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Sweet Potato Casserole

Ingredients

2	lbs fresh sweet potatoes
3/4	cup granulated sugar
1/4	cup evaporated low-fat milk
3	tablespoons melted butter
1/2	teaspoons salt
1	teaspoon vanilla extract
1	teaspoon cinnamon
1/4	teaspoon nutmeg
2	large eggs
	cooking spray

Topping

1/3	cup all-purpose flour
2/3	cup packed brown sugar
1/8	teaspoons salt
2	tablespoons melted butter
1/2	cup chopped pecans

Preparation

Preheat oven to 350°.

To prepare potatoes, place potatoes on a large baking sheet and bake for 40 minutes. Remove potatoes and cool 5 minutes then peel easily.

Place peeled potatoes in a large bowl. Using a mixer, beat at medium speed until smooth. Add granulated sugar, evaporated milk, 3 Tbs melted butter, 1/2 tsp salt, 1 tsp cinnamon, 1/4 tsp nutmeg and 1 tsp vanilla. Add eggs and beat well. Coat a 13 x 9" baking pan with cooking spray and pour potato mixture into the pan. Bake 30 minutes.

To prepare topping, spoon flour into a dry measuring cup and level. Combine flour, brown sugar, chopped pecans, 1/8 tsp salt and stir with a whisk. Stir in 2 Tbs melted butter. Remove casserole from oven and sprinkle flour mixture over potato mixture while preheating broiler.

Broil casserole 45 seconds or until topping is bubbly. Let stand 10 minutes. Serve.

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An Orthopaedic Surgeon Can Make a Tremendous Difference in the Quality of Your Foot and Ankle Care!

An orthopedic surgeon specializing in foot and ankle problems can make a huge difference. I am Dr. Myles Rubin Samotin, M.D., an orthopedic surgeon fully trained in taking care of all extremities from the shoulders to the fingers, from the hips down to the toes. In addition to a very lengthy training and specialization in orthopedics, I am subspecialty and fellowship trained in foot and ankle problems, and for the past 17 years in Southwest Florida, I have taken care of everything from the simplest to the most complex foot and ankle problems. I am originally from New York City, trained at some of the best orthopedic institutions in the world including Columbia, SUNY Downstate in Brooklyn, Maimonides Medical Center, and the Hospital for Joint Diseases, a world-renown orthopedic institution located in New York City. I am currently Board Certified, and I recently passed my recertification examination with flying colors.

I am a member of the American Academy of Orthopedic Surgeons and I am in excellent standing. In my younger years, I attended the Julliard School of Music and have been a serious pianist for many years. Today I mostly play the piano for my private fun and relaxation, but every year I participate in the physician's talent show in Collier County and not only donate my time but also a lot of money to helping the underinsured get the health care that they need. I grew up seeing my grandmother lose both of her legs as a result of rotten care given to her by a podiatrist. This was the kernel that inspired me to specialize in foot and ankle problems, and through my orthopedic training, I have shown that there is an alternative that can do very well for patients.

More than 50% of the foot and ankle surgeries that I do are fixing the botched up surgeries that are done in this area. No surgeon's results can be perfect, but my results are excellent. My infection and complication rate have always been and continue to be extremely low. I handle everything from bunion and hammer toe correction to neuroma excision to advanced arthritis in the foot and ankle, tendon disorders, flat foot deformity, Achilles tendon problems, fracture work. I have made a difference in thousands of patient's lives in the Southwest Florida area, and if you have a foot and ankle problem, I would like the opportunity to make a difference in yours.

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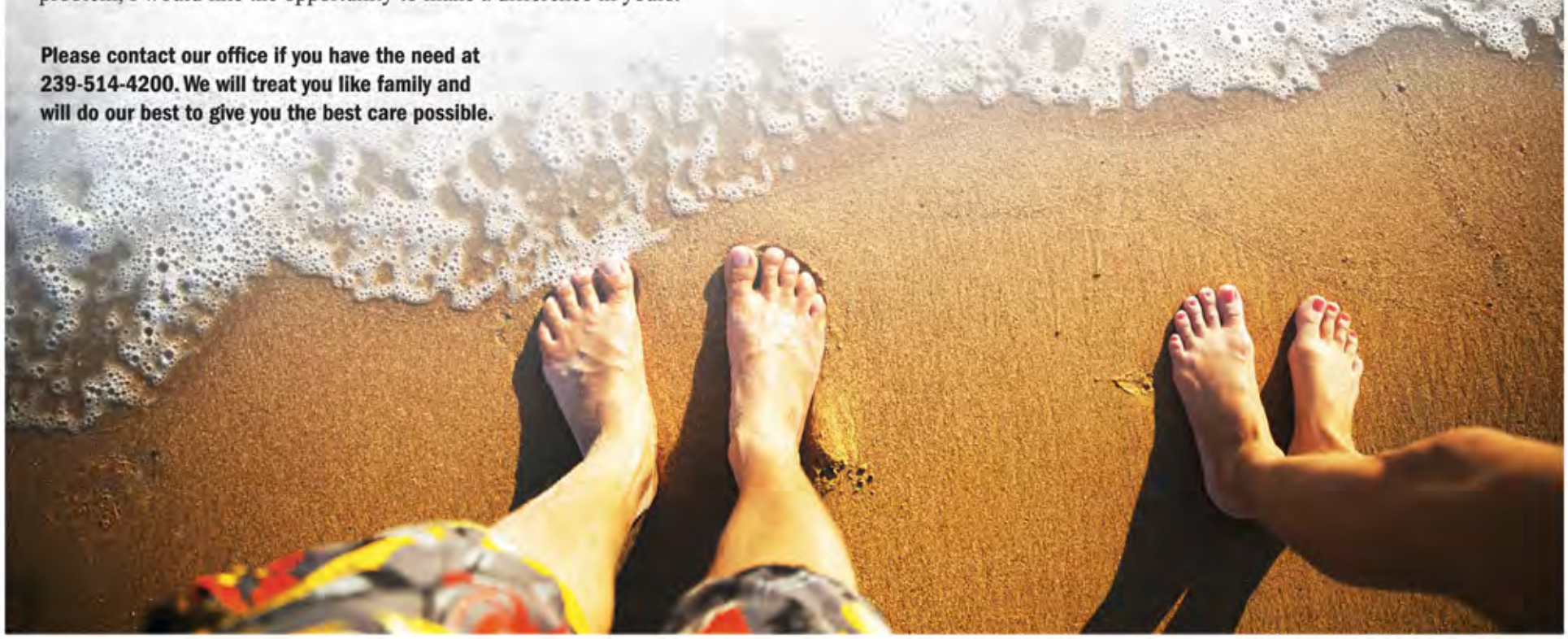

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What's New In The World Of Venous Therapy

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

Varicose veins, spider veins, leg swelling, venous ulcerations and phlebitis or clots in the veins are common conditions that affect over 30 million Americans and countless other millions worldwide. Up until recently venous disease was not recognized as a separate specialty and, in fact, many aspects of these diseases especially varicose and spider veins were considered to be strictly cosmetic. With the advent of Laser and Radio Frequency Closure techniques approximately ten years ago, not only the treatment of venous disease, but also its recognition as a separate specialty has been revolutionized. The new aspects of venous disease can be divided into three categories: Varicose Veins, Spider Veins and Venous Specialty Recognition.

Varicose veins are the large ropey veins that can occur almost anywhere in the leg. For many years the only treatment of varicose veins was a very extensive procedure involving multiple incisions and multiple sutures called ligation and stripping. The end result of this surgery was the replacement of the veins with multiple scars and there was a high recurrence rate. Approximately ten years ago it was recognized that the main cause of varicose veins were valves in the veins that did not close properly. Think of this like a dam that is leaking. In order to treat the problem, the leak in the dam needs to be sealed. The procedure to seal the leak is called "Closure" which involves using either a Laser Filament or a Radio Frequency Catheter. The beauty of this procedure is that it could be done in the office under local anesthesia with either none or very light sedation and very little downtime. The advent of these Closure procedures was the initiating step in the formation of the new field of Phlebology.

For years the only treatment for spider veins was a saline solution which was not only irritating to the vein resulting in potential for discoloration of the skin and ulcerations of the skin, but was also extremely painful on injecting. Over the last ten years many new techniques for spider vein injection called "Sclerotherapy" have evolved. There are many solutions used for Sclerotherapy, but there are three that are commonly used - Polidocanol, Tetradecyl Sulfate and Glycerin. In addition to those three, originally beginning in Europe and now available in the United States, is Foam Sclerotherapy. Foam is formed by mixing either

Tetradecyl Sulfate or Polidochinol with either an air or CO2 combination resulting in a Foamed Solution that sort of looks like a shaving cream. By injecting this into the spider veins it is possible to cover a greater area and better dissolve spider veins.

Beginning in 2008 Phlebology has become a designated separate specialty with a recognized board called "The American Board of Phlebology". Certification is obtained by passing a comprehensive written exam and demonstrating knowledge in Venous Closure techniques and ultrasonic performance and interpretation. Certification by The American Board of Phlebology gives one the title of Diplomate of The American Board of Phlebology. At the time of this writing there are currently less than 2,000 physicians worldwide certified as Diplomates of The American Board of Phlebology.

In addition to board certification, since the treatment of venous disease relies on and is intimately involved with ultrasonic evaluation, ultrasonic proficiency has become a prerequisite for the treatment of venous disease. It is currently considered inappropriate to make an assessment of varicose and spider veins without an adequate venous ultrasound. Almost all patients with varicose veins have valvular insufficiency and at least thirty percent of patients with spider veins alone have significant valvular insufficiency. Unless the valvular insufficiency is treated primarily then the varicose and spider veins will not improve. Because of the emphasis on venous ultrasound, multiple certifying boards have been established to grant qualification in both ultrasonic interpretation and performance. Three common ultrasound credentials

recognized by The American Board of Phlebology are the RVT, RPVI & RPhS. The RVT (Registered Vascular Technician) has been in existence for many years. Passing this exam certifies either the physician or non physician in all types of vascular ultrasound including arterial, venous, carotid and abdominal. The RPVI (Registered Physician Vascular Interpretation) has been in exisence for about five years, and again, this requires an intense certifying exam. Once this is passed one then has the credentials to interpret any type of vascular ultrasound be it venous, arterial, renal or abdominal. This certification is available only to a physician. The RVT can be obtained by both physicians and non physicians. Both of these exams are offered by the ARDMS which is the American Registery for Diagnostic Medical Sonography. The third exam is the RPhS (Registered Phlebology Sonographer). This is offered by the Cardiovascular Credentialing International Committee and has only recently been made available to those physicians and non physicians qualified to take it. This exam give certification to do venous ultrasounds.

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

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What does the James J. Buonavolonta M.D. Cardiac Imaging/Cardiac PET Center have in common with the top 10 hospitals in America including Johns Hopkins Hospital, Mayo Clinic, Cleveland Clinic, Massachusetts General Hospital, Brigham and Women's Hospital, Duke University Medical Center, Hospital of University of Pennsylvania, Ronald Reagan UCLA Medical Center, and the New York Presbyterian University Hospital of Columbia and Cornell? The answer is cardiac PET. There are approximately 160 dedicated cardiac PET centers in the world and only 30 centers offering advanced blood flow measurements called myocardial blood flow reserve. As a matter of fact, there are only 2 centers in Florida offering this technology, Dr. Buonavolonta's center in Naples and a center located in Gainesville. The James J. Buonavolonta, M.D. - Cardiac Imaging/Cardiac PET Center is the first and only dedicated cardiac PET center in Collier County.

A cardiac PET scan (positron emission tomography) is the most accurate noninvasive nuclear stress test available. It is a technology that can put your mind at ease by determining that you will not have a life-threatening heart attack with a predictive value of 99.6% within 1 year of taking the test. It is able to detect significant coronary artery disease(blockages of the arteries surrounding the heart that restrict blood flow to the heart muscle) with a 95% sensitivity, and some studies have shown that is up to 100% specific in excluding nonsignificant coronary artery blockages that are not reducing blood flow to the heart muscle. A huge advantage of this state of the art stress test is the fact that it administers as low as 1/7 the radiation dose compared to a conventional nuclear stress test, coronary CT angiography and cardiac catheterization. It takes only 30 minutes to complete from start to finish, and does not use iodine based contrast agents (such as CT scans and cardiac catheterizations).

A cardiac PET scan can also predict who will improve from coronary stenting or coronary artery bypass grafting before the procedure has been done. The test is reimbursable by Medicare and private insurances based on appropriate diagnosis. These include a patient having chest pain, abnormal electrocardiogram, certain types of arrhythmia, a patient with heart failure, as well as a patient with multiple cardiac risk factors who might be at high risk for developing a heart attack in the future. It can also be used to evaluate your heart status prior to undergoing surgery to make sure you are not at high risk from the surgery.

The James J. Buonavolonta, M.D. Cardiac Imaging/Cardiac PET Center has recently been Accredited by IAC (Intersocietal Accreditation Committee) in cardiac PET. This is a significant accomplishment since less than 5% of accreditated nuclear cardiac labs in America are accredited in PET. This means that a center has met the highest standards on a national level to perform such an advanced cardiac imaging test.

If you have heart disease or suspected heart disease, cardiac PET is something you need to discuss with your physician or health care provider. It can save your life.

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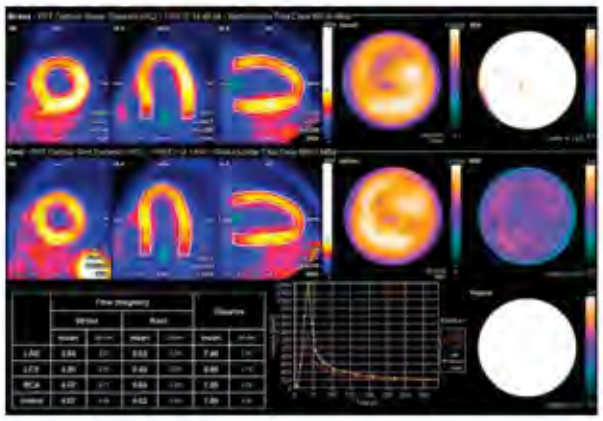

ABOUT DR. BUONAVOLONTA

1. Medical school training at the Creighton University School of Medicine in Omaha, Nebraska
2. Internal Medicine Residency as well as Cardiology Fellowship at the University of Medicine and Dentistry of New Jersey/Robert Wood Johnson Medical School
3. 20 years experience providing cardiology services in Collier County
4. Diplomat of the American Board of Internal Medicine – Cardiovascular Disease and member of the American Society of Nuclear Cardiology
5. First cardiologist to be credentialed to interpret hospital-based nuclear stress tests in Collier County in 1996
6. Named first medical director of echocardiography in a hospital setting in Naples
7. First cardiologist who performed echocardiograms in the operating room in Collier County. This assisted cardiac surgeons performing heart valve repairs
8. Director of the first credentialed nuclear lab and echo lab in Collier County
9. Previously voted non-invasive cardiologist of the year by hospital staff
10. Former cardiac imaging director of one of the largest multi-specialty groups in Southwest Florida

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Managing Lung Disease During the Holidays

By Phoebe Brown | Staff Writer

Typically, the holiday season brings family and friends together for many celebrations of love, joy and gratitude. However, for someone who has lung disease, the holidays can seem daunting. Between traveling, cooking and eating, someone could easily become fatigued. For people with lung disease, that fatigue could make breathing a difficult task. One way to avoid this excessive exhaustion is to use moderation when eating. With so many choices of savory or sweet, it can be difficult to practice self-control. While it is fine to indulge in the holiday fanfare, company and food, using moderation along with other alternative treatment options can help people with lung disease enjoy the holidays as well as improve their overall quality of life.

There are many triggers which can cause symptom flare-ups, such as intense environments, air pollution and pollen, chemical irritants, allergens, overexertion and overeating. While some of these symptom-causing triggers are uncontrollable, some of them are manageable. For example, staying inside when the air quality is poor due to pollens, allergens or other irritants can help with lung function. Similarly, over-eating or eating foods that cause gas or bloating can make breathing uncomfortable, so even during the holiday season, it is important to keep moderation in mind.

It might seem like common sense but taking time to enjoy the meal and the company at the table could help someone feel satisfied instead of overfull. Drinking plenty of non-caffeinated fluids, such as water, and eating a healthy snack before the meal can help control hunger and can help people meet their hydration needs. Sometimes people enjoy helping out in the kitchen to stay busy and keep an active mind. When it is time to eat, foods that generally do not cause unnecessary gas or bloating and eating smaller portions could help keep pressure from building in the stomach, especially in the case of someone who is short of breath. There's no need to avoid sweet treats, but it is important to try eating smaller portions. Not only can the rich desserts be filling, but they can also make someone gain weight quickly. Extra pounds could cause extra pressure, which in turn could cause difficulty breathing.

Today, for those suffering from debilitating lung diseases such as chronic obstructive pulmonary disease (COPD), there are options available to improve quality of life, such as diet and moderation. A clinic in the United States, the Lung Institute, states they have helped lung disease sufferers by offering an additional treatment option in the form of stem cell therapy.

Stem cell therapy is a minimally-invasive, outpatient treatment that harnesses the natural healing ability of the stem cells that already exist in the body. Stem cells are harvested from the patient's own fat, blood or bone marrow, separated, and reintroduced into the body. Stem cells naturally fight infection and disease by repairing damaged tissue with new, healthy tissue. This is a very slow moving process, but stem cell therapy has the potential to expedite the natural healing process for those with certain progressive diseases, such as lung diseases.

People with lung disease have various options to help them take their health into their own hands, such as using an alternative treatment like stem cell therapy along with diet and moderation. By controlling the factors that exacerbate their symptoms and by taking action to improve their lung function, people with lung disease can enjoy the holidays and improve their quality of life.

If you or a loved one suffer from a chronic lung disease, the specialists at the Lung Institute may be able to help. You can contact the Lung Institute at (800) 921-4631 or visit lunginstitute.com/health to find out if you qualify for these new treatments.

FDA APPROVED - NON-SURGICAL TREATMENT FOR KNEE ARTHRITIS PAIN

Treatment Covered by Most Major Insurances, Including Medicare

Are you in pain caused by osteoarthritis of the knee? Has your activity level decreased due to knee pain? Have you been suffering for awhile now? If you answered "YES", please take the next five minutes of your life and read this entire article. What you discover may not only surprise you but also offer a real solution to your pain, one you have never tried before and one that won't cost you much of your time or a penny of your money.

If you suffer with knee arthritis pain, you know how life changing it can be. Osteoarthritis is a common type of arthritis that causes bone degeneration and synovial fluid reduction. Synovial fluid acts as a shock absorber and lubricant in the knee joint. Just walking or climbing stairs may become difficult or unbearable. In addition, most knee arthritis pain sufferers believe there is not much they can do besides take pain medication until it gets bad enough for a total knee replacement.

The bad news about that is: Pain medications often do not work – or work well enough and they can have adverse side effects. Normally, pain relievers such as ibuprofen or nonsteroidal anti-inflammatory drugs (NSAIDs) are used, along with physical therapy, applications of a topical analgesic and injections of a corticosteroid. However, these agents usually bring only temporary relief.

Once, corticosteroid injections fail, many individuals are told surgery is their only option. This is NOT true and a total knee replacement is a BIG DEAL. All knee arthritis sufferers should be

aware of all their options and possible treatments prior to surgery. One great option is Viscosupplementation with Hyalronic acid. Viscosupplementation, injects a preparation of hyaluronic acid into the knee joint. Hyaluronic acid is a naturally occurring substance found in the synovial (joint) fluid. It acts as a lubricant to enable bones to move smoothly over each other and as a shock absorber for joint loads. The doctors at Physicians Rehabilitation have seen great results treating knee arthritis pain with a combination of viscosupplmentation and individualize rehabilitation procedures.

How does this treatment work?
Our Doctors use a high tech medical device called a Fluoroscope to pinpoint problem areas with extreme accuracy. An injection of dye (pictured below) confirms needle placement to ensure that the pain relieving drug Supartz reaches the knee capsule. Viscosupplementation is then injected into the knee where it bonds with the naturally occurring joint fluid to create a lubricating and cushioning layer. It also reduces pain, inflammation and swelling of the joint. Most patients compare the treatment to getting a flu shot and report little pain or discomfort.

Viscosupplmentation is a series or 3-5 injection of Hyaluronic acid directly into your knee joint. A local anesthetic is used and most patients say it feels similar to getting a flu shot. Specialized rehabilitation is added to the treatments depending on the patient's individual needs. Every case is different – and every patient is given specific treatments to help them get the best results.

What do I do next?
If you are tired of suffering with painful Osteoarthritis of the knee all you have to do is call **(239) 687-2165** right now and ask for your **"No Cost To You Knee Pain Consultation"** During this consultation you can get all of your questions answered in a warm and friendly environment. Once complete, you will know exactly what your treatment options are and if Supartz therapy and our specialized rehab program is right for you. Why wait one more day in pain when you may not have to? We have helped thousands, why not you?

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Port Charlotte, FL 33980

3801 Bee Ridge Road Unit #3
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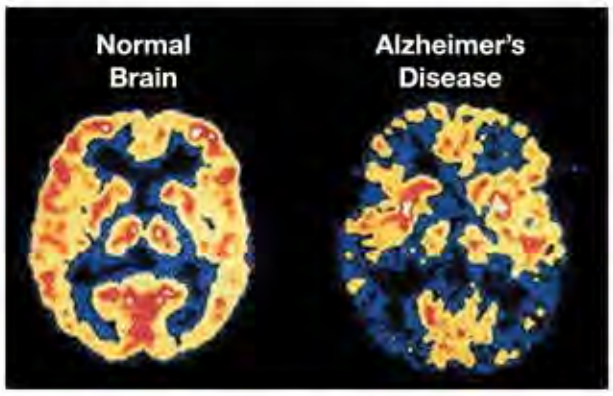
Amyvid PET Scan Detects Alzheimer's Disease

Allowing early diagnosis and proper treatment

Have you noticed a gradual decline in your memory over the past 12 months? Has this also been observed by someone close to you? If so, a new scan offered at Naples Diagnostic Imaging Center can shed some light on all of the uncertainty surrounding your concerns.

A major advance in diagnosing Alzheimer's disease was recently given approval from the U.S. Food and Drug Administration (FDA). Amyvid, a radioactive agent that allows clinicians to determine the amount of amyloid plaques in an individual's brain, is now used in Position Emission Tomography (PET) imaging of the brain. For the first time, doctors can use an Amyvid PET scan to determine whether amyloid plaque, a major indicator of Alzheimer's disease, is present in patients with signs and symptoms of cognitive impairment. This is important because research has shown that amyloid plaque may be one of the first biomarker abnormalities in Alzheimer's disease. A build-up of amyloid plaque is consistently present when Alzheimer's disease is the cause of cognitive impairment in patients. This means that Alzheimer's disease can be diagnosed several years before symptoms appear.

PET scanning technology is highly precise and has recently been reported to be the most accurate way to distinguish between Alzheimer's and the other various dementia disorders. Using PET imaging enables early detection, before anatomical changes to the brain occur. This allows for proper diagnosis and treatment prior to the onset of behavioral or cognitive changes and deterioration.



Doctors can now diagnose and differentiate various forms of dementia disorders with greater certainty than before. Now, more than ever, cognitive changes and impairment can be properly addressed because doctors are better able to determine the underlying cause. Proper diagnosis is vital for doctors to develop the most appropriate treatment plan in order to effectively slow the disease progression. Slowing the progression of Alzheimer's disease enables patients and families time to plan for what lies ahead of them in terms of health care, as well as financial and legal matters. On the other hand, if the PET scan eliminates an Alzheimer's diagnosis, the patient can decide on treatment options that enhance memory.

Amyvid should be used as an additional diagnostic tool when evaluating individuals who may have Alzheimer's disease, in conjunction with cognitive tests and patient history gathering. The amyloid plaque scan involves an injection of the Amyvid agent, followed by a PET scan to image the brain. The entire process takes approximately one hour. If you are concerned about a loved one's cognitive functions, or your own, ask your doctor if an Amyvid PET scan could be helpful in determining what if any form of dementia is present.

Please contact Naples Diagnostic Imaging Center for more information about Amyvid and how it can aid in determining if you or a loved one is predisposed to developing Alzheimer's disease. Early detection is imperative for successful treatment and slowing the progression of cognitive disorders. Don't wait until behavior changes and deterioration has occurred. Call 239-593-4222 today!

Physician Spotlight

Dr. Michael Theobald

B.S., Georgetown University - 1986
M.S., Georgetown University - 1987
M.D., Georgetown University School of Medicine - 1991

Certified:
American Board of Radiology - 1995

Residency:
Diagnostic Radiology, Allegheny General Hospital, Medical College of Pennsylvania, Pittsburgh, PA - 1991 to 1995

Fellowship:
Neuroradiology, Barrow Neurological Institute, Phoenix, PA - 1995 to 1997

Areas of Special Interest:
Neuroradiology

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Swan Age Reversal Centers is Southwest Florida's leading Aesthetic services provider. They have four offices located in Naples, Bonita Springs, Fort Myers and Sarasota, with two more locations opening by late fall in Venice and Lakewood Ranch.

Swan Centers performs thousands of aesthetic procedures annually for men and women 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. 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 enhancement, body toning or targeted fat reduction, Swan Age Reversal Centers offers a unique and pleasant experience that delivers results that are somewhat affordable.

Swan Age Reversal Centers offers a wide array of head to treatment options and they specialize in innovative technologies like laser-light, electro-pulse, radio frequency, ultrasound cavitation, vacuum therapy, red light collagen therapy, ultrasonic anti-aging and other technologies. One of the most popular treatments offered is body contouring treatments that stimulates fat reduction that can be targeted to certain areas of the body. They also offer skin rejuvenation and anti-aging treatments that help restore the skins natural glow and helps slow the aging process. Swan Centers offer a wide range of customized services to help men and women 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 designed devices, proprietary serums and skin care 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.

A complementary assessment is offered to all first time clients, where they meet a specialist, who suggests a specific treatment plan with realistic expectations. Swan Centers does not do contracts and offers multiple flexible payment options.

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

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Swan-Lipo™ and Swan-Cavi™ are used to reduce fat to specific targeted body parts and transforms bodies with remarkable results. Targeted areas can be the waist, belly, bra-line, chest(men), love handles, buttocks, above the knees, the back, arms, hips and thighs.

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Our bodies then safely and naturally eliminate the fat using the lymphatic system which causes you to lose inches in the waist, buttocks, hips, arms, back and thighs. The treatments are quick and painless, generally taking 45 minutes or less. Unlike other plastic surgery procedures, these treatments allow you to continue your daily activities without any interruption.

SKIN RENEWAL for the FACE & NECK

Swan Lift™

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.

Swan Light Therapy™

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.

Living with Diabetes?

Understanding the Disease from a Diabetologist's Perspective

By Kara Jacobs

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

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

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

A Passion for Diabetes Education

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

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

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

Understanding Diabetic Terms

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

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

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

Diagnosing Diabetes

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

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

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

Charles Kilo, M.D.

Taking Control of Diabetes

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

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

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Photodynamic Therapy

is an effective option for Actinic Keratoses

By Cyndi Yag-Howard, MD, FAAD

Actinic Keratoses (AKs) are considered precancerous lesions and, if left untreated, may turn into squamous cell carcinoma. Typically, AKs are dry, scaly, rough-textured spots on the skin and commonly found on the face, ears, bald scalp, neck, backs of hands and forearms, and lips. AKs are a direct result from sun exposure and one in six people will develop an AK over their lifetime.

Please keep in mind skin cancer is the most common type of cancer. In fact, nearly half of all newly-diagnosed cancers are cancers of the skin. More than one million skin cancers are diagnosed yearly. Of those, about 80% are basal cell carcinomas, 15% are squamous cell carcinomas and 5% are malignant melanomas. If these cancers are treated appropriately and in a timely manner, they have a cure rate of greater than 95%. The problem arises when these cancers are neglected either because of lack of detection or lack of appropriate treatment.

Treatment with Photodynamic Therapy

Photodynamic Therapy (PDT) is a treatment used for the clearance of precancerous actinic keratoses. It utilizes a combination of a photosensitizing medication and a specific calibrated light source. The medication makes the skin cells sensitive to light. When the area to be treated is exposed to the light, the precancerous cells are destroyed.

PDT is considered an alternative to other precancer treatments such as liquid nitrogen or chemotherapy cream or solution. It can also be used for skin rejuvenation for cosmetic purposes and for acne and sun damage. Currently, our practice utilizes photodynamic therapy for all of these purposes.

What to Expect

The procedure generally starts with microdermabrasion or a scrub to remove the outermost layers of the skin. The photosensitizer cream is applied to the lesions, at times covered with a

protective dressing and allowed to absorb into the skin. The medication is preferentially absorbed by the target cells during this incubation time.

The treatment area is then exposed to the light source, at which point you will feel the sensation of tingling and/or slight burning while the medication starts to work.

Recovery involves about seven days with appearance of sunburn-like redness, as well as some flaking and crusting at the lesion sites as the unwanted cells are shed and new healthy ones appear.

For two days after treatment, you will have to avoid sunlight as much as possible, especially covering up the areas of skin treated by photodynamic therapy. Most patients require one or two sessions of PDT.

Benefits of PDT over other treatment options

Studies have shown that PDT has some advantages over other treatment options, such as:

- It has no long-term side effects when used properly.
- It's less invasive than surgery.
- It usually takes only a short time and requires no long recovery time.
- It can be targeted very precisely.
- Unlike radiation, PDT can be repeated many times at the same site if needed.
- There's usually little or no scarring after the site heals.

PDT is a safe and effective treatment. It is well tolerated, effective and one of our patients' favorite treatment options for actinic keratoses and some superficial skin cancers. PDT has also been shown to improve skin texture, pigment, and acne.

At Yag-Howard Dermatology Center, we stress the importance of annual thorough total body skin examinations for the detection of AKs and skin cancers that you may not recognize as abnormal or that lurk where you cannot see. The emphasis of our practice is healthy skin. To learn more about PDT treatment or to schedule an appointment, call **239-529-3376** today.

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By Yollo Wellness

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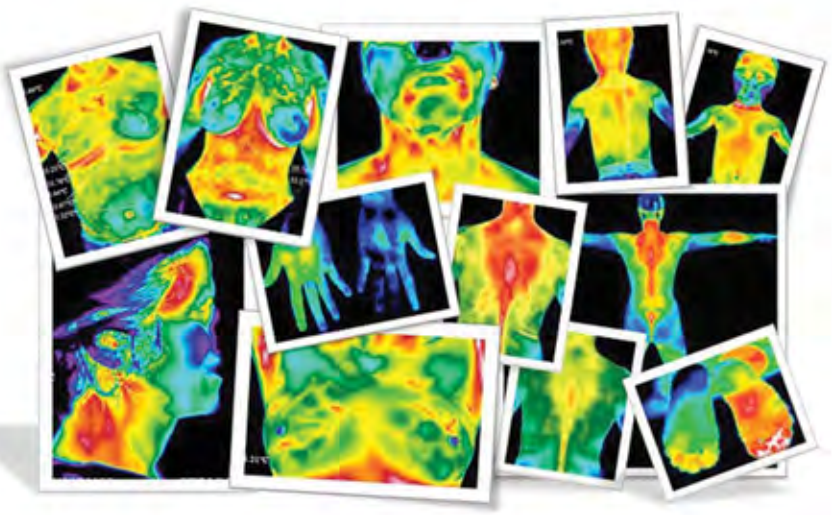

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LIFE-THREATENING SLEEP APNEA AND THE CPAP ALTERNATIVE

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.

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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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DIABETIC NEUROPATHY: WHAT IS IT, AND WHAT DO I NEED TO KNOW?

By Joseph Kandel, M.D.

As this is national Diabetes month, I want to address a very common problem that patients with Diabetes face; Diabetic Neuropathy.

Diabetic Neuropathy is damage that occurs to nerves, usually as a result of high levels of glucose (sugar) over a prolonged period of time. It can affect multiple body parts, and is the most common complication of diabetes.

There are four types of diabetic neuropathy, and the symptoms that a patient will experience depends on which type of nerve becomes damaged.

1. Diabetic Peripheral Neuropathy: this refers to the small nerve twigs of the body, usually affecting the legs and the feet. Symptoms include pain, numbness, burning, and tingling in the lower extremities.

2. Diabetic Proximal Neuropathy: this refers to damage of the nerves of the hips, thighs, or buttocks. This can affect a patient's ability to rise from a seated position, stand, and even walk.

3. Diabetic Autonomic Neuropathy: this affects the nerves of the autonomic (often thought of as the automatic) nervous system. This includes nerves of the gastrointestinal tract (stomach and bowel), urinary tract (kidney and bladder), genital system (penis or vagina), and vascular system (heart and blood vessels). These problems can include inability to control the bladder, stomach bloating and constipation, erectile dysfunction in men or vaginal dryness in women, changes in sweating, loss of the ability to regulate blood pressure and pulse (especially on standing after sitting for a while), poor body temperature regulation, and many more.

4. Diabetic Focal Neuropathy: this involves any one nerve anywhere in the body. Depending on where the affected nerve is, this could include problems with vision and focus, pain in the low back, shin, foot, pelvis, chest or abdomen. If the nerve gets compressed, it can lead to painful symptoms. One very common type of problem in diabetics is Carpal Tunnel Syndrome (pinching of the nerve at the wrist).

How Does this occur?

This occurs when the nerves are exposed to high blood sugar levels over a prolonged period of time. This seems to impair the ability of the nerves to send messages. It also seems to weaken the walls of the blood vessels which supply nutrients and oxygen to the nerves.

But there are other ways that the nerves can be injured; when your body has an immune reaction and the immune system attacks the nerves, thinking they are a foreign material. Genetics may play a role, making some people suffer nerve damage more easily. And smoking, alcohol use and caffeine may also play a role in accelerating nerve damage.

How do I go about getting this checked out?

First of all, you should see your family physician for a general medical check up if you think you have any of these problems. They will want to know about all of your symptoms, how long they have been occurring, if there is any worsening, what your diet and lifestyle are like, and any medicines/ supplements you are taking. If it is determined that you are experiencing nerve problems from diabetes, your physician will refer you to a neurologist, a specialist trained to diagnose and treat conditions of the nerves.

What will a Neurologist do to diagnose your problem?

After a history and physical exam, including an evaluation of your cognition, cranial nerves (nerves that affect the face, eyes, ears, mouth and tongue) muscle testing, coordination, reflexes, sensation (to touch, temperature, position and vibration) and assessment of your feet, most likely diagnostic testing will be ordered.

What are the neurologic tests to diagnose diabetic neurologic problems?

Nerve Conduction Tests (NCV): Usually performed by a certified technician supervised by a neurologist. This test determines how fast the nerves conduct electricity in the arms, hands, legs, and feet. This test can diagnose carpal tunnel syndrome.

Electromyography (EMG): Usually performed with the NCV, this explains how the nerves are supplying the muscles and how the muscles are working.

Autonomic testing: This will apply if there are symptoms of autonomic neuropathy; checking blood pressure and pulse sitting and standing, checking the ability to sweat are just some of the assessments that are done.

OK, assuming I have neuropathy. What's next? How do I treat it?

There is no cure, BUT, you can slow the progression and minimize the symptoms and alleviate the pain. In general, exercise, weight loss, proper diet, limiting alcohol and tobacco are all essential. But there is more that can be done.

Pain Relief treatments:

Anti-seizure medications: Lyrica (approved for diabetic neuropathy), Neurontin, Tegretol; these medications may provide relief but often have side effects (dizziness, sedation, swelling) as well.

Antidepressants: Cymbalta (approved for diabetic neuropathy), Elavil, Pamelor, Tofranil are often used; side effects can include constipation, dry mouth, weight gain, sweating, dizziness.

Alternative treatments: topical creams, acupuncture, massage may help.

For more information about diabetic neuropathy and other neurologic conditions, contact: Neurology Office, Joseph Kandel, M.D. and Associates at 239-231-1414 or 239-231-1415 or check out our web page at www.NeurologyOffice.com.

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November is American Diabetes Month

Diabetes and Hearing

What you eat is affects your health. That is why the theme for American Diabetes Month is Eat Well, America, and Stop Diabetes!® How does what you eat affect you? We know that what you eat affects your blood glucose and elevated blood sugar levels lead to prediabetes and diabetes. We know that elevated blood glucose levels can cause damage from head to toe. Diabetes can affect your eyes, brain, heart, kidneys, legs and feet. Did you know that high blood glucose levels can also affect your ears and hearing? It can. Diabetes and hearing loss are two of the most prevalent health concerns in America. The two groups have a lot of overlap. About 30 million children and adults have diabetes and approximately 34.5 million people have some degree of hearing loss. There are many people with prediabetes and diabetes that also have hearing loss. Diabetics are more than twice as likely to have hearing loss, than those who do not have diabetes. The 86 million adults in the United States with prediabetes have a 30% greater chance of hearing loss than those who have normal blood glucose. That is a lot of people. If you have prediabetes or diabetes, how can you tell if your hearing has been affected if it is not checked? If you have diabetes, eye exams, heart exams and foot exams are routine. If you have prediabetes or diabetes, hearing exams should also be routine.

There are two types of diabetes. In type 1 diabetes the body does not make enough insulin. This can happen at any age. At this time there is nothing that is known to prevent type 1 diabetes. Type 1 diabetes occurs in about 5% of adults diagnosed with diabetes. Type 2 diabetes occurs when the body can not use insulin the way it should. This can also happen at any age. Unlike type 1 diabetes, type 2 diabetes may be often be prevented or at least delayed. About 95% of adults diagnosed with diabetes have type 2 diabetes. In the past type 2 diabetes typically appeared in middle age. Now prediabetes and type 2 diabetes is appearing earlier affecting our teens and children. Type 2 diabetes usually occurs because of lifestyle choices that we make each day for ourselves and our families. Diabetes can lead to serious health risks such as: vision changes, blindness, kidney failure, heart disease, stroke, changes in hearing, loss of toes, feet or legs. It is important to recognize symptoms of diabetes including:

- increased thirst
- frequent urination
- nighttime urination
- blurry vision
- change in hearing
- unusual fatigue

If you or a family member experience symptoms of diabetes, contact your family physician.

Research is being done to find out how diabetes and hearing loss are related. Hearing depends on small blood vessels in the inner ear. It may be that over time elevated blood glucose levels associated diabetes damages the small blood vessels in the inner ear and nerves and diminishes the ability to hear.

Changes in hearing usually occur slowly over time. Often hearing changes are noticed by your family and friends long before you may notice that you are having difficulty hearing. You should have your hearing checked if:

- others mumble or slur their speech
- you often ask others to repeat what they said
- you move closer, lean in or cup your hand over your ear during conversations
- your family complains the TV is too loud
- you have trouble hearing on the phone
- you have difficulty hearing in noisy places, like restaurants
- you avoid social situations

If you have prediabetes or diabetes, have your hearing checked.

We can choose to eat well at home and when we go out. We can become more physically active and have fun. By eating well and getting more active we can have healthier lives and healthier families. Let's make the move towards better health. Eat Well, America, and Stop Diabetes!®

Darlene Ballew, Au.D. is a board certified doctor of Audiology, CCC/A and F-AAA. She has a private audiology practice in Bonita Springs. She offers hearing evaluations, tinnitus evaluations and management, custom hearing protection, custom musician's monitors, hearing technology fitting and repair and offers mobile services.

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DR. ERIC HOCHMAN, M.D.

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Are you at risk for diabetes?

According to the Center for Disease Control, 40% of adult Americans will develop diabetes mellitus in their lifetime. This number is reflective of an almost 100% increase over the last 20 years.[1] Furthermore, in 2015, diabetic patients are living longer than they did many years ago. This combination of increased incidence and improved longevity leads to more patients at risk of developing diabetes related complications.

Adult onset diabetes is a very complicated disease related to the body's inability to properly metabolize glucose. Chronic exposure to elevated glucose levels is associated with numerous complications including infection, vision loss, kidney failure, chronic pain, stroke, and heart disease, among others.

Accordingly, CDC statistics estimate that diabetes is the 7th leading cause of death in this country.

When it comes to healthcare, it is always better to be proactive rather than reactive. Since November is American Diabetes month, now would be a good time to consider your risk factors for developing diabetes, and make any necessary changes in your life that could prevent or delay the development of this potentially devastating disease.

Are you at risk?

Common risk factors that are known to increase your chance of developing diabetes include:

1) Being overweight
2) Being underactive/sedentary
3) Having a strong family history of 1st degree relatives with diabetes
4) Having a personal history of developing gestational (pregnancy related) diabetes
5) Having a personal history of high blood pressure
6) Having a personal history of abnormal cholesterol or triglycerides
7) Smoking
8) Drinking too much alcohol
9) Getting too much or too little sleep (over 8 hours or less than 6 hours) per night.[2]
10) Eating an unhealthy diet
11) Getting older/aging

What can you do?

Well it's hard to change your family history, and equally as hard to prevent getting older, so you cannot do much about these risk factors. However, many of the other risk factors are modifiable. If you are sedentary, ***get up and get going***. Work closely with your physician to develop a plan directed at introducing activity and exercise into your life, and a plan for losing weight. People with a body mass index (BMI) over 30 are considered obese. It is estimated that people with a BMI between 30-35 have up to twice the risk of developing diabetes compared to those with a BMI of 25-30.[3] Do you know what your BMI is? If not, find out, and take action to maintain it within a healthy range.

ERIC HOCHMAN, M.D.

Modify your diet. Red meats, processed meats and sugar sweetened beverages have all been linked to an increased risk of developing diabetes. On the other hand, a "Mediterranean" diet, high in fruits, vegetables, nuts, whole grains, and olive oil, has been linked to a lower risk of developing diabetes.[4-7] Take steps to introduce these items more frequently into your meals.

And of course, ***avoid those bad habits.*** Avoid tobacco use and only consume alcohol in moderation. Make sure you are getting the appropriate amount of sleep.

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Unfortunately, even if you do everything right, you can still get diabetes. So make sure you see your physician for age/disease indicated evaluations. Your provider will be able to perform any necessary testing that could predict an increased risk for developing diabetes later in life, or even diagnose new onset diabetes today. Through effort and change, you can decrease your risk of developing this lifelong and potentially devastating disease. Furthermore, it is never too late to modify your habits and lifestyle. Even if you already have developed diabetes, modification of diet, increased activity, weight loss, and avoiding bad habits will greatly help control the disease and slow or even prevent the development of complications.

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7. Education that empowers patients by informing them about their specific surgeries along with educational packets which include handouts, anatomy diagrams and home exercise programs

Arthritis: Addressing the Nation's Most Common Cause of Disability

At A Glance 2015 (from Centers of Disease Control and Prevention)

About 1 out of every 5 US adults has doctor-diagnosed arthritis. The term arthritis includes more than 100 different rheumatic diseases and conditions, the most common of which is osteoarthritis. Other forms of arthritis that occur often are rheumatoid arthritis, lupus, fibromyalgia, and gout.

Symptoms include pain, aching, stiffness, and swelling in or around the joints. Some forms of arthritis, such as rheumatoid arthritis and lupus, can affect multiple organs and cause widespread symptoms.

Many people think of arthritis as a disease that only affects the elderly, but it affects people of all ages, including children. Although the risk of developing arthritis increases with age, nearly two-thirds of people with arthritis are younger than 65. Arthritis is more common among women (26%) than men (19%), and it affects members of all racial and ethnic groups.

As the US population ages, the number of adults with arthritis is expected to increase to 67 million by 2030. The Centers for Disease Control and Prevention (CDC) is leading the nation's efforts to help the millions of adults with arthritis to live well and manage their condition.

Public Health Problem

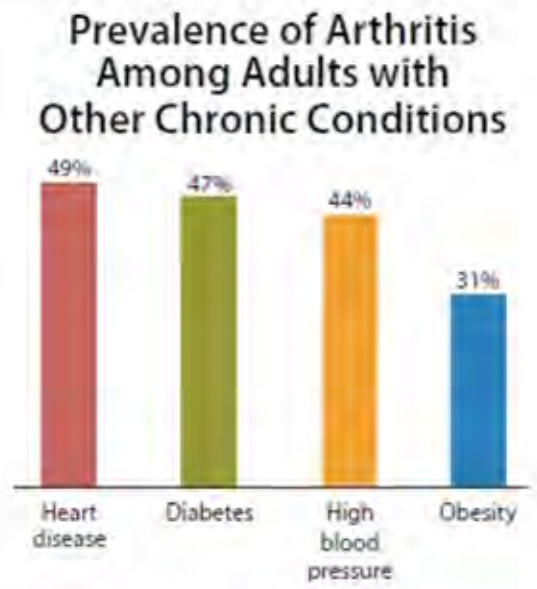
Arthritis Can Make Physical Activity Difficult

Research has shown that people with arthritis are less likely to be physically active than people without arthritis. Some people with arthritis believe that being active will cause pain, make their symptoms worse, or damage their joints. Others don't know how to exercise safely.

Nearly 44% of adults with arthritis report no leisure-time physical activity (compared with about 36% of adults without arthritis). Not being physically active is bad for arthritis, is a risk factor for other chronic diseases, and interferes with management of other conditions.

Arthritis Occurs with Other Chronic Conditions

Arthritis is much more common among people who have other chronic conditions. About half of US adults with heart disease (49%) or diabetes (47%) also have arthritis. In addition, 44% of those with high blood pressure and 31% of those who are obese have arthritis. Having arthritis in addition to other chronic conditions can reduce quality of life and make disease management more difficult.



Sources: National Health Interview Survey, 2010-2012 and 2007 (high blood pressure).

What Can People Do to Manage Arthritis?

People can manage and reduce the symptoms of arthritis in many ways, but many don't know how. For example, people with arthritis can

- **Learn ways to manage arthritis.** Self-management education interventions, such as the Chronic Disease Self-Management Program (CDSMP) or the online Better Choices, Better Health for Arthritis program, provide the skills and confidence to live well with arthritis on a daily basis.
- **Be physically active.** Research shows that physical activity—such as walking, bicycling, and swimming—decreases pain, improves function, and delays disability. People with arthritis should try to get at least 150 minutes of moderate activity each week. This activity can be done for 30 minutes, 5 days a week, or in as little as 10 minutes at a time.

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TREATING CHRONIC FOOT AND TOE PAIN WITH REGENERATIVE THERAPY

By Debra K. Brinker, RN

Chronic foot and toe pain affect an incredibly large part of our population. We spend hours on our feet daily while working, playing sports, shopping, and also while trying to reach that goal of 10,000 steps a day. Each of those steps generates a force on the foot. During an average day, the feet support a combined force equivalent to several hundred tons. Therefore, it is not surprising, that the majority of Americans experience foot pain at some point in their lives.

Sometimes our choices of footwear lead to foot pain or even chronic foot or toe conditions. Improper foot mechanics with walking, running and intense training can also cause problems with our feet. Various physical conditions such as high arches, fallen arches, degenerative arthritis, bony abnormalities, foot pronation (flat-footedness), inflammatory joint diseases and excess weight are some other mechanisms of foot pain. However, underlying joint instability of the feet and toes is an often overlooked cause of many painful foot conditions. Understanding joint instability in the foot and treatments that are effective at reinstating stability can help you overcome foot pain once and for all.

Foot anatomy

The foot, if we include the toes and ankle, contains 26 bones. All of those bones make up 33 joints supported by more than 100 muscles, tendons and ligaments. When there is insufficient ligament and tendon support to stabilize the motion in those joints, the joint becomes weak or lax, resulting in instability.

Joint instability typically begins with an injury to the ligaments and tendons supporting the joint. (See Figure 1.) Because the joint is no longer held in place by healthy ligaments and tendons, unstable joint motion develops and eventually exerts abnormally strong pressure through other areas of the foot.

Plantar aponeurosis. This is also known as the plantar fascia. Its primary function is to stabilize the arch of the foot, especially during walking.

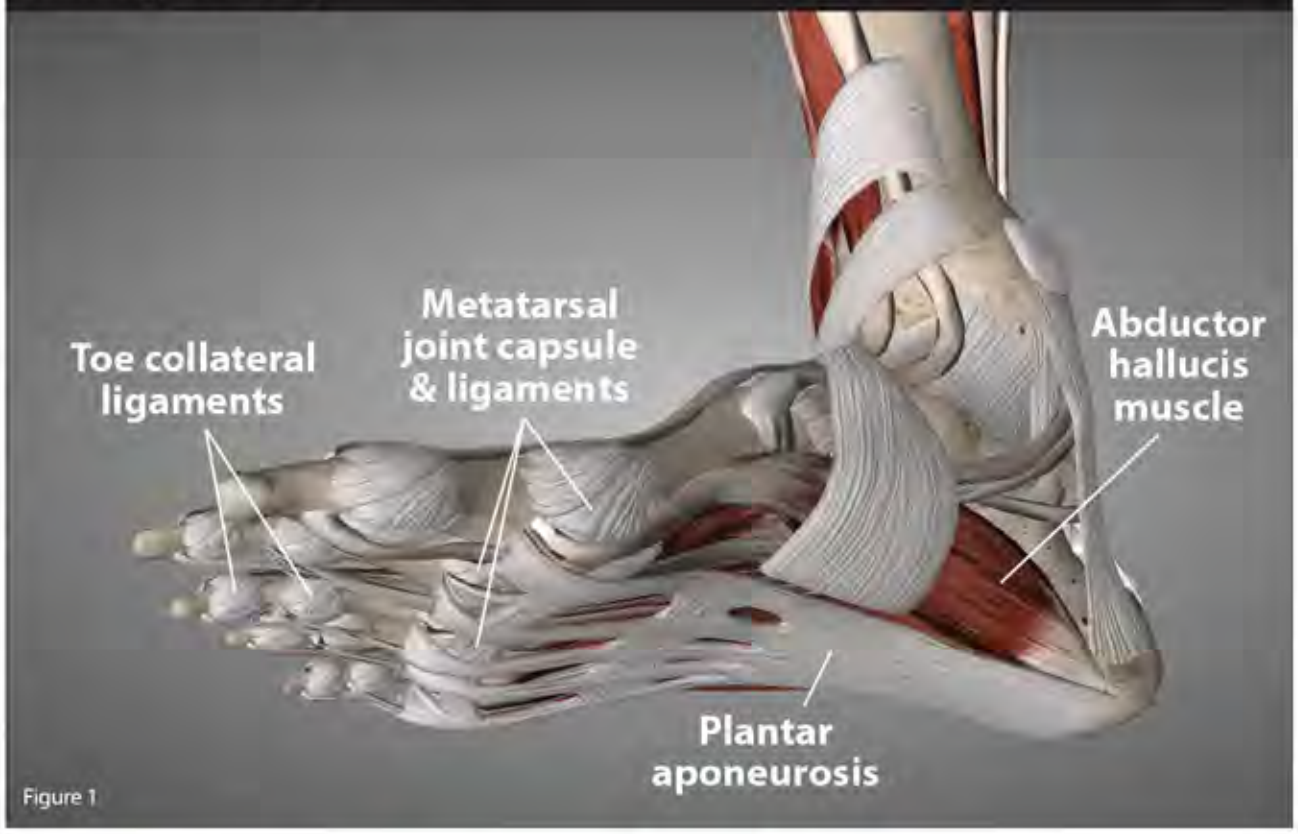

Figure 1

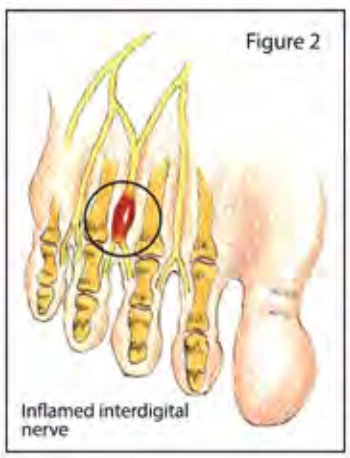

Figure 2

Morton's neuroma- indicative of instability

Morton's neuroma, a fibrous tissue formation around nerve tissue in the intermetatarsal spaces of the toes with symptoms that include sharp pains, burning sensations, and paresthesias (abnormal sensations), is not traditionally thought of as being an instability problem. However, injury to ligaments of the foot, such as the transverse metatarsal ligament, can cause excessive motion between the metatarsals, causing irritation of the bursa or a nerve, and result, for example, in a significant enlargement of the 3rd common digital nerve. (See Figure 2.) This enlargement can cause further trauma, worsening the symptoms, which can be quite severe. Morton's neuroma most often affects women who frequently wear pointed, high-heeled and close-toed shoes, the mechanics of which transfer body weight to the metatarsal heads, placing undo force on the stabilizing structures there.

What about bunions?

Bunions are another widespread chronic foot complaint, also commonly seen in women. This growth in boney tissue occurs mainly on the medial side of the foot, producing the characteristic bump or bunion. Joint instability here is characterized by medial deviation of the first metatarsal and lateral deviation of the hallux. This shift leads to the formation of this boney projection on the medial side of the toe in an attempt to stabilize joint motion.

Hallux rigidus is a condition caused by degenerating cartilage in the metatarsophalangeal (MTP) joint, which eventually leads to osteophytes (bone spurs) forming around the joint—a last ditch effort of the body to recover joint stability and stabilize the joint. The underlying condition of both bunions and hallux rigidus is instability that causes osteoarthritis of the MTP joint. Abnormal joint shifts precipitate the pathological bone growth associated with bunions, reducing movement in both flexion and extension, thus leading to hallux rigidus and to a potentially frozen joint.

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Foot and Toe Instability is responsible for many chronic painful conditions.

Figure 3

Correcting the instability can alleviate foot pain

Though most people with foot pain have tried orthotics and pain medication, along with a severely altered activity level, these solutions do not often provide long-term relief. When foot and toe pain continue, surgery is frequently considered. In fact, surgery on the first metatarsophalangeal joint is amongst the most common surgery performed. Despite the commonality of these treatments, a large percentage of people continue to suffer with foot pain. An effective non-surgical treatment for long term reduction and elimination of this pain is Prolotherapy, a natural regenerative injection treatment. Prolotherapy addresses the underlying cause of the problem, joint instability caused by ligament and tendon injury. By strengthening ligaments and tendons, Prolotherapy can stop the pathologic cascade causing a myriad of foot conditions, stabilizing the joint and bringing pain relief. (See Figure 3.) If you have had long term foot pain, and feel you have tried everything, consider a Regenerative Medicine consultation for Prolotherapy.

The COOL way to Rejuvenate

By Dr. Ronald M. Repice, D.C.

Cryotherapy is the use of low temperatures to trigger the body's natural responses to heal itself. The benefits of using cryogenic chamber therapy are countless.

This modality was first utilized in Japan in 1978 to treat rheumatoid arthritis. Studies conducted over the last two decades in Europe have established Whole Body Cryotherapy as a powerful modality for inflammation reduction and injuries.

Professional athletes have discovered WBC as a powerful treatment to decrease recovery time and increase athletic performance. Although Whole Body Cryotherapy originated in Japan, it was a group of Polish scientists who took the idea and made Whole Body Cryotherapy the physical therapy it is today. The Olympic rehabilitation center in Spala, Poland opened in May 2000 and has been used as a training and injury rehabilitation center for many athletes.

Wellness Centers, Chiropractors, Physical Therapists and Acupuncturists are leading the introduction of Whole Body Cryotherapy to the U.S. population. WBC is an ideal treatment because it is Whole Body, Holistic and Non-Invasive. Clinical studies on WBC have shown immediate benefits to soft tissue, internal organs, the nervous system and energy meridians. With so many positive effects to the body, extreme cold therapy has no equal for a patient's wellness plan.

Skincare, Health and Medical Spas in the U.S. are also adopting the cryotherapy treatments used for several years in Europe. Whole Body Cryotherapy provides Spas with a holistic treatment that compliments their current menu of services. WBC stimulates collagen production, resulting in anti-aging skin rejuvenation and cellulite reduction. Also, a surge in metabolism consumes up to 800 calories, aiding in weight loss.

Science behind Cryotherapy

Cold has always been known to have phenomenal properties. For ages, scientists have tried to find a proper way to use its features in fields of medicine and cosmetology. Not so long ago, they reinvented and improved cryotherapy – treatment in which body is exposed to extremely low temperatures.

Single session lasts up to 3 minutes. The customer is entered into the capsule (Cryotherapy Chamber), where the temperature ranges from -120ºC to -160ºC. During treatment, skin temperature is significantly lowered – from 32ºC to even 5ºC.

What's important, the body doesn't freeze owing to the fact that the air in the capsule (Cryotherapy Chamber) is totally dry.

Brief thermal controlled shock causes release of adrenaline into the bloodstream which leads to an increase in heart rate, muscle strength, blood pressure and sugar metabolism. We also can't forget about the release of endorphins – natural painkiller and stress fighter.

In a short period of time cryotherapy has succeeded among athletes, sport addicts, people who are trying to get rid of some extra pounds (weight loss) and cellulite.

Benefits Using The Cryo Chamber

Let's come back to our childhood. What was the first thing you did when you banged your forehead or fall down? Most likely you got an icepack or a bag of frozen peas.

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The duration of a single Cryoness session ranges from 30 seconds to 3 minutes. Thanks to the Nitrogen mist, skin temperature is rapidly lowered producing healing and other therapeutic results. Brief thermal controlled shocks activate the release of adrenaline into the bloodstream, which increases heart rate, muscle strength and blood pressure. This adrenaline rush boosts the immune system, resulting in day-lasting effects. What's more, Cryoness releases endorphins – natural painkillers, energizers and stress fighters.

Athletes are using cryotherapy in order to speed up the process of rehabilitation, to reduce body pain and muscle soreness

Beauty and look industries undertake cryotherapy procedures to slow down the ageing process, get rid of wrinkles and skin blemishes, to increase metabolism rate and speed up the process of weight reduction.

In medicine, liquid nitrogen treatment is used to enhance immunity, increase circulation, help to recover from surgeries and remove toxins from the system. It also energizes the body due to additional release of endorphins - the body's painkiller. It has been scientifically proved that Cryosauna has found use in a fields of: rheumatology, neurology, cosmetology, orthopaedy, sexology, gynecology, endocrinology, sports, dermatology, cardiology

Overwhelming Results

Clients report that the experience is invigorating and improves a variety of conditions such as psychological stress, insomnia, rheumatism, muscle and joint pain, various skin conditions, and increased weight loss.

Those who have tried Cryotherapy enthusiastically report cellulite reduction, tighter and healthier skin, stronger and fuller hair and nails, fewer skin blemishes, increased metabolism and caloric burn, increased libido, and quicker surgery and injury recovery.

We are proud to be the first office in Southwest Florida to offer Whole Body Cryotherapy treatments using the Cryoness chamber from Poland. For more information and to learn how Cryotherapy can benefit you, please call **239-658-COOL** today!

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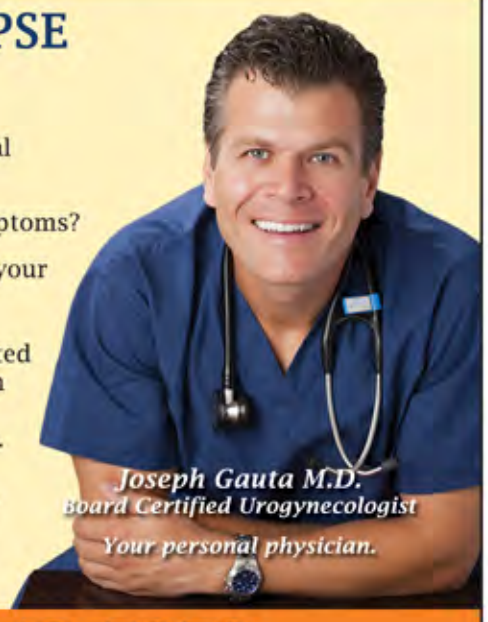

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Living with COPD

You may live with it, and not even know it!

Nurse On Call, joins the National Heart, Lung, and Blood Institute's COPD Learn More Breathe Better® campaign in observance of National COPD Awareness Month, this November, by hosting a series of educational workshops and screening. COPD (chronic obstructive pulmonary disease) is a serious lung disease that over time makes it difficult to breathe. Also known as emphysema and chronic bronchitis, the disease develops slowly and worsens over time — causing many to dismiss symptoms and delay seeking diagnosis and treatment until COPD is in its late stages. According to the Centers for Disease Control and Prevention, COPD is now the 3rd leading cause of death in the United States, COPD is estimated to affect 24 million people nationwide, yet as many as half remain undiagnosed.

"We often see symptoms of COPD, such as a chronic cough or shortness of breath, mistaken as a normal sign of aging or being out of shape. That is why this November, during National COPD Awareness Month, Nurse On Call is providing community seminars and screenings to raise awareness of COPD and encourage individuals who may be at risk to talk to their health care provider," said Denise Handlin, Respiratory Therapist for Nurse On Call.

Many people who suffer from COPD may visit their doctor regularly but not mention the symptoms — either because they don't think it matters or they forget they even have the symptoms. Raising awareness of the signs and symptoms of COPD is critical to getting patients and providers talking in the exam room — and ultimately to facilitating earlier diagnosis and treatment.

Symptoms of COPD include shortness of breath, chronic coughing or wheezing, producing excess sputum, or feeling unable to take a deep breath. COPD most often occurs in people age 40 and over with a history of smoking (either current or former smokers). However, as many as one in six people with COPD have never smoked. Long-term environmental exposure to things that can irritate your lungs as well as certain genetic conditions can also play a role.

Nurse On Call is so committed to COPD and other respiratory ailments that they added a Respiratory Therapy Team. This is a non billable service designed to improve the quality of life and patient outcomes. Nurse On Call is one of the very few Home Health agencies in the country who has a full time RT to asses and individualize patients needs based on diagnosis and disease process. The therapist helps patient with breathing techniques, medication management, educating caregivers, teaching caregivers on trach patients and troubleshooting bipap/cpap patients. Therapist can even perform pulmonary rehab in the home for the COPD patient.

The Pulmonary Rehab and education management process may include a variety of different disciplines along with the Respiratory Therapist such as, Home Nursing, Psych Nursing, Physical and/or Occupational Therapy visits and Social Services. For more information about Nurse On Call's COPD specialty services please contact your local branch at:

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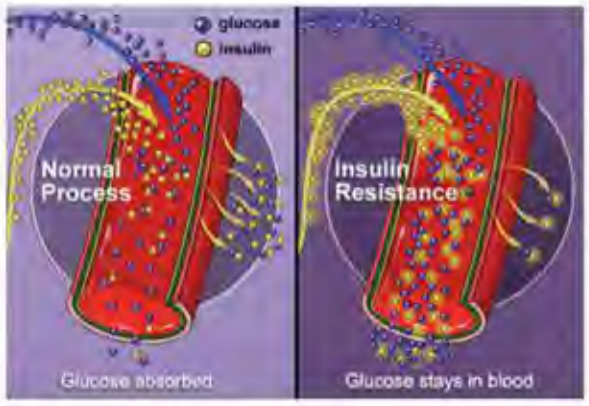
Cardiovascular Health and Diabetes Education

By Ray Lenius, RCIS and Leslie Yaniga, RCIS, Faculty, Cardiovascular Technology, FSW

Coronary Heart Disease (CHD) is the number one killer of men and women in the United States. According to the Centers for Disease Control and Prevention (CDC), more than 370,000 people die annually from coronary heart disease. One cause of CHD that is most often in the news is high cholesterol. The main focus of prevention is on reducing the amount of bad fats, such as saturated and trans fatty acids, and increasing the good fats, such as unsaturated fats. Good fats are needed for our body to function properly, however, another risk factor for CHD is Diabetes Mellitus (DM) and this has been over shadowed by the talk of reducing cholesterol.



Diabetes mellitus is a disorder in which blood sugar (glucose) levels are abnormally high because the body does not produce enough insulin to meet its needs or the body is unable to use the insulin that is produced. There are two types of DM. Type I DM is known as an insulin-dependent diabetes. In type I more than 90% of the insulin producing cells of the pancreas have been permanently destroyed by the patient's own body. This is known as an autoimmune disease.

The increased risks of CHD for people with type I DM is believed to be the result of this autoimmune disease. Not only does it attack the pancreas, it may also attack the blood vessels of the body.

Type II DM is a non-insulin-dependent diabetes. This will differ from type I in that the pancreas continues to produce insulin. At times, the amount of insulin produced may be higher than normal. With type II DM, the body develops a resistance to the effects of insulin resulting in too little insulin to

meet the body's needs. According to the CDC, approximately 29 million people in the United States are diabetic. Diabetes mellitus affects many parts of the body in a negative way and can cause CHD.

In type II DM, the ability of the blood vessels to prevent inflammation (swelling) is compromised by the high sugar level. People with type II DM may have additional risk factors such as high blood pressure, high cholesterol, high triglycerides, obesity, smoking, and lack of physical activity.

The best way to reduce the risk of CHD in type I DM is to control blood sugar levels. This can done by frequently checking blood sugar and taking insulin as needed. The goal is to keep blood sugar levels as close to normal as possible. This will help to delay or prevent complications. The general goal for sugar levels is to keep your daytime blood sugar levels before meals between 70 and 130 mg/dl or no higher than 180 mg/dl two hours after eating. Other ways to control blood sugar levels are carbohydrate counting, eating healthy foods, exercising regularly, and maintaining a healthy weight.

While type I DM may not be preventable, type II DM is preventable. The biggest cause of type II DM is obesity. The best treatment for type II DM is prevention by losing extra pounds, eating better, and becoming more active. As with type I DM, it is important to monitor and control blood sugar levels, which should be maintained the same in type II DM as in type I. Besides insulin, several oral medications, such as Glucophage, can be taken to control blood sugar levels. Ways to control type II DM include exercising regularly and eating a healthy diet. A healthy diet will include foods that are high in fiber and low in fat. Some examples of these foods are fruits, vegetables, and whole grains.

Everyone strives to have a healthy life style and to live a long life. Visiting your doctor, eating healthy, and getting regular exercise will help to prevent or control diabetes mellitus. Doing this will help to reduce the risk of developing coronary heart disease and having a heart attack.

Ray Lenius, RCIS

Leslie Yaniga, RCIS

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DRY EYE CENTER OF EXCELLENCE AT FRANTZ EYECARE OFFERS MOST ADVANCED TREATMENT IN SOUTHWEST FLORIDA

By Jonathan M. Frantz, MD, FACS

The majority of the patients sitting in eye doctors' waiting rooms today are suffering from some sort of dry eye issue. Over the last few years, researchers have discovered that "dry eyes" is much more than insufficient production of natural tears. In fact, the majority of dry eye cases are now known to be the result of rapid tear evaporation, usually caused by chronic blockage of critical oil-producing glands (called meibomian glands) in the eyelids which help control tear evaporation

Frantz EyeCare has recently introduced revolutionary new technologies that will offer residents of Southwest Florida the most advanced and effective ways of treating their chronic dry eye problems.

These latest advancements include the LipiView, which evaluates the structure and function of these eyelid oil-producing glands by providing a high definition image of the meibomian glands; the LipiFlow Therman Pulsation System, an innovative technology that removes blockages of the meibomian glands and restores normal gland function; and the BlephEx, a device that exfoliates and deep cleans the eyelids to remove the debris that is frequently contributing to the chronic obstruction of the meibomian glands. These new technologies have been demonstrated to be safe and painless.

We are one of only a handful of practices in the State of Florida to intensively focus on this new understanding of dry eyes and devote the personnel, resources and wide array of advanced treatments through a dedicated Dry Eye Center of Excellence.

LASIK and Dry Eye Specialist Jeffrey Robin, MD, heads up the team at Frantz EyeCare who will work directly with patients to determine the cause of their dry eye and then plan the best course of treatment. According to Dr. Robin, "Dry eyes can occur when there is too little aqueous (salt water) tear production and/or too rapid tear evaporation, which often results in chronic, low-grade inflammation of the eyelids and particular oil-producing meibomian glands in the lids."

"When managing a patient's dry eye complaint, we must first identify the type of dry eye they are experiencing – meibomian gland dysfunction, aqueous deficiency, allergy-related, contact lens related, or blepharitis related," said Robin. There's not one test or procedure alone that can properly diagnose and distinguish between the types of dry eye.

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In June 2013 Frantz EyeCare introduced the TearLab Osmolarity test, which measures and assesses the health and stability of the patient's tear film. Although we were able to provide some relief for our dry eye patients by prescribing Omega 3 supplements, lid cleansers, tear replacement drops, punctual plugs, and oral antibiotics, we decided we needed to take the next step and add these more advanced technologies. So many of our patients suffer from dry eye and it frequently affects not only their eye comfort but even their quality of vision. If left untreated, it profoundly impacts their quality of life.

Symptoms of dry eye disease include; redness, burning, itching, fluctuation in vision, blurred vision, feeling of sand in the eye, contact lens discomfort, light sensitivity, or the eye feeling watery or tired.

If you know you have chronic dry eye problems or you think you may be experiencing the symptoms of dry eye, call our office at ***(239) 430-3939*** *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, treatment of eye diseases, bladeless WaveLight LASIK laser vision correction, and eyelid surgery with office locations in Fort Myers, Cape Coral, Punta Gorda, Lehigh Acres, and Naples.

EPIPHANY SALON & SPA

NAPLES PREMIERE SALON AND SPA SERVICES

By Abbigale Grensing

In today's society appearance is a key factor in landing jobs or getting a considerable reputation. Going into a job interview you make sure you look presentable and professional. You usually do not have an abundance of time to go shopping for new clothes or even get your hair done. Epiphany Salon & Spa, in Naples, makes getting ready for an important event more than efficient.

This salon's skillful beauticians, including Paula Johnson, use a plethora of techniques and high-end products to style your hair perfectly for what ever you may have. They are able to analyze your hair's growth patterns and help cover up hair lose. They can also determine which hair colors and/or hairstyle, will bring out the best in your features.

With advanced training and customized styles for you, Epiphany Salon & Spa provides a perfect chance to update your appearance and help you come off as sophisticated, serious, or what ever you might intend.

"Met Tabatha Coffey today! After a few minutes of chatting she asked if she could touch my hair, of course I said 'YES.' She immediately said she knew my stylist was Vidal Sassoon trained and gave Paula an A+! Continued to say how precise the cut was and how impressed she was... From Tabatha to Paula: Your work is impeccable." According to Tabatha Coffey.

"As highly trained professional color specialists, we advice our clients and provide them with low-maintenance, cuts and colors, as well as our Keratin formaldehyde-free smoothing and straightening treatments," says owner Paula Johnson, "we use the latest styles, trends and top-of-the-line organic products, which give a unique, polished look that only the finest of hairstylists can accomplish."

Besides from hair treatments, Epiphany Salon & Spa also provide manicures, pedicures, eyebrow waxing, Jane Iredale Make-up, and plenty more.

Next time you are getting ready for an important event or maybe just looking to freshen up your look, Epiphany Salon & Spa can help you feel more rejuvenated then ever before.

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Totally Losing it..... Together!

with Richard L. Bloy, M.D.

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 your 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 mediweightloss clinics.co

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For younger-looking skin, it's necessary to replace or rebuild the underlying structure. Unfortunately, getting to this deep layer of skin, called the dermis, isn't a simple matter because the skin's outer layer purposefully protects that structure.

Creams and lotions can't easily reach the dermis; they work on a topical level. Cosmetic injections can penetrate the structure from the outside, but that's not always an easy, healthy, long-term, or cost-effective option. Researchers looked for an alternative that works and found it in Liquid BioCell™.

By drinking Liquid BioCell™ hyaluronic acid increases in the body. Liquid BioCell™ improves skin tone and texture, helps bring elasticity and moisture back to the skin, and even goes an important step further, it helps reduce the enzyme that can make your skin age.

Are you one of the 40 million people who suffers from joint or mobility issues? Tens of thousands of men and women, young and old, have had their lives changed thanks to the clinically validated, super-nutraceutical...Liquid BioCell™.

Joint problems can come with athletic activity, strenuous work, and aging. But what you're really experiencing is the progressive degeneration of connective tissue where both collagen and hyaluronic acid are essential. Taken orally, in a patented, highly-absorbable form, Liquid BioCell™ allows you to replenish these important substances and is clinically shown to work!

DOCTOR'S PERSPECTIVE

How I Believe Liquid BioCell™ Works.

Liquid BioCell™ very closely resembles our own connective tissue, and has a liquid delivery system that allows absorption to begin immediately. To understand how Liquid BioCell™ works, it is necessary to understand that every organ system in our body is composed of HA (hyaluronic acid), chondroitin sulfate, collagen, a number of different elements, and water.

Jusuru researchers discovered in the early 2000's a matrix of collagen type II, HA, and chondroitin sulfate that very closely resembles our own connective tissue. In 2008 after years of additional research, a liquid form was produced. This brought about a quantum leap in bioavailability. Liquids have certain advantages over pills and capsules. Liquid BioCell™ begins to be absorbed immediately as we drink it via the blood vessels in the mouth and under the tongue.

Liquid BioCell™ patented hydrolysis process produces an ideal molecular weight for increased bioavailability. Another unique quality of Liquid BioCell™ makes it recognizable to our body for ease of assimilation. Liquid BioCell™ is a complex patented molecule composed of naturally occurring HA, chondroitin sulfate, and collagen type II that undergoes a patented hydrolysis process by which collagen peptides, and all other constituents, including hyaluronic acid and chondroitin sulfate, are broken down to low molecular weight forms resulting in increased bioavailability.

Hyaluronic acid (HA) is an integral lubricating component of natural synovial fluid in the joints and is important to overall joint function and health. We begin to lose HA the day we are born and begin to absorb free radicals at the same time. Beginning in our late twenties or early thirties we also begin to lose collagen. The congruent decline of both HA and collagen brings about the changes that we recognize as aging, namely wrinkling and drying out of our skin, degradation of our joints, as well as a host of other changes.

As we age a couple of things come into play: 1) the effects of unremembered joint trauma, 2) the diminished quality of the synovial fluid. Just as our skin wrinkles, a similar process is going on in our joints. Liquid BioCell™ is clinically shown to increase HA levels in our bodies, help promote healthy cartilage, and I believe, improve the quality of synovial fluid.

I believe "bone on bone" is a misnomer. Another consideration that I believe, is the term bone on bone, that is frequently used to explain the x-ray

appearance of joint discomfort, is a misnomer. There is always a thin layer of cartilage present or the joint would be full of blood. In the worst hip or knee that I have ever operated on, there was always twenty to forty percent of fairly normal looking cartilage but slightly rough to feel. It is this same cartilage that I believe Liquid BioCell™ can support.

The source of the collagen in this product closely resembles our own connective tissue, thus allowing the body to recognize it.

The size of the molecule is so small that it is easily absorbed starting in the mucous membrane of our mouth.

Liquid BioCell™ is like nothing else we've seen. Liquid BioCell Life consists of three components: 1) Liquid BioCell, 2) resveratrol, 3) 13 antioxidant superfruits. Resveratrol, comes from the skin of red grapes. It's known for its antioxidant and cardiovascular health benefits. The term French Paradox was coined by Serge Renaud, a scientist from Bordeaux University in France. The French have the lowest incidence of heart disease and obesity despite their very rich diet. There are numerous studies supporting its beneficial qualities. Not all resveratrols are the same. Trans-resveratrol is the form used in Liquid BioCell Life, which is the pure, active, ultra-beneficial form of resveratrol.

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Dr. Louis Brady is a graduate of Emory University's School of Medicine and is Board Certified in Orthopedics. He is an Associate Clinical Professor at the University of Central Florida, College of Medicine. Dr. Brady's work in the area of orthopedics spans over four decades. According to Dr. Brady, Liquid BioCell Life is the most remarkable product to have ever been introduced for joints and the aging process. Dr. Brady believes that as orthopedic specialists begin recommending Liquid BioCell™ to their patients, we may see the incidence and severity of one's joint problems, as we know it today, gradually declining.

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TIPS FOR TALKING TO YOUR DOCTOR *ABOUT* PELVIC FLOOR DISORDERS

It can be difficult to talk about problems such as incontinence or vaginal bulges, even with a doctor. But doctors are used to talking about these problems, and it's worth asking about your symptoms because they can be treated. Your doctor may refer you to a urogynecologist – an expert in treating these problems – if your doctor thinks a specialist can help. Here are some tips to get the conversation started.

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WHAT SHOULD I TELL MY DOCTOR?

1. My last pelvic exam was _____ (days, weeks, months, years) ago.

2. I have _____ child(ren) and delivered _____ (vaginally/by cesarean section).

3. I'm having some or all of the following symptoms:
- Pain, pressure or a bulge "down there"
- Trouble urinating or passing a bowel movement
- "Leaking" or needing to use the bathroom often
- Pain during urination

4. My symptoms started _____ (days, weeks, months, years) ago.

5. I have these symptoms _____ (daily, a few times a week, sometimes, etc.).

6. I want to find ways to treat or cure these symptoms.

Also, be sure to tell your doctor about any medicines you are taking and any allergies you may have.

WHAT SHOULD I ASK MY DOCTOR?

1. Do you think I have symptoms of a pelvic floor disorder?
   - If so, what kind of pelvic floor disorder(s) do I have?

2. What is causing my symptoms?

3. Will my symptoms get better?

4. What can I do to lessen or end these symptoms?

5. Do you see a lot of other patients like me?

6. Do you know of any doctors who specialize in treating my symptoms, such as urogynecologists?

7. If so, can you refer me to someone you would recommend?

8. Will you work with the specialist to make sure he or she knows about my medical history?

9. Can I contact you again to ask your advice after seeing a specialist?

10. What should I do next?

11. If I think of more questions later, can I call or e-mail you?

Joseph Gauta M.D.
Board Certified Urogynecologist

Dr. Gauta is now the first physician in S.W. Florida dual board certified in Urogynecology and Obstetrics and Gynecology. Dr. Gauta's practice, The Florida Bladder Institute, is solely dedicated to Urogynecology. One out of every six women suffers from overactive bladder and half of all women will suffer from pelvic organ prolapse. A challenge for women seeking treatment is that they would go to a urologist for one problem, a gynecologist for another and a gastroenterologist for another. Dr. Gauta explains "A Urogynecologist has the skill and experience to assess the entire pelvic region including the uterus, bladder, vagina, rectum as well as the muscles, ligaments, connective tissue and nerves that support those systems. Evaluating your pelvic system as a whole ensures the best treatment and outcome". Some of the newer treatment options include biofeedback, electrical stimulation, Botox, and minimally invasive outpatient surgery. In addition to providing the most advanced medical care for his patients, Dr. Gauta is a preceptor for Boston Scientific, Medtronic and Olympus and trains other physicians from around the world on how to do the most advanced Urogynecology procedures. He is the recipient of the prestigious Castle Connolly's Top Doctors award, and is amongst the top 1% of physicians in the country who are honored with the Patient's Choice Award for 5 years in a row. Dr. Gauta received his training at Tulane University in New Orleans mentored by world renowned Urogynecologists David Herbert M.D. and Thomas Elkins M.D.

Functional Medicine Based Dentistry or Just Good Medical/Dental Practice

By Tamara K Robison, DDS, MBA, PA, Board Certified Pediatric Dentist - Naples and Marco Island

Cavities in children are the most common preventable chronic childhood disease known, five times more common than asthma. A cavity is a bacterial infection in a tooth and we know what specific bacteria are responsible. In the more commonly used surgical approach to treatment of cavities, the section of tooth is surgically removed and replaced with a non-biological material. In a medical model the steps to control disease involve, bacterial control, reducing risk, replacing the minerals in early cavities to reverse or stop progression, and maintaining the healthy state of the patient.

Salivary screening tests are available to determine types and levels of bacteria in a patient's mouth. The dentist can assess family history and environmental risk factors for patients. Specific therapies and products can be recommended to patients to control and lower bacterial levels in the mouth. Reducing risk of dental disease involves controlling the amount of fermentable carbohydrates and acidic foods and drinks that a patient consumes. Frequent use of dental floss and good tooth brushing to keep the teeth clean is important. In addition, products are available to remineralize early cavities in an attempt to prevent progression to the point when a filling or crown has to be performed on a tooth.

Functional Medicine Based Dentistry applies the principles and practices of Functional Medicine with the practice of the art and science of dentistry. In a functional medicine model, extra time is spent emphasizing healthy lifestyles, good nutrition, exercise, and good sleep habits. In addition to the comprehensive exam, additional lab tests may be performed. There may be

higher costs and out of pocket expenses in a Functional Medicine model of practice. Patients who are proactive and preventive in their approach to their health and the health of their family may prefer a Functional Medical approach, in addition to those who have grown distrustful of mainstream medical practice. However, many traditional dental offices stress the importance of healthy lifestyles and good nutrition to their patients. Dentists understand that chronic dental disease can be lifestyle related and as a result, preventable. Extended wait times in waiting rooms are usually the result of providers taking the same extra time with patients and providing the same individual consideration to preventive aspects of patient care. Time is money. In a Functional Medicine model, a patient pays upfront with the knowledge and expectation that extra time is built into the cost for the appointment. In many cases, in the traditional office setting the patients pay with their time and the providers pay with higher stress levels in an attempt to stay on time for patients.

In today's challenging health care environment, patients and providers face many difficult decisions. By working together and having open and honest conversations with each other about the needs and expectations of all involved, patients can receive the medical and dental care the desire and the providers can be fairly compensated for excellent services and time they spend with patients.

COSMIC SMILES for kids
Tamara K. Robison, DDS PA
Diplomate, American Board of Pediatric Dentistry
PEDIATRIC DENTISTRY FROM INFANT TO TEEN
PRENATAL COUNSELING • SPECIAL NEEDS

Dr. Tamara Robison attended the University of Washington and then went on to obtain her specialty training in pediatric dentistry at Nova Southeastern University. Prior to moving to Florida, Dr. Robison practiced at a pediatric practice in Reno, Nevada and at a general dentistry practice in Seattle, Washington. In addition, she directed a hospital-based mobile outreach program for St. Mary's Hospital Mission Outreach in Nevada.

Dr. Robison is Board Certified, has her MBA degree, and has hospital privileges at Physician Regional Medical Center. She has in-office sedation services; provides services for special needs; and has experience with the cleft palate team at Nova. Dr. Robison has spent time volunteering her clinical services for various humanitarian organizations in Mexico and the United States. She has provided free dental screenings and education to under served children for the past 18 years.

Working with children is a privilege and with this privilege comes responsibilities she takes very seriously. Thank you for taking the time to consider Dr. Robison for your dentist. We are confident that she will bring a wealth of experience and heart-felt gratitude for the opportunity to work with you and your children.

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PREPARING FOR A LOVED ONE TO DIE AT HOME

Few of us are comfortable talking about death, whether our own or a loved one's. It is a scary, even taboo, subject for many. The end of a life, no matter how long and well lived, can bring with it a sense of loss and sadness. It can also be a reminder of our own mortality, so we may avoid even thinking about death.

This is normal -- but death is normal, too. All of us will face it at some point and it is better to be prepared for the end of life events than to figure it all out when dealing with the emotions while it is happening.

Below are important topics to consider when preparing for a loved one to die.

Hospice Care

Hospice is traditionally an option for people whose life expectancy is six months or less, and involves pain and symptom relief rather than ongoing curative measures, enabling you to live your last days to the fullest, with purpose, dignity, grace, and support. While some hospitals, nursing homes, and other health care facilities provide hospice care onsite, in most cases hospice is provided in the patient's own home. This enables you to spend your final days in a familiar, comfortable environment, surrounded by your loved ones who can focus more fully on you with the support of hospice staff.

Palliative Care

Unlike hospice care, you do not have to be dying or give up curative treatments to receive palliative care. The term "palliative care" is sometimes mistakenly used to mean end-of-life care, but palliative care is a treatment available to anyone of any age who is suffering from the discomforts, symptoms, and stress of a serious illness.

Palliative care is used effectively to provide relief from many chronic conditions and their treatments, too. Older persons who are living with one or more chronic illnesses may benefit from palliative care long before they need end-of-life or hospice care. Unlike hospice care, palliative care may be used for as long as necessary.

Regardless of a person's choices for treatment and care at the end of life, it is important to maintain the quality of a dying person's life.

When asked, many people say they would prefer to die within the comfort of home. Making this last wish a reality is not always as simple as it sounds. The patient's condition, the caregiver's situation, and the medical equipment needed are three tings that must be considered.

Although no two patients or situations are the same, specialists recommend the following preparations and equipment when preparing for a loved one to die at home.

- Make room for the bed in a convenient room for the patient. A hospital bed is a great option if it is determined it would be beneficial for the patient.
- Hang curtains where needed for privacy.
- Arrange to get mobility supplies such as walker, canes, and wheelchairs.
- Ensure restroom is clutter-free with room to move around and safely equipped with appropriate benches and grab bars.
- Install adequate lighting in all areas accessible by the patient.
- Consider obtaining an oxygen tank and a pain pump for patients who may need them.

As difficult as it may seem, talking about and preparing for a dying loved one ultimately makes both the patient and the caregiver as comfortable as possible in those final days.

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Seizures, Epilepsy and Upper Cervical Care

By Drs. Drew and Kanema Clark

Epilepsy is a relatively common condition with approximately 125,000 new diagnoses made annually in the United States alone. Nearly 2.5 million Americans have epilepsy, and about 9% of the general population will have at least one seizure during their lives. Symptoms may include convulsions, staring, muscle spasms, odd feelings, or episodes of impaired consciousness. Seizures that occur more than once are called epilepsy.

A brain out of control

Without constant nerve signals from the brain stem into the cerebrum, the brain becomes useless. This can be a critical factor in the development of seizure disorders. Misalignments in the upper cervical spine (neck) can affect the function of the brain stem and trigger an "electrical storm" within the brain that could develop into seizures.

Epilepsy and seizures are characterized by sudden, spontaneous and abnormal firing of neurons. They can be localized to a specific networks of neurons or can affect the entire brain. In 60% of cases, the causes of seizures is unknown, That means that at best, doctors can only treat the symptoms and not the true causes.

Epileptic seizures take several forms

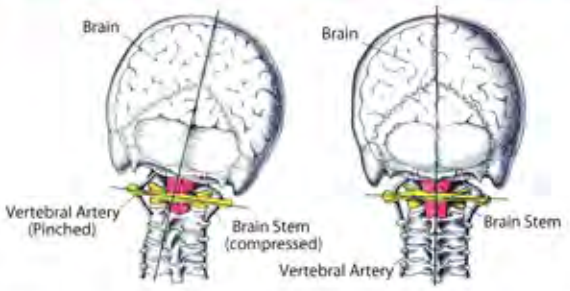
Epileptic seizures vary in magnitude, ranging from small episodes of absence (where the person loses contact with his environment) that are barely noticeable to full blown crisis where the person loses consciousness, gets rigid and then shaken by severe muscular convulsions. Episodes can last from a few seconds to several minutes.

Intriguing new research

Traditional medical treatment includes medication and, in very severe cases, surgery. But a new line of research has emerged in North America. Doctors can now implant patients with a device that electrically stimulates the Vagus nerve, a nerve that exits the spine right below the skull. Upper Cervical Chiropractors have long known that adjusting the upper cervical spine could have a significant impact on the function of the Vagus nerve. Could it be possible that chiropractic adjustments help seizures and epilepsy through the same mechanism?

Upper Cervical Chiropractic care balances the brain.

There is an increasing amount of research suggesting that upper cervical chiropractic care positively influences the brain. Numerous cases of patient having been helped by upper cervical chiropractic



care have been published in the scientific literature. In a 2001 study, published in the Journal Of Manipulative and Physiological Therapeutics, researchers looked at 17 children who had received unsuccessful management with anticonvulsive medications. All 17 patients subsequently received chiropractic care of the upper neck to correct vertebral subluxations, the term chiropractors use to describe abnormal spinal function that results in nerve interference and imbalanced brain function.

88% of the patients (15 out of 17) experienced significant reduction in the frequency and severity of their epileptic seizures. The author concluded that "chiropractic care may represent a non pharmaceutical approach for pediatric epileptic patients".

If you know someone who is suffering from epilepsy, especially if they are not responding to medication, let them know that upper cervical chiropractic care might be a safe option to look into. For more information call 239-200-7248 today!

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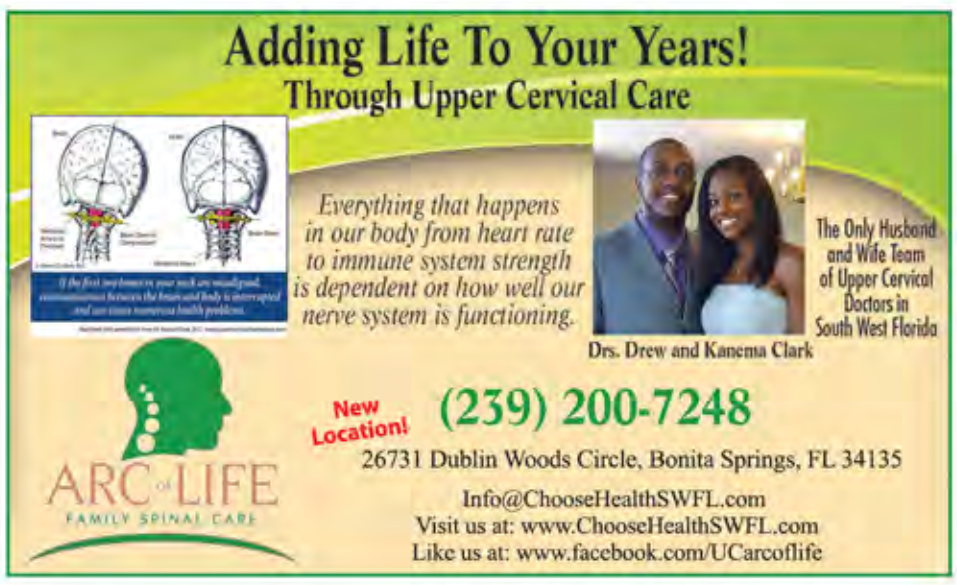

The BLOATED feeling you get after eating may be caused by Bacterial Overgrowth

By Dr Manuel Bustamante

Have you ever eaten something and within a few hours realized that your stomach is so bloated that you can't button your pants? It's not uncommon for patients to say that they wake up with a flat belly and by the end of the day they look six months pregnant.

Even if you haven't experienced abdominal swelling to such an extreme, any amount of bloating is not normal; it's a sign of intestinal inflammation. If you're having gas and/or bloating regularly, you could have food sensitivities and/or a gut infection, such as SIBO.

What is SIBO?

Small intestinal bacterial overgrowth occurs when the bacteria in our gut get out of balance and overgrow. As the old saying goes,, "Too much of a good thing can be a bad thing." How do we get too much of some bacteria over others? This can manifest in several different ways, and often occurs in those eating a diet high in sugar, alcohol and refined carbohydrates. Certain strains of bacteria feed off of refined carbohydrates and break them down into short-chain fatty acids, creating gas and causing bloating.

Another strain of bacteria can break down bile salts before your body has a chance to use them. Bile salts are crucial for the breakdown of fats; without them, the end result is fat malabsorption or diarrhea.

Finally, a third type of bacteria can produce toxins that damage the lining of the small intestine. This prevents your body from absorbing the nutrients you need, much like what we see with a leaky gut.

What causes the bacterial overgrowth?

Our gut relies on nerves, muscles, enzymes, and neurotransmitters to properly digest food. While enzymes mainly break down our food, the nerves, muscles and neurotransmitters physically move the food through our digestive tract from the stomach to the small intestine and to the colon.

When this happens in a healthy gut, bacteria gets passed through the digestive tract along with the food to its final destination in the colon. Problems arise when something interferes with this process.

Damage to the nerves or muscles in the gut can result in leftover bacteria in the small intestine, increasing your risk for SIBO. For example, diabetes mellitus and scleroderma can both affect the muscles in the gut, leaving room for SIBO to develop.

Physical obstructions in the gut, like scarring from surgeries or Crohn's disease, can also cause an abnormal buildup of bacteria in the small intestine. Diverticuli, which are tiny pouches that can form in the wall of the small intestine, can also collect bacteria instead of passing it on to the colon, where it belongs.

There are also medications that influence or disrupt the normal gut flora, such as antibiotics, acid-blocking drugs, and steroids. And of course, as I mentioned above, the most common cause I see in my functional medicine clinic is from a diet high in sugar, refined carbohydrates and alcohol

10 Signs Of Small Intestinal Bacterial Overgrowth (SIBO)

1. Gas
2. Bloating
3. Diarrhea
4. Abdominal pain or cramping
5. Constipation (much less common than diarrhea)
6. Diagnosis of irritable bowel syndrome or inflammatory bowel disease
7. Food intolerances such as gluten, casein, lactose, fructose and more
8. Chronic illnesses such as fibromyalgia, chronic fatigue syndrome, diabetes, neuromuscular disorders and autoimmune diseases.
9. B12 deficiency as well as other vitamins and minerals
10. Fat malabsorption

How to test for SIBO

Breath Test: This is the gold standard, individuals must fast for 12 hours, breathe into a small balloon, ingest a precise amount of sugar, and repeat breath samples every 20 minutes for 3 hours.

Comprehensive Stool Test: This is also a functional medicine lab test looking at the flora of the large intestines. If I see all elevated levels of good bacteria, I suspect SIBO.

History: By listening to the patient's history and symptoms, I'm often able to make a diagnosis.

How to treat SIBO

The standard treatment for SIBO is an antibiotic called Xifaxan. Because Xifaxan is not well absorbed throughout the body, it mostly stays in the gut and is very effective against SIBO. A diet low in carbohydrates and free of refined flours, sugars and alcohol can minimize and eliminate the symptoms also.

Similar to Candida overgrowth, those who are susceptible to SIBO may have reoccurrence after treatment. It is advised to adopt a long-term diet that is low in carbohydrates and especially refined carbohydrates.

Bloating and inflammation is not a normal response to eating. If you experience any of the above symptoms you may have SIBO. For more information on SIBO or to schedule a consultation call **239-593-6201** today!

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Decreasing Balance Increases Risk of Falls in the Bathroom

As we age, it gets harder to do a lot of the activities we were once able to do with ease, and we tend to take those things for granted. Walking, bending, and climbing are movements that we think are simple now, but they only get more difficult when we reach our Golden Years.

The bathroom can be a hazardous place for aging homeowners. As balance decreases with age, the risk of slips and falls increases and increases presents the possibility of broken hips or other health concerns and costs. A safe and easy-to-use bathroom is critical for aging homeowners who wish to remain independent for as long as possible.

One daily activity that you may not realize that can become a more difficult task in the future is the ability to take a bath or shower on your own. Lifting your legs to step over the ledge and into the tub may not be possible, especially with decreased balance. Even if your bathroom already has a shower with a walk-in feature or a low ledge, standing for long periods of time will not be comfortable, and leave you vulnerable to falls.

Installing aging-in-place bathroom features can help homeowners remain in their current residences well into their later years. In fact, aging-in-place remodeling is the fastest growing sector of the home improvement industry!

Comfort and Security With a Walk in Tub

Most of us can envision many of the advantages of walk in tubs. Anyone with problems balancing, especially on one foot, will find that they can stay much more secure with a walk in tub. Stepping up and over a regular tub can be downright treacherous as the transfer of weight does not happen immediately and thereby easily pushing someone you love off balance.

Most of us also know that more broken hips happen from a slip and fall in the shower or bathtub than just about anywhere else. Anyone over the age of 50 should consider the installation of walk in tubs to be the installation of a personal safety feature. Women, especially, who run a high risk of developing osteoporosis and other potentially serious conditions should absolutely find safer ways to get clean.

For anyone who faces the problem of limited mobility the safety and security provided by a walk in tub is priceless. This is a wonderful product for our aging population and for anyone who has to face the difficulty of dealing with a physical handicap.

By remodeling your bathroom to suit your changing lifestyle, you won't have to give up your independence. Curtis Allen Designs builds custom-designed bathrooms that feature a variety of accommodations and accessibilities with a fashionable flair that will reflect your tastes and personality.

Remain in your home while retaining your freedom. Plan ahead! Contact our location nearest you to schedule an estimate today, so that you may enjoy your bathroom tomorrow. Collier and Lee County (239) 418-0011; Charlotte County (941) 627-6085

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OUR CORONARY ARTERIES Victims of Inflammation

By Zorayda "Jiji" Torres, MD

Coronary Artery Disease (CAD) is the single leading cause of death in the US and in industrialized countries. CAD develops when plaque builds up in the walls of the arteries, reducing blood supply to the muscles of the heart. A heart attack usually occurs when the plaque ruptures, causing sudden complete obstruction of the blood vessel, and the affected heart muscles die due to lack of oxygen.

Why does plaque build up in the first place? Most of us have heard of the traditional risk factors for CAD: advancing age, male sex, family history of CAD, smoking, hypertension, high cholesterol, and diabetes. However, what most of us do not hear about is that **inflammation** is the main process that causes these plaques to form! You might ask, inflammation where? The answer is, anywhere in the body! Yes, prolonged, recurrent, and frequently silent inflammation from various causes and places in the body damages the inner lining of our blood vessels called endothelium. This damage begins a cascade of events, eventually leading to plaque build-up.

Before I expound on this inflammation, let's talk about cholesterol for a moment. Cholesterol is an essential fat that is used by the body to make hormones, vitamin D, bile acids, cell wall components, and others. Cholesterol helps neutralize toxins coming from the gut. When you have an infection, your total cholesterol level goes up. Because cholesterol deposits are found in plaque, it is blamed as the culprit but it is not. It is just another victim and sign of inflammation! Again, you may ask, inflammation where? Anywhere in the body! The coating that carries the cholesterol in our blood, called "lipoproteins", can get "oxidized" by inflammation and become sticky, contributing to plaque build-up. So, just lowering your cholesterol number by taking drugs is not always the best strategy. The better approach is to lower or stop the inflammation, so the cholesterol does not become sticky and the numbers go down!

So now, let's talk about this inflammation some more. Inflammation is a normal process that our body mounts to protect us from bad things – injury, microbes, allergens, etc. Short-lived or acute inflammation is usually not a problem. However, prolonged or chronic inflammation IS a big problem, and IS indeed a proven cause of coronary disease! To make things worse, most of these chronic inflammatory processes are silent! To understand this concept better, I will cite examples.

The food we eat can cause inflammation. In fact, the Standard American Diet (SAD for short), consisting of burgers, hotdogs, fries, pizza, cereals, pasteurized milk, cookies, and many processed foods, are pro-inflammatory. Each time we eat such a meal, our bodies become silently inflamed for 4-6 hours. Thus, eating 3 pro--inflammatory meals a day is enough to inflame the body for most of the day!

Poor lifestyle choices, like smoking, drinking too much alcohol, inadequate sleep, and lack of exercise also contribute to inflammation. Prolonged stress is another big cause of inflammation thru the action of cortisol.

As I am a functional medicine physician, and I specialize in finding the hidden causes of diseases, let me tell you about the lesser known, but common causes of inflammation, of coronary or vascular disease in general. I will enumerate some of them:

1. Hidden infections. I would say the most common sites are the teeth and gums, and the gut. Unhealthy gums and tooth decay have actually been shown to be highly associated with coronary disease! People with history of root-canal treatments have also been shown to have more coronary disease. The gut can easily hide a low-grade infection or infestation. Loss of enough good bacteria also allows the bad ones to predominate and weaken our immune system.

2. Food sensitivities. Foods like gluten-containing grains (wheat, rye, barley, etc.), dairy, soy, and others, cause inflammation in the gut, and eventually in other parts of the body. These sensitivities may present as gut-related symptoms like bloating, pain, or as non-gut-related symptoms like fatigue, achiness, depression, , thyroid problems, arthritis, arrhythmias, etc. They cau autoimmune disease and vascular disease.

3. Toxicities, including heavy metals and other environmental pollutants. We live in a toxic world. Many of our produce and packaged foods are full of pesticides and additives that disrupt the actions of our hormones, and burden our liver. Heavy metals like mercury, lead, cadmium and arsenic, disrupt energy production in our mitochondria and are common causes of vascular and neurologic diseases. Dental amalgams contribute to your body burden of mercury.

4. Nutritional deficiencies and excesses, and the most part, we are an overfed but undernourished society. We eat too much sugar and starch, trans-fats, and not enough vegetables and fruits. Nutritional deficiencies reduce our ability to fight inflammation and repair damaged tissues. Excessive carbohydrate intake leads to insulin resistance, a metabolic state that promotes inflammation even prior to reaching the diagnosis of "diabetes". Many drugs that are commonly prescribed also bring about vitamin and mineral deficiencies. A great example is magnesium and potassium deficiency from use of diuretics.

5. Genetic weaknesses. Some of us have difficulties in methylation and detoxification, making us more susceptible to inflammation than others. Some have genetically elevated levels of lipoprotein (a), a protein that can increase the stickiness of the cholesterol particle. These genetic weaknesses, and others, can be tested for and measures can be taken to reduce their impact on our health.

Now, that I've listed several hidden causes of CAD, it is no wonder why it is so prevalent. Our blood vessels are just innocent victims of infinite insults happening in our bodies!

Our current healthcare system is excellent in handling *acute* cardiac emergencies, using clot-dissolving drugs, stents, and surgeries. However, when it comes to *chronic* management of coronary disease, we often fail to halt the progression, what more reverse it. With a list of causes such as above, reversing it is clearly no easy task. M.D.'s or D.O.'s practicing **conventional medicine** are usually not trained to investigate these hidden causes, and do not have the time to address them, so they usually use pharmaceutical drugs and procedures, which can be life-saving. However, these drugs and procedures carry risks, are expensive, and do not necessarily stop disease progression, therefore the need for more interventions in the future. **Functional medicine** physicians, on the other hand, have had extra training to find and help the patient eliminate these hidden root causes of inflammation, therefore also reducing risk for future maladies. I say, if you have coronary or any vascular disease, you need to have both kinds of doctors to help you.

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a functional medicine practice

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

Diabetes and Gum Diseases - It's a Two-way Street

By Juan Teodoro, D.M.D.

Most diagnosed Diabetic patients are aware of the importance of regulating their blood sugar levels for the well-being of their body - from head to toe. Few Diabetic patients however, are aware of the oral complications associated with Diabetes. Diabetic patients are at a greater risk of developing periodontal disease and thus loosing teeth. In fact, periodontal disease is often considered the sixth complication of diabetes.

Periodontal disease is a chronic bacterial gum infection that destroys the attachment fibers and supporting bone that holds the teeth in place. If left untreated, the teeth fall out or need to be removed due to serious abscesses. Studies show that diabetic patients are up to 4.2 times more likely to develop periodontal disease than those without diabetes. This is probably because diabetic patients are more susceptible to contracting infections. Research suggests that the relationship between periodontal disease and diabetes goes both ways. Periodontal disease makes more difficult for people who have diabetes to control their blood sugar. Periodontal disease in most instances, increases blood sugar, contributing to increased periods of time when the body functions with a high blood sugar. This puts diabetic patients at an increased risk for diabetic complications. Diabetes slows circulation. Therefore, diabetic patients who have periodontal disease should be treated to eliminate the periodontal infection. This recommendation is supported by a study reported in the Journal of Periodontology in 1997 involving 113 Pima Indians with both diabetes and periodontal disease. The study found that when their periodontal infections were treated, the management of their diabetes markedly improved. In fact, periodontal treatment combined with antibiotics has been shown to improve blood sugar levels and thus decreasing insulin requirements.

The good news is that if your diabetes is under control, you are less likely to develop periodontal disease than someone whose diabetes is poorly controlled. Another study published in the Journal of Periodontology concluded that poorly controlled diabetic patients respond differently to bacterial tartar at the gum line than well-controlled diabetic patients. Poorly controlled patients with diabetes also have more harmful proteins in their gum tissue causing destructive inflammation of the gums

If you have been diagnosed with Diabetes and have been treated by you general dentist for gum pockets, or received a deep cleaning or antibiotic gum therapy more than once it is likely that you already have periodontal disease. Keep in mind, that once bone support is lost it cannot be restored, however, there are many ways to arrest periodontal disease. A Periodontist, the dental specialist who diagnoses and treats periodontal disease is the most qualified dentist than can discuss and provide the different Periodontal treatment options for the Diabetic patients particular needs.

To learn more about Periodontal Treatment Options and Periodontal / Oral Health visit: www.bonitaimplants.com or call 239-333-4343.

***Dr. Teodoro** is a Board Certified Periodontist. He holds both Diplomate status in the American Academy of Periodontology and the International Congress of Oral Implantologists. Dr. Teodoro is an Adjunct Professor to the University of Pittsburgh School of Dental Medicine. He is also a Clinical Assistant Professor at the Naples Dental Residency Program for the University of Florida. Dr Teodoro served as a Major in the United States Air Force practicing Periodontics. Throughout his Air Force career he served as the Chief of Periodontics, Director of the Implant Board & Clinical Instructor. Dr. Teodoro is one of the local leading authorities in Laser Periodontal Therapy and in the Brånemark method of Implantology. He was the first Periodontist in both Lee and Collier county to bring Periodontal Laser technology with the PerioLase Laser for the treatment of Periodontal Disease.*

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National Medical Director, Parkinson's Disease and Movement Disorders Program, Cleveland Clinic

Dr. Jill Scarpellini Huber
Licensed Psychologist, Private Practice
Sarasota, FL

PROGRAM DIRECTOR
Ramon A. Gil, M.D.
Medical Director, Parkinson's Disease Treatment Center of SW Florida, Port Charlotte, FL

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For more information:
Ramon A. Gil, M.D.
941-743-4987

Parkinson's Disease Treatment Center of SW Florida
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1531 Tamiami Trail, Suite 702B, Venice, FL 34285
708 Del Prado Boulevard, Suite 6, Cape Coral, FL 33904

Health Insurance – Medicare Annual Election Period & Health Care Reform (Obama Care) 2016 Open Enrollment is starting soon. Don't be fined or miss your opportunity to change.

Subsidy or No Subsidy it may apply to you!

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

Medicare October 15th-December 7th 2015 for January 1st, 2016 effective date.

Everyone on Medicare should be looking at their Notification of Change booklets that you received from your current carriers. This applies to Medicare Advantage Plans and Part D, an annual review of your policies is always highly recommended. Medicare Advantage Plans change every year and many are charging a premium. In most cases you cannot be turned down regardless of your health, so you should never feel trapped in a plan you are not happy with.

You may qualify for extra help with your drug cost and not even know it. *In 2015, drug costs for most people who qualify are no more than $2.65 for each generic/$6.60 for each brand-name covered drug. (In 2016, costs are no more than $2.95 for each generic/$7.40 for each brand-name covered drug.) Other people pay only a portion of their Medicare drug plan premiums and deductibles based on their income level. In 2015, you may qualify if you have up to $17,655 in yearly income ($23,895 for a married couple) and up to $13,640 in resources ($27,250 for a married couple). www.Medicare.gov working with an Insurance Broker that represents multiple insurance companies can help you analyze which plan might be best for you. Everyone is different, you should rely on a professional not just a friend or a neighbors recommendation. We will be hosting complimentary seminars in Fort Myers @ Pinchers Crab Shack 1260 West First Street, Fort Myers, FL 33901, and other locations along with private appointments. You can call our office to schedule your appointment 239-362-0855.

Logical Insurance Solutions
Dee Merritt
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Dee@Logicalinsurance.com

The law under the **Patients Protection and Affordable Care Act (PPACA) - (Obama Care) the Open Enrollment Period is November 1st to January 31st, 2016, those that enroll between November 1sth to December 15th will have a January 1, 2016 effective date; Dec. 16th – Jan. 15th eff. Feb. 1, 2016; Jan. 16th – Jan. 31st eff. Mar. 1st 2016.** After that you will not be permitted to purchase health insurance that meets the government standards that avoids the tax penalty, unless you have a special election period, please visit https://www.healthcare.gov for more information. The **PPACA** plans have **no medical underwriting;** short term policies are still available but currently still require medical underwriting which means you might be turned down if you have pre-existing conditions, or that condition may NOT be covered if a reoccurrence may happen. I am finding that many people think that the Affordable Care Act is only for people that are seeking government subsidy and that is not correct. The law affects just about every type of health insurance in the USA. In order to qualify for government subsidy you need to go through the Market Place, or if the Insurance Carrier offers seamless applications through their platform it can be done that way as well. To see if you qualify for tax credit you can check the IRS website at http://www.irs.gov/uac/The-Premium-Tax-Credit. If you do not qualify for subsidy you can still purchase your plan through the Market Place or the Insurance Company, both available with the help of a local agent by adding their name and National Producer Number (NPA). If you have an insurance policy for many years and drop that plan, you will not be able to get it back as the plan will no longer exist to be re-purchased. Some insurance carriers are allowing their policy holders to keep their current plan, others have issued cancel notices. Before you cancel what you have, make sure that you check to see if your doctors are in network as this has been a big problem since 2014, along with people not being satisfied because they did not totally understand the plans "Summary of Benefits". Cost is important but not only the cost of the plan you choose but make sure you can afford the out of pocket cost when you need to use the plan, sometimes raising the premium a little may make it easier to visit the doctor more often as needed. Qualified High Deductible Health Plans (H.S.A.) plans also have a tax advantage. You need to do the math, explain your needs both health and financial with a licensed insurance agent. Check to see how many companies they represent, if they only represent one ok guess what you get? There are a lot more choices in 2016, if what you have turns out to be the best great. Remember you can make as many changes as you need up until January 31st 2016 for the 2016 Plan Year. Don't just settle because it's confusing, call a professional.

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

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

MUNICIPAL BONDS AS AN INVESTMENT VEHICLE

Provided by RBC Wealth Management and John Barnes

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

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

In addition to their tax advantages, municipal bonds offer other benefits. For example, munis can help diversify an investment portfolio that may be heavily weighted toward stocks and corporate bonds. Also, by adding quality municipal bonds to your holdings, you can help support worthwhile projects in your community. Municipal bonds are used to finance water, sewer, and electrical facilities, as well as hospitals, bridges, roads, airports, schools and other municipal infrastructure.

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

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

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

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

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

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

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John Barnes from RBC Wealth Management has been helping people with their bond portfolios for 30 years. John has the knowledge and the tools that can show you what affect interest rate movement can have on your portfolio.

For more information please contact John at the Naples office.

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Popularity of TV Dance Shows Inspires New Interest in **Ballroom Dancing**

Ballroom and other dance styles have sashayed their way into living rooms across America with shows like ABC's "Dancing with the Stars" inspiring many to put down the remote control and put on their dancing shoes.

The popularity of ballroom and Latin dance has been growing since about 2000, and television dance shows have boosted – not created -- this popularity.

Enchanted Ballroom Bonita Springs is a proud member of the Bonita Springs Community. We are located in the beautiful Promenade at Bonita Bay, in the heart of Bonita Springs, Florida Enchanted Ballroom Bonita Springs is tailored to fit everyone from beginners to advanced dancers. People come for all kinds of reasons – preparing for a special event, rehabbing an injury, looking for a fun exercise, get in shape, or seeking new friendships. We teach American Smooth and Rhythm as well as International Standard and Latin dancing, social dance, line dance, including Argentine Tango.

Has the dancing bug bitten you? Would you like to learn how to dance like the contestants on "Dancing With the Stars" and be able to use those skills when you attend social events? If so, look no further than Enchanted Ballroom Bonita Springs. Stop in any time by yourself or with friends to give dancing a try or to spruce up your moves.

Age is no longer a factor when it comes to ballroom dancing. Once thought of as a venue for grandparents, ballrooms across America have seen a significant increase in participation among younger dancers and people from all walks of life. People from all different backgrounds -- professional, blue collar, white collar, widows, widowers, married couples are waltzing their way across the dance floor.

Learning to dance has both physical and mental benefits. In addition, it is a skill you can showcase on many occasions, especially during the upcoming holiday season when your calendar is full of social gatherings.

Learn to dance to impress your life partner, prepare for a special event, or to get in shape. Whatever your motivation is, the friendly instructors at Enchanted Ballroom are eager to help you achieve your dancing goals.

Those looking to learn a few moves are turning to dance studios like Enchanted Ballroom.

It doesn't matter if you are a beginning or advanced dancer. Maybe you are preparing for a wedding or special event, or want to lose those extra pounds and have some fun? Have you dreamed of dancing like the stars on TV and in competitions? Whatever your dance goals may be, Enchanted Ballroom instructors make achieving them easy and fun.

Enchanted Ballroom offers private lessons, group classes, workshops and dance parties.

If you have a partner in mind, dance classes are a fun way to add a little spark and romance to your relationship. Don't have a partner? Don't worry. You can dance with one of our instructors or another class participant. What better way to make new friends than in a steamy salsa class with a great Latin beat!

Dancing slims and tones the body and increases self-confidence among participants. Instead of going out and having a big dinner with your friends, attend an Enchanted Ballroom dance party. Everyone will have more fun, burn calories, and get to meet and mingle with new and interesting people.

With the holidays right around the corner, what better way to surprise your partner than a great deal on dance classes? Or indulge in some classes for yourself so that you can knock everyone's socks off the next time you're at a social gathering. If those aren't reason enough to dust off your dancing shoes, the health and fitness benefits alone are well worth the cost of class, and the friendships you'll make are priceless.

For more information about lessons, classes, workshops and dance parties call 239-908-9492 today! What are you waiting for?

Affinity Revenue Services

Streamline Your Office

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With an ever-increasing number of patients being seen, many offices are finding it more and more difficult to balance time spent with the patient and time spent completing and filing required paperwork. Wouldn't it be nice to improve your patient encounters enabling you to focus more on the patient and less on the paperwork?

If you and your office staff find an easy-to-use intuitive interface with minimal startup time beneficial to your practice it may be time to consider a different system. With 24/7 web-based access, built in labs interface and ePrescribing capabilities the services offered by Affinity Revenue Services may be just what your office is missing.

With the conversion to ICD-10 is your office staff feeling overwhelmed spending more and more time on paperwork instead of providing your patients with a streamlined quality experience? Does faster reimbursement, fewer claim rejections and real time reporting sound appealing? If so, services available using iClaim will provide your office with numerous benefits.

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Choosing an electronic medical records solution can be a frustrating process. You'd like to take advantage of current incentives, but don't want to get stuck with a system that ignores your unique office workflow.

Well, with EMRx you can not only cash in on early adoption incentives, you can also implement a customized solution that will parallel the current workflow of your practice.

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• **Fast patient encounters** – Physicians who use EMRx spend an average of 2 minutes documenting each patient encounter. Spend less time documenting and more time caring for patients.

• **Implementation & Training** – The EMRx customized implementation plan allows for comprehensive training while reducing the disruption in office workflow. You get training on your time and on your terms.

It's the right time, and EMRx is the right system for you.

iClaim Billing Service

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• **Real-time access** – iClaim is web-based, so you have 24/7 access to your data from any computer with an internet connection. That means you can view the real-time status of every aspect of your billing cycle anytime, anywhere.

• **Better reporting for better decisions** – With iClaim, you can access hundreds of reports in real-time with the touch of a button. That gives you ultimate control, and the data you need to make the right decisions for your practice

So free yourself and your staff to focus on patient care, and let us and iClaim handle the rest.

Affinity Revenue Services is proud to provide overall business consulting support to physicians and surgeons in private practice. Whether the need is ICD-10/Stage 2, meaningful use HER/EMR systems, comprehensive medical billing solutions to optimize revenue cycle, or electronic filing of patient files, Affinity Revenue Services has the solution to assist in every facet of your practice.

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Ladies.... It Is Time to Reclaim Your Goddess Within... Including Your Sexual Desire

By Toni Eatros, MS, Dipl Ac, AP

Many women come into my office complaining of high stress, fatigue, and complete loss of sex drive. Too often, the discussion is about sex hormone imbalance. Yes, your sex hormones (estrogen, progesterone, and testosterone) are important, but the hormones we need to start looking more closely at are your stress hormones. When the stress hormones are controlled, the sex hormones balance automatically.

These stress hormones, cortisol and epinephrine (adrenaline), are designed to be used by the body in times of acute stress to help you deal with physical danger quickly. When released, these hormones temporarily activate the immune system, setting off an inflammatory response to deal with incoming pathogens, and prepare your body to either fight or run away from the danger you are facing.

Unfortunately, most of the stress we have on a regular basis is chronic and not the kind where we can run away or fight ourselves out of the situation. The release of these stress hormones over time, results in what we call in Chinese medicine, Kidney Yang Deficiency. This is known as adrenal fatigue in the Western medical paradigm.

Clinically, symptoms of kidney yang deficiency include extreme fatigue, weight gain, cold hands and feet and/or joints, weakness of the lower body, low back pain, knee pain, low sex drive, sexual disorders, hormone imbalance, bright white skin, depression, and urination is frequent, clear and usually a large volume.

Most women blame their sex hormones for the symptoms they are experiencing. Hormones can play a role, but typically, these come after several decades of putting your own needs last and caring for others instead. A threshold is eventually reached, where your body just says, "Stop it, I will not do another thing." If sex is just another item on your To Do list because you should do it for your partner, then of course, you are going to have trouble feeling sexual desire. This has nothing to do with your age or your hormone changes.

Today, women are presented with unattainable expectations of doing everything for everyone at all times, often with a large amount of shame thrown in if they are unable or do not want to comply with these expectations. That is what is killing the sex drive in women today, not age and not hormones.

The good news is there are many things that can be done to reverse this scenario.

Pelvic muscle strength is vital to maximizing the amount of pleasure you receive during sexual activities. One of the best things to naturally stretch and tone these pelvic muscles is to squat. Whenever you take a shower, squat to urinate. The butt muscles you use to help you balance in this position will support the toning of the pelvic floor muscles. Your urethra will be pointed downward, allowing gravity to help you naturally release urine. Squat when you can during the day too. Also, simply standing up 32 times per day, then sitting back down, will apply gravity to your pelvic floor improving pelvic tone.

Use your toilet time to build your pelvic floor muscles. One habit all of us should change is how we use a toilet. Women tend to sit up straight like proper ladies instead of leaning forward or putting our feet on a stool to raise the knees. Whether you're sitting to urinate or defecate, lean forward and place your elbows on your knees, or put your feet up on a step stool to raise your knees above your waist. This squat-like position supports the toning of pelvic floor muscles. I like to use the Squatty Potty toilet stool for this purpose, which you can find online. See if using it regularly doesn't reduce the number of times you have to urinate during the day and night.

Yang herbal tonics have been used for thousands of years in traditional Chinese medicine to treat female sexual disorders. I have a variety of herbal formulas that I can prescribe based on your TCM diagnosis. Formulas to lower the stress hormones and formulas to increase libido.

One striking difference between western and traditional Chinese medicine is that western medicine focuses and excels in crisis management, while traditional Chinese medicine emphasizes and shines in holistic and preventative treatments. Therefore, in emergencies, such as gun shot wounds or surgery, western medicine is generally the treatment of choice. However, for treatment of chronic illness of unknown origins, where all lab tests are normal and a clear diagnosis cannot be made, traditional Chinese medicine is distinctly superior.

Although it may fly in the face of everything you've been told, research shows that older women have far better sex lives than many younger women. Women in their 60s and 70s are having the best sex of their lives. If you are ready to be one of these women but need a little help getting there, schedule online today at, **www.AcupunctureSolutionsOnline.com**, or call **239-260-4566**. You can reclaim the goddess within and enjoy your sexuality well into your 60s, 70s, and beyond.

Yours In Health & Wellness,
Toni L. Eatros, AP

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5 Tips on Cleaning Your Home for Cold and Flu Season

Here are five tips you may not have heard before about cleaning your home for cold and flu season:

Clean before disinfecting.

Dirt and grime prevent disinfectants from doing their work by shielding microorganisms from contact with active disinfecting agents. Some types of dirt actually consume or impair the active ingredients in disinfectants and – because no germ kill is 100% – dirt can also help germs to regenerate after disinfecting is complete. To ensure dirt and oily soils are removed completely before disinfecting, be sure to choose a cleaning solution that is designed to bond with dirt and oils and suspend them in water. Also, be sure your cleaning rags have the absorbency needed to remove dirty water from the surface you are cleaning.

Understand that there is a huge difference between sanitizing and disinfecting.

Sanitizing implies 99.9% germ kill during hard surface cleaning while disinfecting implies germ kill of 99.999%. The difference: proper sanitizing results in a 1,000-fold reduction in human exposure to germs while disinfecting results in a 100,000-fold reduction. While disinfecting all the time in your home would be far too extreme, you should try to use a disinfectant on commonly touch surfaces – such as door handles, faucets, and light switches – during local flu outbreaks or when someone in your family is actively suffering from the flu in order to kill living germs that may be lurking on hard surfaces. Outside of cold and flu season, sanitizing should suffice.

Pay close attention to the language in cleaning solutions' claims.

For example, "prevents or eliminates mold and mildew" is very different from "kills viruses that cause common colds and flu." The EPA registers and tests products sold as disinfectants and sanitizers, so if a cleaning solution claims to be a disinfectant, it MUST kill cold and flu viruses.

Read and follow instructions.

Cleaning solutions sold for use in homes often double as sanitizers and disinfectants. The difference comes in the way that you use them. Instructions on a canister of common disinfecting wipes state that to sanitize a hard surface, you need to ensure the surface stays wet with cleaning solution for a minimum of 10 seconds. To disinfect the surface, it has to stay wet with cleaning solution for a full 10 minutes and be allowed to air dry (rather than being wiped).

Choose the right tools.

Pre-moistened disinfecting wipes may not be the most economical or effective choice as they don't necessarily deliver enough cleaning solution to ensure sanitizing or disinfecting levels of germ kill on hard surfaces. (Again, the fine-print instructions actually state that multiple wipes are needed to deliver sufficient quantities of solution for disinfecting). Meanwhile, if you opt to use disinfecting sprays or liquids with reusable rags, be sure to avoid cross contaminating your surfaces by using one colored rag exclusively in your bathroom, another exclusively in your kitchen, and so forth.

Bottom line:
Clean first, disinfect second – and only at times and in places where it is really necessary. When you do decide to disinfect, follow procedural instructions exactly. Otherwise, you will just be wasting your time and money without reaping the intended health benefits.

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SPECIAL NEEDS CHILDREN AND GUARDIANSHIP

By Rebecca M. Vaccariello

The parents of special needs children often do not realize that they may need to file a court proceeding for guardianship when their child is about to become an adult in the eyes of the law, which is 18 years of age in Florida.

Minor Children and Guardianship Considerations
When a child is a minor, under 18 years old, parents can make decisions and assist their child without a formal guardianship having been commenced. All parents are "natural guardians" of their minor birth or adoptive children. A natural guardian has all the powers that a guardian of the person would have, but do not have all the powers that a guardian of the property would have. For example, if any minor child inherits or receives settlement proceeds that exceed $15,000, a parent or other adult is required to be appointed as a guardian of that property by the court. Additionally, all parents should consider naming a proposed guardian for their minor children in their estate planning documents. If both parents of a minor child are deceased or become incapacitated, the court is required to determine who the guardian will be unless the parents have named a guardian in their estate planning documents. Parents should confirm that their proposed guardian is both willing to so serve and is qualified to serve under Florida law. Many of these considerations for minor children are the same whether your child is typically developing or has special needs.

> Even parents need to obtain guardianships if their child will not be able to make all necessary decisions for themselves upon turning 18 years old.

Adults with Special Needs and Guardianship Considerations

Once children turn 18 years old, the parents are no longer their natural guardians. For parents of typically developing children, having a child reach the age of majority normally means that their child, now an adult, can legally make all required personal and financial decisions for themselves. For parents of special needs children, if their children are not able to make all of the necessary personal and financial decisions, the parents need to consider guardianship options. Because parents are no longer the natural guardians once a child turns 18, even parents are required to commence a guardianship proceeding in this situation. There is no automatic extension of natural guardianship for parents whose children continue to need their assistance past the age of 18. This comes as a surprise to many parents. The good news is that there are multiple options under Florida law depending on the child's abilities.

Guardianship Options for Adults with Special Needs

1. Power of Attorney. The first option does not involve guardianship at all. If a person has sufficient capacity to do so, they can execute a power of attorney document, allowing a parent or other person, to act on their behalf for designated decisions related to their property. Other documents can be executed for their health care needs.

2. Guardian Advocacy. Florida has an option specifically for the developmentally disabled that allows the court to appoint a "guardian advocate," instead of a guardian, in cases where the individual has the ability to make some, but not all, of the decisions needed to care for their person or property. Guardian advocacy is a possibility if an individual has a developmental disability which is defined as a disability that manifested before the age of 18, is expected to continue indefinitely, constitutes a substantial handicap and is based on a condition or diagnosis of retardation, cerebral palsy, autism, spina bifida or Prader-Willi syndrome.

The court does not adjudicate incapacity when appointing a guardian advocate, which is a less restrictive form of guardianship and should be used if appropriate. The annual accounting requirements may be waived under this type of guardianship and the guardian advocate is not required to have an attorney.

3. Guardianship. When adults have mental and physical disabilities, due to any cause, they may need a guardian appointed to make personal and financial decisions for them. When children with special needs are reaching the age of majority, parents need to consider whether filing for a full guardianship may be needed. A guardianship can be limited in scope depending on the individual's abilities. In cases where a person cannot care for themselves or their property at all on their own, the court will normally appoint a "plenary guardian" which is a guardian of the person and property who can exercise all rights that are allowed to be delegated under the law.

Additional Considerations

Parents of minor children with special needs should consult with an attorney to make sure they understand all their options relating to guardianship and they may also need to coordinate their trust and estate planning accordingly. For example, an individual who receives an inheritance may have their government benefits affected and a special needs trust may be a good idea, both for receiving a potential inheritance and also for providing for the child during the parents' life without triggering additional income to the child.

Conclusion

The options involving guardianship are best navigated with assistance because in cases where a child is able to make some of their own decisions, the realm of options are greater than can be addressed in detail here, and in the case of a child who needs a full guardianship, the court filings required are difficult to navigate without counsel and the court system requires that the guardian be represented by counsel.

This Article does not constitute legal advice and may not be relied upon as such. Each individual's facts and circumstances are different. If you have any questions regarding your particular situation, please consult with legal counsel.

Rebecca M. Vaccariello

Rebecca M. Vaccariello's practice focuses on business, probate and general civil litigation. Ms. Vaccariello is licensed to practice law in the states of Florida and New York. Prior to joining Salvatori, Wood, Buckel, Carmichael & Lottes, Ms. Vaccariello served as a judicial law clerk to a civil trial judge in New York for over five years, and, prior to that, worked for six years in a general practice litigation firm in New York.

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VITAS Celebrates National Hospice and Palliative Care Month

By Steven Rolon, Director of Market Development, VITAS® Healthcare

National Hospice and Palliative Care Month, observed every November, is a celebration of the many reasons that nurses and other health care professionals choose to focus on caring for patients and families at the end of life. Part of the mission of this important healthcare observance is to help create awareness of the meaning and benefits of hospice. It is also an opportunity to reflect on the meaningful difference it makes in people's lives.

One of the most common misconceptions about hospice is that it's a facility or a place where people go to die. Fact is, hospice is an end-of-life care option —a philosophy of care—that focuses on patients rather than their diseases. It includes expert pain management by treating physical symptoms, while providing emotional and spiritual support.

> Hospice is an end-of-life care option, a philosophy of care, that focuses on patients rather than their diseases.

Hospice care is provided by skilled, interdisciplinary teams of experts, including physicians, nurses, home health aides, social workers, chaplains, bereavement specialists and volunteers, who work together to ensure the best-possible quality of life for patients and their loved ones. The care is administered at patients' homes, hospice inpatient units, as well as in hospitals, nursing homes and assisted living communities or residential care facilities.

As part of its commitment to this mission, VITAS® Healthcare has defined and continuously elevated the national standards of care for terminally ill patients and their families over the years. The company has earned a reputation in Florida as a leading provider of choice, based on positive testimonials and referrals from health care professionals, patients and families for the high-quality services it provides throughout the state.

In Collier County, VITAS has provided this much-needed care to residents since 2008 and takes great pride in its hospice program, which is well prepared to handle even the most challenging, complex patient situations. At VITAS, the care is tailored to the unique needs of patients and their loved ones and designed to provide them with dignity, comfort and choice, enabling patients to spend their final moments alongside the people they know and love, in the midst of their familiar routines.

As the nation's leading pioneer in the hospice and palliative care movement since 1978, VITAS recognizes the importance of observances like National Hospice and Palliative Care Month to ensure that everyone who qualifies for hospice can access this important service, which is covered by Medicare, Medicaid and most private insurance plans.

For more information about hospice care or VITAS® Healthcare, visit www.VITAS.com or call 239.649.2300.

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November is National Family Caregivers Month

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By Amy Hilliard

The Caregiver Action Network (CAN) reports that there are 90 million family caregivers in the United States. The month of November is set aside to honor these dedicated and compassionate individuals who may be providing care for a disabled child, an aging spouse or a parent with a prolonged illness. In the most recent study, experts estimate that caregiver services are valued at $450 billion per year.

This month, especially, it's important for caregivers to be aware of the physical and mental toll caregiving can have if they neglect themselves. Elderly spouses serving as caregivers, for example, experience higher rates of influenza and pneumonia.

Here are a few tips for avoiding "caregiver burnout":

Take care of yourself
Try remembering the advice given by the flight attendants prior to take off: secure your own oxygen mask before helping others with theirs. The same rule of thumb holds true for caregivers. Failing to take care of yourself can have devastating long-term consequences for both you and the parent/spouse/relative receiving care. Be kind to yourself.

Ask for help
It's okay to ask a family member to fill in whenever possible. It doesn't make you selfish to ask someone to help out for a few hours so that you're able to take a break; it makes you human. Often, caregivers believe that seeking help is a sign of weaknesses. It's not.

Seek out support groups
It's always nice knowing that you're not alone. Find a support group specific to your situation. Local churches, hospitals and senior living communities may offer ongoing support groups for both those dealing with the affliction or their caregiver. At The Carlisle in north Naples, the luxury retirement community offers a monthly Parkinson's Support Group offering caretakers a wealth of information and support.

Set realistic goals
The Mayo Clinic suggests breaking large tasks into smaller steps that you can do one at a time. Prioritize, make lists and establish a daily routine. Begin to say "no" to requests that are draining, such as hosting holiday meals.

Entrust the care of your loved one to a professional
The team at reputable and well-established senior living communities understands the stress and emotional toll caregiving can create. They strive to help caregiving spouses flourish while easing day-to-day caregiver responsibilities.

The Carlisle Naples offers independent and assisted living lifestyle options and is especially suited for older adults serving in a caregiving role. Their spouses receive 24-hour access to a team of well-trained professionals and assistance with activities of daily living (bathing, dressing, medication assistance, etc.). And, without the day-to-day burdens of providing care, the couple now has more time to spend on what matters most: enjoying quality time together.

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The Carlisle holds an Extended Congregate Care (ECC) license as well, which is held in conjunction with the standard assisted living licensure. This allows the community to provide additional supportive and nursing services to residents who would otherwise need to transition to a skilled nursing facility.

"Many older adults often thrive upon moving to a senior living community," said Executive Director Bill Diamond. "Seniors receiving assistance from spouses and/or adult children may often experience feelings of guilt or fear they are preventing the caregiver from living a more active life. With these mental roadblocks removed, they are better able to focus on their overall wellbeing and make positive strides."

Located at 6945 Carlisle Court in Naples, The Carlisle offers spacious one-and two-bedroom residences include lifetime care and maintenance, weekly housekeeping and flat linen services, basic cable TV, all utilities except telephone, and a complimentary full breakfast plus choice of lunch or dinner in the community's gourmet-style restaurant.

For more information about the community, please call 239-221-0017 or visit www.TheCarlisleNaples.com.

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

What Is a Life That Counts?

Now behold, there was a man named Zacchaeus who was a chief tax collector, and he was rich. And he sought to see who Jesus was, but could not because of the crowd, for he was of short stature. So he ran ahead and climbed up into a sycamore tree to see Him, for He was going to pass that way. And when Jesus came to the place, He looked up and saw him, and said to him, "Zacchaeus, make haste and come down, for today I must stay at your house." So he made haste and came down, and received him joyfully . . .
Luke 19:2-6

Try this simple exercise: Can you name both of your parents? Most people can. How about all four of your grandparents? All eight of your great-grandparents? Unless your hobby is genealogy, it breaks down pretty quickly, doesn't it? And yet, less than a century ago, your great-grandparents were in the prime of their lives. Don't you imagine that their lives mattered? In a sense, of course they did! And yet, here we are today, and their names escape us. Time has moved on, and all that they were, all that they believed, and all that they accomplished is rapidly disappearing over the horizon.

And so it will be with you. Your kids, if you have any, know you. So do (or will) your grandchildren. But get just one more generation down your own family tree, and they quite probably won't even remember your name, let alone your life story.

So, how do you intend to matter in the long haul? What is your hope of lasting significance? Look again at the scripture above, and I bet you'll see it. Other than Zacchaeus (and Matthew the Apostle) how many first century Jewish tax collectors can you name? Hundreds of them lived and died and have completely faded away.

But not Zacchaeus! Do you see that we are eye-witnesses to the very moment when Zacchaeus's life started to matter in a way that would long outlive him? What was that moment? It's the moment that he came out of that tree and joyfully received Jesus.

There's an old poem , written by C.T. Studd, that says it well:

"Only one life, 'twill soon be past, only what's done for Christ will last."

What will you do, today, to have a life that counts.

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