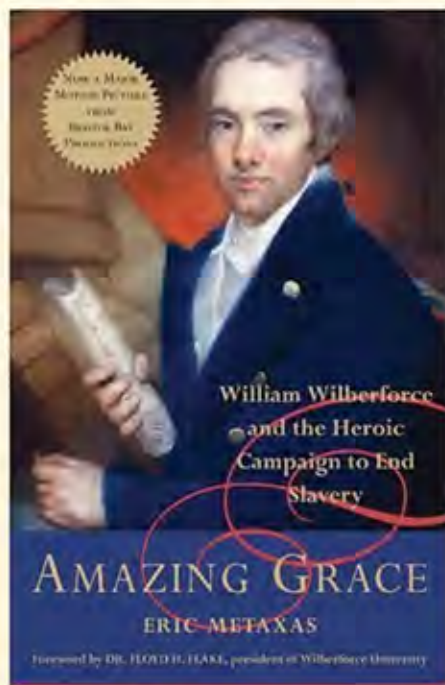
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DUTY

Duty. The word itself has sort of an old fashioned feel, doesn't it? And yet there is somethings there. Perhaps it's even something quite important.

I was reading, earlier this week, from Eric Metaxas's excellent book *Amazing Grace*, a biography of the English abolitionist leader William Wilberforce. In the book, Metaxas writes of the death of Admiral Lord Nelson in the battle of Trafalgar (a naval battle against Napoleon's French fleet) in October, 1805:

Every British schoolchild has heard the mythic heroics and details of that day over and over and can recite them chapter and verse: how Nelson, aboard the HMS Victory, sent word to his fleet before the battle – "England expects every man will do his duty"; how during the battle he was mortally wounded by the musket ball of a sniper standing in the rigging of the French ship Redoubtable; how his final words were, "Thank God, I have done my duty"



aim is to finish the race and complete the task the Lord Jesus has given me – the task of testifying to the good news of God's grace."

Duty required of Admiral Lord Nelson that he place his life on the line.

Hard not to dwell on that sort of thought as we consider what it is to be a Believer, and how it is that we came to have access to God. Were it not for the willingness of Jesus Christ to die in our place, as His duty to His Father's justice required (on our behalf), Christianity understands that we would all be irretrievably lost.

And His death for us has given us a great gift: eternal life, even as it requires that we give that life back to Him. The Apostle Paul, whose letters, gathered and treasured by the early church, gave us much of our New Testament, said it like this, "I consider my life worth nothing to me; my only

I bet that you won't be shot today by a French sniper (it's sort of an unusual way to die). But if your life did end today, child of God, and you had just a fleeting moment this side of eternity, would you be able to look back in that moment and say, like the old British officer, and like the One who hung on a cross centuries earlier, "Thank God, I have done my duty?"

Just something to think about



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